

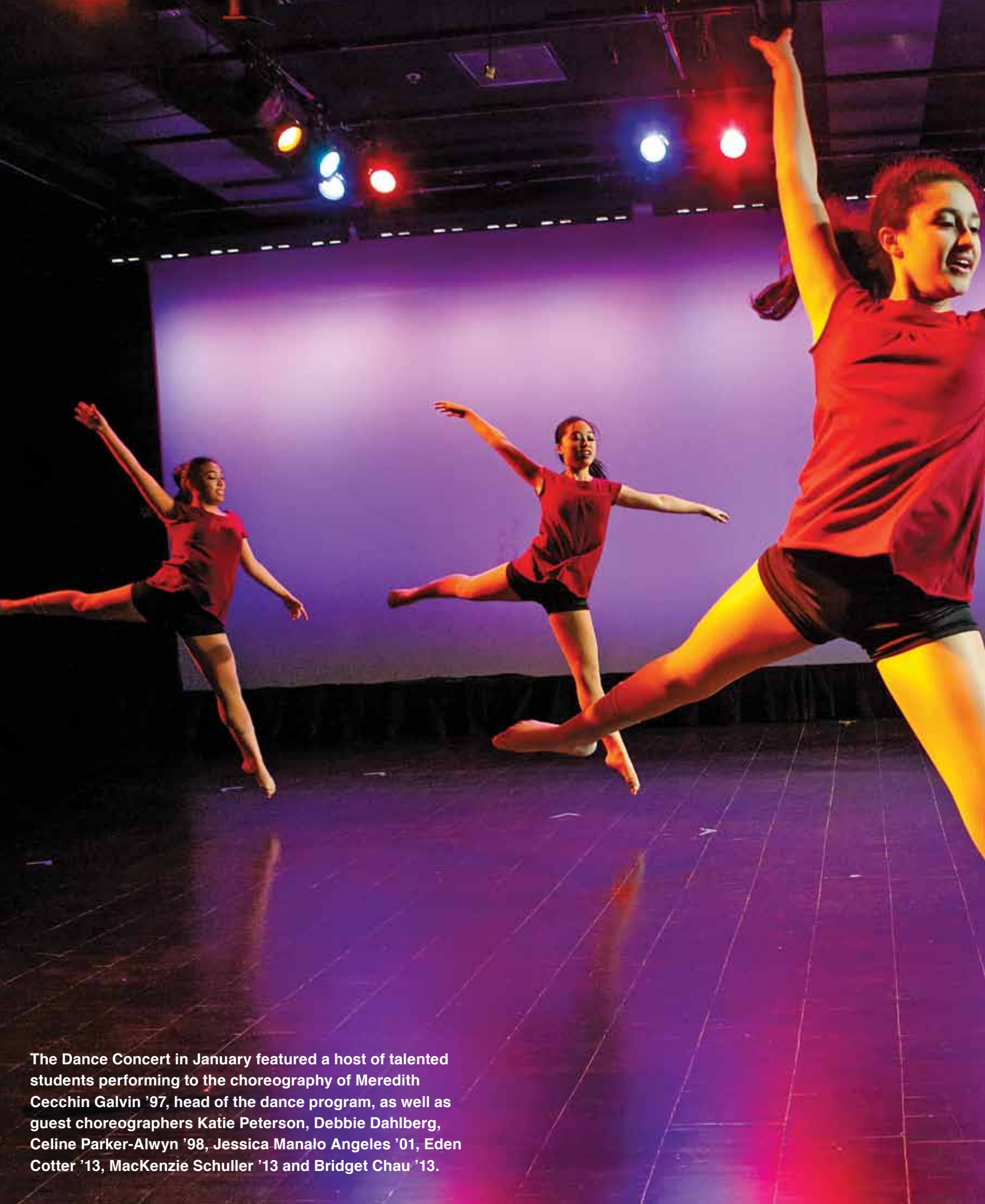
GENESIS

The Quarterly Magazine of St. Ignatius College Preparatory, San Francisco, Spring 2013



LIVING WELL

BALANCE • SERVICE • COMMUNITY • PERSPECTIVE • STEWARDSHIP



The Dance Concert in January featured a host of talented students performing to the choreography of Meredith Cecchin Galvin '97, head of the dance program, as well as guest choreographers Katie Peterson, Debbie Dahlberg, Celine Parker-Alwyn '98, Jessica Manalo Angeles '01, Eden Cotter '13, MacKenzie Schuller '13 and Bridget Chau '13.



GENESIS

A Report to Concerned Individuals

Vol. 50, No. 1 Spring 2013

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I may be the wrong person to write about “Living Well,” the theme for this edition of *Genesis* magazine. My abs aren't rock hard, and I spend too much time in front of screens and not enough time hiking the hills around my home or enjoying the company of family and friends.

Luckily, the articles here are written by or are about men and women far wiser than I am, people who offer advice that is worthy of our attention. In these stories, you will find intertwining themes of balance, stewardship, perspective, community and service.

BALANCE

Wellness has been a catchword lately on campus, as we launched our new Wellness Program this year. It's a comprehensive program to help our students do more than just read issues surrounding good nutrition and sleeping habits; it's a program that calls them to live balanced lives. Just walk around campus and you'll sense a reduction in stress, brought on, in part, by our new schedule and by a new food program, one that avoids processed food and that makes healthy meals available from 7:45 a.m. to 5:30 p.m.

Students can also find balance during our extensive Summer Programs and Summer School, which ramps up every June, and provides a great mix of academic classes, activities (such as theatre camp) and sports camps for students who would rather enjoy life at SI, where they can meet new friends and pursue their interests, than surrender to a summer of reruns and video games.

Others live out the theme of balance, from Tony Calvello '84, who practices what he preaches about strength and conditioning, to Sergio Azzolino '87, who heals mind and body as a chiropractic neurologist.

Comedian Al Madrigal '89 finds that laughter is the best medicine for the body politic through his work on *The Daily Show with Jon Stewart*, where he balances political activism with comedy. Chelsea Mao '97, manager of program development at East West Health Services for Chinese Hospital, creates balance in the acupuncture clinic she opened at the point where Chinatown meets the Financial District. And Nichelle Hines '94 finds great joy in blending the distinct worlds of acting – she has appeared on TV shows such as *Parenthood* – and exercise, where she has found a different kind of celebrity as chief ride officer for West Hollywood's Cycle House.

PERSPECTIVE

Our well being, I think, is most dependent on how we see the world. You can will yourself to see the good (and God) in all things, or you can complain about unmet desires.

The Buddhist notion of keeping your desires in check is one lived by Don Dianda '07. He may be young, but he already has earned kudos for his first book, one that chronicles his growth from a party animal to a man filled with the peace that comes from meditation and mindfulness.

Theresa Martin '11, even younger than Dianda, expanded her own perspective, her way of seeing the world, by traveling the world in a gap year before enrolling at St. Louis University.

SERVICE

Seniors Shelby Miguel, Neil Moore and Jack Keane are exemplars of the idea that the best way to achieve a happy and healthy life is to follow Christ's example of loving service. Keane and Moore do that as leaders of Marin County's Search and Rescue Team, and Miguel, a survivor of Burkitt's lymphoma, shares her many talents as a Make-A-Wish Ambassador and by singing to patients at UCSF through the Music is Good Medicine Initiative.

STEWARDSHIP

Stewardship takes service one step further, to extend our loving care to entire communities. Alex Trembath '07 of the Breakthrough Institute asks us to be stewards of the earth in the fight against climate change and support government efforts to fast-track energy that is both clean and cheap.

Deans of discipline Bill Gotch and Michelle Levine and their assistant, Katie Kohmann, get to the root of their job title by treating children as disciples, teaching them with old fashioned common sense lessons how to deal with new-age dangers inherent in our high tech world.

The SI restaurateurs in this issue also echo the advice to “vote with your fork” by offering us food choices from sustainable sources. (I was amazed, by the way, to find more than 40 restaurants in the city owned by SI grads – and I'm sure there are more – as well as dozens in the Bay Area and beyond.)

COMMUNITY

Writing about these great restaurants is *San Francisco Chronicle* columnist Paolo Lucchesi '00, who praises places such as Nopa for helping to create community and to define neighborhoods.

Nurturing community is also something that SI mothers have experienced thanks to the MOMS Program, one that helps mothers take a break from their role as caregivers to receive a little care from their peers.

It's hard to have community without a little healthy competition. My St. Gabriel's classmate Ken Garcia writes about the wonderful blend of cooperation and competition between SI and SHC – a rivalry now more than a century old and one that has forged more ties between the two schools than you think you know.

Sometimes it's right to shout cheers across a basketball court at your rival school. Sometimes, you need to create community with more reserve and decorum. Rev. Dennis Recio, S.J. '89, who teaches a course in etiquette at USF, helps students learn the rules they need so that they can thrive in whatever community they find themselves.

WELCOMING POPE FRANCIS

As we celebrate our new Jesuit Pope, we find in him the promise of a loving steward and shepherd, one who promotes community and balance and who has a perspective that comes from living south of the Equator. Please join me in praying for him as he guides us away from a world wracked by war, poverty, slavery, and destruction of ecosystems and towards a world where we can all be free to live well, not by living simply for ourselves but by living for the good of all and for the God that gives us breath and purpose.

— Paul Totah '75

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On the Cover: Shelby Miguel '13 survived Burkitt's lymphoma to become a triple threat at SI as a singer, dancer and actress. An ambassador for the Make-A-Wish Foundation, she hopes to start her own foundation to help children suffering from life-threatening diseases.

Above: Deans Michelle Levine, Bill Gotch and Katie Kohmann carry on the great traditions established by prior deans of students while also dealing with new challenges brought on by the Internet and social media. Right: Theresa Martin '11 broadened her perspective on the world by taking a gap year to India and Africa to do service work before starting her freshman year at St. Louis University.

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Father Harry V. Carlin, S.J., Heritage Society

We especially thank the following lifetime friends who have made provisions in their estate plans – bequests, charitable trusts, gifts of life insurance or retirement funds – to support SI's Endowment Fund. Such gifts provide for the longterm welfare of SI and may also provide donors with valuable tax and income benefits during their lifetimes. The forethought and generosity of the following is most appreciated:

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Adamsons' new scholarship creates pipeline to SI & college



At 32, **Alex and Diana Adamson** aren't your typical SI donors. Recent arrivals to San Francisco, neither attended SI, and with a 2 year old and a newborn, they have their hands full. Still, after several years supporting a local elementary school, they decided to create an endowed scholarship at SI to support those elementary students at the next level.

Thanks to their gift – and a generous 3-to-1 matching program at Alex's company – the Adamsons have created the Mission Dolores Academy Scholarship Fund, one that they hope will enable students from the brand-new Mission District school to come to SI.

Diana, who grew up in San Diego, and Alex, who came from Denver, met at the University of Notre Dame after attending Catholic high schools that “were game-changers for us,” said Alex. “SI reminds us so much of our high schools. That's why we wanted to donate to SI – to help students have the same opportunities we had.” They named their scholarship after the newly-opened Mission Dolores Academy because of their strong connections with that school, connections formed, in part, by an SI graduate, Rev. Charles Gagan, S.J. '55, and by a former faculty member and family friend, Matt Ocamou, who taught physics and coached crew at SI a decade ago.

The Adamsons have a long history of service under their belt, including a stint in Teach for America that Diana did in inner-city Newark, NJ, between 2002 and 2004.

They spent some time in London and then moved to San Francisco on Thanksgiving Day 2010. They decided to celebrate Christmas Mass at St. Ignatius Church, where they heard Fr. Gagan deliver a powerful sermon. They were so moved that they called him that night to seek his advice on where to make a donation.

He encouraged them to support the Megan Furth Academy, which last year moved to the old Mission Dolores School campus and changed its name to Mission Dolores Academy.

“The Mission Dolores Academy students are trying hard and have parents who are very involved,” said Alex, “but it's a big step between where those students are and

where they need to be to attend a top-tier college. SI is the obvious choice to support them.”

Their commitment to service led Diana to find a job at ScholarMatch.org, where she now serves as executive director helping high school students from impoverished backgrounds afford a college education.

Founded by author Dave Eggers of 826 Valencia fame, ScholarMatch posts photos and stories of high school seniors on its website and asks for donations to help them bridge the gap between what their families can afford to pay and what colleges offer them in financial aid. Grants average around \$4,000 but can go as high as \$6,000.

This year, SI senior **Jahzel Castillo** (right) is among those being helped through the ScholarMatch program. Castillo is the first student from SI to be chosen by ScholarMatch thanks to his involvement in First Graduates, a city-based organization that helps students become the first in their families to graduate from college.

ScholarMatch hopes to raise \$5,000 for Castillo to achieve his dream of graduating with his degree in electrical engineering.

Castillo has already received a Princeton Review Award at a college camp and has competed for SI in cross-country, soccer and track and field. A member of the Association of Latin American Students, he also volunteered his time reading to children through the San Francisco Public Library system.

“We've seen how difficult it is for low-income families to obtain a Catholic education,” said Mrs. Adamson, who also spent time as a math tutor at Megan Furth. “MDA is one of the few affordable schools left in San Francisco. Our hope is that we can form a pipeline of MDA kids going to SI. Then ScholarMatch will help them afford to go to college.”

ScholarMatch also assists students with the detailed work of applying to colleges through free college advising, which is available to any student walking through its office doors, located across the street from 826 Valencia's office.

“We spent 20 hours helping one student transfer between colleges in order to save \$23,000 each year in loans,” said Mrs. Adamson. “The new school was a better fit and had a more comprehensive aid package. The student was not going to be overwhelmed with debt upon graduation.”

ScholarMatch's College Success Workshops and Counseling Program also offers bilingual support to both students and their parents.

Fr. Gagan, who will join the SI Jesuit community in August and work in MDA's development office, is in a long line of those grateful to the Adamsons for their generosity. “I really am appreciative of a young couple who are starting their family and who are able to make this kind of commitment,” he noted. “They are investing in the future of Catholic education in the city at a time when even the middle class has a hard time affording Catholic schools. To see them come forward is an encouraging sign.”



Reason #1 to start a scholarship fund at SI: asset-preservation

BY FRANK DUNNIGAN '70

So exactly how and why did a baby-boomer like myself end up creating a named scholarship at SI? To be honest, asset preservation sums it up best.

A few years ago, my tax preparer warned that some soon-to-be-realized investment earnings were about to push me into a higher bracket for the coming year. Being single, with a home mortgage that I had recently paid off, I was a sitting duck for Uncle Sam. Yet I was already contributing to several charities, including SI, via the "dollar-per-year-out" program that was once heavily promoted, and I had also named SI a beneficiary in my estate plan. My tax preparer looked me straight in the eye, and said, "You can easily afford to do more, and it might also help with your tax situation."

He outlined a simple procedure: review my stock investments periodically, identifying the ones that had increased in value since the purchase date and then donate a certain number of those shares to SI, thus funding a named scholarship over a period of several years. It is a quick and easy process that I undertake about twice a year by completing a "fill-in-the-blanks" letter (paper or electronic, provided by SI), instructing my brokerage to transfer X number of shares of XYZ company out of my account and into The Ignatian Corporation's account.

About one week later, I receive written confirmations from both the brokerage and SI documenting the transaction and satisfying the rules of the IRS and the needs of my tax preparer. The donation gives me a

deduction for the full current value of the donated shares as of the transfer date, and because it is SI that realizes the gain if or when the shares are sold, I receive only a tax deduction and have no tax liability on any of the increase in value from my original purchase price on the shares.

Joe Vollert '84, SI's vice president for development, truly hit home when he wrote this to me after a recent transfer: "Some blessed Ignatian will be enjoying the benefits of your generosity 100 years hence." For an historian like myself, it is hard to leave behind a better legacy than that. Dad and his brother (Frank and Jack Dunnigan) had attended SI during some tough financial times, 1928 to 1932. They spent their freshman year at the old Shirt Factory on Hayes Street, while my cousin John Westerhouse '65 was among the last few classes to graduate from the Stanyan Street campus. Thus, it is fitting that The Westerhouse~Dunnigan Family Scholarship honors Mom and Dad and both sides of my family now and forever into the future, remembering those relatives whose love and support have been there for me in every phase of my life. ∞

Frank Dunnigan '70 – a Stanyan Street student in the days of Fathers Pallas, Jacobs, Henry, Frugoli, Morgan and Spohn – was a member of the first class to graduate from the 37th Avenue campus. He is now approaching retirement after a lengthy career with the federal government and recently relocated from the Bay Area to suburban Phoenix, Ariz. Since 2008, he has been writing a monthly column on local history, STREETWISE, published by the Western Neighborhoods Project at www.outsidelands.org.



Scholarship Dinner: Michael Mibach '94 (second from left), weekend anchor at KTVU, spoke at the annual scholarship dinner, which brought together donors and the students who are able to attend SI thanks to their generosity. He told stories about his family and the scholarship that helped his widowed mother afford to send him and his brother, Bruce '88, to SI. He also spoke of his path to KTVU and his friendship with the late Steve Cannata '94. He is pictured above with members of the Cannata family.

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Brian Heafey doubles down on SI with bequest & scholarship

After graduating from Stanford with a degree in economics in 1990, Brian Heafey '86 moved to the East Coast and worked for E&Y Kenneth Leventhal Real Estate Group on distressed real estate debt. Then, based in Japan, he did the same throughout Asia, buying and selling commercial loans.

In 1999, he joined Pacific Coast Capital Partners, a San Francisco-based real estate investment company, where, 13 years later, he now oversees over \$3 billion of debt investments. He and his wife, Jennifer, also make sandwiches once a month for homeless men at the St. Vincent de Paul Society Multiservice Center at 4th and Folsom Street in San Francisco.

"I graduated from SI and my wife graduated from Loyola Baltimore," he said. "We try and be good examples for our two boys, John, 7,

and Luke, 9, through involvement in various charities." Those include the Guardsmen, where Brian served on the board, and Hanna Boys Center, on whose board Jennifer still serves.

Brian has shown extraordinary loyalty to SI by doubling down on the school. His brother Michael '82 encouraged Brian and his brother Bill '83 to work with him to endow an SI scholarship fund and Brian has gone a step further and included a bequest to the school in his living trust.

"I received financial aid when I was there," he said, referring to the SI scholarship he got after graduating from St. Brendan's School. He added that SI, where he participated in cross-country, track and drama, offered more than a good education. "The Jesuits do a very good job of having boys come in as freshmen and leave as men." He added that the Jesuit connection continued for him at Stanford, where former SI president, Rev. Russ Roide, S.J., ran the Newman Center.

He said that economist John Rudledge has helped him negotiate the world of high finance with his humanity intact. He keeps near at hand a list of business principles Rudledge authored. A sample: "Allowing your opponent in a transaction to walk away with his dignity, his humor and his hearing intact, and a pretty good deal in his pocket, is the right way to do business."

Heafey, who enjoys coaching little league baseball, backpacking and fly-fishing, wants his SI bequest to help young people not only to gain a good education but also "to mature in a supportive environment." Brian traced his basic formation to St. Brendan's and SI, where he learned a simple principle that he said has served him well in a complex world: "They taught me to treat people fairly."

SI is pleased to have Brian Heafey as a member of its Father Harry Carlin Heritage Society. For Heritage Society information, contact Carolyn DeVoto '03 at (415) 731-7500, ext. 576, or email her at cdevoto@siprep.org.

Brian and Jennifer Heafey with their dog, Murphy, and sons Luke (left) and John.
Courtesy Eric Schumacher Photography.



Fathers' Club auction celebrates Paris in the Sunset

Most auction chairs spend weeks agonizing over the theme for their auction. Dave Fleming went a different route.

"I didn't want to reinvent the wheel, so I asked Gary Brickley '71, whose production company does the auction set up, if he had any ideas. He told me he had always wanted to do a Parisian-themed auction."

That settled it for Fleming and Brickley, who transformed the McCullough Gymnasium into the Moulin Rouge, complete with can-can dancers, the Eiffel Tower and iconic scenes from Parisian streets.

Those who came dressed as French aristocrats (including Fleming and his wife, Staci, Bob and Dana Emery and Patrick and Janie Burke), chefs, mimes, bicyclists or, as Pat and Cheri Goudy did, as Maurice Chevalier and Madeline.

In all, the event raised more than half a million dollars for tuition assistance and the Arrupe Fund, which helps students with costs beyond tuition.

For Fleming, the money is only part of the reason the Fathers' Club auction succeeds each year. "It's all about relationships. It's the greatest symbol of the kind of community that SI is. Everyone comes together to help, and you don't have to ask anyone twice. Being chairman is the easiest job there is, and it helps me involve myself more deeply with the SI community, which is a joy."

Fleming thanked the hundreds of volunteers, including his vice chair Steve Sirianni '84. "He was my partner in the truest sense of the word and available on a moment's notice throughout the entire process. Next year, when he chairs the auction along with vice chair, David Churton, he will exceed all expectations."

Fleming also thanked Fathers' Club stalwarts Sherman Yee, Glenn Lobo, Dan Casey and his wife, Ignatian Guild president Mary Casey, along with Fathers' Club President Ed McGovern '75. "His quiet, behind-the-scenes leadership got things done that I didn't even know needed be done. And his brother, Brian '82, served an amazing banquet for more than 700 people."

Fleming praised the generosity of those who hosted gift-giving parties (Brit and Dawn Hahn at Café Rouge, Bill and Patti Sheedy, Don and Darcy Tarantino and Tim and Roni McInerney). He also thanked the many donors who provided gifts such as a dinner and a ride on the SFFD's fireboat as well as a crab-feed for eight with Rev. Anthony P. Sauer, S.J., as the guest of honor.

Correction: Mr. & Mrs. Robert M. Cummings were erroneously listed in the President's Cabinet in the fall *Annual Report*. They should have appeared in the Silver Circle. Our apologies for the error.

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Peter Schumacher, owner of the Buckeye Roadhouse, donated a dinner for eight with Brother Douglas Draper, S.J., and Christopher Columbus and his wife, Monica Devereux, provided the auction with a package for two that included air fare, three nights in London and a tour of The Making of Harry Potter attraction. They also hosted, along with Ken and Helen Blohm, the Chairman Circle Party to thank those who donated to the auction.

Fleming also thanked Tom Klein and his wife, Kate Kelly, for donating wine from their Rodney Strong Vineyards; Roy Nickolai and his wife, Carole (SI's assistant principal for academics), for donating valet parking at the various events; and master of ceremonies Bob Sarlatte '68, who once

again convinced guests to bid often and to bid high to raise money for a good cause.

"I also have to give huge praise to events coordinator Kristin Haygood and SI's team of Trish Brown, Nancy Hess and Concie Tarantino who did an amazing job of keeping me on track. They were fun to work with and very talented."

McGovern '75, in turn, praised Fleming for "working tirelessly to make the 2013 auction not only a great event but also a tremendous financial success," said McGovern. "He also built a great team of volunteers and donors who were integral in the overall success of the auction. I can't thank or praise him enough for serving the school so well." ∞



From top left: Dave & Staci Fleming and Steve & Tracy Sirianni pose with the can-can dancers; SI President John Knight greeted guests under the lights of the Eiffel Tower; Dan Casey and Denis Shanagher; Tina and Ed McGovern.

LIVING WELL: EDUCATING THE WHOLE PERSON MORE THAN A MANTRA AT SI

Imagine the perfect child.

According to those on the front lines of student health, that image does more harm than good and is just one of the reasons why so many schools, including SI, have launched a multi-pronged effort to address wellness in the classroom, in the counseling office, in the lunch line and at home.

To address issues of stress, nutrition and health education, this year alone SI has changed its schedule, restructured the counseling office, hired a wellness coordinator and a team of wellness educators, offered a weekly Wellness Seminar to sophomores and a weekly formation program to freshmen, hosted experts to speak before parents and changed the food offerings so that students have access to healthy meals from morning until they head home at the end of the day. (See story in this issue on the changes to SI's food program.)

For years, Michael Thomas '71 (now head of the counseling department), Carole Nickolai (assistant principal for academics), Michelle Levine (former counselor and current dean of discipline), Carol Devincenzi (religious studies chair and the school's first wellness teacher) and Karen Cota (former dean and wellness teacher) have collaborated to create much of the current wellness program, one that follows a national trend among secondary schools to offer more than just college counseling.

JEN KRASNER & THE WELLNESS PROGRAM

Joining this team this year is Jen Krasner, a licensed clinical social worker who came to SI in July after leading the wellness department at Lowell and serving as the on-site therapist at Redwood High School in Larkspur. (She left SI in November on maternity leave; in the interim, Pam Spaulding is serving in Krasner's stead.)

Krasner heads an impressive team that includes Susan Badger, SI's school psychotherapist, and Valentina Gandini, a graduate student serving as an intern, and she works with those who teach the sophomore wellness seminars, including Devincenzi, Cota, Sarah Curran, Jenene (Roberto) Slatt '97 and Jerilynn Kenny.

Krasner hopes that when students graduate from SI "they are well equipped to live healthy, successful lives. Success means far more than getting a good job. SI wants students to have strong, healthy relationships and take care of themselves so that they are physically, emotionally, mentally and spiritually well. We want them to navigate the world from a place of peace rather than anxiety so they feel organized and in control rather than overwhelmed."

Students face numerous challenges getting to this point, including the societal myth of universal excellence. "Students believe the only way to get into a great college is to take every AP course they can fit into their schedule and get A's in each of these classes, join more than five clubs, serve as school president, earn the lead in the musical, play two or three sports and excel in everything," added Krasner. "They fear that if they struggle or ask for help, then any sign of weakness will keep them from their first choice for college. By having wellness woven into the fabric of everything we do at SI, we show students that it's OK to struggle and to pick and choose areas in which to excel. Asking for help doesn't mean students are weak, only that they are brave and insightful."



Krasner tells the story of one sophomore girl whom she saw crying in her counselor's office. "She told her counselor that she felt overwhelmed and reluctant to talk to her parents, fearing they wouldn't understand her anxiety. She would stay up at night crying and feeling alone. After her counselor and I spoke with her, she let us call her parents and set up a meeting. She and her parents left hugging each other, and that began a complete shift in their relationship. Now she has a safe place at SI to talk about her feelings, and she feels comfortable sharing her struggles with her parents at home."

Even though this is Krasner's first year at SI, she is familiar with the school thanks to her husband, Paul Gaetani '00, her brother-in-law, Marcus Gaetani '95, her sister-in-law Gabrielle Kaho '96, her father-in-law, Charles Gaetani '67 and her close friend Kori Jenkins, SI's former field hockey coach.

When she arrived at SI in July 2012, she assisted the counseling department in its restructuring. In the past, counselors stayed with students over four years and assisted them with personal issues and with college counseling. This year, counselors now specialize either in college or in personal and academic counseling. "Some students might be reluctant to share personal issues with the adult writing their college recommendations," said Krasner. "This way, students can feel free to share their problems with their counselors."

Guiding Krasner in her work at SI is her philosophy of living a balanced life. "Some say school is not a place for mental health, just for teaching. SI is saying that by having a wellness program, we want to educate our students on how to take care of themselves too. We want our students to be well and well rounded."



A. Jennifer Krasner serves as head of SI's new Wellness Program.



B. Students take part in early-morning yoga workouts before school begins.

Thomas gathered a committee to talk about an integrated approach to health education and later joined forces with the Community of Concern – a coalition of local high schools that hosted a parent-speaker series dealing with substance abuse.

Thomas helped the school craft its accreditation self study that for the first time suggested the creation of a Wellness Program. In May 2007, Michelle Levine took time off from her normal duties to work with Thomas on the beginnings of the program. She collaborated with experts at the Edgewood Center for Children and Families with the immediate goal of getting one wellness class into the curriculum.

Other recommendations came from those early efforts including changing the schedule and encouraging faculty not to assign homework over Christmas and Easter vacations. “We wanted breaks to be breaks,” said Thomas. “That way, students would be able to take time off without homework piling up. We also wanted to root our program in the Jesuit notion of *cura personalis* – of caring for the whole person. We wanted to buck the national trend that was turning high schools into mere stepping-stones toward college. Students across the U.S. are enjoying high school less and less as they begin loading their schedules with tough courses and too many clubs and sports. We want high school to be a place where they can grow with their peers and where they can strive to excel without making college the be-all and end-all.”

Also guiding Krasner is Susan Badger, a psychotherapist in private practice and a part-time employee at SI who comes to SI once each week to meet with students, assess potential mental health issues and make referrals for outside therapy. She also meets with parents to help them navigate some of the challenges of parenting teenagers. A 23-year-veteran in her field, she has master's degrees in both Interdisciplinary Studies and Marriage and Family Counseling. She also supervises and provides training to doctoral candidates and master's level interns – some of whom who also come to SI for their clinic hours – from The San Francisco Psychotherapy Research Clinic and Training Center.

“SI HAS BEEN DOING IT ALL ALONG”

Some SI graduates might wonder what new components wellness brings to the counseling table, added Krasner. “Formal wellness programs have been around for more than a dozen years in San Francisco public schools, so they are relatively new, but SI has been doing this work all along in different forms. The new wellness efforts formalize our offerings and ensure that a licensed clinician is on staff at SI to oversee the program.”

SI first began talking about a wellness initiative in 2005 when Mike Thomas went to Stanford to learn about the Stressed Out Student Program. “Back then, every time I asked students at SI how they were doing, they would always say how tired they felt. They weren't getting enough sleep, they weren't eating right and some were finding escape in alcohol or drugs. All of this impaired their ability in class, on the court and field and on the stage.”

SOPHOMORE & FRESHMAN SEMINARS

SI's efforts began paying off in 2009 when Carol Devincenzi taught the first wellness courses, an elective open to juniors and seniors. (The following year Karen Cota started teaching the course as well.)

That early class has grown into a key component of SI's Wellness Program. This year, the entire sophomore class takes a weekly wellness seminar still taught by Cota, Devincenzi and others, who base their curriculum around intellectual, physical, emotional, spiritual and social health as well as safety and prevention.

Students learn about the importance of good nutrition and proper sleep, the dangers of substance abuse and sexual promiscuity, ways to avoid disease and stress and proper use of technology.

Teachers hope that by the end of the year, students achieve course outcomes such as “understanding the importance of holistic health as a model for living; demonstrating the ability to use goal-setting and decision-making skills to enhance health and wellness; and analyzing the influence of culture, parents, teachers, peers, media and technology on adolescent health and wellness” – only three of the 10 seminar goals.

The advantage of this program, added Carole Nickolai, is that it offers the same education to all sophomores. “Some come to SI already knowing these lessons, while others have had little training in sex education, nutrition or sleep. We hope to give students the tools they need to deal with a culture at the crossroads, where students are bombarded with sexualized media and ever-pervasive social media. Studies have shown that students who spend



hours on Facebook have higher levels of anxiety and depression. They compare themselves to the perfect impression that others project online and feel that others are constantly judging them.”

Freshmen also are gathering in Cura Groups this year in a new program administered by the Campus Ministry Department. They meet with one of 28 teachers once each week for 45 minutes during their long resource period to help them adjust to life in a new school and begin building community with their classmates. “We hope to help them develop a deeper sense of personal identity and communal belonging as they grow into the ideals expressed in our ‘Graduate at Graduation’ document,” added Thomas.

PARENT EDUCATION

Students are not alone in needing to learn how to deal with these new challenges. Toward that end, SI is continuing to invite speakers to help parents be partners in wellness education. Last February, for example, Jason Brand spoke to parents on the topic of the “Connected Teen” and offered advice for helping students deal with the social, emotional and physiological challenges inherent in life tethered to the Internet. “Families need to be in a position to work together to integrate new technologies into everyday life,” he argued. Parents need to avoid feeling angry and overwhelmed about being left in the digital dust and more effective in providing their teens with guidance and support. “It puts parents in a position to parent from the heart of digital matters where safety, trust, awareness and respect have a place alongside new technologies.”

Last October, Dr. Kenneth Ginsburg spoke about strategies for fostering perseverance and resiliency in teens, and in November, Dr. Rafael Pelayo of Stanford University’s Sleep Center and Vicki Abeles, director of Race to Nowhere, also shared their insights with SI parents. Others have addressed the issues of teen suicide and substance abuse.

Adult Ministry also plays a role in parent education indirectly, offering Ignatian Spiritual Exercises and the Ministry of Mothers Sharing (MOMS) group meetings. (See the story on MOMS in this issue.) Adult Ministry also offers retreat and reflection days for members of the Fathers’ Club and Ignatian Guild to help parents in their own spiritual journeys toward wholeness and health.

NEW SCHEDULE

The new schedule has also aided this move toward less stressed-out students. Students still take six classes; rather than meet four times a week, they meet three times. The modified block schedule still has them studying the same amount of time each week, though they do so in one 80-minute class and two 60-minute classes.

Students also have a resource period three times each week when they can do homework or collaborate with classmates on projects; they also have the possibility of no classes on Tuesday mornings during the “X-Period,” which counselors can use to schedule class-wide seminars for students.

With the previous schedule, students often had homework to do each night in four or five classes. Now, they typically have homework in only three classes, allowing them to work in a more focused way, get to bed earlier and get more sleep.

“The feedback I’ve been getting from parents and students is that the new schedule is working to relieve stress,” said Nickolai. “Last year, when my son was a freshman, he would be up until 11 p.m. doing homework. This year, he’s in bed by 10 and reading something on his own for fun. He is still learning quite a bit in his classes, but he isn’t as stressed.”

Thomas agrees with Nickolai. “Now, when I ask students how they are doing, I rarely hear how tired they feel. They don’t seem so sleep-deprived. They are in a better place, with access to healthy food all day, more conscious of the need to fuel their bodies, and with time in the day to either catch up with homework or take a break. Many juniors and seniors who thought they wouldn’t like the new schedule are pleasantly surprised and have embraced it.”

Nickolai also admits that despite the anecdotal evidence regarding the success of all these changes, it is too early to look at hard data to see how these changes will affect academic and co-curricular success. “Much of what we’re doing is still in its infancy. We already know we need to fine-tune a few things this semester and next year. But the early reports are positive and tell us that we’re on the right track. In the end, healthy students are ready to learn and able to succeed.” ∞

Tony Calvello learned how to train with weights from his father, who was an All-City quarterback at Polytechnic High School in 1949.



FINDING A HEALTHY BALANCE INCLUDES A DAILY DOSE OF EXERCISE

By Tony Calvello '84, SI's Head Strength & Conditioning Coach

I've been lucky to work at a Jesuit school that encourages and invites both students and teachers to find balance in our lives, to explore opportunities for academic, spiritual and co-curricular growth and personal wellness. The Jesuit motto of *cura personalis* (care for the whole person) is the guiding principle for us as we seek balance and ultimately wellness in our everyday lives.

I began my coaching career in my junior year at SFSU as an English major. Since 1987, I have maintained a daily presence in the SI weight room, eventually becoming the head strength and conditioning coach this past year. My duties at SI over the past 25 years have included teaching English, coaching football and basketball, driving the school bus, maintaining the school and community fleet of vehicles, coordinating the gym schedules and set-ups for events and coaching in the weight room. Along the way, I've helped lead junior and senior Kairos retreats, served on the student Wellness Committee and performed team teaching duties with the first Wellness classes at SI. These experiences have all helped me to appreciate and realize the many and varied gifts I have been given and to achieve a sense of wellness in my life.

I have found great reward in blending my work with my passion. Teaching and coaching at SI has truly been a blessing. My passion for helping others in their physical training routines has given me great personal and professional satisfaction. I have had the pleasure of many encounters with former athletes whom I have coached. The other day, while on a beach run in Pacifica with my dogs, Tango and Pepper, I saw Tom Harlan '90 and his dog, Sadie, and I have been honored to mentor former students Kimble Torres '01, Laura Wardell '07 and Gustavo Manzaneras '05, who have all worked on my staff over the years. I also work with Kareem Guilbeaux '01 in his Be A Champion basketball club, and I also take pleasure coaching the children of my SI classmates and colleagues.

My job also allows me to share with my colleagues and friends my passions. I mountain bike with my freshman basketball coach and mentor Mike Thomas '71 and a former teammate from hoops and football, Paul La Rocca '84. I also helped Terry Uyeda '99 prepare for the Police Academy, and I moderate SI's Surf Club for like-minded beach bums in our student body. Wellness is all of this and more.

While weightlifting is the "meat and potatoes" of our athletes' training regimen, the side dishes we serve up to our sport teams are as varied as the 26 sports we offer at SI. Our exercise menu includes yoga, Pilates, foam rolling, BOSU and TRX. Such variety lends itself well to coaching the adolescent athletes who have so many different needs as they adapt to new sports, a demanding school schedule and the metabolic and emotional changes all teenagers experience during their high school years.

A strength coach needs to do more than look physically fit. Physical activity is a job requirement. A strength coach must be able to demonstrate exercises and lifts throughout the day. It helps that I have been weight training since I was 12. My dad, who was an All-City quarterback at Polytechnic in 1949, had my sisters, brother and me all working out in our Noe Valley basement weight room long before weight training was considered mainstream in youth athletics. Working out is as much a part of my life as eating breakfast, which I do religiously twice each day!

Having goals in life is a vital component to wellness. Measuring progress (not just success) is an essential facet of continued motivation. Our individualized card-based workout program for our student athletes is a great example of process-oriented goal setting. Athletes have their workouts with weights based on percentages of their previous max tests. These cards serve several useful functions, including tracking progress, structuring the path in the process and providing useful feedback to athletes and coaches as they navigate setbacks and plateaus along the way.

As important as my job is to me, spending time with my wife, Diane, and my daughter, Nicole '11 (with whom I train for Triathlons), walking my dogs every day, running on the beach, body surfing, mountain biking, lifting weights, cooking, baking and, yes, coaching, are the ingredients for my happiness.

Work-life balance may be a buzzword for this Generation Y, but its more than just flextime, compressed work weeks and telecommuting. For me, achieving a work-life balance has been easy. I don't consider my job to be work, really. It's what I do, and it's who I am. ∞

SI STUDENTS HAVE AN ABUNDANCE OF FRESH CHOICES IN NEW FOOD PROGRAM

Back in the 1970s, students who forgot their bag lunch at home sought out vending machines that sold stale sandwiches, prompting many upper classmen to head to Doggie Diner, Herb's Deli or another local eatery for sustenance.

Beginning last August, students now have healthy alternatives to the junk food days of yore. (No offense to Herb or to his famous meatball sandwiches.)

Students now can purchase food all day long. Breakfast grab-and-go items are available starting at 7:45 a.m.; hot meals, sandwiches, salads and snacks are available in the Commons until 1:30 p.m.; and additional food is available in the Snack Shack in the Cowell Pavilion between 2 and 5:45 p.m.

The food offered is both healthier and fresher than in previous years thanks to a coordinated effort by the school to promote overall health and wellness. The new class schedule now gives students more opportunities to eat before, during and after school, something administrators hope they do, citing research showing that proper nutrition benefits the mental and physical health of students. For example, students and athletes who skip breakfast generally learn and train less effectively and suffer needless fatigue.

"SI wanted to be able to provide food all day to meet the needs of the students' busy schedules," noted SI CFO Terry Dillon, who was among those considering outsourcing the school's food service program given the expanded hours and outreach. She eventually decided that SI could restructure its operations and continue operating its own kitchen, "as providing fresh and healthy food is a concrete way to live the Jesuit mission of *cura personalis* – care of the whole person."

Last summer, she hired an outside consultant to assist in the transition: Kathleen da Silva, a registered dietitian and owner of KdS Consulting. She knows the SI community well thanks to her many connections, including her sister Mary Abinante, who works in Adult Spirituality; her brother, Paul da Silva '75; and her husband, Michael Cullinan '80. She also saw the school through the lens of an SI mom when her children, Jack '09 and Rebecca '11, attended the school.

Her involvement with SI's food services goes back to 2007, when she met with staff working on the early stages of the school's Wellness Program. Several coaches also invited her to speak to their teams about the importance of nutrition and how to fuel their bodies to prepare for competition.

This year, she worked with the kitchen staff to craft a food program

that offers balanced meal options containing protein, grains, fruits and vegetables both for sit-down meals and grab-and-go items. "It was a large task to redefine procurement, production and labor to meet the new food service times and food guidelines," she noted. "However, the incredible staff met the challenge."

Last August, the new student food services opened and immediately doubled the volume of food available to students. Food service staff members now prepare and cook almost all lunches from scratch and avoid processed food in the kitchen. They now only open cans for tomato sauce and make everything else from fresh ingredients, including the soups and chili.

The staff prepares all sandwiches and salads each morning along with a variety of fresh fruit, yogurt parfaits and smoothies. In addition to healthy options, Commons cookies are still baked each day, and It's-It ice cream sandwiches are available at lunchtime.

"There's a place for fun food," added da Silva. "We want to offer strong food as fuel, but that's not to say that food can't be pleasurable or include treats. There's nothing wrong with having a cookie after lunch."

The team learned as they went, initially offering a full hot breakfast selection in the morning. Eventually they discontinued the hot breakfast as they learned that students preferred grab-and-go items, such as smoothies and breakfast parfaits (prepared with fresh fruit and yogurt), pancakes, French toast and hard-boiled eggs.

"The challenge SI faces is preparing food to meet the needs of a variety of students," added da Silva. "A six-foot-tall male athlete needs more food than a four-foot-eleven female. We try to be consistent in offering a meal that meets the average, with healthy and tasty extras for those who need more." SI also provides vegetarian options, such as vegetarian sandwiches, pita bread and hummus, smoothies and yogurt, and once a week the hot entrée is meatless.

Student reaction is both positive and guarded. Some students interviewed said they found portions a bit on the small side, while others loved the increased hours of operation.

"I like how everything is much healthier," said Nasser Al-Rayess '14. "But it has its drawbacks. I miss the old sandwiches like the Spicy Gobbler. However, the beef stew is by far one of the best plates along with the clam chowder bowls. The increase in healthiness is definitely a positive change this year."

Kathleen da Silva has helped reshape SI's food program to allow the staff to serve healthy meals from early morning until nearly 6 p.m. five days a week.

Bottom: SI's salad offerings include Greek, pear and gorgonzola, caprese, buffalo chicken, grilled chicken Caesar, Asian chicken, spinach and Cobb.



Students also praised the increased variety in food. Smoothies, for instance, come in guava, peach, pomegranate, mixed berry and piña colada, and salad options include Greek, pear and gorgonzola, caprese, buffalo chicken, grilled chicken Caesar, Asian chicken, spinach and Cobb.

Josh Kendall '15 praised this variety, noting that "as good as the bread bowls are, the frequency got a little repetitive last year." He also praised the increased hours of operation. "I can buy food in the morning if I need to get to school earlier, and after school, instead of getting something from the vending machine, I can get something from the snack shack in the foyer."

Jordan Solomon '14 also praised the extended hours of operation. "Now I can avoid waiting in long lines by getting lunch during my resource period." Lauren Mufarreh '15 still hopes for longer hours, as the snack shack closes at 5:45 p.m., shortly before she returns to school from crew practice.

Teachers have the same healthy food options as students, as the offerings in the faculty dining room mirror the changes in the Commons. Both students and faculty find that the kitchen now prefers baking and steaming instead of frying. Food also has lower sodium content, and salad dressings are served on the side. Faculty also have a salad bar with vegetarian soups and toppings to choose from.

Some meal costs have increased to reflect the additional cost of the fruit and vegetable servings; however, most prices have remained the same as last year. "The increased sales and efficiencies in the current food service operation should enable the school to explore the use of more organic, seasonal and local fruits and vegetables without major cost increases next year," added da Silva. ∞



SUMMER AT SI MEANS NEW FRIENDS, GREAT TEACHERS AND FUN PROGRAMS

Forget the bucolic image of barefoot kids spending their summers having fun doing nothing. Most parents know that children with little to do over the summers feel bored and turn to the TV or computer instead of the nearby fishing hole.

Barbara Talavan, director of SI's Summer School and Summer Programs, has shown parents and students that the best way to spend June and July is at the Sunset District campus making new friends, having fun and learning in a stress-free environment.

For years, parents have raved over SI's summer programs. "What a great experience Tommy came away with this summer," wrote one parent. "SI's program motivated him and inspired him. We saw excitement each day that he came home."

Another parent gushed that "from the first day to the last, Dylan enjoyed going to school. Thank you for a great experience!"

One mother noted that while her child wasn't excited at first about the idea of spending summer in a classroom, "when she first tried it, she loved it. She enjoyed her SI experience."

Talavan, a veteran SI Spanish teacher and administrator who came to SI in 1985, first joined the summer programs administrative team in 1999 as assistant director. In that role, she steadily increased the number and variety of classes and camps for students from first through 12th grades.

"Students love summers at SI," said Talavan. "Many parents tell me that their children can't wait to return. They meet new friends from more than 100 grammar schools all around the Bay Area and even from overseas. We have had several students from China who attended our camp while living with relatives," said Talavan.



Grade school students, used to regimented programs and sitting in one classroom all day, discover a new freedom and independence at SI, where they quickly learn to find their way to a variety of classrooms on their own. "Although we do have proctors everywhere keeping an eye on them, students are expected to move from class to class independently. For many, this is a wonderful transition to high school."

Talavan and her staff of 38 classroom teachers and more than 45 coaches, along with assistant directors Nora Miller, Anne Seppi and Rob Marcaletti '96, last year served 550 rising seventh and eighth graders, 125 rising ninth graders, 200 current SI students and hundreds of rising first- through ninth-graders who come for week-long morning and afternoon camps. This coming summer, rising sixth graders will also be able to take part in the middle school academic program.

Middle school students typically take math and two additional elective classes that reinforce lessons learned the previous year, prepare students for the upcoming school year and go beyond traditional classroom curriculum.

Math classes include a range of algebra and geometry offerings along with courses not typically taught during the school year, such as Introduction to Advanced Math Topics (including a section on code-breaking).

English offerings include Know Your Novel, Words Win (focusing on vocabulary), English Basics, Creative Writing, Great Writers and Asian American Literature to be taught this summer for the first time by SI faculty member Ray Orque '03.

Students may also select a wide variety of other courses such as Forensic Science, Photography, CheMystery (a lab-based course where students do daily experiments), Marine Biology and Hollywood History (where veteran

A. Afternoon camps include soccer as well as a host of other sports, including basketball, softball, baseball, diving, football, soccer, tennis, volleyball, golf, track and field, field hockey, crew, cross country, and boys' and girls' lacrosse.

B. Students who take part in SI's extensive Summer School and Summer Program offerings can learn photography the old school way, by shooting film and developing negatives in a real darkroom. Photo by Carlos Gazulla.



social science teacher Julius Yap '74 has students compare historical movies to what really happened).

Yap also teaches Lay Down the Law, where he has students examine historic Supreme Court decisions, such as Brown v. The Board of Education and the Dred Scott Case. Other electives include Fun Physics, Lincoln-Douglas Debate, Chess, Multimedia, Geography and Natural Disasters.

Ninth graders can take math, English for Success, debate or presentations; sixth graders will take Human Anatomy in addition to one English and one math class; and all students have the option of staying at SI for a variety of afternoon programs and sports camps. This summer, Jackie Lee '03, who went to the Beijing Olympics as part of the U.S. Table Tennis Team, will lead a table tennis camp, and Mick Terrizzi '04, featured in the *San Francisco Chronicle* for his work leading a grammar school drumline, will repeat his offering at SI.

Students can also sign up for a variety of afternoon sport camps, including basketball, softball, baseball, diving, football, soccer, tennis, volleyball, golf, track and field, field hockey, surf, crew, cross country and boys' and girls' lacrosse. Ninth graders can also choose to take Training to be a High School Athlete, headed by Tony Calvello '84.

Other camps include studio art, sculpture and 3D studies, painting and drawing, dramatic arts, musical theatre, voice, competitive speech and CPR and first aid. New non-sports camps also include Leadership and Intro to Filmmaking. Most camps run one week, while some are two weeks long.

"With all we offer, students can be on campus between 8 a.m. and 4 p.m. every day for five weeks if they choose," said Talavan. "And many do."

Students entering first through sixth grades have the option of five week-long camps that run between 9 a.m. and noon that comprise one day of

science, two days of sports, a day of art and a field trip to places such as the Presidio Bowling Center, Crissy Field, the Maritime Museum and the San Francisco Zoo.

Fees can be found online at www.siprep.org/summer and include free supervision for students dropped off between 8 and 9 a.m. and a proctored lunch hour from noon to 1 p.m.

SI also offers classes to high school students in chemistry and physics that count for a full year of credit. Rising sophomores can also choose to sign up for World History 2, which offers students a semester's worth of credit. SI also offers two weeklong workshops in how to write college essays.

Talavan enjoys her job, especially the challenge of creating new classes and camps that match the desires of parents and students. "The assistant director, Nora, thought of the title Fun Physics for a new course, and we called Rosemary Bromann '95, who worked last summer in our competitive speech class. We gave her the chance to teach this new course. Students loved the class, and we are offering it again."

Talavan also enjoys working with more than 200 SI students each summer who serve as camp counselors and teaching assistants. "Young students love working with the older SI students, and they provide a great incentive for these grade school children to apply to SI."

Summer school at SI, she added, "doesn't mean that kids can't hike in the woods or enjoy a vacation with their family. They can still do those things. But why wouldn't a parent want a child in summer school? Students get to make new friends, enjoy fun classes and camps and feel at home on the SI campus." ∞

From left, Michelle Nevin Levine, Bill Gotch and Katie Drucker Kohmann continue the traditions of past deans, and they meet challenges brought on by 21st century dangers, including the potential abuses of social media.



SI'S DEANS USE DISCIPLINE TO HEAL AND HELP

When most SI grads from the 1960s or 1970s reminisce about the times they got into trouble, they probably picture themselves receiving detention for drinking beer or smoking cigarettes at the Circle.

Michelle Levine and Bill Gotch, who have served as deans of discipline since 2008, face a different disciplinary landscape than in past years given the greater prevalence of social media and new technologies.

Just like the deans of past years, they are meeting those challenges head-on both with a flexible set of rules and a partnership with the greater school community. They also practice the same *cura personalis* – care for the whole person – that has guided the deans' office for decades.

The two bring to the office the lessons they had learned from previous jobs. Gotch had spent a dozen years coaching and teaching English at St. Elizabeth's High School in Oakland and at Sacred Heart Cathedral, and Levine had served in the counseling office for 13 years and was one of the key architects of the school's new Wellness Program.

When they moved into their new roles, they began by taking an education law class at USF to familiarize themselves with the complexities they were about to face. "We wanted to make decisions proactively to empower ourselves within the law as opposed to living in fear of it," said Gotch.

They also discovered that the *Student/Parent Handbook* offered specific punishments for specific transgressions. "We caught some kids chewing tobacco at a football game and had to suspend them as well as send them to mandatory drug and alcohol treatment," said Levine. "We felt the punishments didn't always fit the crimes."

Over the next few years, they worked with the school's attorney, Paul Gaspari '70, and fellow administrators to revise the handbook to redefine what "suspension" meant and to add a host of other disciplinary tools that have proved useful in delivering case-by-case consequences.

"All schools use suspension for lack of having a better tool, and we generally don't like suspending a child," said Gotch. "Keeping kids from playing basketball or acting in a play for three weeks seemed counterintuitive to us and meant that kids had nothing to do at home in the early afternoons and evenings, times when parents are often at work and unable to supervise them."

Just as previous deans have done, Levine and Gotch craft consequences that match the needs of individual students. "An underlying struggle that we have as deans is a desire to be consistent and a need to take individual circumstances into account," added Levine. As a result, most suspended students typically

practice or rehearse with their classmates, although they still aren't allowed to perform publicly during a game or in front of a theatre audience.

"We also try to have them report to us to do work in our office," said Gotch. "Several years ago, we assigned three boys to stuff envelopes, and we used that time to speak with them about social media, drinking and drugs. We developed a relationship with them that helped them understand the value of discipline and how our office works. That relationship carried them through their senior year and helped them succeed in college, and they frequently return to visit us and to reminisce."

Because those students had been punished for drinking, they also took part in the school's drug and alcohol program run by the counseling office.

That cooperation goes to the heart of how Gotch and Levine see their role – as collaborators with school officials and parents to help students deal with tough times and poor decisions. For example, Levine heads SI's Core Team, which brings together key administrators to discuss students in emotional crisis or who suffer from problems with behavior, attendance or academics.

She also serves as coordinator of the Crisis Team, which assembles in the event of a student death or any other school-wide trauma.

Her expertise led her to be invited to St. Cecilia's School to assist in its crisis management following the San Bruno fire (which resulted in the death of one of their students, the sister of Gaby Greig '12, as well as their mother). She also spoke at an Archdiocesan gathering of counselors and crisis responders on the topic of school-wide crisis management. Most recently, the Crisis Team gathered in February of 2012 when a norovirus outbreak shut the school down for three days.

Gotch works on a committee that recently helped expand and improve food offerings at SI so that students have access to healthy meals from 7:45 a.m. until 5:30 p.m., and both work hand-in-hand with counselors and the new Wellness Team to get to the root of any problem.

Gotch also worked with San Francisco Supervisor Carmen Chu and her assistant Cammy Blackstone to block the opening of a pot club on Taraval Street, just blocks from SI, and to fast-track a stop light on the intersection of Sunset Boulevard and Quintara Street to allow students to cross more safely.

Guiding their philosophy is the same spirit that has guided the deans office over the years, one that seeks the overall well-being of our students over punishment for punishment's sake. "When students demonstrate that they are not able to get to school on time, when they use and abuse alcohol or drugs or when they choose to treat members of their class poorly, then they are



demonstrating that their lives are out of balance. We try to craft consequences that are critical for this kind of behavior so students will have opportunities to learn from their mistakes.”

Key to their success is Deans’ Office Coordinator Katie Kohmann, whose “presence is critical to the everyday running of SI,” added Levine. “She knows everything that goes on, she keeps track of students, and she communicates with families. All day long she solves problems that range from a student forgetting a locker combination to a family going through an emergency at home. She is both nurturing and tough and treats students with love and respect while not entering their world of teenage logic. We could not do our work without her.”

The team of Gotch, Levine and Kohmann also deal with a digital world where students behaving badly are recorded by cell phones. With a push of a button, that behavior is instantly broadcast on YouTube, Facebook or Tumblr. Sometimes students text inappropriate language or images on their phones, and this both challenges and aids the deans.

“Fifty years ago, if a child accused another child of bullying, a dean might only have anecdotal evidence,” said Gotch. “Now, for instance, students can

bring us transcripts of remarks posted on Facebook, so we know precisely what was said.”

The dark side of the new technology is that words and images never go away. “Students today have the same impulsive behavior typical of most adolescents,” said Levine. “The trouble now is that the digital landscape allows for a longer half-life. Mistakes can haunt someone for the rest of his or her life.”

The deans deal with digital offenders the same way they deal with all those who break school rules. “We have to look at the whole picture, slow down and pull apart situations,” said Levine.

This integrated approach to discipline, one that has always been a part of the deans’ office, is working. “We’re dealing with a new normal that includes parents who know far more about mental health and who are partnering with us. The destigmatization of mental health disorders has helped us tremendously. What we do know is that as successful as we are, we can’t rest on our laurels. We need to be ready for the new challenges we are certain to face in the coming years.” ∞



The MOMS Group, from left: Liz Valadez, Staci Fleming, Joey Buckingham, Jaime Lindauer, Dawn Hahn and Mary Abinante. Not pictured: Maureen Barry, Jackie Cimento, Teresa Garrett, Katherine Kemji-McDonald, Rosalba Petrini and Teresa Toepel.

FINDING COMFORT IN THE COMMUNITY OF MOMS

Every child in need of comforting knows that the best place to find solace and support is in a mother's embrace.

But if you're a mother feeling alone and empty, to whom do you turn?

Thanks to SI's Adult Spirituality Program and Jaime Lindauer, mothers at SI are taking part in the Ministry of Mothers Sharing (MOMS) program that forms communities to support its members.

Since this faith-based group was founded 20 years ago by Sister Paula Hagen, OSB, of St. Paul's Benedictine Monastery in Minnesota, a half million women have gone through the eight-week program, meeting once each week to cover topics such as self esteem, stress and anxiety, everyday spirituality, personal growth, friendships and discernment of gifts.

Lindauer, her husband, Jeff, and their son, Jackson '11 (now a sophomore at Fordham University), came to San Francisco from Arizona nine years ago. The move proved a difficult one for Lindauer. "I didn't know a soul when my family moved here, and I even had a cable car hit my car while I was driving. I found myself crying from time to time and hated being out here."

A veteran of a MOMS group, she looked for a similar program in San Francisco but couldn't find one. She complained to Sister Paula, "who replied to me like a true nun and told me that I needed to be trained as a facilitator so I could help other women as well as myself."

After her training, she served as a MOMS facilitator for eight years at St. Mary's on Union and Steiner, where she worked with several SI mothers, before approaching Principal Patrick Ruff with the idea of offering the program to SI moms at the school. He put her in touch with Rita O'Malley, who heads the school's Adult Spirituality Program, and with O'Malley's colleague, Mary Abinante, who had instituted the MOMS program during her work as a pastoral associate in an Oregon parish.

Abinante and Lindauer then led 10 current and former SI mothers in the program starting last September, following the course outline first codified by Sister Paula.

"Moms get caught up in giving themselves to everyone else's needs, and they wind up feeling personally and spiritually empty," said Abinante. "Most women of our generation believe that the best way to pray is to go on retreat and get away from it all, which many women can't do. What we teach in the MOMS program is that the work of being a mother is a holy calling. Finding God in the day-to-day work of motherhood is also a very Ignatian thing."

Women who go through the program can also be trained to facilitate their own groups, leading to a ripple effect. While that hasn't happened at SI yet, both Abinante and Lindauer expect it to happen soon. Given the success of the first MOMS program, a new group began in April for another 8-week session.

The program works well "because the moms who gather form a network of mutual spiritual support and enjoy a group experience of learning prayer while they minister to each other," said Lindauer. "We also introduce mothers to opportunities for personal and spiritual growth in faith-sharing groups, and they ultimately improve their communications skills and learn ways to use ritual prayer at home."

Some women, once they become mothers, "suffer a loss of self-esteem," she added. "Every woman worries about making the right decision. Should I breast feed or bottle feed? Should I use cloth or disposable diapers? Some feel fearful about making the wrong decision and start second-guessing every decision they make. Before I had Jackson, I had a prayer life and thought of myself as a spiritual person. Because of my husband's career, we had to move 17 times in 22 years. I worried constantly about the effect this would have on our son and began parenting from a place of fear rather than love. Through the program, we discuss the advantages of parenting from a place of love, which leads to more peace and contentment."

"Some women feel disconnected from their parishes," added Abinante. "These gatherings helped give them an experience of owning their own spirituality and prayer life as well as learning new forms of prayer and ritual activities, such as the Examen, centering prayer, candle lighting, blessing with water and scripture-based prayer."

Both Lindauer and Abinante begin their sessions with meditation and readings that lead into group sharing. "The power of community is phenomenal," said Lindauer. "This isn't group therapy or counseling, just mothers sharing their own stories. We ask the women not to offer advice, as we all like to solve each other's problems. If something bubbles up, we sit with it, discern and pray for each other, and we promise to pray for each other every night during the eight weeks. The community we create goes a long way to restoring self esteem."

Those who have gone through the program at SI sing its praises. One mother noted that the gatherings were "the best activity I have participated in during my five years at SI. I loved the spiritual component."

Another praised the program for helping her learn "so much about parenting and self-awareness" and to help participants see "that they aren't alone in their struggles."

If you are interested in taking part in a future session, send an email to mabinante@siprep.org. If you have questions or would like to talk about the MOMS program, feel free to contact Lindauer at Jaime@lindauerfarms.com. The program costs \$100, and financial aid is available. ☺

PAOLO LUCCHESI GUIDES SAN FRANCISCANS THROUGH THE COMPLEX RESTAURANT SCENE

Paolo Lucchesi '00 likens his own journey, with its rather strange and circuitous path, to Dante's in *The Divine Comedy*.

Lucchesi writes the *San Francisco Chronicle's* "Inside Scoop" column, which appears weekly in the newspaper and more frequently on sfgate.com. He covers "the zeitgeist of the Bay Area's restaurant scene" including restaurant openings and closings, chefs moving from one restaurant to another and current trends in dining.

Just as Dante followed Virgil on his journey, so too has Lucchesi followed his own guides that took him across the country and back and exposed him to the best food writers and critics so that he could craft his own style and hone his keen eye to discern what makes a successful restaurant.

Lucchesi recently ventured beyond his blog and *Chronicle* column to co-author the *Humphry Slocombe Ice Cream Book*, a cookbook inspired by the Mission shop, and to SI to moderate a panel discussion last November of alumni who own local restaurants. (See story on next page.) He also served as founding editor of Eater San Francisco and Eater National, blogs dealing with trends in the restaurant business.

The Dante connection is an important one for Lucchesi, who wrote his English master's thesis at Columbia comparing Dante to Ralph Ellison's *The Invisible Man*. "I know it sounds crazy, but I swear it makes sense," he said.

Both works, he claims, also have much in common with jazz, which Ellison loved. "In the jazz world, you have an apprentice who follows the master for a while musically and then branches off to innovate and create on his own. Dante followed Virgil before leaving him behind for a new guide as did the protagonist in *The Invisible Man*."

After earning his master's degree, Lucchesi ran into his own set of Virgil-like guides, ones who continued the lessons he first learned at SI from English teachers such as Bobby Gavin, Jim Dekker '68 and Rev. Anthony P. Sauer, S.J. "Those great teachers gave me my earliest positive reinforcement," said Lucchesi, as did baseball coaches Jim Bjorkquist '65 and John Grealish '79, who gave Lucchesi SI baseball's highest honor, the James Keating Award. "I'm friends to this day with my teammates, and we still see each other all the time. That team meant the most to me."

Lucchesi's first food mentors included his parents, John and Pirkko Lucchesi. "Food was a priority for both of them, even though they were architects by trade. My mother is from Finland, and holidays were always big food days with multi-course meals for 30 people. Both parents bought into the whole California cuisine philosophy, with local, in-season fresh food."



Paolo Lucchesi led the panel discussion last November at SI of alumni who owned restaurants and catering companies.

After leaving SI, Lucchesi studied both English literature and Italian at UCLA and spent a semester in Florence, where he first fell in love with Dante and Chaucer. He applied to graduate school at Columbia "on a whim," he noted. "While reading Kerouac, I learned that he had briefly attended Columbia. I had already applied to a few other schools and then saw Columbia's application deadline was in three days. I hustled to apply in time, and somehow I got in."

He finished his master's degree and found that "New York is like quicksand for an aspiring writer. It can suck you in and seduce you."

He found a job as the San Francisco editor at MenuPages, where he covered the San Francisco restaurant scene from afar for two years before moving back to San Francisco to launch Eater in 2007. In 2010, *The Chronicle* hired him to take over Inside Scoop, a column originally written by GraceAnn Walden, who now leads culinary walking tours throughout the city.

"It feels as if I'm carrying on an important tradition," said Lucchesi, who works alongside food writers Michael Bauer, Amanda Gold, Janny Hu, Stacy Finz, Jon Bonne and Miriam Morgan. "I'm honored and humbled by the experience of working for people who have been in the food writing world for decades."

Among Lucchesi's favorite food establishments in San Francisco are those owned by SI grads, including Nopa, (Jeff Hanak '85), and Bi-Rite Market (Sam Mogannam '86). "Those two places embody San Francisco cuisine as much as any place I can think of."

They also represent for Lucchesi what makes San Francisco's restaurant world both unique and excellent. "There are so many good neighborhood restaurants – ones that capture the spirit of a neighborhood. Nopa, for instance, nailed it. It opened at the perfect time for the area north of the Panhandle. It's still one of the hottest tickets in town."

The best restaurants, he adds, "have soul, and that's something hard to define. They give thought both to the food and to the whole package of what a restaurant offers. They offer innovation, and they think outside the box. They create community and pay attention to the ambience of the dining experience. These restaurants, as well as home cooks, have access to some of the best produce in the world; they also have chefs that have come up through the ranks. Many great chefs are those that paid their dues, who began as apprentices to masters and who spent time as line cooks."

Cooking, he added, "is like writing. You need that base. You need to appreciate what has come before you." ∞

SI RESTAURATEURS HELP DEFINE THE CITY'S FOOD CULTURE

Last Nov. 6, on Election Day, in the Doris Duke Wall Choral Room, SI hosted a dozen alumni restaurateurs who spoke about their personal journey to the world of food service and fine dining.

Before an audience of students and faculty, they answered questions posed to them by Paolo Lucchesi '00, author of *Inside Scoop*, a column that appears regularly in the *San Francisco Chronicle*. (See more on Paolo in this issue.)

Genesis editor Paul Totah '75 welcomed Bob Buich '57, formerly of the Tadich Grill; Steve Grealish '72 of Shanghai Kelly's and The Northstar Café; Chris Costello '78 of Christopher's Fine Catering (and his assistant Simone Sugarman); John Duggan '92 of Original Joe's; Erica Perry Cooper '94 of Two Jacks Seafood; Fabio Stefani '95 of Nob Hill Grille; Brian Cassanego '96 of Noir Lounge; Anno Buich '96 and Alex Buich '98 of The Mucky Duck American Bar & Restaurant in Monterey; Josh Harris '00 of Trick Dog; and Martino DiGrande '02 of Palio d'Asti.

They are among 40 SI-owned and operated restaurants and catering companies in the City and part of a wider community of SI restaurateurs that span the country.

Totah noted the appropriateness of gathering on Election Day. "Those who write about food urge us to vote with our fork," he said. "Our actions speak louder than our words, especially regarding the choices we make when we shop for groceries or choose our restaurants. You, the students gathered here, have the power to shape our Farm Bill and the way agribusiness has drastically affected the way food comes to your plate. Before you can make wise decisions, you need to educate yourselves. Fortunately, those sitting before you today do just that in so many ways. They are part of a growing movement to remind us that the health of our planet and the health of our bodies are connected, with food being just one of the ties that bind."

On the following pages is the edited transcript of the first part of the gathering. To see a videotape of the entire discussion, go to www.siprep.org/networks and click on the Vimeo link.





John Duggan

Martino DiGrande

Erica Perry Cooper

Fabio Stefani

Bob Buich

Anno Buich

Steve Grealish

Simone Sugarman

Chris Costello

Josh Harris

PAOLO LUCCHESI '00

Our goal today is to have a fun discussion that covers the restaurant scene over the past seven to eight years. Even I didn't know how many SI people are in the San Francisco restaurant industry. We have an amazing food town in the epicenter of a new food movement sweeping the country. Food has become real news. Ten years ago, food policy wasn't on the front page. How many people here watch The Food Network? This focus brings a whole new awareness of food. Let's start with our panel. After you left high school, what did you want to be and how did you get to where you got now?

BRIAN CASSANEGO '96

In high school, what I really wanted was to be a professional baseball player. I received a baseball scholarship to Cal Poly SLO, and I was off fulfilling my dream. Then things turned a bit. I got hurt and circumstances changed. Since being a baseball player was more a fantasy at this point, I started on my path towards business and business ownership with a career in sales. Being an outgoing man, I was successful in the sales field. For 10-plus years, I was in sales and financial services. I owned a mortgage business and then transitioned to financial planning. However, my dream was always in retail, specifically in the bar/restaurant industry. In my time in San Francisco, I have been to numerous restaurants and bars and was always intrigued at how they looked and ran. It got to the point of me not being able to enjoy myself when I was out because I would look at bars and restaurants as a businessman rather than as a patron. After doing extensive research over the last five years, I found the perfect spot for my first venture. I know, the hours are going to be long and grueling, but when it is my dream, that is something I am prepared to sacrifice. We will open at the end of March, and I hope to see you all there soon at 581 Hayes at Laguna.

JOHN DUGGAN '92

I just had my 20-year reunion two weeks ago, so it's odd to be sitting here. Trust me, the years go by fast. I was just sitting where you are. I wanted to be a professional basketball player after playing at USF, and then I played professionally in Europe for six years. I returned in 2003 to finish my master's degree in sports business management. At that point, I was on dual track. I had to decide between going into coaching or the restaurant business. My grandfather had opened Original Joe's in 1957. He was a Croatian immigrant who ran the restaurant for 50 years. My mother then ran it for more than 30 years. It was in my face. That's what drove me. I was passionate about the business, just as I was passionate about basketball. I could throw my whole self into it. I worked at our former location on Taylor Street and then opened my own restaurant, Fish and Farm, also on Taylor Street. I was the only person dumb enough to have two restaurants in the Tenderloin at the same time. I needed my own experience to develop my skill set to go forward. Then we had a fire at Original Joe's on Oct. 12, 2007. I had opened Fish and Farm the day before. I tried to sell my restaurant from the first day I opened and looked for a location suitable to reopen Original Joe's that was true to our

concept. We opened 10 months ago, so we're a 75-year-old restaurant in a brand new location. That brings new challenges, but so far so good. It's a lot of hard work, but it's also a very exciting business.

STEVE GREALISH '72

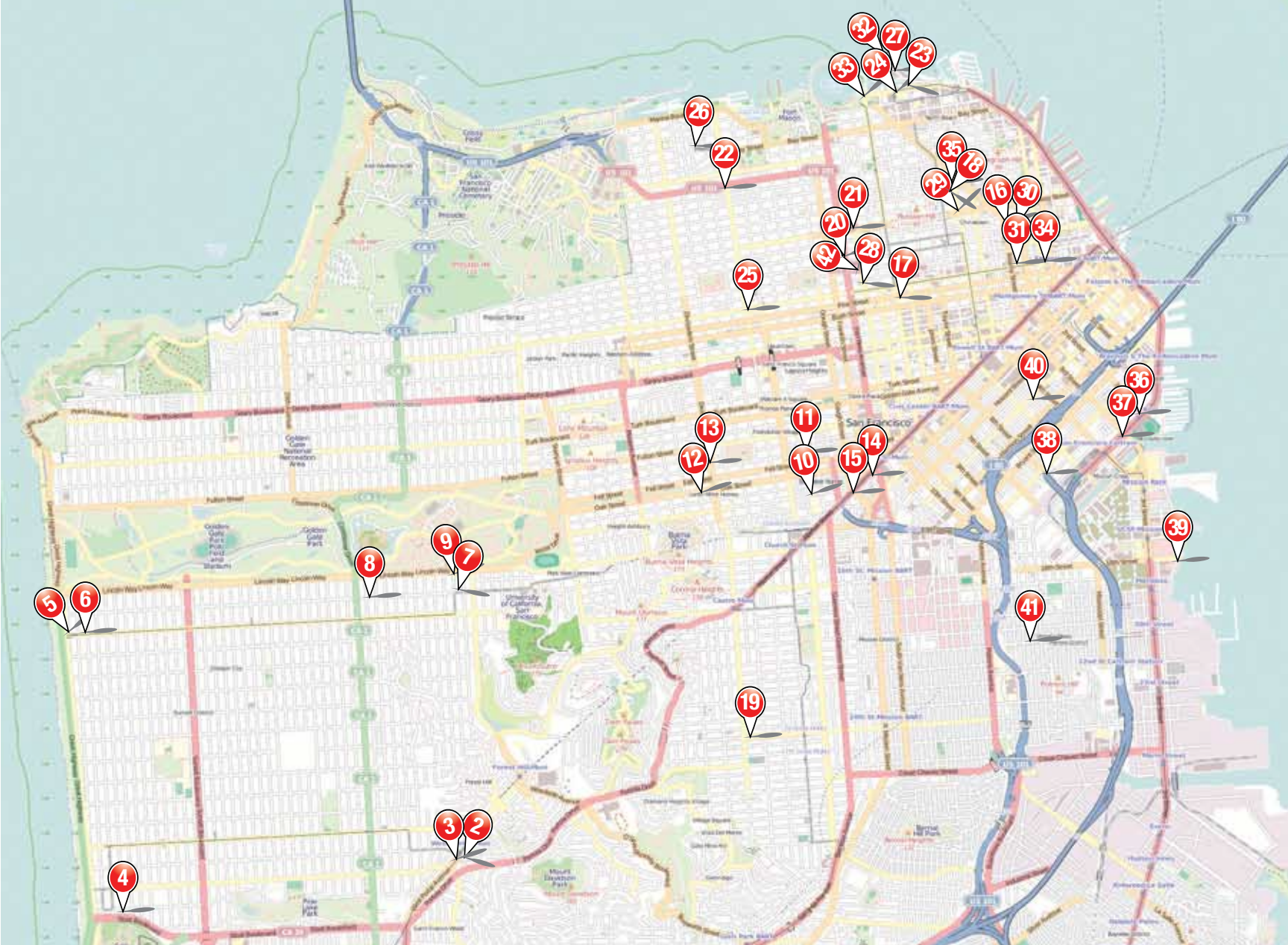
While I went to Cal as an accounting major, which I hated, I worked at a bar to pay my way. I stuck with bartending and had an opportunity go to the Virgin Islands in 1981 with another SI guy, my cousin, Dan Buick, and a friend from SH. We bought a bar there very cheap and had a tremendous time full of great adventures. But it wasn't a place to live forever, so I moved back and opened a bar on Polk and Broadway in 1985, which we have had ever since. Since then, we opened a live music venue on Van Ness, Mick's Lounge, which we operated from 1992 to 2000. In 2001, we bought the North Star Café, which has been on Powell Street for 100 years. I made my first visit there 40 years ago. (Yipes!) As we do not serve food in our establishments, the bar business requires a slightly different skill set. Our philosophy is that we are putting on a cocktail party every night. I have the utmost respect for restaurateurs. They face many more food-related issues, such as staffing, equipment, health department and effective advertising. Owning a bar or restaurant has to be in your blood, and you have to sacrifice time with your family. You can tell yourself, "I'll do this for a couple of years," and then you're suddenly 40. If you're not wise, you might end up with very little financial security or find the business to be lucrative and rewarding. I've been doing it for 35 years and still love going to work.

JOSH HARRIS '00

What's most compelling to me is that, despite our differences, our stories are similar in some ways. What was applicable about this business 30 years ago is applicable today. There's something compelling about this. When I graduated high school and went to USC to run track, I thought I'd become a lawyer just like my dad and stepfather did. After graduating from college, I applied to law school. When I didn't get into my first choice school, I felt crushed. Through college, I had worked in bars and restaurants and in the front of the house. Flavor and service both interested me and made me feel good about going to work every day. I loved tasting things, whether food or cocktails, which is now my area of expertise. I also loved interacting with people, whether over the bar or at a restaurant. The service piece has gotten lost in the restaurant business, which it is now starting to champion again, particularly with my side of business making fancy cocktails. With food, the focus has become so much about the fancy dish and not so much about service with a smile or having a casual attitude where you can inform people about products or make them laugh or be nimble enough to take care of what they want. That service part is still really exciting for me, as I enjoy that part of customer interaction. It's important to me to create an environment for unique quality food and cocktails to exist in the same conversation as genuine, knowledgeable and professional service. The two should not be mutually exclusive.



1. LITTLE JOE'S PIZZERIA
5006 Mission Street
Fred Rodriguez '84
2. PHILOSOPHER'S CLUB
824 Ulloa Street
Thomas Donahue '69 & Richard Donahue '71
3. FRESCA
24 West Portal Avenue
Jose Calvo-Perez ('97)
4. JAVA BEACH AT THE ZOO
2650 Sloat Blvd.
Pat Maguire '85
5. JAVA BEACH CAFE
1396 La Playa Street
Pat Maguire '85
6. BEACHSIDE COFFEE BAR & KITCHEN
4300 Judah Street
Pat Maguire '85
7. PASIÓN
737 Irving Street
Jose Calvo-Perez ('97)
8. ROBERT'S EXPRESSO
1708 Irving Street
Robert Ayanian '80
9. NOPALITO
1224 9th Avenue
Jeff Hanak '85
10. TWO JACKS SEAFOOD
401 Haight Street
Erica Perry Cooper '94
11. NOIR LOUNGE
581 Hayes Street
Brian Cassanego '96
12. NOPALITO
306 Broderick Street
Jeff Hanak '85
13. NOPA
560 Divisadero Street
Jeff Hanak '85
14. PISCO LATIN LOUNGE
1817 Market Street
James Schenk '90
15. DESTINO
1815 Market Street
James Schenk '90
16. ALFRED'S STEAKHOUSE
659 Merchant Street
Albert Petri '60
17. NOB HILL GRILLE
969 Hyde Street
Fabio Stefani '95
18. CAPP'S CORNER
1600 Powell Street
Thomas Ginella '55



SAN FRANCISCO RESTAURANTS OWNED OR CO-OWNED BY SI GRADS



- | | | | |
|--|--|---|--|
| 19. FRESCA
3945 24th Street
Jose Calvo-Perez '97 | 25. FRESCA
2114 Fillmore Street
Jose Calvo-Perez '97 | 31. PALIO D'ASTI
640 Sacramento Street
Martino DiGrande '02 | 37. PEDRO'S CANTINA
158 King Street
Pete Osborne '02 |
| 20. HOUSE OF PRIME RIB
1906 Van Ness Avenue
Steven Betz '94 | 26. MARINA LOUNGE
2138 Chestnut Street
Thomas '69 & Richard Donahue '71 | 32. BOUDIN SOURDOUGH
BAKERY & CAFE
2890 Taylor Street
Lou Giraudo '64 | 38. BECHELLI'S FLOWER MART CAFÉ
698 Brannan Street
Mark Bechelli '71 |
| 21. SHANGHAI KELLY'S SALOON
2064 Polk Street
Steve Grealish '72 | 27. SABELLA & LATORRE RESTAURANT
2809 Taylor Street
Mr. Tom Latorre '79 | 33. ALIOTO'S RESTAURANT
#8 Fisherman's Wharf
Joseph Alioto '69 (deceased) & Nunzio Alioto '67 | 39. MISSION ROCK RESORT
817 Terry Francois Blvd
Pete Osborne '02 |
| 22. STOCK IN TRADE
2036 Lombard Street
Chris Fogarty '94 | 28. SWAN OYSTER DEPOT
1517 Polk Street
Stephen '68, Tom '72, Jim '75 & Phillip '76 Sancimino | 34. HARRINGTONS
245 Front Street
Michael Harrington '68 | 40. OOLA RESTAURANT & BAR
860 Folsom Street
Martel Toler '83 |
| 23. TARANTINO'S RESTAURANT
206 Jefferson Street
William McDonnell '42 & Gary Burns '68 | 29. THE NORTH STAR CAFE
1560 Powell Street
Steve Grealish '72 | 35. ORIGINAL JOE'S
601 Union Street
John J. '59 & John. A Duggan '92 | 41. TRICK DOG
2010 20th Street
Josh Harris '00 |
| 24. LOU'S PIER 47 RESTAURANT & BLUES CLUB
300 Jefferson Street
Don Tarantino '80 | 30. TAVERNA AVENTINE
585 Washington St.
Gian-Paolo Veronese '94 | 36. PETE'S TAVERN
128 King Street
Pete Osborne '02 | 42. BOB'S DONUT & PASTRY SHOP
1621 Polk Street
Donald Ahn '92 |

BOB BUICH '57

In high school, what I wanted to be was an orthodontist. I ended up standing on my feet for 45 years wearing a white coat but not in a dental office. I started in 1956 during my junior year at SI working at Tadich one day a week washing glasses behind the bar and serving as a busboy. I continued working there part time through my years at USF. I really enjoyed the history of the place, the customers and the staff. One of my impetuses senior year was my English professor at USF who said, "Mr. Buich, you owe it to the city of San Francisco to keep that restaurant going." My parents were immigrants, and I was the first of all my cousins to graduate from college. My dad said, "Now that you have your degree from USF, what do you want to do?" I told him I wanted to stay in the restaurant business. He asked me, "Why did I send you to college?" I told him the education wouldn't be wasted and that I really liked what was doing. I worked there 45 years and have never regretted a day.

CHRIS COSTELLO '78

I thought it would be smarter going into the catering business versus the restaurant business, due to the fact that with catering you have a much better financial control of the business. Opening the doors every day to a restaurant is, in essence, an educated guess and a gamble when it comes to production and staffing.

I came from a family where everyone went to college. When I graduated in 1978, I didn't know what I wanted to do. I remember SI's Career Day when City College presented its culinary program. I didn't know what I really wanted to do with my life. But I also knew that if I were the last to arrive at the table for the nightly family dinner, I could potentially go hungry from my siblings getting a head start, so food seemed like it would be an interesting and fun exploration.

The more I learned about cooking, the more fun I had. My dad worried that I was heading into a career that, in his mind, wasn't really a career. The thought of me moving from restaurant to restaurant and taking a different position each time made my dad even more worried. I was turning into a gypsy right underneath his nose. Finally, after several years of going round and round with my dad, I ended up working in some of the best restaurants in the City, including Stars with Jeremiah Tower.

I loved the excitement of a high profile restaurant, but financially you really can't make it. I slowly started to put a commercial kitchen together in my parents' garage out in the Avenues, with my dad's blessing and over my mom's objections. Several of my SI friends helped make the vision come to life. Dave Rabbitt '78 sketched out some plans, Kevin McEvoy '78 constructed the kitchen and Jim Reidy '79 did the electrical work. All this was done between a lot of eating and drinking, which was the only way I could pay for

it. The garage wasn't zoned for this kitchen, but escaping detection from the City gave me the chance to build a business. Once the foundation was solid, my dad helped me take the next step: building a commercial kitchen out in the Bayview. The same guys mentioned above did that for me as well. Too bad they won't work any more for just beer and a great meal.

MARTINO DIGRANDE '02

I got started in the restaurant business on Taraval Street. My brother and I were the only ones who would be let into a dance late by Brother Draper because he knew that we had been working bussing tables. I did that all through grade school and high school and then went to City College. At 18, I decided I already knew the restaurant business pretty well. I knew I could do this. I then went to USF for my business degree and worked for Hilton Hotels in the city. I worked through the 2004 hotel strike, which gave me a perspective on overcoming adversity. I also worked for a time at Alioto's on Fisherman's Wharf. I settled at Palio d'Asti six years ago. The chef there, Dan, had walked into my dad's restaurant and we got to talking. Six months later, my dad wanted to sell his restaurant. At 65, he felt tired and done with his 12-tables on Taraval. That day, Chef Dan called and asked if I wanted a job. When I said yes, he told me I would start on Monday and to wear a suit. Then the economy crashed in 2008 when I became general manger. Chef Dan had an offer to teach at John O'Connell, and now, after a roundabout way, I own a restaurant. It's part destiny, part wild ride and a lot of fun. It takes a lot of energy and ages you quickly, but it also gives you amazing perspective on humanity, having to deal with people day to day. I've waited on tables since I was 15, and I've seen all walks of life. That has made me open to everybody and everything. As Josh mentioned, the service end of the business has to be the focus, not just the cooking. Most people say they won't go back to a restaurant not because of the food but because of the service. Growing up around old school New York Italian waiters, I've heard their mantra of customer first and customer always. Open Table has chipped away at the relationship between the maitre d' and the guest. I hope to bring back to the business this old-school mentality.

ERICA PERRY COOPER '94

I went to Davis, where I majored in French and international relations. I wanted to be an interpreter and, after graduation, worked at an engineering firm translating documents from French to English. I didn't enjoy working a 9-to-5 job, where I was told I had to stay until 8 most nights. Corporate America wasn't for me. I went into teaching and loved it except for the bureaucracy. My parents had opened their restaurant in 1977, and I started working there when I was 7 and throughout my time at Davis. I loved it. My dad then told me he was going to close our first location. I'm an only child, and something was awakened inside of me. I couldn't allow this to

RESTAURANTS OUTSIDE OF THE CITY



1. CAFFE MINGO
807 NW 21st Street
Portland, Oregon
(503) 226-4646
Michael Cronan '63
2. CAKEWALK CREATIONS
1336 El Camino Real
San Carlos, CA
(650) 593-2253
Kenneth O'Neil '86
3. CLARKE'S RESTAURANT
615 West El Camino Real
Mountain View, CA
(650) 967-0851
James Blach '42
4. CLEVER DUNNE'S IRISH HOUSE
1501 E. Olive Way
Seattle, Washington
(206) 709-8079
Bernie McGuire '81
5. DALLIMONTI'S ITALIAN RESTAURANT
1932 Oak Park Boulevard
Pleasant Hill, CA
(925) 944-5224
Ron Dallimonti '68
6. DISTRICT 30 SACRAMENTO
1022 K Street
Sacramento, CA 95814
(916) 737-5770
James Chang '92
7. DIVE BAR SACRAMENTO
1016 K Street
Sacramento, CA 95814
(916) 737-5999
James Chang '92
8. HAWTHORNE HOPHOUSE
4111 Southeast Hawthorne Blvd.
Portland, Oregon
(503) 477-9619
Bernie McGuire '81
9. MUCKY DUCK AMERICAN BAR & RESTAURANT
479 Alvarado Street
Monterey, CA
(831) 655-3031
Anthony Buich '96 & Alex Buich '98
10. PIZZA ROCK SACRAMENTO
1020 K Street
Sacramento, CA 95814
(916) 737-5777
James Chang '92
11. PUERTO 27
525 Crespi Drive, Pacifica CA
Jose Calvo-Perez ('97)
12. RAT AND RAVEN
5260 University Way,
Seattle, Washington
(206) 524-3166
Bernie McGuire '81

happen. I took over the business and the location on Haight Street back when the area was infested by drugs and prostitution. I had a big challenge on my hands, but because of the love I have through my family ties with the community I grew up in – I had attended the French American School right down the street – something took over. I was in love with the business and with how we were able to affect change in our community. I love and am grateful for the people who save their money all month to buy a fish sandwich from us. That held me in there. I did that for a year and then found out I was pregnant with my son. I worked all nine months, locked up the restaurant when I went into labor, went up the street to Kaiser and had him. I was back serving two months later. This has been the best experience, and I'm so grateful for the growth I have experienced every day learning patience and being grateful that I can interact with so many people. I feel as if I'm an example of what your life can be when you are blessed enough to be passionate about your job and blessed enough to have good people around you to support you. You can't do it yourself. You have to have a good cast of people, a higher power and a higher self all working with you. It's been a wonderful experience.

ALEX BUICH '98

I started working at the Tadich Grill as a kid, bussing and prep cooking. I always knew I'd get into the restaurant business. I went to the University of Montana for football. Not knowing for sure what I wanted to study, I opted to major in sociology and minor in criminology. It was harder than communications and easier than psychology. Throughout college and my early years in the work force, I always kept in touch with my brother about restaurants for sale or where we should open one. When I decided to return and open a restaurant, what really helped was my understanding, through watching my father work, of the amount of effort that's involved. I never went into the business saying, "Let's open a restaurant; it will be fun." My brother and I knew it would be difficult, but at the end of the day, you never feel you've wasted the day or not worked hard enough. You put in a good day's work and a hard day's work. With our Monterey restaurant, we took over a business in decline and built it back up. It's been very rewarding, even though we know there's more we can do.

ANNO BUICH '96

Growing up in San Francisco and witnessing the experience that my father had at Tadich Grill, the oldest restaurant in California, I saw that his position was like being a quarterback. He controlled the chaos and was always in the fire. For 45 years, he worked at the job at the same location and touched a number of lives. People appreciated his presence. It was awesome seeing the smile on his face and his discipline going to work every day. That discipline translated into the appreciation his customers felt whenever they saw him.

That's something his father ingrained into him, and he passed that same work ethic on to Alex and me. I always wanted to be a quarterback, and that happened here at SI and in college. On all of those teams, we always had fun. I appreciated the linemen the most, and those are also the guys who eat the most. Every Thursday I'd cook meals for them and all the offensive players. I traveled with a mobile restaurant for away games. Going to school in the Midwest, I had to teach them what a salmon is and how to prepare mussels. It was fun showing them that adding garlic to everything made food taste better. I also taught the players on the pro level about finance, so they would know what to do with all the money they were making. Ultimately, I knew that I didn't want to work for somebody. I wanted to call my own shots and be my own quarterback. The restaurant business allows me to do that. My father helped us with advice as Alex and I began looking for a place of our own in a time of financial chaos, similar to the controlled chaos of football. Now my brother commutes 120 miles round trip each day to go to Monterey, which is a great location and a world-class tourist destination. The diversity of people you meet from around the world is priceless. Everything we've done in life has prepared Alex and me for the restaurant business. I wouldn't want to see myself in anything else.

FABIO STEFANI '95

After high school, I had no real direction. In college, I browsed among majors until I landed in theatre. My family wasn't particularly excited about my majoring in theatre, feeling it would lead to unemployment or a career in the restaurant industry, which they wanted me to avoid. My grandparents had a café in North Beach, and I worked there with my mother for years as a busser, dishwasher and server. I took the train from college in Santa Clara and worked nights and weekends. After spending a few years in Los Angeles pursuing acting, I returned home with 12 years of restaurant experience. I still didn't know what I wanted to do with my life, so I took the risk and grabbed the opportunity to buy my own place. I felt that I was still young enough; if it failed, I could still bounce back. I wanted to own something in my 20s. I bought my place, and then the economy crashed. I white-knuckled it for a few years and came out on the other side. To succeed in this business, your brain has to be wired differently. You have to be pretty dumb to get into this business (please note the wistful smile) and you definitely have to be adaptable. If you're not fluid, you'll be out of business pretty quickly. That's been a good lesson for me, both seeing the evolution of my business and the evolution of myself. You don't know what you're going to be when you grow up, and that's OK. Often the most interesting people you meet are those in their 30s and 40s and beyond, still learning new things and still finding their place. This industry is outrageous because you can always branch in so many directions. It works for me. I'm still trying to figure out what I want to be when I grow up, and I encourage you to do the same. ∞

CATERERS

13. SPINNAKER
100 Spinnaker Drive
Sausalito, CA
(415) 332-1505
Bill McDonnell '42 & Tim McDonnell '71

14. THE BLUE SPARK
15 South Howard Street
Spokane, Washington
(509) 838-5787
Bernie McGuire '81
1. Bi-Rite Market
3639 18th Street
(415) 241-9760
550 Divisadero St.
(415) 551-7900
Sam Mogannam '86

2. Christopher's Fine Catering
1643 Jerrold Avenue
(415) 641-3850
Christopher Costello '78

3. GML catering
(415) 264-7261
(925) 825-5381
Gary Monitto '70

4. Guerra Quality Meats
490 Taraval Street
(415) 564-0585
John Guerra '78
5. La Forchetta
700 Montgomery Street
(415) 990-5466
Adolfo Veronese '90

6. O'Neal Catering Services
736 San Miguel Drive
Stone Mountain, Georgia
(770) 879-7214
Wesley O'Neal '74

7. Ronald Dumont Catering
254 Laguna Honda Blvd.
(415) 753-8326
(415) 317-2134
Ronald J. Dumont '73

8. The Fish Tank Truck
fishtanktruck@gmail.com
107 S Linden, South San Francisco
Steve Scarabosio '80

THE DAILY SHOW'S AL MADRIGAL FINDS LAUGHTER IS THE BEST MEDICINE FOR THE BODY POLITIC

Al Madrigal '89 has found success over the years as a standup comic, a sitcom actor and a regular on Farmers Insurance commercials. He even has his own parenting podcast called Minivan Men "for regular people with children."

Nothing quite comes close to the success he has had as a correspondent on *The Daily Show with Jon Stewart*, where he reports on a mix of bizarre and important stories. He also covered the Democratic and Republican National Conventions last year and discovered just how familiar a face he has thanks to *The Daily Show* exposure.

Before joining Stewart's correspondent roster, he had recurring roles in TV shows such as *Free Agents*, *Gary Unmarried* and *Welcome to the Captain*, and he has appeared on other shows, such as *Pretend Time with Nick Swardson* and *Wizards of Waverly Place*. In 2004, at the HBO/U.S. Comedy Arts Festival in Aspen, he won Best Standup Comedian honors, and Comedy Central featured him in a half-hour special. He has performed his standup routine on *Jimmy Kimmel Live*, *The Tonight Show*, *Conan*, *The Late Late Show with Craig Ferguson* and *Lopez Tonight*. He also has an hour special for Comedy Central called *Why Is The Rabbit Crying?* set to premiere April 26. NBC recently announced that Madrigal was cast in the single-camera pilot *About a Boy*, directed by Jon Favreau, which also stars David Walton and Minnie Driver.

After he performed at Cobb's Comedy Club last November, he spoke with *Genesis* editor (and his former English teacher) Paul Totah '75 about his career to date.

PT: Al, how did you move from a part-time contributor to a full-time correspondent with *The Daily Show*?

AM: I began in May 2011 as a part-time contributor and as the senior Latino correspondent. The producers would call me whenever they needed me. I also had a full-time job on *Free Agents* with Hank Azaria. Then I got the news that the Hank Azaria show was cancelled. That same day, I got a call that *The Daily Show* wanted to hire me full time. In January 2012, I moved to New York, where I stay with my classmate Ben Kalin '89 and his family in Brooklyn. I fly to LA almost every weekend to be with my wife, Krystyn, and our two children [Lorenzo, 10, and Luisa, 7] in Los Angeles. Not the best commute.

PT: As a Palestinian-American, I was impressed by the segment you did reporting from "the West Bank" after Gov. Romney insulted all Palestinians living under occupation as not being as entrepreneurial as their Jewish neighbors.

AM: These shows have an incredible impact. I did a piece in Tucson about how Tea Party members infiltrated low-level politics in Arizona. They became members of school boards and banned Mexican American studies in the state. I did a piece that shed a light on this and exposed one of the board members who didn't know what he was talking about. I went back to Arizona and had Mexican American kids, with tears in their eyes, tell me how much this meant to them. This was the second piece I had done for the show, and it taught me about the impact it can have.

PT: Do you feel more like a comedian or a reporter when you are doing a piece for *The Daily Show*?

AM: Jon and the others on the show know that we are comedians doing a comedy show on The Comedy Network. However, the people I met

at the Republican National Convention and the Democratic National Convention told me how important our work is. The work that Jon does every morning is just incredible. He really does try to expose the truth, whether it's a blunder on the Democratic or Republican side. He's all about calling out the BS wherever he finds it. That's a unique job to have. So as a correspondent, I'm not an actor, not a standup comic and not a reporter, though I'm a little of all three. There's nothing else like it, and I find it incredibly satisfying to have so many people appreciate my work.

PT: I was so pleased to see you on stage at the Emmys when *The Daily Show* won.

AM: In years past, only the producers went up. This time, Jon asked everyone, from the accountants to the cameramen, to join him on stage. Jon didn't have to let us up there, and he never expects to win. I had always dreamt of being up there. I'd like to be the one giving the acceptance speech some day. It was a career highlight looking out and seeing everyone from the shows I watch and love looking right back at me.

PT: Describe the experience of covering the two national conventions, especially the Republican National Convention, given your show's liberal bent.

AM: John Boehner's warehouse party was hilarious. I never saw people partying harder. At the Republican Convention, my producers told me that no one would know who we were because they didn't watch the show. That was far from the case. Many who attended the RNC were huge fans. But to compare the two, the enthusiasm at the Democratic Convention was just unmatched. Maybe it was the Tampa swamp heat that sucked the energy out of people. We were all exhausted by the time Clinton took the stage. *The Daily Show* moves its entire office to both conventions, and we have to do smash pieces. I'll typically work on a segment for three to four weeks before it airs. At both conventions, we had 9 hours to get a piece ready for air. Some of us never left the studio and slept on couches. It's exhausting. As the last couple days approach, you just can't wait for it all to end.

PT: What is it like working with Jon Stewart?

AM: Man, he is the hardest working guy I've ever seen. He went from the conventions to a televised debate with Bill O'Reilly to *Night of Too Many Stars*, all while doing a nightly show. He gives everything to all that he does, and he's someone I can look to for motivation. He sets the bar high with his tremendous work ethic.

PT: How was your Nov. 21 show at Cobbs?

AM: One month ago, I performed for an hour for a show that will air on Comedy Central in April. For that show, I was as prepared as I could be. For the Cobb's show, I felt a little rusty. I'm excited for the hour special to come out, and I'm ready to write a new hour's worth of material as soon as possible. For the show that will air, I tried to stick to my lines, but I also like being loose, going off track and messing with people in the audience. I had a chance to do more of that at Cobb's.

PT: What are your favorite subjects for your standup routines?

AM: I like long stories with different tangents and more complicated storytelling. I use the "Latino-fish-out-of-water" persona. The irony is that I didn't even know I was a Mexican comedian until I moved to LA. [Editor's note: Al is half Mexican-American and half Italian-American.]



Al Madrigal appears on *The Daily Show with Jon Stewart* covering politics and society with sardonic humor. He also is helping other comedians reach their audiences directly through his All Things Comedy Network.

Suddenly, I'm put on a show with other Latino comics. In San Francisco, I operated in a bubble. At NDV and at SI, I had such a good mix of friends that I didn't even know black kids were anything other than friends. I had no idea growing up that there were black kids and Mexican kids. San Francisco standup is the same way. We didn't divide comics the way they do in LA with ethnically-themed shows.

PT: Ironically, you've made your name as a Latino comic. I've seen you several times on shows hosted by Cheech Marin.

AM: Working with Cheech has been easily one of the coolest experiences of my career. We have a great time working with each other, and we've remained friends. Cheech is another guy who models a great work ethic, has been extremely successful and remains incredibly cool to all those he encounters. He's equally nice to everyone from bus boys to second assistant directors.

PT: What was it like doing your first standup routine in San Francisco?

AM: John Glugoski '89 was there to witness me eating it at an open-mic night at the Luggage Store on Sixth and Market in 1998. I went up impersonating a classmate of mine who never used plurals when he spoke. Next week I went back as myself. I wrote jokes and did better. From that point on, the San Francisco comedy community embraced me. I went out almost every single night and lived between Cobbs and The Punch Line. I learned what to do by watching successful guys.

PT: Have the Farmers Insurance commercials helped or hurt your career?

AM: I've never liked going out for commercials. For some reason those particular casting directors can be so nasty. Then I got a call from Fred Savage of *The Wonder Years* fame. He's an accomplished comedy director now and directed me in a pilot. He suggested me for a batch of Farmers commercials that he was directing. We shot six of those commercials in six days. I also did a commercial in the series, directed by Roman Coppola, that one was a tie-in to *The Avengers* movie. Working in commercials is a great gig if you can get it.

PT: As busy as you are, you are also doing the Minivan Men podcasts with Chris Spencer and Maz Jobrani.

AM: It's a podcast with myself and two other comedians with kids talking

about parenting lessons with a little nonsense thrown in, so you don't have to be a parent to listen to it. We publish our episodes on the All Things Comedy Network, which I started last October with fellow comic Bill Burr to host all sorts of comedians and shows. It has already taken off and has earned a lot of interest from sponsors. The old model is that many people make money when a comedian puts out a comedy album or appears on TV. All Things Comedy is a co-op so that we don't have to pay any middlemen. I don't need a record company to record, promote or sell an album. We can do that ourselves and go directly to fans. Comedians on the site have released hour specials, comedy albums and videos and own 100 percent of the content, giving comedians a chance to own copyrights. We can promote ourselves through Twitter and Facebook and sell directly to fans. Comics have threatened to unionize, as no group protects us in any way. This is the first start at something similar to United Artists.

PT: Of all the sitcoms you've done, which is your favorite?

AM: I really enjoyed *Welcome to the Captain* with Jeffrey Tambor and Raquel Welch. John Hamburg, who directed *Along Came Polly* and who wrote *Meet the Parents*, created and directed that show. That came out at the worst possible time, during the writer's strike, and just went away after seven episodes. But I couldn't ask for a first-hand learning experience from anyone better than Jeffrey Tambor.

PT: Are there any shows you regret doing?

AM: Being an actor, it's feast or famine. Early in your career, you just can't be choosy. I need to work as much as I can, especially with a wife, two kids and a mortgage. If someone asks me to be on a show with a talking dog, I'll take the gig.

PT: What classmates are you still in touch with?

AM: I hang out as often as I can with my SI classmates Ben Kalin, Jean Claude Clegari, John Christen, Jeff Elliot, John Glugoski and Julian Ware. I see Julian at 49ers games all the time. I saw Larry Krueger '88 when I was on KNBR and Tony Rhein '91. Axel Alonso '82, the editor-in-chief of Marvel comics, has become one of my good friends after we did a show together on the Nerdist podcast network called "Comic Book Live." ∞

Al Madrigal reported from a green-screen West Bank after Mitt Romney appeared in Israel.

**LIVE
WEST BANK**



AL MADRIGAL
SENIOR INTERNATIONAL CULTURE ANALYST



Sergio Azzolino in his Broadway Street office. He also runs the Brain Balance Achievement Center on Geary Boulevard.

SERGIO AZZOLINO HEALS MIND AND BODY AS A CHIROPRACTIC NEUROLOGIST

Sergio Azzolino '87 has had tremendous success as a Chiropractic Neurologist over the years and was even tapped by Gov. Jerry Brown '55 to serve on the California Board of Chiropractic Examiners a year ago. Still, he claims, he never chose his career.

"In many ways, it chose me," he said. "I'm answering a calling."

Azzolino's own history of sports-related injuries and ulcers, combined with his sense of what a healthy and balanced life should be, has motivated him to become one of the most sought-after neurological chiropractors across the globe.

He is about to take his practice to a new level, as he has started a doctoral program in Functional Neuroscience and Rehabilitation while continuing his full time practice at the Azzolino Chiropractic Neurology and Integrative Wellness clinic on Broadway Street in the city. He also serves as the executive director of the Brain Balance Center of San Francisco and as an assistant professor at the Carrick Institute for Graduate Studies in Florida. In the past, he worked as a senior instructor in the clinical science department at the Life Chiropractic College West.

His efforts have earned him numerous honors. The American Chiropractic Association named him Neurologist of the Year in 1999, and in 2010 the International Conference on Functional Neurology honored him as its Clinician of the Year. He also has held offices with and served on the boards of numerous national professional organizations.

His expertise has led him to work with numerous professional athletes and performers from around the world, to provide care to children in the orphanages of Ecuador, and to South Africa, where he will be training adults on the Brain Balance approach to treating children with learning disabilities and neurobehavioral disorders.

Azzolino had his start growing up in a traditional Italian family in the Excelsior District of San Francisco. His father drove trucks for Del Monte, and his mother operated a beauty salon out of their Naples Street home. "Ladies would walk in with flat hair and walk out several feet taller with back-combed hairdos."

He was named Boy of the Year in 1983 at Epiphany School before coming to SI, where he found a home on the football field as both an offensive and defensive lineman. He would play nearly every minute of each of his football games, and with his long hair flowing out from under his helmet, he was easy to spot, including one time by Brother Douglas Draper, S.J., SI's legendary dean of students, who removed him from class and sent him to a barber shop to get his hair cut.

All that football, as well as the rugby he played on the side, took a toll on his body. He tore up his knee during his first game of his freshman season and smashed his foot in his last game against Riordan in his senior year.

Still, he knew he could play on the college level. "Then I had a heart-to-heart with my orthopedic surgeon who advised me to choose a different path and to consider working in the medical field to take care of athletes."

At SFSU, Azzolino majored in nutrition in part because he wondered if he could cure his own ulcers – ones that had plagued him throughout his youth – by changing what he ate. When one physician prescribed an expensive drug regimen, Azzolino looked for an alternative approach that led, eventually, to chiropractic medicine.

"I wondered how a chiropractor could help my stomach, and I later learned that joints and nerves can affect organs. After two weeks of treatment, my stomach issues resolved, and I became passionate about wanting to learn more."

Another part of his life also led him to seek a career in health care. A gifted bass player, he toured with a band made up of former members of Y&T. He played before audiences as large as 5,000, and as the self-described "young one in the band," he matured quickly. "I went from idolizing these guys to being one of their peers. I also saw the dark side of the business and how many people in the industry destroyed their lives with drugs and alcohol. That also led me to being more health conscious."

After completing his studies at SFSU, Azzolino earned his Doctor of Chiropractic degree at Life Chiropractic College West in 1995, while also receiving the school's Clinic Excellence Award, the Excellence in Care citation and the role of salutatorian for his graduating class.

He completed postdoctoral neurology studies through Logan Chiropractic College, and he holds several board certifications in Functional Neurology, Pain Management and Childhood Developmental Disorders. He began practicing in Los Altos in 1995 and has since worked in San Bruno and Redwood City before opening his own multidisciplinary clinic in San Francisco, first on Union Street and then on Broadway in 2003.

His office also serves as a teaching clinic, and he has students from as far away as Korea, Norway and Italy who do their internships under his tutelage.

He also runs the Brain Balance Achievement Center on Geary Boulevard, which is a learning center dedicated to helping children with learning disabilities and conditions such as ADHD, autism, dyslexia and Asperger syndrome.

He also finds balance working as a coach for his children's baseball and soccer teams. "I'm so passionate about my work, and I'm so busy that I could never leave my office. But I try to lead by example. I tell parents not to push their children so much into every activity, but to pick and choose a few activities that they can do along with their children. I refuse to let the TV be their babysitter."

His children give him great joy as does the success he sees with his patients. "That keeps me going all day. I never wonder if my time is well spent. I'm blessed and grateful that I get to spend my days making a positive impact." ∞

CHINESE HOSPITAL'S DOWNTOWN ACUPUNCTURE CLINIC: THE POINT WHERE EAST MEETS WEST

By Chelsea Mao '97, Manager of Program Development & East West Health Services at Chinese Hospital

A flash of insight in a pop-up zendo, years of yoga and a provocative e-book on community acupuncture provided my inspiration for designing Chinese Hospital's newest clinic in downtown San Francisco, a healing center that offers a new take on a thousands-year-old medical tradition.

I graduated from Cal in 2001 and worked for a year in equity research before deciding that finance was not for me. I left my job and moved to Japan to refresh my perspective. While teaching English with the Japan Exchange Teaching Programme for three years, I traveled to more than a dozen countries, learned much about the world and myself and deepened the yoga practice I had started after college.

Following four years of Division I lacrosse at Cal, I first approached yoga as a form of physical exercise. In time, however, the practice revealed itself as something more profound. I learned to meet difficulty with a sense of curiosity and self-compassion and to appreciate the process of building poses rather than rushing towards their outer form. These lessons clearly translated to life off the yoga mat. My passion for yoga led me to India, where I stayed for three months and completed a month-long teacher training at the Sivananda Yoga Vedanta Centre in Kerala.

I returned to the U.S. in 2005, full of enthusiasm from my travels in Asia, wanting to know more about traditional cultures and their perspectives on health. In 2008, I completed a master's program at the Yale School of Public Health, where I researched the evidence basis, practice and delivery of complementary and alternative medicine in the U.S.

While at Yale, I joined an evening meditation in a pop-up zendo for grad students to reduce stress before midterms. Instead of relaxing, however, I found myself sitting with terrible pain in my shoulders, worrying about unfinished papers and post-graduation plans. My misery grew as I looked around the room and saw that everyone else seemed to be sitting as peacefully and perfectly as a collection of stone Buddhas. Forty minutes passed. Moments before the meditation bell rang, I was struck by a flash of "satori" – a life changing insight. I could see that from the outside, I looked like everyone else: posture upright, face calm and without expression, all the while feeling consumed by pain, envy and self-judgment. In that moment, I realized how appearances can prevent us from acknowledging our own and others' suffering.

That realization confirmed my desire to serve in healthcare. After graduate school, I returned to San Francisco, and began working for Chinese Hospital. There's really nothing like it in the country: a fully integrated, non-profit healthcare delivery system that remains intimately aligned with the needs and rhythms of its community. While the hospital's mission is to serve its community, it is open to everyone. The integrated healthcare delivery system includes a 54-bed acute care facility, numerous outpatient clinics, a 30,000-member health plan and a 200-member physician group. Over the years, the system has benefited from the contributions of many SI grads, including Dr. Edward Chow '55, Kelvin Quan '75, Dr. Colin Quock '57 and his son, Dr. Justin Quock '86.

My work involves building integrative medicine programs, including services that improve the wellness of staff, patients and community members. Over the last three years, one major project has been to develop and introduce the hospital's new Chinese medicine program.

It may seem odd that it has taken so long for Chinese Hospital to offer Chinese medicine. However, when the hospital first opened in the early 1900s, it offered Western medicine as most Americans knew little of Chinese medicine, and the need for Western medical services in the Chinese community was great.

Chinese Hospital East West Health Services

Our Chinese medicine program has been in the making for many years, requiring the collaboration of numerous leaders from the hospital's board of directors, administration and medical staff. I've learned much in the process and am excited to see our first dedicated clinic open.

As the nation's first community hospital-operated clinic specializing in Chinese Medicine, Chinese Hospital East West Health Services aims to make holistic medical practices like Chinese medicine more integrated, understandable and accessible with a convenient downtown location and 24/7 online scheduling. Aside from acupuncture, the clinic provides cupping, moxibustion, herbal medicine, nutrition therapy, health education and classes such as tai chi and qigong.

Chelsea Mao '97 watches as Cecilia Wong Leung '94 applies an acupuncture treatment to Rochelle Germano in the community room of Chinese Hospital's new clinic on Commercial Street, right between Chinatown and the Financial District.



The 1400-square foot clinic on Commercial Street feels like a refuge amidst the bustle of downtown activity with two 25-foot trees providing a leafy canopy just outside. To protect patient privacy, the clinic has separate areas for consultation and treatment, including four private treatment areas. The focus of the clinic, however, is the community room, a warm, open space where patients relax while receiving treatment as they rest fully clothed on comfortable zero-gravity recliners. The layout allows for both individual repose, as well as a feeling of connection and collective participation, similar to a zendo or meditation hall. Instead of doors, brush-stroke patterned curtains provide soft, quiet dividers between the different areas of the clinic. Soft music and a hint of aromatherapy set the tone for a relaxing experience.

The clinic draws patients from both sides of Commercial street, including patients from the Chinese community who have been using the Western healthcare services of Chinese Hospital for generations, as well as the multitudes of people who live, work or commute near the Financial District. Though the clinic just opened last year, people are eager to visit us because of

our affiliation with the hospital. Our acupuncturists have experience and a strong interest in working with Western medical providers.

One of our newest acupuncturists, Cecilia Wong Leung '94, grew up in Chinatown and serves as a wonderful bridge between Chinese and Western culture and medicine. Six years ago, Wong Leung was involved in a car accident that badly injured her arm and left her disabled for half a year. "No amount of MRIs, pain medication or physical therapy could give me back the use of my right arm," she said. "I finally tried acupuncture, and within one treatment, I regained function in my arm. It felt miraculous."

Following her recovery, Wong Leung quit her job, enrolled in Chinese medicine school and began apprenticing with the Chinese doctor who had treated her. She chose to work at Chinese Hospital because she was born at the Chinese Hospital and grew up in Chinatown. "Both my grandpa and my dad owned businesses here, and my mom still lives here today," she noted. "I had always thought that if any hospital would have acupuncture, it would be Chinese Hospital, so I am proud and honored to use my Chinese medicine and language skills to serve my community."

Group-based Therapies

Group-based acupuncture first came to my attention in 2009 when a friend sent me an e-book written by a Portland-based acupuncturist who had studied Chinese medicine because she wanted to be a healer but found that few people could afford to pay the standard rate of \$60 to \$120 per visit and come with enough frequency to achieve the full benefits of treatment. A typical course of acupuncture can involve six to 10 sessions, and just as with a prescription of antibiotics or injections, if treatments are spaced too widely, their effect is diminished or lost. The author discovered that a group-based model allowed for more economical use of space. She passed her savings on to her patients, who then came more frequently and saw greater improvements.

Given the hospital's goal to make Chinese medicine more available and accessible, the group-oriented layout of our community room is both efficient and allows patients to see others benefiting from treatment, thus creating a sense of connection among patients, especially those who may be nervous about trying Chinese medicine for the first time. Also, being with other people provides powerful support, even if names or words are never spoken, just as in yoga or tai chi classes.

Educational Mission

The clinic also works to improve public understanding of Chinese medicine, including its applications and limitations. At the hospital and through our community physicians' offices, we sometimes hear stories about patients who have relied detrimentally on Chinese medicine instead of seeking appropriate Western medical care. Conversely, there are many cases in which Chinese medicine can provide a more or equally effective treatment alternative, often with fewer undesirable side effects.

The key is education. People are often afraid of what they don't know. We encourage people to ask questions regarding the largely unexplored territory of integrative medicine. The field continues to unfold as public interest and funding increase. The challenge is to build programs that are as cost-effective as they are integrated to ensure sustainability.

All of the clinic's classes are held in the community room. While one-on-one education is important, group classes can help participants who learn from both the instructor as well as the questions and experiences of other patients. People see they are not alone in dealing with issues such as chronic pain, insomnia, cancer, diabetes or infertility. These issues affect both the bodies as well as the priorities, routines, diets and social lives of our patients. People need support as they acknowledge and address the non-medical aspects of their health conditions and goals.

Final Thoughts

If we think we're the only ones with pain, whether physical, mental or emotional, our suffering is magnified; however, when we realize that others experience pain like ours, we gain relief in knowing we're not alone, and our connection to others gives us strength.

People coming to our clinic, I hope, will enjoy the process of learning, as Chinese medicine can be as fun as it is fascinating. I also hope they will begin to understand themselves better and learn to care for what they find important as they journey through various phases of life, whether sickness or health, injury or healing.

This is also an extension of what I learned in that zendo years ago: We can't always know the hidden sufferings of others, so why not treat everyone with care and compassion, even if they don't appear to need it? For me, yoga, meditation and Chinese medicine help me to understand myself and to connect with others. These practices help so many people maintain health, speed recovery and develop the internal resources we all need so that we might get through and learn from difficult times.

When we dare to look deeply at our own experience, vulnerabilities and hopes for safety, security and happiness, we see how we share these with everyone. It's just part of being human. ∞



Honoring Dr. Edward Chow '55

Two SI grads who have cared for San Francisco's Chinese community over the years have been Dr. Colin Quock '57, the recipient of SI's Christ the King Award, and Dr. Edward Chow '55, a commissioner on the city's Health Commission.

Dr. Chow received the Department of Public Health's Silver SPUR Award last October at the Moscone Center for his long history of service. The department praised Dr. Chow, citing his work "addressing health needs, access and disparities for four decades, including working with the Chinese Hospital and its physicians to create the Chinese Community Health Plan, the nation's first culturally competent health plan dedicated to the needs of an Asian community."

Dr. Chow has served under five mayors on the San Francisco Health Commission, where he advocated for the rebuilding of its two public hospitals and established neighborhood primary care clinics. He is a founder and leader of numerous organizations, including the National Council of Asian and Pacific Islander Physicians. ∞



Nichelle Hines finds balance between acting on shows such as *Parenthood* and serving as "chief ride officer" for Cycle House in West Hollywood.

NICHELLE HINES SPINS LIFE AS ACTRESS & GYM OWNER

The 100-day writers' strike in the film and TV industries in 2007 and 2008 proved disastrous for some actors, who ended up leaving the business. Nichelle Hines '94 nearly joined their ranks, as the strike ended her occasional appearances on *Grey's Anatomy*, *The King of Queens*, *Heist*, *Charmed* and *Everybody Hates Chris*.

A talented actress who graduated with her MFA from New York University and who earned her Screen Actors Guild card after an appearance on *The Sopranos*, Hines used the writers' strike to continue another passion of hers – exercising – a decision that began a new storyline for her.

Today, you can still see her on TV in shows such as *NCIS: Los Angeles*, *Scandal* and *Parenthood*, and you can find her at Cycle House in West Hollywood, where, as part owner and chief ride officer, she has earned a huge following and reputation as one of the best spinning instructors in an area where exercise is something of a religion.

Just read CycleHouse's glowing reviews on Yelp to discover why both Hines and the other instructors (who include her brother Aaron Hines '01) are so popular.

Her gym has also been featured by *The Hollywood Reporter*, *Shape*, *Self* and *Glamour*, both for Hines' clever way of motivating her riders and for the eco-friendly and altruistic practices of Cycle House. You won't find plastic bottles, only purified alkaline water for reusable bottles. The gym publishes its schedule on a chalkboard and online to avoid using paper, and it donates two meals, in partnership with Feeding America, for each exercise session it offers.

"SI taught my brother and me that the world is not just about us," said Hines. "I was so inspired by my 100 hours of community service work, that I did 150 additional hours. I wanted Cycle House to have the same philosophy that drives SI."

Hines' parents taught her the value of healthy eating from an early age. "My mom cooked nearly every meal at home, and my father never brought white bread or white rice into the house," said Hines, who ran track at SI and played basketball. She also acted in 10 SI productions, including *A Chorus Line* and helped the admissions office recruit students of color at local grammar schools.

At Cal, Hines earned bachelor's degrees in both English and Dramatic Arts and minored in African-American Studies. She also piled on the pounds thanks to late night pizza and a focus on studies instead of sports.

"When I came home from college, my father told me he had heard about the freshman 15, not the freshman 35," said Hines. "I was close to 200 pounds by the time I graduated from Cal."

Her performance in *A Raisin In the Sun* as Mama at Cal caught the attention of Harry Elam, a Stanford professor who served as guest director for the play. He encouraged her to pursue acting at the graduate level, and she filled out the forms for NYU as one of 2,000 applicants. The school accepted Hines and 17 other students for its highly competitive and nationally renowned program.

At NYU, when she learned she would have to wear a bikini to play her role in *A Midsummer's Night Dream*, she decided to lose weight by taking a spinning class at a nearby gym. "I loved it immediately. It triggered a competitive edge in me and reminded me of the sprints I used to do at SI, with all the starting and stopping. I'm easily bored by most exercise classes, but this held my focus."

After graduating from NYU, she acted for two years on the East Coast and then flew to Hollywood to be closer to her boyfriend, who had a part in *The King of Queens*, and to leave behind the New York theatre scene with its focus on big-budget musicals. "I can't sing," said Hines. "That limited my options. And I missed the West Coast."

Hines landed a small role on *Ocean's Twelve* and acted in a number of TV shows that included *Crossing Jordan* and *Charmed*. Then, when the writers' strike closed down most Hollywood productions and Hines was forced to take a break, she switched her focus to exercise classes at a local Crunch gym.

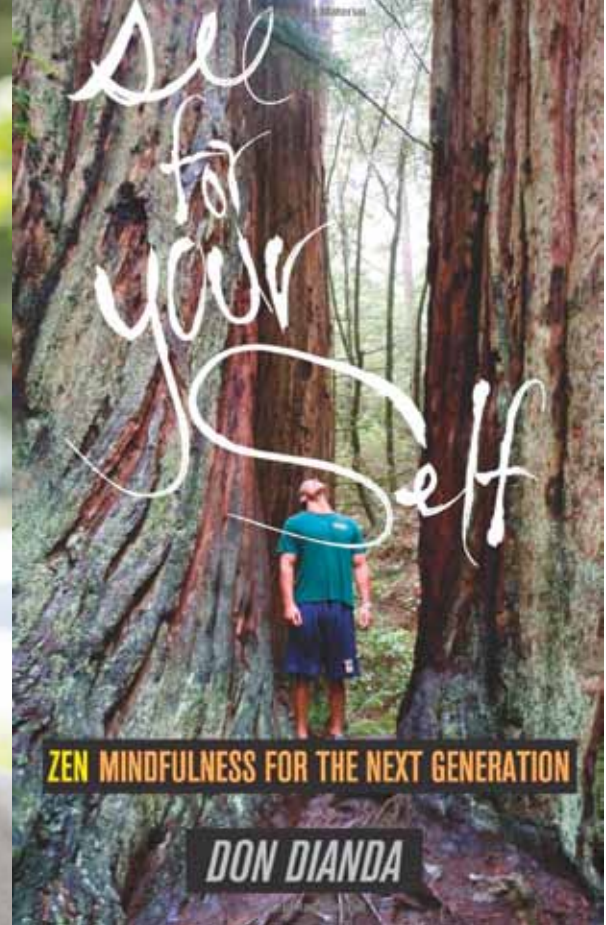
"One day, when my spinning instructor didn't show up, the manager asked me to teach the class in his place," said Hines. "That's how I became a fitness professional. Then I started getting letters singing my praises, and the manager added me to the regular schedule of instructors."

Hines soon gained a reputation as a master motivator with her catch phrase of, "You have no idea what you're capable of." She also crafted workout music from a wide variety of genres to match the exercise routines and developed upper body exercises for her clients using light weights while spinning and kettlebells. She eventually left Crunch for Equinox, where one of her students included her brother, Aaron.

"I believe we are all capable of great things," said Hines. "That's something SI taught me. I can always be better, and that's true for everyone. I'm known for The Push, as I motivate my clients to try their hardest to dig deep and give me something that they didn't think was possible. I'm also interested in finding out the real reason they come to exercise. At SI, Mr. Devine taught me that my job as an actor was to inhabit characters and tell their stories. I try to do that with my clients, to pull out of them their own story and discover why they came to exercise. Because they had a bad day? Something deeper? I use my acting to help create The Push so that they can tackle what's inside of them."

Hines' success eventually led a group of investors to approach her to start Cycle House, which opened in October 2011, and among her first hires was her brother. While still working for Pfizer, Aaron works part time with his sister and calls the experience "one that has been amazing for me these past couple of years. I love seeing how happy it makes our parents to see us succeeding together and having such a strong presence in the West Hollywood and LA fitness world."

Hines praised her brother for understanding the value of The Push. "He played high school football at SI, where Coach Joe Vollert '84 taught him to go beyond his self-imposed limits. Aaron and I have learned from our parents and from SI that there are no limits. We went to a school where everything is possible, and the family that is SI allowed me to become closer to my brother while doing the spinning that I love and pursuing an acting career." ∞



Don Dianda practices what he preaches in his book, which asks people his age to consider a slower, more deliberate way of life.

DON DIANDA '07 & HIS JOURNEY OF SPIRITUAL AWAKENING

One high point in Don Dianda's life came when the SI football team won the school's first ever CCS championship in 2006.

These days, Dianda '07, finds the same joy from doing everyday activities, from taking a walk or washing the dishes.

What changed? After experiencing the wild side of college at UC Santa Barbara, Dianda found a better path thanks to his time in nature and his study of Buddhism.

He chronicles his journey in *See For Yourself: Zen Mindfulness For the Next Generation*, which he published with the help of Amazon in 2012. The book has sold well and has earned great reviews thanks, in part, to The Huffington Post publishing an excerpt on its web site. His new book, *Wading into the Journey*, came out at the end of April.

"After we won the WCAL, we knew we would win the CCS," said Dianda. "Guys from the '67 championship team were hugging us as we were crying with joy. The joy I feel now is different and comes from walking, meditating or writing."

Dianda attended Town School for Boys before coming to SI, where he found mentors such as Matt Balano and Steve Bluford '84 who helped him hone, respectively, his writing skills and football prowess.

His first two years at UC Santa Barbara, he admitted, involved a fair amount of drugs and drinking. He managed to turn that around before he graduated with his degree in history thanks to his own sense that he was spending more time clouding his mind and dulling his senses instead of seeing life clearly and enjoying it for what it was.

In his sophomore year, he did one solo trek in the White Mountains in the Sierra Nevada range that proved pivotal. He brought along a copy of *Awakening the Buddha Within* and ran close to 30 miles a day on backcountry trails. "When I got to the top of the mountain, I knew right then that I was experiencing a quiet mind. That's what I wanted – to be at a

place where everything was clear, present, vibrant and alive. I kept feeling the urge to return and experience the quiet mind. That's how I discovered who I am and what I should do."

Dianda stopped partying and, by the middle of his junior year, began writing his book. He finished it by the end of his senior year, but found some who challenged his right to offer spiritual advice at such a young age. "I generally change the minds of those who are skeptical after I speak with them for a while. But I'm not worried about what anyone thinks of me. It's hard enough to control oneself let alone worry about someone else's opinion."

A practitioner of Rinzai Zen, a form of Buddhism, Dianda had read books by Gary Snyder and others about Eastern spirituality. He didn't find any books from young practitioners of Buddhism, however. "I wanted to fill that gap and felt a calling, as someone who enjoys both writing and Zen, to put it out there. I wrote the first chapter for people in college, but anyone can relate to it. I have people in their 50s tell me they read my book and now want to learn more about Zen."

The book's title, he adds, refers to his desire to help others "see their own inner vastness. If you don't see for yourself, then the benefits of enlightenment don't come."

Dianda publishes regularly both on redwoodzen.blogspot.com and through the online magazine elephantjournal.com.

"I know I'm reaching out to a smaller audience than those who read *People* magazine. This isn't as popular a topic as entertainment news. But I find that I'm an extension of a trend among young people to study themselves as they look for new ways to practice their religion or philosophy. This may be a backlash to our fast-paced culture, one in which everyone is staring at a gadget. I'm not tweeting about my book, for instance, and that surprises some people." ∞

Rev. Dennis Recio, S.J., who learned the rules of polite society from his parents, finds that students at USF are eager to sign up for his Manners and Etiquette class.

REV. DENNIS RECIO, S.J., TEACHES RULES OF ETIQUETTE TO STUDENTS AT USF

Rev. Dennis Recio, S.J. '89, grew up in a traditional Filipino family that taught him the right way to behave.

Now Fr. Recio is helping new generations of students at USF learn how to behave correctly – not by way of Filipino traditions but according to Emily Post and similar scholars of etiquette.

Fr. Recio, who serves as an English lecturer at USF's Ignatius Institute and the English department, teaches etiquette to students both because he saw a need for it as well as a hunger in students to learn the rules of civilized behavior.

"I have memories of sitting through liturgies with my family, who expected me to behave appropriately and who punished me if I misbehaved," he said. "My parents didn't have a big bag of Cheerios to placate my siblings or me if we grew bored."

Fr. Recio's course in Manners and Etiquette happened "not so much as a criticism of young people. More and more, young college students have told me that they wanted to know how to be in the world – how to engage in business transactions, to behave at formal gatherings such as weddings and conduct themselves during interviews. Their parents weren't teaching them not to wear flip flops to job interviews."

Students also never learned simple body-language tips, such as how to shake hands firmly or make eye contact during a conversation. "Young people also believe that conversation simply means waiting your turn to speak rather than asking follow-up questions or showing real interest in what the other person has to say. Students don't mean ill; they just don't know how to proceed."

When he was a young boy, Fr. Recio recalls learning one rule – to surrender your chair to an elderly person. "Once, when an elderly relative needed a chair, I didn't get up immediately to offer her mine. My mother had to signal me to stand for the person. She didn't chastise me publicly but explained when I got home always to give up my chair to an elderly person."

Fr. Recio also grew up with the traditional Catholic Filipino traditions such as circulating among various families a statue of baby Jesus – Santo Niño – to aid devotion. "I was fortunate to grow up in a tradition where faith was unquestioned, and that proved important later in life, even though I found the rosary boring as a child and never thought my local parish was the greatest."

His experience of religion changed at SI thanks to Friday Morning Liturgies and Sunday Evening Liturgies "where I heard homilies that spoke to me and where worship was age-appropriate and sensitive to the needs of adolescent boys. I also experienced a deepening of the Catholic tradition, one that was sensitive to sacred scripture and morality and that came with an incredible intellectual tradition passed on by priests and by wonderful lay teachers such as Michael Shaughnessy '67, Nick Sablinsky '64, Barbara Talavan and Lucie Rosa-Stagi. I felt blessed having those experiences with learned, intelligent, thoughtful teachers, who trained us to be Catholic gentlemen. They gave us a wide swath of culture from which we could draw out our identities."

One particular Jesuit influenced him deeply: Rev. John Murphy, S.J. '59, who served as his spiritual director during his senior retreat. "That retreat was a pivotal moment for me in terms of vocation. He invited me to consider how much Jesus Christ loved me and challenged me to pray in order to believe that. That invitation has born so much good fruit. I felt God invite me to consider religious life, something I wasn't expecting. I thought I was the last person who would ever become a priest. Fr. Murphy also helped me discern that I needed to grow up a little first and subsequently I decided to attend a public, liberal university to see if I truly had a vocation."

Fr. Recio earned his bachelor's degree from UC Santa Cruz, where he specialized in 19th century Victorian literature. He was also exposed to a variety of philosophies and ideas "from Marxism to feminism and queer



theory. I survived that experience with my vocation intact in part because I observed that my more liberal colleagues always felt confused as they explored religion and had little commitment to any one specific belief system. They would be Hindu one week and Buddhist the next. That drew me closer to my own faith, and, through spiritual direction, I moved deeper into the mystery of who Jesus was for me and who I could be for Christ."

After entering the Society of Jesus in 1993, soon after graduation, Fr. Recio served in a variety of ministries before coming to USF in 2004. He worked as a chaplain at a convalescent home for women in Culver City near the Jesuit novitiate and at Covenant House in Hollywood for runaways. He spent time in Guaymas, Mexico, delivering food to poor families and teaching English. He worked in campus ministry at the University of Hawaii and later taught English to freshmen at Bellarmine in San Jose.

Following his studies in philosophy at Loyola University in Chicago, he returned as a scholastic to SI, where he taught English and worked in campus ministry for two years. Later posts took him to Verbum Dei High School in Los Angeles and the Weston Jesuit School of Theology in Cambridge, Mass., before his 2004 ordination and a stint as a parish priest at Most Holy Trinity in San Jose.

At USF, he has taught classes in Asian-American Literature, Filipino-American Literature, English Women in the Novel, the Philosophy of Friendship and Horror Films of the Imagination as well as his Manners and Etiquette class, which included lab work as well as reading. "We study the rise of civility, as students need to learn that these sorts of rules and practices are culturally shaped. We have rules not to be snobbish and make others uncomfortable but to be well mannered and to show respect in order to make others feel as comfortable as possible. Too often people confuse manners and etiquette as old-fashioned and having to do with class distinctions. Emily Post made these rules available to everyone to help us all treat one another with due respect."

Fr. Recio also hopes that his role as priest at a Jesuit university inspires others to consider a vocation to religious life. "If you're a young man struggling with vocation, listen to what Jesus has to say to you in your prayer life. Let that be the center of discernment. Lead a sacramental life and reflect on where God is leading you."

All priests and religious face challenges to religious life, he added. "The vow of obedience can be difficult and living in community poses its own challenges. It's not easy sharing resources, such as cars and money, but one learns to do so. Despite these struggles, religious life is a joyful life, and no life is worth living if it has little struggle. It isn't about liking everyone but about accepting that one's brother is part of one's spiritual growth. When someone rubs me the wrong way, that's God showing me that I have something to work on personally. There's an element of purgation happening here. If one is open to giving oneself over to letting go, of emptying himself in a *kenotic* sense, then one can move to a greater freedom of life in Jesus Christ. This final lesson might be the best reason to abide by manners and etiquette. By paying attention to one's behavior and acting graciously, one expresses love for one's neighbor and finally, God." ∞

SI & SHC FAMILIES MIX COLORS OF RED AND BLUE AND GREEN IN A MISH-MASH OF RIVALRY AND FRIENDSHIP

By Ken Garcia



There was a time when certain things could be counted on in San Francisco: crooked politics, freezing summers, snobbish behavior and traditional school choices.

That also meant families were penciled in as either blue and red or Irish green.

Families did not cross enemy lines. If your parents or siblings went to SI, Star of the Sea, Sacred Heart or Mercy High, so did the other kids in the family. Times were simpler, even though back in the day, there were more options for Catholic education. The traditions spawned fierce and heated competitions among the schools, accompanied by disparaging nicknames, undisguised hostility and outbreaks of weekend fighting.

Then many schools died out, families moved and the city quietly changed. And it has led to the two remaining heavyweights sharing space in the same ring with fewer punches and lengthy respect.

It brings us to the question people ask these days with increasing frequency: After about more than 150 years of in-your-face dealings between two college preps known as St. Ignatius and Sacred Heart Cathedral, is this anyway to stage a rivalry?

How bad is it? At the recent Bruce Mahoney basketball game, students at both schools hugged, shook each other's hands and generally treated each other with kindness. Sure there was in-game taunting – that's to be expected. But back in the day, the priests and brothers working in the schools had to patrol the arenas like starched-collar cops. The heated exchanges of old have largely become brief bursts of bragging rights.

The once unthinkable crossover between the schools reaches across all boundaries, long-term ties and established loyalties. Families increasingly have sons and daughters attending SI and SHC at the same time. Dozens of educators have taught at both schools. Where once plotting and skullduggery flourished during weeks approaching key contests, grudging respect and sportsmanship have taken hold.

Why has so much of the animosity diffused? A lot of people say it took a woman's touch – the decision by both schools to go coed back in the 1980s. But others will say it's just the sea change of time, a period marked by major demographic shifts, political tremors and a nagging recognition that the schools mirror each other in more ways than not.

"I think it's a lot like the Cal-Stanford rivalry when you have these two great institutions. When you boil it down, they're a lot more alike than they are different," said George Devine Jr., a Sacred Heart Cathedral

graduate (and the nephew of longtime SI faculty member Pete Devine '66) who helped SI to launch its sports radio program (along with Sean Lawhon '87, who runs SI's digital and social media efforts) after the Sunset school hired him as a consultant.

"You're going to find the DNA of these schools everywhere, in the police and fire departments, the universities, the city agencies," he added. "I mean, seriously, if you went to one of these schools, it would be impossible to go into a witness relocation program. Everybody knows each other."

Bearing witness to that would be a couple whose reach clearly goes beyond the two aisles. That would be Dave and Kathy Lorentz, religion teachers at SI and SHC respectively, who have seen the competitive rivalry at the two schools change over the years.

If anyone is a poster child for unity between the two schools, it would be the Lorentzs. They raised five sons, SI grads all, dating back to the days when the two schools had male cheerleaders.

"The '80s were busy years for us," Dave said.

"There is a great collegial spirit," Kathy added. "Part of that stems from the fact that the students went to grammar schools together, and then even after making their choices for high school, they still played on club teams together. One of the real reasons for the change is that while the parents used to keep a lot of the animosity, the kids don't carry that today because they're more open-minded about it. They're making the decision more and more about where they want to go to high school."

Still, it wasn't always easy sledding for the family. Kathy said her students at SHC always asked her why her boys all went to SI. And the easy answer, that they lived so close to the school, wasn't always readily accepted.

"The truth of the matter is that once the oldest brother was there, it was pretty much done," Dave said. "I'm sure that's true for a lot of families, even though you're seeing more siblings go to the 'other' school these days."

Yet as a result of the pull between the schools within the family, the Lorentzs had to make game-time decisions. And the result was that during the Bruce-Mahoney basketball games, they decided not to take sides and, instead, to sit in the middle of the gym. Not that they could always keep their true colors in check.

Said Kathy: "I root for the Irish unless my son played in one of the games." And she said that only seems fair, considering how much red and blue exists in the family's closets.

- A. SH grad and SI coach and counselor Brian Kelly.
 B. Tommy Galvin, son of Meredith & Tom Galvin.
 C. Kathy and Dave Lorentz.

- D. Sean Lawhon collaborated with his SHC counterpart, George Devine, to launch SI Sports Radio. He and Devine have covered SI vs. SHC games side-by-side from their respective broadcast tables..
 E. Michelle Finn and her husband, Franco.



Still, for the uninitiated, the competition between the schools and the ongoing crossover seems like a strange rite of passage. For the first few years anyway.

“The whole rivalry thing is actually pretty entertaining to me,” said Grace Curcio, who has taught Latin at SI for the past 15 years. “When I first got here, the only time I heard about [the rivalry] was the week before the Bruce-Mahoney game. Having grown up in Oakland, this whole thing wasn’t on my radar. I had to ask some other people, ‘What is this all about?’”

The idea of asking what city high school you attended “is foreign to me because that is a very San Francisco thing,” she added.

When her husband left SI to teach at Sacred Heart Cathedral, however, it began to feel very real. It wasn’t long before “my whole world became SI–SHC,” she said.

“I don’t feel the rivalry the way I would have if I grew up with it,” she said. “But my husband’s heart is very torn about it. He loved the students when he was here, and he’s still very welcomed by everybody at SI.”

Although they do not get to the games often, when they do go, it’s a family divided. She sits on SI’s side, he sits on SHC’s side. And they wear their school colors.

“Whoever loses has to meet on the winner’s side,” she noted. “We don’t even go to the games together.”

But they do go home together, one person slightly happier than the other.

I admit that I was a small but early contributor to the morphing process. My own brother attended SI when it was still on Stanyan Street. As the smarter son, I had to choose Sacred Heart.

The author, an SHC grad, is a former columnist and reporter for the San Francisco Chronicle, the Los Angeles Times, the Mercury News and Time Magazine. His son and daughter are both SI grads, Laura ’10 and Nick ’05.

More primary color connections of red, blue & green

In addition to the connections above, many others at SI are bridges between the two schools. Teachers who have come to SI from SHC include Dean of Students Bill Gotch, Religious Studies Chair Carol Devincenzi and math teacher Brian Murphy. In addition, Michelle Finn, SI’s student affairs coordinator, is married to Franco Finn, alumni director for SHC, and Brian Murphy’s wife, Leslie Bell, heads the math department at SHC. Nora Flynn Miller serves as an English teacher at SI while her sister, Theresa Flynn Houghton (’96 SHC), works as SHC’s director of development. Also, Callie

Salzman, formerly a counselor at SI, is now at SHC as is Brian Morgan ’86, who both teaches there and coaches baseball. Dance instructor Meredith Cecchin Galvin ’97 is an SI grad, while her husband, Tom (a teacher at Holy Name School), hails from SHC. One year Tom also served as tech theatre director for both schools at the same time. Among SHC’s oldest living graduates is William O’Neill, 94, whose son is Rev. Thomas O’Neill, S.J. ’74, superior of the Jesuit community at SI. SH grad Brian Kelly serves SI both as a counselor and football coach. Sandeep Bhuta, who works in SI’s Learning Center, added that while he was a senior at Seattle University, he dated an SHC grad who on more than a couple occasions mentioned “what a relief it was that I was a Gonzaga Prep grad and not an SI grad; otherwise we would never have dated.”

Also, SHC’s softball team raises \$4,700 to honor the memory of Jill Costello ’06 and the fight against lung cancer that she started before her death. Kelcey Harrison ’06 also spoke at SHC about her cross-country run in memory of Jill.

Finally, Br. Arnold Stewart, FSC, who served as principal at Sacred Heart between 1965 and 1978, wrote to *Genesis* after an article appeared in the magazine regarding his counterpart at SI at the time, Rev. Ed McFadden, S.J. ’41.

“I will always consider Ed to be one of my best friends. We worked very closely together to do away with the terrible spirit that existed between our schools. This hostility went back many years, and we both felt it to be unchristian to say the least. We both felt that the spirit of rivalry was great on the field and on the court, but we were both Catholic schools and signs of a poor spirit had no place off the field or court. After all, we were the same Church, just different pews.”

He also praised Rev. John McEnhill, principal of Riordan at the time, for joining them in “generating the proper type of spirit among all three schools, and I think we succeeded. I remember with much pleasure the joy the three of us had at our get-togethers at SI, at our monthly dinners together and our travels to the principals’ meetings together in one car where we planned out what the “big three” were going to do with the various items on the agenda.”

Fr. Stewart ended his letter, noting that “Ed and John are now sitting in the big rooting sections in heaven, and I know they’re keeping their eyes on those of us still on the various fields and courts in the area. May both of them rest in peace. Go ’Cats. Go Irish. Go Crusaders.” ∞

FINDING GOD IN THE GAP

By Theresa Martin '11

The Invitation
by Oriah Mountain Dreamer

It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.
It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive.

Excerpt from "The Invitation" by Oriah is from her book, THE INVITATION
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After graduating from SI, I decided to take a gap year before starting college at St. Louis University. I hoped to explore different cultures, serve others, and go more deeply in my relationship with God. My journey, which began on Sept. 14, 2011, expanded upon the theme of SI's junior retreat, one that invites students to become fully alive.

During the year abroad, I spent three months traveling in northern India with eight other students from a program called Carpe Diem Education. Together, we delved into Indian life through spending time at a Hindu ashram and a Buddhist monastery, living with Indian and Tibetan families, trekking in the Himalayas, and most of all, taking in the smells, tastes and sounds of India.

After returning from India, I joined a program called Youth With a Mission (YWAM). Through YWAM, I participated in a six-month "Discipleship Training School." This program brought me to Germany, Ukraine, and Ethiopia. In Germany, I participated in a Christian missions and art school. In Ukraine, I spent two weeks volunteering with underprivileged youth and orphans. In Ethiopia, I spent three months getting to know the women of Jaja, a village on the outskirts of Addis Ababa, and volunteering at a local nonprofit, Women at Risk, that helps women escape lives of prostitution and learn job skills.

The following are reflections and journal entries from the year abroad. (More can be found on theresa-coolrunnings.blogspot.com and theresacoolrunnings.blogspot.com.)



Theresa Martin visited the Golden Temple, also known as Harmandir Sahib, in the city of Amritsar in Punjab. Photo by Theresa Martin.



October 2011, writing from Varanasi, India: *The Ghats*

Varanasi: Filled with energy ... Next to the water, it's always busy, but not too busy. It's hot, teeming with Indian culture. I saw a man yesterday who was sleeping on the street; a monkey was picking through his hair.... I'm sitting on one of the ghats and taking things in. I hear singing and drumming, kids trying to sell me candles to send on the Ganga—a prayer to the river. Smoke rises from burning incense, smells of people—of life. Men in robes smile as they share stories.... The days are pure. Untouched by distractions of life back home. Simple moments are often what turn out to be the most precious.

November 2011, Kolkata, India: *At Prēm Dan, Missionaries of Charity Facility*
"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." –Mother Teresa

Ratika began to cry out. No ... to wail. Was it physical pain? Did she need something? I couldn't understand. There were plenty of sisters helping that day at Prēm Dan, but no one came to help this time. The woman across from me motioned that Ratika needed to go to the bathroom. As I dragged Ratika's plastic lawn chair into the other room, she continued wailing and sweat broke out on my forehead.

We arrived and I lifted Ratika onto one of the makeshift toilets, but her glazed-over eyes were wide with terror. She inched away from the toilet

seat. What could she need? She grabbed my arms to stand up, and as I held her thin, frail body, wondering if she might die in my arms, our eyes met – and she wailed.

Forcing back tears, I placed Ratika in her chair and brought her back to the sitting room. The knot in my stomach was making me feel queasy, and my eyes darted around, hoping for fresh air or solitude; instead, I found myself in the midst of women with missing limbs, no eyes, and withering faces.... I could not help Ratika with whatever it was that she had cried out for. I could not relieve her suffering. But as our eyes met again, I forced myself to smile. She smiled back.

I wrote in my journal that week, "Kolkata has a way of wringing out my heart, and like Mother Teresa, the prayer that I'm thinking is simply, 'I thirst.'"

March 2012, a small town in Ukraine

Dilapidated houses line the streets, skinny dogs have free range of the land, and camo-clad men keep their eyes ahead as the occasional 1980 Volkswagen rumbles down the pothole-strewn road. It would seem to be a hostile place. What, then, do I make of the warm welcome and immediate hot meal served to us? Ukraine surprises me already.

July 2012, a rainy day in Addis Ababa, Ethiopia

The villagers looked at my feet and began to laugh. It did seem odd: a small, white, 18 year old standing with mud-caked legs amidst a newfound Ethiopian



family. There were things I would never understand about village life. Try as I might, I may again fail to notice that the large pile of mud was not solid ground, but thick goo that would cake my skin up to the knee. So smiles broke out.

I felt a deep, inexplicable joy. There was nowhere I would have rather been than in that village, sweaty, caked in mud, surrounded by family. The water project wouldn't succeed, the soap-making would fall through and, perhaps most painful to my heart, I would leave the following morning. Yet this was the moment I was created for. This was Church. I was standing in the most beautiful cathedral, this village called Jaja, where, surrounded by trees, I pretended that the city, the exhaust and the crowds were all miles away.

Moments later, two boys from the village brought water to clean my muddy shoes. The boys took off my shoes, cleaning them to perfection – to newness. New life. My muddy sneakers were now shining in the sun. Still, the boys returned with more water. My eyes filled with tears as they poured the water over my bare feet. This was an outpouring of Christ's love.

In days past, there had been cups upon cups of coffee poured as these women shared their life stories. Jaja was a village that had been forgotten and abandoned as these single mothers struggled to survive despite the lack of legal identity, legal property and healthcare.

This is the village that I stumbled upon. JaJa is the village that God surely invited me into. “[Theirs] are the hands, [theirs] are the feet, [theirs] are the eyes, [theirs] are his body” (Teresa of Avila). Though they have little, they share what they have. In their pain, they cry. In their joy, they laugh. They dance. They taught me to be fully alive.

February 2013, a snowy Saturday night at St. Louis University

My voice echoes down the stairwell as I sing a song from the eighth floor landing in Marguerite Hall, my dorm. Johnny plays the ukulele, Ian is on the guitar, and I've got my djembe. The song continues, and I look out the window where a crowd is gathered around a snowball 10 feet in diameter on the sidewalk below. I smile. I can choose to be fully alive. College life requests a planner, begs me to overbook my schedule and temps me to stress over schoolwork. But the experiences of last year remind me that even when school is busy, there is joy in each moment. It's “the adventure of being alive.”

Theresa Martin received SI's highest student honor, the Ignatian Award, during her graduation ceremony in June 2012. She is now a freshman at St. Louis University.

Opposite page: The author in Ethiopia, where she worked with Youth With a Mission
Above: Theresa Martin's travels during her gap year took her to India where she met people from all walks of life. ☺

A



THE ENERGY INNOVATION IMPERATIVE: MAKING CLEAN TECHNOLOGIES CHEAP FOR AN ENERGY-HUNGRY PLANET

By Alex Trembath '07

As a 24 year old in 2013, I join the rest of my generation in considering the great challenges facing the world this century. Chief among these are confronting the dangers of climate change and lifting billions out of withering energy poverty. The two goals are interlinked and potentially in conflict: If rising demand for energy in the developing world is met by carbon-intensive fossil fuels, then we will very likely exceed critical climate thresholds. Recognizing this conflict does not demand that we keep the global poor in energy poverty nor that we ignore the climate challenge. Indeed, since these challenges reinforce each other, the solution to both is the same: making clean energy cheap.

Currently, the world consumes about 80 billion barrels oil worth of energy per year. But this demand is intensely concentrated in the developed world. The world's richest 1.2 billion people consume the same amount of energy as the poorest 6 billion. While the average American uses more than 6 barrels of oil annually, the global average is 1.8 barrels. Worse yet, our standards are embarrassingly low. The UN definition of "energy access" is 0.15 barrels of oil equivalent per person per year, or about 2 percent of U.S. per-capita demand. As such, 1.5 billion of the world's citizens lack any access to electricity, while 2.5 billion rely on wood and dung as their primary energy source.

About 85 percent of all energy is supplied by traditional fossil fuels – coal, oil and natural gas – and currently releases about 30 billion tons of climate-

warming carbon dioxide every year. Scientists strongly agree that to remain within our climate "safe operating space," emissions need to drop to near-zero as soon as possible, preferably by mid-century. But global energy demand, fueled mostly by growth in developing countries like China and India, is projected to at least double by 2050 and quadruple by 2100. If all the world's citizens in 2100 consume like Europeans do today, global energy demand will reach over 350 billion barrels of oil per year. As energy demand goes up, it takes global carbon emissions with it.

Once we acknowledge the scale of these challenges, we arrive at an obvious and extremely daunting solution. We need to rapidly accelerate energy innovation to make clean energy cheap. Without zero-carbon technologies that are cheaper than coal and oil in China, we will see the vast majority of energy demand growth this century met by carbon-intensive fossil fuels.

Many of our favorite low-carbon technologies – solar panels, wind turbines, electric vehicles, nuclear reactors – remain either too expensive, too immature, too difficult to scale or a combination of these detriments. Government support for these technologies has created fairly robust young markets in nations like the U.S., Germany and even China, but there is no good reason to believe that simply subsidizing the deployment of existing



C

A. Alex Trembath is a policy analyst for the Oakland-based Breakthrough Institute, which has the mission of “accelerating the transition to a future where all the world’s inhabitants can enjoy secure, free, and prosperous and fulfilling lives on an ecologically-vibrant planet.”

B. Windmills at the Smokey Hills Wind Farm in Kansas.

C. The solar roof at the California Academy of Sciences helped this building become the largest public Platinum-rated building in the world, and also the world’s greenest museum.

technologies will result in either the emissions reduction we need or the development of cheaper technologies. In other words, we do not have all the technologies we need to address our twin climate and energy challenges.

There are some crucial targets for innovation, including grid-scale electricity storage to balance unpredictable generation from solar and wind power; cheaper and safer nuclear reactors that turn radioactive waste into electricity; zero-carbon liquid biofuels to power cars, ships, and planes; and carbon capture technologies to reduce pollution from remaining fossil-fueled energy. One possible breakthrough involves using advanced solar technologies to produce liquid biofuels, a potentially huge improvement over natural photosynthetic energy conversion. For all promising innovations, governments can lead the charge. Just like government investments delivered technological breakthroughs such as microchips, the Internet and jet engines, public-private innovation systems can produce the innovations we need to address our climate and energy challenges.

The energy innovation imperative should be of particular concern to us Catholics, since care for creation and care for the poor are central to our faith and communal identity. Three and a half million people die every year from indoor smoke inhalation, more than AIDS and malaria combined. Given the tragedy of our current system, it is no surprise that internationally renowned

humanitarian Bill Gates has said that if he had only one wish for the next 50 years, he would wish for an energy technology with half the cost of fossil fuels and no carbon emissions. “This is the one with the greatest impact,” according to Gates. As Catholics seeking to address radical problems like poverty and environmental devastation, we are compelled towards radical and ambitious solutions. I can think of few better ways to live my faith than by supporting innovation to make clean energy cheap.

We will face many challenges this century, including war, terrorism, sustained poverty and inequality. Abundant and cheap clean energy is no panacea, but it does provide crucial platforms for economic development, improved public health, cleaner air, and increased community security. President Barack Obama has called energy “this generation’s greatest project.” I think we’re up to the challenge.

Alex Trembath is a policy analyst in the Energy and Climate Program at Breakthrough. He is the lead or co-author of several Breakthrough publications, and has been cited by the New York Times, the Washington Post, the Financial Times and in President Obama’s 2012 State of the Union. He is also co-director of Breakthrough Generation, the Breakthrough Institute’s annual summer policy fellowship, which brings together some of the brightest young thinkers in the world to work together researching policy, politics, and technology. ∞

SENIORS NEIL MOORE & JACK KEANE LEAD MARIN COUNTY'S SEARCH & RESCUE TEAM



From left, Neil Moore and Jack Keane have searched for lost hikers all over California.

school as a result of their efforts over the past three years, as they are able to do most of their work on weekends and when school isn't in session.

Moore loves being able to "take my love for the outdoors and my passion for climbing and combine them to help people, and I get to do this in amazingly beautiful wilderness areas."

Keane finds value "in helping good people who get stuck in unfortunate situations." He also loves being able to work collaboratively and to take the lead as the situation dictates. "You have to be passionate about this in order to get out of bed at 2 a.m. to drive for miles and then hike through manzanita brush in the middle of nowhere. People don't get lost in convenient places."

Both are moved by the gratitude of family members desperate to find lost loved ones. "For my first search, which happened in Butte County, we looked for a man who had been missing for 12 days," said Keane. "He was known to be despondent. At the command post, his family and friends brought us food and tried to do everything they could. Another team eventually found his body. Until that time, I had never thought about the human side of what we were doing, about the fact that we were trying to rescue someone's brother, son or friend. Experienced members tell new recruits that you don't grasp this until people thank you for your work."

Keane had better luck last November when he searched for a National Park Service employee who went missing in the Wawona area of Yosemite. "We arrived at 2 a.m., slept for a few hours, and started out at first light," said Keane. "I led my Marin team in one direction, and another team traveling the opposite way found her. We raced 10 miles back to assist. She had fallen down a drainage ravine and had broken her pelvis after going out for a hike." She survived despite her injuries and exposure to the elements.

That same month, Moore was part of a search team in Alpine County looking for two lost hunters, a man in his 40s and his 14-year-old nephew, who were caught in the first blizzard of the season. He hiked with snowshoes through "the freshest, deepest powder I had ever seen," said Moore. After 12 hours in the snow, another team found the uncle alive but suffering from hypothermia. "We then found the tracks of the boy and saw that he was walking in all directions, not in his right mind. I spent five hours following the last footsteps this kid had made on the earth. We joined the team that eventually found him, and though it was dark, the mother asked if we could take his body out that night. His body was put in a litter, and we walked for five hours back to the command post, arriving at 10:30 that night. By 8 a.m. the next morning, I was back in class."

For Keane, nothing he has done has proved "more rewarding than search and rescue. It's one of the best things I've ever done. I urge others to consider this, as it's life changing I've grown as a leader and know more about myself than before I joined the team. And the lessons I've learned will stay with me for the rest of my life."

Moore hopes to study wildlife biology at the University of Montana and continue doing search and rescue missions out of Missoula, while Keane hopes to study mechanical engineering and take part in rescue operations during the summer and breaks.

The work, Keane added, "is the real deal. You get to save lives and accept that at times you won't be successful. Even then, you provide closure to families. That feeling is worth every 2 a.m. wake up call and all the snow, mud and rain you endure." ∞

Like many students, seniors Jack Keane and Neil Moore watch their phones for calls or text messages, even during class. For these two, however, the calls can mean life or death.

Both are part of the Marin County Sheriff's Office's Search and Rescue Team, with Keane serving as president and Moore vice president. If calls come in during school hours, they will wait for the last bell before hopping in their cars, joining their team and searching for people who may have fallen off cliffs, wandered off trails or even headed out to the back country looking to take their own lives.

Being young and in shape, they can travel faster and farther than many of their adult counterparts, and their training prepares them to take charge if they are the first to arrive on a scene.

"If we are the first, our job is to set up the command post, write operation plans and serve as a liaison between the various groups that show up," said Keane, who is also a competitive mountain biker.

Keane joined the team at the start of his sophomore year after discovering them training on Mt. Tamalpais as he was riding his bike. He looked up the organization online, saw a recruitment video and signed up for six months of training, which included a 60-hour boot camp and certification as an Emergency Medical Responder, in leadership management, snow and ice rescue, technical rock rescue and tracking.

Moore joined a year later after coming upon a rescue operation for a girl who had fallen off a cliff near the Tennessee Valley Trail in Marin County. A skilled climber and diver, Moore learned more about the Search and Rescue Team from Keane and signed on.

Keane and Moore, along with their teammates, aren't required to join rescue operations outside the county, but they have taken part in searches throughout the state, some lasting as long as three days.

If a call comes for mutual aid, the Marin crew will assemble as a team and drive together. Thus far, both young men have missed about 10 days of

SHELBY MIGUEL BECOMES HER OWN PRINCESS CHARMING



When Shelby Miguel '13 lost her hair to chemotherapy at age 4, she didn't complain much, as it gave her a chance to wear a blonde wig and pretend to be Sleeping Beauty. "I was obsessed with her and with all the Disney princesses," said Miguel.

Miguel's story is a Disney fairy tale in its own right, one that included her nearly dying of Burkitt's lymphoma, her recovery and her performing on stage before crowds throughout the Bay Area and at SI as a singer, actress and dancer.

She may have begun by resembling Sleeping Beauty, praying for doctors to lift her out of her illness, but she has turned into her own Princess Charming as an ambassador for the Make-A-Wish Foundation and UCSF's Music is Good Medicine initiative, helping others with life-threatening illnesses.

Her parents first noticed something wrong when their daughter wasn't recovering from a cold. Doctors soon diagnosed her with a cancer that was attacking her lymphatic system. She spent the next six months in treatment, receiving daily shots that left her nauseous, feverish and suffering from seizures. Surgeons eventually removed tumors from her kidneys, and at one point, her parents thought they would lose her to the cancer.

Helping her throughout this process were Disney movies she watched from her bed, singing along to the songs. When she was well enough to travel, the Make-A-Wish Foundation flew her to Disney World, where she met Sleeping Beauty, Mulan and Pocahontas. "They were my three favorite characters," said Miguel. She also wore a Make-A-Wish pin, something recognizable to park employees. "Every cast member would

greet me, and I was always moved to the front for rides and parades. That made the experience all the more magical for me."

Miguel began taking vocal lessons at 9, switching teachers as her voice grew more professional and polished and to experiment with different vocal styles.

She also began dancing at 5, starting with hula and moving to hip-hop at 8. At 10 she tried out for the Warrior's Junior Jam Squad but didn't make the cut. That only strengthened her resolve, and the following year she made the team, which paid her to dance at Warrior home games – her first time as a professional performer. She now serves as president of SI's Dance and Drill squad, which appears at the Bruce-Mahoney football and basketball games and during the rallies leading up to those contests.

Her singing career took off too. During her sophomore year at SI, she performed twice with Jonathan Cain, the keyboardist for Journey and the composer of "Don't Stop Believing" – once for a radio-thon and again for the Wine and Wishes event, both fund-raisers for Make-A-Wish, a group she now serves as an official ambassador.

She also sang the National Anthem several times for the Giants, the first in 2010. "I had been submitting videos to them since I was 12, and they finally called me. I felt nervous singing before 40,000 fans, but listening to their cheers and people chanting my name was exhilarating. The raw adrenaline definitely motivated me to do my best." Since then, she has performed the National Anthem for the Warriors, the Clippers, the San Jose Earthquakes and "so many SI teams that I've lost count how many times I've sung the anthem."

This past November, she appeared with Chris Mann from NBC's *The Voice* for Macy's tree lighting ceremony at Union Square, performing "All I Want for Christmas is You" and "Have Yourself a Merry Little Christmas." She confesses she felt a little nervous, "but nerves help me do better."

As an actress, she had the chance to live out a fantasy by performing the role of Mulan in the Spark of Creation Studio's production of the Disney musical at Skyline College in 2011. "The song 'Reflection' was the first one I learned to sing as a child, and to sing that before an audience was special for me." She is the first one, by the way, to use the phrase "Disney-obsessed" to describe herself, something she shares with other members of SI's Disney Club.

Her fellow students had a chance to see her act in the lead role in last year's production of *Damn Yankees* and in this year's spring musical *How to Succeed in Business Without Really Trying*. The former earned her a nomination for a Top Stage Honor Award.

She will delay going to college for a semester to focus on her music. Once she starts at USC in January, she plans to take classes in music and the music industry while also beginning her own foundation that expands on the work she is doing at UCSF through the Music is Good Medicine initiative, which brings singers and instrumental musicians to hospital rooms to perform to patients and their families.

"I'll sometimes sing by myself in the ICU or to terminally ill patients. The chaplain will walk with me, and I'll sing 'Natural Woman' or 'Amazing Grace.' Many will cry after I'm done. My mom has been with me on a few trips, and she cries too. That's when I know I'm helping others. Music does heal."

She recalled singing to one person who was near death and who felt bitter. "I sang 'Mercy' to him, and he used his speaking valve – the only way he could speak – to thank me. That was the first time he had used his speaking valve in months. When I came back to visit him, I was too late. However, the nurse told me that one line from the song, 'release me,' helped to release him from his suffering." ☺

Shelby Miguel nearly died of Burkitt's lymphoma, and now she's a triple threat as a singer, dancer and actress.



Left: A group of SI students joined Rep. Nancy Pelosi at the **groundbreaking for St. Anthony's Foundation** to show the school's support for and celebrate the beginning of the next chapter of St. Anthony's mission that will begin at 121 Golden Gate Avenue in the fall of 2014. The group of students were a mix of San Francisco Immersion participants and regular volunteers at De Marillac Academy who have a strong connection to the Tenderloin community and a great appreciation of the organizations in the Tenderloin. From left: Lauren Freise '13, Colin Feeney '15, Kelsey Quan '13, Camille Edwards '14, Rep. Pelosi, Brenna Smith '15 & Rocelyn Dacre '13.

Right: **John O'Connor** (center in tie), attorney for **William Mark Felt** (known as **Deep Throat** for his involvement in helping the *Washington Post* break the Watergate story), spoke at SI in March about the 2006 book he and Felt co-authored before Felt's death: *A G-Man's Life: The FBI, Being 'Deep-Throat,' and the Struggle for Honor in Washington*. O'Connor spoke in the Wall Choral Room to seniors studying government.



Left: **KTVU's Mike Mibach '94** interviewed SI Principal **Patrick Ruff** in March following Ruff's apprehension of an alleged iPad thief. Dean of Students **Bill Gotch** saw someone matching the description of a person suspected of stealing student iPads. After being questioned, the suspect ran away, leaving behind a backpack containing seven stolen iPads. Ruff gave chase and pulled him off a fence near 39th Avenue. Police arrested the man, and news crews swarmed the campus the next day to interview SI's newest hero. Students were quick to praise their principal for his "Ruff Justice."

Highlighting the critical importance of diversity at SI, representatives from the Board of Trustees, the Board of Regents, the class of 1955, the faculty and alumni of the **BSU and AAAS** met March 24 to discuss outreach efforts to encourage more African American students to apply to SI, scholarships and mentoring programs.



From left: Adela Valladares '16, April Calvo-Perez '13, Ayana Green '13, Yelenia Escobar '13, Theresa Bayze and Yolanda Medina-Zevas '94 were among many SI students and faculty who took part in the annual **Latino Summit** that brought together students from California to SI in February. Photo by Pedro Cafasso.

Below: Dozens of SI parents and students attended the **MLK March** south of Market Street in January.



Adjacent: **Tim Wise**, center, one of the foremost commentators on racism in America, came to SI along with poet and performer **Aisha Fukushima** in an evening arranged by **Matt Balano**, SI's director of diversity and inclusion.



Far Right: Students took part in the Lunar New Year Parade in Chinatown in February. Photo by Ray Orque '03



SI grads are 49er faithful in the team's march to the Super Bowl

The 49ers came within yards of winning a Super Bowl trophy in New Orleans last Feb. 3, but despite the loss, fans of the team can still celebrate a phenomenal season and look forward to the next, one that will be watched carefully by thousands of SI grads, students and parents.

Foremost among the SI 49ers faithful are Alison Davis '16, Paul Tonelli '76, Bob Sarlatte '68 and Terry White '58, each with a story that became part of the larger narrative of this great team.

(At press time, we learned that Robert Lloyd '08 and Patrick Casey '09 will start in June as equipment interns for the 49ers. Both served in that same role at SI and at their colleges – Patrick at Boston College and Robert at the University of Arizona. They will join Josh Williams '05, who serves the team as a scout.)

Bob Sarlatte '68

Bob Sarlatte was hired in 1984 to do pre-game and halftime announcing for the team because he is a triple threat. A comedian and an experienced announcer, he also knows football, having once played at SI under Coach Vince Tringali and at Cal.

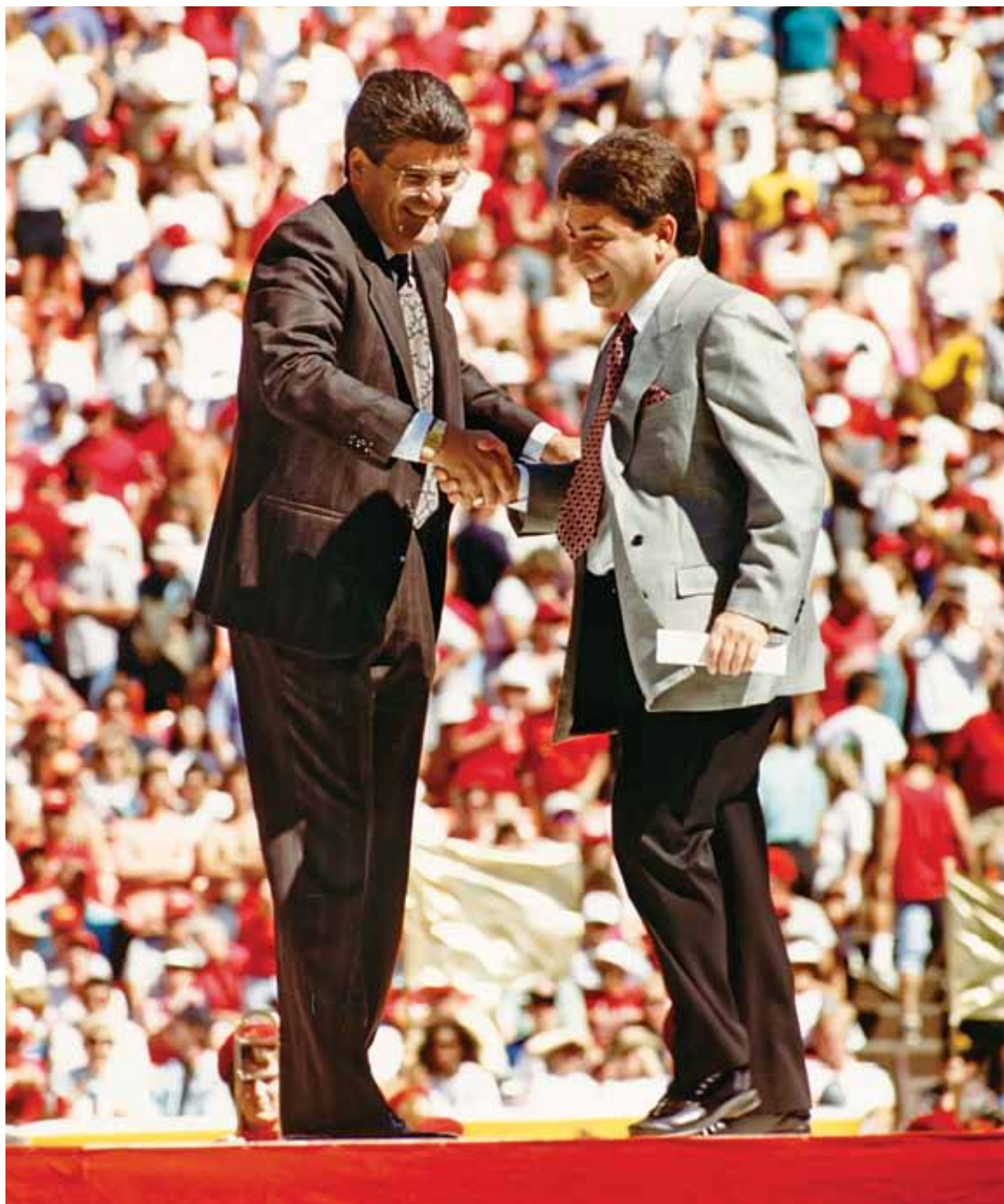
"The 49ers knew nothing would surprise me much," said Sarlatte, who even managed to announce during a power outage at Candlestick Park a year ago during a Monday Night Football game. "My microphone was the only one working. I tried to keep it light, as I didn't want people to freak out and get in fights."

Few people know the Niners as well as Sarlatte, who started going to games at Kezar with his family, longtime season ticket holders, when he was 7. His father would drop off his wife and daughter at Kezar, park the car by the Stanyan Street campus of SI and walk to the stadium with Bob.

That long history gives Sarlatte the edge throughout game day, as he knows how to pronounce names of retired players and can correct mistakes made by young members of the Niners' staff.

"I was handed a list of players to introduce, and Tommy Davis was on it," said Sarlatte. "He had died just the week before. The person on the field was his son. I was able to help the organization avoid an embarrassing situation."

In the world of pre-game and half time shows, "the winner is the person who makes the fewest mistakes," he added. "We have to time everything carefully. The guy singing the National Anthem needs to finish just as the jets start flying overhead. There's tremendous pressure to get it right the first time. You don't get second chances. It's the same thing performing on Letterman." (Sarlatte appeared



last March on *The Late Show with David Letterman*, his 25th time on the show.)

Sarlatte's day begins with a 20-minute pre-game show, where he introduces guests and players with his iconic gravelly voice that echoes throughout Candlestick Park. He expects to be hired again for the move to the new stadium next season in Santa Clara, "though I think they want me to juice the crowd without going overboard. They want the introductions to be a bit more stately and dignified. That's like when Bill Walsh sent a note to me criticizing me for sounding too much like an NBA announcer."

Sarlatte remembers when the games were less corporate and more dog-and-pony shows.

"Now we have canned music. In the old days, we had live bands. The NFL has changed as the money has increased."

He is also surprised how much younger the players seem. "I started doing this when I was 34. Now, when players take off their helmets, I'm always a little shocked by their youth." As a result, he isn't quite as close to the players as he was in the 1980s when he was able to convince Dwight Hicks, Ronnie Lott, Carlton Williamson, Eric Wright and Saladin Martin to show up at the Marina Greens at 8 a.m. for *AM San Francisco*, a show he once worked on.

After his pre-game show, Sarlatte goes to the press box and sits next to Paul Tonelli '76, who does play-by-play during the game for the

Niners. Sarlatte reads commercial copy during breaks in the game and returns to the field to announce the halftime show and to do play-by-play when the Pop Warner football teams take the field.

Sarlatte praised Tonelli for performing well under pressure. "We take a lot of pride in not screwing up, especially since we're both city kids and SI guys and want to be sure we do right by our school. I've become tighter with Paul over the years and enjoy his classmates. They have a lot of fight in them."

Paul Tonelli '76

Much like Sarlatte, Paul Tonelli's 49ers' roots go back to the early days of the team. Tonelli's father, Dino, was friends with Bob St. Clair, a former player who would invite the Tonellis to the 49ers' summer training camp at St. Mary's College in the early 1960s. Paul remembers driving to Moraga with his brother, Jerry, and their father to watch the Niners practice.

As a boy, Tonelli also attended games at Kezar by cutting out free tickets from Christopher Milk cartons. Later, he sold programs at Kezar in the last two years the Niners played there before moving to Candlestick Park. "I'd make about \$25 per game and watch for free."

At SI, Tonelli played football for Gil Haskell '61, whose family owned a small percentage of the 49ers. For each 49er home game, Haskell (who would go on to a career coaching in the NFL) would serve as sideline team manager and invite two senior football players from SI to work the game as ball boys, including, once, Tonelli and his classmate Bob Havens '76.

As a junior, Tonelli even played against a future 49er, Bill Ring, a senior at the time on Carlmont High School's football team. "We won that game, but he had the last laugh, as he worked his butt off to play for the 49ers from 1981 to 1986, when he helped the team win two Super Bowls."

Tonelli ended up in broadcasting – he now serves as co-host of 107.7's morning show – in part because of his fascination listening to Gene Nelson on the radio. "I liked Lon Simmons and Russ Hodges, too," he noted. "It sounded like a fun job and one I could do. I was a sports nut for as long as I can remember. Listening to radio meant I needed to use my imagination, and that captivated me."

He studied broadcasting at the College of San Mateo, but didn't impress his instructor, who advised him to stick to sales. He contemplated going into the family business and went to college in Idaho to study pharmacy.

When a friend who worked at a country music station asked him if he wanted to take over his Friday and Saturday graveyard shifts, Tonelli agreed. "I wasn't a fan of country music, but I loved being on the radio." The job turned

Opposite page: Bob Sarlatte with Eddie DeBartolo at Candlestick Park. Below, Paul Tonelli at the Caffe DeLucchi after his morning show on 107.7.



into a three-year gig, "and I even started liking country music. Also, working in a small market like Pocatello also meant that I did everything from selling commercial spots, reporting news and sports, doing high school football play-by-play and covering rodeos."

He returned to the Bay Area and attended SFSU, which helped him find a paid internship at KYUU doing news assisting Gil Haar. "That 6-month job turned into 14 months. Gil told me I was hanging around too long and needed to find a real job." When a spot opened at KGO doing ski reports, Tonelli took it, and then moved to KSJO to do traffic reports.

The morning DJ at KSJO, Perry Stone, loved to banter with Tonelli, whose on-air style

impressed the station's general manager. He then hired Tonelli and partnered him with Lamont Hollywood; together, they replaced Perry and soon made a name for themselves and made the move to 107.7 in 2003 to expand their audience beyond the South Bay.

All the while, Tonelli's passion for the 49ers and football remained intact. He coached for 20 years at SI after responding to a letter from Ray Calcagno '64, and he did a pregame show for the 49ers on 107.7 from 2005 to 2010. In 2007, when the Niners needed a new play-by-play announcer for the stadium crowd, they reached out to Tonelli, whom they hired after listening to him audition on Candlestick Parks' PA system.

During home games, he sits next to two spotters, one each for offense and defense, who feed him information. "But I try not to rely on them too much. You never know when you have to do a game on your own."

He loves the job both because of the "cool factor" of doing the same job that Dave Scofield did when Tonelli watched the Niners at Kezar and because "it helps me see everything that's going on in such an intense way. When you go to a game with friends and have a beer, you miss things. I've been a fan of the team for so long that this is a welcome change to how I watch football."

Despite his zeal for accuracy, Tonelli did slip up once when he referred to Frank Gore as Roger Craig, who retired from the team years ago. "Bob Sarlatte looked at me and said, 'Did you just say Roger Craig?' I have no idea how I had a 20-year flashback. Sarlatte laughed about it for the rest of the game and has never let me forget it."

He agrees that he and Sarlatte also make a good team. "I love working with Bob. I used to see him perform at The Other Café. I'm a huge fan of his standup routine. He's an easy guy to have laughs with."

Alison Davis '16

Alison Davis has served for the past three years as co-host of *49ers Total Access for Kids*, a show that airs eight times a year on the Saturdays before the team's home games.

It's an understatement to say that this 15-year-old is a longtime fan. Her father, a former player on the Junior 49ers team, almost missed her birth because he was watching the

Niners play on TV. He then took his daughter to her first game when she was six weeks old.

Just last December, she even skipped SI's Christmas dance – something the freshmen call the Winter Formal and treat as their prom – as it was the same night as the Niners' playoff game against Green Bay. "I refused to miss the game, so my date came with me," said Davis. "It was definitely worth it."

Davis landed the TV hosting job after her parents received an email inviting 12 to 16 year olds to audition for a spin-off of *49ers Total Access*. Her father helped co-wrote the script for her audition tape, helping her blend humor with her commentary. The tape impressed the show's producers enough to call her in to tape a second segment, which she nailed in one take – the only applicant to do so.

In addition to being born and bred as a fan of the 49ers (and the Giants and the Cal Bears), Davis has a passion for sports. She has played field hockey, basketball, softball, soccer and volleyball over the years and is also a skilled gymnast. She modeled for the U.S. Open and appeared on the cover of the Olympic Club's magazine and camp brochures.

Sports also provided Davis with a way to spend time with her father while he battled colon cancer four years ago. "I'd watch football with him in the hospital. Thankfully, he's now an official cancer survivor."

Her commitment to becoming a sports broadcaster was cemented after interviewing Andrea Kemer, who appears on HBO's *Real Sports with Bryant Gumbel*. "She gave me pointers, such as not moving the microphone across anyone's face or body," said Davis. "She was inspirational, and I hope to emulate her throughout my career."

As confident as she is, Davis confessed to some trepidation leading up to her interview with Randy Moss. "Just before I walked up to Randy, my father warned me that he could be rude during interviews. When I asked him if he would agree to an interview, he looked like he was going to kill me. I then said, 'It's OK. You don't have to do the interview.' He cracked up and said, 'Of course you can interview me.' I stand about five-feet, four-inches on my tiptoes, and I had to stretch so my microphone would reach his mouth. He saw me struggle and asked for the mic and then started interviewing me. It was hilarious!"

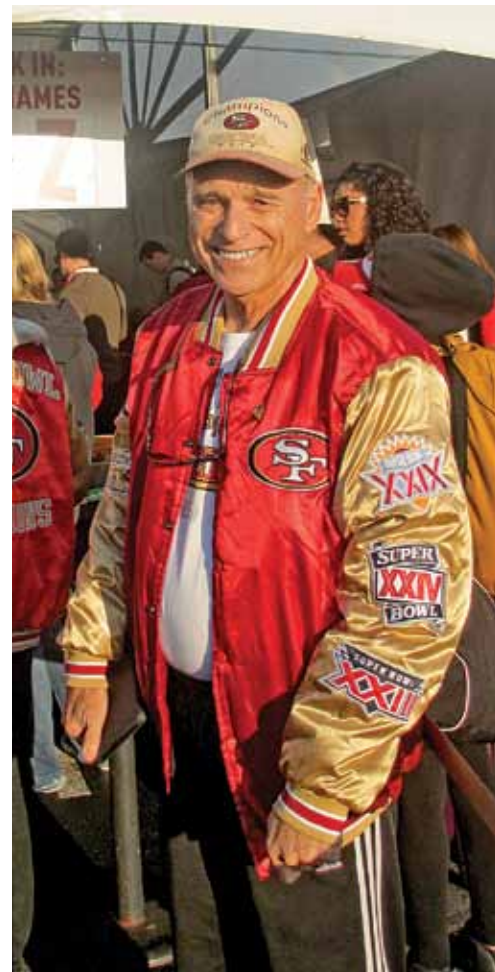
The job challenges Davis to memorize lines and to keep up with schoolwork and team commitments. "It's also hard to be creative in a short amount of time. For one segment, while reporting from the locker room, I stepped inside a locker and said, 'This is Alison Davis, reporting from the Niners' locker room ... in a locker.'"

The highlight of her time with the Niners came during the Super Bowl, which she

attended with her parents. "It was cool to see all the fans who had come to support the team that they love. We cried when the Niners lost."

49ers Total Access has won Emmy Awards, thanks in part to its spin-off for kids, and Davis has won awards in her own right, including a commendation from the San Francisco Board of Supervisors for her work. She even joined the team of SI Sports Radio to offer color commentary for one inning during the Bruce-Mahoney baseball game at AT&T Park alongside Sarlatte.

Terry White '58



In the weeks leading up to the Super Bowl, Terry White's story captivated Bay Area readers of *sfgate.com*. That story ended with the 49ers flying White and a friend to New Orleans on the same jet as the players' family, putting him up at a hotel, inviting him to all the pre-game parties, and handing him two tickets for seats to one of the most amazing games in Niners' history.

White's connection to the 49ers goes back to the early days of the team, when White's father, Ed, sold hot dogs and beer at Kezar while his son sold programs in the stadium. Nine years after leaving SI, White and his friends and classmates (including John Strain '57 and John Walsh '56) bought their first season tickets, a tradition White has since continued.



White married his high school sweetheart shortly after she graduated from Notre Dame High School (she had been SI's Homecoming Queen in 1959), and he worked for the next 30 years for the San Francisco Sheriff's Office, eventually earning the rank of division commander.

Throughout his career, he remained a 49er faithful, even through the dog days of the 1960s and 1970s, when it seemed as if the team could never catch a break.

White was in the stands when the Niners took on Dallas in 1981 on their march to the team's first Super Bowl trophy. He saw "The Catch" that put the Niners ahead. Then, with two minutes left, he saw Eric Wright make a tackle, followed by a Dallas fumble that sealed the deal. "The entire place went bananas, but the six of us who had been going all these years just sat there with our heads down. No one looked at one another. We knew we were all crying. I said, 'My God. We're going to go to the Super Bowl. And I'm going to go.'"

He did go, and to each of the team's subsequent Super Bowl appearances, watching Joe Montana, Steve Young, Bill Walsh and George Seifert lead the team to five Lombardi trophies.

Then, last fall, sfgate.com ran a story on the 49er satin jackets and asked fans to send in photos of themselves wearing their gear. "I bought my jacket in 1981 for \$210," said White. "There have been knockoffs since then, but I have the real McCoy. Then I saw photos of young kids with their jackets, and I said they must have gotten them from their fathers. I sent in a photo of my friends from our time in Detroit in 1982, each of us wearing our silk jackets."

Chronicle reporter Peter Hartlaub was so impressed with the photo that he interviewed White and ran the story and photo on the paper's website, noting that White was part of an elite group that had attended each of the five Super Bowl victories for the team.

That story elicited hundreds of comments from fans who urged the team to give White free tickets to the Super Bowl if the Niners advanced that far. When the Niners' organization announced a contest offering two free tickets to super fans, Hartlaub entered White. "It came down to me and a 4-year-old from Dayton, Ohio, who sang a rap song about the team," said White. "I got a little huffy then."

White did end up winning, though he didn't quite believe the email from Jed York at first. "I thought my friends were playing a prank on me. After my wife read the email, she just looked at me and said, 'You're going to the Super Bowl.'"

Ironically, White had a hard time finding a friend to go on such short notice. The email didn't explain that transportation, hotel and food would be included with the tickets, and he knew his friends and family couldn't

take the time off work or afford the expense, especially on such short notice, so he offered the ticket to the nephew of a friend. "Then we learned that everything was included. I almost started crying. I felt truly blessed. I couldn't believe it."

After arriving in New Orleans, White went to the receptions at the Marriott hotel where he met current and retired players. He also proved to be a celebrity in his own right. "Some had heard of my story and wanted photos taken with me. Someone even asked for my autograph."

White had a chance to thank York in person for the gift. "As I was walking out of the hotel, I saw Jed walk in. After I introduced myself, he said, 'I'm so glad you made it.' He and his assistant, Peter Malcolm, took care of everything for me. I am so grateful to them."

White will never forget the Niners' near-comeback after the lights came back on. "The power outage gave the team a chance to take a deep breath. Towards the end, as we got closer, no one sat down. We stood cheering the whole time. The stadium seemed to shake with pandemonium. Then, at the 5-yard line, when the referee failed to call holding, it was over. I guess my good luck ran out. But when the Niners get to the Super Bowl again, and I knew they will, I'll be there."

When White does show, he'll wear the same jacket he wore to New Orleans – not the one he bought in 1981, but one he purchased in late January.

"There's a sports store near where I get coffee in the East Bay. I went there three days before I left to New Orleans and saw that it was crowded with people buying gear. I saw a guy in the back opening a box and asked him if he had a jacket with the emblems of the Niners' five Super Bowl victories. He had heard of my story, and then asked if I was related to Ed White. It turns out he had worked with my dad as a vendor back in the old days. He sold me the jacket for 20 percent off and told me what a great guy my father was. This whole thing was just like a Cinderella story. It was amazing."

In the Beginning

One of the two founders of the 49ers attended SI for his freshman, sophomore and junior years. Anthony James (Tony) Morabito registered as a freshman on Jan. 28, 1924. Had he remained at SI, he would have graduated from the Shirt Factory campus along with the class of 1927.

The 14 year old came to SI from F. McCoppin School. His parents, Pasquale and Mary Morabito, resided on Funston Avenue.

Years after leaving SI, he and his brother, Victor, began the 49ers franchise in the old American Conference that later merged into the National Football League. The brothers hired their friend Lou Spadia as the general manager.



The team played its games at the original Kezar Stadium (60,000 seats and one bathroom).

Tony died from a coronary attack in 1957 at Kezar Stadium during a game with the Chicago Bears. The 49ers were losing the contest at the time news reached the bench about the owner's death. The 49ers came back to win the game by 7 points in a major upset of the champions. Victor died in 1964 at age 45 also from a heart attack. Their widows and Lou Spadia owned and operated the 49ers until they sold the franchise to Eddie De Bartolo in the 1970s.

Also, the original 49ers included Eddie Forrest '39, who died May 29, 2001, in Palo Alto, a month shy of his 80th birthday. ∞

Rev. Michael Kotlanger, S.J. '64, archivist at SI and USEF, contributed to this piece.

Opposite page bottom: Alison Davis serves as host of 49ers Total Access for Kids. Opposite top: Terry White has seen them all – all six Super Bowl appearances by the 49ers, with the last trip to New Orleans courtesy of Jed York. Above: 49er founder Tony Morabito attended SI for three years; had he stayed, he would have been part of the Class of 1927 at the Shirt Factory campus of SI. Photo courtesy of the 49ers.



Rev. Anthony P. Sauer, S.J., blessed the baseball diamond at SI's Fairmont Field in Pacifica during its dedication as Champions' Field in honor of the teams that won league titles since 1921. Members of those teams attended, as did former coaches Jim Dekker '68, John Grealish '79 and Jim Bjorkquist '65. Photo by John Mulkerrins '89.



Above: On Nov. 19, **Ed Cota** (fourth from left), longtime former assistant football coach at SI, was honored before the 49ers-Bears game at Candlestick Park by PG&E and the American Red Cross for his efforts in developing emergency response plans in both the public and private sector. Cota, pictured with Jerry Rice and other honorees, retired in December after 31 years of service to the SFPD and seven years with the Daly City Police Department. During his career, he received two Silver Medals of Valor, a Purple Heart, two meritorious conduct awards, two Police Commission Commendations and more than 75 complimentary reports.



Above: **John Donohue '69** was named **National High School Baseball Coach of the Year** by the American Baseball Coaches Association. The veteran Lowell coach was honored Jan. 4 at a ceremony in Chicago. In attendance were, from left, Patrick Cremin '75, Rob Imperial '74, John Donohue and Bob Blaine '74. He also has been named California Coaches Association Baseball Coach of the Year in 2006 and West State Regional Coach of the Year in 2007. Last year, he was inducted into the San Francisco Prep Hall of Fame.



Above: More than 150 alumni and friends came to Scottsdale in March for the **Giants' spring training**. They saw the Giants lose to the Royals, but they had a great time nonetheless. In conjunction with the event, the Alumni Association announced the establishment of the Fr. Dutch Olivier, S.J. '44, Scholarship.



Below: At the alumni race on Lake Merced in February, SI's **crew team dedicated two boats** in honor of former athletic director Bob Vergara '76 and current AD John Mulkerrins '89. The event also brought together the men, at left, who had won the Henley Regatta in 2006. From Left: John Kolenda '06, Derek Johnson '06, Nick Lucey '07, Mike Gilson '06, Rob Gilson '07, Sam Nelson '06, Anthony Nguyen '06, Richie Gordon '07 and Drew Lawson '07.



SPORTS WRAP

PHOTOS BY PAUL GHIGLIERI



BOYS' SOCCER

Coaches: John Prior, assisted by Liam Whalen; JVs: Mike McNeill and Kevin Mira; Frosh: Zach Seale '04, Steven Cordova.

Records: 6–4–4 (league); 10–7–4 (overall); JVs: 8–3–3 (third place); frosh: 3–6–1 (fourth place).

Highlights: In WCAL round-robin play, the Wildcats posted wins over St Francis (1–0), Serra (2–0), Riordan (3–2), Valley Christian (1–0), Sacred Heart Cathedral (2–1) and tied the eventual CCS champion Mitty Monarchs twice. In the WCAL playoffs, SI lost to the Serra Padres (1–0). In the opening round of the CCS tournament, the 9th-seeded Wildcats were defeated by Santa Clara High School 3–1.

League Awards: First Team, All League: Andrew Corwin; Second Team: Carl Otto, Philip Otto, Cullen Vincelette, Callum Watts; Honorable Mention: Michael Wheaton.

Team Awards: Fr. Capitolo Award: Andrew Corwin; Most Inspirational: Danny O'Malley; Most Improved: Tommy Terry.

Graduating Seniors: Corey McGrillen, Philip Otto, Carl Otto, Robert Brown, Eamon Roche, Tommy Terry, Chris Anderson, Danny Casey, Ryan Kase, Andrew Corwin, Cullen Vincelette, Peter Goudy, Michael Capitolo, Joe Pappas, Denis Shanagher, Danny O'Malley and Edmund Hobbs.

GIRLS' SOCCER

Coaches: Carlos Escobar '96, assisted by Shannon Vanderpol; JV: Brian Rhodes, Elizabeth Rappolt; Frosh: Taylor Simon, Jan Mullen.

Records: 3–9 (league); 6–12–1 (overall); JVs: 4–5–3 (4th place); frosh: 7–0 (WCAL champions).

Highlights: WCAL round robin victories over SHC (3–1 at home) and (3–0 at Kezar).



League Awards: First Team, All League: Brooke Bruneman; Second Team: Isabella Sangiacomo, Lindsay Bettinger; Honorable Mention: Soleil Brisbane.

Team Awards: Arrupe Spirit Award: Soleil Brisbane; Vision of a Champion Award: Isabella Sangiacomo; Jan Mullen Award: Chanel Brisbane.

Graduating Seniors: Laura Soter, Chanel Brisbane and Brooke Bruneman.

GIRLS' BASKETBALL

Coaches: Michael Mulkerrins '91, assisted by Anne Seppi, Joe Moriarty '68; JV: Nicole Canepa '07, Emily Perttu; frosh: Rick Murphy '69.

Records: 7–5 (league), 21–11 (overall); JV: 18–2 (overall); 11–1 (league co-champs); frosh: 14–4.

Highlights: The Wildcats won the Leo La Rocca Sand Dune Classic, defeating Skyline (55–21), St Patrick-St. Vincent's (66–42) and Lowell (52–48) in the championship game. In the WCAL, the 'Cats were 7–5 in the round robin and defeated Presentation (63–32) in the quarterfinals of the WCAL tournament before



losing to SHC in the semifinals (63–54). In CCS play, SI lost to Wilcox and Sacred Heart but still qualified for the NorCal Division 3 Tournament. Seeded second, they defeated Vanden (57–53) on Drucker Court with junior Quinci Mann scoring 21 points. In the NorCal semifinals, the Wildcats defeated Enterprise High School (63–47) with Mann scoring another 21 points. In the NorCal championship, SI once again lost to SHC at American Canyon High School near Vallejo. The Fighting Irish defeated the Wildcats 46–28 to advance to the state tournament.

League Awards: First Team All League: Sydney Raggio; Second Team: Quinci Mann, Brianna Beckman; Honorable Mention: Crystal Sun.

Team Award: Wildcat Award: Crystal Sun.

Team Managers: Carina Maysenhalder, Matt Pashby, Emily Reyes.

Graduating Seniors: Tatiana Ranis and Crystal Sun.

BOYS' BASKETBALL

Coaches: Tim Reardon '86 assisted by Rob Marcaletti '96 and Gus Gomoziyas '85; JV: Kareem Guilbeaux '01 and Paul Bourke; frosh: John DeBenedetti '83, Jamal Baugh.

Records: 6–8 (league); 16–11 (overall); JV: 15–6 (overall); frosh A's: 13–8; frosh B's: 8–12.

Highlights: SI defeated Burlingame (59–54), Santa Cruz, (77–58) and Jesuit High School (54–49) to win the Leo La Rocca Sand Dune Classic.

In league play, the 'Cats defeated SHC (56–46) in the Bruce–Mahoney game at USF and brought the trophy back to SI. In CCS Division 3, the #1-seeded Wildcats defeated Hillsdale (62–41) and lost to Santa Cruz (49–48) in the semifinals.

League Awards: First Team All League: Trevor Dunbar; Second Team: Julian Marcu; Honorable Mention: Albert Waters III.

Team Awards: Dennis Carter Award: Al Waters III and Matt Brown.

Team Managers: Mary Driscoll, Nicole Fite, Molly McFadden, Claire Reardon.

Graduating Seniors: Daniel MacLean–Vernic, Marques Jones, Andrew Vollert, Matt Brown, Darius Sadeghi, Jason Quanico and Albert Waters III.



Stanford enjoys a net gain thanks to SI's talented tennis alumni



BY ANNE STRICHERZ
GENESIS SPORTS EDITOR

Nearly all the players on Stanford's elite tennis teams made their way to the Farm through specialized tennis programs. Among those who went the high school route – and the only two from the same school this year – are Natalie Dillon '09 and Anthony Tsodikov '12.

Over the years, Craig Law '84, SI's tennis coach, has sent top tennis players to Skidmore, St. Mary's, UC Davis, Tufts and Williams as well as to Stanford, which has captured 16 women's and 15 men's NCAA championships.

Dillon and Tsodikov both grew up in San Francisco, where they dreamed of playing for the Palo Alto university. They each hold the number six spots on their teams and both hope to help Stanford win more NCAA titles.

While Tsodikov will study economics for a few more years, Dillon is set to graduate in June with a degree in urban studies. She interned this past summer with Goldman-Sachs in New York City will work in its San Francisco office after she graduates.

Tsodikov's father, who came to the U.S. from the Ukraine, taught his son to play tennis when Anthony was 2. "I loved the sport from the start," he noted. "When I was 8, he took me to a match at Stanford and from that point forward, I wanted to be a part of this great atmosphere."

Dillon credits SI with helping her handle her tough academic load at Stanford. "SI prepared me to write well. I remember correcting essays here at Stanford as early as my freshman year."

She credits Jim Dekker '68, her AP English teacher, as being both a mentor and friend. "Because of that friendship, I developed similar relationships with my college professors." Tsodikov, in turn, found his mentor in Charlie Dullea '65, who helped him hone his writing skills.

The top-ranked player in the WCAL, Tsodikov had to deal with expectations that he would win every match. "That pressure served me well, even though it's a little different on this level. I have to fight to keep my spot on the team, but we push each other to get better, as we have to advance as a team."

As the only senior team captain (and one of two seniors) on her squad, Dillon also helps her teammates, most of whom were either home-schooled or who had attended tennis academies for high school. "SI prepared me for the leadership role I am in today and taught me the value of tradition and family, which is important at Stanford. My team travels to Hawaii every Thanksgiving because of the generosity and support of donors. Spending a holiday with my teammates truly cultivates that sense of family."

Dillon enjoys watching former players return to the Farm to hit balls with current players and lend their support. "One past captain sends me advice before big matches on how to help the team focus. It makes a huge difference. I hope to continue that tradition long after I graduate."

The rigors of excelling in the classroom and on the court can be demanding, but Tsodikov has found support from his friends. "My entire dorm came out to see my match to qualify for the indoor championships. That blew me away."

That support, however, doesn't mean they are treated as celebrities. "We don't get rings for conference championships," said Dillon. "We do get lessons in humility from the achievements of those around us, including players such as Toby Gerhardt and Andrew Luck, who are incredibly humble despite their success on the football field."

Tsodikov knows his team is on the young side, and he looks forward to his junior year when the NCAA tournament will return to Stanford. "To win on home turf would be incredibly sweet."



Dillon, who already has an NCAA title under her belt from her freshman year and a second-place finish in her sophomore year, is hungry for another championship. "It's time to bring it back!"

After college, she hopes to apply the lessons she learned in her Morality and Ethics class at SI taught by Michael Shaughnessy '67. "He told us that the way we see the world depends on where we stand," said Dillon. "Here at Stanford, we are in a skybox. It's hard to have a realistic view of the world. I grew up playing on public courts in the Mission. The program that allowed me to play there is no longer running because of a lack of funding and leadership. I know I have an obligation to give back and see how this could change."

Though Dillon may be graduating, one more member of the SI family, Caroline Doyle (who attended SI in her freshman year and then left for the USTA's National Center in Florida) will join Stanford's team. In her short time at SI, she won both the WCAL singles title and was named league Player of the Year. When she arrives in at Stanford in the fall, her brother, Peter Doyle '12, former student body president at SI, will be there waiting. So will Tsodikov, to welcome her to one of the finest collegiate tennis programs in the nation. ∞

Above: From left, Natalie Dillon, Anthony Tsodikov and Caroline Doyle. Above left: Tsodikov looks forward to 2015 when the NCAA tournament will be held at Stanford.



Scott Lamson stays *semper fi* as Duke University's basketball manager

BY ANNE STRICHERZ
GENESIS SPORTS EDITOR

When it comes to pursuing his dreams, Scott Lamson '10 is *semper fi*.

Lamson first dreamed of attending Duke University when, at 8, he saw the men's basketball team win the 2001 national championship. He hoped to study at Duke and join the Blue Devil team coached by Coach Michael Krzyzewski.

While most 8 year olds may dream like this for a few years, Lamson stayed faithful to his vision. He found his way onto the hardwood of Cameron Stadium when he landed the job as manager of the men's varsity basketball team during the fall of his freshman year.

"When I shared my dream with my sister, Kristie, she told me she could see me at Duke," he noted. "Because of her encouragement, I sought out SI. I knew it was one of the best schools in the Bay Area." At SI, Lamson excelled at academics to make it to Duke. "My counselor even told me I needed a 'Plan B.' Fortunately, the hard work paid off."

SI, he added, "prepared me for what I do today in ways I never imagined. A manager is the embodiment of what we talked about in my religious studies classes, when my teachers urged us to be humble servants."

Lamson and his fellow managers arrive an hour before practice six days a week (sometimes seven). They set up the court and the locker room, film practices and games, compile statistics, run tasks for coaches, make the Gatorade and wipe the sweat on the floor. "We do what needs to get done."

The coaches, he noted, can be intense. "It's important to be intuitive about their needs."

Lamson's athletic and club experience at SI helps him now at Duke. He played football, golf and lacrosse and participated in the Semper Fi Club (now renamed in honor of Adm. Daniel Callaghan, an SI grad from 1907 who received the Medal of Honor posthumously for his valor at the Battle of Guadalcanal).

When Lamson arrived in Durham, his football and lacrosse teammate Will McKee '11 helped him connect with the head basketball manager who encouraged him to apply, and Lamson was one of 30 to qualify for an interview.

Coach Krzyzewski's staff, noting that their boss was a West Point graduate, asked about Lamson's Semper Fi experience, and told Lamson that many staffers were also in ROTC. "Their system is tremendously disciplined, with a near militaristic feel to it. They saw my leadership with Semper Fi as a good fit for the program, and my

commitment differentiated me from the other applicants."

A four-year member of the football team, Lamson learned the importance of leadership and collaboration. "It can be uncomfortable at times to tell someone your age to do something, but as a manager you have to. We are on the same team trying to get the job done."

Lamson remains faithful to Duke basketball despite not being paid. "You can't put a price tag on what I have learned and the opportunities I have had. This past summer, I traveled to Las Vegas to assist Coach Krzyzewski in training the men's Olympic basketball team. It was amazing to see the greatest in the NBA perfecting their craft with Coach K leading the way."

He feels grateful for the lessons he has learned from Krzyzewski about leadership and accountability. "He asks each person to take responsibility for his work, mistakes and all. He also knows how to delegate, as one person can't do it all. He uses the image of the fist to remind us of that truth. A hand with five fingers spread apart isn't strong. However, when they combine to make a fist, it is." ☞

Above: Lamson speaks with an official during a timeout. A member of SI's Semper Fi club, he applies those same principles to his work at Duke.

Sara Suman & Pat Callaghan help New York dig out from Hurricane Sandy



Sara Suman and Pat Callaghan
at their office in Brooklyn.

Sara Suman '99 and Pat Callaghan '01 are on the front lines of the what New Yorkers are calling the "New Normal." As community project directors for Catholic Charities in Brooklyn and Queens, they face a community ravaged by Hurricane Sandy and a landscape reminiscent of New York after 9/11 and New Orleans after Katrina.

They have used this disaster to forge a coalition among local parishes, city services, state and federal agencies and national charities to deliver food, clothing, supplies and services to those most in need.

"What made it possible was our connection with parishes and pastors," said Callaghan.

When the storm hit, both Suman and Callaghan, who did not live in evacuation zones, were first-hand witnesses to a storm that proved the deadliest weather event of 2012 and the second costliest in U.S. history, totaling \$71 billion in damage and leaving 40,000 people temporarily homeless in New York alone.

(Other countries in the storm's path, especially in the Caribbean, suffered more loss of life.)

"The disaster case managers at Catholic Charities work with people who are still technically homeless," said Suman. "They are living with relatives, staying in cheap hotels or are back in homes that aren't safe to live in because of mold or structural damage. There isn't any truly affordable housing. That's a meaningless term for a family making \$30,000 a year."

Others who had been treated for mental health issues in hospitals closed by the hurricane "are now wandering the streets," she added.

This nightmare scenario of whole neighborhoods ravaged by wind, rain and waves "is what folks are calling the new normal," said Callaghan. "That's the catch phrase. Many don't think we'll ever return to the old normal. In many ways, our job descriptions were completely rewritten by the storm."

Those old job descriptions had Suman and Callaghan working to address conditions that create poverty, homelessness, hunger and substance abuse as well as a lack of education for the young and services for the elderly.

They credit their high school and college education, ones rooted in Ignatian values, as leading them to their current jobs. After graduating SI, Suman attended USF, where she studied politics and theology; she went on to serve the Jesuit Volunteer Corps in Los Angeles, where she focussed on issues surrounding hunger and homelessness. She led an SI immersion to LA in 2007 and then pursued her Master's in Social Work from Columbia University before taking a job at Catholic Charities in Brooklyn four years ago.

Callaghan attended Fordham University in the Bronx, majoring in sociology, and spent a year as a Jesuit Volunteer in Nashville, where he helped formerly incarcerated individuals transition back to society. He returned to Fordham to work in its campus ministry office while pursuing his Master's in Social Work. He worked with people living with HIV/AIDS before landing a job at Catholic Charities two years ago.

Before the storm hit, both Suman and Callaghan had already put into practice lessons learned from disaster preparedness classes they had taken. They worked with city officials to get the word out about evacuation, "and we made sure our clients had the information they needed to stay safe," said Callaghan.

The storm hit in late October, shutting down public transportation for several days and knocking out power to much of the region. Callaghan worked with the pastor of Our Lady of Solace Church on Coney Island to establish that church as a relief center, and soon they were in business handing out everything from bottled water and baby supplies to cheese donated from a Milwaukee company.

The city eventually partnered with the church to turn it into a Restoration Center to offer comprehensive services to victims of the hurricane. FEMA, the Small Business Administration and state and city agencies set up shop in the church gym, while Catholic Charities completed intake and exit interviews and served as case managers.

"We saw one woman coming through the center several times each day to collect emergency supplies," said Callaghan. "Through a translator, we learned that she was gathering items for seniors in a public housing unit who couldn't come on their own. They had no power

Two days after the storm, Sara Suman organized food reserves taken from the shelves of Catholic Social Services' food pantry to help storm victims in Coney Island and Red Hook.



and couldn't walk the flights of stairs. She had a heart-wrenching story and was trying to do her best to serve those people. Even those who managed to come and wait in line were suffering terribly. Some would break down crying in line. They had lost so much. I'd pull them aside, listen to their stories and reassure them. They needed to know they weren't alone in their time of need."

After the storm, Suman worked in the Red Hook area first to assess damages and then to direct relief operations at Visitation of the Blessed Virgin Mary Church. She spent part of her day observing people in line and pulling out those with special needs. "One woman was pulling her oxygen tank with her in a cart. She could only speak by taking off her oxygen mask, and when she did, it was to thank us repeatedly. Like everyone else in line, she had to return to a public housing unit with no heat in the freezing cold."

Both commented on the extraordinary generosity and camaraderie following the storm. "People helped each other regardless of race and class to aid those most in need," said Suman. "Our work is to capitalize on the spirit of the first week and not return to the way it was before the storm."

Both helped train a new team that came on board to do crisis counseling, the next phase of relief. "They are checking with all those affected to see what they need. People are still frustrated, anxious and angry," Suman added.

They are also helping with long-term recovery efforts, working to connect agencies to people still in need and to help those who lost their jobs. "Those working on the

waterfront are hardest hit, as some factories and businesses were destroyed," noted Callaghan. "People who don't live in New York are surprised to hear that this disaster is far from over. Just go to Breezy Point where the destruction is still visible and tangible. There is so much to be done, especially preparing for another hurricane of this magnitude. The real problem, of course, is that because our society accepts poverty as a given, poor neighborhoods will always be the hardest hit. The best disaster management plan we can employ is to fight poverty."

Weapons in that fight include \$500 gift cards that Suman and Callaghan can give to families, including undocumented immigrants, thanks to donations from students at SI, St. Cecilia's and St. Robert's schools. "I'm proud of that," said Suman. "We refuse to discriminate based on immigration status or religious affiliation. This money isn't caught up in red tape."

Both have seen slow progress, with some businesses reopening and some rebuilding taking place. They also have made headway in building cooperative ties among city officials and local charities. "We have been able to accomplish in one month what in normal circumstances would have taken a year to do," said Callaghan. "The coordination wouldn't have happened if the storm didn't force us to work together. Even Hurricane Irene couldn't do this. We are just learning to apply the lessons of 9/11, lessons we know we'll be using, especially as climate change will mean more of these storms will come our way."

For more information on CCBQ's relief efforts, visit www.ccbq.org. ∞

Dr. Gregory Hess appointed president of Wabash College

Dr. Gregory Hess '80, a vice president at Claremont McKenna College, has been named the 16th president of Wabash College in Indiana, a job he will start this summer.

He also serves as The James G. Boswell Professor of Economics and Dean of Faculty at Claremont McKenna. He is a graduate both of UC Davis and from Johns Hopkins University, where he received his master's and doctoral degrees in economics.

He has worked to secure grants to help his college revise their first-year seminar courses, introduce Arabic language and Middle East studies into the

curriculum, extend his college's commitment to science and math education and establish environmental analysis and Korean studies.

Previously, he served as the Danforth-Lewis Professor of Economics at Oberlin College, a University Lecturer at Cambridge University and fellow of St. John's College and an assistant professor at the University of Kansas.

He also served as an economist at the Federal Reserve Board in Washington, D.C., and has been a visiting scholar at the Bank of Japan, the International Monetary Fund and numerous Federal Reserve Banks. He has published over 40 journal articles, and he has recently edited a book published by MIT Press entitled *Guns and Butter: The Economic Causes and Consequences of Conflict*.

In a speech at Wabash, which serves 900 men, he praised universities for offering a liberal arts education, noting that "it transforms lives. The offer of a Wabash liberal arts education is to form young men like you into everyday heroes who live thoughtful, humane, productive and responsible lives. What greater aim can I hope to serve than this awakening?"

He praised Wabash in particular for its "commitment to academic rigor, honor, community, brotherhood and history. Wabash's unique and succinct mission to educate students to think critically, act responsibly, lead effectively and live humanely profoundly resonates with my own values." ∞



Joya Anthony '03 helps publishers turn the page with e-books & e-readers

Joya Anthony at the Chronicle Books' office by AT&T Park. Despite the growth of e-books, the company still enjoys robust sales of print editions, including the #1 *New York Times* best-seller *Goodnight, Goodnight, Construction Site*, a children's book by author Sherri Duskey Rinker and illustrator Tom Lichtenheld.



Three months after graduating from Loyola Marymount University, Joya Anthony '03 hopped a plane to London, landed on a Friday, interviewed for a job that Monday and began work on Wednesday.

"In a week I knew what I wanted to do with the rest of my life," she said. "I was still jet lagged, still living out of my suitcase at a youth hostel in one of the most expensive cities in the world, but I knew it would work out."

She found a job in the publishing field, one that took her back to the U.S. to work at McGraw Hill and Chronicle Books at a time when more and more people are reading books on Nooks, Kindles, iPads and cell phones.

Last June, e-books sales brought in \$282.3 million, surpassing the \$229.6 million in hardcover sales for the first time in history. (Combined paperback sales of adult and mass-market paperbacks totaled \$400 million, still far ahead of e-books sales.)

Anthony, who serves as subsidiary rights coordinator for Chronicle Books, will earn her

master's degree in publishing this May through an online program offered through New York's Pace University. She already published her thesis last October in *Publishing Research Quarterly* on the challenges publishers face with the growth of e-books.

Many would be surprised by her findings. "Most publishers make more money through the sale of traditional print books," she noted. "It's expensive producing e-books, as you have to create versions for all the various devices that exist, each with its own specific programming language. Then publishers have to deal with how to market these virtual books and compete with Amazon."

She found that the U.S. is the leader in e-readers as "other countries are slow to adopt them. Europeans prefer tangible books as they see them as a status symbol of the cultural elite. Other countries tax e-books more than they tax books in print."

Anthony's research has earned her praise from industry experts as distant as Argentina

and as close as her Chronicle Books colleagues, who have studied her findings.

A voracious reader from an early age, Anthony relished her English classes at SI. She majored in communications and minored in business in college before leaving for London and fueling her passion for travel, one that she shares with her brother, Derek Anthony '92.

In London, she found a job with International Creative Management, a talent agency that represents writers, actors and directors. She worked with American authors living abroad, helping to negotiate rights for translations of their books. "I was in the right place at the right time, and I had the chance to be part of the team that helped seal the deal with Cherie Blair, wife of the former prime minister, on her memoir, *Speaking for Myself: The Autobiography*."

After six months, British law required her to leave, and she returned to the U.S. in 2008 to work as an acquisitions coordinator with McGraw Hill, where she helped authors from the start of the writing process to the time the pages went on press. Among her authors was Caroline Wong '01, who wrote *Security Metrics, a Beginner's Guide*, a book on measuring the effectiveness of security programs. "This was her first book, and I guided her through the editorial process. She was wonderful to work with, and she is a powerful force in her industry."

At Chronicle Books, she works to expand the reach of her company's offerings by helping to produce books in different languages, in audio formats and through various book clubs.

As for her own reading, Anthony prefers print books, as she spends most of her day in front of a computer screen. "I will take an e-reader when I'm commuting on MUNI, but for every e-book I read, I'll read five in print. Despite the growth of e-readers, real books won't go away. People still want to turn the page."

Anthony hopes to turn the page in her own career as well and one day work as a sales manager and write her own travel books. She publishes her work at beatravelbee.com and travelinginbetween.tumblr.com to record her own journeys around the world and to inspire others to travel.

"I caught the travel bug in London, where you see something new every day, and I enjoy working in international publishing, as I love meeting new people from different parts of the world. Travel can open your mind the same way books can. Both can free you from being wrapped up in yourself and make you more accepting of others." ∞

keeping in touch

★ If you see an asterisk after a name, go to www.siprep.org/news to read even more.

Summer pilgrimages 2013: Rev. Russ Roide, S.J., former SI president and director of adult spirituality at Bellarmine College Preparatory in San Jose, is inviting parents and alumni to accompany him on two pilgrimages this summer, one to Italy in June and The Way of St. James (a partial walking pilgrimage based on the movie *The Way with Martin Sheen*) in July. Both are ready to go and Fr. Roide would suggest taking 'land only' and coming a few days early or staying a few days later. You may want to use some of your air mileage program or buy a consolidated airline ticket. For more information, please see: www.pilgrimages.com/ rroide, e-mail Fr. Roide at rroide@bcp.org or call at (408) 537-9360.

1943 Frank Walker's book, *A Key, a Padlock & Milk of Magnesia*, has just been published.

1944 The class of 1944 holds an informal lunch on the third Thursday of every month at the Seal Rock Cafe.

1949 The late **Pat Malley***, legendary SI and SCU coach and athletic director, was inducted into the West Coast Conference Hall of Honor. / **James P. Smith** finished his 13th chapter from his book *Playing Small in Palo Alto Before Silicon Valley*. He is a licensed clinical psychologist specializing in solution-oriented brief therapy, using both cognitive/behavioral and psychoanalytic processes including guided imagery to treat mental and emotional disorders among adults, couples, adolescents and the elderly.

1951 Pictured below are the starting five from



the 1950-51 basketball team: **Bob Wiebusch, Rudy Zannini, George Hayes, Bill Bush** and **Stan Buchanan**. All went on to play basketball at USF, and most of them played on the 1954-1955 and 1955-1956 NCAA Men's Basketball Championship teams. / **John Lally** and his wife, Rosemary, ventured to Omaha



to watch their twin grandsons, Sean and Ryan Tate, sophomores at Creighton Prep, star in the Nebraska State High School Swimming Championship. Sean won three gold medals and one bronze, and Ryan won three gold medals and one silver. In an article in the *Omaha World Herald*, their coach praised them as "special talents. I think they have a huge future ahead of them. They could be phenomenal swimmers."

1955 Gov. Jerry Brown* was praised in the *New York Times* for his work with California's three college systems. / **Chuck Murphy's** grandchildren recently celebrated their achievements. Parker Clayton, a member of the Folsom Jr. Eagles, took second place in a national competition sponsored by the Receiver Tech Great Catch of The Year. Parker made a sensational one-handed catch and winning touchdown against the Oakmont Jr. Vikings last fall. Kennedy Clayton is a member of the Cheer Xperience, which took first place in the Northern California Classic sponsored by the National Association of Cheerleaders in Sacramento.

1956 Frank Egger, former seven-term mayor of Fairfax, was elected in June 2012 to the Ross Valley Sanitary District Board, which he serves as board president. He and his wife, Ronita, are also owners of the award-winning Cazadero Winery.

1958 Members of the class of '58 are invited to go to Italy this September. Thus far 19 couples are signed for a six-day trip along with classmate **Gianni Fassio** who lives in Italy. Contact **Mike Carroll** for more information.

1960 Michael Corrigan saw his new book, *Mulligan*, come out for the Kindle format.

1963 John J. Kirby, DDS, returned from a 5-day medical mission with Mending Faces



as part of a cleft lip/palate team providing pro bono treatment to the community of Roxas City in the Philippines. He has also participated in a mission trip to the Dominican Republic with Creighton University's Institute of Latin American Concern since retiring in 2010 from the practice of general dentistry in San Francisco. He is also involved in expanding the San Francisco City Impact Health and Wellness

Center to include a dental center. / **Dick Mangan** retired from the U.S. Forest Service



and lives in Missoula, Mont., raising Black Angus cattle and doing wildland fire consulting.

1964 Lou Giraudo* was praised by the Episcopal Church of San Francisco for his work helping to save St. Luke's Hospital from closing.

1965 Gregory Ryken has moved his law offices to Montgomery Street. He continues to specialize in the areas of real estate, construction law and business litigation.

1967 Curis Mallegni, president of SI's Board of Trustees, was honored by CYO with the Coach in the Spotlight Award at its Hall of Fame dinner in March.

1968 Swan's Oyster Depot, owned by **Stephen '68, Tom '72, Jim '75** and **Phillip '76 Sancimino**, was named one of the 20 most important restaurants in America by Bon Appétit. / **Rev. Robert Walsh, S.J.**, former president at SI, will serve as the new executive director of the Center for Catholic Education in the School of Education at Loyola Marymount University starting in July.

1970 Dr. Eric Goosby*, head of PEPFAR, will lead the new Office of Global Health Diplomacy.

1972 Jeremiah Motak is celebrating his golden jubilee as owner and manager of Standard Termite and Pest Solutions in San Francisco, now in its 50th year.

1975 SFPD officer **Julio Bandoni*** was praised by **Chief Greg Suhr '76** for his efforts apprehending a suspect with a "flying tackle" on 6th Street. / **Joseph Conti** has been appointed interim president of Riordan High School. / **Frank Howard** (second from right and president and CEO of Howard Consulting Group, Inc.),



held a Christmas party in Washington, D.C., attended by, from left, **Chip Meyers '78**, **Larry Mahan '70** and **Admiral James Shannon '77**.

1976 Kevin Kern is CEO of Innotas, a cloud computing software company that was awarded the Red Herring Global Top 100 private company honor and the JMP securities HOT 100 ward ceremony.

1977 Bart Sher* directed Donizetti's *Elixir of Love* at New York's Metropolitan Opera. The resident director of NYC's Lincoln Theater Center is also the director for Broadway's new hit, *Golden Boy*.

1984 Derek Lam* has a new collection available for sale at Kohl's. / **Greg Vannucci** has started the new season on the National Auto Sports Association racing circuit where he will attempt to defend his championship. He already holds records for every track but one, and he is determined to own that as well and more in his now famous #25 Lotus.

1986 Sam Mogannam*, Michael O'Connor* and **Jeff Hanak '85*** were featured in the *Chronicle* for helping to revive Divisadero Street with, respectively, Bi-Rite, Justice League and Nopa.

1987 Steve McFeely*, former SI English teacher and screenwriter for *The Chronicles of Narnia* series, has three new movies coming out: *Pain & Gain* with Mark Wahlberg, *Thor: The Dark World* and *Captain America: The Winter Soldier*.

1988 Tim Healy*, CEO of EnerNOC, was among a group of high tech executives who met with President Obama in March.

1993 John Regalia*, head football coach at SI, was named Coach of the Year by SanFranPreps.com.

1994 Erica Perry Cooper*, owner of Two Jacks restaurant on Haight Street, gave a cooking demonstration Feb. 23 from noon to 2 p.m. at Bloomingdales in San Francisco, the site of the first SI campus, built in 1855. The event was part of the store's Black History Month celebration. / **Joseph DeLucchi**, **Brian Murphy** and **Ryan Dunn** all sit on the board of directors of the local nonprofit BAYCAT whose mission is to educate, empower and employ underserved community youth with digital media skills. / **Chris Fogarty***

opened his Stock in Trade restaurant in the historic La Barca location on Lombard Street. / **Amy Haran** (left) married **Jim Naughton '92** on May 5, 2012, at Ss. Peter and Paul Church in San Francisco. The reception was held at the Olympic Club where they celebrated with **Amy Lund '94**, **Jojo Ito '94**, **Gregg Pignati '94**, **Cliff Atkinson '93**, **Jim Burke '92**, **Pat Moriarty '92**, **Ray Kelly**



'92, George Rush '92 and **Jim Moylan '91**. Jim and Amy reside in San Francisco.

1995 Bridget Cannata is a real estate agent with Pacific Union at the San Francisco Presidio Office. Prior to her real estate career, she was a television reporter for various NBC and CBS affiliates across the country. Bridget is a member of SI's Alumni Board and a top fundraiser for the Steven D. Cannata Scholarship Fund.

1997 Adam Jacobs* has the starring role in the new production of *Zorro* in Atlanta.

1998 Holly Hogan was honored by USF with a Distinguished Recent Graduate Award, which honors graduates from the past decade who are living the mission of USF through their professional or volunteer work. / **Angela Leus** served as music executive on Universal Pictures' *Pitch Perfect* starring Anna Kendrick, overseeing music for the film as well as soundtrack. Currently the highest selling album of 2013 (behind the soundtrack of her company's equally-successful *Les Misérables* and Taylor Swift's *Red*), the soundtrack peaked at #3 on the Billboard charts and #1 on the iTunes overall album and soundtrack charts. Angela is currently working on *R.I.P.D.* starring Jeff Bridges and Ryan Reynolds, *Ride Along* starring Ice Cube and Kevin Hart, as well as a remake of *Endless Love*, produced by the creators of *Gossip Girl* and *The O.C.*

1999 Dominic Comolli married Erin Macknight on Dec. 9, 2012, at Ss. Peter and Paul Church in North Beach with the reception held at the Downtown Olympic Club. The wedding party included many SI alums including Best Man **Greg Comolli '97**, groomsmen **Nick Errico '99**, **Mike Pallari '99** and **Dan Mallegni '99**. **Michelle (Devenenzi) Rhein '98** served as a bridesmaid. Dominic works as an account executive at Salesforce.com while Erin works as a Neonatal Nurse Practitioner at Lucile Packard Children's Hospital. They live in San Francisco. / **Chris Frank** married fellow Wildcat **Misha Villa-Popescu '00** at Villa Caletas in Costa Rica on Feb. 19, 2013. Classmate **Joe McCormac '99** was honored to officiate their wedding, and **Steve Lynch '99** was in attendance. Chris is a financial analyst



at Standard & Poor's and Misha is an educational specialist in the Burlingame School District.

2000 Josh Harris '00*, a partner in Trick Dog, opened his new

establishment with pieces of the old Warfield Building. A recent *Chronicle* review gave his restaurant three stars. / **Jonathan Kathrein***, a shark attack victim and survivor, was featured in the *Press Democrat* for his work to save sharks from extinction. / **Leah (Taylor) Pimentel***, who was elected to the San Francisco Democratic County Committee in June as the fourth vice chair and youngest elected official in San Francisco, was quoted in the *San Francisco Chronicle* regarding the need for mothers among the city's leadership. / **Ira Shaughnessy*** was featured in the promotional material for the University of Michigan's Ross School of Business. Ira, who is studying in China, recently returned from a Peace Corps stint in Ghana.

2002 Michelle Potthoff is engaged to Greg Wylie of Pleasanton. Michelle works at USF's School of Nursing and Health Professions as the Master of Public Health program assistant. The wedding is planned for Sept. 7, 2013, at St. Cecilia's Church. Michelle's classmate **Ariel Soto-Suver** of Bowerbird Photography took their engagement photo. / **Matt Werner*** and **Joe Sciarillo***, both featured in the Winter 2012-13 *Genesis*, were interviewed by *San Francisco Magazine* for their latest book, *Bay Area Underground: Photos of Protests and Social Movements, 2008-2012*.

2003 Angelo Manalo is a San Francisco



Firefighter serving on Engine Co. 7 in the Mission District. Last June, he survived a nearly fatal accident falling three stories in a collapse while operating at a fire. He is back on the job. He is pictured here by the front steps of SI.

2005 Glee's Darren Criss* sang at the Kids' Inauguration Concert in Washington,

D.C., for Michelle, Sasha and Malia Obama and Jill Biden. / **Allie Kokesh** is a comedian living in New York, performing at the Upright Citizens Brigade and recently appeared in her first national commercial (<http://youtu.be/ZV-HKZyhQ6E>). / **Allison Pheatt** is hard at work teaching third grade at Saint Anselm's School in San Anselmo. Many of her students hope to attend SI.

2007 Katrina Andres stayed in Ghana for two weeks with fellow masters students in the speech and language pathology program at Teachers College, Columbia University. They provided free speech and language therapy at hospitals in Kumasi and Accra and held a



professional development in Cape Coast for teachers of students with intellectual disabilities.

2008 Matt Leland, the voice of the El Paso Diablos in 2012, will be heading east to Jacksonville, Fla., for 2013 to be one of two play-by-play broadcasters for the Jacksonville Suns, the AA affiliate of the Miami Marlins. Leland, a Millbrae native, is a USC graduate with a degree in broadcast and digital journalism. Before joining the Diablos, Leland gained experience with USC media organizations including student radio, news stations and newspapers. Leland also had internships with the Los Angeles Kings Hockey Club and media outlets in Los Angeles and San Francisco.

2009 Zander Mrlik* was selected as an All-American and Scholar All-American as well as a member of the NSCAA scholar All-East region first team for his soccer prowess at Vassar College. / **Vitalis Obidi, Ryan Tursi '10** and **Shannon Pidgeon '11** went on SCU's New Orleans Immersion Trip. "None of us were able to attend an SI immersion, but we had the opportunity to do so in college," reports



Shannon. They stayed at St. Jude's Community Center and worked with the St. Bernard Project helping to rebuild homes. They also visited the Katrina Museum, the Good Shepherd School and Nazareth Inn. / **Matt Sauers*** was featured for his work at the University of Pittsburgh as president of Alpha Phi Alpha during its centennial year.

2010 Eilise O'Connor* scored the 1,000th point of her career with the University of Missouri-Kansas City's basketball team in a big win over North Dakota State. / **Jack (John David) Stabenfeldt***, a junior on Occidental College's varsity water polo team, earned All League Honors (Southern California Intercollegiate Athletic Conference) last fall and, in February, recognition as an All American.

2012 Bradley Cline*, who swam varsity for two years at SI, has made a commitment to swim for Duke University. / **Chad Cohan**, a freshman at Duke University, was named among the top 40 attackmen in the U.S. by *Inside Lacrosse* magazine.

2013 Jack McGovern* received Bank of the West's and Cal Hi Sports' community service award. The *San Francisco Business Times* also wrote about him and the medical foundation named for him to fight Coats Disease. / **Al Waters*** and **Elijah Dale '14*** were named to the All-State third football team, Al as a multi-purpose player, and Elijah as a junior running back. Dale was also named to Cal Hi Sports all-state junior football third team, and Waters and **Andrew Vollert*** made NorCal Preps' first team.

2015 Sydney Raggio* was named Player of the Week for her basketball prowess by BayPreps.com.

2016 Amanda Cheung* won second prize on piano at the U.S. Open Music Competition in February in the 13-15-year-old junior division. She also plays timpani in the SI Orchestra.

births



1993 Jessica Giovannoni and her husband, Andrew Erickson, a daughter, Emma Christine (left), born June, 6, 2012.



1994 Beth Horan Testa and her husband, Mike, a son, Henry James, born June 5, 2012. He joins big sister, Grace.



1995 Jon Allbin and his wife, Laura, a daughter, Avery Katharine (left), born Jan. 16, 2013. They live in Mill Valley. / **Steve Braccini** and his wife, Teresa, a son, Angelo Antonio (left), born March 20, 2012. The family resides in the Willow Glen area of San Jose. Steve is a trust and estate litigator with Hopkins & Carley, APLC. / **Will Gray** and



his wife, Vanessa, a son, Josh William (above), born Dec. 27, 2012, in Roseville.

1996 John Antonini and his wife, Angie, a son, Primo John, born March 7, 2013. He joins sister, Fiona, 2. Proud dad has recently moved



to Colliers International's San Francisco office as vice president of the multifamily sales team.

1997 Francis de la Cruz and his wife, Christina,



a son, Sebastian (left), born Feb. 5, 2013, in Seoul, South Korea, where they relocated last winter. Francis is vice president with J.P. Morgan's Investment Bank and his wife is director of business development, North Asia, for Turner Entertainment Networks Korea.



1998 Kelly Barna Spaulding and her husband, Ian Spaulding, a daughter, Olivia Rose (left), born Sept. 16, 2012. She joins big sister Kasey.



1999 Mionka Sullivan Moore and her husband, Eric Moore, twin sons, Eric Jr. and Aaron, born Nov. 5, 2012.

2000 Natasha (Stoddard) Glasgo and her husband, Bill Glasgo, a son, Ryan William (left), born Oct. 26, 2012.

2001 Ashley Keating

and her husband, Adam, a daughter, Allison Marie, born Dec. 24, 2012, in Chicago. Allison is the granddaughter of **Everett Lyle Keating '68**.

in memoriam

Go to www.siprep.org/memoriam for more on these SI grads.

1933 Frank Beardsley	1954 Gerald F. Kelleher
1938 John F. "Lefty" Collins	1954 Robert "Bob" Sullivan
1939 Rev. Andrew Maginnis, S.J.	1956 William "Bill" Davies
1940 Charles A. Kapp	1956 Edward A. McDonnell
1941 Robert L. Melody	1958 James Ferro
1942 Thomas J. O'Neill	1963 Thomas Brady
1942 Joseph A. Vevoda	1964 Bill Fritz
1942 David C. Zerga Jr.,	1964 Laurence B. Sullivan
1943 Hobart "Hobie" E. Frates	1968 Charles C. Herbert
1943 William F. Moore	1969 William J. Raffetto III
1946 John J. (Jack) Heath	1972 Brian C. Abel
1948 Albert "Cap" Lavin	1974 Patrick O'Hara
1948 Andrew G. Stoliar	1975 John Bacchini
1949 Keith G. Bipes	1978 Glenn Raposa
1950 Andrew Wah Gee	1983 Dr. Elias Michael
1952 Rudolph F. Meiswinkel	1988 Daniello G. Balon

Albert 'Cap' Lavin '48

Albert "Cappy" "Cap" Lavin '48, a popular basketball coach and English teacher at Sir Francis Drake High School and a basketball star at SI and USF, passed away Feb. 10. His classmates and friends celebrated him as an athlete, educator, author, humorist and philosopher.

"His fame and manifest athletic skills started at the Rochambeau playground and blossomed as an All-City guard on a championship SI basketball team and later at USF," recalled his good friend Joseph Kelly '47. "His athletic prowess, scholarly successes and incomparable wit made him legendary for anyone who grew up in San Francisco in the 1940s, '50s and '60s."

Stan Buchanan '51 added that "Cap was 'above it all,' not in a perjorative sense, but in a good way. In fact, the best way. Never patronizing, he respected you and encouraged you to share and enjoy his unique vision of things."

William Raffetto III '69

William Raffetto III '69, founder of Black Boxes, Inc., which became BBI Engineering, Inc., passed away Jan. 20.

He founded the company with Phil Bailey '76, Mark Roos '75 and Vince Piantanida '69. Over the years, the firm has worked with museums, theatres, and art centers, including SI's own Doris Duke Wall Choral Room. BBI also served corporations, including Apple for many of its early product launches.

At SI, he worked on the technical side for SI's plays and musicals. His close friend Michael Galletti '66 noted that "his gifted ear would soon find him focusing on his much lauded abilities as a front-of-the-house mixer."

He also worked in TV and sports, served at the 1984 Olympics and helped at various peace conferences.



Jason Jaber '10, a junior at USF, named Student of the Year for his research & volunteer work



From left, George Jaber, Dr. Stanley Malamed and Jason Jaber at USC's Herman Ostrow School of Dentistry.

USF's Health Professions Alumni Society named Jason Jaber '10 its student of the year, honoring his volunteer work, student leadership and academic prowess.

The honor, named for Dr. Yoshikazu "Kauz" Shiiba, was conferred on Jaber April 15, when he was also welcomed into the society as an alumnus.

Jaber, who is studying molecular biology while pursuing a minor in chemistry, plans to enroll in dental school in the fall of 2014.

Each Friday, he teaches children in grades three to eight about oral hygiene at the Boys and Girls Club in the Haight. He also tutors grammar school students through the Reading Partners program at the Tenderloin Community School.

At USF his research has led him to compare the immunology of snails and humans. "When you introduce the Schistosoma parasite into a snail, it invokes an immune response and fights off the parasite," said Jaber. "Humans are not so fortunate, as we must take a drug to fight off the parasite. My research works to isolate the specific biochemical mechanism the snail

has to resist infection, which we humans do not." He hopes his research may lead to a clearer understanding of the immunological response in snails.

In addition to maintaining a 3.92 GPA, he participates in the school's weight lifting club and he will be president of USF's Pre-Dental Club next year. He currently serves that group as its community service chair.

Jason's brother, George '04 is graduating from USC's Ostrow School of Dentistry this May with a degree of Doctor of Dental Surgery. He will be starting a 1-year oral surgery internship at The Ohio State University in June with hopes of pursuing a residency in oral surgery after that program. He recently won first prize for his research in anesthesia and pain control with the American Dental Society of Anesthesiologists in working with oral surgeons and dental anesthesiologist Dr. Malamed. George also works closely with faculty, such as dental anesthesiologist Dr. Jimmy Tom '90, providing dental care to special needs and pediatric patients. ∞



YOU ARE INVITED TO THE 15TH ANNUAL ALL CLASS REUNION

Friday, June 7th

To register online, visit www.siprep.org/alumni

This year, we will honor Jim Dekker '68 who is retiring after working at SI for over 30 years as a teacher, coach, and alumni director.

Make a day of it and join our Alumni Golf Tournament!

Golf Tournament

Harding Park

11:30AM—Shotgun Start

\$205 Early-Bird OR \$225/person

Price includes Lunch, Dinner, & Tee Prizes

Hosted Cocktails & Dinner

Orradre Courtyard & Carlin Commons

6PM Cocktails, 7PM Dinner

\$75/person

\$55/person young alums 2004–2010

If you are interested in sponsoring this event or have any questions, please call the Alumni Office at:
415-731-7500, ext 211

Name _____ Year of Graduation _____

Address _____ Phone _____

City/State/Zip _____

Email _____

Others included in this reservation or golf foursome:

Name _____ Name _____

Name _____ Name _____

I wish to participate in ☐ Golf (\$225) ☐ Dinner Only (\$75/\$55) ☐ Early-Bird Golf (\$205) **MUST PAY BY MAY 1st**

Send entry form and check made payable to "St. Ignatius" to the following address:

Alumni Reunion Day

2001 37th Avenue

San Francisco, CA 94116

Because of limited space, please send reservations by May 24, 2013.

calendar 2013

APRIL

20 Class of 1973 Reunion
 20 Grandparents' Day showing of spring musical 12:30pm
 21 Case Studies (Counseling) 2pm
 21 AMDG Earth Day Event 9:30am
 23 General Parent Meeting (Commons) 7pm
 23-24 Class of 1953 Reunion, Embassy Suites, Napa
 24-27 Spring Musical: *How to Succeed in Business...* 7pm
 26 Bob Smith '32 SoCal Luncheon 11:30am
 27 International Food Faire 4pm
 27 SI Lacrosse plays Seton Hall (Met Life Stadium, NJ) 11am

MAY

1-4 Spring Musical: *How to Succeed in Business...* 7pm
 4 Class of 1943 Reunion (SI Chapel, Fac. Dining Room) 10:30am
 2 Father/Son Night (Commons) 6:30pm
 7 Ignatian Guild Board Meeting 7pm
 9 Young Alumni Night at the Giants' Game (Tres Lounge) 5:30pm
 11 Class of 1947 Reunion (SI Chapel, Fac. Dining Room) 11:30am
 14 Fathers' Club Board Meeting 7pm
 14 Transition to College (Orradre Chapel) 7pm
 15 Board of Regents 4pm
 15 Magis Senior Celebration 6:30pm
 16 Ignatian Guild Installation Mass & Luncheon 11am
 17 Faculty In Service (no classes)
 17 Fathers' Club BBQ (Commons) 5:30pm
 18 Senior Prom

20 Senior Class Holiday
 22 Father Carlin Heritage Society Luncheon 11:30am
 23 Transition Liturgy
 24 Awards Assembly 9:30am
 27 Memorial Day Holiday
 28-30 Final Exams
 29 Board of Trustees 3pm
 30 Baccalaureate Mass (St. Mary's) 7:30pm

JUNE

1 Graduation (St. Ignatius Church) 10:30am
 3 Fathers' Club Installation Lunch (Alioto's) 11:30am
 7 All Class Reunion 11:30am/6pm
 10 High School Summer School & camps begin
 11 Fathers' Club Board Meeting 7pm
 17 Middle School Summer School begins



Members of the **Class of 1963** attended their Golden Diploma Mass and Reception on Palm Sunday, where Tom Brandi gave a stirring speech praising the generosity of his classmates.



ST. IGNATIUS COLLEGE PREPARATORY

WWW.SIPREP.ORG/SUMMER

Summer Programs

ONLINE REGISTRATION NOW OPEN

JUNE 17-JULY 19

Academic Programs for rising 6th, 7th, 8th, & 9th graders

JUNE 10-JULY 19

Sports Camps of all types for rising 1st-9th graders

JUNE 17-JULY 19

Non-Sports Camps: Theatre Arts, Studio Art, CPR, Speech, Drumline & more!

Free Morning Drop-Off 8-9 a.m. & Proctored Lunch Hour

www.siprep.org/summer • 415-731-7500 x288 • summerprograms@siprep.org

Something for everyone at SI!

Top Three Estate Planning Myths DISPELLED!

- 1. I only need Estate Planning if I'm filthy rich.**
Wrong! Estate planning is for virtually every adult with loved ones and any amount of assets. If you want someone of your choosing to handle your finances, make decisions about your personal care, and protect your children and/or heirs when you pass on, then the fundamentals of estate planning apply to you!
- 2. I am too young to worry about Estate Planning.**
Estate plans allow you to control the care you want (or don't want) in case of serious illness or accident. A proper estate plan also allows you to appoint guardians for your children and to select someone to make financial decisions for you if you can't. Without written documents, you cede these vital decisions to the court - not a good decision, no matter what your age!
- 3. Preparing a will is complicated and expensive!**
In certain circumstances, estate planning can be cumbersome. However, most of us are more put off by the topic itself than by its complexity. To find out just how easy it is to understand basic estate planning tools, visit www.siprep.org/estate to find quick and helpful videos broken down by topic, contact Carolyn DeVoto at (415) 731-7500, ext. 576, or send questions to cdevoto@siprep.org.

Thank you for your continued support of the Annual Fund. The 2012-2013 Campaign ends June 30, and your generosity is as important as ever. This year, we are working to increase overall alumni participation to at least 20% and every gift, no matter the amount, will make a difference. Remember, it's not how much you give, it's your participation that counts!

Please give to the Annual Fund today!
To make an online donation, go to www.siprep.org/giving or use the enclosed envelope.





Performing Arts at SI

February featured the Student Arts Showcase (top) and piano recital. Amanda Cheung, sixth from right, won second prize on piano at the U.S. Open Music Competition in the 13-15 junior division. Right: the Talent Show came to Wiegand in March, and SI Live (far right) entertained audiences in January in Bannan Theatre.

