



# SDHS Alumni Association

## Fall 2019 Newsletter



### **President's Report** **Eddie Head '73**

Another year has come and gone at SDHS with 478 seniors graduating this year. This year was a very successful school year.

The SDHS Alumni Association received \$2,500.00 in donations from its membership. The funds were used for academics, athletics, and to help us defer the cost of printing our newsletter.

With your contributions to the SDHS Alumni Association for either academics or athletics, the SDHS Foundation will send you a donation letter that you can use for tax purposes.

### **CIF Championships**

There were a few CIF Championships this year at SDHS.

- Ladies Soccer won their San Diego Section CIF Soccer League title for the first time in SDHS history. They have a bright, talented team coming back next year and I'm confident they will be a contender once again.
- The boys' basketball team won their San Diego Section CIF Basketball Title for the second year in a row.
- Your SDHS football team not only won the San Diego CIF Section League title but also won the CIF Southern Regional Title. and won the CIF State Championship.

Against all the odds, being the only team to not play at a neutral site and having to travel one hour north of Sacramento to Colfax HS, the "Cavers" won the State CIF Championship game for the first time in school history.

After the game, the Mayor of San Diego called Coach James to congratulate him and the team for bringing a championship title to San Diego.

### **New Principal**

This year SDHS welcomed a new principal, Francisca Del Carmen-Aguilar. Mrs. Del Carmen Aguilar is an alumnus of SDHS from the class of 2000.

During her high school years, Mrs. Del Carmen was involved in ASB and other school activities.

After leaving SDHS, she went on to get her teaching credentials, became a school counselor, and Vice-Principal.

Before being selected as the new principal for SDHS, Mrs. Del-Carmen- Aguilar worked at the SD Unified District Office's Integrated Youth Services.

### **New Athletic Director**

This year SDHS also welcomed a new Athletic Director, Jennifer Ducat. Ms. Ducat has been a teacher at SDHS for over 14 years and has a passion for helping the students.

Ms. Ducat will also serve as Dean of Students and GeoTech Academy Director.

## President's Report

(continued)

### Reconstruction of SDHS

The reconstruction of SDHS is in the planning stage and scheduled to start in 2020. I have been meeting with SDUSD Planners, Architects, and Facility Managers giving input on the plans for SDHS. For information on activities for the upcoming school year visit:

<https://www.sandiegounified.org/schools/san-diego-high-educational-complex>

We hope to have architectural renderings on our website in the future.

### SDHS Homecoming Game

Join us on Friday, October 18th at 6 pm for the SDHS Homecoming game versus Scripps Ranch High School. It is part of the Wall of Honor celebration (see article below).

### Wall of Honor

Congratulations to Frank Stephens '74, John Doogan '62, Fred Thompson, and Eddie Head '73 being named 2019 SDHS Alumni Association Wall of Honor winners.

For more information, please visit our website to read their full bios.

On Saturday morning, October 19, 2019, the Alumni Association will be hosting the annual "All Class Homecoming Breakfast" and will unveil the "Wall of Honor" honorees.

It will be held at the San Diego High School Library. All Cavers, their families and friends are invited to attend.



## Membership Committee Gaspar Luna Oliveira '68

Hello Cavers Family!

Thank you for your response to our Fundraising efforts this Spring 2019. We appreciate everything you do for San Diego High School!

This year, your Alumni Association has continued to support and provide funds for Cavers student activities (e.g., visits to colleges and universities, student leadership organizations such as the Associated Student Body, and athletic uniforms and equipment for Cavers sports teams...Baseball, Basketball, Football and Softball).

Our Cavers are scholars and athletes...let's continue to show them that we care!

Last June, 140-Graduating Students of the Class of 2019 joined the Alumni Association (AA). Cavers...your Alumni Association is working with our youth as we move into the 21st Century to make sure that the "Caver Spirit" never dies.

It is a wonderful thing to see so many young Cavers carry on our traditions of Cavers "love and loyalty."

On Sunday, September 8, 2019, your Alumni Association had a happy and joyous afternoon at the Annual "Cavers at the Padres" game. Yes, we again "sold out" all tickets (fantastic seats by the way) and everyone had a great time "at the old ball game!"

If you wish to attend future games, please let us know so that we can contact you next year.

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## Membership Committee (continued)

Cavers, did you know that many high schools in San Diego County do not have an Alumni Association?

This year several Alumni representatives from several high schools visited the AA Office and gave us many compliments regarding our organization, office management and our outstanding "Cavers History Center."

If you would like a personal tour of the History Center, please contact our office: (619) 560-4610, ext. 3349, and one of our staff or a member of the Board of Directors will be happy to show you our many exhibit items.

If you have not yet joined the Alumni Association, you can join online, contact the Alumni Association Office, or me at: (619) 548-4793 to sign-up.

It is that easy! And, if you would like to support the publication of our Newsletter, please donate whatever you can (\$25.00, \$50.00 or more) so that we can continue to provide Cavers current information about San Diego High School.

Go Cavers!

**Gaspar Luna Oliveira**  
Chair, Membership Committee



### CAMPUS ACTION PARTNERS

**Marci Paraiso Heider, '62**

Campus Action Partners (CAP), is a collaboration between the SDHS Alumni Association, the SDHS Foundation and the Parent Teacher Student Association (PTSA)

Here's what CAP has been up to lately.

## ASB All Campus Beautification Day Saturday April 6, 2019.

Over 150 students, staff, parents and CAP Committee volunteers swept trash, raked leaves, pulled weeds, dug up dead plants and planted new ones.

The CAP Committee has been working closely with ASB's Community Service students to coordinate this event. Student volunteers, with adult supervision, will focus on key areas of neglect around campus.

Special thanks to Rae Riner (Foundation President), Fong Krause and Anyah Stempien-Smith (PTSA), Zoe Burkart, Katherine Silva and Tania Ramirez (ASB).

As in previous years, the Alumni Association, Foundation and PTSA will provide morning treats, water and a pizza lunch with cookies for all volunteers. We are looking forward to another successful event.

### "Walk-Talk-Trash Monthly Clean-Up"

CAP, in its continuing effort to keep the front of the school clean along Park and Russ Boulevards, meets once a month to walk, talk and pick-up trash for one hour.

Afterwards, volunteers meet in the Library to continue their talk and enjoy coffee and treats provided by the Caver Coffee Crew Club, students from the Transitions Skills Class and their advisors Marisol Duenas and Vanessa Montgomery.

We are always looking for more alumni to participate.

If you can spare 1 hour a month to pick up trash, please contact Marci Heider at [marciheider45@gmail.com](mailto:marciheider45@gmail.com).

**Marci Paraiso Heider**



### Historian's Report

#### Yvette Porter '86 Recollections

As there have been more requests for information about San Diego High School, I have been doing lots of archival digging and discovering some great jewels within our history center. I want to share one of our artifacts with you.

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Recollections of 1908-1912 at San Diego High School by Marie Maxwell McKinney Scrapbook

In 1908 there was no high school in La Mesa, El Cajon, or Lakeside. Each school morning, we boarded the old S.D. Cuyamaca & Eastern R.R. [Railroad] for San Diego. Around 7 a.m. the train reached La Mesa and helped fill up a coach load of us bound for S.D.

The old depot at 10<sup>th</sup> & N, was reached in time for us to walk to the school. [1:15 train home & 5:15 Caboose on noon train].

On rainy mornings we spent our parents hard earned nickels and dimes to ride a streetcar transferring at 5<sup>th</sup> & D (Broadway). I recall being sent by a teacher with others of our group to the boiler rooms to dry out on rainy days.

Our class of 1912 was the first, I believe, to complete the four years in the new building. Others had started in the old "Russ" school which was used as a cafeteria while I was there. Our graduation in 1912 was in the old auditorium next to the study had with a reception later in the patio.

The stage was crowded to get us on the platform. Large numbers of us marched down Broadway to persuade voters we needed a new Poly-Hi-but it wasn't there yet in 1912 when we graduated.

In order to sing with the girl's glee club for programs in La Jolla and other schools, I often stayed all night in S.D. with friends. About 1911, perhaps in Jan, I thought the world had come to an

end when my parents refused to allow me to go into S.D. in the rain to sing with the Glee Club in National City. As it turned out, there was a severe storm - - street cars couldn't run, and the concert was cancelled.

All Alumni,  
if you have any historical information, photos, stories, etc. about people that attended S.D.H.S., Please contact Yvette Porter-Moore at yportermore@gmail.com or 619-768-3094.

Yes, we have a great archive, however, personal stories, memorabilia, photos, would really enhance what we already have.

**Yvette Porter**  
**Historian**

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### Class Reunions

Class of 1957 - October 19, 2019  
11:30 am-3:00 pm  
CAFÉ COYOTE  
2461 San Diego Ave. Old Town

Class of 1979 - October 5th. 2019  
Marine Room at Marina Village  
1935 Quivira Way, San Diego, CA 92109  
6:00 pm - 10:30 pm

See more info here:  
<https://tinyurl.com/sdhs-reunions>

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Is your class organizing a reunion for 2019?  
Want to submit class reunion info on our site?

Go to:  
**<https://tinyurl.com/sdhs-cls-reunions>**



### **SDHS Foundation**

#### **E. Rae Riner, '62**

The San Diego High School Foundation needs your help and support in order to continue making a difference in the lives of our students!

This past year we were able to provide over 84 scholarships to our students; some of which were designated 'renewable for the students entire college career! We assisted many juniors from the three schools to go on staff coordinated college tours, an exciting and rewarding endeavor.

We contributed \$42,000 to clubs and organizations such as Drama, Culinary, JR ROTC, and the Student Wellness Center.

We supported campus sports including boys' and girls' lacrosse, football, badminton, wrestling, basketball, archery and baseball.

In addition, we were able to partner with the Parent Teacher Student Association (PTSA) to support the Special Needs Students with their Transitional Conference and various field trips.

We also assisted staff in obtaining needed curriculum items as well as contributed to The Annual Teacher Appreciation luncheon.

The above-mentioned supports are only a few of the many ways in which our presence is felt at San Diego High School as continuing involvement is very important to our Board of Trustees!

Over the past 27 years, we have provided over \$3.5 million in funding support to the students of San Diego High School.

We accept any and all donations and we maintain a non-profit corporation status. Please contact

us if you can assist in our fund-raising efforts in order to ensure that our students continue to be able to participate in all the above-mentioned activities.

We also have openings on our Board of Trustees if you would like to participate in this active and dedicated organization!

#### **E. Rae Riner**

#### **San Diego High School Foundation**

#### **Gone But Not Forgotten**

Name	Year	Deceased
Carol Bocan Lavigne	1950	4/26/2019
Patricia A. Bailey Ewing	1957	2/9/2019
Dorothy E Boelter		
Embery	1944	3/10/2019
Theresa Castagnola Cutri	1951	5/12/2019
Art Davidson	1950	2/7/2019
Ed Davis	1950	1/5/2019
Ron Duram	1963	1/1/2009
Tom Fogle	1950	3/8/2019
Jim Hawkins	1967	2/14/2019
Fred R Heim	1964	
Wilfred Herrill	1942	2/1/2016
Ronald K Johnson	1951	3/1/2019
Ron Lauer	1950	
Louis R Lepore	1941	11/6/2018
Aida Cameron Mendez	1958	5/19/2019
Eva Lepore Springstead		1/16/2014
Emmett Marshall		
Kathryn G. Poschman	1939	
Patricia Robbins		
Ron Rouse		
Bruce Donald Sanford	1951	3/1/2019
Ada Shuhmacher		
Marshall		
Danny Spelts	1964	
Shirley Swavely Ruh	1968	9/25/2011
Leo Valentine	1971	3/1/2019
Robert Warner	1950	3/7/2019
Zenobia Watson Waller		5/3/2018



### 2019 Wall of Honor Inductees



#### John Doogan '62

John, during his Junior and Senior years at SDHS, was president of the Marketing Club and supported the work credit program in sales training,

which was done in conjunction with Marston's Department Stores.

John ran on the track and cross-country team. He set records as a member of the 4 x 400 Relay Team, achieving the City of San Diego best time record.

After graduation John has organized a group of alumni to help support Athletes and Scholars at SDHS.

John sits on the Board of Directors of the Alumni Association. He took responsibility for the committee that is a liaison between, SDHS, the alumni, and the local business community to develop sponsorships in support of athletic and academic programs at SDHS.

John designed, published, and printed the Homecoming Program. He made presentations at the homecoming breakfast in support of the football team.

Established a group of alumni who meet, attend sporting events, and help financially support those events.

Through his enthusiastic and creative talents, John is currently spearheading a project to provide weekly football program pamphlets for SDHS football games.



#### Eddie Head '73

Eddie was President of the San Diego High School Key Club in his Junior and Senior years.

He received a scholarship from the Downtown Kiwanis Club for his involvement in the SDHS Key Club.

During his time at SDHS, he played Junior Varsity and Varsity Football, ran Track & Field and played Junior Varsity Basketball.

Eddie is the current President of the Alumni Association Board of Directors serving since 2012.

In 2014 he was elected President of the SDHS Alumni Association. Once he became President, Eddie had a vision of modernizing the operations of the Alumni Association Office.

With the support of the Board of Directors and office staff, he upgraded the computers and software to update the membership database to help the office staff and serve the needs of the Alumni Association membership.

He also worked with the Audio/Visual class in putting together announcements on behalf of the San Diego High School Alumni Association and Foundation.

He worked with SDHS Alumni Board Members and School Administration organizing fundraising activities for various clubs and athletic programs. Eddie worked with the school I.T. Department to develop the first SDHS Alumni Association Website.

### 2019 Wall of Honor Inductees



Frank Stephens '74

Frank captained the SDHS 1974 Football and Baseball teams. He raised funds for a group that was "Helping the

Youth of Southeast San Diego selling candy.

Help conflicts on campus when it came to inter-racial conflicts.

He represented SDHS with the mission to keep SDHS at its present location and gave a speech to San Diego City Council. A battle that we won!

He graduated from UCLA, with a Bachelor of Arts Degree, Sociology, 1984

Then from National University, Masters of Science in Educational Administration, 2002

#### Achievements:

- Served as Mater Dei High School Freshman football coach 1997-1999, 2013,2014
- Director Student Services UCLA 1993-2006
- Assistant Athletic Director UCLA 1990-1993
- Sports Seminar speaker 1994
- Professional Development Program, January 1997, UCLA Staff and Organizational Development.
- Co-Author of Chapter 4 of "You can't play the game if you don't know the rules" Career
- Opportunities in Sports Management by David M. Carter.
- New Mexico State Running back coach 1985-1986



Fred Thompson '51

While at SDHS, Fred played football for three years. As a senior, he was awarded "All City Center" - the best center in the entire city and league. He also wrestled and was on the swimming team. Altogether, Fred left with five varsity letters.

He sang lead tenor in the Boys' Quartette for three years-and sang in the choir and boys' glee too. He appeared in three all school shows.

Fred was a sports reporter for the Russ newspaper. When you saw Fred, you also saw his ukulele, which was to be his for life and occupation. He is still recognized as one of the best ukulele players in the world.

Fred became a life member in the Alumni Association over 50 years ago. He was President of the AA, during the 90s.

He has supported the alumni in any way he could, such as getting shelving done for the AA library as a donation.

Fred was the chair of the San Diego Police

Athletic League for six years. Under his leadership, it grew to having over 20,000 at-risk young people involved. They did BIG events like having 500 basketball teams competing in tournaments at Qualcomm.

He was Chair of the Aztec Athletic Foundation (AAF) in 1987-88. During his time as the leader at SDSU, the school's football team beat BYU, won the WAC, and played in the Holiday Bowl.

**San Diego High School**  
**Alumni Association**  
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