



May 2026

## St. Pius X Creates Cost-Effective Pathway for Students to Become Doctors

Students at St. Pius X Catholic High School who feel called to pursue a career as a Doctor of Osteopathic Medicine now have access to a clearer, more affordable, and community centered path to reach that goal. Through an enhanced partnership with Missouri Baptist University and the medical education program at Lake Erie College of Osteopathic Medicine, our students are able to follow a structured route that not only prepares them for medical school but also encourages them to return home to serve the communities that shaped them.

What makes this pathway especially meaningful is its intentional design. Students begin by graduating from St. Pius X and then completing their undergraduate pre-med coursework at Missouri Baptist University. A significant benefit of this partnership is the financial support available to our graduates. Through our agreement with Missouri Baptist University, St. Pius X alumni are eligible for a renewable \$24,000 annual scholarship, recently increased from \$23,300. The scholarship is available to pre-med students as well as those pursuing other academic majors, and it remains renewable each year as long as the student maintains at least a 2.5 GPA. With four years of undergraduate study, that support makes a substantial difference for families seeking an affordable path to medical school. Although the

agreement with Missouri Baptist University offers a cost-effective pathway, students interested in LECOM may also consider other local institutions as viable options.

After completing their undergraduate degree at Missouri Baptist, students attend LECOM in Erie, PA, for the first two years of medical school, followed by two years of clinical rotations at Mercy Hospital Jefferson. This progression allows students to gain high-quality medical training while maintaining strong ties to Jefferson County.

While the LECOM opportunity is open to all high school students in Jefferson County, the Missouri Baptist University scholarship agreement is exclusive to St. Pius X graduates. That distinction makes this pathway especially compelling for our students. It represents not only academic preparation and financial accessibility, but also a long-term investment in the health and well-being of our local community.

For students who dream of becoming physicians and serving close to home, this partnership offers both a practical roadmap and a powerful purpose.

For more information, please contact Ken Halter, St. Pius X College Counselor, at (636) 931-7487 ext. 143, or email [khalter@stpius.com](mailto:khalter@stpius.com).

## We Serve Great People!



St. Paul Catholic School-Fenton is incredibly proud of *Curtis Kaiser*, one of their students who was recently featured in the news for alerting their family to a house fire. Thanks to his quick thinking, courage, and calm actions, their family was able to get to safety.

In the early morning hours of Jan. 27th, 11-year-old Curtis Kaiser Jr. was being a night owl. “My parents said we weren’t going to school in the morning,” said Curtis Jr. “So I was staying up playing games on my iPad.”

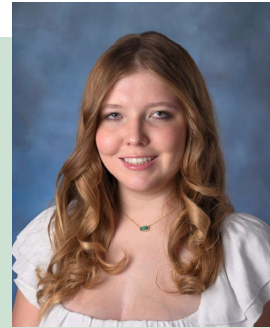
But then, around 1:30 a.m., he smelled smoke, prompting him to wake up his parents. “We started running around the house looking,” said Curtis’s father. “You know, trying to find where it was coming from. And then, as soon as I opened up the garage door, that is when a big black cloud came into the house.”

The Kaiser family garage was on fire.

Young Curtis Jr. grabbed the phone and called 911, then he, along with his parents, sister and dog, got out of the house. “The fire department said if it was five minutes later that we woke up,” said Curtis’s father. “He goes, ‘It would have been a different story. Your house would have been gone.’”

Curtis Jr.’s quick wit saved the day, even though he lacked any formal fire safety training. “(It) was kind of just the first thing that came to my mind,” said Curtis Jr.

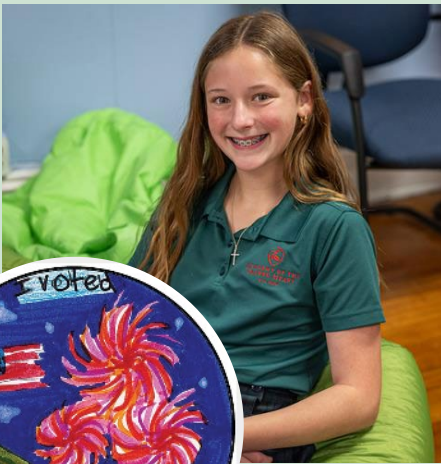
There was some property damage; however, no one was harmed. And Curtis’s father could not be happier with his son. “We’re really proud,” said Curtis’s father.



Congratulations to St. Joseph’s Academy Senior *Annabel Gainey*! She has been selected for recognition in the 32nd Annual Missouri Scholars 100 Program. This statewide initiative celebrates the accomplishments of one hundred outstanding students from the graduating class of 2026.

To qualify, students must hold a minimum GPA of 3.750, a minimum ACT score of 29 or a minimum SAT score of 1,280, rank in the upper ten percent of their class, and engage in advanced coursework in mathematics, science, English, and foreign language. Additionally, nominees must exhibit excellent attendance, exemplary citizenship within the school, and active participation in the school’s activity program. Annabel will be recognized at a special luncheon in Columbia, MO on May 3, 2026. A well-deserved award!

## We Serve Great People!



*Catherine "Kate" Patrick '28* of Academy of the Sacred Heart is a finalist in the St. Charles County "I Voted" sticker contest. The winning sticker will be printed and distributed to voters in this year's elections.

When her teacher, Mrs. Strother, introduced the optional project, Kate was inspired to design a sticker. She pictured a dark sky with colorful, bursting fireworks and a flag waving in the sky. Using marker and colored pencil, she brought her idea to life. "It would be really cool," Kate laughs when she imagines seeing her sticker on St. Charles County voters!

## Learning in Action—Lent in the Classrooms



*Sixth Class* at Academy of the Sacred Heart is journeying through Lent with the Corporal Works of Mercy and journal reflections, which support their curriculum focus on poverty and homelessness. The first week, the work was Feed the Hungry and in addition to bringing in food donations, students also made meals for their own families and neighbors, paid for the person behind them in drive-through, and shared food with the homeless.

## We Serve Great People!

A special mass honoring Dr. King’s legacy took place at the Cathedral Basilica of St. Louis, recognizing Catholic high school students whose volunteer work is in service to the ongoing practical and spiritual efforts for equality and justice. Here are some recipients of the Martin Luther King Model of Justice Award.



*Arianna Collins  
Rosati-Kain '26*



*Priory's Tyler Cineus '26*



*DeSmet Senior Kyran Joshway*



*SLUH Senior Max Marnatti*



*Shelby Winston St. Joseph's Academy '26*

## Soul on Fire Movie Update

In the last edition we featured an article about the Soul on Fire movie. We found out Red “hot dog man” in the movie is the cook at YMCA Trout Lodge and Lakewood. How exciting it must have been to work in the movie!

## Stunt Double

From the classroom to the big screen: SLUH alum **Augie Lodholz '20** (middle) poses with recent Oscar-winning actor Michael B. Jordan and other members of the cast and crew of the hit film “Sinners” where Augie served as the primary stunt double to the main villain of the film. “Sinners” had a record 16 Oscar nominations.





# We Serve *Great People!*

## Archbishop John L. May Service Award

The awards were presented in March and celebrated with a Mass at the Cathedral Basilica. The award, named for the late Archbishop John L. May, is awarded annually to high school seniors who are outstanding examples of Christian service in their schools and communities. Recipients are chosen for their commitment to volunteering, embodying Gospel values, and serving those in need.

### 2026 Archbishop May Service Award Winners

- Cassandra Brunner*, Bishop DuBourg High School
- Kennedy Thomas*, Cardinal Ritter College Prep
- Giuseppe Giardina Jr.*, Chaminade College Preparatory School
- Logan Szachnieski*, CBC High School
- Gabriella Angeli*, Cor Jesu Academy
- Billy Walbert*, De Smet Jesuit High School
- Eve McGowan*, Duchesne High School
- Avan Kuhn*, Incarnate Word Academy
- Sutton Brown*, Nerinx Hall
- Lillian McKay*, Notre Dame High School
- Jeanné Anderson*, Rosati-Kain Academy
- Ava Grossman*, St. Dominic High School
- James Puff*, St. Francis Borgia High School
- Charles Summers*, St. John Vianney High School
- Maggie Plaster*, St. Joseph's Academy
- Cameron Nelson*, Saint Louis Priory School
- Brayden Bussmann*, St. Louis University High School
- Ricardo Fajardo*, St. Mary's South Side Catholic High School
- Conner Bailey*, St. Pius X High School
- Trenten Welker*, St. Vincent High School
- Joie King*, Ursuline Academy
- Bridget Hoff*, Villa Duchesne
- Mikayla Woods*, Visitation Academy

## We Serve Great People!

Members of *St. Paul-Fenton's* speech team performed their monologue and duet speeches at Immaculate Conception and St. Margaret Mary Alacoque. We're proud of their impressive work and talent.

*Great job!*



## Expanding Disability Awareness

*Mrs. Alarcon's Fourth Class* at Academy of the Sacred Heart recently finished reading *Out of My Mind* by Sharon Draper. The story follows Melody Brooks, a brilliant fifth grader with cerebral palsy who cannot walk or speak. Although she has a photographic memory and incredible intelligence, she struggles to show others what she knows because of her physical limitations. Throughout the novel, students watched Melody advocate for herself, navigate friendships, face unfair treatment, and ultimately prove that her voice matters. «The book challenged us to think about empathy, inclusion, and the importance of seeing

beyond someone's outward abilities,» explains Mrs. Alarcon.

To deepen their understanding, students created Disability Awareness Posters focused on different disabilities they may encounter in their lives. Each poster included key facts, common challenges, strengths, tools or supports people might use, and respectful ways to be an ally. Students worked hard to present accurate information and thoughtful advice, helping the community grow in compassion and awareness as a classroom community. Four students proudly presented their posters at the March Board of Trustees meeting.



# We Serve *Great People!*

## St. Dominic Junior Makes ‘The Voice’ Comeback, Reaches Finale

*Liv Ciara* closed her eyes and sang with feeling, “We Can’t Be Friends (Wait For Your Love)” by Ariana Grande.

It wasn’t until she heard the crowd cheering that she opened her eyes for the surprise of her life. Two chairs had turned: Kelly Clarkson and Adam Levine.

This is not the first time she graced the stage of “The Voice.” Last year, she had scored a coveted blind audition and performed her version of Sabrina Carpenter’s “Espresso.”



*Liv Ciara makes a comeback on “The Voice” for season 29. (Photo courtesy of Griffin Nagel/NBC)*

No chairs turned, and Ciara was sent away with the encouragement to find a song more compatible with her vocal style and ability. Called back for season 29 and leaning into an arrangement with vocal delivery more her own, Ciara performed unplugged with only strings, bass and piano – a dramatic instrumental difference from last season – and her choice paid off with not just one chair turn, but two.

Now, she’s made it all the way to the season finale, which aired Tuesday, April 14th. Ciara came in second place.

A junior at St. Dominic High, Ciara has embraced the mindset of growth in her vocal journey even amidst rejection and the joy of being called back for a second chance. “The moment I didn’t get a chair turn last season, I immediately felt proud of what I had left on the stage,” Ciara said. “I was really happy and grateful for getting this incredible opportunity in the first place, and for some strange reason, I had a strong feeling that whatever happened after I walked off the stage, or did next in my music career would be just as amazing, or even better, and I was right!”

Following the chair turn, Ciara chose to be on “Team Kelly” with coach Clarkson, and this time around has been taking in each moment and prioritizing making memories with fellow artists. Ciara has seen her vocal ability and stamina increase as an artist during her time on the show.

“You are surrounded by amazing vocalists and experts, and you can’t help but to take it all in and grow, but I was shocked with how far I had come vocally in such a short period of time,” Ciara said.

*Congrats to Ciara for her success on the show.*

## Food Talk



By: Lisa Baragiola

### Easy Ways to Encourage Your Kids to Get Active

*Physical activity is good for the body. For children, it promotes health and fitness and should be encouraged throughout the day. At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles and is associated with better mental health. There’s mounting evidence that moderate to vigorous physical activity also helps boost children’s critical thinking skills, memory and performance in school.*

When kids are not in school, plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This can be through shorter chunks throughout the day or one larger block of time. Remember to praise, reward and encourage your kids’ physical activity.

#### Physical Education

For healthy lifestyles, children need both free play and specific instruction on physical skills. An easy way for kids to meet this goal is by participating in physical education as part of the school day. During times when children are at home, whether school is out for scheduled breaks or cancelled due to weather, block off a certain time for your kids to engage in physical activity. The best physical education is age appropriate and fun.

#### Organized Activities

Adults or kids can organize active play. There are active indoor games such as Simon Says, and dozens of games to play outside – hopscotch, jump rope, dodgeball, kickball and volleyball. Depending on the season, plan trips to a local bowling alley, swimming pool or skating rink when those options are available.

#### Make Fitness Part of Your Child’s Day

When school is in session and you are able to do so, walking to and from school with younger kids and allowing older children to walk or ride their bikes to school can be a great way to incorporate activity while also saving on trips to the gas station. When school is not in session, walk or bike with your kids when you can

and organize family walking or bicycling trips around the neighborhood or at a local park.

#### Have a Plan for Rainy Days

Although there are a variety of activities to do outdoors in every season, sometimes being active outdoors is not possible. When playing outside is not an option, consider indoor activities that work in the space you have, like dancing, martial arts or yoga. These options are great for at home and as community classes. Housework, or cleaning, also counts as active time.

If screen time is unavoidable, look for ways to make it active. Try interactive video games that require physical activity such as tennis, bowling or baseball. You can also use dance and aerobic video games for some physically active television time.

#### Get Help With Household Chores

Encourage your children to participate in active outdoor chores such as raking leaves, pulling weeds, watering plants, sweeping drive or walkways or cleaning the garage. Make the chores feel fun with upbeat music and be sure to join in to get them done as a family.

#### Be an Active Role Model

Present physical activity as an important time to take care of your body and health, rather than a chore. Find activities you enjoy and be active for at least 30 minutes five days a week. When your children see that you are enjoying time being active, they will be more likely to model your behavior.



# FSC Excellence Awards

The creation of the FSC Excellence Awards was announced at our Manager Meeting in October 2023. Supervisors and Office Staff nominate accounts for each of the awards and a panel, including Home Office staff, will collaborate and select the winners in each category and they will be presented at three of our managers' meetings.

## The parameters for each category are as follows:

- **Food**–Cost, Presentation, Inventory, Handling and Creativity.
- **Safety & Sanitation**–Health Inspections, Slip Resistant Shoes, Gloves, Personal Hygiene, Food Temps and Food Storage.
- **Communication**–Paperwork Timeliness, Response Time to Messages, Client Relations, Interaction with Students & School Staff, and Interaction with Their Team.

This year we added a new category, **Exclamation Point!** For those that go above and beyond and take the extra steps for the success of their team.

The winning team receives a poster to hang in their kitchen, and each employee receives a pin signifying the category in which they won the award. Our hope is for employees to try their best to win all categories!



## The winners of the Latest Round of Awards are:

**Food Category**–SLU Jesuit Community

**Safety & Sanitation Category**–Holy Infant Elementary

**Communication**–DeSmet Jesuit High School

**Exclamation Point!**–St. Charles Borromeo, Eugene Harris, Manager

FSC wants to thank all the nominees and winners for their hard work and dedication.



Winners, L-R: Food Category: SLU Jesuit Community, Julie Blucker, Manager; Safety & Sanitation: Holy Infant, Laura Kramer, Manager, Kathleen Kenney, Asst. Manager; Communication: DeSmet Jesuit High School, Stephen Price, Manager

## Sports

### WICKENHEISER CUP CHAMPIONS!!!!



Photo and video credit: @reflectionanddiffraction.photo and Mr. Brotherton

For the first time since 2022, **Priory Hockey** wins the Wickenheiser Cup with a 7-4 win over Rockwood Summit! This is the fourth championship for the Ravens in program history! *Congratulations!!*



**St. Dominic High School's** Norm Oschner Baseball Field has been named the 2025 Turf Field of the Year by the Missouri High School Baseball Coaches Association! Congratulations to the athletic and facilities teams who ensure the field is always game-day ready!



**St. Frances Cabrini** 7th-grade basketball team pulled out a win in the championship game against Queen of All Saints. It was an exciting game and a very well-deserved win! Thank you to Coach Becky Qualls, who continues to dedicate time to Cabrini sports after retiring as athletic director last year.



### School Record!

**Jackson Miller '27** shattered #SLUHAthletics record in the Elite 3200m at the McCullough-Douglas Invitational, blazing to a remarkable 8:56.57. His performance currently ranks as the No. 4 high school 3200m time in the nation and the No. 8 all-time mark in Missouri history. Later in the day, Jackson came back to win the 800m in 1:53.



**St. Dominic** Girls Basketball finished their season as District Champions! We are incredibly proud of the dedication and spirit they showed as a team. What a fantastic season! *Congratulations, Crusaders!*

## FSC Family Features

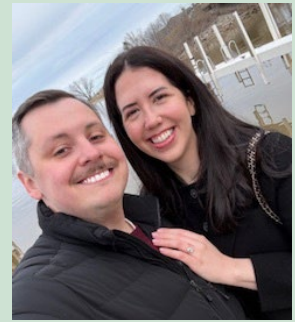


**Michele Weinfeld-Johnson's** Daughter in Law and Son, Karli and Tyler welcomed their little bundle of joy Lazaro (Laz) Jacob Johnson on April 13th. He's precious and perfect and they are all over the moon in love with Little Baby Laz. Michele is our Director of Events.



Maria Boylan and her children Elijah and Makaiah were baptized on Easter vigil. Maria also received her first communion and was confirmed. Maria is our Café Manager at Visitation Academy.

*Congrats!*



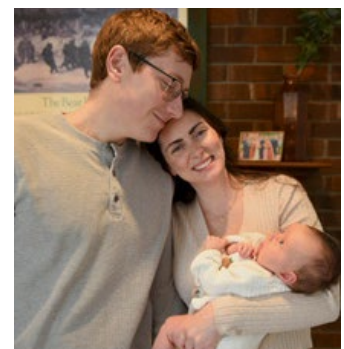
**Susan Parisi's** son Alfred, proposed to Buffy Bailey on March 14th and she said "yes"! They are planning their wedding in May 2027. It is sure to be a wonderful event as they have chosen FSC as their caterer! Susan is the Office Manager at FSC's main office.

**Julie Blucker's** daughter Chloe became engaged to her Junior High School sweetheart Corey! We wish them the best! Julie is our Chef Manager at SLU Jesuit Community.



**Chrissy Rodenberg** at Purina Farms was blessed with her first grandbaby. Reece Monroe was born on March 11th and weighed 8 lbs. 11 oz.

**Al Sanders**, Purchasing Director and his wife Nancy were blessed with a beautiful granddaughter. Their daughter Abby & husband Mitch Cooper welcomed Eliza June Cooper on December 17th.



## Café Kudos

### The King Of Fist Bumps

*Matt Gilliam* is the king of fist bumps as students and staff drop off dishes at his station.

He has been doing this since his first day in 2009 and with every bump comes a smile and word of kindness.

The school calculated that on Thursday, January 22nd Matt gave his one millionth fist bump which is an unofficial world record! Thank you, Matt, for your dedication and commitment along with a great attitude and kindness.



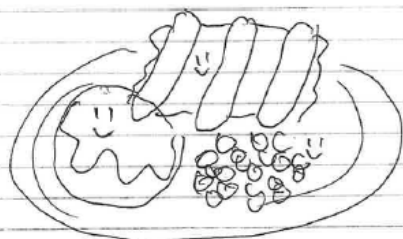
## Café Kudos

**Marianist Retreat Center** had the pleasure of Valle Catholic High School seniors staying with them for 2 days and they LOVED the food Chefs Vadym and Heather made, so much that one young lady felt compelled to put her thoughts on paper. Chef V was happy and humbled.

Dear Chef V

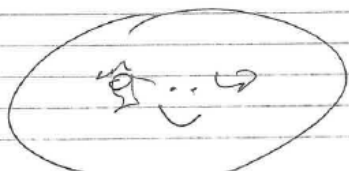
Your food rocks. I mean ROCKS-I have no idea what you exactly did to the food for dinner, especially those scrumptious ribs. I genuinely (?) wanted to yell across the room that the potatoes were divine. I wish I had a bigger stomach to eat more of it, but I could only eat one plate. I was sad, but I know that what I did eat was great. Thank you to you and anyone else back there in that magical kitchen of wonders that you have. Again, those ribs (ribs?) were divine. The cake was good too! So thank youuuuuuu!!!

- Mackenzie Buchheit

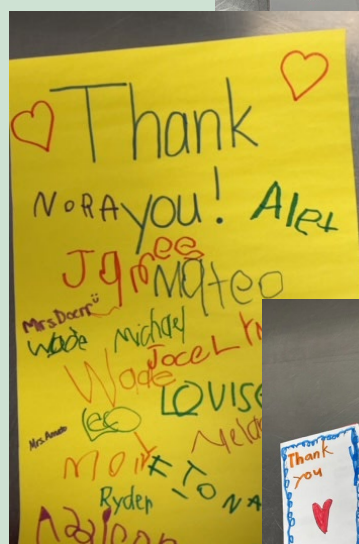
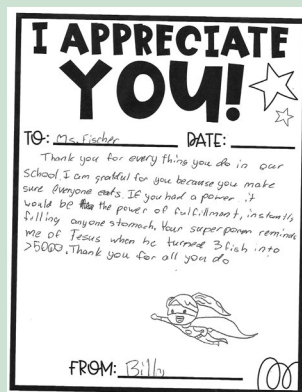


← My plate before

← My plate after



**Jill and her crew at St. Margaret Mary Alacoque** appreciated the nice thank you gifts from the students.



## Café Fun

*Brett Angelbeck* and *Mia Lueckenotte* won the raffle baskets at Sacred Heart Valley Park.



Fun Easter treats were enjoyed at *St. Gerard Majella*.



*Shirley and her team at St. Gerard Majella* made up some great raffle baskets.

The winners were: *Isabel H.*, 5th grade; *Oliver H.*, 8th grade; *James S.*, 2nd grade and *Samantha H.*, Kindergarten.





# Odds & Ends

## \$100 Recruitment Bonus

We are always looking for good employees, and the best source for that is with our present staff.

As an incentive to help recruit new people, we will pay a \$100 bonus to any present employee who brings in an applicant who is subsequently hired and completes 3 months of employment. This does not apply to people you hire for your account.

All non-salaried personnel are eligible for this bonus.

Applicants may apply by email to [susan@foodserv.org](mailto:susan@foodserv.org)



## Start Spreading the News!

If you would like us to include stories about your school or business, please let us know. The information can be sent to Susan Parisi ([susan@foodserv.org](mailto:susan@foodserv.org)) or mailed to Food Service Consultants, 8534 Watson Road, St. Louis, Missouri 63119. If sending photos, it is best to send in digital format via email.

Newsletters are published as follows:

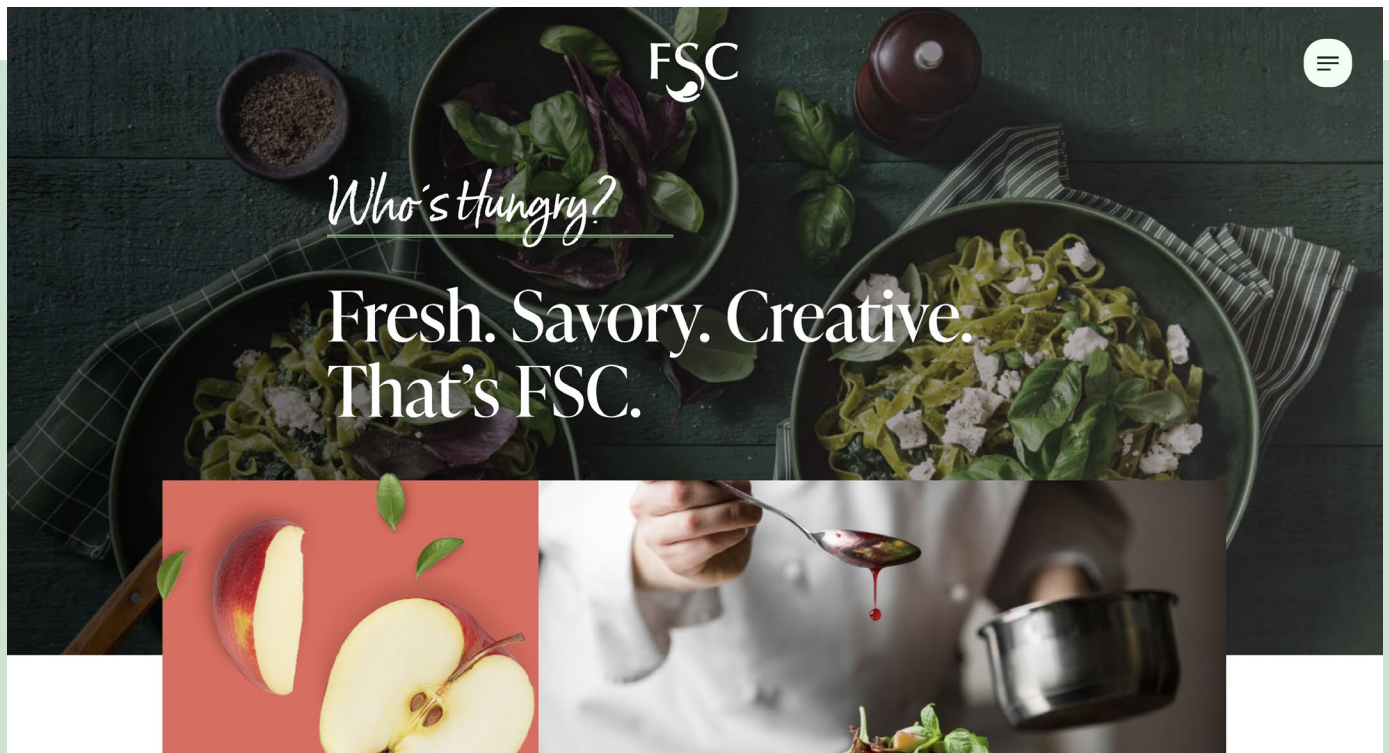
<u>Newsletter Date</u>	<u>Deadline for Info</u>
October	September 11th
January	December 15th
April	March 22nd

Some of the information in this newsletter was taken from articles originally published in the St. Louis Review, and various school newspapers and social media.

*We are pleased to say this edition of the insider is printed on post-consumable paper.*



8534 Watson Road  
St. Louis, MO 63119



## Digital Edition

In an effort to expand our Going Green program we offer a digital version of the FSC Insider. If you would prefer this version over the printed version, please email [susan@foodserv.org](mailto:susan@foodserv.org). Once the digital version is available, you will be sent a link to view the document. *Thank you.*

**Visit our website!**

**[www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)**