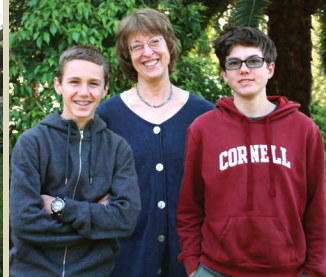




Tom Sichi, D.O., Anacapa Class of 1992,
Emergency Room Physician,
How to Stay Out of the ER



Haley Yuhasz, Anacapa Class of 2012,
Student, Northern Arizona University,
College, Adulthood, and Other Scary Things



Beth Witherell, Editor-in-Chief,
The Writings of Henry D. Thoreau,
Henry Thoreau, Concord, & Transcendentalism



Helene Schneider, Mayor,
City of Santa Barbara,
On Running for Public Office



Chris Hamman, Programming Director,
Santa Barbara Rock Gym,
The Pursuit of Rock Climbing Happiness

Building the brightest minds

John Abrami, Coach, Santa Barbara Swim Club,
Swimming and Its Life Lessons

Riley Arntz, Anacapa Alumnus, Operations Director,
One Grey Day, Corp., *Cowboy Fashionista*

Larry Bascom, Ph.D., Psychologist, *Anxiety and Depression*

Julio Bernal, Anacapa Class of 2013, Student, Cal State Northridge;
Zinnia Gonzalez, Anacapa Class of 2013, Student, Cal State Chico;
Esai Macario, Anacapa Class of 2013, Student, St. Mary's College
of California; and Isaac Macario, Anacapa Class of 2013, Student,
St. Mary's College of California, *Tips for Making the Transition
from Anacapa to College*

Alejandra Botello, Activities Coordinator, Vista Del Monte,
Volunteer Work: *Getting Involved*

Kelly Ann Campbell, Education Director, Fairview Gardens,
Summer Camp Volunteer Opportunities

Alex Carlson, Anacapa Class of 2012, Student,
University of Denver, *Things I've Learned at College*

Olivia Chen, Admissions Counselor, UC Riverside,
Finding Your Passion and Thinking About College

Pete Coburn, Writer, Videographer, Student,
Brooks Institute, *My Work as a Film Student*

Marissa Duprey, Program Assistant, Jodi House,
Brain Injury and Youth

Jon Durrah, Santa Barbara Dragon Boat Association,
Experiencing the Dragon Boats

Paul Erickson, M.D., Anacapa Alumni Parent, Psychiatrist and
Medical Director, Cottage Hospital, *Adolescents and Sleep*

Sharon Eve, Ph.D., Psychotherapist, *Listening Skills*

Heather Frazier, Graduate Student, UCSB Department of
Geography, *Water in California: A Story About Your Water*

Chris Hamman, Programming Director, Santa Barbara Rock Gym,
Life, Liberty, and the Pursuit of Rock Climbing Happiness

Sydney Hunt, Jessica McCool, and Sarah Gill, Students,
Santa Ynez High School and Founders, Students with Hearts Club,
*Connecting High School Students with Volunteer Opportunities
in Elderly Care Homes*

Henry Johnston, Anacapa Class of 2013, Student, Brooks Institute,
Life After Anacapa: My College Experience

Fred Kass, M.D., Director of Research, Cancer Center
of Santa Barbara, *Cancer: What Is It? How Do We Treat It?
What Role Do Lifestyle Choices Play?*

Eric Kildahl, Rescue Dog Coordinator, *Pitbull Awareness*

Colin Kuehl, Graduate Student, UCSB Department of
Political Science, *Research and Citations in the Internet Era*

James K. Kunkle, United States Air Force (Ret.), Joe Foss Institute,
World War II from a Veteran's Perspective

Ashleigh Lamberti, Anacapa Parent, Admissions Facilitator,
Cottage Residential Center, *Prescription Drug Abuse*

Michelle Leiphardt, Public Relations, Collings Foundation,
The Wings of Freedom Tour: An Exhibit of World War II Aircraft

Evan Lewis, Sculptor, *My Work: From Wind-Powered Kinetic
Sculptures to Luxury Furniture*

Thank You To All of Our 2013-2014 Breakfast Club Speakers!

No, we don't serve breakfast at
Breakfast Club—but we do serve knowledge!

Breakfast Club is what we call our
all-school meeting held each morning to take
attendance, make announcements, and listen

to guest speakers. Anacapa School has
been fortunate to welcome a wide range
of speakers into our school community.

Each one shares unique experiences
and information with our students
and faculty. Breakfast Club may not fill
our stomachs, but it fills our minds.

Anacapa School is an independent, co-ed,
college-preparatory school for grades 7-12.

LOWER SCHOOL: GRADES 7-8

UPPER SCHOOL: GRADES 9-12

Anacapa School

FOUNDED IN 1981



Liberty in North Korea, Human Rights Organization,
Relocating North Korean Refugees: Danny's Story

Julian Nott, Scientist and Record-Setting Balloonist,
Ballooning: Past and Future

Beatrix Ost, Artist, Writer, and Anacapa Grandparent,
*My Childhood in Post-World War II Germany:
Finding Opportunities and Overcoming Challenges*

Wishiah Roper, Anacapa Class of 2011, Student, SBCC,
Sales Associate, Lucky Brand Jeans, *Anacapa: Ever-Changing Lives*

Howard Schiffer, Founder and President, Vitamin Angels,
The Heroic Journey: Finding Your Purpose

Helene Schneider, Mayor, City of Santa Barbara,
On Running for Public Office: *Say What You Mean
and Mean What You Say*

Elizabeth Schwyzer, Anacapa Class of 1997, Writer and
Writing Coach, *Writing as a Process: Personal Statements and More*

Lanny Sherwin, Anacapa Parent, Singer / Songwriter,
Recording "Aaron's Song" with the Anacapa School

Tom Sichi, D.O., Anacapa Class of 1992, Emergency Room Physician,
How to Stay Out of the ER (and How to Know When to Go)

Naree Sorich, Outreach Coordinator,
Scholarship Foundation of Santa Barbara,
How the Scholarship Foundation Helps Students Afford College

Aaron Sparks, National Outdoor Leadership School (NOLS),
The Leave No Trace Program

Sarina Stone, Health Educator, Public Health Department,
County of Santa Barbara, *Some Facts About STDs*

Lily Strellich, Anacapa Class of 2010, Student,
Occidental College; Grace Strellich, Anacapa Student; and
Alison Strellich, Anacapa Parent and Teacher,

Berlin: *Contemporary German Politics, Culture, and History*

Mike Vergeer, Educator, Santa Barbara Bicycle Coalition, *Bike Safety*

Jeffrey Walker, Executive Director,
iCAN – Incredible Children's Art Network, *So Beautiful*

Julianne Walsh, Instructor, Santa Barbara Library,
3D Printing: The Future

Margaret Weiss, Director of Health Education, Sansum Clinic,
Volunteering at Camp Wheez

Bob Wilcher, D.C., Chiropractor and Personal Trainer,
Owner, Killer B Fitness, *Introducing the Killer B Fitness
Spring Fitness Program*

Beth Witherell, Editor-in-Chief, The Writings of Henry D. Thoreau,
Henry Thoreau, Concord, and Transcendentalism

Aaron Young, Operations Manager, Santa Barbara Certified
Farmers Market Association, *The Santa Barbara Farmers Market*

Haley Yuhasz, Anacapa Class of 2012, Student,
Northern Arizona University,

Life After Anacapa: College, Adulthood, and Other Scary Things

Patrick Ziennik, Representative, Rustic Pathways, *International Travel
Opportunities for Students: Education, Community Service, Adventure!*

Hope Zweig, Master, Hope's Martial Arts,
A Martial Arts Demonstration: The Fun, the Challenge, the Life Lessons

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Cancer Center of Santa Barbara,
Cancer: What Is It? How Do We Treat It?

