



# ST. MARY'S ACADEMY

*Today's Young Woman. Tomorrow's Leader.*

## FOR IMMEDIATE RELEASE

### **MEDIA CONTACT:**

Crystal W. Ghassemi  
St. Mary's Academy  
1615 Southwest Fifth Avenue  
Portland, Oregon 97201

Direct: 503-721-7715  
Cell: 503-724-8589  
Fax: 503-223-0995  
Crystal.Ghassemi@StMarysPDX.org  
www.stmaryspdx.org

### **St. Mary's Academy's *Food for Thought* scholarship luncheon features Portland native Stacy Allison, the first American woman to summit Mt. Everest**



Portland, Ore. – **October 28, 2010** – St. Mary's Academy is pleased to welcome Portland native Stacy Allison, the first American woman to summit Mt. Everest, to the 17<sup>th</sup> Annual *Food for Thought* scholarship luncheon on Tuesday, November 16, 2010. The event will be held at the downtown Portland Hilton (921 SW Sixth Avenue) beginning at 11:45 a.m. with a social reception commencing at 11 a.m.

*Food For Thought* is an annual luncheon and St. Mary's largest fundraising event supporting St. Mary's tradition of tuition assistance. More than \$1 million in financial aid was awarded to 42% of students for the 2010-2011 school year, and events such as *Food for Thought* help meet this financial need. Each year, more than 800 alumnae, parents and community leaders gather to acknowledge and support St. Mary's largest fundraising event benefiting tuition assistance.

Author of *Beyond the Limits: A Woman's Triumph on Event* and *Many Mountains to Climb: Reflections on Competence, Courage and Commitment*, Stacy reached the peak of Mt. Everest, the world's highest mountain at 29,028 feet, on September 29, 1988. Her dynamic presence and zest for life is conveyed through her presentations that relate life to the challenges experienced when trying to reach the summit.

Additionally, St. Mary's junior Karina Mena will give her personal account of how a St. Mary's education made possible through tuition assistance has personally and positively affected her life.

"Never has this event been more important with the increased need for tuition assistance," says St. Mary's Academy president Christina Friedhoff. "We are also so fortunate to have a keynote speaker, who through her personal life and experiences demonstrates the power of courage and commitment."

Tickets and table sponsorship opportunities are available with prices beginning at \$75 and \$750 (tables of 10), respectively. For tickets and table sponsorship information or to make a tax-deductible donation to the St. Mary's Academy tuition assistance program, please contact the Special Events Office at 503-721-7726 or via email at [specialevents@stmaryspdx.org](mailto:specialevents@stmaryspdx.org).

(more)

For additional information or questions, please contact Crystal Ghassemi, Director of Marketing and Public Relations, at 503-724-8589 (cell) , 503-721-7715 (direct office) or via email at [crystal.ghassemi@stmaryspdx.org](mailto:crystal.ghassemi@stmaryspdx.org).

# # #

**Quick Facts on Stacy Allison**

- Best known for being the first American woman to summit Mt. Everest.
- Author of *Beyond the Limits: A Woman's Triumph on Event* and *Many Mountains to Climb: Reflections on Competence, Courage and Commitment*.
- Portland, Oregon native.
- President of Stacy Allison General Contracting, a residential building company in Portland.

*About St. Mary's Academy*

Founded in 1859 by the Sisters of the Holy Names of Jesus and Mary, St. Mary's Academy is an all-female Catholic high school and Oregon's oldest continuously operating secondary school. The student body represents a diverse background of young women from over 30 urban, suburban and rural communities in Oregon and southwest Washington. St. Mary's Academy is distinguished by its development of the whole person, and is the only school in the state to receive three U.S. Department of Education Blue Ribbon Schools awards. For more information about St. Mary's Academy, please visit: [www.stmaryspdx.org](http://www.stmaryspdx.org).