



PAX ET BONUM

FALL 2010 VOLUME 8 • NUMBER 1
ANNUAL REPORT OF DONORS EDITION



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CATHOLIC HIGH SCHOOL



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The *Pax et Bonum* magazine seeks to share with the reader the spirit of St. Francis High School. Stories and pictures of the activities and accomplishments of students, parents, staff and alumnae provide glimpses into the ways in which the school's mission is carried out and its legacy continues. St. Francis benefactors are gratefully acknowledged in the *Annual Report of Donors* in the fall.

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PRESIDENT'S MESSAGE

DEAR PARENTS, ALUMNAE AND FRIENDS OF ST. FRANCIS HIGH SCHOOL:

I am frequently asked to identify the dominant characteristic of St. Francis High School. The first thing that comes to mind is the spirit of community—that spirit that unites us and makes us one. But then I always have to add that it is not just the spirit of community: a unique Spirit flows through every aspect of life on campus, and it is difficult to separate one from another.

In this issue of *Pax et Bonum*, you will read about the Spirit of St. Francis in many of its manifestations. Every writer has her/his own perspective about the spirit that characterizes a particular facet of school life. When I was asked to “pull these together,” I knew that a strong metaphor was necessary to explain such a marvelous phenomenon that is lived each day at 5900 Elvas Avenue.

How could so many diverse elements, each having a unique spirit, remain inseparable from the whole? How could the spirit of academics align itself or be separated from the spirit of service? How could the spirit of athletics align itself or be separated from the spirit of sisterhood? The answer became both obvious and appropriate. It is not that any one part of St. Francis High School can't be played alone; it is that when played in concert with others that such sweet music springs.

Such sweet music springs - like an orchestra that derives its music from the combining of all the instruments playing together under a master conductor. The string section has many variations of instruments that provide a range of musical sounds; the brass section also has instruments capable of producing a different range of tones; likewise the woodwind and percussion instruments. Each musical instrument has its own sound that can be played alone, producing its own singular melody. Or it can be combined with all the other instruments to create a fuller, richer harmony that conveys the true musical story intended by the composer. While the individual sound of the instrument is not highlighted, it becomes greater than itself when combined with all the other pieces – rehearsed, perfected, and performed for the up-lifting of others.

So is the spirit of St. Francis High School. It is evidenced in all the aspects of school life. It is felt in the generosity of the families who support it. It is alive in the rich history and contributions of our alumnae. It is present in the service performed by the students. It is witnessed by those who gather during Homecoming week. It is in the Arts Center, on the fields and courts, in the classrooms, in Serra Court...

What we call the Spirit of St. Francis High School is the music coming from the combined instruments playing together to become something entirely new and beautiful. Administrators, Faculty, Staff – all are invited to move according to the Master Conductor: the Spirit of God. We are more than a school: we are an orchestra of believers, all playing to create a symphonic masterpiece.

What is the spirit of St. Francis High School? It is spirit with a small “s.” And it is Spirit with a capital “S.” However and wherever it is felt, it is the music that moves us: real, palpable and uniquely ours.

In the Spirit of St. Francis I remain respectfully yours,

Marion L. Bishop
President



CAPTURING THE SPIRIT

OF ST. FRANCIS HIGH SCHOOL





Cast & Crew of St. Francis' 2010 Spring Musical "Starmites"

THE SPIRIT OF SISTERHOOD



BY SIERRA "KIA" SHEBERT '11

THE SECRET SPIRIT OF ST. FRANCIS

The concept of "spirit" is very much present in St. Francis High School. There's the class spirit: that ongoing competition between grade levels. There's school spirit, such as the pride in our athletic and academic team. There's Homecoming spirit, which I will not attempt to describe as anything other than enthusiastic insanity. But then there's something I like to think of as the "underlying spirit" of our school. It's the practice of creating a second family from our school community. The idea of unwavering support and undying loyalty is present everyday in the interactions of teachers, staff and students.

Nowhere is this more evident than in the Performing Arts department. Every year, St. Francis takes on the daunting task of putting on two plays. These plays are directed and produced by staff members, but acted, teched and brought to life by students from St. Francis and

other schools. I have had the honor of being involved in several of these productions while attending St. Francis, and I cannot think of a better example of support and camaraderie than those months spent in rehearsals and shows.

When you join a play, you are essentially dedicating four months of your life to that performance and those teachers and students. It would be very understandable if, at the end of those long months, everyone was short-tempered and short with each other. However, I have rarely seen that happen. Instead of getting short-tempered, the performers bond over the long hours, repetition of scenes and endless costume alterations. If an actor struggles with their lines, another actor or a techie will volunteer their time to help recite the scene. Teachers and students learn from each other, and collaborate with designs and ideas. Some of the most solid friendships

begin in the St. Francis plays, and if disaster strikes one of the group members, they have the best support system possible. Illnesses, family deaths, and break-downs have all occurred during play season, but I am convinced that the best possible outcome was achieved because the theater community was there to comfort and aid the affected person. The unity and affection is present in the opening night tradition; on the whiteboard in the classroom adjacent to the stage, we map out a "family tree" of everyone involved in the production.

This spirit is not limited only to the theater. I know that this sense of responsibility towards each other and solidarity is present in many, if not all, of the SF departments, clubs and teams. The spirit of support and allegiance, while not as prominent as Homecoming cheers or class competitions, is very much present and alive in the St. Francis family. ❖



Kathleen Carlsen '08 (right) in New Orleans

THE SPIRIT OF SERVICE

BY KATHLEEN CARLSEN '08

FROM POSSIBILITIES TO REALITIES

As a 17 year old, it's difficult to grasp the importance of a group of experiences and too easy to move past them with less than a full thought. College is just around the corner and the feeling of freedom is within reach. It is almost impossible to describe the excitement that overcomes a recently graduated high school senior. Most find it hard to admit the selfishness that has entered their consciousness. My graduation party, my graduation money, my shopping list for my dorm room. Mine, mine, mine.

Now that I am embarking on my third year at Santa Clara University, I feel that I have finally given myself the opportunity to reflect upon my experience as a Troubadour. As an 8th grader, I woke up one day and decided that I wanted a

change. I loved my friends who I grew up with, but I wanted something different, something better. St. Francis was my answer. It started with my first basketball practice with Coach Mike Rosa and continued with the overwhelming acceptance and love that I found among the girls in my classes as well as the teachers and staff. Growing up Presbyterian and attending only public school prior to my first day at St. Francis, I was definitely nervous to see what the atmosphere was like at an all girls Catholic High School.

Looking back, I've noticed that my underclass years at St. Francis were similar to those that my friends at public high school experienced. I met new people, tried out for sports teams, and went to dances just as they did. It wasn't until

junior year that I took advantage of the unique spirit found at St. Francis. I never considered myself as an artist before my Drawing 2 class with Mr. Marko and he taught me that if you take the time to look, beauty can be found in anything; that any object can be broken down into the most pure substances and the act of uncovering those organic pieces can be a truly peaceful experience. Now, I still don't think of myself as an artist, but I'll be the first to admit the meditative effect that art has on me as I am declaring Studio Art as my second major.

Further into my junior year, I was swept up by a few friends on my basketball team to get involved with the Immersion trip to Tijuana. I was able to sneak into the group that was led by Mr. McAvoy-Jensen at the last minute and the experience was irreplaceable. Working at a school, in the heart of Tijuana, I understood the importance of gratitude and the true definition of hard work. I'm fortunate enough to have incredibly humble and motivated parents so the lessons found in that short week did not come as a surprise to me. However, I was amazed to see how much difference a small group of people can make when their goals are aligned. Working beside Mr. MJ and the others on the trip has encouraged me to push the limits of service and attempt to weave my morals and aspirations for the future into the ever growing web of people, both local and global.

Since being at Santa Clara University, I have gotten involved with SCCAP (Santa Clara Community Action Program), which is the student run volunteering program on campus. I spent the last year organizing volunteers to visit older veterans at a VA Hospital and next year I will be the Department Coordinator for programs such as Labor Action Committee and English as a Second Language. Freshman year I was again able to weasel my way onto an immersion trip to Honduras as a last minute addition. The Global Medical Brigades trip to Honduras felt like an extension of my SF trips to Mexico, although it was entirely different. We raised money to buy medicine for people in less devel-

oped areas and traveled down with doctors to set up triage centers.

The experiences that I have had the opportunity to enjoy have drastically changed my outlook on the world and the impact that a single person can have in any circumstance. When I was asked to provide a senior quote for the yearbook, I googled a few basic words like hope, faith, perseverance, and was bombarded by several thousand words to live by. My choice, and the words that I believe in more than ever now that I have first hand experiences, was by Anne Frank: "How wonderful it is that a single person need not wait a single moment before starting to improve the world."

As I tackle my position on SCCAP and as the newly appointed President of SCU Global Medical Brigades, I know that I will continue to reflect on all that

St. Francis has taught me. Being a Biology major at Santa Clara University, I've been able to continue on the journey towards medical school. Constantly referring back to skills learned in Mr. Schwing's AP Calculus class and from Mrs. Borasi's comments on my essays, St. Francis has shaped me into the motivated student that I am. More importantly, the spirit of St. Francis has formed me into a person who will use the second that most take to consider the possibilities, and change ideas into realities. ❖



hand, and according to Mr. Kunst, it was the most logical way to begin writing a paper. Clustering is the technique of categorizing ideas and thoughts generated through the brainstorming process. Of course, according to Mr. Kunst this was the most logical next step in writing a paper.

So as I set out to write this article, it seemed only fitting that I employ my St. Francis learned techniques to do so. The subject matter at hand is a question, "What is the spirit of St. Francis?"

It is Spirit week, Homecoming rallies, Penny wars, Great Books, Serra Court, Mr. Norman and his camera, *The Road Less Travelled*, Tater Tots, Economics with Mr. Agos, Am I ever going to pass Mr. Schwing's Math class? Collared Shirts, Winter/Summer Skirts-rolled sometimes, Frosh-Soph Dances, Holy Bowl- where will you sit? Junior Prom and Senior Ball, SBO, Lockers, Father Daughter Dinner Dance, Mother Daughter Fashion Show, Sister Rita's flood light, Finals, Graduation Practice- don't be late, All Night Grad, women empowering women, college applications, letters of recommendation, What's next? Reunions, Revelry, Alumnae, The next generation?

Perhaps these brainstormed memories are clustered chronologically by the four years we all spent together at St. Francis, or perhaps they are clustered by the unique memories made at each of the important events throughout our four years. Perhaps even further they are clustered by academic achievements earned while at St. Francis that allowed for further success thereafter. How we cluster, categorize, or remember our experience at St. Francis, is not of importance, the friendships made, the lessons learned, the advice given and taken and the eagerness to pass that on to others are the common bonds of SFHS girls.

SHE is the daughter that is ever grateful, SHE is the mother that is always there, SHE is the sister that is also a friend, SHE is the aunt that always remembers, SHE is the friend that always listens, SHE is the doctor with bedside manners, SHE is the lawyer

THE SPIRIT OF THE TROUBADOUR

BY RENA DENIGRIS FISCHER '95

WHEN AN SFHS GIRL WALKS DOWN THE STREET

What do you think of when a SFHS girl walks down the street? If you are the SFHS girl you already know, but if you are not, what you will soon get to know is that she is someone that is quite extraordinary, and trust me you will find yourself saying... "Now there's a girl I'd like to know."

So who is a Saint Francis Girl? At the heart of this question and in the detail of the answer lies the spirit of St. Francis.

SHE is a daughter, a mother, a sister, an aunt, a friend, a doctor, a lawyer, a CPA, a decorator, a teacher- maybe SHE was even one your teachers? SHE is an artist, a writer, a missionary, maybe one day SHE will be President? SHE is a Troubadour.

As our alma mater alludes, a Saint Francis girl has that little something extra in her step, a certain "pep-and-go" about her. So in an effort to try to capture in words that "pep-and-go" spirit of an SFHS girl, I have to go back to the basics and brainstorm and cluster thoughts about my experience at St. Francis.

Brainstorming and Clustering (two terms that I had never heard before stepping foot on that M Street a "few" years ago)- is a process that my fellow classmates and I learned as if it were a military survival skill in Mr. Kunst's English class sophomore year. Brainstorming is a creativity technique whereby you generate a large number of thoughts about a particular subject matter at

with the law in mind, SHE is the CPA with many clients, SHE is the decorator that personalizes beauty, SHE is the teacher that is always learning, SHE the artist that creates the canvas, SHE is the writer that breathes life into words, SHE is the missionary that heals with her heart, SHE is the President that knows no partisanship, SHE is a TROUBADOUR.

Although I may not have realized it at the time, the spirit of St. Francis for me is best summed up in the following quote, by St. Francis of Assisi;

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

In the heart of every St. Francis girl, SHE lives. ❖



Rena DeNigris Fischer '95 has held positions in Finance and Operations for the following companies: KPMG LLP in San Francisco, PayPal Inc. in Palo Alto, eBay Inc. in San Jose, eBay International A.G. in Berne, Switzerland, and most recently as Director of Operations for Clarium Capital Management, a global macro hedge fund with offices in San Francisco and New York. Ms. Fischer holds a degree in Economics from Saint Mary's College in Moraga. In addition to her corporate experience, Ms. Fischer serves on the Board of Regents for Saint Mary's College, where she serves as a member of the Women in Philanthropy Committee and the President's Athletic Council.



THE SPIRIT OF SPORTSMANSHIP

BY KOLLEEN KASSIS McNAMEE '91, SFHS ATHLETIC DIRECTOR

SPORTSMANSHIP, SPIRIT... AND FAMILY

As I reflect on the “Spirit of SF,” flashbacks come to my mind. As a student, I experienced the spirited homecoming rallies, touching liturgies with personal stories from students and staff members, and retreats that allowed students time to connect with classmates. These are the memories that drew me back to St. Francis. The spirit, personal interactions and the connection to a school that fostered caring and warmth had left their imprint on me.

More recent moments now flash in my mind from a different perspective, that of a member of the St. Francis staff. I see the energy of the rallies, the grace and beauty of the arts performances, the sportsmanship that

shines through in key moments on the athletic fields, and, as before, students and staff connecting through daily interactions. The foundation of community was created and fostered long ago by the religious that ministered to St. Francis High School. Now the school's mission is carried on by lay staff equally devoted to the traditions, values, and the deliberate interconnectedness of the lives of its people. Some moments jump out that attest to what a special place St. Francis is:

❖ The gym is packed and the crowd is holding its breath. The 2005 volleyball team is down in the Northern California Championship match 0-2 and falling behind in the third game. But they're not defeated yet. There is

a feeling that this is a special team and moment. With perseverance, teamwork and faith in each other, they come back to win that game and the next two for the Norcal title – followed by the State Championship.

♦ The theatre fills with alumnae, parents, students and staff as they gather to celebrate the life of a young alumna who lost her battle with cancer. Her classmates speak, offering memories of her beautiful smile, their shared laughter and time of growth on their St. Francis journey.

♦ Hundreds of people rise to applaud Coach John DuCray who is being honored at the Crab Feed for 33 years of dedication to St. Francis in three different sports. Students pay tribute to him as a coach that inspires athletes, creates a team environment, cares about the whole person, honors and instills a sense of tradition. His love of St. Francis and desire to impact the student athletes to live healthy lives beyond high school is an inspiration.

♦ Teachers prepare meals, assume extra classes, and flood heaven's gates with prayer for a colleague as he keeps watch in the hospital over his sick young child.

♦ SF Alumna Ingrid Kantola is at the track on the Sac State campus, competing in the pole vault for UCLA in the NCAA championships. She misses her final jump, but stays and cheers on and congratulates her teammates and the other competitors. I think to myself, even though she's wearing blue and gold, the positive attitude and respect for her teammates and opponents shines through as it did when she was wearing red and gold.

The young ladies that graduate from St. Francis receive a wonderful education that challenges their minds. They also receive an education that challenges their hearts and souls to let their spirit shine. Most importantly, they become and remain part of a community, a family beyond their immediate family. To me, that is the essence and spirit of St. Francis. ❖



One of my fondest memories came from watching our student athletes display great sportsmanship at one of the highest levels of competition- at a match they lost.

The following excerpts from a letter sent to the principal after the 2003 Golf season exemplifies the spirit the Athletic Department strives for while representing St. Francis High School.

I would like to take this opportunity to compliment the St. Francis High School Golf Team and [former coach] Ms. Denise Larson for their outstanding sportsmanship and demeanor at the Nor-Cal Girls Golf Championship.

The young ladies representing St. Francis High School in all sports have always impressed me, but the actions and behavior of the golf team were very extraordinary and quite impressive. I am sure that the members of the team were not satisfied with their scores or the final results and that is completely understandable. While the CIF talks about "Pursuing Victory with Honor," winning is important to all good athletes, but it does have its appropriate place in the total educational curriculum picture. The members of the team even formed a gallery as each one finished and cheered for their teammates as they completed the final hole.

I can share their disappointment, but their actions to stay for the complete playoff and the awards ceremony, where St. Ignatius was awarded the Nor-Cal Trophy for first place, was special. The entire team had no reason to watch the playoff or the awards presentation because St. Francis did not have an athlete competing in the playoff nor were they going to receive any team awards. I acknowledged the fact during the presentation of the team trophy to St. Ignatius that St. Francis was still present to observe the ceremony and wish the best of luck to the team that earned the trophy that had been with St. Francis for the last six years. They all shook hands and congratulated each other. In the past two days, I have been contacted by some of my fellow CIF Commissioners and they were very impressed by the actions of the St. Francis High School Golf Team.

I assured them that I would pass the message to the St. Francis High School Administration, but this type of behavior is the norm and not the exception at your school. This example of respect is a breath of fresh air in our society today where we deal more often with issues of trash talking and poor sportsmanship. This is a direct reflection upon the leadership that is provided by the administration, athletic department and coaching staff. It is really a pleasure to be able to serve the student athletes at St. Francis High School.

Sincerely,
Peter J. Saco, Commissioner
CIF Sac-Joaquin Section

ANNUAL STEWARDSHIP



In this report we gratefully acknowledge those individuals and organizations that have made contributions to St. Francis High School during the fiscal year, which began July 1, 2009 and ended June 30, 2010. This list includes donations made through the Stewardship for St. Francis Program, the Capital Campaign, Scholarship Funds, United Way designations, Patrons of the Arts, Revelry, Fashion Show and Golf Tournament sponsorships, and requests by specific school programs such as Robotics. Separate listings contain tribute gifts and those who have given gifts-in-kind during the past year. St. Francis High School is fortunate to benefit from this large community of benefactors.



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 ❖

ST. FRANCIS SUMMER



GHANA



VISIT THE ST. FRANCIS WEBSITE TO SEE ADDITIONAL PHOTOS AND READ MORE FROM THE JOURNALS AND REFLECTIONS ABOUT THIS REMARKABLE JOURNEY.



The following are excerpts from the journal of Laura Farley '11, one of the twelve students and three staff members who traveled to Ghana in July.

I was scared, sitting there in my godsend of an aisle seat on that final flight. I couldn't explain "what of" if I tried. Thousands of miles away from my home, there was no turning back. I sat there as the plane was descending onto the Accra runway and couldn't help the stupid, foolishly happy smile that glued itself to my face (and believe me I tried). I felt I was finally, after an immensely long time, coming home. Obviously Ghana was not my home. It was more a feeling of welcoming the experience as my home. This is what I was meant to do. This is where I was meant to be. I am finally on the right track. That is the best feeling in the world. And suddenly, I wasn't afraid anymore. Why should a person be fearful of their own home?



It is our second day in Ghana. We have survived the first full day of hot, humid, African air. I'm not going to say it was a breeze (though I know we were all praying for one!), but we all had a good laugh when everyone's ankles turned into cankles, which is a clever term for ankles that swell and become one with the calf, and are therefore nonexistent. I figure, as long as we can laugh, the sometimes uncomfortable situations will not get the better of us (this was more helpful than I could have ever imagined).



I met God today. You might be surprised to hear that this, in fact, is not his name. He now goes by "The Mad Doctor." He currently lives in a city in Ghana called Tamale and runs Shekinah Clinic. After he removed a tumor from a beggars face under a mango tree, he went to his priest and informed him he wanted to dedicate his life to doing what he could to help those who live below the poverty line. We walked with God around his clinic where everything, he assured us, was there because of Divine Providence. He introduced us to some of his patients: a leper, a widow, an amputee, HIV patients, a paralyzed man, two mentally ill patients, and a few volunteers (his angels I guess?) Each one he talked to lovingly, joking with them and showing genuine compassion. He worked to make them as comfortable as possible and did not mess with their freewill, letting them stay as long or as short as they so pleased. He embraced each one not as an uncomfortable, righteous, charity worker, but as a friend, a loving father, a husband, a leader, an equal, and a human being.



Today we sat in on a PTA (Parent Teacher Association) meeting for the school. Something profound happened at that meeting today... We were talking about sisterhood and the amazing connections we had made and were making with the people of Ghana. Then [a Muslim man on the board] pointed to us and said, "You are all our daughters," then gesturing to his colleagues and friends, "we are all your parents." Just picture a circle of people sitting on plastic chairs. On one half you have the 15 Americans, 12 of them young students wearing their skirt and polo shirt St. Francis uniform. Then on the other half you have these gracious Ghanaians in their typical dress of bright colors and interact patterns. In appearances, there could be no similarities between the two sides of the circle. Yet that man regarded us as his daughters and allowed us to see them as our parents, even though we were clearly from completely different countries and cultures. That is the meaning of Christian love.



The three most inspirational people I have ever met came into my life on this single trip. All three of them. How amazing. I cannot leave this place saying it was all for nothing but hot weather and diarrhea, because I have met these people. I have seen their faces and heard their laughs. I will never forget Thomas Awiapo, The Mad Doctor, and Sister Janis. God bless them, although I know you already have. ❖

Students (all class of 2011) on the Ghana summer immersion trip 2010: Shannon Clark, Laura Farley, Madelyn Geary, Jade Goodwin-Carter, Grace Heidig, Meghan Kennedy, Lauren Lum, Katie O'Dowd, Erin Pérez, Kia Shebert, Olivia Stevenson & Caroline Waterman; *Staff:* Elizabeth Danielson, Tanya Davis & Jan Millner

NOLA SUMMER 2010

BY MADDY KIMBALL '11



Picture a New Orleans Habitat for Humanity worksite: blazing sun, heavily hanging humidity, churned sand underfoot, voices calling instructions and encouragement, the sounds of construction (in this case, the hammering of nails and thudding of dropped lumber), maybe a breeze if we are lucky. I pause for a moment to wipe sweat off my face with a sleeve encrusted with sand and sawdust, and I take the opportunity to look around. There is C.C., chatting with a local volunteer named Apple as she helps him out, undoubtedly charming his entire life story out of him. A little closer, Ella (W.) is balancing on a two-by-four, using a sledgehammer to bang another board into place while everyone around her teases and eggs her on. The other Ella carries out her current task with a look of intense focus. Kelly jokes around as she takes a much-needed water break, and Kristen pounds nail after nail into place with half the number of swings it takes everyone else. I smile and return to my own job.

While we are out here, sweating, collecting bruises, and slowly building someone's future home (no, we do not finish—that would take at least three months), we do not think constantly about the impact we make, the lives we change. We concentrate on not smashing our fingers with hammers and correctly putting together the joists for the raised floor and adding enough-but-not-too-much water to the cement we mix. We reflect on the other things later, when the day draws to a close and we are relatively clean and all twenty-one of us sit together at our table. At this time, we look back and see clearly the true work of the day—the work of God and love. And we realize that we have ended our day with different hearts than those with which we began.

We came to New Orleans on a mission to make a difference in the lives of those suffering in the aftermath of Hurricane Katrina. But the city and people of New Orleans have a spirit of their own. As we work, explore, listen, learn, and contemplate, the voices of New Orleans teach us our true mission. You are here, New Orleans tells us, to preserve the hope, to share your love, and to grow in solidarity. But most importantly, you are here to see, to remember, and to ensure that New Orleans is not forgotten. It is so easy to believe that, five years after Katrina, New Orleans must have recovered. But as our New Orleans friend Kevin Ricard tells us, it took three hundred years to make New Orleans what it was before the hurricane. Such a wealth of history cannot be brought back in one year, or even five. We, who came to love the culture, friendliness, and diversity of New Orleans in just a week, must remind everyone else that it is not yet time to set New Orleans aside.

While we labor, we do not think much beyond our next water break, but with every passing moment, New Orleans imprints herself more on our hearts. And as we touch others and are touched, we discover that there is more to us than we ever imagined. We find reserves of physical strength we never believed possible. We draw on quiet leadership and unsuspected obedience. We uncover patience, diligence, and endurance. We create bonds with strangers, be they classmates we hardly knew or New Orleanians we never met, that allow us to cooperate perfectly. We bring out humility and pride in our work. We share dignity.

These are the things we will bring back when we come home to St. Francis. We are still ourselves, but an artist equipped with the bright colors of New Orleans has freshly repainted our portraits. We have new light and brightness to share with the people back home. We have old yet new lessons to teach: cherish your family, know where you came from, don't be stupid, be responsible for all human life. Love to serve; serve for love. We carry New Orleans home in our hearts. ❖

Students (all class of 2011) on the NOLA summer immersion trip 2010: Alyssa Ansell, Ashley Beatie, Robin Curry, Alyssa Dunn, Chryscynthia Jackson, Lauren Kilpatrick, Sally Kim, Maddy Kimball, Rachel Klas, Kristen Mansfield, Morgan Penney, Brianna Simoneau, Ella Strain, Katherine Sullivan, Ella Winje, Lauren Wynne & Kelly Zboralske;
Staff: Mirjana Nikcevic, Cindy Sandoval, Peter Strawn & Stephanie Villanueva



ST. FRANCIS SUMMER

EW RLEANS



ST. FRANCIS SUMMER



JAPANA





TEENAGE GIRL-TALK: A UNIVERSAL LANGUAGE

BY CARRIE DODSON

Spring 2010 saw the departure of four SF students and chaperones to picturesque Fukuoka, Japan, there to visit SFHS' sister school Nakamura Gakuen. The preparatory meetings and language crash course did little to temper the excitement of our first time outbound.

With comparable enrollment to St. Francis High School, Nakamura boasts four interconnected buildings, fifty classrooms, and art, athletic, and music facilities. Visitors and students together bow at the main entry, a gesture of special respect for the school and the vocation of learning. Drills and hammer falls ring outdoors, the product of feverish efforts toward a new, updated, eco-friendly school scheduled for completion October 2010. Competing are the sounds of various music programs and the attack yelling of kendo trainees. Indigenous students and staff bowed and beamed as SFHS visitors became acquainted with the facilities that would be their home base for two weeks.

Right away differences in culture and protocol materialized. Indoor shoes replace outdoor counterparts as one enters campus. Special slippers were even provided for the restroom. Rice, green tea, and tofu comprised cafeteria staples. Students passed through hallways purposefully. Strict rules guided the appearance of Nakamura students, including hair length, attire, and accessories. A hundred bicycles stood in neat order outdoors, waiting to be deployed en masse when school let out.

The immersion was instantaneous. Our valiant SFHS students couldn't help but make fast friends with their Japanese sisters, proving interests of teenage girls universal. They shared courses in cooking, naganata, calligraphy, physical education, floral arrangement, language, and traditional Japanese tea ceremony. The American students' confidence and enthusiasm became the talk of the school. Their eagerness to practice their new language skills left an impression on our appreciative Japanese hosts. SF students enjoyed guided tours to Nagasaki, the Church of 26 Martyrs, Canal City Mall, museums, and shrines in addition to having unique weekend experiences with their individual Japanese host families.

Viewed as part of the complete St. Francis High School experience, SFHS's sister relationship with Nakamura Gakuen proves indispensable providing precious understanding of an unstinting culture and truly remarkable people. Wonderful memories and friendships made promise to last a lifetime. ❖

Student participants in Japanese Exchange Summer 2010: Melissa Hubbert '12, Sarah Huggins '12, Kaitlyn Moring '10 & Charlotte Murray '11;

Moderators: Brian & Carrie Dodson

FRENCH NATIONAL CONTEST

Over 100,000 students across the U.S. participate in the annual French National Contest nationwide. To be a national winner, “un laureat national,” students must place in the 90th and 95th percentile nationwide.

This year, St. Francis High School had five national winners: Madeline Dyer '13 and Natasia Lutes '12 placed in the 95th percentile for second year French. Deborah Oyeyemi '11 and Haizen Poole '12 placed in the 90th percentile for third year French. Marie L'Hermine-Watkins '12 placed in the 95th percentile for the 4th level for native speakers.

SFHS also had eight winners for the Northern California Chapter (“Laureat du Chapitre”) who placed in the 90th and 95th percentile for the chapter, out of 3318 students enrolled in the event: Madeline Dyer '13, Sarah Houck '13 and Natasia Lutes '12 for the second level, Deborah Oyeyemi '11 and Haizen Poole '12 for the third level, and Christina Fisher '10, Allison Murrin '10 and Marie L'Hermine-Watkins '12 for the fourth level.

HAPPY 70TH BIRTHDAY, ST. FRANCIS HIGH SCHOOL!

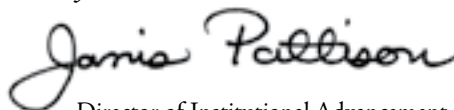
This is a hallmark year at St. Francis. Seventy years ago, in the fall of 1940, St. Francis Elementary School at 2500 K Street extended its educational program to include a ninth grade class comprised of twelve young women. Our first classes of Troubadours experienced a curriculum that included instruction in sewing, etiquette, and typing (on a typewriter, of course). Fast forward to fall 2010 and we have over 1100 young women and courses in the Philosophy of Literature, AP Computer Science and Biotechnology. Though courses and class sizes have changed, from the graduates of 1945 to the new freshman class of 2014, St. Francis High School has embraced the same traditions, values and mission. The legacy continues.

All of us are aware that opportunities for women have evolved over the past seven decades. We at St. Francis believe that the St. Francis experience has prepared our graduates to embrace roles of leadership and service in this changing world. Studies continue to show that young women find it easier to excel and become more confident learners in an all-girl setting. This, along with the extraordinary educational programs St. Francis offers, enables our students to reach their full potential spiritually, intellectually, artistically, physically and socially.

The fact that St. Francis has continued to serve as a beacon of Catholic education in our community is due in large part to the generous support and commitment of you, our alumnae, parents, friends and supporters – the stewards of St. Francis High School. As we celebrate our 70th year of truly making a difference in the lives of young women, we ask you to consider a birthday gift to the school. Our birthday challenge is to increase our participation in the Annual Stewardship Program. Please make a gift in any amount that has significance to you – a dollar amount representing your year or your daughter's year of graduation, the number of students in your graduating class, the year the school opened (\$1,940), the jubilee year (\$70) or a multiple thereof (\$700, \$7,000). We encourage you to use the envelope enclosed in this magazine and please include a story about the significance of your donation.

Let's insure that St. Francis High School has a very happy 70th birthday... and many more!

Janis Pattison



Director of Institutional Advancement ❖

LOCKS OF LOVE

By CYNTHIA COST

On May 13, 2010 several students came together to donate their hair in the first ever “Locks of Love” event sponsored by the Pink Ladies, SFHS’s cancer awareness club. This being the first time such an event was held at St. Francis, there was much excitement and a little trepidation. Surrounded by the entire student body during a community lunch in Serra Court, nine Troubies - Sophia Mueller, Katie O’Dowd, Natalie Obaldia, Moriah Haworth, Daniella Lueby, Natalie Storm, Christina Sardo, Jessica Klopfenstein, and Maile Seto – each donated a minimum of ten inches of hair to create hairpieces for financially disadvantaged youth with medical hair loss. For some, it was the first hair cut since the age of 5. With the generous assistance of the crew of Magic Salon (Magic and Mason Munson, Justine Harrod, Sonya Statfull, Casey Sims, and Mahriya Ronzo), these valiant Troubies faced the sun, the scissors, a few tears, and their chanting comrades in a display of solidarity with those who face cancer and other debilitating illnesses. Teacher Brian Dodson added his support by having his head shaved. Other students had previously donated their hair to Locks of Love: Allie Trauth, Edna Rush, Mary Creel, Marie L’Hermine-Watkins, Alexandra Cadei.

The event assumed added significance as a member of the St. Francis community undergoing cancer treatment, Lauren Moore '11, spoke to those gathered. Her voice and courage that day offered others the encouragement to give of themselves in a unique way.

I am proud to be the moderator of the Pink Ladies Club, whose members strive to enhance the lives of people who face cancer on a daily basis. The Club sponsors a variety of events during the year and looks forward to its 2nd annual Locks of Love event on May 11, 2011. ❖



THIRD CLASS PETTY OFFICER MARIA BURKE '12

Walking onto the St. Francis campus as a freshman in 2008 wasn't the only big step in Maria Burke's life. On August 28 that year, she joined the Naval Sea Cadet Corps (NSCC). NSCC is a program established by the Navy League in 1958 at the request of the US Navy to introduce youth to naval life and to develop in them a sense of pride, patriotism, courage, and self-reliance. At Camp San Luis Obispo boot camp in the summer of 2009, she passed the Physical Readiness Test (PRT) on the national level, qualified second class swimmer, earned the second highest score in her battalion on the AS-VAB (Armed Services Battery Test), and graduated company honor cadet.

Maria describes her training in December 2009 to become a qualified first responder:

"I had to go through two weeks of Corpsman School over my winter break. Corpsman school was a pretty intense training because it was so mentally and physically demanding. My instructors were cramming a curriculum that usually takes months to get through into two weeks. We had examinations every two hours daily starting from 0700 and ending at 2100. We would then study in our barracks until lights out at 2300. Training included the study of human anatomy and medical terminology, the effective use of a variety of first aid equipment, how to keep people alive long enough for paramedics to arrive, how to examine them properly and effectively, how to give an accurate hand off report, take vitals, how to care for a variety of injuries (from 1st degree burns to eviscerations to gunshot wounds), stabilizing seriously ill patients, moving injured patients safely, the list seemed endless.

This does not include all the instruction we had on how to perform our jobs as corpsman in the battlefield, which is a completely different ballgame from the civilian world. Corpsmen can only carry so much equipment with them and often have to improvise to substitute equipment that would normally be readily available in the civilian world. We also had to learn how to do our jobs without being killed, so we performed a joint operation with the neighboring basic field ops training where we cleared a village together. There were 'IEDs' in the roads and in some houses and people "shooting"

at us constantly. The corpsmen had to quickly patch up the field ops personnel, put together hand off reports, improvise equipment, get their patients to the MEDICVAC tent without dying, and finally stabilize their patients.

Over the course of the class, corpsmen have to take a number of oral examinations individually with an instructor proctoring. We were each given a scenario and had to describe in detail every step we would take to resolve that particular situation. If certain steps were missed the test would result in an automatic fail. Corpsmen are required to maintain at least a 80% in the class through the whole training. Anyone who did not maintain at least a B average was sent home. I got through the training on what often seemed like sheer willpower and received my Red Cross heart savers card at graduation. After graduation I rode back home with the rest of my shipmates and returned to St. Francis the following day. School felt like a vacation after that training."

In July 2010, Maria spent two weeks on the USS Midway in San Diego attending FAA ground school, a midshipmen's aviation course to indoctrinate cadets with the fundamentals of aviation and becoming a private pilot. The adventure continues. ❖



TEENS OF THE YEAR

In the spring of 2010, 15 Sacramento residents worked together to collectively raise over \$201,000 for the Greater Sacramento Area Chapter of The Leukemia and Lymphoma Society (LLS). During the annual Man, Woman, and Teen of the Year campaign, St. Francis juniors Chloe Garcia and Natasia Lutes together raised almost \$19,000.00 in just 8 weeks. For their efforts they were crowned LLS, Greater Sacramento Area Chapter's 2010 "Teens of the Year." Both students are featured in the September issue of Sacramento Magazine and on Regional Transit advertisements throughout the Sacramento area.

The Man, Woman, and Teen of the Year campaign is a fundraising competition among community individuals who, through their participation, compete for these honors. Candidates are judged solely on a philanthropic basis. The individuals who raise the most funds during the 8 week campaign are awarded the title.

The Leukemia and Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research, education, and helps to ease the financial burden for families whose loved ones are in treatment. Chloe and Natasia have demonstrated their commitment to this worthy cause. Both have served as members of the junior board of directors of LLS for two years. To achieve their fundraising victory, they sent over 200 letters to friends and family members and held two fundraising parties - including Chloe's Sweet Sixteen - and a garage sale.



SFHS CHAPLAIN

Fr. Joseph Ternullo comes to SFHS from St. Lawrence Parish in North Highlands. Fr. Joe has a long history of supporting young people and has attended many diocesan youth conventions, LA Youth Days, and World Youth Days. Fr. Joe joined our school community in January 2010.

Fr. Joe Ternullo with student Ambassadors Katelyn Moorhouse '11, Tiffany Lee '10, Kathryn Ely '12, Alex Chan '10



Chloe Garcia & Natasia Lutes

HENIRETTE DOGLIETTO ART EXHIBITION 2010

The Henriette Doglietto Art Exhibition, named for a beloved former St. Francis Art teacher, is held during the last month of school and features a selection of the best student artwork from the year. This year's top award winners, selected by a panel of Sacramento area professional artists, are listed below. In addition to the display in the foyer of the Arts Complex, many of the pieces were submitted to outside exhibits and competitions, including the State Fair, County Fair, University Art, Dan Lungren and Doris Matsui Congressional Shows.

BEST OF SHOW: Helen Park '12; **FIRST PLACE IN CATEGORY:** **AP Artwork:** Misa Rasmussen '11; **Watercolor:** Payton O'Neal '11; **Colored Pencil:** Helen Grandy '10; **Pen and Ink:** Tatiana DiMugno '13; **Pencil Drawing:** Joan Lopez '10; **Charcoal:** Jessica Klopfenstein '13; **Computer Graphics:** Camille Soutiere '12; **Sculpture:** Shelby Vollmer '11; **Printmaking:** Helen Park '12; **Mixed Media:** Chelsea David '11; **Acrylic Painting:** Emilee Rudd '11; **Pastel:** Rachel Shebert '13

2010 CONGRESSIONAL ART COMPETITION AND SHOW

Joan Lopez '10 was selected winner of the Congresswoman Doris O. Matsui 2010 Congressional Art Competition and Show for her pastel, "Good Morning Traffic on J Street." Joan's prize included round trip airfare and hotel accommodations to attend a national art exhibit on June 17th in Washington DC. Her work will be displayed in the Cannon Tunnel of the U.S. Capitol for one year along with other winners from across the country. Rachel Shebert '13 placed second in the competition. Other SF student artists whose works were selected for inclusion in the show: Kathryn Mindt '10, Allison O'Neill '10, Madison Steele '11, Linda Tran '11 and Heather Urquhart '13.

THEATRE AWARDS

The cast, crew and staff of the St. Francis High School theatre productions of "Starmites" and "The Taming of the Shrew" garnered 16 Sacramento Area Regional Theatre Alliance (SARTA) 2010 Elly Award Nominations. Elly's are awarded each year in recognition of excellence in community and educational theatre.

"THE TAMING OF THE SHREW" (2009 FALL PLAY) NOMINEES:

Set Design: Steve Decker; **Lighting Design:** Steve Decker; **Costumes:** Denise Miles; **Direction:** Cheryl Watson; **Supporting Actor:** Nick Merrick '11 (El Camino), Niles Swinney '11 (CK McClatchy); **Supporting Actress:** Morgan Henry '10, Meghan Kennedy '11, Olivia Stevenson '11; **Lead Actor:** Elliot Herzer '10 (The Met Sac), Olivia Nice '10; **Overall Production Play/Education**

"The Taming of the Shrew" received the most nominations of any show in the education category.

"STARMITES" (2010 SPRING MUSICAL) NOMINEES:

Set Design: Steve Decker; **Lighting Design:** Steve Decker, Cammie Carter '11; **Musical Direction:** Tina Harris, David Blanchard, Horatio Edens; **Costumes:** Denise Miles

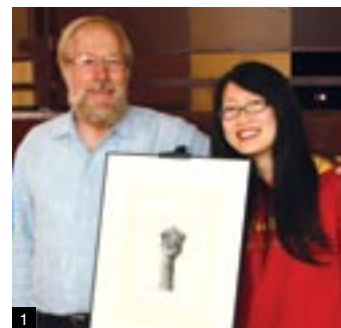
"PIECE OF MY HEART:" SPRING PLAY

In this play by Shirley Lauro, six women recount their experiences during the war in Vietnam and struggle to make sense of a war that irrevocably changed them. They fight to regain normalcy in the years that follow in a nation that shunned them. This is a drama about heroism, ideals and sacrifices and offers a timely reflection on America and war.

March 25, 2011 - April 2, 2011 • St. Francis Theatre • www.ticketguys.com/stfrancis



1. Art teacher Milan (Marko) Vlaisavljevic & Helen Park '12 with her "Best of Show" winning print; 2. Rachel Shebert '13 won 1st Place in the "Pastel" medium at the Henriette Doglietto Art Exhibition and 2nd Place in the Congressional Art Competition and Show; 3. Spring Musical 2010: "Starmites"; 4. Heather Urquhart '13 painting "Tower Theater" was selected for inclusion in the Congressional Art Competition and Show; 5. Joan Lopez '10, winner of the 2010 Congressional Art Competition and Show



ST. Francis High School Presents

Ronald Dahl's
Willy Wonka
The Musical

Gala \$25
Wednesday, November 3rd at 7:30pm

Thursday, November 4th at 7:30pm
Friday, November 5th at 7:30pm
Saturday, November 6th at 7:30pm
Friday, November 12th at 7:30pm
Saturday, November 13th at 1:30pm & 7:30pm

School Groups: Tuesday, November 9th

Tickets on sale at www.ticketguys.com/stfrancis or at the box office
For ADA or school group reservations, 916.737.5002

Adults: \$15
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2009-2010 SPORTS RECAP

With ten league championships and seven section titles, this has been one of the most successful years for St. Francis athletic teams.

CROSS COUNTRY

VARSITY: 1st Place Delta River League, 2nd Place Sub-Section Division II, 2nd Place Sac-Joaquin Section Division II, Advanced to State Championship; **JUNIOR VARSITY:** 2nd Place Sub-Section Division II, 1st Place Sac-Joaquin Section Division II; **FROSH/SOPH:** 2nd Place Delta River League, 7th Place Sub-Section Division II; **DELTA RIVER LEAGUE HONORS: All League:** Camille Dyer '12, Allison Klas '13, Erin Matranga '11, Maureen May '10, April Rosas-Willett '12; **Coach of the Year:** John Ducray

GOLF

1st Place Delta River League, 1st Place Sac-Joaquin Section, 1st Place Sac-Joaquin Section Masters, 1st Place Northern California, 4th Place California State; **DELTA RIVER LEAGUE HONORS: MVP:** Briana Mao '11; **All League:** Nichole Cruz '12, Briana Mao '11, Marissa Mar '10, Ashley Noda '12, Daniela Okino '10

TENNIS

1st Place Delta River League, 1st Place Sac-Joaquin Division I, Advanced to Semi-finals in Norcals; **DELTA RIVER LEAGUE HONORS: All League:** Jessica Josiah '13, Megan Poirier '12, Ashlyn Schmitgen '12, Madeleine Verspieren '12, Sarah Wannakuwatt '10

VOLLEYBALL

VARSITY- 35-6: 1st Place Delta River League, 1st Place High Sierra Invitational Tournament, 1st Place Sac-Joaquin Division II, 2nd Place in Norcal Division II; **JUNIOR VARSITY- 23-3:** 1st Place Delta River League, 1st Place Christine Craft Memorial Tournament; **FRESHMEN- 26-0:** 1st Place Delta River League, 1st Place Carmichael Invitational Tournament of Champions; **DELTA RIVER LEAGUE HONORS: Player of the Year:** Zoe Nightingale '11; **All League:** Kasey Clark '10, Mary Clark '11, Chelsea Moore '10, Zoe Nightingale '11, Lyana Perez Quirarte '10; **Coach of the Year:** Alynn Wright; Zoe Nightingale '11 selected to Division II All-State Team

WATER POLO

VARSITY: 2nd Place Sacramento Valley League, 2nd Place Sac Joaquin Section Division I; **JUNIOR VARSITY:** 1st Place Western States Tournament, 2nd Place Crusher Classic Tournament; **SACRAMENTO VALLEY LEAGUE HONORS: MVP:** Emily McNamara '10; **Goal Keeper:** Samantha Meredith '10; **1st Team:** Brooke Vowell '12; **2nd Team:** Bryce Beckwith '12; **Honorable Mention:** Tracy Mezger '10; **SAC-JOQUIN SECTION HONORS: 1st Team:** Emily McNamara '10, Bryce Beckwith '12; **2nd Team:** Brooke Vowell '12, Tracy Mezger '10; **Honorable Mention:** Kelly McKenna '10, Samantha Meredith '10

BASKETBALL

VARSITY: 1st Place Delta River League, 2nd Place Sac-Joaquin Section Division II, Advanced to Norcal Quarter Finals; **DELTA RIVER LEAGUE HONORS: All League:** Jolise Limcaco '11, Briana Charles '11, Elizabeth Earley '11; **JUNIOR VARSITY:** 23-3; 10-0 in Delta River League; **FRESHMAN:** 15-9

LACROSSE

VARSITY: SVLC Conference Champions, 10-5; **SVLC ALL-LEAGUE:** Samantha Bauer '10, Sara Fitzsimon '10, Allie Conarro '11, Gabrielle DesGeorges '10, Lizzie Brown '10; **Honorable Mention:** Justina Burns '11; **Player of the Year:** Samantha Bauer '10; **JUNIOR VARSITY:** 7-4, non-tournament record

SOCCER

VARSITY: Division I Sac-Joaquin Section Champions, Delta River League Champions, 18-2-5; **ALL-LEAGUE:** Erin Rost '10, Caitlin Clark '10, Gloria Hernandez '10, Alex Brown '10, Bobby Reilly '11; **Honorable Mention:** Jillian Higley '10, Haley Hughes '12, Jennifer Lum '12; **LEAGUE PLAYER OF THE YEAR & SUREWEST SPORTS SHOW CO-PLAYER OF THE WEEK (5/22):** Erin Rost '10; **JUNIOR VARSITY:** Delta River League Champions, 10-0 in league, overall record 12-5-1; **FRESHMAN:** Alliance League Champions, 13-0-1, overall record 16-1-1

SOFTBALL

VARSITY: 5-5 League, Overall 13-13; **ALL DELTA-RIVER LEAGUE: 1st Team:** Christina Montoya '10, Kelly Zboralske '11; **2nd Team:** Mya Romero; **JUNIOR VARSITY:** 9-1 League, Delta River League Champions, Overall 16-6-1

SWIMMING & DIVING

1st place Delta River League, 6-0 dual meets, 1st place Joaquin Section Division I, This is the first time in 12 years that St. Francis has won the Section Title; **ALL-DELTA RIVER LEAGUE: 1st Team:** Natalie Green '13, Sydney Johansen '11, Carrissa Metcalf '11, Jessica Poelman '11, Cora Stebbins '12, Antoinette Ranit '11, Katie Vargas '10; **VARSITY DIVE:** 1st place Sac-Joaquin Section Division I finish: Amy Crayne; **DELTA RIVER ALL LEAGUE:** Amy Crayne; **FROSH/SOPH:** 1st place Delta River League, 6-0 dual meets, 3rd place Sac-Joaquin Section

TRACK & FIELD

VARSITY: 1st Place Delta River League, 1st Place Sac-Joaquin Section Division I (1st time in school history); **DELTA RIVER LEAGUE HONORS: All League:** Briana Charles '11, Destinee Dickerson '11, Ali Gotts '11, Erin Matranga '11, Cekarri Nixon '11, Mikaela Vaden '11 ❖

SWAP DAY

Switch With A Parent Day is the annual opportunity for parents to attend their daughters' classes. In her Yearbook classes, Kai Parks gives parents an assignment to write a brief essay capturing the experience. Victoria Thornton, mother of Robin Curry '11 and Alana Curry '14, shared her impressions.

SWAP Day at St. Francis High School. You think I would know the ropes by now since my daughter is a Junior, but no. I woke up nervous about the day. Who would I see, where would I sit, would there be a friend in any of my classes?! I woke Robin to say goodbye before I left for school. She sleepily, yet happily, said "Have fun."

I arrived close to 8:00AM and of course the parking lot was jammed with fellow SWAP Day parents frantically trying to find parking and not be late to class. After driving around a bit I found a spot and rushed to class. Thankfully, homeroom was first and there was no homework or tests to take. I wasn't even late!

0 Block was first up...oh, my...Pre-Calc; I was scared. The teacher gave us a handout that was basically a foreign language to me. Not to worry, she walked us through the trigonometry problems and gave us all the correct answers. What a relief. I can't imagine my child doing this at 7:15 in the morning! She doesn't even drink coffee. Which I ran to the cafeteria to grab a cup of before A Block! Seeing some friends in the cafeteria made it hard not to stay and chat, but I had to tell them so long so I wouldn't get a tardy!

Next up was Church History. The teacher had us relax and meditate. Not bad, this should be 0 Block instead of A. A much better way to start the day than Trigonometry. (No offense to Ms. Campbell!)

On to Latin, which is actually one of my favorite classes. My daughter is in her third year of Latin, plus she is on the Aca-Deca team, so I am quite familiar with Dr. Briggs. He is such a joyful teacher who loves his subject that you can't help but enjoy Latin (which is actually less of a foreign language to me than Pre-Calc – sorry again, Ms. Campbell!)

Anatomy and Physiology was my next block. Ms. Bauer had the girls make the parents Valentines, very thoughtful. We had to test our sense of smell with cinnamon, lemon, peppermint and various other scents. I don't know why my daughter says this class is hard!?

I went back to the cafeteria for my lunch block. I grabbed a muffin and met up with an old friend from several years ago. We caught up on our lives and our girls. It was a nice connection to make in an otherwise hectic day.

After lunch was Honors US History. Oh my, the teacher gave us practice SAT questions and AP exam questions. I couldn't answer one!

Yoga in the Gym for F Block. Quite relaxing until the teacher informs us that the girls made up the routine for us and we are being videotaped! The girls get to watch (and laugh at us) on Thursday.

The final class is Honors American Lit. We actually had to read a story before class and answer questions. Whew, what a day!

SWAP Day leaves me with wonderful insight into the daily life of my child. What an amazing, incredible experience. I have new respect for her as a young woman, and her dedication to her studies and her dedication to St. Francis. This school is preparing her well for the future and her life ahead. ❖



EVENTS

MOTHER DAUGHTER FASHION SHOW



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Siino, Sandra Pierson, Deedie Poelman
Design/Centerpieces/Tables

Elsbeth Cloninger
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Susan Read, Angelique Cochran
Raffle Coordinators

Mary Pons, Monica Calhoun, Martina
Jarvis, Elmarie Brown
Reservations Coordinator

Wendy Miller
Set-Up Coordinator

Regina Zimmerman, Carole Kenney,
Julie Garcia, Vivian Obaldia
Store Coordinator

Christine Hock
Treasurer

Liz Vice
Volunteer Coordinator

EVENTS

THE SF BOOSTER CLUB THANKS THE FOLLOWING SPONSORS:

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Michael and Cathy Stumbos
Sandy, Rory '10, & Jerry Tokunaga
SFHS Golf Team
SFHS JV Basketball Team
SFHS Varsity Basketball Team

GOLF TOURNAMENT 2010

On Monday, May 3, 94 golfers teed up and enjoyed a great day of weather, golfing and fun at beautiful Catta Verdera Country Club in Lincoln. Participants enjoyed the location, course games, student golfers, course appetizers, dinner and much more. A big thanks to all sponsors, golfers and prize donors. Net proceeds of \$25,000 will help fund the many great athletic programs for the young women of St. Francis. ❖

MANY THANKS TO THE TOURNAMENT COMMITTEE:

Tim Crane, Chair	Lee Mao
Tracy Beckwith	Gigi Mar
Viki Crane	Heidi McKim
Chuck Calkin	Dean Petersen
Judy & Greg Hovious	Molly Wiese
Marion Koon	



SAVE THE DATE
BOOSTER CLUB GOLF TOURNAMENT
MONDAY, MAY 16, 2011
DEL PASO COUNTRY CLUB



GRANDPARENTS DAY 2010

On Sunday, May 16, St. Francis hosted nearly 400 guests for the school's first Grandparents' Day. Grandparents traveled from all over California and as far away as Oregon, Idaho, and Arizona to enjoy the day with their Troubie granddaughters. The morning began with a Mass in the Gym with St. Francis Chaplain Fr. Joe Ternullo presiding. After Mass, Serra Court was the setting for a lovely buffet breakfast with hot off the griddle pancakes generously provided by Tariq and Sowaiba Munir, parents of Havva '12 and Hibba '14 and owners of Northern California IHOP. For many of the Grandparents this was the first opportunity to see the St. Francis campus and their granddaughters enjoyed showing them around their "home away from home."

Grandparents are always welcome to visit St. Francis High School. Twice a year they are included with parents in the invitation to have lunch with the students at "Meet a Parent/Grandparent for Lunch Day." Grandparents' Day will be held every other year, alternating with Jesuit High School's similar event. We look forward to seeing many grandparents at SFHS in spring 2012. ❖

SAVE THE DATE
MEET A PARENT/GRANDPARENT
FOR LUNCH DAY
APRIL 29, 2011



ALUMNAE COMMUNITY

ALUMNAE ASSOCIATION MISSION STATEMENT

To promote and sustain the traditions and unity of St. Francis High School among its alumnae and to develop and share financial support and individual resources for the benefit of the St. Francis High School community now and in the future.

BOARD OF DIRECTORS

Tracy Grech Clark '78
President

Kristen Haro '03
Vice-President

Maura Twomey '77
Secretary

Erin McGuire '95
Treasurer

Marty York Azevedo '75
Past President

STANDING COMMITTEE CHAIRPERSONS

Erin McGuire '95
*Community Service &
Student Activities*

Jennifer Perez Blackburn '91
Education & Speakers Series

Michelle McClinton Vaden '80
Parents Guild Liaison

Nicole Plesha Donlevy '92
Scholarships

Please consider joining this special group of alums. All St. Francis graduates are members of the Alumnae Association and are encouraged to serve their fellow alumnae and the school community by sharing their talents, ideas and positive energy! Alumnae Association Board Meetings take place on the second Monday of each month from 6:00–8:00PM in the Faculty Staff Lounge. All are welcome to attend the meetings! If you are interested in holding a position on the board, elections are held at the June meeting. For more information, please contact Carla Zilaff '01 at czilaff@stfrancis.org or 916-737-5020.

THE ALUMNAE ASSOCIATION WELCOMES THE CLASS OF 2010

BACCALAUREATE MASS: A VIEW FROM THE BLEACHERS

By Jeanne Winnick Brennan, parent of Katie Brennan 2010

On the night of May 25, 2010, I saw Pax et Bonum come alive in the school gym. And, it was a surprise to me. I had no idea of what the Baccalaureate Mass would entail. It was terrific, and it was an eye-opener. And I'm sure it was the only place in town that night where you could see something like it.

Catholic and non-Catholic parents were unanimous in their praise of the service. The music the girls created was moving and meaningful. Watching them sing their songs together as they have done for these past four years really demonstrated the "Spirit" they've shared.

You could see it in the way the young women processed down the aisle together with their offerings to place before the altar – their Lacrosse sticks slung over their shoulders, their artwork held high, their yearbook, class colors, and club artifacts -- the symbols of their connection to what they've loved at St. Francis and each other.

During the Mass, you could feel their spirit again as they carefully smoothed the patchwork altar cloth into place. There was Helen, a girl I've known since she was three, who appeared so mature as she held the chalice above her head as the final symbol. As the girls linked their arms, they swayed, prayed and opened their hearts, and there it was again -- that tangible spirit of sisterhood.

The class of 2010 has tapped into this spirit these last four years at this key developmental time in their lives – and just as those who've gone before them. It was a treat to be able to experience it. As they prepare to say good bye, they are just getting a glimpse of what a treasure they've shared. It's reasonable to believe that they will now go into their next communities trying to recapture this "Pax et Bonum spirit." Once you've shared it and lived it, you want to always have it in your life. ❖



CLASS OF 2010 GRADUATES WILL ATTEND THE FOLLOWING COLLEGES AND UNIVERSITIES:

Alma College • American River College • Arizona State University • Azusa Pacific University • Baylor University • Boise State University • Boston University • Brandeis University • Brown University • Bucknell University • California Polytechnic State University, San Luis Obispo • CSU, Chico • CSU, East Bay • CSU, Fresno • CSU, Los Angeles • CSU, Northridge • CSU, Sacramento • City College of San Francisco • Claremont McKenna College • Clemson University • Colby College • Colorado College • Cornish College of the Arts • Cosumnes River College • Creighton University • DePaul University • Dominican University of California • Emory University • Folsom Lake College • Fordham University • Georgetown University • Gonzaga University • Gordon College • Hampton University • Harvard University • Howard University • Louisiana State University • Loyola Marymount University • Loyola University Chicago • Marymount College • Massachusetts Institute of Technology • Northeastern University • Oakland University • Oregon State University • Otis College of Art and Design • Pepperdine University • Point Loma Nazarene University • Princeton University • Purdue University • Sacramento City College • Saint Mary's College of California • San Diego State University • San Francisco State University • Santa Barbara City College • Santa Clara University • Santa Monica College • Scripps College • Seattle University • Seton Hall • Sierra College • Sonoma State University • Southern Methodist University • Spring Hill College • Stanford University • Texas Christian University • The George Washington University • The Ohio State University • The University of Arizona • Tiffin University • United States Air Force Academy • United States Naval Academy • UC Berkeley • UC Davis • UC Irvine • UC Los Angeles • UC Merced • UC Riverside • UC San Diego • UC Santa Barbara • UC Santa Cruz • University of Dallas • University of Louisville • University of Michigan • University of Nevada, Las Vegas • University of Nevada, Reno • University of Notre Dame • University of Oregon • University of Portland • University of San Francisco • University of Southern California • University of the Pacific • University of Washington • William Jessup University

Two graduates will participate in the Rotary Youth Exchange Program in 2010-2011, one in Germany and one in Sweden.

Members of the SFHS graduating class of 2010 earned a combined \$13,956,754 in one-time and renewable college scholarships.

ALUMNAE COMMUNITY

SPRING FLING 2010

By Kat Haro '03

Change was in the air for the 2010 Spring Fling event, hosted by the Alumnae Association. Formerly a luncheon and fashion show, the event took on new life held in the evening with a Luau theme, cocktail reception, and vibrant raffle.

"We were thrilled to provide a new format for this year's event," noted Tracy Grech Clark '78, Alumnae Association President. "With the new time and theme, we drew many of our returning guests and welcomed new faces from more recent years."

Guests enjoyed a social hour in a relaxing Hawaiian setting, before settling down to a blessing in the form of a dance by St. Francis' own Na Wahine 'O' Olu Hula Hui (The Women of Grace Hula Club). Dinner featured teriyaki glazed chicken or tilapia, vegetables and rice pilaf served on banana leaves. An evening of fun and friendly chatter was punctuated with the announcements of distinguished alumnae, additional performances from the Hula Club and the raffling of dozens of prizes, generously donated by local businesses and restaurants.

One attendee told us, "This was one of the best Spring Fling events I've attended, the new program was informal, fun and let us do what is most important – catch up with old friends." ❖

SAVE THE DATE
2010 SPRING FLING
SATURDAY, MARCH 26, 2011
IN THE ST. FRANCIS GYM

1. Tracy Grech Clark '78, Kim Cruitt-Reynolds '01, Catherine McKenzie '65, Sr. Kathy Wood '60, OSE, Marion Bishop; 2. Wendy Birmingham & Kat Haro '03; 3. Jennifer Perez Blackburn '91, Shannon Blecha '92, Kristina Schad '91; 4. Sandy Bonetti Brady '65, Jennifer McAdarah Pulliam '95, Patty Moore Lera '65; 5. Ron Cappel & Dawn Benton '80; 6. Jeff Smith & Kelly Brady Smith '95; 7. Andrea Diaz-Vaughn '95, Gina Giampaoli, Amy Booth Bebr '95; 8. Ken McGuire, Diane Neururer McGuire '67, Tracy Grech Clark '78, Gary Clark, Michael Page, Lisa Grech Page '84; 9. Evan Batement, Allison Barsotti '95, Rosie Mattos Hunt '63, Warren Hunt; 10. Betty Ann Pratt Hutchings '57, Sr. Kathy Wood '60, OSE, Robert Hutchings, Marion Azevedo Porter '58, Paula Corsiglia '55; 11. Annie Bollinger Bunfill '98 & Harry Bunfill; 12. Allison Barsotti '95, Amy Chatfield Cameron '89, Tamara Hennessy-Burt '89, Jennifer Anderson Schwartzel '89, Becky McGowan Olson '89

SPRING FLING COMMITTEE CHAIRS

Kat Haro '03
Chair

Erin McGuire '95
Bar

Carrie Harcharik '97
Clean Up

Spring Fling Committee
Decorations/Tables/Entrance

Laureen Macugay
Na Wahine 'O 'Olu Hula Hui Club

Leigh Hiers '96
Invitations

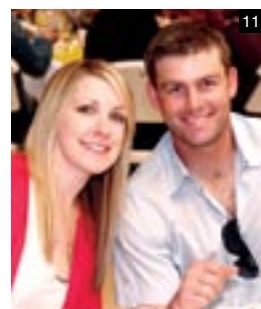
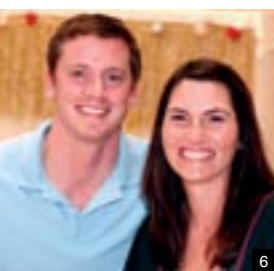
Tracy Grech Clark '78
Maria Morais Shields '84
Raffle

Jovanne DeNigris
Mary Lowe
Raffle & Bar Ticket Sales

Erin McGuire '95
Reservations

Michelle McClinton Vaden '80
Servers

Marty York Azevedo '75
Maura Twomey '77
Lisa Grech Page '84
Committee Members



ALUMNAE COMMUNITY

DISTINGUISHED ALUMNAE NOMINATIONS

The SFHS Alumnae Association proudly opens nominations for the Distinguished Alumnae Awards Program. This program honors alumnae who have achieved success in their personal and professional lives, who serve as role models to all through their examples of outstanding leadership, achievement and service. This success can be in academic endeavors, chosen profession or in community service. The award categories are:

Outstanding Young Alumnae Award

Recognizes the achievement of an alumna who graduated within the past ten (10) years.

Accomplished Alumnae Award

Recognizes an alumna, ten or more (10+) years after graduation, who has achieved significant accomplishments in her field of interest.

Service Award

Honors an alumna who has demonstrated extraordinary interest and dedicated volunteer service to SFHS and the greater community.

Life Achievement Award

Honors an alumna for demonstrated excellence in her career or in service to the community, thirty-five or more (35+) years after graduation.

Please submit your nominations by using the nomination forms on the Alumnae page of the St. Francis website at www.stfrancishs.org or in a letter to St. Francis High School Alumnae Association, 5900 Elvas Ave., Sacramento, CA 95819, or fax to 916-452-6046. Please include your name and contact information.

Please contact Carla Zilaff '01 for more information at 916-737-5020 or CZilaff@stfrancishs.org.

DISTINGUISHED ALUMNAE AWARDS

The following awards were presented at the Spring Fling on April 24, 2010.

KIMBERLY CRUIT REYNOLDS '01

Outstanding Young Alumnae

Kim received her undergraduate degree in Public Relations with a minor in Marketing from UC Davis. She is currently pursuing a Master's degree at CSUS in Public and Political Communication and Social Interaction. Though she works full time as a grant analyst at UC Davis Medical Hospital at the Center for Reducing Health Disparities, she has excelled within her Master's program and is currently on the President's list with a 4.0 GPA. Last semester, she was a Graduate Assistant, teaching an upper division, undergraduate Public Speaking class. As a graduate student in the Communication Studies department, it has been a long time goal of hers to present original research on a national level. Two of her graduate research papers were accepted at the prestigious Western States Communication Association for presentation at the conference in Anchorage, Alaska this past March. After graduating in December 2010, Kim will continue to pursue her doctoral degree at University of California, Davis in Social Personality Psychology where she wants to study communication-biology and counter-normative behavior. Her ultimate goal is to become a Professor at California State University, Sacramento in order to inspire students to achieve academic success. Kim works at the UC Davis Center for Reducing Health Disparities and her experiences at the center further her goal of celebrating our community's diversity while educating students and the community on the importance of multiculturalism and social justice.

KIM MILLER '95

Accomplished Alumnae

After graduating from St. Francis and upon completing studies at UC Davis, the Fashion Institute of Technology in New York City, and the Fashion Institute of Design and Merchandising in San Francisco, Kim began her career in Fashion Design. After studying abroad at the Sorbonne in Paris, Kim moved to New York to begin her design program at Fashion Institute of Technology where she worked for fashion designers Lela Rose and Richard Tyler. Kim then returned to California to further her retail career working for Gap, Inc. and St. John Knits, and moved into the Public Relations and Special Events industry during her three-year stint at Macy's West where she produced hundreds of events for the retail conglomerate. Through her philanthropic events, Kim was instrumental in Macy's raising millions of charitable dollars on the west coast. Kim then ventured into a career in journalism in the coveted position of San Francisco Editor for DailyCandy, Inc., a free daily e-mail delivering insider scoop on all things fashion, food, and fun via its 2.5 million subscriptions. While maintaining the city pulse for DailyCandy, Kim began freelancing for Town & Country and Haute Living magazines, American Express Publishing, and Condé Nast Publishing. Over 500 of her articles have been published by various media platforms. Kim is currently the Managing Editor for Vivanista.com, a website whose mission is to incite volunteers who contribute their time and effort to charitable fundraising, to share insights and tips with others doing the same around the country.

SR. KATHY WOOD '60, OSF

Service Award

Sr. Kathy has dedicated her life to service. When joining the Sisters of St. Francis in 1966, Sr. Kathy devoted her life to caring for the sick and the poor. From 1970 - 1974, Sr. Kathy was a Clinical Specialist and did crisis center work with the poor at Crisis Intervention Department of Emergency Medicine at Los Angeles County University of Southern California Medical Center in Los Angeles. In 1972, Sr. Kathy received a grant from the National Institute of Mental Health to study Spanish in Mexico to learn both the language and the culture. In 1974, Sr. Kathy moved back to Sacramento for a short time and worked as the Director of Social Services at St. Francis Parish in Sacramento. While in Sacramento, she founded Francis House for the Poor, a counseling and resource center for poor individuals and families that provides the last hope for those disenfranchised from the main stream of society. Sr. Kathy spent the next 30 years living and working in Southern California, of which the last 10 years there she worked at QueensCare Family Clinic, a clinic that provides quality primary healthcare that is accessible, compassionate, comprehensive and affordable to the low-income communities of L.A. County. Raised in Sacramento and having worked with various ethnic groups in Southern California, Sr. Kathy decided to return to Sacramento in 2008 to pursue her dream of opening a clinic for the voiceless and vulnerable. Her dream became a reality when she opened Clara's House, which provides primary health care and education for the economically disadvantaged.

CATHERINE MCKENZIE '65

Life Achievement Award

Catherine is the Director of the Technology Unit at the California Community Colleges Chancellor's Office (CCCCO). The California Community College System serves almost three million students annually and is the largest higher education system in the country. Catherine has been with CCCCCO since 1998 and oversees the Telecommunications and Technology Infrastructure Program which distributes technology related funds to the California Community Colleges (112 colleges) and oversees and funds several system wide projects such as 3C Media Solutions, CCC Confer (e-conferencing), CENIC (data and video networking), CalPASS, CVC (California Virtual Campus), @ONE (staff and faculty development), CCCApply and e-Transcript California, an intersegmental effort with K-12, CSU and soon UC. Catherine serves as one of the Directors on the Corporation for Educational Network Initiatives in California (CENIC) Board. She is the Chair of the CENIC K-20 California Educational Technology Collaborative (K-20 CETC). In 2009, the California Community Colleges Chief Information Officers Association awarded Catherine the Technology Innovator of Distinction Award. Catherine has 24 years experience in the telecommunication industry working in private sector for such companies as AT&T, Pacific Bell and Tel-Watch, Inc. Previous to the CCCCCO, Catherine worked for the University of California, Davis in the Communications Resources Division and was Chief of the Telecommunications Bureau for the CA Department of Insurance from 1989 - 1996. Catherine's interest in education began after receiving her BA from UC Davis and a teaching credential from CSU Hayward and teaching elementary school in Newark, CA for 10 years. ❖

ALUMNAE FATHER DAUGHTER DINNER DANCE

Another wonderful St. Francis tradition continued on June 19, 2010 with the 2nd Annual Alumnae Father Daughter Dinner Dance. The special bond shared between fathers and daughters was celebrated among many alums and alum fathers. The dads enjoyed reconnecting and discussing memories of their daughter's high school experience, while the alums reminisced about the many fun SFHS memories they share. This year's dinner dance was held outside in Upper Serra Court. It was a beautiful, cool summer evening and everyone enjoyed the evening and packed the dance floor. As was the case back in high school, dads and daughters danced the night away until the last song. ❖

SAVE THE DATE
ALUMNAE FATHER DAUGHTER
SATURDAY, JUNE 18, 2011
SFHS CAMPUS



1. Rhonda '93 & Shannon Slavik '96; **2.** James & Megan Stefani '01; **3.** Natalia '08 & Moises Medina; **4.** Rachelle '06, John & Amy Hartmann '04; **5.** Tracy Grech Clark '78 & Joe Clark; **6.** Pantea Jahani Dunn '92 & Abdol Jahani; **7.** Ulrich & Christiane Pelz '86; **8.** Theresa '81 & Tom Arnold; **9.** Elyse '04, Don & Chloe Benson '07; **10.** Mary Bertolani Liston '86, Liz Bertolani O'Brien '80, Kathleen Bertolani '82, Dawn '80 & Ashley Benton '10; **11.** Rich & Caryn DeMoura '01, Courtney Fadjo '01 & Chris Johnson; **12.** Ashley '10 & Dawn Benton '80; **13.** Michele Mahoney Brooks '89 & Michael Mahoney



ALUM UPDATES



NEW SF ASSOCIATE FOR ALUM RELATIONS

I am Carla Zilaff and I am the new Advancement Associate in charge of alumnae relations at St. Francis. I am thrilled to be back at SF and excited about working in the Advancement Department.

I graduated from St. Francis in 2001 and attended the University of Oregon where I studied religion and math. After finishing my undergraduate degree, I decided to pursue graduate work in Theology. In 2009 I graduated from the Dominican School of Philosophy and Theology at the Graduate Theological Union in Berkeley, CA with a MA in Theology.

The last two years I worked in Salt Lake City as the Campus Minister at the Newman Center at the University of Utah. I am so excited to be back in Sacramento and working at St. Francis. I owe so much of the last nine years of my life to the education I received at St. Francis and I am thankful I now have an opportunity to give back to the SF community and the new generation of Troubie girls!



1960s

Frances McDermott Carney '66 is married to Jay Carney (CB '65) and they just celebrated 42 years together. Jay retired from Safeway over 10 years ago and Frances just retired this year as a manager with EDD. Their days are spent going door to door to educate people about the wonderful things in the Bible and about their possibility of living forever on earth under conditions not like today!

1970s

Jane Theobald '72 was a whiz at anything artistic. She went on to school at Sacramento State and the University of Hawaii where she majored in Ceramics. Jane quit school before she graduated and went to work for Safeway as a checker. At the young age of 28 she was stricken with multiple Sclerosis and passed away three years later. Jane was brilliant with oils and water colors she inherited from her grandfather who spent his life using his artistic capabilities.

1 Beth '80, Susan '75, Jane '72 and Ann '80

Ann Theobald Petrie '74 attended Loyola Marymount University, then Sacramento State, from which she graduated. She pursued graduate study at the University of Minnesota in Prosthetics and secured a position in that field in Sacramento. While attending Loyola Marymount, she served as a counselor at a camp for disadvantaged persons in Malibu. Soon after her return to Sacramento, Ann co-founded Camp ReCreation for the Diocese of Sacramento, where she still plays a major role 25 years later. Ann, although basically retired from the Prosthetics business, is still called upon by her former employer to construct an arm or a leg for a patient. Ann is married to Richard Petrie and lives in Fair Oaks. Richard is a retired engineer from Cal Trans. **1**

Susan Theobald Humm '75 attended Sac City College then transferred to the University of California, from which she graduated with a degree in Accounting. At UC, she also met her future husband, Greg Humm, a registered Civil Engineer. Susan and Greg have three sons and a daughter and live in lake Oswego, Oregon. Susan is a CPA and has a private practice in the Portland area. Susan's oldest son Michael graduated from Oregon State and he and his wife Emily welcomed their first child, Susan's first grandchild, Connor David Humm, on June 11. Susan and Greg's daughter Katy was on Oregon State's varsity rowing team for three years and graduated with a degree in Biology in June. **1**

1980s

Beth Theobald Anderson '80 reports that St. Francis prepared her well for her engineering studies at Cal Poly, San Luis Obispo. At Cal Poly, Beth experienced a hands-on approach to aerospace engineering. When she graduated, she married a Cal Poly grad in aeronautical engineering. Entering the workforce, she joined McDonnell Douglas Corporation in 1985 as a customer service engineer. While in Southern California, Beth acquired a Master's of Science Degree from West Coast University. From the very beginning, Beth possessed an ability to communicate technical information to customers and fellow employees. Utilizing her communications skills, she successfully addressed problems for airline customers all over the world. In 1997, following the merger of the Boeing Company and McDonnell Douglas Corporation, she worked as a stress Engineer before being promoted to various management positions. Today she serves as the Director of the Interior Responsibility Center based in Everett, Wash. In this position, she oversees the Boeing Fabrication business unit that designs, manufactures, assembles and integrates a wide range of interior systems for production, aftermarket and spares for Boeing commercial jets, including the all-new Boeing 787 Dreamliner. More than 1,400 employees report to her. In 2009, she attended the Advanced Management Program at the University of Pennsylvania Wharton School Of Business. Beth supports the company and her alma mater as the Boeing executive focal, Cal-Poly. She is the liaison for the generous gift that Boeing makes to Cal Poly every year. In July 2010, Boeing announced that it has chosen North Charleston, as the location to build a new Interiors Responsibility Center in South Carolina. Beth and members of her team are actively involved in all phases from the design of the building to installing machinery, hiring and training employees, and more. The new facility will be used to produce some interior parts to the South Carolina 787 Final Assembly and Delivery plant currently underway. Beth remains active at Cal Poly and sits on many boards including Engineering Dean Advisory Council & Executive Committee, Aeronautical Engineering Industry Advisory Board, Women's Industry Advisory Board, and Boeing-Tianjin China Joint Venture. Beth and her husband Tom live in Bellevue, Wash. where their three children attend Sacred Heart School. **1**

Julie Quinn '86 was recently named the Managing Director for Deloitte's Sacramento Office. As the Marketplace leader for Tax, Audit and Consulting, Julie is responsible for leading more than 200 consultants, accountants, tax professionals and support staff. The Sacramento office consulting practice focuses on providing services to state government clients, with the State of California being one of the firm's largest clients nationally. **2**

ALUM UPDATES



Anna Murphy Ryan '89 and **Selena Murphy Srabian '95** are both registered nurses. Anna works in an Emergency Department at Sutter General and Selena works in an Adult Intensive Care Unit at UCSF in San Francisco. They have started a business making designer hospital gowns. Their new venture is aimed at providing pretty gowns to enhance the experience of hospital patients. More information about their product can be found at annieandisabel.com. **3**

1990s

Demographer **Lisa Lollock '92** spent three weeks in Kathmandu, Nepal this summer on assignment for the international division of the US Census Bureau. While there, she held a workshop for her counterparts from Nepal, India, Pakistan, Sri Lanka, and Bangladesh, teaching them the technology for population analysis in the areas of migration, mortality, and fertility. Upon completion of her work in Nepal, she enjoyed several days of "R & R" in New Delhi, India, further enhancing her "second career" as a yoga instructor in Washington, DC.

Rebecca Darling '93 moved back to the United States after three years of living and working in Mongolia. Rebecca is beginning a Masters program at Cornell University and is looking forward to reconnecting with some SFHS classmates who live on the east coast.

Cybelle H. McFadden Wilkens '93 recently co-edited a book, "Francophone Women: Between Visibility and Invisibility." Cybelle received her Ph.D. from Duke University in 2005. She is currently Assistant Professor of French and also a member of the Women's and Gender Studies Program faculty at the University of North Carolina at Greensboro. Cybelle's research and teaching interests include: contemporary French and Francophone film, video, visual art, and literature; 20th-century French women's film and literature; feminist theory; film theory; and French and Francophone cultures.

Abigail Horrocks Preston '95 and her husband, Jared, have two sons, Carter Jared (4) and Stuart Austen (8 months). They are back in California, having lived in the St. Louis, Missouri, area for many years. Abigail has worked for IBM for eleven years, after graduating from USD in 1999 with a degree in Computer Science.

Emily Zacharias Kropp '96 and husband Nate welcomed their first child, Dorothy Adele Kropp, on April 25. She weighed 7 pounds, 10 ounces, and measured 20 inches. She is, in their humble opinion, a beautiful baby girl. Emily is an English teacher at SFHS! **4**

Tina Keller '97 is starting her third year at Doctors Hospital in Ohio as an emergency medicine resident.

Sarah Watts '97 completed two Master's programs, receiving a Masters in Healthcare Administration and a Masters in Public Administration in the spring of 2010 from the University of Utah. She was married this June and is expecting a baby girl.

Kim Brunskill '98 received her Master's in Educational Environmental Science from Southern Oregon University. She has been traveling and leading Kayak adventures in Alaska and the San Juan Islands. Kim recently moved to Carnation, WA where she is the Assistant Director of Camp River Ranch. **5**

Amanda Jill Horrocks '98 graduated from UCSF with a Master's of Science in Nursing, Degree on June 9, 2010. She will be a Family Psych-Mental Health Nurse Practitioner. Amanda spent early June interviewing for jobs in Minnesota and upstate New York. She recently fulfilled a lifelong desire to visit all 50 states with her June 6, 2010 visit to Fargo, North Dakota! Amanda earned her Bachelor's degree in May of 2002 at Catholic University of America, in Washington D.C.

Emily Cadei '98 moved to our nation's capital from the UK in 2007 after completing a Masters degree in Political Science at the University of Oxford. She's spent the past two and half years working as a reporter covering national politics for Beltway publications Congressional Quarterly and Roll Call. Before starting grad school, Emily spent five months in South Africa volunteering for a non-profit that promotes local journalism and doing her own freelance writing. Emily has appeared on MSNBC and Fox News as a political commentator.

6 Katherine Lyons '01 and Emily Cadei '98 - After growing up just a couple of miles apart in Land Park, Katherine and Emily ended up living just a couple dozen feet apart on the other side of the country in Washington, D.C.

Sonja Carrington '98 graduated from Notre Dame de Namur University in May 2010 with a Master of Arts in Marital and Family Therapy in Art Therapy.

UPDATES, UPDATES, UPDATES!

We love staying connected and want to hear from you. Please notify us of address, email and phone number changes. Email your updates and digital pictures to:

Carla Zilaff '01
Advancement Associate:
Alumnae Relations
CZilaff@stfrancishs.org

ALUM UPDATES



9



10



11



12



13

CONNECT WITH YOUR FELLOW TROUBADOURS

facebook

By Erin McGuire '95

Facebook.com is a great way to get in touch with and stay connected to your classmates and fellow alumnae. Check out each others' photos, plan social gatherings, chat with people you haven't seen in ages, reminisce about homecoming rallies and uniforms, and stay up to date with what's going on now on-campus!

"Facebook has been a great tool for me to stay in touch with classmates I don't get to see on a regular basis. It is so much fun to hear how everyone is doing now," says Amy Booth Behr '95.

Become a fan of the *St. Francis High School (Sacramento) Alumnae* page and check out pictures from the Alumnae Father Daughter Dinner Dance and the Troubadorable Faire.

Come explore the spirit of the St. Francis High School community on Facebook!

Sara Sabelhaus '98 graduated from the Hahn School of Nursing and Health Science at the University of San Diego with a Master of Science in Nursing degree in May 2010. She began work as a registered nurse in the Neonatal Intensive Care Unit at White Memorial Medical Center in Los Angeles in August. **7**

Katherine Lyons '01 settled in right across the street from Emily Cadei in Washington, DC late in 2008 (after a few weeks on Emily's couch), fresh off a year and a half working for Barack Obama's presidential campaign. After stints in battleground states across the country and at the campaign's headquarters in Chicago, Katherine became part of the White House communications team in 2009, managing details for the President's message events and staffing events such as the UN General Assembly in NYC and the president's first diplomatic trip to Asia. In January, Katherine moved back to San Francisco, where she had previously worked in political consulting, joining her fiancé, David. David and Katherine were married in June. The Sactown/SF connection proved invaluable in the rough-and-tumble world of politics (Emily says she is still in mourning over Katherine's departure). And despite being on opposite sides of press conferences -- Katherine helped fend off nosy reporters like Emily! -- and Pac-10 rooting interests -- Emily graduated from Stanford in '02, Katherine from Berkeley in '05 -- the two are proud to report twenty-plus years of friendship and counting. **6**

2000s

Sarah Kvarme '01 will be married on September 25 to Matt Williams. Sarah is an attorney in San Diego.

Emily Sabelhaus '02 graduated from the School of Applied Human Science at Colorado State University with a Master of Science in Occupational Therapy degree in May 2010. She is currently completing her field work at Poudre Valley Hospital in Fort Collins, CO. **7**

Elizabeth Abrams '04 completed her Bachelor of Science degree in Kinesiology at Sacramento State University in the spring of 2010 and will be earning a teaching credential in Adapted Physical Education this fall. Elizabeth coached the varsity girls' water polo team at Christian Brothers High School the past four years, and was the Summer Swim Program Director at Cosumnes River College. She also played rugby for the Sacramento State Woman's team last fall. **8**

Amy Hartmann '04 is working for Grant Thornton LLP as the company's Tax Associate in Los Angeles. Her hard work has paid off as she passed her final CPA exam in June. In her off hours she is taking up the game of golf. She is doing well and is very happy in LA. Amy had a great time at the Alumnae Father Daughter Dance in June.

9 Amy with her sister Rachelle on an Alpine Ski day.

Andrea Stone '04 graduated from California State University, Long Beach in December of 2009 with a Bachelor's in Business Marketing and currently works for Keller Williams Realty in Orange County. She has been a licensed Realtor now for two years. After much success as a "rookie agent," Andrea is the lead buyer's agent on her team and mentors newer agents in the office. She lives in Huntington Beach, CA. **10**

Sarah Young '04 attends medical school at UCLA. She earned her Bachelor of Science in Health Promotion Disease Prevention and Master of Science in Global Medicine degrees at USC. Sarah traveled internationally to Honduras for a medical brigade and to Uganda to assist in an HIV/AIDS clinic for women and children. While at USC, Sarah volunteered at a health clinic in downtown Los Angeles as a Spanish translator and was an active member of the USC Catholic Community as an extraordinary minister of Holy Communion, retreat leader, and co-leader of USC's Interfaith Council. Go Troubies! **11**

Jessica Villalobos Goings '05 married Christopher Goings March 28, 2010 in Foresthill, California. She and her husband now reside in Fayetteville, North Carolina. **12**

Katie Kvarme '05 starts a Masters in Social Work program in fall 2010 at CSU Northridge.

Drake Fay-Paget '05 is finishing her fourth year of study in architectural design at Woodbury University in Southern California. She looks forward to completing one more year and getting out into the real world and a job. For the second year, Drake's designs, drawings, and models were chosen to be put on permanent display in the school's archive. Currently Drake and her classmates are designing and building two cabins for a group of Buddhists that live in the mountains northeast of L.A. Drake says the construction of the cabins will be challenging since she is the only one in her class with hands-on construction experience. During the summer of 2009, Drake interned with Williams + Paddon Architects + Planners, Inc.,

ALUM UPDATES



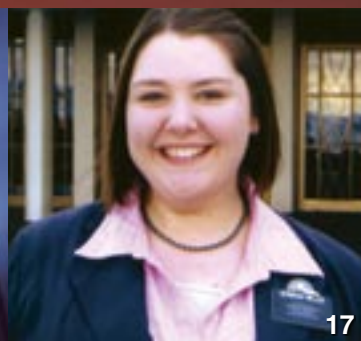
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an architectural firm in Roseville (the firm that designed the SFHS campus expansion in 2000). Of the projects Drake worked on, two were schools. The first was a new vocational studies center for San Juan High School in Citrus Heights. Drake had the opportunity to work on the plans and to learn project management by accompanying the project architect to the site each week to inspect the previous week's construction and address problems. She was also given the opportunity to design the outdoor plaza for the vocational studies center. Unfortunately Drake had to return to school and she wasn't able to be on site when the plaza was built. The second school she worked on was St. Francis High School, as the firm designed the plans for our school's anticipated new dining hall.

Catherine Lee '05 graduated from Basic Military Training at Lackland Air Force Base as an Airman First Class. She received ribbons for being an Expert Marksman and an Honor Graduate. She is presently at the Defense Language Institute studying Arabic. **13**

Kate Abbott '06 graduated Phi Beta Kappa from UC Berkeley in May 2010 and plans to apply to law school for the 2011-2012 school year. She now works full-time at the UC School of Public Health in Berkeley.

Kaitlin Caruso '06 graduated from St. Mary's College in May with a BA degree in Politics and Spanish. She spent two weeks exploring Mexico in July, followed by one month in Spain. She starts her job in the law library at Kronick Moskovitz Tiedemann & Girard in September.

Sarah Gold '06 graduated from UC Davis with highest honors in March, 2010 and is working at a law firm in Sacramento in anticipation of attending law school in 2011. She studied abroad her junior year in Madrid, Spain and visited 18 European countries.

14 Jenny '10 and Sarah Gold '06

Rachelle Hartmann '06 begins her last year of Nursing College at SDSU, maintaining "Dean List" status. Upon her May 2011 graduation, she hopes to work in a children's hospital in the Oncology department. This summer Rachelle went to summer school to get all her non-nursing credits out of the way so that she can focus on nursing classes for her final year. An avid runner, she hopes to run a half marathon before school starts. Rachelle had a great time at the Alumnae Father Daughter Dance in June. **9**

Claire Halbrook '06 graduated Summa Cum Laude from U.C. San Diego in June, where she was initiated into Phi Beta Kappa and was named as a Provost Scholar. She will begin an internship at the State Capitol this fall, where she will be an Executive Fellow. She majored in International Relations/Political Science and minored in Theatre. This summer Claire traveled through Europe. She had a long break before the Executive Fellows Program starts in October and having lived in an international dormitory at UCSD she had lots of offers to visit and stay with people. Claire took them up on it and had a wonderful time. **15**

Samantha Holzer '06 graduated in 2010 from the University of California, Los Angeles with a BA degree in Psychology. Samantha plans to attend the University of San Francisco this fall to pursue a Masters degree in Marriage and Family Counseling. **16**

Elizabeth Miller '06 is currently serving a mission for the Church of Jesus Christ of Latter-day Saints in the Massachusetts Boston Mission (Spanish Speaking). Prior to leaving for her mission, she received her California Massage Therapy Certificate, is licensed as a Utah Massage Therapist and is a Nationally Certified Therapeutic Massage Therapist. When she returns from her mission she will be attending college at Utah State University in Logan, Utah to pursue a Music Therapy degree. **17**

Sarah Moenter '06 graduated Magna Cum Laude from Ohio State University in June, 2010 with a major in International Relations, a minor in German, and an AIDS Education certificate. She began her job with City Year Los Angeles in August, working with at-risk youth.

Jessica Myers '06 graduated Magna Cum Laude from Willamette University in May with a degree in Psychology and a minor in Sociology. She was a Phi Beta Kappa, on the Mortar Board, received the Campus Life Award for Outstanding Contribution to Multicultural Affairs and was a four-year recipient of a Willamette University Scholarship. This summer Jessica entered the Teach for America program and will work with disabled children in San Francisco. **18**

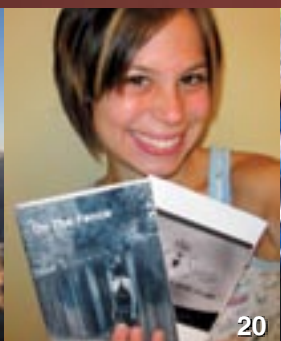
VEHICLE DONATION PROGRAM

It's fast and easy to donate your used vehicle – in any condition – to benefit St. Francis High School. Just download the Vehicle Donation Form from the St. Francis website at www.stfrancishs.org under "Support St. Francis/Giving Opportunities" and fax it to the number on the form. You will be contacted within four business days to arrange free pick-up or towing and provided with documentation for tax purposes. St. Francis High School receives 70% of the net proceeds from the sale of the vehicle.

ALUM UPDATES



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ALUMNAE BUSINESSWOMEN

Be sure to check out our Alumnae Businesswomen Directory on our website. We would like to see this list continue to grow and encourage your support of fellow Troubadours by using their services. Please continue to send your business information, regardless of location, including your name, class year, business name and type, business location, phone and email.

Contact:

Carla Zilaff '01

Advancement Associate:
Alumnae Relations
St. Francis High School
5900 Elvas Avenue
Sacramento, CA 95819

or email:

CZilaff@stfrancishs.org

Justine Schiele '06 graduated from Santa Clara University on June 12, 2010, with a double Bachelor Degree in English and Communications. While at SCU, Justine participated in many community service projects and immersion programs including Haight Ashbury, Mexico and Ecuador. She also enjoyed teaching young students in the Arrupe program each year. Justine played on the very competitive SCU Club Volleyball Team that won the League all four years of her participation. During Justine's senior year, she was named MVP of the Northern California Collegiate Club Volleyball League, MVP of the Las Vegas Open and her SCU team won medals at Nationals for second place. Justine was Vice President of her Club team and was the Women's Liaison for all of the Women's Club Teams at SCU. One of the highlights of Justine's tenure at SCU was studying abroad in London for 4 1/2 months. While studying in London, Justine also worked for a company marketing travel. Justine traveled to other countries every weekend during her time in London. Upon returning to SCU, Justine worked for SCU as an International Ambassador for the Study Abroad Program representing London. Justine began her Graduate Program at the Monterey Institute of International Studies on August 23rd where she will be completing a Masters Program combined with two years in the Peace Corp. Justine enjoyed travelling throughout the United States this past summer, touring 21 states. Justine recently hiked to the top of Half Dome in Yosemite with some of her former St. Francis Volleyball teammates and volleyball coach. **19**

Meggie Schultz '06 lives in Chico, CA and is planning to finish her degree in English this coming December. She will also be receiving a minor in creative writing, with a focus on poetry. She has put together two student chapbooks (poetry collections) during her time at Chico and will continue writing long after graduation. She will begin the credential program next year and hopes to teach high school English creative writing (perhaps at St. Francis!) **20**

Caitlin Scott '06 graduated from the University of California, Davis in June 2010 with a degree in Political Science. Since graduating, Caitlin has moved to Washington D.C. to pursue a career in politics. She is currently interning at the College Republican National Committee and living in the Georgetown area. **21**

Camille Sespene '06 recently graduated from the University of California, Berkeley with a degree in Political Science and Mass Communications. While at UC Berkeley, she had the privilege to engage in a great deal of public service, from working at a law office as an assistant to a public defender to serving as an intern for Congresswoman Barbara Lee of California's Ninth Congressional District. This past summer, Camille was in Washington, D.C. as part of Berkeley's Cal in the Capitol Program, interning on Capitol Hill with the office of Sacramento's own Congresswoman Doris Matsui. Following her time in D.C., Camille will be working and preparing to take her LSATs. **22**

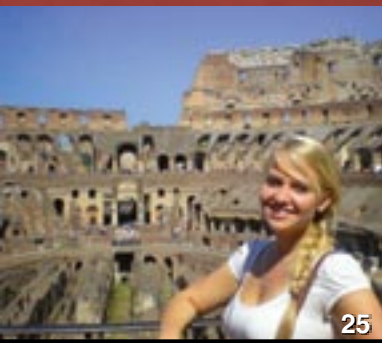
Elizabeth Shirley '06 graduated from Wellesley in May (magna cum laude and Phi Beta Kappa, about which she was pretty happy!). Elizabeth majored in Political Science and French and did her senior honors thesis in French on masculinity in French cinema. She now lives in DC and works as the grassroots/policy advocate for the Servicemembers Legal Defense Network (working on "Don't Ask, Don't Tell" repeal). Elizabeth says it's very interesting and timely work, however frustrating at times! This was her dream job and dream organization so she feels very, very lucky to be working there. Elizabeth is looking forward to law school in the upcoming years as well.

Katherine Titus '06 graduated from the United States Naval Academy on May 28, 2010. She is on temporary duty assignment at the Academy as a 2nd Lieutenant of the United States Marine Corp. She will attend officer training at Quantico, Virginia in September 2010.

Carolyn Abrams '07 is in her fourth year at UC Davis majoring in Community and Regional Development with a minor in Contemporary Leadership. She will be completing her Bachelor of Science degree in the spring of 2011. Carolyn traveled to South Africa during the summer as part of the UC Davis Study Abroad program. She played rugby for the UC Davis Woman's Team last fall. Carolyn was the Assistant Conference Director for the 2010 4-H State Leadership Conference and is an Adult Advisor for the 2010-2011 4-H State Ambassador Team. **8**

Alexis Arnold '07 is a senior at Stanford, continuing to pursue a double-major in Psychology and Italian. For six months, she lived "la dolce vita" in Florence, Italy; she gave English and Italian tours at the Salvatore Ferragamo Museum, masqueraded alongside mysterious beings at Venice Carnevale, made Florentine paper, walked atop soaring Cathedral vaults, harvested olives, enjoyed the richness of Italy's many diverse regions, and so much more. **23**

ALUM UPDATES



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Maria Baptista '07 attended Sacramento City College and played two years for the Sac City Women's Golf Team. She graduated from Sac City in 2009 with an Associate Degree in Social Science. She is entering her senior year at Sacramento State University majoring in Criminal Justice while working for the California Hispanic Chamber of Commerce as an Executive Assistant to the CEO.

Shelby De La Mora '07 is in her 3rd year at the U.S. Naval Academy and continues as a coxswain on the women's varsity crew team. She looks forward to graduating in 2012 and hopes to become a Naval Aviator.

Jessica Henderson '07 interned this summer at HarperCollins headquarters in Manhattan and entered her senior year at Harvard University this fall, where she will finish up her B.A. in English Literature while working toward her teaching credential at the Graduate School of Education.

Berkeley McNaughton '07 is entering her fourth and final year at Occidental College. She is studying psychology and works in the campus rat laboratory studying taste preference. This school year she'll also start an internship with Pacific Clinics working with young children with behavior disorders.

Hestia Rojas '07 started her senior year at the University of Southern California studying Communications in an exchange program near Buenos Aires, Argentina.

24 *Hestia standing in the Plaza de Mayo.*

Marie Byrnes '08 is entering her junior year at UC Santa Cruz where she is majoring in digital and film media. She spent the summer working on campus as a conference organizer. She took time off for a week's vacation with her family in Park City, Utah.

Grace Caruso '08 finished her sophomore year in June at Southern Oregon University in Ashland. After her stint as the Troubie Senior Class President, she continues to be active in the student activities arena at SOU.

Brianna Hansen '08 took a course in Florence, Italy this summer. She will be attending U.C. Irvine as a junior in the fall. **25**

Kirsten MacKay '08 recently completed her sophomore year at the University of Alabama - International Honors Program where she continues work on dual majors in English and Art History. This summer she returned to her job as a counselor at Camp Pendola. In January 2011, Kirsten will begin one semester of studies in Europe with her home base at a university in Florence, Italy.

Jackie Paré '08 achieved a 4.0 GPA in her spring semester at University of San Francisco (USF) for a cumulative GPA of 3.82. She is co-president of the USF chapter of Sigma Tau Delta, the English Honor's Society, as well as president of the USF Animation, Comic Books and Video Games Club (continuing an interest in anime fostered at SFHS). She continues to work in the Arts and Sciences Dean's Office, a job she has had since early fall 2009. She plans to study in Tokyo for a semester during her junior year.

26 *Emily Metz '07 and Jackie Paré '08*

They can laugh now – but SFHS graduates **Alana Piccone '09**, U.S. Air Force Academy; **Alexandra Chan '10**, Naval Academy; and **Erin Rost '10**, U.S. Air Force Academy worked out in their military academy boot camps this summer.

On Wednesday, June 16, they got together for one last joint workout in their favorite exercise room at St. Francis. **27**

In order to prepare for basic training, each student ran an average of four miles a day, weight lifted, and completed hundreds of daily sit ups and pushups. Sports are an important part of the fitness regimen at the military academies. Piccone will be throwing the javelin and Rost will be competing for a soccer goalie position at Air Force. Chan anticipates playing softball.

They proudly join the ranks of other recent SFHS graduates who are studying at our country's service academies: **Katherine Titus '06**, **Shelby De La Mora '07**, and **Emani Decquir '09** are attending the U.S. Naval Academy, and **Shelby Schaefer '09** is at the U.S. Air Force Academy.



Alana Piccone '09 and Erin Rost '10 in an intramural soccer game during their 6 weeks in Basic Cadet Training at the U.S. Air Force Academy this summer.

ENTERTAINMENT BOOKS

The St. Francis Alumnae Association is again selling Entertainment Books to support the St. Francis Scholarship Fund. Books are available in the school office. The price is only \$30! Buy one for your family and another for friends. These make great gifts!

For more information or to purchase an Entertainment Book, please contact:

Carla Zilaff '01
Advancement Associate:
Alumnae Relations
916.737.5020

ALUM UPDATES

REUNION PLANS

If your class year ends in "5" or "0", you have a reunion coming up next year! If you want to start organizing your reunion celebrations, please contact:

Carla Zilaff '01
Alumnae Relations
916.737.5020
CZilaff@stfrancis.org

Class of 1945 • 65 Year Reunion

Class of 1950 • 60 Year Reunion

Class of 1955 • 55 Year Reunion
St. Francis Class Reunion Luncheon was held September 18, 2010 at Frasinetti Winery and Restaurant.

Class of 1960 • 50 Year Reunion

Class of 1965 • 45 Year Reunion

Class of 1970 • 40 Year Reunion
Mark your calendar now so you don't miss out! The reunion fun will start Friday night, November 12th with an informal "Girls Night Out." Plan to head back to your old stomping ground Saturday afternoon, November 13, 2010 for an escorted tour of the St. Francis campus. The weekend will wrap up with a joint reunion with St. Francis, Bishop Manogue, Christian Brothers, Loretto, Mercy and Jesuit high schools Saturday evening. Join everyone at the Dante Club for cocktails, dinner, and shared memories. Formal invitations with details to all the events will be mailed in late September. Please visit www.stfrancis1970.com for all the latest reunion details! Please contact Beth Leonard Schatz 916-326-3133 or Barbara Black Burman 916-685-5968 for more information or to obtain the website password.

Class of 1975 • 35 Year Reunion

Class of 1985 • 25 Year Reunion

Class of 1995 • 15 Year Reunion
The reunion was held on September 4-5.

Class of 2000 • 10 Year Reunion
The reunion was held on September 10-11.

Class of 2005 • 5 Year Reunion

Kelly De La Mora '09 is in her 2nd year at Sonoma State University and is active in her sorority. She enjoys the school and surrounding area.

Meghan Enabnit '09 attends the University of North Dakota and runs on the Cross Country and Track teams there. She also serves as a Student Ambassador for the University. Meghan loves the school and all the people! In the summer of 2009, Meghan studied abroad in Thessaloniki, Greece for 6 weeks. She also traveled to Italy during that time. It was such a good experience and opened her eyes up to the world. Meghan loves travelling and wants to do more of it in the future. Meghan was accepted into the Occupational Therapy Program at UND, which she began this summer. It has been a lot of work but Meghan has been enjoying it and is excited about the profession and her future. **28**

Brenda O'Connor '09 is an English major at California State University, East Bay and is a member of the Cal State East Bay Swim Team. She plans to spend a year in Ireland. **5**

Hannah Gough '10 is doing great. Hannah plans to attend Sacramento City College this fall. She and her mom went on vacation in June to Walt Disney World in Florida (Epcot Center, Hollywood Studios, Magic Kingdom and Animal Kingdom) and also went to the grand opening of The Wizarding World of Harry Potter at Universal Orlando on June 18th and June 21st after waiting in line for almost 8 hours on the opening day.

Agatha Larsen Nowinski '10 represented the United States as a member of the 2010 United States Junior National Rowing Team at the World Rowing Junior Championships in Racice, Czech Republic in August. Agatha earned the coveted position of stroke seat in the women's four, which carries the responsibility for leading her crew and establishing the stroke rate, rhythm and on-the-water strategy for her boat. After training all summer in New London and Princeton with US Rowing coaches and her crew, Agatha led the team to a silver medal at Racice over crews from around the world.

Agatha's rowing career began almost three years ago during her sophomore year at St. Francis when she was persuaded by a classmate to try rowing at Capital Crew at Lake Natoma. Agatha's selection to the National Team is the result of a nationwide competitive selection process that includes identification camps conducted by US Rowing throughout the United States to identify talented high school rowers. Approximately thirty women rowers are invited annually to progressively more competitive summer camps sponsored by US Rowing at the United States Coast Guard Academy in New London, Connecticut to select the nation's finest high school rowers for the junior national team. Agatha was identified as a contender for the national team as a high school sophomore and attended development and selection camps in Connecticut in the summers of 2008, 2009 and 2010. During the summer of 2009 she was named to the US Rowing High Performance Team and traveled to Berlin, Germany to train and compete with the German National Team. In May 2010 she stroked the Capital Crew four to first place in the Southwest Regional Rowing Championships and also

placed first in the pair. She finished in the Junior National Rowing Championships in Cincinnati in the pair in 2009 and in the four in 2010.

Agatha's talent and enthusiasm for the sport of rowing have proven to be contagious. Her sister Clara, now a St. Francis junior, has also become a dedicated rower and won a rare invitation as a sophomore to US Rowing's development camp in New London, Connecticut for the summer of 2010. These sister rowers would relish the opportunity to row in the same boat in international competitions in the not too distant future. Agatha began studies this fall at University of California at Berkeley where she is a member of the Cal Women's Rowing Team.



REUNIONS

CLASS OF 1980 • 30 YEAR REUNION by Lori Wahl

The spirited Class of '80 celebrated their 30 year reunion on the perfect spring evening of Saturday, May 15, with a ladies-only no-host cocktail hour and a buffet dinner in Serra Court. The class was grateful for the sprinkling of men in attendance. Our enthusiastic Rick Norman and Charles Schwing, who both began teaching at the school during the Class of '80s high school years, led tours around the vibrant campus. And, Msgr. James Kidder, who served as the class Senior Chaplin, was in attendance and acknowledged as an Honorary Member of the Class of '80. Some people took advantage of the open-mic opportunity and touched hearts by sharing stories, memories and comments. All in all, a joyous event!

In honor of their alma mater, the Class of '80 donated \$250 to the St. Francis High School Scholarship Fund. The class felt fortunate to have their school open and thriving while other all-girl Catholic schools in Sacramento had unfortunately closed.

Thanks again to Carrie Harcharik '97, Boris Seljak and Tara Leung for their time and attention, along with the facilities staff, the tour guides, and the hardworking volunteers: Deirdre Mullins French '85, Gale Sheean Remotto '81, Katina Scordakis Walls '81, and, last but not least, Engelbert Humpferdinck, AKA Rick Pires, from Christian Brothers '79. ❖



1. Katy Calkin Ferguson, Melissa Kettmann Cook, Marika Cronin-Rose, Jeannie Kunz Bellinger, Carolyn Bates Younger, Elizabeth Williamson, Sue Nyheim Gibbons, Msgr. James Kidder, Michelle McClinton Vaden; 2. Beth Theobald Anderson, Mary Forster Franklin, Michelle Miller Baur, Laura Mellish-Brinson, Joann Clemons Chassman; 3. Ana Guerrero Miller, Laura Mellish-Brinson, Melissa Kettman Cook; 4. Charlie Schwing, Cara Sheean; 5. Tamera Valine Keller, Lori Wahl, Sandra Buckley Myler, Kim Crisp Yancey, Carrie Sekul Spencer, Dawn Benton; 6. Michelle Aguilar, Kathleen Halvorson, Marina Moretti Kunz

CLASS OF 1990 • 20 YEAR REUNION by Tina Galaxidas Watts

The class of 1990 celebrated its 20 year reunion on the weekend of July 31st. To begin the festivities, an informal mixer was held at Lounge on 20 in midtown Sacramento on Friday, July 30th. The mixer was a casual no host gathering which gave alumnae an opportunity to spend some extra time with each other and catch up prior to the "big event." On Saturday, July 31st, almost ninety alumnae, along with spouses/significant others, came together to celebrate, reminisce and catch up with old friends at Mulvaney's Next Door. The common topic was, "can it really be 20 years since we graduated!!!" We all

dined on a wonderful spread of food, sipped cocktails, caught up with one another, and enjoyed a walk down memory lane as we watched a slideshow of the four years at St. Francis HS which also included updated pictures of alumnae. It was such a treat to see former classmates and visit with a few of our teachers as well. Mr. Schwing, Mrs. Gaines and Mr. McFadden were all in attendance and it was great to have them there. It was a wonderful evening that we will not soon forget. The class of 1990 continues to be a special class with so many wonderful people and great memories created while at SFHS! ❖



1. Class of 1990; 2. Tina Galaxidas Watts, Allison Lizzi, Lynn Beach, Amy Mahon; 3. Amy Logsdon Martin, Tina Galaxidas Watts, Amy Watson Krause, Mimi Borland Holtkamp, Kara LaBella Parker; 4. Niki Paulk Maurer, Andrea Bacchi Stone Amy Carissimi Herrick, Amy Logsdon Martin, Mimi Borland Holtkamp, Colleen Kuzmich Curtin; 5. Sheridan Whalen Miyamoto, Molly Fairley Harcos, Monica Sammanigo Byers, Susie Fox McGrath

SFHS CALENDAR HIGHLIGHTS

Revelry! 2010: *Under the Big Top*

October 23, 2010 • SFHS Campus • 5:00PM

Revelry's fabulous gala evening features delectable tastings from restaurants and wineries, silent and live auctions, live entertainment and more. More information is available online at www.stfrancishs.org.

Fall Musical: *Willy Wonka and the Chocolate Factory*

November 3-13, 2010 • SFHS Arts Complex

Please see page 24 for details. Tickets available online at www.stfrancishs.org.

Christmas Music Concert

December 3-4, 2010 • SFHS Arts Complex

St. Francis Orchestras, Jazz Ensemble, and Choirs

Lenaea Festival Performance

January 12-13, 2011 • SFHS Blackbox Theatre

Speaker Series

January 25 & March 1, 2011 • SFHS CLC • 7:00-9:00PM

Booster Club Crab Feed

February 5, 2011 • SFHS Gym

Winterfest Dance Concert

February 18-19, 2011 • SFHS Arts Complex • 7:30PM

Spring Play: *Piece of My Heart*

March 25-April 2, 2011 • SFHS Arts Complex

Please see page 24 for details. Tickets will be available online at www.stfrancishs.org.

Mother Daughter Fashion Show

April 8-9, 2011 • SFHS Gym

An annual tradition of fun and fashion for mothers & daughters... family & friends, too!

Spring Music Concert

April 12, 2011 • SFHS Arts Complex • 7:00PM

St. Francis Orchestras, Jazz Ensemble, and Choirs

21st Annual Booster Club Golf Tournament

May 16, 2011 • Del Paso Country Club

The major fundraiser for the SFHS Athletic Programs. Information available online at www.stfrancishs.org.

ALUMNAE ASSOCIATION CALENDAR OF EVENTS

Alumnae v. Varsity Water Polo Game

November 24, 2010

Run to Feed the Hungry: Team Troubie

November 25, 2010

Jerry Poole Basketball Game & BBQ

November 26, 2010 • SFHS Gym & Cafeteria • 5:00PM

Spring Fling

March 26, 2011 • SFHS Gym

3rd Annual Alum Father-Daughter Dinner Dance

June 18, 2011 • SFHS Gymnasium

Alumnae – invite your dads or father-figures- or adopt a fellow alumna's dad. Reach out and invite another alumna to join you and your dad! Your dad may want to catch up with his buddies and your friends just as much as you look forward to seeing your friends!

Alum Mom Reception

Fall 2011 • Theatre Foyer

Alumnae come together, reconnect with former classmates, reminisce about their time at St. Francis and share stories of what SF life is like now from a mother's perspective. www.stfrancishs.org

SING TO THE LORD, ALL CREATURES!

WORSHIP GOD WITH YOUR JOY;

PRAISE GOD WITH THE
SOUND OF YOUR LAUGHTER.

KNOW THAT WE ALL BELONG TO GOD,
THAT GOD IS OUR SOURCE AND OUR HOME.

ENTER GOD'S LIGHT WITH THANKSGIVING;

FILL YOUR HEARTS WITH GOD'S PRAISE,

FOR GOD'S GOODNESS
IS BEYOND COMPREHENSION

AND GOD'S DEEP LOVE ENDURES FOREVER.

PSALM 100

THE ST. FRANCIS HIGH SCHOOL
COMMUNITY MOURNS THE LOSS OF
THE FOLLOWING ALUMNAE:



Shirley Whiting White '53



Nan Blair Woods '53



Margaret Mary "Peggy" Castaneda Spencer '55

ST. FRANCIS HIGH SCHOOL MEMORIAL AND TRIBUTE PROGRAM

Contributions in honor or memory of a loved one go directly to the St. Francis High School Scholarship Fund, providing financial assistance for students. Your gift will be recognized in the *Pax et Bonum* Annual Report edition in the fall. Remembrance cards are sent to the family as requested, with no donation amount mentioned.

In honor of _____

Occasion, if applicable _____

In memory of _____

Please send remembrance card to _____

Address _____

DONOR INFORMATION

Your name(s) _____

Address _____

Phone Number _____

E-Mail Address _____

Donation to Scholarship Fund \$ _____

Send to: St. Francis High School • 5900 Elvas Avenue • Sacramento, CA

ST. FRANCIS HIGH SCHOOL
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5900 ELVAS AVENUE
SACRAMENTO, CA 95819

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UNDER THE BIG TOP

**\$85
PER PERSON**

**OCTOBER 23, 2010 AT 5:00PM
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