



# The Mandolín

Issue 83

December 10, 2015

“Spread the word.”

St. Francis Catholic High School

## El Día de los Muertos

By SOPHIA FOX '16

Second quarter is often considered one of the most exciting times at St. Francis. We experience the craziness that is homecoming week, see the shortest freshman and the tallest senior come together to light the Christmas tree, and go into minor food comas on both Halloween and Thanksgiving. Beyond the SF community, however, a different kind of celebration takes place.

El Día de los Muertos, or the Day of the Dead, is one of the most important cultural celebrations in Latin America. With its origins in indigenous tradition, the Day of the Dead is a time for families to come together and honor all their loved ones that have passed away. This holiday coincides with the Catholic celebrations of All Saint's and

All Souls Day on November 1<sup>st</sup> and 2<sup>nd</sup> and has evolved into a religious, as well as cultural, tradition.

El Día de los Muertos is a joyful time during which families reflect on the lives of their loved ones. Each home usually builds an altar with pictures of the departed as well as some of their favorite foods, drinks, flowers, and candles in hope that their spirits will return to enjoy what has been left for them. On the night of November 2<sup>nd</sup>, families will typically go to the cemetery and decorate the graves of their loved ones, staying late into the night to share fond memories and offer prayers for their loved ones.

For the past fifteen years Día de los Muertos has been celebrated at St. Francis as well. To celebrate, students in

Spanish classes create their own altars for a loved one and display them in the library. This project allows students to not only learn more about the culture of Spanish speaking countries, but their own families. Sophomore Kate Fernandez, whose grandmother emigrated from Cuba, said that the project, “Gave me a chance to go back and look at her life. It made me respect what she did in order to get where she ended up,” while junior Brooklyn Lozano commented that the project “make[s] you think about them [the deceased] more” and allows “you [to]

notice more details about them.”

Ms. Walker, one of St. Francis' librarians, has been active in creating the Sacramento arts community altar, Altares Del Mundo, since the 1990's. She enjoys participating in Día de los Muertos celebrations because they “illustrate the universal truths and beliefs shared by our country's diverse cultures.” When asked what she considers most important about St. Francis's student altars she said, “By displaying them we hope to share [the student's] creativity and honor cultural traditions that make us a glob-



Día De Los Muertos Altars in the Library.

COURTESY OF: SARAH ERCEKNBRACK

al family.”

## ISIS Targets Paris

By CATHERINE DUGONI '16

On November 13<sup>th</sup>, terror reverberated throughout Paris, France. Beginning around 9 pm, at least six coordinated attacks were launched in the 10<sup>th</sup> and 11<sup>th</sup> arrondissements of the city. The largest one occurred in Le Bataclan concert hall, where armed attackers entered the theater and took at least 100 people hostage. Reports detail that the assailants indiscriminately fired on the crowd. Some witnesses say that the attackers shouted, “Allahu Akbar” and “This is for Syria,” during the attack. Just across the city, suicide bombers detonated their explosive belts just outside the Stade de France, where the French and German soccer teams were competing. Other gunmen arrived in the Right Bank area of Paris and attacked a

local restaurant and bar—Le Petit Cambodge and Le Carillon—on the Rue Bichat. A little over 500 yards from the shooting on the Rue Bichat, another group of gunmen attacked the Casa Nostra Pizzeria in Rue de la Fontaine Roi only ten minutes later. The

assailants then drove about a mile south-east and attacked La Belle Equipe Bar in Rue de Charonne. Chaos erupted in the city as ambulances sped through the streets and people fled to find

safety. Hospitals saw in a massive influx of injured people and worked to accommodate the growing number. Over 1,500 police and military personnel were sent to Paris to respond to the attacks. From these six attacks, at least 129 are dead, hundreds are injured, and 99 are currently in critical condition.

Seven of the known attackers, three of which were suicide bombers, are now dead after the French police stormed the concert hall. The government declared a state of emergency and placed the military on high alert as they closed the country's borders.

These attacks come less than a year after the attack of the satirical magazine, *Charlie Hebdo*, and it is the most violence France has seen since the end of World War II. The French President, Francois Hollande, declared this an act of war that will not be tolerated. In an official statement, Hollande vowed repercussions for the violence experienced. Some officials believe that these attacks are a result of France bombing ISIS targets in the Middle East. ISIS claims responsibility for the attacks, and has threatened that this will be the first of many to come, but nothing has been confirmed yet.

President Francois Hollande declared November 14<sup>th</sup> through the 16<sup>th</sup> national days of mourning and closed various tourist attractions, such as The Louvre and the Eiffel Tower. Multiple sporting events were cancelled and schools, public libraries and museums were closed. While the Eiffel Tower turned off its lights in mourning, countries around the world illuminated their capitals and famous landmarks with France's colors, promoting a move-

ment for solidarity. People in every country commented about the attacks and the need for peace throughout the world by trending #PrayforParis on Twitter. World leaders, such as Queen Elizabeth II, President Barack Obama, and Prime Minister David Cameron, have all responded to the attacks and sent their condolences to the French people.



People of Paris remember those lost in the attacks PHOTO COURTESY OF GOOGLE IMAGES

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# Run to Feed the Hungry

By TERESA ALEM '19

As a record number of you are already aware, Run to Feed the Hungry, The Sacramento Food Bank and Family Services organized fundraiser, is an annual 10K and 5K marathon that starts from J Street, and goes through some of the most beautiful spots in East Sacramento. This spirited race began in 1994 when the first 796 joggers showed up for the inaugural fundraiser. Since then the number has been raised to nearly 30,000 participants each year (ALL TROUBIES). JK but really, how awesome would it be if our small community could become a large portion of this massive tradition? Run to Feed the Hungry provides food, clothing,



The 2015 Team Troubie poses before Run to Feed the Hungry

PHOTO COURTESY OF KELLY SHEFFIELD

education and hope to 150,000 men, women and children each year thanks to the community's support. This year, in honor of SF's 75 anniversary, Team Troubie is planning to bring their "A" game and break the record of the most people participating in the race. As a fun incentive, all the girls who sign up for the race will receive some snazzy Run to Feed the Hungry jackets and t-shirts. So grab your sneakers and be ready to Team that Thanksgiving dinner. Let's go team Troubie! Your contribution and support will be felt by thousands of families in need throughout our community.

# Lunch With Former First Lady Hillary Clinton

By LILLIAN ENES '16

On November 4th, I accompanied my father to the Tsakopoulos Library Galleria, located in downtown Sacramento, to meet the democratic presidential candidate, Hillary Rodham Clinton. The library was surrounded by security and every local news network. Seeing that I am extremely interested in American politics (shout-out to Mrs. Roman), I was ecstatic to meet the former First Lady. The crowd of around 150 attendees earnestly waited an hour for Clinton to arrive, and once she did, there was a frenzy to enter the line for pictures with her. My interaction with the presidential candidate was short and sweet with a "Hello, what is your name?" and a "Thank you for your support." I shook her hand, and was able to snap a quick, over-enthusiastically smiling picture. After the photo session ended, everyone gathered around a small podium to hear Clinton speak about several hot button topics (much of which was featured on my Snapchat story). In her address Clinton's first order of business was women's rights and equal pay. She is ready to put an end to the current system which allows women to be paid 77



Hillary Clinton

PHOTO COURTESY OF LILLY ENES

cents to every dollar a man makes. Clinton spoke of giving women pro-choice rights and working for LGBT equality. In her next point she proposed ending gun-related violence, one of America's prominent concerns, by enacting stricter regulations on the buying and selling of guns. Clinton also touched on raising middle-class income, providing affordable health care for all Americans, and establishing more comprehensive immigration reforms. The central driving point of her speech was about the American Dream. Clinton explained that her grandfather was a factory worker, like many working-class citizens in the late 1800s and early 1900s. The fact that the granddaughter of a factory worker is now running to be president is a true manifestation of the American Dream. In the conclusion of her speech, Mrs. Clinton expressed her desire for everyone to experience the true American Dream. I will always remember meeting this prominent political figure and cherish my picture with Mrs. Clinton forever. You never know, I might eventually brag to my grandchildren about how I became besties with the first female President of the United States!

# Christmas Concert

By ELIANA KONTOKANIS '17

As winter rolls around, it can be difficult to enjoy the Advent season without thinking of finals. Thankfully, the SFHS Choir and Orchestra put on a Christmas Concert every year to give everyone a festive break from studying. The performance is always a Friday and Saturday night right around finals (this year the performances were on December 4<sup>th</sup> and 5<sup>th</sup>). Christmas songs of all forms can be heard from the Concert Choir, Chamber Choir, Vocal Solos, and Orchestra. The songs ranged from Latin, Old English, and modern compilations of classics. It's easy to be entertained by such wonderful theatrics, beautiful voices, and instruments. The show was the perfect chance to take a breath and remember what Christmas is all about: time with family and friends spent in celebration and anticipation for Christ's birth. Don't forget to thank all of the performers, techies, and staff involved in bringing Christmas joy to us finals-crazed Troubies!



2015 Christmas Concert brochure

PROGRAM COVER ARTWORK BY HANNAH NGUYEN '15



# China Abolishes One-Child Policy

By TAMMY LEE '18

It's been a nearly a month since China put an end to the infamous one-child policy it was known for. This policy was China's attempt to contain its enormous population of nearly 1.4 billion. In recent years, however, the law has been reviewed. Some of the Chinese have reacted positively to this news, while others are fearful. China is now facing unforeseen problems, following the abolishment of the policy.

In 1949, leader Mao Zedong and his communist party took over China. Zedong created radical change for China including, amendments to the birth policy. He encouraged China to multiply in order to expand the workforce; thus, China's population jumped from 400 million to a billion in the span of 30 years. Some couples started families of 10 to 16 children. With this rapid increase in population, China struggled to support its rapidly growing population, leading to events like the Great China Famine of 1959. Starvation, lack of shelter, and improper hygiene attacked the Chinese population. China knew reforms had to be made for the betterment of society.

After Mao Zedong's sudden death in 1976, the Chinese government established the one-child policy in 1979, hoping to cure overpopulation. The policy limited Chinese couples to one child. If any couple were expecting a second child, an abortion was mandatory. Over time the repercussions for having a second child softened. Instead demanding an abortion, the Chinese government discour-

aged having a second child through monetary manipulation. First-born children would be offered access to health-care and education for a cheaper price, while younger children would be charged higher prices for these benefits.

The one child policy proved to be successful in keeping China's population constant; however, it proved to have negative effects on China's future. As of 2015, 9.6% of China's population was over 65 and was expected to grow even more. As the amount of national tax income starts to decrease, Chinese leaders are worried that there won't be enough young, bright people to carry out the economic needs of the country. The gender ratio has also been distorted; three out of four Chinese are said to be male, making reproduction more difficult. The policy also had a negative psychological

effect on Chinese children. A study of children in Beijing by a group of Australian researchers in 2013 used a series of games and surveys to test behavioral traits. University of Melbourne economist Nisvan Erkal explained to BBC News that researchers found "people born after the policy, and who are single children because of the policy are significantly less trusting, less trustworthy, more risk averse and less competitive." Surveys revealed the children were also more pessimistic and less conscientious.

Many couples were overjoyed when they heard the news about the end to the one-child policy. They feel as though having however many children they desire is a right. On the other hand, there are couples who remain committed to the policy even though it has been lifted. This commitment is due in part to the high expenses of raising children in China. With a graying population and declining economy, the new Chinese generation has been given the vital task of bringing China to its former glory.



Now parents will be able to have more than one child.

PHOTO COURTESY OF AUSTRALIAN ABC NEWS

# Malala Yousafzai's Fight for Women's Education

By SOPHIA FOX '16

From the marches led by Martin Luther King Jr. to the impoverished lifestyle of Mother Theresa, the world has seen many revolutionary leaders. In her fight for women's education, Malala Yousafzai has proven herself to be one of these great reformers. At only 18 years old, Malala has survived a terrorist attack, globalized the discussion of educational rights, and won the Nobel Peace Prize. Seemingly against all odds, a girl from a small town in Pakistan has risen to become the defining voice of our generation.

The seeds of activism were sown early for Malala. Her father, Ziad, is an anti-Taliban advocate and the founder of the school in Pakistan that Malala attended. Malala's crusade for women's education began in 2008 when the Taliban began to take control of the area in which she lived. She gave speeches denouncing the Taliban's efforts to deny girls of an education and began to write a blog for the BBC under a false name.

Malala's fearlessness in confronting a terrorist organization helped to bring attention to her mission, but also put her life

in danger. At the age of 14, The Taliban issued a death threat against her and, despite serious doubts that they would harm a child, carried out an assassination attempt on October 9, 2012 in front of many of her classmates. Yousafzai made a full recovery and has since expanded the reach of her advocacy.

After becoming the youngest ever recipient of the Nobel Peace Prize in 2014, Malala has written a book, established a school for children fleeing the conflict in Syria, and set up a non-profit, The Malala Fund, to empower young women around the world and help them get an education. As pointed out in her Books Not Bullets campaign, if the world diverted 8 day's worth of their average military budget to education, every child in the world would be able to receive 12 years of free schooling.

Education, as Yousafzai defines it, is not simply the daily burden that many face; it is a fundamental right denied to millions of children, particularly girls, around the world. It is easy to look at Malala as one extraordinary young woman but the truth is her story is sickeningly similar to that of thousands

of others. What makes Malala so vastly important to our world is that she is telling a tale to which most of us could

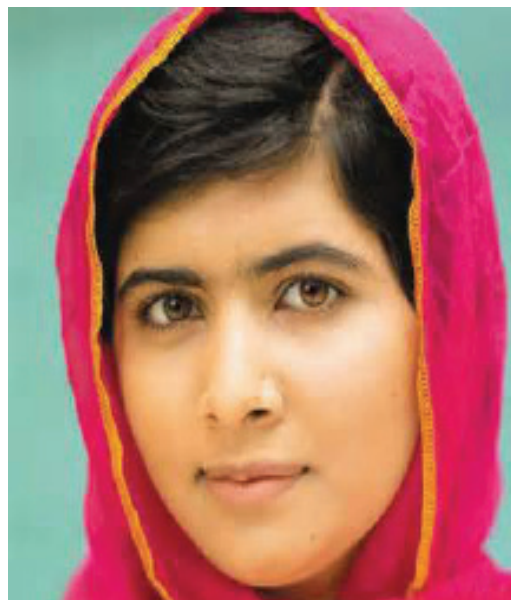


Malala addresses audience at We Day in the UK

PHOTO COURTESY GOOGLE IMAGES

young women around the world.

easily turn a blind eye. In her book *I am Malala*, she challenges us not only to see the problem, but also to become part of the solution. Under the leadership of Malala Yousafzai, just as the revolutionaries before her, real change is a blossoming reality. Look out for the soon to be released movie, "He named me Malala," honoring the work this young woman has done to further educational rights in her country and to improve the lives of



Malala Yousafzai

PHOTO COURTESY GOOGLE IMAGES



# Fall Musical: "Practically Perfect" as Mary Herself

By CATHERINE DUGONI '16

The lights brighten and there on stage stands Bert, played by Mitch Worrell-Olsen, on Cherry Tree Lane, singing the familiar tune of "Chim Chimney Chim Chim Cher-ee." The live orchestra begins to play and the scene begins in full swing. Characters chat and stroll through Cherry Tree Lane as Katie Nana quits her job as the Banks family's nanny. Winifred and George Banks immediately seek a replacement nanny, but the children, Jane and Michael Banks, have a few requirements of their own. The familiar childhood story then unfolds and gives way to the magical Mary Poppins as she becomes the nanny to Jane and Michael Banks. Mary introduces the children to Bert, an artist and chimney sweeper, as they take a stroll through the park. The statues soon come alive and join them in dancing to "Jolly Holiday." From "Supercalifragilisticexpialidocious" to "Step in Time," the cast danced in unison

and with enthusiasm as they performed the beloved childhood songs, which left the audience smiling throughout the duration of the musical.

The classic Disney musical that graced St. Francis's stage was "practically

pleased. The orchestra provided seamless transitions between scenes and produced the beautiful music for each song. The bright colors in the backdrops, props, and costumes only enhanced each scene and evoked a sense of childhood innocence in every heart of the

while Mrs. Banks, played by Junior Camryn Elias, sang beautifully during, "Being Mrs. Banks." Mary Poppins displayed her playful banter with lines such as, "Don't squeeze. I'm not a sardine in a tin can," causing the audience to chuckle in their seats. The musical taught valuable lessons throughout the show such as the importance of family, the need to be kind in one's life, and finding joy in every task and lesson. All of these lessons help us to remember to value our friends, families, and our childhood memories, as we grow older. At the close of the musical, Mary Poppins must leave as she is no longer needed, but nonetheless, St. Francis will not forget this amazing performance as the 2015 cast of *Mary Poppins*



The *Mary Poppins* cast poses at the conclusion of the famous song, "Supercalifragilisticexpialidocious."

PHOTO COURTESY OF LAUREN METZINGER

perfect in every way." From casting to costumes, the musical was thoroughly excellent in every aspect. Lauren Metzinger gave an excellent performance as she truly embodied the role of Mary Poppins. Her beautiful voice and talented acting skills would have made Julie Andrews very

audience. Each actor acted with genuine emotion, leaving the audience hooked on every word and melody. The hilarious Mrs. Brill, played by Junior Sophia Swinscoe, and Robertson Ay, played by Junior Mary Balesteri, provided an excellent source of comedic relief throughout the musical,

proved that there is magic in every spoonful of sugar.

## Christmas Horoscopes

BY SARAH ERCKENBRACK '16

The Queen of The Month - Scorpio  
(Oct 23 - Nov 21)

It's November, Scorpio; you are ready for things to begin. From Christmas to finals, you are ready for a new kind of entrance or to begin something fresh. Now is the time to really think about what you would like to do. Are you going to use those Scorpio smarts to design an easier way to manage those papers you've been hiding away? Or are you going to start a new kind of community service? Whatever you are passionate about, this month is the time to get ready...and go!

Your sign as a flower: Chrysanthemum

The Princesses...

Sagittarius  
(Nov 22 - Dec 21)

Fall has finally arrived and you, Sagittarius, are more than ready to take advantage of it. From the hot cocoa at Starbucks to the scarves you have planned out to wear this week, you know you are going to get the most out of your November. However, this month, instead of going and filling your schedule with all kinds of activities, take advantage of this weather and do a little self-evaluation. Make sure you are taking

enough time for yourself and if not, take a minute to relax. This way, when December and the holidays roll around, you will be prepared for everything!

Your sign as a flower: Narcissus

Capricorn  
(Dec 22 - Jan 19)

Happy November, Capricorn! For you, this month is about branching out into the social scene. Use this fall air to plan some fun activities, from picnics to Thanksgiving with your family. The Scorpio Sun will definitely make it all worth it. You may end up making more connections and friends than you previously believed! November is your month for connections!

Your sign as a flower: Carnation

Aquarius  
(Jan 20 - Feb 18)

Happy Thanksgiving, Aquarius! November bids good fortune for you and all your school/career goals! Now is the time to take advantage of things that can help you achieve what you are aiming for. From going to a teacher during their free blocks to picking up some extra hours at work, your diligence will make things happen! After all, the greatest satisfaction one can achieve

is the satisfaction gained from hard work.

Your sign as a flower: Orchid

Pisces  
(Feb 19 - Mar 20)

Pisces, this is your time to really show your c-o-n-f-i-d-e-n-c-e! November is your month to feel inspired and optimistic, factors that boosts your beautifully independent mood. Seek and find new places of interest, topics to look into, even music to inspire you! This month is about breaking the norm and taking the world by storm. As Dr. Seuss says, be who you are and say what you feel! Use this month to bring back you!

Your sign as a flower: Water Lily

Aries  
(Mar 21 - Apr 19)

November is an intense month for you, Aries. From the pressures of tests and projects to the excitement and preparations for Thanksgiving, you are hyper-focused on getting things done. Use this intense focus to finish projects that you may not be able to do in your spare time, read that book you have put away, or get to know people better. Each person has a depth that only few see - find it! Whatever you want to apply

your focus to, Aries, let your guard down and be real. Things will definitely turn out all right!

Your sign as a flower: Honeysuckle

Taurus  
(Apr 20 - May 20)

Taurus, this month is all about sharing. From sharing information to sharing hugs, November is the time to be focused on the balance of your relationships. You are independent and sometimes it may be hard to let your guard drop. Take this time to really keep an open mind in your friend and family relationships. Give more hugs and pats on the back and share in the good mood of the holidays. It will definitely help your relationships in the long run! It's the thanks that keeps on thanking!

Your sign as a flower: Poppy

# Wondering if Retreat is for You?: An Interview with Retreat Director Mrs. Murray

By CASSANDRA PERALTA '18

As we near Finals Week, it is important that we recall a particular opportunity presented to us by St. Francis that allows us to take a break from our rigorous schedules in order to explore our spirituality, the various relationships in our lives, and ourselves. I am of course talking about retreats.

Recently, I was granted the opportunity to interview Mrs. Maggie Murray, the Campus Minister of Retreats, who provided me with a much greater insight into what has become such an acclaimed, central part of St. Francis life. The following interview took place with Mrs. Murray's knowledge of my status as a sophomore and the fact that I had just gotten back from sophomore retreat.

**ME:** How long have you been in charge of retreats?

**MRS. MURRAY:** I started in September of 2014, so I've been here for a little over a year.

**ME:** Why did you decide, or rather what made you decide, that this is what you wanted to do?

**MRS. MURRAY:** Well I'd been doing ministry at the Newman Center for almost eight years when I got this job. I've always done ministry—I've been doing ministry for 13 years between high school and college, so this was just always a step in the next place. One of my favorite parts of ministry is retreats, so why not do a job where all I do is lead retreats?

**ME:** What's the most rewarding thing about getting to lead retreats?

**MRS. MURRAY:** Getting to see the girls transition/transformation from day one to the last minute of the retreat, seeing how they open up, what they get out of it, the little things, but also seeing you girls bond as sisters with your classmates.

**ME:** Do you have a favorite retreat? If so, which retreat and why?

**MRS. MURRAY:** It's hard to say I have a favorite retreat because I do four sophomore retreats, four junior retreats, I go on a Kairos, I lead the mother/daughter [retreat], I do the father/daughter [retreat], so they are all very different. But each one always brings something new to the table, always gives me an idea of who people are. Every retreat

is going to be different even though we follow the same script because the people are different. The leaders are different. And it's always nice to have that opportunity to see that transition, that transformation for everybody.

**ME:** Can you give some kind of background as to why retreats have become such a crucial part of St. Francis? How did it get to that point?

**MRS. MURRAY:** The reason, I feel, the retreats have become such a big part of the life here at St. Francis is—when you think about it, your first time on St. Francis campus is a retreat. It's your freshmen overnight retreat with orientation, with every single girl who's going to be in your freshmen class, and then your big sisters. So, your experience starts with a retreat. Then, throughout the year, every girl has the opportunity to go on mother/daughter or father/daughter [retreat], so they get that experience with their parents on top of it. Then you add each year they go on their class retreat leading up to Kairos. Each retreat builds on each other and allows for each student to learn a little bit more about herself, about her faith, and her journey here at St. Francis to allow her to see what she wants for herself and who she is as a person. And that is an amazing part of your experience here at St. Francis, not just in the classroom but outside the classroom that stands on one of our pillars, which is faith.

**ME:** You mentioned this earlier how retreats follow pretty much the same kind of structure, but are there any times that you guys decide to kind of shake things up and add something new? Or for the most part, is it the same format?

**MRS. MURRAY:** The goal, always, is to have the same format. But we never know what could happen with a retreat. For instance, last year, the second Junior retreat in October, we had to do it at the Newman Center at Sac State because we were evacuated because of a fire. So we adjust the retreat based off of the place we were and the time we had. So you have to be open to whatever God's plan is, whether it's mother nature or something happens and we just have to change it [the retreat]. It makes it a completely different experience for the girls, but they still get the retreat experience, and that's the most important thing.

**ME:** What do you usually do with the input you receive through the surveys sent out to students following their retreats?

**MRS. MURRAY:** The information asks you what was the most important part [of the retreat]. If it's the same theme—like girls will be like, "This was my favorite part"—we always know that we have to make sure that whatever happens, that's something that goes in the retreat if we have to change it. Another thing is, this allows us to [say], "OK, this is how they felt when they first got to the retreat when we welcomed them, so we need to make sure that we continue whatever we did. The other thing is, when you go on the junior retreat, it's a longer period of time. So it's important to see what really stands out so we know what we want to make sure we emphasize. Because it stood out to so many girls, we want to emphasize it. And the themes that, maybe, touched them to a point of understanding themselves better, we want to make sure that we do everything in our power to get that same experience to the next group of girls.

**ME:** Could you elaborate on the popular retreat phrase: "Doubt the first, cry the second, love the third, and live the fourth"?

**MRS. MURRAY:** It's the path of the retreat, because your Kairos retreat is your ending retreat, and it's a four-day retreat, so live the fourth goes with Kairos. The other ones are the embodiment of what you go through on a retreat—the process. If you open yourself up to the process, and you participate in retreat. Remember at the beginning of the sophomore retreat, I always say a retreat is not something that is done to you; it's something that you are a process and a part of. And you have to put yourself into that moment to get something out of it. So whatever you put into a retreat, you'll get out of it, and you have to be open to that. You can't be afraid of the crying, the doubting, or the misunderstandings that can happen on a retreat, because those are what will help you find the answers or help you learn more about yourself, or even learn about someone in your class that you had no idea was going through something.

**ME:** Why should a student go on retreat? What is your goal for retreats?

**MRS. MURRAY:** The goal for retreat is to get every single girl on every single class retreat because each retreat allows the opportunity for every girl to get away, to spend a moment not only with themselves but also with their classmates, and time for prayer and reflection with God. That in itself can help center you, help de-stress you, but also help you to learn more about who you are. And these walls are not just about book-

teaching, it's about teaching you as a female who you want to be when you leave these four walls. Who do you want to show to the world? And the best way to learn about who you want to show the world is to know who you are on the inside, and to express that in a retreat—your freshmen retreat is Body and Soul. Your sophomore retreat is Finding Strength in God. Your junior retreat is Celebrating your Gifts. Kairos is living out and knowing who God is. So, if you look at those, those are four major things that will help you not only be a better person for the people you meet, but be a better person for yourself. And a retreat allows you that moment to take time and get away.

**ME:** What's the best thing that anyone has ever told you about her experience? Is there anything that stood out to you?

**MRS. MURRAY:** I had one student say that a retreat leader helped her learn who she was a little bit better, to be open to who she is, and to share that with the world, and that she hopes she could do the same thing for another student.

**ME:** What do you think it is about retreats that cause students to develop such a love and appreciation for them?

**MRS. MURRAY:** On retreat, you get the opportunity to be in a small group in a large group to share who you are and to learn more about your gifts of who that is. And that's an important time, because we take away the technology of your phone and your iPad, we take away the books. So, we give you an opportunity to see things in a new light in a way that takes away the stresses of every day. And once you have that time to reflect, you realize, "Oh, this is important." And you do this more often.

**ME:** Finally, are there any last notes you'd like to say to those reading? Any misconceptions to clear up?

**MRS. MURRAY:** [To the reader] Don't be afraid of retreats. It doesn't matter if you've never been on a retreat, you can definitely be on a retreat. Enjoy the process. Be open to what the retreat will bring to you and realize that it's a part of the St. Francis experience, so embrace it.



# UN Global Warming Conference: Hope for Success

By AMANDA OSTROM '18

Climate change is a major issue that governments worldwide are being pushed to address and regulate. The consequences of climate change, such as rising sea levels and an increase in extreme weather events, can be extremely damaging and even irreparable. As the effects of climate change and public awareness of global warming increase, many governments are seeking new ways to prevent these consequences and reduce their countries' greenhouse gas and carbon emissions.

The 21st United Nations Conference of the Parties (COP21) is taking place in Paris, France, from November 30th to December 11th. It is a conference comprised of top government officials from various nations coming together to discuss climate change. The yearly goal for this conference is to reach a universal, legally binding agreement among the participating countries to reduce greenhouse gas emissions and stop global warming. Although they have not been able to formulate and enforce a plan in twenty one years, many officials have expressed hope that this year's conference will bring about great change. Over 200 countries will be sending representatives and delegations this year, including China and the United States of America, the world's top two carbon



Attendees listen to a panel at an informative meeting on the second day of COP21.

PHOTO COURTESY OF ARNAUD BOUISSOU

emitters. As our environment worsens and scientists provide more evidence of global warming, governments are becoming increasingly open to addressing climate change. Many countries that previously did not meet their pledges to reduce carbon emissions, or were hesitant to act, are now eager to make COP21 a success.

In past years, representatives and officials have had a hard time reaching an agreement. The twelve days of the Conference of Parties have proven to

be an insufficient amount of time, with several issues impeding progress. During a previous discussion, developing nations such as Bolivia and Ecuador were ignored as well as out voted by wealthier countries. The few universal agreements that were reached, such as the Copenhagen Accord, were hastily voted into action by some of the countries and were not legally binding. As such, many countries did not follow the established rules. Countries such as India, Venezuela and Cuba have been unwilling

to compromise on certain issues or have refused to participate as a means of protest. In addition, the monumental cost of climate change has been a major hurdle. Poorer countries have particularly suffered, unable to afford large-scale renewable energy sources while juggling the effects of natural disasters, disease, and other crises.

To combat these problems, the U.N. is implementing a new system using Intended Nationally Determined Contributions (INDCs). In it, each country contributed its own document detailing their plans to reduce their carbon emissions by 2025 or 2030, as well as mentioning other ways in which they will prevent global warming. This is beneficial because agreements can be drafted before the conference with the knowledge that countries are willing to accept them. Such preparation also gives the representatives more time to discuss and vote upon these issues during the conference. China, the United States of America, and India have already taken steps to prepare for this conference by setting goals to reduce pollution, experimenting with renewable energy sources, and using solar power. These actions, as well as the European Union's planned carbon emission cuts, serve as examples for other nations that could motivate them to take charge and help create a successful 21st United Nations Conference of Parties.

## Sierra Leone Declared Ebola Free

By GABRIELLA THOMAS '19

On Saturday, November 7, after 19 months of being diagnosed with the deadly disease known as Ebola, Sierra Leone, a country in West Africa is finally free. Ebola is a rare and deadly disease that is spread through direct contact with blood and body fluids of a person who already has or is showing symptoms of the virus itself. The Ebola outbreak has affected multiple countries in West Africa, but has had very little impact on the United States. The people of Sierra Leone were confirmed to have been diagnosed with Ebola back in May 2014. Since then 8,704 people have caught the virus and 3,589 have died from it. The WHO (World Health Organization), has traced back where Ebola originally started in Sierra Leone. They found that it originated from a funeral of a healer from Guinea who had treated patients with Ebola there. From then on, dozens of people died each week.

Ebola has spread to mainly Liberia, Guinea, and Sierra Leone and has killed 11,000 people all together. Ebola originally started in Guinea where it still persists today.

There, the citizens have suffered numerous outbreaks including 7 of them in the past month. Liberia was recently claimed to have been Ebola free for the second time and Sierra Leone is totally free, whereas the disease is still gripping Guinea tightly. The WHO organization, which first started in 1948 in Switzerland, has helped a great deal in the search for the cure to Ebola. Although there is no set cure, doctors and scientists are still looking for the remedy that will help the people of West Africa be free of this disease.

On November 7, people lined the streets to hear the news on whether or not their country was free of this disease. According to the WHO, it takes 42 days with no outbreaks before they can declare a country free of Ebola. When the WHO declared their announcement, people gathered with candles, jumped and danced for joy and the military band marched around. This all happened around a 600 year-old cotton tree. The dead were honored with silence as their names flashed across the screen. Wave after wave of celebrations followed throughout the days after and people made speeches, especially those who lost numerous members of their family.



Mohamed Kamara proudly holds a well-earned Survivor Discharge Certificate.

PHOTO COURTESY OF THE STATE DAILY

Survivors of Ebola still suffer from joint pain and vision problems. Doctors are now worried about the risk of relapsing patients. Some survivors, such as Fatmata Conteh, experience joint pain so painful they can't go to work and are unable to pay their rent adding to the stress that is already a heavy

burden upon their shoulders. Some patients have relapses and many are now worried about the well-being of those who are cured. Doctors all over the world now have high hopes that a set cure will be found. For now, Sierra Leone is celebrating their successful eradication of this deadly disease.

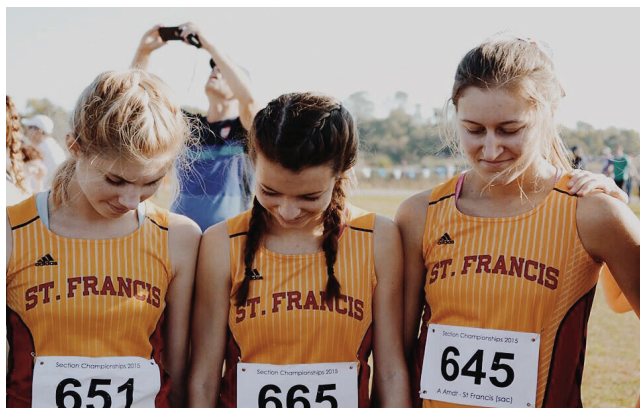


# Fall Sports Updates

By ERIN TOOLEY '19

## Cross Country Update:

The St. Francis Cross Country team had a very successful season. After recently completing the sub section meet, seven girls were selected from each team to compete in the section meet. The results from the section meet were outstanding. The varsity team received second place in the Division II section race, qualifying for the state championships. The junior varsity team received fifth place and the freshman/sophomore team received first place, winning the section title. These young ladies accomplished so much this season. Congratulations on a great "run!"



Cross Country Seniors Gabriel Dyer, Chase Worthen, and Ariane Ardnt

PHOTO COURTESY OF GABRIELLE DYER

## Tennis Update:

The tennis team is closing out an amazing season. They started out with a great win in the Best of Sacramento tournament. They then tied for the Delta League Champion title and the coaches named Avery Spector as MVP. The team advanced to section playoffs. After being awarded a bye in the first round, they defeated Vacaville in the second and won in the third. They were then defeated in semifinals by Rocklin, 7-2. Avery Spector, Kiya Jackson, and Kyla Jackson all qualified for individual and doubles playoffs, but lost in the end. This team had an outstanding season. Congrats ladies; we can't wait to see what you accomplish next season!



Water Polo celebrates their win

PHOTO COURTESY OF SALLY FERGUSON

## Water Polo:

St. Francis' varsity water polo team had a very successful season. After losing to Davis in the Delta League Title, 8-6, St. Francis won 6-5 in the Section Finals. They began playoffs with a 21-3 win over Enochs to advance to the semi-finals against Lodi. St. Francis came out on top with a 10-3 win. These Troubies brought home the blue banner for the first time since 2008 after playing Davis in the finals for the 12<sup>th</sup> consecutive year. There were 10 seniors on the team to claim the victory in their last high school game, while 3 of them have already signed to play at the collegiate level. Congratulations on a great season and claiming the section title!



Tennis honors their seniors on senior night

PHOTO COURTESY OF AVERY SPECTOR



Golf finishes their first round of post season

PHOTO COURTESY OF STEVE SHAFF

## Volleyball:

The volleyball team had a very successful season with a 20-16 record overall. They started off with a close loss to Christian Brothers in Holy Court but ended up growing as a team in the end. They finished third in the St. Francis Super 8 tournament. They entered playoffs hopeful and had a strong start with a win over Roseville to advance to the second round. The season came to a close after their defeat in the section quarter finals over Granite Bay, the no. 2 seed. The team lost seniors Abby Fitzgerald, Nina Sanfilipino and Ashlynn Fresques who has committed to play at Point Loma Nazarene in San Diego. Congratulations ladies on a successful season!



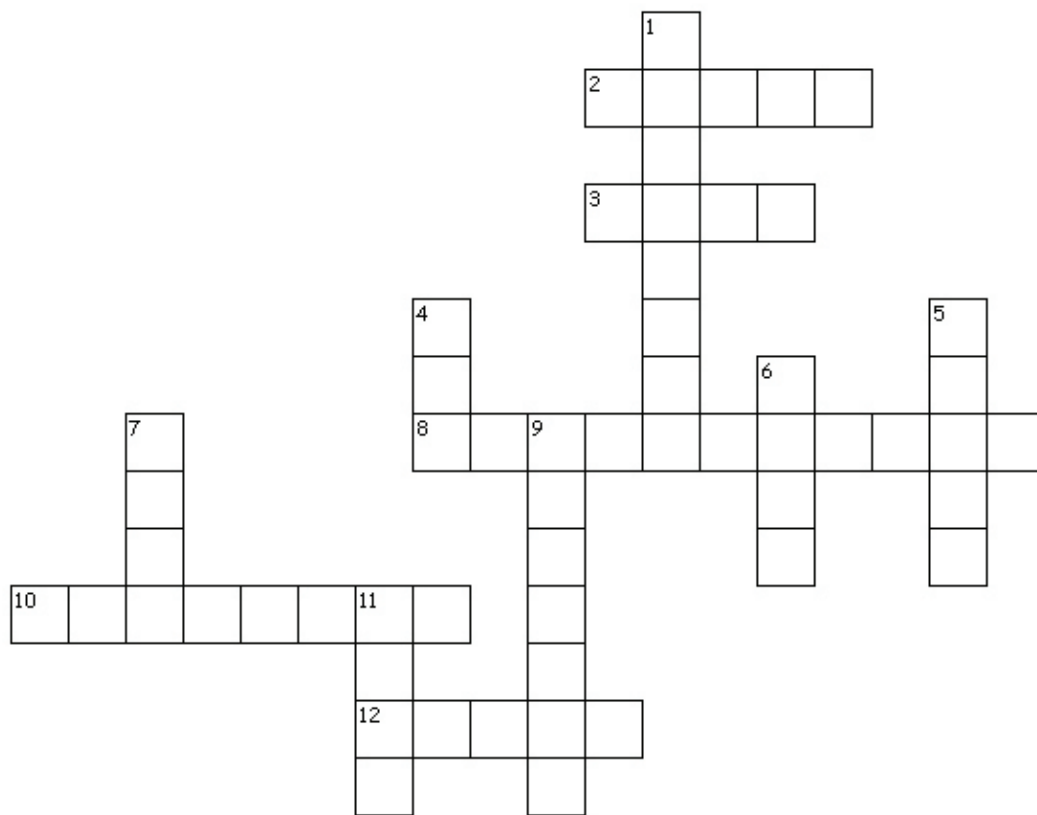
Volleyball celebrates their final match

PHOTO COURTESY OF STEVE SHAFF

## Golf:

St. Francis Varsity Golf had a momentous season this year. After completing all their dual matches undefeated, and being named Delta League Champs at the last Center Match on October 19th at Haggin Oaks, the Troubies moved onto post season with hopeful attitudes. Following a tough day at Silverado Golf Club in Napa, where the Section Division I North tournament was held, the team narrowly slid into the Masters tournament. The team fought hard to continue on to Nor Cals, but unfortunately fell just short, missing the cut by ten strokes. It was a tough loss for the Varsity Golf team, which will lose five seniors this year. Congratulations to the team for finishing their regular season undefeated and for claiming the Delta League Title!

# Christmas Crossword



## Clues for the Crossword

### Across

2. Christians celebrate his birthday on December 25th.
3. White fluff that falls from the sky.
8. Things one puts on a tree.
10. What people give at Christmas.
12. The little individuals who truly make Christmas happen.

### Down

1. Animals that carry a jolly man around the world.
4. Color the jolly man (who sneaks down chimneys) wears.
5. Man who sneaks down peoples' chimneys.
6. Something that goes atop the tree.
7. Old name for Christmas.
9. What one gives the man who sneaks down peoples' chimneys.
11. Plant people hangs things from.

## Horoscopes Cont.

Gemini  
(May 21 - Jun 20)

This month, Gemini, is all about shaping up. From creating a new way to organize your room to feeling better, November has decided you are in charge of getting things whipped into shape! Now is the time to start preparing for the New Year by cleaning out all the emotional and physical baggage you carry from this one. This way, when the holidays roll around, you will be more than ready to take advantage of new things!

Your sign as a flower: Lavender

Cancer  
(Jun 21 - Jul 22)

November is your month to let yourself shine. Cancer, this period of time is all about courage and perhaps even a little romance. Push aside all those heavy worries and indulge yourself in the holiday magic! You may be feeling passionate and fiery so let it take you where it may! From new interests (both in people and activities) to new foods, let November wash over you. It will prepare you for the holidays!

Your sign as a flower: Acanthus

Leo  
(Jul 23 - Aug 22)

There is nothing like Thanksgiving to bring everything together! Lately, it seems as if everything has been running wild, Leo, and you are ready for some consistency. This month you are ready to bring it all together and settle it in

one place. Now is the time to do what makes you comfortable and get ready for the newness and excitement of the New Year!

Your sign as a flower: Sunflower

Virgo  
(Aug 23 - Sep 22)

November is your month to get creative! Virgo, it is time to spread your wings and get crafting. Write, draw, create - do anything that tickles your fancy. Find new topics that interest you and learn everything about it. Go into that coffee shop to try something new. Now is the time to take advantage of all the opportunities around you!

Your sign as a flower: Morning Glory

Libra  
(Sep 23 - Oct 22)

Fall has come and Libra, it's your time to get back on the straight and constant. November is the time to follow through with the plans you had made and continue studying for the upcoming finals. You may be feeling as if time is being crunched and you are focused on the bottom line. You are ready to get things done before the holidays roll around. When it does come, you will be more than ready to drink eggnog and share gifts!

Your sign as a flower: Rose

