Handolin Uhe St. Francis Catholic High School

May 1, 2018

"Spread the Word."

Issue 96

Sports Recap

By TALLULAH BAJAR '19

St. Francis athletics are well underway--winter and fall seasons are done, and spring is coming to a close very soon. Troubadours have victoriously earned great statistics and merits for their teams, personal gain, and overall athletic ability during the 2017-2018 year.

Fall and winter athletics--water polo, soccer, vollevball, cross country, tennis, golf, and basketball--ended with successful seasons, all being able to compete in Sac-Joaquin Section Playoffs. Water Polo concluded an outstanding season being selected to play in the first CIF Nor-Cal Division 1 championships, and seated as the No. 2 seed for the Sac-Joaquin Division I bracket, just behind Davis High School in the finals. Women's soccer was able to advance to the Sac-Joaquin Division I quarterfinals, unfortunately falling to Granite Bay in their final game. Soccer troubies earned an overall notable 16-6-4 record. Troubie golfers had a fantastic term, not only bringing home the Delta League title, but also shutting-out an undefeated season with eight wins. St. Francis volleyball had an amazing season this past fall not only making it to the Sac-Joaquin section finals, but also bringing in incredible seasons stats of 29 wins and 8 losses. Cross Country finished the Division II race as sixth overall and gained their sixth, Top 10 State Champion-



The senior signees line up for a photo taken on Signing Day. PHOTO COURTESY OF ST. Francis

ship. The tennis team landed an incredible season: finishing 12-0 undefeated in the League and 19-1 overall. Tennis won their 28th Delta League title, and their first Sac-Joaquin Section title. SFHS basketball advanced to the Sac-Joaquin Section quarterfinals, and earned the Delta League Championship title for the third time having a 12-2 league record.

Spring season is currently underway with softball, swim, track, dive, and lacrosse. Varsity softball having recent victories over Clovis East and Davis, with two wins already in the books for league. Swim team starting off their season with key wins against Delta League competition, Pleasant Grove, Sheldon, and Grant. On the run for championships, Track and Field scoring several personal bests in the 800, 1600, and 3200 events at the Woody Wilson Invitational, and winning second place in the shuttle hurdle relay at the Arcadia Invitational. Dive recorded the top six finishers at their latest meet against Christian Brothers High School, and JV and Varsity lacrosse are fresh off a win against CB, dominating the Falcons with whopping scores of 19-5 and 14-3 at Holy Sticks.

A big shout out to our thriving, senior signees, looking to compete for their colleges next year: Maggie Pinkston: Lacrosse, Benedictine University Logan Kelly: Basketball, Lewis and Clark College Erica Craduer: Cross Country, Creighton University Isabella Rudis: Cross Country, Chapman University Taylor Simpkins: Soccer, Point Loma Nazarene University Marlee Nicolos: Soccer, Santa Clara University Mary Baccay: Softball, Providence College Anissah Surita: Soccer, Folsom Lake College

Elizabeth Stodden: Equestrian, Fresno State

Anna Huber: Soccer, Wheaton College

Emily Bartylla: Swim, Occidental College

Alana Reyna: Cross Country/ Track and Field, Sonoma State

Sydney Ranker: Rowing, UC Berkeley

Aiyu Aimufua: Volleyball, University of Pennsylvania

Lauren Allen: Golf, Missouri S&T

Niki Barnes: Equestrian, TCU

Sydney Vandegrift: Cross Country/ Track and Field, UC Berkeley

Molly Wilson: Diving, Cal Poly

Kendall Carlsen: Rowing, Southern Methodist University



The senior signees line up for a photo taken on Signing Day. PHOTO COURTESY OF ST. FRANCIS

Congratulations, athletes! We can't wait to see you do great things in your colleges of choice, and we wish you the best of luck in all your future endeavors!

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Arts Recap

By FRANCESCA CHANG '19

This has been a good year for the Arts Department at St. Francis Catholic High School. During the fall, a production of *The Boy Friend* took place and during the spring, there was a production of *Two Gentlemen of Verona*, both which had amazing performances filled with singing, dancing, and humor. There were two art shows: one during the fall semester and one during the spring semester, as well as regional recognition for *Lady Bird*. Students also had the opportunity to go to the Lenaea Theatre Festival again and singers in classes, such as Chamber Singers, had noteworthy achievements.

The Boy Friend, a lively production that had the entire audience laughing, was about a rich British girl at a boarding school in France who falls in love with a boy; however, she isn't allowed to have a boyfriend because she's rich and oftentimes, people only want her money. In a previous interview, cast member Catherine Gisla '19 described the theatre community at St. Francis as "amazing" and said that the crew are always there to "encourage you and help you out with everything you need."

At the beginning of December of 2017, St. Francis also hosted the Christmas Music Concert on two nights. The concert was a success and later in the year, students in the singing classes were given the opportunity to be able to go to regional performances and or concerts that are widely recognized. Marissa Gandolfo-Gillaspy '19, a member of the Chamber Choir class, said about the choir performances, "I leave every chamber choir performance inspired by the power of music and grateful to be a part of a great community of voices."

The Chamber Choir class also had the opportunity to go to the Golden State Women's Choral Competition in March. The class is comprised of students from different grade levels and according to an Instagram post by the school, staff were invited to go see the singers before they went to the competition. At the Golden State Women's Choral Competition, students from across the Northern California region are brought together represent their school and have the chance to perform in front of large audiences.

Two Gentlemen of Verona was also another production on campus. Similar to The Boy Friend, it was a laugh-filled production that was based on the Archie comics. Two Gentlemen of Verona generated a lot of popularity because of how entertaining it was.

This year's Second Saturday Art Show, which took place both during the fall and spring semesters, featured art pieces from the different classes offered here at St. Francis. It had photos from the photography classes as well as paintings, and drawings.

This year, some theatre students who had participated in One Acts had the opportunity to go to Leanea. Leanea is a theatre festival that takes place over three days and showcases theatre productions. The students who went to the Lenaea Theatre Festival won third place for their production, which was titled "Property Rites." Property Rites was about Kyle Macmanus (portrayed by Fiona Ross '19), who had spent millions of dollars in building fifteen sculptures. Kyle had programmed these sculptures to fulfill actions with movements, dialogues, and more. Kyle is going to sell this structure but before he can do so, the structures come to life and the structures themselves work to achieve autonomy and begin to concoct a plan against Kyle. Other cast members included Laura Roberts '19, Samantha Garaygay '18, Mackenzie Holmes '20, Olivia Sloss '19, Aurora Giacobbe '20, Gabriella Thomas '19, Kalia Rucker '18, Ella Chalmers '21, Carson Killer '20, Maizie Steyding '19, and Natalie Edgar '20. The act was directed by Kiera Anderson and Cheryl Watson, both of whom teach theatre classes at St. Francis. The Lenaea High School Theatre Festival brings together schools all across California and is the largest high school theatre festival that takes place west of the Mississippi.

Open Mic Night, which took place in February, gave students a chance to be able to perform their talents for friends and family. Hula, ERA, and teachers had the chance to perform. At Open Mic Night, students sang and danced, some with friends.

There were also choir performances and dance performances. International Night will be taking place on Wednesday, April 18th, 2018. International Night will showcase performances by the Modern & Classical Language classes, including the Spanish and Italian classes, that will celebrate the cultures that the classes study through the use of dancing and singing. The students onstage will wear cultural dresses or costumes that will represent the cultures. Every year, this is a fun and lively production that can be a learning experience if one learns about another culture that they didn't really know about previously, such as their style of dancing or the use of colors in the costumes and what role they play.

Freshman Class Recap

By IZABELLA LEMUS '21

Our homecoming week experience was exciting, nerve-racking, stressful, confusing, and the best and most fun week of school. From our preps to our cheer and song practices, everyone gave their all. With all the hard work the Simbas put in, the freshman class did better than we could've possibly imagined. On Monday, we started off with the canned food drive; this was a challenging day since most of us didn't realize how many cans were really needed. Tuesday was sports day, and we tied first place with the sophomores and the seniors. This really brought our spirits up, proving to ourselves and others that we had a chance. Throughout the next couple of days, we started to wrap up our float, songs, and cheers. Thursday evening, everyone came together and used teamwork to get through

the night. The next day was our big day, the rally, where we got to show everyone how far we had come over the week and give it our all. I know I wouldn't change a thing, especially for it being our first year.



The Simbas during Homecoming Week. PHOTO COURTESY OF ST. FRAN-CIS

Sophomore Class Recap



The Pearls octopi our hearts.

PHOTO COURTESY OF GOOGLE IMAGES

Junior Class Recap

By HELEN HOFFART '19 and ROSE CONLIN '19

Junior year...what to say about junior year? Junior year has definitely been a roller coaster of emotions. It has finally hit all of us that we keep on growing up and there is no possible way to stop time from moving forward. 24 hours in a day...8 hours spent at school...2 hours for sports or academic teams...and an endless amount of hours for homework... and of course we have to have enough time for our naps. Junior year is often explained as one of the hardest years of high school and there is probably not a single Thumper who would disagree; however, through these challenges we have all grown closer as class.

The first day of Junior Year, we were filled with pride as we stepped onto campus as the new upperclassmen, then we were hit with the workload and rigor of Junior Year. We soon moved into Homecoming season and the spirit within the class immediately picked up. Everyone was helping; whether it was donating cans, showing up to sports day practice, or helping after school. Homecoming week was a whirlwind of emotions. The Junior class experienced the high points and definitely experienced the low points, but we did it as a class. For me, like many girls here at Saint Francis, Homecoming week is my favorite time during the school year. I get to interact with girls in my class that I normally never would. As the holidays approached, so did finals. As well as stress, the air was full of holiday cheer. Friends celebrated with gifts exchanges and holiday celebrations, while getting to forget, at least for a few minutes, the challenge of finals. Of course, like always, everyone survived finals and got a well-deserved break. 2018 was welcomed in and we returned back to school. The second semester was kicked off with a party in the USA. Everyone

danced, sang, and had an overall great time at the Junior Senior Open Dance. We jumped right back into our school work, sports, and extracurriculars without skipping a beat.

As we head into AP exams and finals, stress levels rise, but we can always fall back onto our fellow Thumpers. Overall, Junior year has been wild, and with the help of each other we have been able to (almost) make it through to Senior year.

Senior Class Recap

By GRACE CONLIN '18

Senior year has been a trip. We've experienced the highest of highs and the lowest of lows, but we've done it all together. The year started off with Senior Sunrise, a symbolic event that also provided great lighting for us to capture our youthful, hopeful faces before the reality of college apps set in. We relished the opportunity to show-case our cutest college sweatshirts, and smiled through the pain of the age old question: "So that's where you're going then?" No, but if a sweatshirt is cute, we're going to wear it. Even if the college does have a -10% acceptance rate.

Homecoming was soon knocking at the door, and the Class of 2018 certainly answered. The Force wasn't just with them- they were the Force. And one to be reckoned with too. They reached for the stars, and found the win they were looking for. Their decorations were out of this world. When it comes to skit, everyone knows our class can planet to perfection. This year featured rows of synchronized Storm Troopers, galactic light displays, and witty dialogue. All in all, it was a victory talked about near and far, far away, and a great way to celebrate our final Homecoming Week.

Then came finals, which were slightly less miserable than usual when we reminded ourselves that they were quite possibly the last finals we would ever take at SF (I mean, there's always college finals to look forward to but we're not gonna talk about those).

The New Year came around, and for many it was hard to believe that 2018 was finally here. "Class of 2018" took on a whole new meaning. Our year had finally arrived. Before we knew it school was back in session, we had finished our final college apps, and now settled down to wait for decision season in April. Second semester is when it has finally hit home that our time at SF is drawing to a close. We are making big decisions about where we are spending the next four years, what we'll be doing, and where our studies will take us. We are preparing for a new kind of independence, a new kind of lifestyle. We have made the most of our remaining time at Saint Francis, enjoying the company of our friends, reminiscing with our teachers, and frequenting all the favorite spots we have found over the years. Of course the approach of graduation also means that a serious case of senioritis has spread, especially after a Spring Break that felt a bit too much like summer.

Nevertheless, the Class of 2018 has made every moment count. We've laughed, cried, cheered, and learned together. We've never stopped swimming, and we certainly aren't about to stop now. So congratulations to the Se-

Senior Surveys

By THE MANDOLIN EDITING STAFF

For this year's Senior Surveys, we asked the Class of 2018 to answer four questions:

1) What college will you be attending? 2) Describe your St. Francis experience in 3 words. 3) What is your favorite piece of the SF uniform? 4) What is your advice to underclassmen?

- 1. Lauren Allen
- 2. Missouri University of Science & Technology
- 3. Stressful, meaningful, unmatched
- 4. SF Sports Sweatshirts on Fridays
- 5. Make friends with underclassmen so you have an honor guard.
- 1. Aiyu Aimufua
- 2. The University of Pennsylvania
- 3. one wild ride
- 4. Skirt
- 5. make friends and have fun, these 4 years fly by don't waste them
- 1. Alexis Areias
- 2. University of Southern California

- 3. Best experience oml
- 4. The old SF sweatshirt!
- 5. Do your best to meet everyone you can. You only have four years here, and there are so many relationships to be made. Don't pass up that opportunity, because the girls at this school are incredible. Make the most of your time here, because before you know it, you'll blink and it's over. #MLISF
- 1. Reesa Artz
- 2. Sweet Briar College
- 3. memorable, inspiring, encouraging
- 4. Sweatshirt
- 5. Be yourself! I know that it is much easier said than done. When you are showing your real

personality to the world you will attract friends that will love you for who you are.

- 1. Sydney Baichtal
- 2. Chico State
- 3. challenging, unique, fun
- 4. Fleece Pullover
- 5. Work hard, it will come back and serve you well :)
- 1. Niki Barnes
- 2. TCU
- 3. Memorable Exciting Lively
- 4. the skirt
- 5. Keep the precious and small moments you have at Saint Francis close to your heart because when

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senior year comes around, those are the moments that matter the most.

1. Annie Barrett

4

- 2. Idaho State University
- 3. challenging, fun, adventurous
- 4. the jacket
- High school goes by really fast so try not to want to be an upperclassman and just enjoy where you're at right now in your life because that's where you're supposed to be.
- 1. Kristen Bartow
- 2. UC Santa Barbara
- 3. Educational, stress, confidence
- 4. red vest
- 5. Keep working hard each year. High school is definitely a marathon not a sprint. You can do it :)
- 1. Anna Veronica Bourke
- 2. University of San Francisco
- 3. 1) Ever-lasting 2) Unique 3) Growth
- 4. Fleece 3/4 Zip-Up
- Enjoy your time while in high 5. school, especially St. Francis because there is no other school like it. Take time to realize that you shouldn't be hard on yourself. One does not have to take multiple AP and Honor classes to get into college. Effort and quality over quantity will have the most effect on your grades/work and personal growth. Lastly, love yourself. Learning to accept who you are will help you in the long-run with decision making both in and outside of school: love of oneself will help build you as strong female changers of the world.
- 1. Maddie Brown
- Cal Poly San Luis Obispo
 Growth, opportunities, and friendship
- 4. The fleece with the pockets
- Work hard, play hard. Keep up with your schoolwork but also remember to have a good time! Your four years go by so quickly, so cherish your time with friends and classmates
- 1. Audrey Camarillo
- 2. Pepperdine University
- 3. Amazing, crazy, unexpected
- 4. Long sleeve white polo
- 5. Don't get discouraged! There will be lots of challenges but nothing that you can't handle. Trust your sisters to help you out!

- 1. Alanna Carlin
- 2. Colorado State University
- 3. Fun, stressful, constructive
- 4. Sweatshirt
- 5. Study hard but make sure you leave time for fun
- 1. Caitlynn Chang
- 2. University of California, Irvine
- 3. Bundles of fun
- 4. Skirt
- 5. People will pull you down, but for Every negative comment Rises a more determined you. Show them you are more and Invest your Strength to prove Them wrong. (PERSIST)
- 1. Hannah Cole
- 2. Santa Clara
- 3. my second home
- 4. windbreaker for sure
- 5. Get some sleep. Even if you have an insane amount of homework due tomorrow, GET SLEEP.
- 1. Emily Cunanan
- 2. CSU Sac State
- 3. Best 4 years
- 4. Skirt
- Enjoy your time in high school because it's going to go by so fast. Seriously! Take your time being a high schooler; go to high school events, go to the dances, sports events, join clubs, but also don't forget to keep up with your grades too.
- 1. Paloma Kaufman DiMugno
- 2. idk yet '22
- 3. CARROT SOCK WEDNESDAY
- Cardigan
 Girl, chill
- 5. Gin, enin
- 1. Melia Dowd
- University of Oregon
 3.
- 4. Pullover sweater
- 1. Madison Enos
- 2. Purdue University
- 3. exciting, challenging, fun
- 4. Skirt
- My advice to underclassmen is to live in the moment and have no regrets. High school flies by so don't waste any time because it will be over before you know it.
- 1. Abby Erckenbrack
- 2. Unsure
- 3. normal sleep schedule?
- 4. Skirt
- 5. Don't be afraid to reach out to everyone in your class.
- 1. Bianca Escoto

- CSU Channel Islands
 full of surprises
- 4. Skirt
- 5. Apply to early action!
- 1. Katarina Fernandez
- 2. I plan to join Kiki Strike's Irregulars rather than attend an institute of higher learning.
- 3. Where'd it go?
- 4. The skirt.
- 5. Try to get involved with a group or organization on campus! There's something incredible about making a difference in the St. Francis community.
- 1. Nora Fluetsch
- 2. Santa Clara University
- 3. I made friends.
- 4. The rain jacket that is not waterproof
- 5. Actually read your assigned books. Sparknotes can only take you so far. About Sophomore year. After that the quizzes get strangely specific.
- 1. Nicole Frank
- 2. Texas Christian University
- 3. crazy, wild, spontaneous.
- 4. long sleeve white polo
- have fun and be weird; don't worry about what others think, because while you're having fun, they'll be wishing they were you.
- 1. Jackie Free
- 2. Boise State University
- 3. stressful, crazy, beautiful
- 4. skirt because that is my baccalaureate mass symbol
- live in the now. Don't worry about your future. It doesn't matter where you go to college as long as you're happy.
- 1. Olivia Fu
- 2. Harvard
- 3. eye-opening, lively, intense
- 4. the skirt!
- 5. Listen & ask questions. Your teachers and classmates all have their own stories to be told and bits of wisdom to be shared. (Did you know Deacon McFadden had a case that went to the Supreme Court? Did you know that Mr. P ate monkey brains and the world's hottest pepper/ and had a bodyguard??). Work hard and keep an open mind!
- 1. Mary-Louise Goodwin
- 2. Sac State baby!!!! Woohoo!!
- 3. Exciting!! Hard!! Lively!!
- 4. Our skirt 100%!!!
- 5. YOU ROCK!

I PROMISE YOU'LL GET INTO COLLEGE! I DID!! LOL DON'T LET WHAT OTHERS SAY BOTHER YOU! LOVE YOURSELF WITH EVERYTHING YOU HAVE! YOU'RE BEAUTIFUL! YOU'RE FUNNY! YOU'RE SMART! I LOVE YOU! YOU GUYS ARE ALL GOING TO KILL IT!

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Adrienne Graybill

Grand Canyon University

The Leatherman Jacket!

genuinely interested in.

University of Portland

The quarter-zip jacket

1. Jen Heideman

impactful

Isabelle Hesse

Live the 4th

Skirt

Skirt

enjoy it.

Abby Holt

Faith + Kindness + Achievement

Take classes that you love, and are

Opportunistic, eye-opening, and

Try out anything that interests

take classes that interest you.

You might unexpectedly find

Marymount Manhattan College

Life goes by very quickly, so

don't compare yourself to others

Montana State University

Educational, musical, and

never go without a free block

Fun, memorable, and quick

Go to the social events, go to

the sports games, do everything,

senior year goes by in a blink of

Cherish every moment because it

Kennedy Hornbuckle

University of Oregon

University of Portland

fun, hard, loving

Nicole Hopkins

entertaining

the skirt

Sweatshirt

an eye.

Fleece

Anna Huber

Wheaton college

will go by very fast.

Katie Isherwood

Wonderful, joyful, loving

something you really love.

you! Sign up for clubs and

- 1. Chapman University
- 2. Change, friendship, growth
- 3. The skirt!
- 4. Seize the day! Don't be shy. Be sassy, be tall, and go out there with a quiet confidence that says to the world, "I got this!" In other words, just believe in yourself, know yourself, and the rest will be taken care of.
- 1. Victoria Jacobo
- 2. Sacramento City College
- 3. Fun, Unique, Adventurous
- 4. Skirt
- 5. Enjoy every moment because you will be graduating in a blink of an eye.
- 1. Kiya Jackson
- 2. University of California, Davis
- 3. Challenging, cushioned, helpful
- 4. fleece sweater
- 5. Enjoy your years at Saint Francis the way you want. Don't let trends or peer pressure force you to be anything other than your true self. Also, when you're a senior, you'll get really tired of Saint Francis. My advice to deal with this is to recognize and reflect on the skills you acquired during high school and to nurture them as you go onto college and the future.
- 1. Kyla Jackson
- 2. UC Davis
- 3. Tiring, challenging, fun
- 4. Socks
- Do what you love, be who you are, find your passions, make friends, and enjoy everyday! Don't let other people put you down!
- 1. Emily Jones
- 2. Northern Arizona University
- 3. weird, fun, chaotic
- 4. sweatshirt, it's the most comfortable
- 5. Don't let senioritis get to you too soon.
- 1. Morgan Kaeser
- 2. TCU (99%)
- 3. Friends for life
- 4. Fleece
- 5. Get involved early and go on all retreats (especially kairos)
- 1. Logan Kelly
- 2. Lewis & Clark
- 3. love my sisters
- 4. windbreaker
- 5. time management is key
- 1. Bella Lake
- 2. Franciscan University of Steubenville
- 3. Stressful, spiritual, significant
- 4. Jacket
- Your physical and mental health take top priority. Take some days to reflect on yourself and rest. It will bring you peace, and will increase your ability to do well in class as well!
- 1. Lauren Liberatore
- 2. Sacramento State

- 3. Eye Opening, Genuine, Insightfu
- 4. Skirt
- 5. Get involved and try new things that interest you!! Be yourself and be open to change and growing into who you are becoming. Enjoy every aspect of St. Francis, especially SISTERHOOD because it is so special and deserves to be appreciated. And of course EAT CAF COOKIES!
- 1. Camille Lutes
- 2. Chapman University
- 3. What a time
- 4. Skirt 100%
- 5. Take advantage of every minute!
- 1. Maggie Malaney
- 2. University of Washington or TCU
- 3. some good times
- 4. my skirt
- 5. Meet as many people as you can and really take in everything SF has to offer because it is over too fast. Also don't worry about grades so much all the time, Have Fun !
- 1. Claire Mellberg
- 2. Northeastern University
- 3. Friends, Fun, and Homework
- 4. The white long sleeve polo
- 5. Start everything relating to college early
- 1. Krystle Nanoo
- 2. Northern Arizona University
- 3. A trip and a half
- 4. My skirt it's the most expensive and durable napkin I've ever had
- 5. Have fun! Go out with your friends! Study but don't let it consume your life!
- 1. Kate Neubuerger
- 2. Gonzaga University
- 3. Challenging, growth, discovery
- 4. SF sweatshirt
- 5. It will be difficult, there will be classes that will be tough to get through, but don't let disappointment hold you back and don't be afraid to try something new. Remember, not everything seems as big as it initially seems.
- 1. Sana Niaz
- 2. Sacramento State University
- 3. good, stressful, sisterhood
- 4. sweatshirt
- 5. Slow down. Enjoy your youth, and make the most out of your high school experience.
- 1. Sophia Nguyen
- 2. UC San Diego
- 3. So little sleep.
- 4. Skirt
- 5. High school is a time for self-discovery! Get involved off and on campus, meet new people, and always try to find time for yourself, even though it may be hard. And go on Kairos!
- 1. Carmen Ocazionez
- 2. Santa Clara University
- 3. Insightful Fulfilling Overwhelming (at times)

- My scrunchies/hair ties
- 5. Take advantage of all the opportunities SF has to offer. Join as many clubs, sports and academic teams as possible because you might discover a hidden talent you have never pursued before.

5

- 1. Jessica Oloriz
- 2. Creighton University
- 3. It's over already?
- 4. Skirt
- 5. Don't procrastinate. Your life will be so much easier if you do your work as it's assigned. Carve out some time in your schedule where you can just sit and work, even if that means getting to school at 6:30 every morning. Use your time at school wisely. The more you get done, the lazier you can be at home.
- 1. Kaitlynn O'Neill
- 2. Creighton University
- 3. Challenging but fun
- 4. Fleece jacket
- 5. Enjoy each year here, don't just sprint to the finish line...also don't procrastinate.

I advise underclassmen to get involved with as

many extracurricular activities as they can. By

discover your true passion. Despite all the work

times that you will cherish long after high school

academics, sports, faith, or service and stick with

it. There is truly something for everyone and there

are so many beautiful opportunities waiting to be

The skirt. It's so much easier than wearing pants.

Take advantage of naps whenever and wherever

Go to everything you possibly can (dances or

sporting events or others) because pretty soon you

you have, the experiences you obtain through

clubs and other teams are the most important

is finished. Find your interest, whether it be

doing different activities, you will be able to

- 1. Saleena Ordorica
- 2. University of San Diego
- 3. Enriching through Faith
- 4. Crazy Socks

seized

UCLA

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1. Becky Phelan

It flies by.

you can.

Molly Pirnik

The Hoodie

Libby Price

Boise State

Fleece

Fun exciting new

Abby Prichard

a little stressful

Socks

won't have the option.

Boise State University

don't stress too much

Baylor University

Sisterhood, Fun, Excepting

Try something new every year!!!

5.

May 1, 2018

My bright pink crocs paired with

my fuzzy unicorn socks.

parties in the parking lot.

San Diego State University

Appreciate every second of high

Independent, stressful, rewarding

It's only a grade. Everything will

school, 4 years fly by so fast!

Penelope Zavala

blazer of course

fun flew by

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1. Lauren

Gonzaga

Windbreaker

work out in the end.

Chynna Hinrichsen

friends to lean on!

surviving and thriving

Maggie Swanson

The Cardigan

Grace Horner

Sarah Huggins

Nothing but fun

Quarter zip fleece

Lauren Sylvester

Quarter zip fleece

Julia Boston

2. I don't know

Creighton

The skirt

Cal Poly San Luis Obispo

Wind breaker

San Du

Skirt

Undecided

USC or UC Berkeley

challenging, valuable, fun

No matter how hard school gets,

you will always have your SF

Embrace the little moments and

find yourself a Lauren Liberatore.

Memorable, Challenging, Loving

Enjoy the rest of your high school

experience while it lasts and try

to make the most of it no matter

how difficult it may be. Always

remember that everything happens

for a reason and not to stress too

much on the little things.

Between Cal Poly and LMU

Love each other and stay focused.

Southern Methodist University

Awesome, Fun, Loving

Late starts were made for car

- 1. Isabella Quiniola
- 2. Folsom Lake College
- 3. Chill, crazy, canty

6

- 4. Sweatshirt
- 5. Senior year is hard. But have fun!
- 1. Amanda Roina
- 2. Colorado State University
- 3. Exciting. Eventful. Engaging.
- 4. The Fleece Jacket
- 5. Take an honors or AP class sophomore year if you can. Study for the SAT months in advanced.
- 1. Alexandra Romero
- 2. University of Nevada, Reno
- 3. fast, happy, memorable
- 4. The jackets-- especially our windbreakers
- Stay on top of the reading for all your classes :^)
- 1. Isabella Rudis
- 2. Chapman University
- 3. Best time ever
- 4. My khakis ;)))
- 5. Go on kairos!!
- 1. Claire Russell
- 2. Gonzaga University
- 3. Tech, Friendship, Community
- 4. rain jacket
- 5. Get involved!
- 1. Chase Saca
- 2. University of Notre Dame
- 3. Love, Community, Eye-Opening
- 4. Rain Jacket
- 5. Don't stress. Would you rather look back on your high school experience and remember studying for a test till 2am in the morning or would you rather remember enjoying yourself and your time at SF?
- 1. Natalie Sanfilippo
- 2. The University of San Francisco
- 3. Memorable, difficult, but so fun!
- 4. Skirt
- 1. Madelyn Schildmeyer
- Point Loma Nazarene University
- 3. Faith Friends Love
- 4. Cardigan
- Take classes you enjoy. It is easier to stay motivated and do homework when you are interested in what you are doing.
- 1. Makayla Scott
- 2. Pepperdine University
- spirited, crazy, and overwhelming
 Skirt
- 4. Skirt
- 5. if you are going to be a few minutes late might as well be a class or two late.

- 1. Savanna Sherwood-McGrew
- 2. Sacramento State
- 3. growth, surprising, inspiring
- 4. Skirt
- 5. the sooner you realize how amazing and unique you are the happier you'll be :)
- 11 5
- 1. Amanda Sieverts
- 2. UC Davis
- busy, enriching, supportive
 Fun socks! (technically not part of
- the uniform... but it basically is)5. Write your college essays the summer before your senior year!
- (or at least get a good start on them) I know writing essays isn't a fun way to spend your summer, but it will make your senior year 100000x easier. Also, do something different over the summer like getting an internship, job, research program, etc. It's a great way to meet new people outside of St. Francis, but it will also give you a lot to talk about on your college applications and help you stand out.

But most importantly... have fun! Go to all the dances, sporting events, retreats, etc... even if you don't want to. You are only in high school once, so don't take it for granted.

- 1. Lexi Spencer
- 2. UC Santa Cruz
- 3. stressful, home,
- 4. Club shirts
- 5. Always prioritize your own health and happiness.
- 1. Anna Tierney
- 2. University of Washington
- 3. fun, growing, friends
- 4. sweatshirt
- 5. School is stressful, but don't engage in, or feel pressure to start competition with your fellow troubies. In the end, you'll find a college that fits for you. Don't beat yourself up over a bad grade, but at the same time, try your hardest to succeed. Find a good group of friends and cherish them. If you let them, these girls can stick with you for the rest of your life.
- 1. Sydney Vandegrift
- 2. UC Berkeley
- 3. Memorable, inspiring & sisterhood
- 4. Skirt
- 1. Isabella Vazquez
- Gonzaga University
- 3. Maturing, adventurous, loving

- 4. Classic hoodie
- 5. Having a social life is important and trying new things is eye opening and amazing, but don't forget to focus on academics because come senior year you don't want to regret what could have been. Also spend as much time with family as possible, and remind people of how much you love them often.
- 1. Veronica Wagner
- 2. Dominican University of
- California
- 3. Amazingly unforgettable
- 4. fleece zip up
- 5. I know it seems rough at times, but keep pushing and you will succeed.
- 1. Jordyn Walker
- 2. Undecided
- 3. Amazing, fun, difficult
- 4. Skirt
- 5. To pay attention in every class no matter how bored you get. Turn in all your work, because late work will still give you points and might help your grade. And to have fun and treasure every moment you get at SF because it truly is amazing. Also to go on KAIROS!!! I know everyone says it but honestly it's the best things SF could give to us students!!
- 1. Lauren Wilbur
- 2. Sac City
- 3. Hard, helpful, family
- 4. The sweatshirt with pockets.
- 5. Try to have a free block every year. It keeps you sane.
- 1. Lisi Witham
- 2. Either USF or Columbia university
- 3. crazy, fun, stressful
- 4. Polos

4.

5.

1.

2.

3.

- 5. Make the most of your time with friends!! It goes by too fast :,(
- 1. Bailey Yates

Sweater

Empowering

Loyola Marymount University
 Enlightening, Encouraging,

Sign up for retreats! Sophomore,

Junior, and Kairos. Retreats are

some of the best experiences at

offer this unique opportunity to

really evaluate who you are, so

take advantage of it.

Nicole Young

Sacramento State

What term paper?

St. Francis and most schools don't

/			30100		NEWS	1viuy 1, 2010
1.	Educational, fun, Exciting		to be one thing, to do one thing. High	1	Solène Sinclair	4. Hoodie
2.	Skirt		school is the time to discover your true	2.	Sacramento State	5. Take care of your fellow troubie s
2. 3.	Try your hardest!!!		passionit took me until Senior year	3.	We had homework?	Take time for yourself. Find what yo
5.	Try your hardest		to figure out what REALLY made me	4.	The sweatshirt (when it's way too big)	passionate about. Approach all situa
1	Marianne Hayes		happy! Take all the time you need to	5.	Don't forget to maintain a balanced	with understanding and kindness.
2.	Loyola Marymount University		figure out who you are.	0.	life outside of school. School is	
2. 3.	Try your hardest!!!				important, but so is your mental and	1. Clarissa Ryder
4.	Skirt		Alsokeep toxic people out of your		emotional health. Never let school get	2. Gonzaga University
5.	Don't procrastinate on college		life. And if you can't, then put more		in the way of you living your best life	3. Coffee, naps, cookies
	apps, and go all out for		positive, optimistic people who you			4. Cardigan
	Homecoming Week!		can be honest with in!	1.	Jadyn Simperman	5. Learn to manage your time! It rea
1				2.	Saint Mary's of Notre Dame, IN	helps out in the long run. Also keep
1.	Julia Endicott	1.	Tenéa Jefferies	3.	Successful Stressful Sisterhood	your homework because you never
2.	University of Iowa	2.	ARC	4.	Skirt	when your teachers check it.
3.	stressful, fun, long	3.	it was fine	5.	take it as it comes	
4.	skirt	4.	sweatshirt			1. Lennea Castro
5.	Have fun and enjoy every moment	5.	buy a planner	1.	Cassandra Peralta	2. San Francisco State University
	of it because it goes by so fast. Join every activity you can			2.	Undecided	3. Loving, welcoming, whole
	because if not you'll regret it!!	1.	Grace Conlin	3.	Challenging, endearing, memorable	4. Sweater
	Most importantly try out for Hanz	2.	US Naval Academy	4.	Sweater vest :-)	5. Be present. High school goes by s
	and Franz.(;	3.	Worth every minute	5.	1. There's no such thing as being extra	
	and Franz.(,	4.	The fleece :)		late.	1. Larissa Liden
1.	joanna Rehwald	5.	1. Drink coffee		2. Zipper merging. Learn it. Live it.	2. Cal Poly SLO
2.	University of Portland		2. Use mini dance parties to wake you		3. Please don't stand in the middle of	3. stressful, enlightening, and expen
3.	That's due today?		up		the hallway.	4. rain jacket
4.	fleece jacket		3. Savor the good days		4. There's nothing wrong with being	5. take life one day at a time
	-		4. Find humor in the bad days		cheesy; buy your friend a flower some	
1.	Francesca Odunlami		5. If Step 4 doesn't work, see Step 1		time.	1. Mayrin Gonzalez
2.	CRC				5. Don't be so hard on yourself. You're	2. Sac State
3.	loud, hard, fun	1.	Joy Clouser		doing better than you think.	3. time consuming, stressful, expense
4.	white polo	2.	Regis University		a 1	4. Sweatshirt
5.	work hard.	3.	Wild, Challenging, Fun	1.	Sarah Huang	5. My advice would be to do your b
		4.	The gray trouble sweatshirt	2.	Santa Clara University	at anything and never give up on yo
1.	Lauren Wilkins	5.	Live your best life. Do the things that	3.	Sisterhood, community, and faithful	dreams.
2.	University of Alabama		make you happy and don't be afraid to try something new!	4.	White long sleeve polo	1. Hannah Prehoda
3.	so much work		try something new!	5.	Don't make your senior year harder	2. Seattle University
4.	Skirt	1	Victoria Castillon		than it needs to be because senioritis	3.
5.	don't procrastinate	2.	Sacramento State University		is real.	4. Windbreaker
		2. 3.	Unique, challenging and loving	1	Hudaa Nauyan	5. If you use a proxy you can access
1.	Bryanna	<i>4</i> .	My skirt	1. 2.	Hydee Nguyen University of the Pacific	blocked websites on the Chromeboo
2.	Sac city Community College	5.	Balance time for family, friends and	2. 3.	Faithful, Life-changing, Family	blocked websites on the enfoldedoc
2	Davis Center	5.	school work.	<i>3</i> . 4.	Sweatshirt	1. Grace Klas
3.	fun, loving, action			5.	Teachers are your best friends.	2. University of Oregon
4.	the skirt	1.	Mackenzie Robertson	0.	reachers are your best menus.	3. 100-to-0 real quick
5.	be confident, stand up, and have	2.	OSU	1.	Savannah Gagnon	4. my friday jacket
	fun	3.	I'm not religious	2.	Saint Mary's College of California	5. sing at mass- makes it more fun
1	Grace Hause	4.	none of it	3.	Fun, amazing, exciting	C
1. 2.	Indiana University Bloomington	5.	Take more art classes.	4.	White long sleeve polo	1. Isabella Sardo
2. 3.	like it's okay			5.	You will get through everything that	2. San Diego State University
5.		1	Nicole Baigh			1 Long white cleave polo

- 3. like it's okay
- long sleeve white polo 4.
- 5. get the best grades possible for the best opportunities. also stop screaming in serra court
- 1. Alexis Assad
- San Francisco State University 2.
- 3. Whole new world
- 4. the skirt
- Never miss a school dance. 5.
- Maya Solis 1.
- Undecided 2.
- Kermit Sipping Tea 3.
- KHAKIS (or, unpopular opinion, 4. the blazer)
- 5. Explore as much as you can-don't feel like you are pressured
- Rewarding, life changing, and laughter one, try to ask if you can change yours. 1. Kalia Rucker

comes your way!

Gonzaga University

Try something new and always work

5. bottom lockers are the worst. if you get

3. Transformative, memorable, wonderful

1. Gabby Wirick

Skirt

hard.

2. CSUS

4. fleece

2. Undecided

Coffee all day

1. Priscilla Belisario

3. "Dutch Bros again?!"

2.

3.

4.

5.

5. Don't be afraid to venture out and try new things. Get involved. You may find something you love in the process.

ur fellow troubie sisters. rself. Find what you are Approach all situations ng and kindness.

- ersity
- ookies
- ge your time! It really ong run. Also keep up with ecause you never know
- gh school goes by so fast
 - htening, and expensive
 - y at a time
- g, stressful, expensive
- ald be to do your best ever give up on your
- la
- ity
- oxy you can access on the Chromebooks
- Dregon
- uick
- et
- akes it more fun
- 2. San Diego State University
- 4. Long white sleeve polo
- 1. Alana Reyna
- 2. Sonoma state university
- 3. bad for that
- 4. Skirt
- 5. do not underestimate second semester senior year!!!!!!
- 1. Maggie Pinkston
- 2. Benedictine University
- 3. So worth it
- 4. SOCKS
- 5. My advice is to take everything as it goes and appreciate every moment you get here. No one understands how fast time flies until it's gone.

7

- 1. Nicole Beigh
- 2. Boise State University
- 3. Exciting, unique, different
- 4. Skirt
- If things start to get difficult, just keep 5. pushing through
- Lauren Nolan 1.

Skirt

San Diego State

Grace Abshear

rain jacket

Stressful, tiring, different

2.

3.

4.

1.

2.

3.

4.

rewarding, and the community is

the most loving and caring group

of people who will impact your

Insightful, struggles, amazing

Don't take this year for granted. It

will go by fast so live and get the

life greatly.

Not sure yet

most out of it.

Alexandra Zhu

Marisa Yamada

THE SKIRT!!!

supporting you.

Nicole Danuwidjaja

Northeastern University

safety-pinned my skirt

Be open to everyone . :)

unparalleled, lively, busy

Point Loma Nazarene University

Though at times high school may

be academically, emotionally, or

mentally a struggle, pay attention

and notice all of the love that fills

know that you have the St. Francis

our campus. It is comforting to

community always praying and

Being everywhere simultaneously

The all-too-familiar SF Beanie

When you become old like us

seniors and look back at your

four years at St. Francis, what

stakeouts at McDonald's at 1

do you want to remember? The

unforgettable friends you'll keep

in touch with for eons? The goofy

am after a dance? The satisfying

feeling of understanding math

after hours of endless studying?

How about... all of the above?!

limited, make each memory feel

aren't the only reason you are here

writers, actors, and so much more!

eternal. At the end, academics

at this amazing community of

future leaders, artists, scientists,

Always try something new and

never be afraid to try new things

that may test your boundaries

-- the worst thing someone can

say is no! No matter what you

being authentic to yourself, and

honestly, that's the best piece of

advice I can give. "Cherish your

yesterdays, dream your tomorrows

do, you can stand out by just

and live your todays."

Although your time here is

Berkeley

Sweatshirt

The skirt

1.

2.

3.

4.

5.

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4

5.

Rachel Cooper-Huber

- Raenalyn Montemayor 1.
- 2. Sac State

8

- 3. Fun, tiring, exciting
- 4. Hoodie
- Senior year is hard. 5.
- 1. Lindsay Alhady
- 2. University of Oklahoma
- 3. Sisterhood, work, love
- The skirt 4.
- Don't be afraid to get involved 5. and put yourself out there!
- Mary Baccay 1.
- Providence College 2.
- 3. -
- Hoodie 4.
- Pick your friends wisely. 5
- Lauren Martinelli 1
- 2. LMU
- 3. Unexpected amazing experiences
- Oversized sweatshirts 4.
- Everyone is as scared as you are 5.
- **Emily Williams** 1.
- 2. University of San Diego
- 3. Fun, challenging, exciting
- Sweatshirt 4.
- Keep on top of your work and 5. don't fall behind or procrastinate.
- Clairise Tapken 1.
- 2. Sac state
- 3. Stressful community uniform
- 4. Sweatshirt
- Unless you have a burning passion 5. for math DO NOT take precalc!
- 1. Kelly Kraeger
- 2. University of Alabama
- 3. Fun, challenging and changing
- 4. Skirt
- 5. Keep going
- anissah surita 1
- 2. folsom lake college
- 3. amazing fun exciting
- cardigan 4.
- keep up the hard work and enjoy 5. every moment, words really can't describe how fast the time flies here at SF
- 1. Sylvanna Nilsen
- I don't know yet 2.
- 3. challenging, eye-opening, fun
- 4. Fleece
- 5. It'll be over soon
- 1. Anna Kenyon
- 2. Gonzaga University
- 3. memorable, challenging, exciting
- 4. skirt
- Don't slack off the first couple 5. years, they still count
- Natalie Imboden 1.
- 2. Undecided

- Challenging fun kairos
- 4. Sweatshirt
- Make sure to go on kairos!!!!!! 5.
- 1. Mary Burky
- Elon University 2.
- 3. Pretty bonkers time
- Long sleeve formal sweater 4.
- 5. Be involved, take risks, be nice to everyone
- 1. Mimi McMahon
- 2. UC Berkeley
- Eat, Sleep, Study 3.
- the sweatshirt 4.
- Have as much fun as you can. 5. Granted, you have to get your work done, but your friends are still important. Take the time to explore what you like, what your friends like, what you want to like, and what your strengths and weaknesses are. Take your time to make decisions.
- Lucy Mackintosh 1.
- 2. University of Portland
- What a ride! 3.
- My SF Jazz Club T-Shirt! 4.
- Just relax and understand that not 5. everything is what you expect. Things will change and you will grow and understand that no matter what, you are doing what you are supposed to be doing! You are on the right path!
- 1. Julia Coss
- 2. Cal Poly SLO
- Rewarding, Difficult, Fun 3.
- 4. Skirt!
- 5. Get all your sleep. Go to bed at 10:30 every night
- Chiara Giordani 1.
- Either: Columbia University in the 2.
- City of New York or UCLA 3
- Challenging, rewarding, enriching 4.
- Blazer!
- Work hard in silence, and let your 5. success be your noise!
- 1. Samantha Tran
- I haven't decided yet 2.
- Sisterhood, running, friendship 3.
- 4. the sweater Don't believe anyone when they 5. say senior year is easy. It's hard work all the way through, so don't let senioritis take over
- Kaleigh Adams 1.
- Sacramento State 2.
- Rollercoaster, rewarding, exciting 3.
- 4. The skirt
- Reach out to the girls in your class 5. early because they are beautiful amazing people

Washington State University 2. 3.

Jocelynn Coleman

- 4. Hoodie
- 5. Know your friends

Emily Cates

Fleece sweater

Please don't:

Kayla Panza

Speak up

Skirt

Carina Arroyo

Sacramento State

Lauren Brothers

Undecided

challenging

they do.

Sweatshirt

UC Berkeley

future.

Skirt

Windbreaker!

Katie Klokkevold

Purdue university

Yasmine Mahmoudieh

SCC Davis Center

Lights camera action

Nicole Danuwidjaja's Beanie

fun, beneficial, adventurous

My advice to underclassmen is to

keep up on your school work but

Grades don't really matter- unless

you're trying to get into a super

prestigious college. Then maybe

Fun, insightful, and nocturnal

Don't stress too much about your

grades, it does not determine your

challenging, friendship, spiritual

because it passes very fast. There

Enjoy your time at St. Francis

are a lot of stressful times and

difficulties but trust that it will

work out in the end. Your time

at St. Francis will be extremely

always remember to have fun

Memorable, eye opening,

hallway

- Manisha Ram 1.
- Hawaii Pacific University 2.
- Crazy, Love, and Comfort 3.

New York University

to walk very slowly

during passing periods :)

4. Sweatshirt

1.

2.

3.

4.

5.

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4.

5.

If you want to do something just 5. do it. Don't hesitate or think twice, basically don't doubt yourself!

Challenging, memorable, exciting

2. Go on your phone in the middle

of the hallway, which causes you

3. Lean on other people's lockers

1. Stop in the middle of the