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, volleyball, 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 I 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 troubles earned an overall notable 16-6-4 record. Troubie golfers had a fantastic term, not only bringing home the Delta League title, but also bringing 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 an incredible season stats of 29 wins and 8 losses. Cross Country finished the Division II race as sixth overall and gained their sixth, Top 10 State Championship. 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, but also shutting-out an undefeated season with eight wins. St. Francis basketball advanced to the Sac-Joaquin section finals, 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 Nicolas: 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 Carlsten: Rowing, Southern Methodist University

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!
School News

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-Gillsapy ’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.

Sophomore Class Recap

PHOTO COURTESY OF ST. FRANCIS

The Simbas during Homecoming Week.
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 high 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 showcase our cutest college sweatshirts, and smiled through the pain of the age old question: “So that’s where you’re going to college?”. 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 plan it 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. Alexis Areias
2. University of Southern California

1. Best experience omg
2. The old SF sweatshirt!
3. 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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4.

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 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. Emily Cunanan
2. CSU Sac State
3. Best 4 years
4. Skirt
5. 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
4. Cardigan
5. Girl, chill

1. Melia Dowd
2. University of Oregon
3. 
4. Pullover sweater

1. Madison Enos
2. Purdue University
3. exciting, challenging, fun
4. Skirt
5. 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

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 Fluetsh
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
5. 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
5. 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!

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. Adrienne Graybill
2. Grand Canyon University
3. Faith + Kindness + Achievement
4. The Leatherman Jacket!
5. Take classes that you love, and are genuinely interested in.

1. Jen Heideman
2. University of Portland
3. Opportunistic, eye-opening, and impactful
4. The quarter-zip jacket
5. Try out anything that interests you! Sign up for clubs and take classes that interest you. You might unexpectedly find something you really love.

1. Isabelle Hesse
2. Marymount Manhattan College
3. Live the 4th
4. Skirt
5. Life goes by very quickly, so enjoy it.

1. Abby Holt
2. University of Portland
3. fun, hard, loving
4. Skirt
5. don’t compare yourself to others

1. Nicole Hopkins
2. Montana State University
3. Educational, musical, and entertaining
4. the skirt
5. never go without a free block

1. Kennedy Hornbuckle
2. University of Oregon
3. Fun, memorable, and quick
4. Sweatshirt
5. Go to the social events, go to the sports games, do everything, senior year goes by in a blink of an eye.

1. Anna Huber
2. Wheaton college
3. Wonderful, joyful, loving
4. Fleece
5. Cherish every moment because it will go by very fast.

1. Katie Isherwood
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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. Kyla 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. 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
5. 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

1. Eye Opening, Genuine, Insightful
2. Skirt
3. 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 too over 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 Neuburger
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)
4. 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.

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.

1. Saleena Ordorica
2. University of San Diego
3. Enriching through Faith
4. Crazy Socks
5. I advise underclassmen to get involved with as many extracurricular activities as they can. By doing different activities, you will be able to discover your true passion. Despite all the work you have, the experiences you obtain through clubs and other teams are the most important times that you will cherish long after high school is finished. Find your interest, whether it be 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 seized.

1. Becky Phelan
2. UCLA
3. It flies by.
4. The skirt. It’s so much easier than wearing pants.
5. Take advantage of naps whenever and wherever you can.

1. Molly Pirnik
2. Baylor University
3. Sisterhood, Fun, Excepting
4. The Hoodie
5. Try something new every year!!!

1. Libby Price
2. Boise State
3. Fun exciting new
4. Fleece
5. Go to everything you possibly can (dances or sporting events or others) because pretty soon you won’t have the option.

1. Abby Prichard
2. Boise State University
3. a little stressful
4. Socks
5. don’t stress too much
1. Isabella Quiniola
   2. Folsom Lake College
   3. Chill, crazy, and overwhelming
   4. Sweatshirt
   5. Senior year is hard. But have fun!

1. Amanda Roina
   2. Colorado State University
   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
   5. 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
   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 :)

1. Amanda Sieverts
   2. UC Davis
   3. busy, enriching, supportive
   4. 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, 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 troubles. 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
   5. Isabella Vazquez
   2. Gonzaga University
   3. Maturing, adventurous, loving

1. Nicole Young
   2. Sacramento State
   3. What term paper?

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
   5. Make the most of your time with friends!! It goes by too fast :(

1. Bailey Yates
   2. Loyola Marymount University
   3. Enlightening, Encouraging, Empowering
   4. Sweater
   5. Sign up for retreats! Sophomore, Junior, and Kairos. Retreats are some of the best experiences at St. Francis and most schools don’t offer this unique opportunity to really evaluate who you are, so take advantage of it.

1. Grace Horner
   2. Between Cal Poly and LMU
   3. Awesome, Fun, Loving
   4. The skirt
   5. Love each other and stay focused.

1. Sarah Huggins
   2. Creighton
   3. Nothing but fun
   4. Quarter zip fleece

1. Julia Boston
   2. I don’t know

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**School News**

**May 1, 2018**
to be one thing, to do one thing. High school is the time to discover your true passion—it took me until Senior year to figure out what REALLY made me happy! Take all the time you need to figure out who you are.

Also—keep toxic people out of your life. And if you can’t, then put more positive, optimistic people who you can be honest with in!

1. Tenéa Jefferies
2. ARC
3. it was fine
4. sweatshirt
5. buy a planner

1. Grace Conlin
2. US Naval Academy
3. Worth every minute
4. The fleece :)  
5. 1. Drink coffee
2. Use mini dance parties to wake you up
3. Savor the good days
4. Find humor in the bad days
5. If Step 4 doesn’t work, see Step 1

1. Joy Clouser
2. Regis University
3. Wild, Challenging, Fun
4. The gray trouble sweatshirt
5. Live your best life. Do the things that make you happy and don’t be afraid to try something new!

1. Victoria Castillon
2. Sacramento State University
3. Unique, challenging and loving
4. My skirt
5. Balance time for family, friends and school work.

1. Mackenzie Robertson
2. OSU
3. I’m not religious
4. none of it
5. Take more art classes.

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

1. Lauren Nolan
2. San Diego State
3. Stressful, tiring, different
4. Skirt

1. Grace Abshear
2. 2. Rewarding, life changing, and laughter
3. rain jacket
4. Don’t be afraid to venture out and try new things. Get involved. You may find something you love in the process.

1. Skirt
School News

May 1, 2018

1. Raenalyn Montemayor
   2. Sac State
   3. Fun, tiring, exciting
   4. Hoodie
   5. Senior year is hard.

1. Lindsay Alhadly
2. University of Oklahoma
3. Sisterhood, work, love
4. The skirt
5. Don’t be afraid to get involved and put yourself out there!

1. Mary Baccay
2. Providence College
3. -
4. Hoodie
5. Pick your friends wisely.

1. Lauren Martinelli
2. LMU
3. Unexpected amazing experiences
4. Oversized sweatshirts
5. Everyone is as scared as you are

1. Emily Williams
2. University of San Diego
3. Fun, challenging, exciting
4. Sweatshirt
5. Keep on top of your work and don’t fall behind or procrastinate.

1. Clairise Tapken
2. Sac state
3. Stressful community uniform
4. Sweatshirt
5. Unless you have a burning passion for math DO NOT take precalc!

1. Kelly Kraeger
2. University of Alabama
3. Fun, challenging and changing
4. Skirt
5. Keep going

1. anisah surita
2. folsom lake college
3. amazing fun exciting
4. cardigan
5. keep up the hard work and enjoy every moment. words really can’t describe how fast the time flies here at SF

1. Sylvanna Nilsen
2. I don’t know yet
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
5. Don’t slack off the first couple years, they still count

1. Natalie Imboden
2. Undecided
3. Challenging fun kairos
4. Sweatshirt
5. Make sure to go on kairos!!!!!

1. Mary Burky
2. Elon University
3. Pretty bonkers time
4. Long sleeve formal sweater
5. Be involved, take risks, be nice to everyone

1. Mimi McMahon
2. UC Berkeley
3. Eat, Sleep, Study
4. the sweatshirt
5. Have as much fun as you can. 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.

1. Lucy Mackintosh
2. University of Portland
3. What a ride!
4. My SF Jazz Club T-Shirt!
5. Just relax and understand that not 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
3. Rewarding, Difficult, Fun
4. Skirt!
5. Get all your sleep. Go to bed at 10:30 every night

1. Chiara Giordani
2. Either: Columbia University in the City of New York or UCLA
3. Challenging, rewarding, enriching
4. Blazer!
5. Work hard in silence, and let your success be your noise!

1. Samantha Tran
2. I haven’t decided yet
3. Sisterhood, running, friendship
4. the sweater
5. Don’t believe anyone when they say senior year is easy. It’s hard work all the way through, so don’t let senioritis take over

1. Kaleigh Adams
2. Sacramento State
3. Rollercoaster, rewarding, exciting
4. The skirt
5. Reach out to the girls in your class early because they are beautiful amazing people

1. Jocelynn Coleman
2. Washington State University
3. -
4. Hoodie
5. Know your friends

1. Manisha Ram
2. Hawaii Pacific University
3. Crazy, Love, and Comfort
4. Sweatshirt
5. If you want to do something just do it. Don’t hesitate or think twice, basically don’t doubt yourself!

1. Emily Cates
2. New York University
3. Challenging, memorable, exciting
4. Fleece sweater
5. Please don’t:
   1. Stop in the middle of the hallway
   2. Go on your phone in the middle of the hallway, which causes you to walk very slowly
   3. Lean on other people’s lockers during passing periods :)

1. Kayla Panza
2. SCC Davis Center
3. Lights camera action
4. Nicole Danuwidjaja’s Beanie
5. Speak up

1. Carina Arroyo
2. Sacramento State
3. fun, beneficial, adventurous
4. Skirt
5. My advice to underclassmen is to keep up on your school work but always remember to have fun

1. Lauren Brothers
2. Undecided
3. Memorable, eye opening, challenging
4. Windbreaker!
5. Grades don’t really matter- unless you’re trying to get into a super prestigious college. Then maybe they do.

1. Katie Klokkevold
2. Purdue university
3. Fun, insightful, and nocturnal
4. Sweatshirt
5. Don’t stress too much about your grades, it does not determine your future.

1. Yasmine Mahmoudi
2. UC Berkeley
3. challenging, friendship, spiritual
4. Skirt
5. Enjoy your time at St. Francis because it passes very fast. There 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 rewarding, and the community is the most loving and caring group of people who will impact your life greatly.

1. Rachel Cooper-Huber
2. Not sure yet
3. Insightful, struggles, amazing
4. The skirt
5. Don’t take this year for granted. It will go by fast so live and get the most out of it.

1. Alexandra Zhu
2. Berkeley
3. safety-pinned my skirt
4. Sweatshirt
5. Be open to everyone :)