Pope Francis Visits DC

By JULIANNA TANJUKIO '16

Did you know that Pope Francis was once a bouncer at a nightclub when he was younger? Yeah, he was cool then, but now he’s even cooler! Pope Francis is breaking boundaries as the first Latin American and Jesuit to lead the Roman Catholic Church. Not to mention, he’s also the first pope I have ever seen in person. Words can’t express how blessed I am to have been chosen as one of eight St. Francis girls to travel all the way to Washington D.C. for the Canonization Mass of the Blessed Junípero Serra. Along with Mr. Tholcke and President Mrs. Margo Reid Brown, participating in this momentous occasion was one of the most special and surreal experiences of my life. Hundreds of thousands of people from different countries and cultures come together under one faith was breathtaking. At Mass in the Franciscan monastery in DC, the homily stressed the importance of siempre adelante, meaning to keep moving forward in Spanish. This message is something that everyone can relate to, despite their religious affiliations. Personally, my favorite part of the Mass, aside from the the monk’s homily, was the Prayers of the Faithful. Each petition was said in a different language, including Sign Language. Overall, my four day journey and exposure to so many different cultures uncovered the power of religion and its ability to unite people under one cause. My vow is to continue my faith as a strong follower of Christ and to remember to keep moving forward.

The Fight Against Blood Cancer

By TAMMY LEE '18

This past September Troubies participated in a nation-wide event to raise awareness for those battling blood cancer. Since 2010, September has been recognized as Blood Cancer Awareness Month; September 15 is also known as World Lymphoma Awareness Day. This time is used to spread awareness to the public, and supporters are asked to donate to this very worthy cause. This gives us a chance to aid those who are diagnosed with this disease. There are many types of blood cancers; the major ones being leukemia, myeloma, and lymphoma.

Blood cancers start within the bloodstream, which is comprised of many different blood cells: platelets, red blood cells, and white blood cells. Usually most blood cancers originate from a problem found in the white blood cells, which are the cells that maintain the immune system. Blood cancer starts when certain white blood cells grow at a faster rate than normal blood cells; the blood stream should only have a small amount of white blood cells, but the white blood cell count increases when a cancer is present. Most of these white blood cells have some type of abnormality in them and won’t function correctly. The abnormal (cancerous) white blood cells will continue to spread throughout the body, leading to a weakened immune system. Other symptoms depend on the type of blood cancer. Leukemia slows down the production of red blood cells and platelets. Myeloma leaves the body susceptible to further infection. Lymphoma impairs the lymphatic system, which is an essential part of the immune and circulatory systems.

Researchers claim that every three minutes in the US a person is diagnosed with a blood cancer, and every ten minutes someone dies from one. The facts might seem staggering, and they are. This year, Natalie Woodruff, a current junior, was been diagnosed with Non-Hodgkin’s Lymphoma. This type of Lymphoma induces swelling and damage in the Lymphatic system.

September 22, 2015 was the day that the St. Francis volleyball team was going to face off Davis; however, in honor of Natalie Woodruff, St. Francis held a Blood Cancer Awareness Game. Both schools wore lime green shirts, the official color of blood cancer, and every ten minutes someone dies from one. The facts might seem staggering, and they are. This year, Natalie Woodruff, a current junior, was been diagnosed with Non-Hodgkin’s Lymphoma. This type of Lymphoma induces swelling and damage in the Lymphatic system.

After winning all three sets, St. Francis walked away victorious and proud that they could do something positive in honor of their teammate. It seemed like Natalie’s cause gave the team some added motivation. Natalie is currently recovering from a series of treatments, but we were all thoroughly excited to see her crowned as Junior Class Homecoming Princess! Please keep Natalie in your prayers.

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The Queen of The Month – Libra
(Sep 23 - Oct 22)
Trouble with schoolmates over homecoming could be difficult to settle. You, Libra, are normally excellent at mediating and dealing with all the homecoming tension, but this year, it may be tough to handle. Be ready to cheer loudly at the spirit wars and offer your classmates a hand during Homecoming prep, and you will be on your way to taking HC home for the win!

Your sign as Halloween candy: Sour Straws

The Princesses...
Scorpio
(Oct 23 - Nov 1)
Homecoming season is coming and you are ready to snap a win. You are strong Scorpio, and always ready to participate when it comes to challenges, from musical chairs to finding the spirit stick. However, with everything going on, you may need to take some time for yourself. Once you take some time and relax, you will be back on top and cheering with the best of them.

Your sign as Halloween candy: Green M&Ms

Sagittarius
(Nov 22 - Dec 21)
Planning and decorating for Homecoming can be stressful, even for a energized and motivated person like you, Sagittarius. When the going gets tough, you tend to work harder to make it better. So this year, during all of the running around for last minute paint jobs and dance maneuvers, let your friends know what’s going on. After all, we all can get by with a little help from our friends.

Your sign as Halloween candy: Gummy Worms

Capricorn
(Dec 22 - Jan 19)
Welcome to Homecoming Week Capricorn! This week it seems like the cheers get louder each day with every event. You are a natural leader and are able to handle many tasks at once, but people may have trouble hearing you over the shouts. Instead of trying to cheer louder, make an example through your actions. After all, actions speak louder than words.

Your sign as Halloween candy: Snickers

Aquarius
(Jan 20 - Feb 18)
With all of the craziness of Homecoming happening, it is not hard to miss something. Be it your jersey or a test, you may be shocked that you forgot about it. While it may feel not hard to miss something. Be it your jersey or a test, you may be shocked that you forgot about it. While it may feel

Your sign as Halloween candy: Milky Way

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School News

November 2, 2015

Tips for Conserving Water

By KAITLYNN O’NEILL ‘18

As California enters its fourth year of severe drought, conserving our limited supply of water has become a top priority. While certain measures may seem trivial, everything we do makes a difference. At St. Francis, we want to foster an eco-friendly community so we thought we’d help you out with some easy tips on ways to do your part.

Tip #1
Bring a refillable water bottle to school instead of purchasing a disposable one.

Tip #2
Remember to turn off the faucets in the gym bathrooms because they are not automatic like the other bathrooms’ sinks.

Tip #3
Turn the water off when brushing your teeth.

Tip #4
Take short showers that are five minutes or fewer. Hint: time your shower by allowing yourself to keep the water on for one song length!

Tip #5
Empty unfinished old water bottles onto lawn or plants.

Tip #6
If you do take a bath, plug the drain before you turn the water on.

Tip #7
When washing dishes, do not let the water run for longer than necessary. Better yet, fill up your sink about halfway with water, and use that water to clean. That process saves gallons of water.

Tip #8
Bringing a plastic water bottle to school? Freeze it the night before to ensure that it lasts throughout the day.

New Teachers on the Block

By NICOLE DANUWIDJAJA ‘18

Mr. Hicken:
What was your favorite moment in high school?
Winning First Gold in the Heritage Band Festival in Disneyland my senior year.
What college(s) did you go to?
The University of Utah.

Favorite snack/candy?
I like cookies and ice cream, [especially] together – my favorite is chocolate chip cookie dough ice cream.

Favorite place to eat?
That is tough; it depends a lot on what I am in the mood for. I have Chicago Fire on my mind because my family and I just discovered their pizza over the weekend. It was really good – I recommend it.

Favorite pastime?
When I have free time I like movies, a good book, or composing.

Favorite sport/team?
My alma mater: Utah Utes.

Mrs. Andrews:
What was your favorite moment in high school?
Touring through Europe [and] singing with my High School Women’s Choir. Our whole music department spent about 10 days touring through parts of Germany and Austria. It was an amazing trip that I will never forget!

What college(s) did you go to?
I went to Cal State Northridge, Cal State Channel Islands, and Concordia University of Portland.

When you were younger, what did you want to do?
When I was in elementary school, I wanted to be a police officer, then an archaeologist… In high school, I thought about studying business. By my junior year I knew I wanted to teach music.

Favorite snack/candy?
Is coffee a snack? Does that count? Okay, fine… Chocolate, Sour Patch Watermelons, Sour Patch Kids.

Favorite place to eat?
Pita Pit, Chipotle, Arigato’s.

Favorite pastime?
Drink Coffee… Read… Listen to music… Belt out show tunes in my car…

Favorite sport/team?
Sport: Soccer (but I enjoy watching volleyball and water polo as well).
Team: US Women’s National Soccer Team! Three stars!!!
Bonus:
The way to my heart is through coffee, Grey’s Anatomy, and Musical Theater.
The Syrian Refugee Crisis

By SYDNEY COOK ’16

In early September, the image of a drowned toddler who had been fleeing the violence in Syria with his family surfaced across social media and the news. The picture brought the ongoing Syrian refugee crisis back into focus across the globe. This crisis, beginning with the Arab Spring in 2011, has grown since the start of the Syrian civil war. For the last four years, it has caused more than four million individuals to seek refuge across the world. Currently, the United Nations has estimated that 400,000 people will flee Syria by the end of this year. While many do not have a set destination, the majority of Syrian refugees have fled to Turkey, Lebanon, and Jordan, Time Magazine’s journalist Massimo Calabresi states.

Others have migrated further north, into the European continent. Thousands have poured into countries like Germany, Austria, and Hungary. Germany will admit 500,000 refugees annually while 150,000 refugees have already arrived in Hungary. Other European nations have created infrastructures to allow large amounts of refugees to enter. In these and other countries, the general public has been unsupportive of the refugees’ plights. In America, according to an article by Gardiner Harris, David E. Sanger and David M. Herszenhorn writing for The New York Times, President Obama has urged the State Department to admit 10,000 refugees a year; however, refugee advocates believe that America can do better. Paul O’Brien, the vice president of policy and campaigns at Oxfam, an international confederation seeking to find solutions to poverty and injustice, said, “The U.S. can and must do more to help ensure that thousands of Syrians fleeing violence have the safety and security they need.” Americans agree and are placing greater pressure on leaders to admit more refugees. In the meantime, refugees all share one common goal: safety. In an article by BuzzFeed reporter Rossalyn Warren, a refugee named Maream, who left Syria with her husband and young son, is quoted to have said, “I want to go to sleep, and when I wake up in the morning I want to not fear that my husband or child is in danger or dead.”

Who Will You Vote For?

By SOPHIA NGUYEN ’18

It’s been another four years, and presidential election season has come again. This upcoming presidential election has many familiar and unfamiliar candidates, with some more well known than others. It can be difficult for voters to know who they want to support, so The Mandolin makes it our duty to inform you about the front-runners for this pivotal moment in American history.

And without further ado, your 2016 presidential candidates!

The Democrats

Bernie Sanders

- Current US Senator, serving his second term
- Former mayor of Burlington, Vermont’s most populous city

The Republicans

Ben Carson
- Retired Neurosurgeon
- Against Affordable Care Act, advocates for a national luxury tax
- In favor of Second Amendment (right to bear arms)
- Pro-life, against same-sex marriage

Donald Trump
- Businessman, real-estate magnate, former TV host
- Emphasizes border security by planning to build a wall that will be paid for

Hillary Clinton
- Former Secretary of State, US Senator, First Lady
- Proponent of LGBT and women’s rights
- Wants to rewrite US Tax Code
- Supports universal pre-kindergarten

Carly Fiorina
- Former Secretary of State, US Senator, First Lady
- Proponent of LGBT and women’s rights
- Wants to rewrite US Tax Code
- Supports universal pre-kindergarten

- Campaign funded by supporter donations, instead of a political action committee
- Focuses on raising minimum wage, creating universal healthcare, and reducing student debt
- Proponent of LGBT and women’s rights

Donald Trump
- Businessman, real-estate magnate, former TV host
- Emphasizes border security by planning to build a wall that will be paid for

- Believes childhood vaccines cause autism
- Wants to eliminate taxes on corporations
- Opposes nuclear deal with Iran

We hope that this article has informed readers on these candidates and their positions, making it easier for them to know who to support this political season. It is encouraged that readers will further research these presidential candidates and those who were not mentioned.
Homecoming 2014 Recap

By MACKENZIE KOERBER '16

Homecoming Week was filled with Board Games and enormous amounts of class spirit. With Homecoming Week 2015 just behind us, let’s take a trip down memory lane, and review this year’s results!

Monday, October 19th
Troubies kicked off Homecoming Week by sporting our school colors: red and gold. After weeks of frantically collecting canned goods, it was finally time to hand the items off to Sacramento Food Bank. Each class created a piece of artwork out of their cans, but the Seniors walked away with the win.

Tuesday, October 20th
Sports day. Each class excitedly filed into the gym, covered in face paint and class jerseys, to kick off one of the most intense rallies of the year, Sports Day. With fierce competition ranging from marshmallow toss to musical chairs to the new and exciting “Big Wheel” bike race, the seniors of 2016 narrowly walked away with a win, with the Juniors not too far behind.

Wednesday, October 21st
Freshmen, Sophomores, Juniors, and Seniors dressed up in class colors or as their class mascot! The Freshmen sported bunny ears and pink and grey for their first homecoming week. The Sophomores covered the campus in green and white, dressing up as the beloved Squirt. The Juniors filled the school with Hawaiian shirts and Stitch blue, showing us that Ohana really does mean family. Seniors showered the campus in overalls and goggles, to show one last time their strong bond and class spirit as Minions.

Thursday, October 22nd
Theme day! The Freshmen dressed up according to Mouse Trap. Sophomores came as different pieces of candy to represent Candyland, while the Juniors showed us just how nerdy they could be, embodying Chess geeks! The Seniors went all out as stars, aliens, and planets—making it look like the entire Zathura Galaxy had landed on SF’s campus!

Friday, October 23rd
After tirelessly planning, working together, and creating gorgeous decorations, the moment we had all been waiting for finally arrived... Homecoming Rally! Everyone’s skit and dances captured the audience. Princesses were announced and our homecoming queen, Samantha Gallia, was crowned!

Here is a recap of this year’s results:

Decoration:
1st Seniors
2nd Juniors
3rd Sophomores

Skit/Dance:
1st Seniors
2nd Juniors
3rd Sophomores

Canned Food Drive:
1st Seniors
2nd Juniors
3rd Sophomores

Entrance:
1st Seniors
2nd Juniors
3rd Sophomores

Spirit:
1st Seniors
2nd Juniors
3rd Freshmen

Troubies and their dates danced the night away at Homecoming the following night, bringing the week to a close with memories to last a lifetime. Can’t wait for HC week next year!

Roseville Runs on Dunkin'

By MAGGIE SWANSON '18

As of October 6, 2015, Roseville residents have an exciting choice for their morning fuel: the venerable Dunkin’ Donuts. The new franchise is the second location to open in Northern California, after a successful 2014 opening in Modesto.

A staple on the East Coast, Dunkin’ Donuts has a long history — longer even than that coffee mega-giant, Starbucks. First opened in 1950 by Bill Rosenberg in Quincy, Massachusetts, Dunkin’ began franchising its stores in 1955. Today, there are more than 11,300 Dunkin’ Donuts restaurants worldwide — more than 8,000 Dunkin’ Donuts restaurants in 41 states in the U.S. plus the District of Columbia, and more than 3,200 international restaurants in 36 countries (can you imagine having an quintessentially American Dunkin’ Donuts coffee in Saudi Arabia??). America’s largest retailer of coffee-by-the cup, Dunkin’ serves on average more than 30 cups of coffee every second!

Don’t let the name fool you… the Dunkin’ Donuts menu contains much more than just donuts! It is extensive and truly offers something for everyone. Most chains (including the Roseville location) offer a full menu, which includes 52 varieties of donuts, more than a dozen coffee offerings, bagels, breakfast sandwiches and various baked goods. Frozen fruit based beverages for the non-coffee lovers are also offered. With such a wide variety of options, it is no surprise that Dunkin’ is officially the world’s largest coffee chain, serving more than 3 million customers per day!

With the opening of several new locations in Northern California, Dunkin’ Donuts finds itself at the end of almost a decade long campaign to majorly overhaul and reposition its brand. Coffee giants like Starbucks are all about coffee as a lifestyle, but Dunkin’ wants customers to know that their classic brand is all about the product — delicious coffee. Their slogan, “America Runs on Dunkin’” truly speaks to the lives of busy Americans everywhere who appreciate their morning coffee ritual and the pep that it provides their step. Dunkin’ wants you to know that coffee is fuel and their “fuel” is fast, fresh, friendly and delicious! Speaking from personal experience, the donuts are pretty darn amazing, too…. This month the Dunkin’ menu includes many “perfect-for-the-season”, “get-you-in-the-spirit”, pumpkin-themed offerings such as the Reese’s Donut Square and an iced Pumpkin Macchiato. You can find Dunkin’ in Roseville at 5010 Foothills Boulevard, where it meets Junction Boulevard. The hours are long and convenient (5AM – 11PM every day), they take mobile pay and they have a drive-thru. If you feel like hanging around and getting your study on, they even have free Wi-Fi. Take note reader, you heard it here first: another location is due to open soon VERY close to SFHS (we’re talking within walking distance), but if you can’t wait, a visit to the Roseville location is worth the trip.

Dunkin Donuts is coming to your area

PHOTO COURTESY OF GOOGLE IMAGES
Meet Your Editors

Name: Eliana Helene Dianda Kontokanis  
Year: Junior  
If I were to be any animal, I would be a: Cat

Name: Amanda Ostrom  
Year: Sophomore  
If I were to be any animal, I would be a: Quokka

Name: Sally Ferguson  
Year: Junior  
If I were to be any animal, I would be a: Beached Whale

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Club Moderator
Name: Ms. Kirstien  
If I were to be any animal, I would be a: Sea Otter

Editor-in-Chief
Name: Kate Swanson  
Year: Senior  
If I were to be any animal, I would be a: Giraffe
Meet Your Editors (Cont.)

Name: Kailani Lujan  
Year: Senior  
If I were to be any animal, I would be a:  
Black Swan

Name: Catherine Dugoni  
Year: Senior  
If I were to be any animal, I would be a:  
Meerkat

Name: Ava Rutter  
Year: Senior  
If I were to be any animal, I would be a:  
Phoenix

Name: Sarah Erckenbrack  
Year: Senior  
If I were to be any animal, I would be a:  
Siberian Tiger

Name: Eden Elliott  
Year: Senior  
If I were to be any animal, I would be a:  
Pug

Name: Cassie Peralta  
Year: Sophomore
Horoscopes (Cont.)

Pisces
(Feb 19 - Mar 20)
Homecoming offers many different things to participate in Pisces, and you may want to try them all; however, a friend may be wanting you to just stick with one thing. You adapt well, and in this situation, you are no different. Don’t let a suggestion or fear hold you back from trying something new. Who knows, maybe you will like it!

Your sign as a Halloween candy: Swedish Fish

Aries
(Mar 21 - Apr 19)
You are ready for Homecoming week. There is no doubt about it. From musical chairs to the decorations, you are prepared to jump in head first with all of your great energy, Aries. This Homecoming, however, is an opportunity to just go with the flow. Participate in the games and cheers as they come, and who knows, perhaps you will find that you enjoyed it more?

Your sign as Halloween candy: Atomic Warheads

Taurus
(Apr 20 - May 20)
Taurus, you are practical and have the tenacity to get things done, which is perfect for Homecoming; and this week, you have a drive to make things happen. This time, it may not be as satisfying as it normally is. Take a risk and listen to your heart to make your dreams, and your class’ dream come true!

Your sign as a Halloween candy: Reese’s Peanut Butter Cup

Gemini
(May 21 - Jun 20)
Every year you have big dreams for Homecoming, and this year is no different. This year, however, might require a bit more effort and sacrifice to see it through. Don’t let this stop you from accomplishing your goal. Use your impressive communications skills to spread the work, and nothing can stop you from having a great Homecoming!

Your sign as a Halloween candy: Kit Kat

Cancer
(Jun 21 - Jul 22)
Dreams of games, laughter, and game changing musical chair attacks are drifting through your head, Cancer. In fact, you may end up overlooking certain details or facts because of these Homecoming illusions. You, however, are a hard-worker and are able to motivate not only yourself but also others to get things done. So employ some help this Homecoming to keep on the path and gather all the facts before you make a decision. Sometimes, the best decision is the safest one!

Your sign as a Halloween candy: Jolly Ranchers

Leo
(Jul 23 - Aug 22)
Homecoming is on its way in, and it brings with it a dance. You may have your eye on a special someone to ask, loyal Leo, but make sure not to turn a frog into royalty. Don’t let old promises keep you from inviting someone you may not feel sure about. Take someone that you enjoy and will have a fun time with! Follow your heart and have a great Homecoming!

Your sign as a Halloween candy: Almond Joy

Virgo
(Aug 23 - Sep 22)
Planning is a major part of Homecoming, and you Virgo, are prepared to take control. You may be in for a bit of a frustrating time if that happens this Homecoming, however. You are adaptable, so think about taking a different role this time. By accepting a different position and allowing others to take charge, you will be able to relax and see the world (and Homecoming) from a different perspective.

Your sign as a Halloween candy: Three Musketeers

#MLISF
By THE MANDOLIN STAFF

When Starbucks baristas side-eye the war paint on your face #HCweek #SFpride

The mystery of your household’s disappearing newspapers continues… #HCdecs #theyhaveaneed

Making my way past decs / Walking fast / Faces glare / And I’m kicked out #sorryseniors

Musical chairs #freshmenbeware

Your underclassman/upperclassman friends are no longer your friends #transformationtuesday

Trying to figure out what to do with your topic #schemethattheme

WE GOT SPIRIT, YES WE DO, WE GOT SPIRIT, HOW ‘BOUT YOU #thecheerchallenge

Diving into trashcans to find water bottles #sorrymom

Trying to avoid twitter fights during homecoming season #paxetbonum

Happy Fall Troubies!

Cartoon Courtesy of Maggie Swanson ’18