

The Mandolin

St. Francis Catholic High School

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“Spread the Word.”

Issue 102

Youth Climate Strike

By AUBREY SPOWART '23

With only ten years left to prevent irreversible damage from climate change, the time to act is now. Our society and media are calling on world leaders to recognize climate change as the crisis that it is, with young leaders stepping up all over the world to guide us into global climate strikes. This September we witnessed two of the largest organized climate strikes in world history, with over nine million people protesting in 163 countries all over the seven continents.

Seeking to spark awareness, 16-year-old Swedish climate activist Greta Thunberg has risen to global fame as a symbol for a worldwide climate change movement. Since August 2018, Greta has skipped school every Friday to demand her government take action on climate change. “The eyes of all future generations are upon you. And if you choose to fail us, I say -- we will never forgive you,” Greta said. Her school strike idea quickly spread globally, inspiring millions of people, engaging new audiences, and raising awareness on the climate change crisis.

About a thousand activists gathered on Sacramento’s Capitol steps on September 20th and September 27th for a peaceful protest. Many were high school and middle school students choosing to fight for their future, including dozens of St. Francis, Jesuit, and Christian Brothers students. At the strike,

13-year-old student Supriya Patel addressed an open letter to politicians around California. “Dear politicians,” Supriya began, “I am terrified because the climate crisis isn’t rapidly approaching. It’s right here, right now.” Other students penned similar speeches to persuade Californian politicians to take action. These speeches demanded immediate action, which quickly set in motion new solution proposals, both locally and nationally.

The first protests began Friday, September 20th, three days before the United Nations was set to hold its 2019 climate action summit and the second day of striking took place exactly one week later. Timed perfectly, these two events inspired the UK, France, Ireland, and Canada to declare national climate change emergencies. Certain U.S. lawmakers are pursuing a similar declaration, which would result in a massive societal shift in the way we think about climate change. Shortly after these strikes, California Governor Gavin Newsom signed a law, the first in the nation, to increase California’s recycling standards. These standards, higher than the rest of the United States and even the European Union’s, will raise the minimum required content of recycled plastic in plastic bottles to 50% by 2030. This bill “bolsters demand for recycled plastic and ensures what has already been made does not contaminate our earth,” according to bill sponsor Assemblyman Phil Ting. He also signed an executive order that directs certain organizations, such as the California State Teachers’ Retirement System and the California Public Employees’

Retirement System, to invest in companies and industries that decrease climate change impact, “including investments in carbon-neutral, carbon-negative and clean energy technologies.”

Even as organized strikes cease, activists continue to demand a complete elimination of fossil fuels, the end of burning and deforestation in the Amazon rainforest and Indonesia, and an immediate transition towards 100% renewable energy. “People power is more powerful than the people in power. It was the biggest ever climate mobilization, and it’s only the beginning. The momentum is on our side and we are not going anywhere,” said Fridays For Future International.

Over the next twelve months, a series of escalated steps will be taken around the globe to ensure progress towards a safer, global-warming free planet. Fridays for Future Chile, the country that will host the next UN Climate Summit in December, said: “the movement in Latin America won’t stop until the world leaders hear them and concretely start phasing out fossil fuels.” It will take everyone to secure a better future and leave climate change behind. What happens next is up to us -- it’s time to take a stand.

Start of Impeachment Process

By SAMMI GUERRERO '21

On Tuesday, September 24th, Nancy Pelosi, the Speaker of the House of Representatives, announced that a formal impeachment inquiry into President Donald Trump would proceed. Although resisting this step for months, Pelosi and other House Democrats were finally moved to begin the process amid allegations that during a recent telephone call Trump pressured the Ukrainian President, Volodymyr Zelensky, to investigate a key opponent in the upcoming 2020 election, former Vice President Joe Biden and his son, Hunter. Trump has denied any irregularity with the call - going so far as to call it “perfect.”

This whole process began following the revelation that a whistleblower complaint had been sent to Michael Atkinson, the Inspector General of the Intelligence Community. This whistleblower expressed great concern about certain proceedings that have been taking place in the White House, namely the phone call between the two presidents. This complaint was found by the Inspector General to be of great merit and urgency, thus emboldening hesitant House Democrats, particularly Pelosi, to initiate formal impeachment proceeding

The next day, September 25th, under great pressure from Congress, the White House released a transcript of the

phone call, with Trump calling it “perfect.” However, despite it being a reconstruction of the original call, the transcript further incriminated Trump, showing him say to Zelensky, “I want you to do me a favor, though” with regards to Ukraine investigating the Bidens. At the same time, Trump put \$400 million in foreign aid on hold which was intended to support Ukraine in its attempts to counteract Russian military aggression; however, Trump continues to insist that this is unrelated to the call

In the past, only two other presidents, excluding Nixon who resigned in order to avoid impeachment, have been impeached: Andrew Johnson and Bill Clinton. House Republicans are questioning the legitimacy of the current process because there wasn’t a House vote for its commencement because, to Pelosi, it seemed unnecessary; however, as of now, a majority of House members support the impeachment inquiry, and the investigation will continue.

Sources:

The New York Times

The Washington Post

CNN

Los Angeles Times

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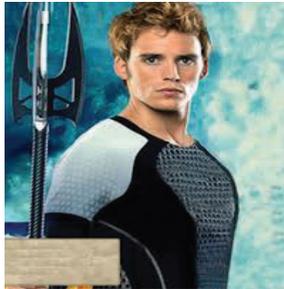
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Favorite Movie: *Breakfast At Tiffany's*



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Favorite Movie: *Breakfast At Tiffany's*

Meet the New Teachers

By GRACE HARRISON '20

From New York to Orange County, our new staff members come from all over the United States. To get to know a few of these staff members better, we asked them a few questions.

Ms. Sutton: Social Studies Department

Q: Where are you from?

A: I am a true California girl. I was born in and spent my summers in Orange County. I grew up in Redding, and I moved to Sacramento to go to Sac State.

Q: What is your favorite thing about Sacramento?

A: I love the location! We are so lucky to live close to all the natural regions of California. They say you can ski in the mountains in the morning and swim in the ocean in the afternoon. I have!

Q: What is your favorite thing about Saint Francis?

A: I love the people here. Other teachers have been so friendly and helpful. Teaching new curriculum is a challenge, and I am surviving with help from my colleagues, especially other Social Studies teachers. My students have been welcoming, friendly, and patient. I love that our school is all-girls. It is wonderful knowing I am shaping women leaders.

Q: What is your number one study tip?

A: Learn to manage your time. Study early and often, don't procrastinate, and don't be lazy. Due dates are closer than they appear!

Q: If you could travel anywhere in the world, where would you go?

A: I have a long list of places I'd like to visit, and on top of the list is Italy.

Q: If you could have lunch with anyone, living or not, who would it be with and why?

A: Thomas Jefferson, I admire his political views on personal liberty and his place in shaping American history. Yes, I'm a HUGE history nerd!

Mr. Huggins: Math Department

Q: Where are you from?

A: I am from Carmichael, California.

Q: What is your favorite thing about Sacramento?

A: Sacramento is a bit of a hidden treasure with plenty of charm, character, and culture--we Sacramentans are especially spoiled by the local produce and dining options!

Q: What is your favorite thing about Saint Francis?

A: My favorite thing about St. Francis is the welcoming, loving, and generous community of both students, faculty, and staff.

Q: What is your number one study tip?

A: Humans learn primarily by experience; one gains experience by doing. Study must be active--working problems and proofs, creating new notes, deriving equations, writing down ideas, and rigorously testing our thoughts are some

examples. One cannot expect to learn passively!

Q: If you could travel anywhere in the world, where would you go?

A: That would be a coin toss between Egypt and Lebanon.

Q: If you could have lunch with anyone, living or not, who would it be with and why?

A: Assuming that there would not be a language barrier, my answer is again a coin toss between Friedrich Nietzsche and Fyodor Dostoevsky. Nietzsche's ideas about society were complex and predictive, though his writing is a bit unclear and contradictory at times; I would love to have him fill in some blanks. Dostoevsky is my favorite author, and I would wish to ask how much of his own views about the world are contained in his work, and if he truly found the world to be a hopeful place.

Sister John Mary: Theology Department

Q: Where are you from?

A: I grew up in New York, about one hour north of New York City. My religious community is based in Ann Arbor, Michigan.

Q: What is your favorite thing about Sacramento?

A: My favorite thing about Sacramento is the sunny weather.

Q: What is your favorite thing about St. Francis?

A: I am enjoying teaching in the all-girls setting at St. Francis and appreciate the warm and welcoming sense of community here.

Q: What is your number one study tip?

A: My number one study tip: Pray to the Holy Spirit before you study and find a quiet place to focus.

Q: If you could travel anywhere in the world where would you go?

A: I am Irish and would travel to Ireland to see where my ancestors came from.

Q: If you could have lunch with anyone, living or not, who would it be with and why?

A: I would have lunch with Pope Benedict XVI, because I admire him for his holiness and love his writings.

Mrs. Owens: Theology Department

Q: Where are you from?

A: I am originally from northwest Minnesota. I grew up on a dairy farm an hour's drive from Canada and an hour's drive from North Dakota.

Q: What is your favorite thing about Sacramento?

A: This might sound weird, but Sacramento has a fantastic public library network - they do so much more than just books. I've really enjoyed exploring the public libraries here with my kids.

Q: What is your favorite thing about Saint Francis?

A: The students! You all are amazing. I love coming to work every morning.

Q: What is your number one study tip?

A: Have a regular study routine and plan out your time! When you know the due dates for tests and major projects, work backwards to figure out how you can finish the project/study for the test step by step within the time you have available. This has always helped me reduce stress, and made big tasks much more manageable.

Q: If you could travel anywhere in the world where would you go?

A: Italy. In a heartbeat.

Q: If you could have lunch with anyone, living or not, who would it be with and why?

A: I'm going to go with a group answer on this one - I would have loved to be at one of the lunch meetings of the Inklings at the Eagle and Child pub in Oxford back in the day, sitting around listening to C.S. Lewis, J.R.R. Tolkien, and the other Oxford dons discussing literature, philosophy, religion, and life over a hearty pub lunch. Granted, it would be English food, but great conversation would be guaranteed...

Thank you new teachers for answering these questions! We always love welcoming new teachers to the Troubie community!



Sister John Mary at the Welcome Mass.

PHOTO COURTESY OF SFHS



Mr. Huggins is pictured above.

PHOTO COURTESY OF SFHS

Fall Sports

By HAYLEY LABIA '23

Troubie Athletics is back and better than ever during this Fall season. With victories over school rivals, specific player interviews, and tournament titles, each of the athletic teams, including volleyball, golf, tennis, cross country, and water polo, are now pretty deep into their season and they all have many more exciting events to come.

One of the biggest highlights of not only volleyball but also of St. Francis Athletics overall is Holy Court. This year the game took place at Christian Brothers High School, yet that didn't stop the Freshman, Junior Varsity, or Varsity team from accomplishing their ultimate goal: defeating the Falcons; however, the athletes were not completely alone. The Zoo, St. Francis's renowned cheering section, became absolutely uncaged during this memorable match. With cheers in unison, gold and yellow pompoms waving through the air, and even animal onesies, the Zoo definitely contributed to the victory of the Troubies this year. Another major factor was Alexa Edwards, with 11 kills in the three-set win over the Falcons. She originally committed to play at the University of the Pacific during her sophomore season and will sign with the Tiger's program in November.

Not only have the volleyball teams been at work, but also the golf team as well. On September 10, St. Francis shot a 436 team score to place first among six Delta League teams. They were led by junior Haanya Niazi, who shot a nine-over par 81 to finish top of the golf team and third overall in the first Delta League Center match at the Rancho Murieta South Course on Tuesday. "I feel pretty good about it but I made up for it with my approach shots," said Niazi. "I am pretty proud of that. We finished first in the league so that feels pretty great and was a

good way to start off the year. I am excited to see how this year goes." Niazi hopes were met on September 24 when the team edged Pleasant Grove 224-226 at the Haggin Oaks Arcade Course. When junior Olivia Reed tapped in on the 18th hole, little did she know that she just saved the match after a nice chip from below the green. "The biggest piece is the lesson that every shot counts," said Head Coach Kelli Corlett. "The girls need to take it one at a time whether it is at the beginning of the round or the end of the round." The two-shot win extended the golf team's dual match win streak to 34 matches dating all the way back to the 2014 season.

The St. Francis tennis team has been making history, too. They posted a 3-0 record with wins over Folsom (6-3), Gregori (8-0), and Granite Bay (5-3) to win the 2019 NorCal Team Tennis title on September 14 at the Johnson Ranch Racquet Club. The Troubies took three of five singles matches and two of three doubles matches to defeat the Granite Bay Grizzlies 5-3. Senior Samantha Sonntag was a straight-set winner at No. 3 singles 6-1, 6-1. Junior Alisha Anwar and Bianca Ariza won 6-1, 6-4 at No. 1 doubles, while senior Peyton Spellacy and Maddie Brown paired for a 6-2, 6-1 win at No. 2 doubles. In the first match on Saturday, September 14, St. Francis defeated Gregori 8-0. Singles winners included Adithi Benush at No. 1, Samantha Sonntag at No. 2, Safaa Umar at No. 3, Polina Greenberg at No. 4 and senior Bianca Ariza at No. 5. In addition, the Troubies swept Sheldon 9-0 on September 21 to win their ninth straight match overall to improve to 9-1 on the season, which means that they have won 46 straight league matches dating to 2015.

Like the other teams, the Cross Country Troubies, with a roster of 84 runners, started their season off strong with an impressive opening meet on August 31 where they

swept the three titles at the Oakmont Invitational. This was the third consecutive title at the Oakmont Invitational for the varsity team. "It was a really good start," said Head Coach Aaron Rios. "It is a really great feeling to see the girls who work really hard during the week come out and accomplish their goals and sweep a meet." Four weeks later, Joaquin went on to take the Varsity race for the second consecutive season at the Delta League meet races, crossing first in 18:45 as the Troubadours placed their top five in the top six. Senior Haley Silva was third overall in 18:51, while sophomore Tatiana Cornejo was fourth. The Troubies posted a team score of 19. Isabella Fauria was fifth overall in 19:02, while Hanna Hekkanen placed sixth (19:25). Senior Emma Hollenbach was 26th overall (21:22) and senior Elizabeth Cole (21:38) was 28th overall. Freshman Daphne Witherell took the Frosh/Soph title in 12:35, winning her first career race. She was fifth in the Oakmont Invitational to start the season. Sophomore Claire Silva, who won the Woodbridge Invitational Gold Sophomore race, was second overall in 12:35. Freshman Simone DeBerry, Silva, and freshman Paige Quigley joined Witherell in crossing the line together, recording the top-four finishes in the race. Quigley was the winner of the Woodbridge Invitational Freshman Gold race.

Furthermore, the Troubadour aquatic athletes on the Junior Varsity and Varsity water polo teams have been doing very well during their seasons. The Junior Varsity team won against Granite Bay on Thursday, September 26 in the home opener at Jesuit High School. St. Francis improved to 6-2 on the season, defeating Granite Bay for the second time in the last six days, as the two teams had met in the Granite Bay Tournament on Saturday. Rory Peters and Ava Stimson each scored two goals for the Troubies with Ava Caron and Alexis Wyant add-

days, as the two teams had met in the Granite Bay Tournament on Saturday. Rory Peters and Ava Stimson each scored two goals for the Troubies with Ava Caron and Alexis Wyant adding goals in the win. The Troubadours led 3-1 at the half but the Grizzlies tied the game at 3 and then 4, but St. Francis prevailed and scored the final two goals to seal the victory. The Varsity team went 3-1 at the Woodcreek Invitational on September 21 and Junior goalie Claire McManus made a combined 26 saves in two wins. The Troubies had two victories on Saturday over host Woodcreek and Sonora. St. Francis (6-3) opened with a 3-2 loss to Los Gatos on Friday afternoon with goals by Kendall Houck and Emma Johnson but bounced back on Friday night with a season-high 17 goals in a win over El Camino 17-1. Senior Alyssa Jacobsen and junior Libby Slater led the team with three goals apiece. "I learned that we need to work better as a team," said Head Coach Emily Whalen. "We have a lot of really good players but it is a matter of figuring out what each player can do the best and capitalize on that." McManus and the Troubadour defense held the lead, allowing just one goal the rest of the game and stopping several late shots as the Wildcats tried to tie the game. Claire ended up with 16 saves.

Overall, the St. Francis athletes, whether on land or in water, are making their community proud during their seasons. They have all shown dedication, perseverance, and resilience in whatever goals they wish to achieve. What makes St. Francis so unique is that it has such a diversity of students. Some are talented academically, musically, artistically, or athletically as seen above, but they all support each other as one big family. Because of this, it's safe to say that it's great to be an SF Troubadour!

Father-Daughter Day

By JANA LUKAS '21

On a no-classes day on Friday, September 27th, 2019, St. Francis high school students and their fathers participated in the annual Father-Daughter Spirit Day. Girls were able to spend time together with their dads at the Sac State Aquatic Center, partaking in exciting activities alongside their classmates and families. This event is a special day where you can bond more with your Troubie sisters and meet other families from the SF community. Most importantly, you can experience a fun-filled day with the most important man in your life! After talking to a few girls who attended the Father-Daughter Spirit Day, I learned that in the beginning of the event, everyone gathered in a circle to play

games, learn some names of new friends, and simply bond with one another through laughter and amusement. Afterwards, everyone was free to join in the entertainment by scrambling up a massive rock wall, attempting to complete a difficult ropes course, and participating in aquatic events such as kayaking. Dinner was included amidst all the fun and it all ended after 7pm when everyone returned home from the lively day.



Troubies having fun at Father-Daughter Day.
PHOTO COURTESY OF SFHS INSTAGRAM



Troubie having fun at Father-Daughter Day.
PHOTO COURTESY OF SFHS INSTAGRAM

New Clubs

By AUBREY SPOWART '23

With an abundance of new clubs this fall, each has something exciting to offer. From field trips to celebrity visitors, there's no shortage of fun. Whether you're looking for astronauts, future presidents, or just somewhere to unwind, this year's selection has it all. Here are some of 2019's highly anticipated new clubs.

Troubies Save the Earth: Run by presidents Julia Sandman and Bianca Ariza, this club aspires to promote environmental awareness and make SF a green campus. Throughout the year, you'll find club members planting gardens, creating compost bins, and participating in beach clean up days. Members will learn what they can do to make a difference and will participate in shaping Earth's future meeting by meeting. "We hope to start the conversation on how each Troubie can make a positive impact," Bianca says. "We hope the fun activities we have planned will make a difference and bring Troubies together for a good cause."

Young Astronauts: Founded by the passionate Paige Kaufman, aspiring astronomers will explore the beauty of space through open discussions on current events, astronomical history, and the science behind space. Members will go on field trips to planetariums and space museums. Each "crew member" will have the opportunity to meet current or retired NASA employees, or even actual astronauts. "We are a club designed for people who are just curious about space to those who would someday like to walk on Mars," says Kaufman. "I guess a lot of Saint Francis girls need their space."

SF Music Club: Founded by Kelsi Towle, this club is a perfect space for girls who love music of any kind. Members will learn about singing, songwriting, the business aspect of the music industry, and will have the opportunity to share all their favorites or even original pieces. A typical meeting will have members sharing their favorite artists with the group and exposing each other to new genres, playing songwriting games, and hosting jam sessions to bring to light each girl's unique talent. Surrounded by like-minded music enthusiasts, the SF Music Club goes beyond the traditional club -- it's a family. This club provides the perfect opportunity to make new friends, have fun, and share your passion with others. "I am so excited to see all the talent that the members have to offer," says Kelsi. "I have no doubt it's going to be a great year."

Lunch Club: Whether you're a freshman trying to meet new people or a senior looking to expand your friend group, you've come to the right place. Founded by Hannah Hickman and Reese Mellor, this club seeks to unite Troubies of all personalities and ages. Look for this club on the first Tuesday of each month at Community Lunch, where you'll get to know each other through fun activities and games. The Lunch Club is the perfect opportunity to meet inter-

esting people, where you'll build lasting friendships that define the perfect high school experience. "We wish to destroy the cliques of our school," Hannah says. "It's open to anyone who would like to make new friends and build new bonds."

Real Simple: Presidents Olivia Hazeghazam and Nicole Wooster aim to bring attention to the amount of stress, anxiety, and depression that today's high schoolers have to face, and how we're "so busy we don't even have time to think." Real Simple promotes self-care and a healthy mindset to get us through these all too common stresses. Members will use and create bath bombs, lip/face scrubs, lotions, essential oils, and more. Guest speakers will visit the club regularly to discuss everyday tips and techniques to battle depression and anxiety, and members will even have the opportunity to complete surveys on what they need to improve their mental health. Real Simple will advocate for new school rules to help bring about those changes. "We wanted to form a club that can help us take care of ourselves and help each other work through our mental health," says Olivia. If you're looking for somewhere to relieve your stress and anxiety, Real Simple is the place for you.

Young Independents: Founded by Emma Alizadeh, the Young Independents club is a great place to start if you don't know much about politics. This club will help members determine where they stand in the political world after drawing individual conclusions based on facts. Each member will have the opportunity to refine their beliefs, discuss the election, and hold debates. "We are an unbiased club and want to give the facts about what's going on in our world," Emma says. "This is a great place to start if you don't know much about politics."

Troubies Who Mean Business: Run by Emma Halloran, Troubies Who Mean Business strives to educate students on important business techniques, marketing, investing, and upholding professional relationships. Members will have a say in groups, projects, and field trips they'll participate in around the community, but will also participate in numerous St. Francis events, including the Self-e event this October. Troubies Who Mean Business may even host accomplished businesswomen to speak about their careers and how a deep understanding of business has impacted their lives. "Business is a neat and fascinating topic, I am glad I am a part of getting St. Francis students involved in it," says Emma. "Troubies Who Mean Business is going to be a lot of fun, and it will teach you lots of useful tips and tricks for the real world."

DCMarvel: Founded by Alyssa Appel, this is the perfect place to fangirl about your favorite superheroes, discuss current topics, and hold debates between fandoms. Character days, a unique twist on the traditional club format, allows the members to pick their favorite characters and dedicate a whole meeting to discuss those characters. DCMarvel will discuss movies, books, comics, tv shows, and more -- you'll find no shortage of your favorites in this club.

"I'm really excited," says Alyssa. "There are so many characters in comics and movies; there is so much to talk about."

National Honor Society for Dance Arts: Run by Jennifer Phelan, this nationwide club seeks to support dancers in every way possible. Reserved for the active dancers, NHSDA holds quarterly meetings discussing admission to certain programs, scholarship opportunities, injury prevention, and sports medicine. Members will also have the opportunity to attend nearby performances and workshops. "This national organization recognizes the hard work and ability dancers must have in order to juggle both dance and school," says Jennifer.

The Hope Project: Founded by Marisa Christopulos and Julia Hayes, this inspiring club seeks to raise awareness on all forms of cancer. Members will learn how to recognize certain cancers, look for warning signs, research treatment possibilities, and discover ways to prevent various types of cancer. Each month will focus on and highlight different cancers through facts and current news. "Our mission is to raise awareness to all the different types of cancer and inform students about it," says Julia.

Kansei Japanese Club: The perfect way to learn more about your heritage or discover the uniqueness of this culture, presidents Tyra Moeller and Isabel Asker established the Kansei Japanese Club to allow Troubies to learn and celebrate the intricacies of the Japanese culture. Members will celebrate specific holidays, cook Japanese dishes, and perform fun activities like origami-making. They'll also explore Japanese etiquette, simple greetings, alphabets of Japanese, and aspects of their society that can still be found around the world today. "Kansei Japanese Club's goal is to give Troubies the opportunities to celebrate Japanese culture," says Isabel.

Period No Girl Left Behind: Designed to make sure no girl ever has to choose between her health and feminine products, presidents Madison Seo and Isabella Dondershine strive to make sure every woman can reach their goals without sanitary issues stopping them. Needlessly high prices and taxes on feminine products are steadily growing, and Period No Girl Left Behind seeks to educate people on this issue and work towards eliminating the tampon tax. Members will create period packs to donate to students who can't afford them, including homeless women. "This club stems from a video of a homeless woman having to decide between meals and feminine products," says Madison. "We saw this as an injustice and were inspired to create a club that alleviates people's hardships."

Racial Justice League: Founded by Marli Berry and Monet Cook, the Racial Justice League pushes for a safe environment and equality for all. Members will discuss issues involving race and current events in an inclusive and safe setting. "RJI's purpose is to provide a safe and protec-

St. Francis Day

By GRACE PAYNTER '20

St. Francis Day is a very important day at our school. It is the one day every year that you are allowed to wear a ridiculous costume into mass and no one can say anything negative about it. This year, St. Francis Day's theme was Everyday Heroes. From teachers to military personnel to doctors, we saw it all. Everyone dressed up as special everyday heroes who either work behind the scenes or on the homefront to make our lives a lot better and a lot easier than they would be without them. St. Francis Day was a lot of fun and games while we feasted for our patron's feast day. St. Francis, as well as all the other saints, can be seen as everyday heroes. Sister John Mary and Sister Mariana represented this in their costumes they wore of famous saints. They also brought a dog to help depict their costume in a better way, so that was definitely a plus. At the end of the exciting day of music, dancing, food, games, and taking pictures in front of the brick wall, there was a big rally to tie it all back together. We celebrated the feast day all together with dancing, singing, and

so much fun and excitement. We enjoyed performances from many different groups on campus. We heard the A Capella Blue Skirts sing their hearts out. Then we enjoyed dances from our SF Hula team, ERA, Chingu Club, and Contemporary Dance team. Every girl did an amazing job performing on St. Francis day (shout out to Tyra Moller who performed back to back to back in the Chingu Club, Hula, and ERA dances). This day is a very important day at our school. It is a time when we all gather, with no classes to worry about for the day, and celebrate in unity. It shows the sisterhood and energy we can put into an event that has so much vibrancy in it. Not a lot of schools have events like this, so it's pretty cool that we are able to celebrate and have fun as a community.



Troubies dressed as firemen to celebrate St. Francis Day.

PHOTO COURTESY OF SFHS INSTAGRAM



Seniors dressed as unsung heroes for St. Francis Day.

PHOTO COURTESY OF GRACE PAYNTER '20

Pre-register to Vote

By SAMMI GUERRERO '21

California, plus thirteen other states and Washington D.C., allows teenagers to pre-register to vote once they turn sixteen, even if they will not be of age by the time of the upcoming election. Then, when one turns eighteen, one's registration is automatically turned on, and one is sent a postcard confirming it. By pre-registering, teens can take their time filling out the application, avoiding the stress of trying to both register to vote and prepare and do research for the upcoming election.

The purpose of pre-registration is to attempt to increase voter turnout for teenagers. Historically, 18-29 year olds have a very bad record for turnout, and these implementations are meant to encourage and excite young people into showing up and taking charge of the opportunity to influence who is in charge at the local, state, and federal level. According to the U.S. Census, voter turnout increased from

20% in 2014 to 36% in 2018, the largest increase; however, this number is still a far cry from the 55% of 18-29 year olds who voted in 1972, the first election after the 26th Amendment was passed, decreasing the voting age from 21 to 18. Students from Duke University conducting an experiment called The Bass Connections Project are studying the reasons why voter turnout tends to be so diminished in this age group. They pin some of the reasons to be civics classes that are not informative about the necessity of voting and teachers who shy away from the topic of voting for fear that it too far encroaches on politics and therefore avoid the topic completely. It is difficult to become informed, active citizens without the reinforcement from the classroom.

Voting is said to be habituary, and when young people begin voting once of age, the good habits form early on, better ensuring that they will become lifelong voters. Young people must be aware of the extreme importance of voting; it is one's civic responsibility and is essential in the attempt to create a well-functioning democratic so-

ciety. Without voters, that aspect of the United States is turned to ash. In 2016, the median voter's age was 57, showing that any election can easily be swayed by who is actually in the voting booths, taking control of one's civil liberties. By voting, one's voice is heard, thus ensuring that the opinions of each type of people are represented. In this day and age, young people are becoming much more politically aware, but for some reason this has not translated to voting standards. Often, people decide not to vote because they think their vote doesn't matter, and that there are simply too many people for one vote to matter in itself. This is said despite the fact that there have been multitudes of elections throughout the history of our country in which elections have been won by a matter of just a handful of votes. The importance of this civic responsibility can't be emphasized enough, and pre-registering to vote is a great way to show the enthusiasm one has for creating a well-functioning, fair democracy in which all voices are heard. Pre-register to vote here:

<https://www.sos.ca.gov/elections/pre-register-16-vote-18/>

Sources:

Washington Post



Registered voters at voting kiosks.

PHOTO COURTESY OF GOOGLE IMAGES

The Tempest

By GRACE PAYNTER '20

"This would be a good one to start with because I love the storyline. I love the language. I love that it has this element of magic and fairies and it's just fun," Kiera Anderson '99, director of *The Tempest*, says to me during our interview together. *The Tempest*, by William Shakespeare, is a play about a man, who will be portrayed by a young woman, named Prospero. Prospero and his daughter are banished by his brother, Antonio, to be sailed away from Mulan. During the voyage, there is a storm, where they are shipwrecked on a deserted island, off the coast of Ireland, populated with fairies and one mysterious native person. Fifteen years after his banishment, Prospero, a magician, creates this tempest (a storm) that shipwrecks all of his enemies, who were on the same ship together, on the island that Prospero is stranded on. Prospero then comes up with a plan to enact his revenge on all of his enemies who stranded him on this island and... "I don't want to give away the end of the play!" *The Tempest* is going to be a wild ride.

The actresses and actors involved are very excited to be apart of such a wonderful production. Kathryn Uliana '20, playing Antonio, said, "I love it. This is my favorite play I've ever done. It's so fun." Kathryn is very excited about the play, saying how cool it is that this is

her second time at St. Francis playing the Duke of Mulan in a Shakespeare play, the first being in *Two Gentlemen of Verona*, her sophomore year. She then told me about her character and described Antonio as being "kind of a psychopath" because he banishes his brother to another island just so he can be the Duke, saying that if her character had to be described as a song, it would be "Emperor's New Clothes" by Panic! At the Disco. Kathryn also said that it's okay, though, because it gives her character, Antonio, more depth and life to be able to show onstage. By the sound of it, everyone working on this play is so excited to be apart of it and to be putting it together in such a unique way. The more heart and soul goes into the play, the more will come out of it.

There has been a lot of time and effort put into this play and it is very important that the behind the scenes of where the show comes from is acknowledged. Mrs. Anderson, the director, picked this play about a year and a half ago, and that's when all the planning started. She spent the whole summer editing down the original three-hour play into a now ninety-minute play, while still keeping the whole plot intact. Anderson says, "In choosing a play, I reflect on what issues are happening in the world and in our campus that we find interesting or that we want to explore a little deeper." *The Tempest*, even through the magic and some unrealistic Shakespearian twists and turns, has a more important underlying message that can be taken from anyone in

any age group. This vision and message isn't just from the director's eye: "developing the play really happens with the students." *The Tempest* is a collaborative piece, meaning that a lot of people have worked really hard to make this show the best it can be. This is really important in developing a show because when many visions come together into one, the magic starts to unfold.

Opening Night for *The Tempest* is Friday, October 18th at 7 pm. The show runs Friday and Saturday that weekend and then the following weekend with a Friday show, Saturday matinee, and Saturday evening performance. There are five shows total and seats are limited. Tickets are on sale now, so make sure to buy your tickets and see *The Tempest*!

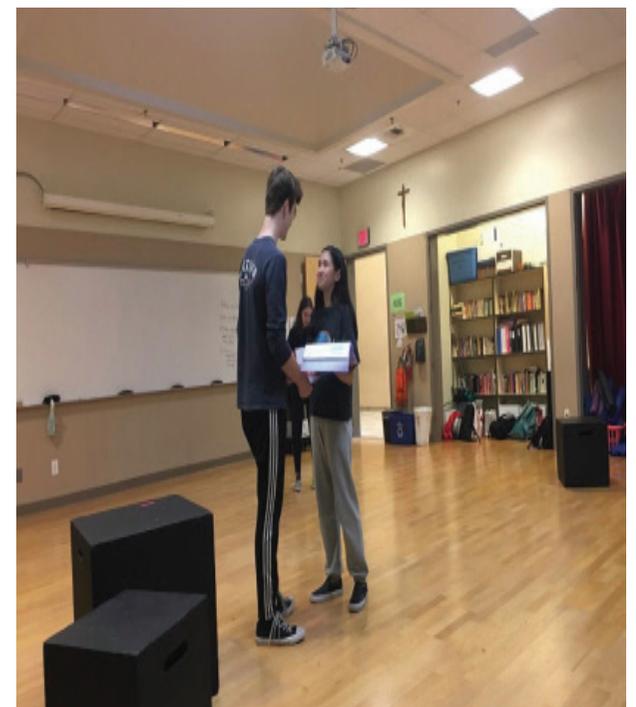
PS: If you are in need of any further inspiration (which I hope you aren't!), listen to these two songs that remind Mrs. Anderson and Kathryn of *The Tempest*: "Gold" by Interference and "Mariners Apartment Complex" by Lana Del Ray.



The Tempest cast warming up for rehearsal.
PHOTO COURTESY OF SFHS FACEBOOK



Tech Club building the set for *The Tempest*.
PHOTO COURTESY OF SFHS INSTAGRAM



Actors rehearsing their lines for the play.
PHOTO COURTESY OF SFHS FACEBOOK

Halloween Chex Mix Recipe

By AUBREY SPOWART '23



Ingredients:

- 9 cups Rice Chex cereal
- 1½ cups semi-sweet chocolate chips
- ¼ cup butter
- ½ cup peanut butter (replacements: sunflower butter or cookie butter)
- 1 teaspoon vanilla extract
- ¾ cup powdered sugar
- 1½ cups candy corns
- 1½ cups Oreos, slightly chopped
- 1 cup Reese's Pieces (replacement: Halloween colored m&ms)
- 1½ cups pretzels (minis, regulars, or sticks)
- ¾ cup brownie mix

Instructions:

1. Pour Chex mix in a large bowl and set aside.
2. In a microwave-safe bowl, melt chocolate chips, butter, and peanut butter together on high for one minute.
3. Stir and return to microwave, repeating this process in 30-second increments until melted together and smooth. Stir in vanilla.
4. Pour the chocolate mixture over the cereal and gently stir to coat.
5. Divide between two gallon-size Ziploc bags. Pour the powdered sugar into one and the brownie mix into the other. Seal and shake to evenly coat all of the cereal.
6. Spread cereal out onto wax paper and let it cool completely for about thirty minutes.
7. In a large bowl, combine the brownie and powdered sugar mix with candy corn, Oreos

Halloween Movie Poll

Thank you to those of you who participated in the Halloween Movie Poll! Look out for future polls in upcoming editions. For now, here are some spooky results:

