

# PAX ET BONUM

SPRING 2019 VOLUME 15 • NUMBER 3



## Quilters

Mrs. Watson's Final Show at  
St. Francis after 34 Years

*St. Francis*  
CATHOLIC HIGH SCHOOL



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## ON THE COVER

Mrs. Watson on set with the cast of *Quilters*, her final show after 34 years at St. Francis Catholic High School. Read more on page 13.



The *Pax et Bonum* magazine seeks to share with the reader the spirit of St. Francis Catholic High School. Stories and pictures of the activities and accomplishments of students, alumnae, parents, and staff provide glimpses into the ways in which the school's mission is carried out and its legacy continued. St. Francis benefactors are gratefully acknowledged in the *Annual Report of Donors*.

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"OUR LADY OF THE WAY" BY JAN COURTNEY MILLNER '75

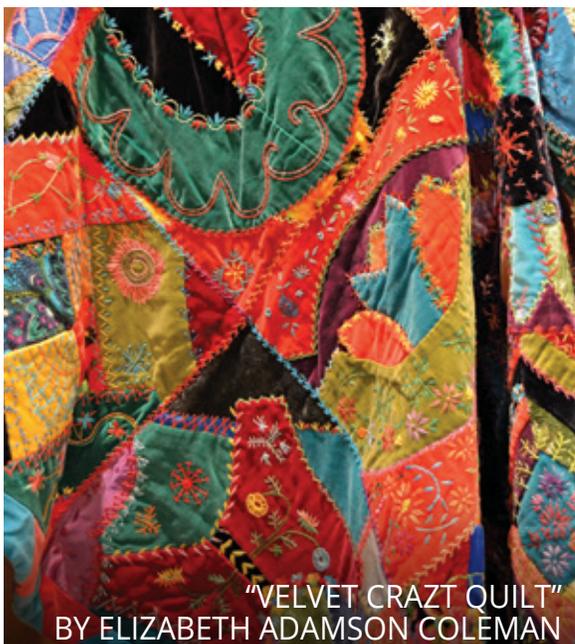


"BATIK PINEAPPLE BLOSSOM"  
BY TRACEY LIST

Quilters love sharing what we create with our hearts and hands! Ten quilting friends of mine (most from River City Quilters Guild) are thrilled to share quilts for the display in the theatre foyer in support of *Quilters*. All the quilts on display have a story, a special technique, and/or an emotion that happened during their creation. Quilts exude a time in the lives of quilters and represent that period, personal or historical. Quilters share their life experiences through textile art.

"Our Lady of the Way" was inspired by a mosaic in the gardens at the Jesuit Retreat Center in Los Altos, which I saw each time I was on Kairos with students. It is based on the painting "Madonna Della Strada" housed at the Church of the Gesù in Rome. The image just touched my soul, and my favorite technique supported my vision.

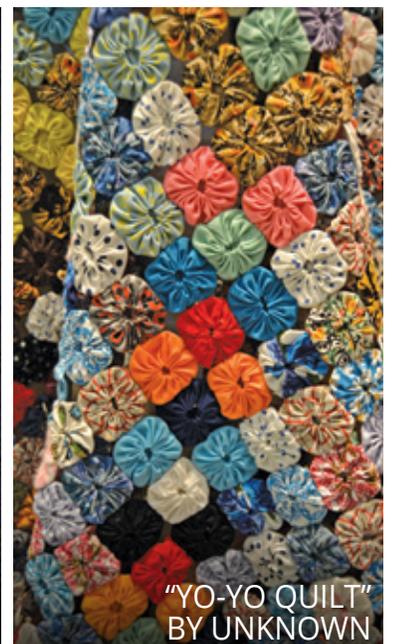
– Jan Courtney Millner '75



"VELVET CRAZT QUILT"  
BY ELIZABETH ADAMSON COLEMAN



"REVERENCE"  
BY SANDRA TORGUSON



"YO-YO QUILT"  
BY UNKNOWN



# PRESIDENT'S MESSAGE

DEAR ST. FRANCIS FAMILIES AND FRIENDS,

As I sit here writing this letter, I am filled with love and joy for the faithfulness of our wonderful St. Francis community. I have had the privilege of enjoying special times with many of you as we have just completed a very busy events season with another sold-out Crab Feed and a truly magical Revelry Gala, *Paris in Bloom*. So many of you attended and supported these events, and an army of you also volunteered your time to serve in numerous ways. They were both huge successes and do so much to support the young women at St. Francis. I hope you enjoy the photo recaps.

We share a few special features this month: one on our student literary and arts publication, *The Mirror*, and the other on the important work of our Theology Department. *The Mirror* provides Troubies with a platform to showcase their work, as well as a wonderful opportunity to be collaborators and leaders. Brooke Aprea '15, the founder of the publication, reminds us that we can be inspired by everyday life and that we all have the potential within us to create.

We also feature our beloved Theology Department, a central and integral part of St. Francis Catholic High School. We believe that people encounter God in their everyday activities, and it is our goal as religious educators to promote the awareness of God's eternal presence and encourage the free response to God's love. The Theology Department prepares our students to go forth as living examples of Christ's love through their service, community building, and faith. We thank Rose Conlin '19 for sharing her faith journey and theology classroom experiences.

We hope you enjoy this edition of the *Pax* magazine and are encouraged by our students, past and present, who are making a difference in our community. Alumna Sarah Tom '98, an assistant professor in the Department of Neurology at Columbia University, is on the cutting edge of research, focused on understanding how social and health experiences over the life course contribute to the risk for and resilience against dementia in older adulthood.

Current Troubie, Peyton Spellacy '20 was one of 200 students selected to work on the Trace Project and its recently released [SinceParkland.org](http://SinceParkland.org) website. Heavy and heartbreaking, [SinceParkland.org](http://SinceParkland.org) had teens writing obituaries on other teens who died due to gun violence. Peyton used her voice to give voice to others and tell stories that need to be told and heard.

As I gazed into our beautiful St. Clare fountain this morning, I was reminded of the interconnectedness of art and faith, pondering the words of St. Clare on the bottom: "When you see your reflection, may you see the reflection of Christ in you and mirror Him to others." During this holy Easter season, may we all discover a renewed sense of hope as we continue to mirror Him to all those we meet on life's path.

I am forever grateful for your partnership in our sacred mission and keep you in my thoughts and prayers.

In the spirit of Pax et Bonum,

Theresa Rodgers



## 2018 AP COMPUTER SCIENCE FEMALE DIVERSITY AWARD

St. Francis has been awarded the College Board’s prestigious AP Computer Science Female Diversity Award. This honor is given to schools whose AP Computer Science program promotes female representation in the Computer Science field. St. Francis is one of only 28 schools, of the 18,000 AP programs worldwide, to receive this distinctive award for both AP Computer Science Principles and AP Computer Science A.

Through these programs, St. Francis Catholic High School is helping pave the way to greater gender parity in the Computer Science industry, promoting high-paying, in-demand jobs for women, and driving innovation, creativity, and competition. Champion of this cause for the past two years is instructor Jeffrey Chamberlain:

“I am very proud of my students and the way they have taken on these difficult subjects. Since my name has been mentioned, I would be remiss if I did not point out the shoulders of the giants I stand on: Peter Strawn and Lisa Coffman. I have done my best to fill Peter’s shoes and I am doing my best to grow

my feet. Lisa’s critical role in the C-STEM course, however, cannot be understated. Without this critical bridge class, I fear many students would not have the confidence to be so bold as to take the next step into the world of Computer Science.

Overall, this is one of the biggest reasons I continue to be excited to be a part of the St. Francis family: I get the opportunity to work with young women who have been taught the confidence and self-assurance that they can succeed in rigorous courses like these by an amazing faculty and an incredibly supportive staff. Kudos to all and, it really is great to be a St. Francis Troubadour!”



## ST. FRANCIS APPOINTS NEW MEMBER TO BOARD OF TRUSTEES MARY GEARY ELLINGSON '67

Mary Ellingson joined the board in 2018. A fourth generation Sacramentan, Mary is the youngest of her sisters to attend St. Francis: Patty '63, Kathleen '60, Sally '57, and Sandra '54.

Mary quips that she’s had three different lives at St. Francis: one as a student, one again as a parent, and the third as a volunteer. She has fond memories of her student years serving as Student Body President. “I remember the support of the staff and the warmth and support of my peers in the student body. The school prepared me both in my education and in my life and the direction I wanted to go.”

After graduating in 1967, Mary attended Gonzaga University for two years before completing her degree in Psychology at UC Davis in 1970. “I worked on a cancer research project at Duke University while my husband completed

graduate school. We returned to Sacramento where my husband started his practice and I became a full time mom and part time volunteer.” Mary stayed involved with St. Francis as an alumna and as a parent of Amy '94 and Sarah '97.

While her three children were in college and her youngest daughter was attending SF, Mary decided to pursue her nursing degree. “There were two times in my life where I felt like I was inspired, and this was one of them. I felt like I had a guiding spirit there!” She graduated from CSUS with a BSN in 1999 and started her nursing practice with Sutter Pediatrics. “I am now retired, seeing more of my grandchildren, back to being a volunteer, and deciding how I’m going to reinvent myself next.”

Mary’s advice to our graduates is the same she gives to her children: “Be true to yourself. You have to do what’s right for you, what truly makes you feel you’re in the right place. And don’t be afraid to reinvent yourself. Have the courage to try something else and take those steps.”



"TO WHAT SHALL WE COMPARE THE KINGDOM OF GOD,  
OR WHAT PARABLE CAN WE USE FOR IT? IT IS LIKE A

# MUSTARD SEED

THAT, WHEN IT IS SOWN IN THE GROUND, IS THE SMALLEST  
OF ALL THE SEEDS ON THE EARTH. BUT ONCE IT IS SOWN,  
IT SPRINGS UP AND BECOMES THE LARGEST OF PLANTS  
AND PUTS FORTH LARGE BRANCHES, SO THAT THE BIRDS  
OF THE SKY CAN DWELL IN ITS SHADE." -MARK 4:30-32

Few people think about the biblical story of the mustard seed in everyday life. Yet all of life is like a mustard seed. Small beginnings. Gradual and almost imperceptible growth. Indeed, when this smallest of seeds finally comes to fruition, most people cannot point to the precise moment when that seed was planted because it is just that, the smallest of seeds.

Teaching theology today is much like planting mustard seeds. Students come in and out of classrooms day after day, year after year. Seeds are planted. Some are cast off. Most develop deeper roots when connections are made with other disciplines such as Theater, Art, English, Science, and so forth. Yet the seeds planted by members of the Theology Department at St. Francis are seeds that contain the smallest of awareness that develop over time about the Mystery of God in the lives of each student.

"St. Francis Catholic High School, in conjunction with parents who are the first and primary religious educators of their children, supports students as they grow in their relationship with God, helping students understand and articulate their faith," notes Sister Judy Eby, Theology Department Chair and freshmen teacher.

"One of the most rewarding and exciting parts about teaching theology," notes Mrs. Robyn Williams, who teaches juniors and seniors, "is opening students' minds to the mystery of our faith and to the nature of God. To be able to convey a passion for seeking the truth of who we are and the truth of God."

The Catholic tradition is built heavily on both faith and reason. Thus, in our college preparatory environment, the Theology Department and other disciplines build on each other and connect with each other. "I think our students really appreciate the fact that we approach the study of Theology with the same academic rigor that occurs in all our other subjects here at St. Francis," observed sophomore teacher Nick Iden. Dialogue, debate, and discussion are integral to the classroom experience in theology. Critical thinking skills are developed and practiced in the formation of a well-informed conscience.

As the Catholic Catechism reminds, "The education of the conscience is a lifelong task... The education of the conscience guarantees freedom and engenders peace of heart." Senior teacher, Mrs. Michelle Regan believes that, "God gave us the gift of reason for a purpose. The interrelatedness of both faith and reason is so that we can understand both the nature and mystery of God better. It's challenging because we have this narrative in popular culture that faith and reason are opposed to each other, but I believe St. Francis is dispelling that kind of thinking in a way I haven't seen in other places."

Like other disciplines, theology classrooms are filled with students who come with diverse and unique backgrounds. "Students walk into our classrooms who are Catholic and have had eight years of Catholic grade school," notes Sister Judy Eby. "Others are Catholic with little religious background or education. Still, others are

## THEOLOGY COURSE DESCRIPTIONS

### INTRODUCTION TO SCRIPTURE FRESHMAN YEAR, FIRST SEMESTER

Introduction to Scripture helps students explore scripture by understanding its development from oral tradition to written tradition, by understanding the role of the inspiration of the Holy Spirit, and by providing critical tools of interpreting scripture.

### JESUS THROUGH THE AGES FRESHMAN YEAR, SECOND SEMESTER

Jesus Through the Ages explores Jesus as the Christ as seen in the Four Gospels and the faith traditions of the first-century Christians and the faith experience of Christians today. In addition, students are taught to apply the critical tools of interpreting scripture that were learned in first semester.

### DISCIPLESHIP AND PRAYER SOPHOMORE YEAR, FIRST SEMESTER

This course studies the Paschal Mystery of Jesus in all four Gospels, the value of redemptive suffering, and the ways Christians are called to live a life of holiness in light of Jesus' Passion, Death, and Resurrection. Prayer is highlighted as a way to nurture a relationship with the Risen Christ.

### THE CHURCH SOPHOMORE YEAR, SECOND SEMESTER

The origin, mission, structure, and four marks of the Church (one, holy, catholic, and apostolic) are studied in addition to exploring how the Church is able to sustain its unity in the midst of its worldwide diversity.



non-Catholic Christians and non-Christians. And we increasingly have students who have no religious education or religious affiliation. This presents us with a unique opportunity—how to reach all of them without leaving any behind.”

“No matter what background they come from, every student is trying to learn what true love is. We’re so interested in what it means to be a human person. We’re so interested in what is true love,” senior teacher Patrick Brabec observes. “To truly answer these questions, we must both celebrate the Catholic tradition and support an ecumenical spirit. We try to create a hospitable environ-

ment where all are welcomed to seek enlightened minds and generous hearts.”

“It’s wonderful to see a student not only understand mathematical concepts, or scientific concepts, but also to suddenly understand a spiritual truth that makes sense to them, or when a student becomes aware that she is an individual that is also a part of the Body of Christ. That reward is transcendent,” observes sophomore teacher Bobby Williams. The department is in deep agreement with St. Irenaeus: “The glory of God is man fully alive.” Our entire community strives to live out of our faith, which is not an ideology, but a person, Jesus, who is Emmanuel.

#### SR. JUDY EBY

Sister Judy Eby teaches freshman courses, *Introduction to Scripture* and *Jesus Through the Ages*, and is the Theology Department Chair. She began her career teaching high school level theology before becoming Department Chair and Theology teacher on the university level. After a few years as Formation Director for her religious community, she decided to return to teaching high school and came to St. Francis in 2015. She has served as Department Chair since 2015-16.



#### EDUCATION & CREDENTIALS:

- B.A. Theology and Sociology, Xavier University, Cincinnati OH
- M.A. Religious Studies, University of Dayton, Dayton OH
- Ph.D. Theology, St. Louis University, St. Louis MO
- Single Subject Credential, Sociology, Xavier University
- Academic Mandatum (canon 812 for teachers of Theology)

#### PATRICK BRABEC

Patrick Brabec began his teaching career at St. Ignatius High School in Cleveland and has served as a college campus minister, jail chaplain, and hospital chaplain. After serving as the Campus Minister for Retreats for the 2013-14 year, he returned to St. Francis as a theology teacher in 2016, after teaching at Saint Rita High School in Chicago for a year. Mr. Brabec teaches freshman courses, *Introduction to Scripture* and *Jesus Through the Ages*, and the senior course, *Social Justice*.



#### EDUCATION & CREDENTIALS:

- B.A. Political Science, John Carroll University, 1997
- Master Theological Studies, Weston Jesuit School of Theology, 2000 (now the Boston College School for Theology and Ministry)
- M.A. Philosophy, Loyola University Chicago, 2008
- Additional graduate work in theology as part of the Master of Divinity and Licentiate in Sacred Theology programs at the Jesuit School of Theology of Santa Clara University (2012-13).

# LIVING OUT MY CATHOLIC FAITH

BY ROSE CONLIN '19

“Let us begin today as we begin every day in the name of the Father and of the Son and of the Holy Spirit...Amen”

These are the words that I have heard every day of my Catholic education in Chesapeake, VA, San Diego, CA and now my current home of Sacramento, CA. When I started at St. Francis, I thought that I had my entire four years figured out—I would be a part of the choir, participate in all the musicals, and be a member of Show Choir. After some unfortunate auditions, I didn't know if my four-year plan would work out. Feeling lost and confused, I ended up turning to what I had known for my entire life: the Catholic faith.

I got involved in the all-school Masses and Lectio Divina, which is the practice of scriptural reading, meditation, and prayer. In my freshman theology classes, taught by Deacon Jim McFadden, each class began with prayer and I learned how to read deeper into Bible passages to see what Jesus really wanted us to know. My relationship with God strengthened, and I began trusting that everything would work out. At the end of my freshman year, I was asked by Mr. Tholcke to serve as the Master of Ceremonies, a

student who works to plan and organize the all-school Masses. This opportunity opened my eyes to what St. Francis had to offer, and I began to accept the change in my plan.

In Sophomore year, I was settling into the Master of Ceremonies position and learned more about the Catholic Mass while doing so. Sister Judy's *Discipleship and Prayer* class taught me more about God's true love for me and how I can live a life of holiness in right relationship with God. Sister Judy reinforced the power of prayer and how it changes my relationship with God. My second semester class that year, *The Church*, allowed me to question my faith and deepen it simultaneously. Sophomore year was also the year that I met my best friend, Kate Macintyre. Kate had not been raised with any faith tradition and came to St. Francis for the lacrosse team. Kate would always help me set up for Masses and asked me questions that I often times did not know the answer to. Turning to Sister Judy or another theology teacher to find the answer to her questions, I learned more about the Catholic faith. I was now two years into my SF adventure and falling deeper and deeper in love with everything that I was being taught.

## NICHOLAS IDEN

Nicholas Iden began teaching English at St. Christopher's in San Jose in 2009. He moved to Sacramento to teach History, English, and Theology at St. Patrick Academy. Mr. Iden came to St. Francis in 2016 and teaches the sophomore courses, *Discipleship and Prayer* and *The Church*.



### EDUCATION & CREDENTIALS:

- B.A. Philosophy, St. Mary's College, 2005
- MAPH, Ethics, Holy Apostles College (in progress)
- California Single Subject Teaching Credential - Social Science and English, California State University, Sacramento, 2007

## DCN. JIM MCFADDEN

Deacon Jim McFadden has taught Theology at St. Francis since 1988 and currently teaches freshman courses, *Introduction to Scripture* and *Jesus Through the Ages*. He is grateful for his teaching ministry at SFHS, where his students continue to “surprise, touch, and inspire.” Off campus, he has participated in detention ministry at Folsom Prison since 2003. He also provides spiritual direction, baptismal and marriage preparation, and Adult Faith Formation at the parish level, including St. John the Baptist Catholic Church.



### EDUCATION & CREDENTIALS:

- B.A. Philosophy, University of San Francisco, 1968
- M.A. Philosophy, Tulane University, 1973
- Single Subject Teaching Credential-Social Studies
- Community College Credential - Philosophy and Religion

## THEOLOGY COURSE DESCRIPTIONS

### SACRAMENTS

#### JUNIOR YEAR, FIRST SEMESTER

The seven Sacraments of the Church are studied as the visible sign of God's invisible presence. Questions such as what happens in each Sacrament, how the Sacrament is conferred, and what are the requirements for the reception of the Sacraments are discussed. Attention also is given to the Church as Sacrament and to Jesus as the Sacrament of God.

### INTERFAITH DIALOGUE

#### JUNIOR YEAR, SECOND SEMESTER

Interfaith Dialogue seeks to help students understand the manner in which the Catholic Church relates to non-Catholic Christians as well as other world religions. The spiritual truths in non-Catholic Christian churches and in non-Christian religions are explored.

### ETHICS

#### SENIOR YEAR

The Ethics course provides a foundation in both Roman Catholic moral theology as well as secular ethical theory. Once students gain an understanding of Catholic ethical thought by studying topics including sin, freedom, natural law, and the role of human conscience, they then apply what they have learned specifically to the Church's ethical teaching on the topics of dignity of human life and Catholic sexual ethics.

### SOCIAL JUSTICE

#### SENIOR YEAR

The Social Justice course explores the themes of Catholic Social Teaching and applies these concepts to issues of justice in our world today. The student is cultivated with a passion for and knowledge of justice that can be applied to their lives outside of the classroom.



“I was raised Catholic and have attended Catholic school my entire life. Because of my Theology classes, I never lost touch with my faith and I began going to church weekly on my own. They also are helping me to know God by teaching me to live my daily life loving and accepting others. To go out into the world and be kind to others is how they have taught me to be like God.”

MARILYN BISHOP '19

“I was born into Hinduism. While that can be challenging going to a Catholic School, Theology has made me comfortable learning about how Catholicism influences the daily life at St. Francis. I was very confused during my first Mass, but Theology class helped me understand how important it is at St. Francis. Now, I feel comfortable participating in Mass, and I understand how it shapes the experience of being a St. Francis student.”

MANASI  
CHINTALAPATHI '22

When describing the desired outcome for a St. Francis Troubie, Deacon McFadden references a Leon Bloy quote: “The only tragedy in life is not to become a saint.” He then goes on to define a saint as “one who desires to be a friend of God, to spend eternity with God and to live a virtuous life that is conducive to being in right relationship with God.” Through my friendship with Kate, I was blessed to see a saint in the making. Before she came to St. Francis, Kate had no experience with the Catholic faith. After the opportunity to attend retreats, participate in theology classes, and attend Masses, Kate fell in love with the faith and living her life with and for God. I was blessed to watch this happen!

This relationship inspired me to run for Student Council Junior Class Ministry

Coordinator so that I would have the opportunity to watch more SF Troubies become saints. I was also asked to continue with the Master of Ceremonies position. It took me two years but I was finally at a point in my life where I loved the person I was and the people I was surrounded with.

Junior year was challenging; I had taken on a lot of schoolwork and was struggling to manage all of my extracurricular activities. My E block was spent with Mr. Norman studying the Sacraments that I thought I already knew: there are seven of them and I had received four already. Mr. Norman opened my eyes to everything else there is to know about the Sacraments. His class was incredibly engaging and instead of staying on the surface of Holy Communion or Reconciliation, Mr.

### RICK NORMAN

Rick Norman started at St. Francis in 1977 having previously studied for a Masters in Divinity at St. Patrick's Seminary in Menlo Park, California. Over the years at St. Francis, he has taught Math, Psychology, Philosophy, and a variety of Theology courses. Presently Mr. Norman teaches junior courses, *Sacraments* and *Inter-faith Dialogue*. He was the Chairperson of the Theology Department for 37 years and awarded district Teacher of the Year for the California League of High Schools in 2002.



#### EDUCATION & CREDENTIALS:

- B.A. Social Science, California State University, Chico
- M.A. History (Humanities), California State University, Sacramento
- Endowment to the Humanities, Fordham University
- Pastoral Studies, Boston College
- California Multiple Subject Teaching Credential

### MICHELLE REAGAN

Michelle Reagan began teaching high school in the Diocese of Orange and the Archdiocese of Los Angeles where she also served as a Director of Youth Ministry and Confirmation. She most recently taught junior Theology at St. Anthony High School in Long Beach, CA. Mrs. Reagan started at St. Francis in 2018 and teaches the senior course, *Ethics*, and the junior course, *Sacraments*.



#### EDUCATION & CREDENTIALS:

- B.A. Religion and Political Science, University of Southern California, 2002
- M.A. Religion, California State University, Long Beach, 2004
- Professional Master's Catechist's Certificate, Diocese of Orange, 2011
- Leading Edge Certificate for blended and online education, Orange County Department of Education, 2013

Norman taught us the ins and outs of each Sacrament—what happens and why.

I was looking forward to my second semester class that year, *Interfaith Dialogue*, because it was unlike anything I had been taught before. While I was learning more about the Catholic church, I was also learning about non-Catholic Christian churches and how all the faiths come together in our world. My eyes were opened to different beliefs, and I was amazed at how perfectly different ideas fit together.

At the end of my junior year, I accepted the position of Student Body Officer Ministry Coordinator. I was given the beautiful opportunity to watch and lead girls on their own faith journeys, encouraging them to get involved in all the activities SF offers. This year's courses, *Ethics* and *Social Justice*, have taken everything I learned for the last three years and taught me how to go out into the world. Throughout my four years at St. Francis, I have faced challenges that I know I will continue to face in the future. St. Francis' theology teachers and education have given me the strength to trust in God through the good and the bad.



Mrs. Robyn Williams says, "The mystery of Christ's love and sacrifice is at the heart of who we are as human beings and is ever-unfolding in our lives and in our universe." Four years ago, I had no idea I would know what I know now. My time at St. Francis Catholic High School has taught me so much about my faith, community, and myself and I have found the strength to go out into the world, continue to live out my Catholic faith, and make positive change.

"St. Francis is teaching women who will grow up to be contributing, successful and amazing members of the community. We will be women of faith and education. I was raised without a religion. The classes here have made me feel comfortable to become religious and to grow my faith. I don't think I would have if I hadn't been exposed to it the way I am in my Theology classes. They have been a window to my faith."

SAFIYA PERAGALLO '20



*Rose Conlin, a senior at St. Francis, is the Student Body Ministry Coordinator. She is also a two-year member of the varsity lacrosse team, a Junior Volunteer at Mercy General Hospital, Sacramento, and a member of the Ambassador Leadership Board. This fall, Rose will be furthering her Catholic education at Duquesne University in Pittsburgh, Pennsylvania, majoring in nursing (go Dukes!).*

### BOBBY WILLIAMS

Bobby Williams began his teaching career at St. Francis in 2010 and became a full-time member of the Theology Department in 2012. After graduating from Jesuit High School, Bobby worked as an Emergency Medical Technician while pursuing his education in Religious Studies. He currently teaches *Discipleship and Prayer* and *The Church* at the sophomore level.



#### EDUCATION & CREDENTIALS:

- B.A. Humanities and Religious Studies, California State University, Sacramento, 2009
- Certificate in Scriptural Theology, Notre Dame STEP Program (in progress)

### ROBYN WILLIAMS

After graduating from St. Francis, Robyn Gram Williams '03 studied Religious Studies at CSUS where she earned a B.A. in Humanities and Religious Studies and went on to achieve an M.A. in Liberal Arts. She returned to teach at her Alma Mater in 2007 as a long-term substitute teacher in the English department and has since transitioned to the Theology Department where she teaches *Social Justice* to seniors and *Sacraments* and *Inter-Faith Dialogue* to juniors.



#### EDUCATION & CREDENTIALS:

- B.A. Humanities and Religious Studies, California State University, Sacramento, 2006
- M.A. Liberal Arts, California State University, Sacramento, 2009

"I enjoy learning about other people's religions and I feel that others have been really accepting of mine. We're doing a unit on Judaism in my Theology class right now and it's very interesting to learn about my religion from a Catholic perspective. I've felt more comfortable expressing my religion and have felt more pride being Jewish at SF than I ever have before. I've realized how accessible God is in my everyday life."

SOPHIA BRESLAU '20



## SF PLAYERS' *girl* WINS GOLD

During the first weekend in February, fifty-eight St. Francis students across four sections of SF Players, Honors SF Players, and Tech Club competed alongside 70 other regional high schools in the Lenaea High School Theatre Festival. At the end of those rigorous three days, St. Francis won “Outstanding” for the student written “One Act Play Script” and “Gold” for the category of “One Act Play” for its production of *girl*. Sophomore Kelsi Towle received “Silver” for her monologue *Whispers of Saints*, and Junior Aurora Giacobbe was awarded “Bronze” for her Musical Theatre performance of “The Secret Service” from *Mr. President*.

For the past 60 years, the Lenaea Festival has a strong history of supporting and encouraging high school students with an interest in theatre. Students come from across the western United States, even as far as Alaska, to compete in one acts, scenes, monologues, and musical theatre songs, as well as participate in theatre workshops. The fun festival atmosphere provides a place where theatre students can connect and support one another.

The road to this year’s Lenaea Festival started with a radical idea between Kiera Mickiewicz Anderson ’99 and Cheryl Watson: combine all four sections of SF Players and Honors SF Players (58 students total) into one large piece. The result of this amazing undertaking was *girl*, a one-act story about what it is like to be a girl: the pressures they face, the messages they receive, the women in their life they admire, what inspires them, and how they are empowered to create change for themselves and their peers.

“We chose to take an ethnodrama approach, based on work I am doing for my master’s degree, answering the question “What is it like to be a girl in America today?” Kiera noted. “Ethnodrama is performed research, so the girls interviewed one another, then identified themes within those interviews to determine which aspect of being a girl they wanted to explore. In class, we used “devised theatre exercises,” a style of drama, to help the girls engage in an embodied way to the theme, then they created the script through several processes.”

Some groups chose to present their theme through poetry, some through scenework, and some by compiling moments or phrases from their interviews. Mrs. Anderson and Mrs. Watson then helped the students stage the text using a physical theatre approach, and pieced together the one-act by arranging each section’s presentation according to theme: gender discrimination, social media and cyberbullying, sexual violence and assault, peer pressure, racism and empowerment.

“While creating the show, we challenged ourselves with conveying the message to the audience, and I think we accomplished that through our groundwork; we were vulnerable, true, empowered,



and motivated. It is an incredible, inspiring feeling to be a young woman empowering other women, but it is a whole other feeling knowing our women's empowerment show could win gold," said Nicole Lawrence '19.

Respondents at the Lenaea Festival, who are professional actors, directors, writers and producers, found *girl* to be incredibly moving and impactful. One respondent wished his daughters could have attended, and all four respondents urged the girls to take this piece and continue to find performance opportunities to share this powerful message of empowerment. We have received emails from parents and students with messages of support and gratitude for starting conversations about the realities of being a girl today.

*Girl* was invited to perform for the Commission for Women and Girls in Sacramento County on March 8 for International Women's Day. The evening event discussed the formation of a commission to identify the issues facing women and girls in Sacramento County through community listening circles. Mental health, affordable housing, and sex trafficking were discussed among other topics. SF was invited to open the event with the final segment of *girl* that focuses on women's empowerment through sisterhood and role-modeling.

A command performance of *girl* is  
 Friday, May 17 at 7:00PM.  
 General seating tickets are \$5.  
[www.stfrancisshs.org/tickets](http://www.stfrancisshs.org/tickets)

## QUILTERS:

### MRS. WATSON'S FINAL SHOW AFTER 34 YEARS AT ST. FRANCIS

*Quilters* is about women - strong women who were pioneers living the beauty, terror, joy, challenge, and reward of frontier life. Contained in patches or "blocks," the plot blends a series of illuminating stories together, depicting scenes of women on the harsh frontier. Even in the face of adversity, come stories of love, warmth, humor, and ultimately the moving tale of human dignity and steadfastness. In the end, the patches are stitched into a brilliantly colorful story.



MRS. WATSON ON THE SET OF *QUILTERS*

It is now time for one teacher's quilt to be passed down. This spring's production marks Cheryl Watson's final show of 34 years as Theatre Teacher and Director at St. Francis Catholic High School. She chose *Quilters* specifically as her swan song. "As I got closer to my retirement, I started thinking about the pieces of my life at St. Francis and my "legacy quilt." I always thought it would be a great show for St. Francis because it's premise is centered around women," said Mrs. Watson. "I thought it was a nice counterbalance to the fall musical "Chicago: High School Edition" where the lead women will selfishly do anything to get what they want. In *Quilters*, we see women who sacrifice and support each other and their families to try and make a better life. Everything they do is supporting something greater than themselves."

Olivia Sloss '19, one of Mrs. Watson's theatre students and a performer in *Quilters*, feels the show is relevant to St. Francis "because it highlights the lives of women, the work they do, and the struggles they endured during prairie times. Many of the experiences they had are still very real and relatable to women today."

Mrs. Watson's dedication continues to leave an indelible mark on her students. Fiona Ross '19 explained, "Mrs. Watson has influenced my acting career by encouraging me to look at art from different perspectives. She is honest, and doesn't hold back while working with you."

When working with Mrs. Watson, Francesca Piziali '20 says, "She encourages me which makes me feel more outgoing and confident."

When asked about her motivation, Mrs. Watson noted, "Theatre is a collaborative medium, so it's all part of working together, which is like creating a quilt. I always love that "aha" moment when the light bulb goes off and you can start seeing the piece unfold and the actors start taking possession of their parts. The interaction and the creative experience with the students will be something I'm going to take with me my whole life and has made me a better person."



## TO THE UNKNOWN

by Anneke Zegers '19

Day descends, night nears,  
Gone is peace, come is fear.  
With beating heart and panting breath,  
Nearly evading the claws of death,  
We toil on unknown terrain,  
Slyly courting death and pain;  
And yet we seek the sense of thrill  
When we survive on wit and will.  
Adventure is a noble art  
For those who own a hero's heart  
And dare to venture through the door  
To where no man has gone before.



1. "BEAUTIFULLY BLOOMED" KELLY ESPARZA '16
2. "A RAINBOW" JAHNAVI MEHTA '20
3. "WISDOM" MIA STEPHENS '17
4. "TREES AND STARS" NORA BONK '19
5. "NAYA" JULIA NARVAEZ '19

# THE MIRROR

BY EMILY ZACHARIAS KROPP '96

"MYSTERIES OF THE UNKNOWN" BY BROOKE APREA '15

THIS YEAR MARKS THE FIFTH ANNIVERSARY OF *THE MIRROR*, ST. FRANCIS' LITERARY AND ART MAGAZINE, WITH THE PUBLICATION OF THE 15<sup>TH</sup> EDITION THIS WINTER. FOR AN UNDERSTANDING OF THE MAGAZINE'S ORIGIN, WE REACHED OUT TO SOME OF THE MEMBERS, INCLUDING ITS FOUNDER, BROOKE APREA '15.

*"I was inspired to start the magazine because of my friends' paintings, drawings, photography, and poems. They had such an inspiration to create but did not have an outlet to properly display their works. From my experience with the magazine, I learned we can be inspired by everyday life. We are surrounded by art and all have the potential within us to create. I also learned that collaborating with peers on a passion project creates such a great final product. I learned that anything is possible. If you want to create something, seek out mentors who believe in you and this will help you make your dream a reality."*

—Brooke Aprea '15

When Brooke Aprea sent an email to faculty in the fall of 2013, detailing her vision for a student-produced literary and arts magazine at St. Francis, I was beyond impressed. Her proposal – which referenced projected costs, recruitment procedures, and participation requirements for national competitions – was thorough and nuanced. She had clearly done her research.

I immediately offered my assistance as faculty moderator because her appeal struck a personal chord with me. When I was a student at St. Francis in the 1990's, some of my beloved English teachers (Kathleen Rose and Rich Weldon) had helped produce literary publications, but none had been

long-standing, and none had incorporated digital arts. I saw Brooke's proposed magazine as a 21st-century revival of an important tradition on campus, and I was eager to give back to the school the same support and encouragement I had received as a student.

It was an absolute pleasure working with Brooke. Her persistence, organization, and determination inspired many of her classmates, who also became actively involved in the early stages of the magazine. I still recall with fondness the original group of girls who gathered in Room 509 at lunch time, sharing their ideas about how to best collect and showcase student art. It was during one of those inspired meetings that Brooke and her peers chose the name *The Mirror*. They felt it was an appropriate title for a publication whose purpose it was to capture and reflect the inspiration and creativity of the students at St. Francis.

Over the past five years, a number of extraordinary young women have taken turns shaping the direction of *The Mirror*. One such shining star is Kate Fernandez '18, editor from 2016 to 2018. It was Kate who fulfilled one of Brooke's original goals when she submitted the 9th Edition of *The Mirror* to the 2017 National Council of Teachers of English Program to Recognize Excellence in Student Literary Magazines and received a rank of Excellent. Kate

THE AMAZING YOUNG  
WOMEN WHOSE  
TALENTS HAVE BEEN  
INSTRUMENTAL IN  
DEVELOPING  
THE MIRROR:

2013-2014

EDITORIAL BOARD:

Brooke Aprea '15  
Rebecca Nicholes '15  
Aly Pachter '15

DESIGN BOARD:

Zaire Johnson '15  
Isabella Lee '15

2014-2015

EDITORIAL BOARD:

Brooke Aprea '15  
Rebecca Nicholes '15  
Aly Pachter '15  
Kelly Esparza '16

DESIGN BOARD:

Zaire Johnson '15  
Isabella Lee '15  
Nicole Danuwidjaja '18  
Sophia Nguyen '18

2015-2016

EDITORIAL BOARD:

Kelly Esparza '16  
Sophia Fox '16  
Eliana Kontokanis '17  
Kate Fernandez '18

DESIGN BOARD:

Sophia Nguyen '18  
Nicole Danuwidjaja '18

2016-2017

EDITORIAL BOARD:

Eliana Kontokanis '17  
Kate Fernandez '18

DESIGN BOARD:

Sophia Nguyen '18  
Nicole Danuwidjaja '18

2017-2018

EDITORIAL BOARD:

Kate Fernandez '18

DESIGN BOARD:

Sophia Nguyen '18  
Nicole Danuwidjaja '18

2018-2019

EDITORIAL BOARD:

Anneke Zegers '19

DESIGN BOARD:

Jahnvi Mehta '20  
Anneke Zegers '19

also instituted our first poetry contest last April. While she never met Brooke personally, Kate's description of her experience working on *The Mirror* is evidence that the magazine continues to serve its original purpose:

*"For me, 'The Mirror' was a community as well as a publication. I came into St. Francis a little bookmad, the sort of freshman who checked out tons of books from the library. 'The Mirror' was the place where I was able to find my niche and meet other brave, amazing students who loved the written word and art just as much as I did. Honestly, I think the goal of 'The Mirror' was (and continues to be) both simple and incredibly radical: we wanted to provide a forum for St. Francis students to express themselves. Giving students a place to share their artistic work, regardless of form, was the ultimate accomplishment.*

*As Editor-in-Chief, I hoped to give students who wanted to get involved with the club the opportunity to find a strong community in the same way I found a stellar group of friends and mentors through the publication. I adore the community I found within 'The Mirror.' The faculty advisor, Mrs. Kropp, is absolutely phenomenal. She mentored me throughout my time at St. Francis, and her critiques of my work helped me become the writer I am today. The other editors and editors-in-chief with whom I served also inspired and pushed me. I know I'll carry the skills and knowledge I picked up working on 'The Mirror' for the rest of my life."*

*The Mirror* provides Troubies with a wonderful opportunity to be collaborators and leaders. As moderator, I oversee production of the magazine, but the students brainstorm themes, write correspondences, edit submissions, and complete all of the graphic design for every edition – and they do all of this together, out of love and respect for their fellow Troubies. I have enjoyed being a witness to the ways in which these young women challenge each other to grow as writers, editors, and friends. For instance, Kate Fernandez was able to make the aforementioned contributions to *The Mirror* in part because of Eliana Kontokanis '17, who had mentored and inspired her the previous year.

This year, Anneke Zegers '19 has carried on the legacy as Editor-in-Chief. When asked why she chose to be involved with *The Mirror*, she noted:

*"Ever since the second grade, I have had a passion for writing. Over the years, I have written many poems and short stories, most of which are hidden away in journals or buried in my computer's memory. When I came to St. Francis, I could not wait to be a part of 'The Mirror.' It gave me a chance to put my works forward to the community and share my words with the world. Through my involvement, I have found a reason to unbury my forgotten stories as well as write new ones. 'The Mirror' inspires me to write more and write better; it has allowed me to reach an audience among my peers.*

*Just as I – a young writer hoping to go on and publish novels – have come to this school and found an outlet in publishing my stories to the school, so other writers have come before me and will come after me when I am gone. I have found increased confidence in my abilities through publishing in 'The Mirror,' so I believe that it is important for other students to have that opportunity in the future."*

Anneke's statement is a nice reminder that, in its own quiet way, *The Mirror* encourages "women who change the world." We often assume that our school's tagline refers to the world at large – that it involves monumental social change – but "world" can also denote the smaller but equally important personal growth that occurs when a student decides to publish her first poem or volunteers to act as editor for her school's magazine. Through their commitment to *The Mirror* as contributors, design board members, and editors, Troubies put into practice our four pillars: Faith, Excellence, Leadership, and Service.

Each edition validates our students' artistic endeavors and provides a window into the rich lives they live outside of the classroom. Brooke should be proud to know that she has indeed made her dream a reality at St. Francis Catholic High School.

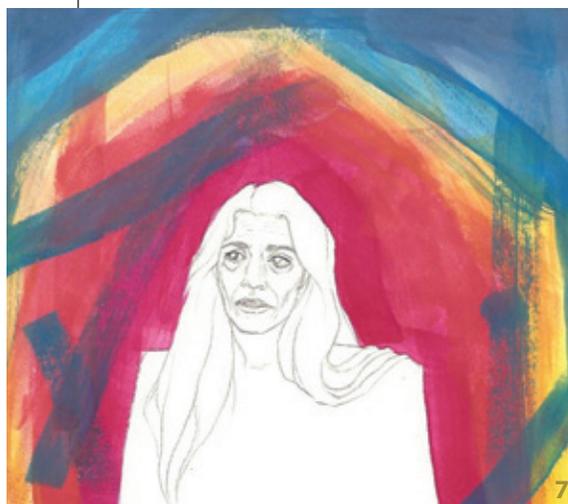
6. "JUST BRANCHES" LACEY MCCORMICK '15
7. "I KNOW NOTHING" ANA VERSCHOOR '17
8. "IMAGINARY FRIEND (PART 1)" KRISTINA WOODLING '20



## DREAMLANDS

by Bailey Yates '18

Two-way mirror upon the wall,  
 I'm on both sides, standing tall.  
 Tell me which reflection's real,  
 And which I have yet to feel.  
 Imaginary beasts running wild,  
 In my mind much like a child's.  
 Every nightmare has been worthwhile,  
 Every dream has brought a smile.  
 I'm standing, brisk winds settling in,  
 I've lost a battle I was sure I'd win.  
 I'll hold myself close and won't let go,  
 The wind pushing me to and fro.



**Emily Zacharias Kropp '96** began her teaching career at St. Francis when she was hired as a member of the English Department in 2007. She received a Bachelors Degree in English from St. Mary's College of California and her Masters in English Literature from CSUS. She currently teaches Literature and Film and Writing From Literature and moderates "The Mirror."



MRS. KROPP & KATE FERNANDEZ



**Brooke Aprea '15** is a Senior at the University of Southern California, majoring in International Relations and double minoring in Marketing and Communication Technology Practices and Platforms. She's continued her work relative to art and literature through her Cultural and Community Service Sorority, Sigma Delta Sigma. After holding positions as External Vice President and Co-President, she's now the Cultural Chair where she explores the vast array of artwork that Los Angeles has to offer. After college, she hopes to stay in Los Angeles and work in sales and marketing.

**Kate Fernandez '18** is a freshman at Marist College in Poughkeepsie, NY, where she's double majoring in Computer Science with a concentration in Software Development and English with a concentration in Writing. Outside of the classroom, she works as the technology specialist at Marist's foreign language center, offers mentorship to writers through her role as a community assistant on the Young Writers Workshop, and serves as a manuscript reader for Illuminate YA, an imprint of Lighthouse Publishing of the Carolinas.

**Anneke Zegers '19** is a senior at St. Francis and will be attending Duke University in the Fall of 2019. She hopes to double major in Classics with a concentration in Latin and English with a concentration in Creative Writing.

EXPLORE EVERY EDITION OF *THE MIRROR* AT  
[WWW.STFRANCISHS.ORG/MIRROR](http://WWW.STFRANCISHS.ORG/MIRROR)



PEYTON & JULISSA ORTIZ OF  
GOOD DAY SACRAMENTO



TROUBIE TV

## A VOICE FOR THE VOICELESS

Broadcast journalism and communications are professions that often attract people who want to be a voice for the voiceless. St. Francis Troubadour Peyton Spellacy '20 has not only felt this tug, she's found myriad opportunities at St. Francis and beyond to develop skills and gain valuable, and at times perspective-changing, experience. Peyton's dive into this world came about through what some would consider to be an unfortunate event; Peyton chose instead to turn it into something positive.

As a freshman at St. Francis, Peyton was delighted to make and play on the basketball team; an early knee surgery, however, took her out of the game. Missing the camaraderie of being on a team, Peyton got involved with St. Francis' sports media club and Troubie TV. She realized she had a knack as an on-air personality. And as her interest and passion grew, she took on other St. Francis projects, serving as the red-carpet emcee for St. Francis' 2018 Oscar party and then the on-air talent for the broadcast show of St. Francis' first SELFe event this fall.

Former Assistant Principal and Stanford graduate herself, Fadia Desmond, reached out to Peyton to let her know of a special summer program Stanford offered called News Room by the Bay. Peyton was accepted the summer of her freshman year and entered as the youngest student they ever had. She's now completed two summers and is set to go back as a Counselor-in-Training this summer. "Before News Room by the Bay, I thought about furthering my education and career in the area of chemistry," Peyton recalls. "But after I went to Stanford, I fell in love with everything from writing to being on camera."

During Peyton's second summer in the program, Akoto Ofari-Atta came to speak to the class. She gave the students an assignment: go and write an obituary on anyone. Peyton selected Tyler Steel, a young man who was shot and killed in Stockton. Peyton was ultimately selected to work on The Trace Project developing some of the content for SinceParkland.org. The goal for The Trace Project was to bring awareness to their generation of the results of gun violence. It was not a political piece, rather an eye-opening piece to the human tragedy and suffering of gun violence, especially its impact on their generation.

The SinceParkland.org project had teens writing obituaries on other teens who died due to gun violence. "As the generation that is inheriting these issues, it was important to find out what is really going on," Peyton shared. The 200 students selected to work on more than 1,200 obituaries



RED CARPET PARTY

# ATHLETIC TRAINER KELLY KETCHAM WINS FWATA AWARD

BY STEVE SHAFF,  
ASSISTANT ATHLETIC DIRECTOR  
FOR SPORTS INFORMATION



Kelly Ketcham has been selected for the Excellence in Athletic Training Award for the 2019 Winter Quarter by the Far Western Athletic Trainers Association. FWATA, also known as District 8 of the National Athletic Trainers' Association, is comprised of state athletic trainers associations from California, Hawaii, Nevada, Guam, and American Samoa. Ketcham was named the Assistant Athletic Director for Sports Medicine for the St. Francis Athletics Department in November 2013 and is the school's first full-time certified athletic trainer.

Ms. Ketcham worked for the Los Rios Community College District from 2008 until 2013, providing athletic training coverage for a variety of sports on all four district campuses. She worked with the WNBA's Sacramento Monarchs during the 2009 season, assisting the head athletic trainer with all aspects of coverage. Kelly also developed the curriculum for three courses as an instructor with ROP Sports Medicine Careers and served as the athletic trainer at Placer High School from 2006-08. She received a master's in education in athletic training from Temple University after earning her bachelor of science in kinesiology/athletic training at CSUS.

Kelly Ketcham's extensive background is a daily resource to the St. Francis community. In addition to serving more than 600 student-athletes annually across twelve sports and 27 teams, she makes time to moderate the "Medicine and More" club where she helps coordinate internships for students in local hospital settings as well as organize a medical professional speaker panel. Ms. Ketcham also leads the Sports Medicine Internship Program for current Troubies. This semester, she is overseeing Brynne Burrows '19, Kelly Collins '21, and Grace Fargen '21 to assist with on-field needs and help with everyday game prep. Additionally as part of their internship, they observe orthopedic and concussion evaluations and learn taping techniques for injury prevention.

Her goal is to get students excited about careers in the medical profession and to help them see opportunities that extend beyond being a doctor or a nurse. "When I was in high school, I didn't know that there were so many career paths in health care. I want my students to be exposed to a variety of settings so they can choose what fits them best," notes Kelly.

Because of Ms. Ketcham's dedication to teaching, many Troubadours have chosen to continue their education in this field. Liz Mannering '13 graduated from University of Oregon in 2017 with a major in Human Physiology and is currently pursuing her master's degree in Athletic Training from University of the Pacific. Samantha Collins '15, a junior at Oregon State University, is studying Bioengineering and Sonia Laskin '17 is pursuing Sports Medicine at Texas Christian University. Recent graduate Jordan Walker '18 has applied for the Athletic Training Program at Louisiana State University.

"We're excited to join FWATA in celebrating the exceptional work Kelly Ketcham performs daily in her role as athletic trainer for St. Francis Catholic High School," said Athletic Director Mark McGreevy. "This is well deserved recognition for someone known to her co-workers, colleagues on other campuses, and especially our Troubadours and their families as a top-tier health professional who delivers her service with great expertise and care. We're all very blessed to have her as part of the SF Athletics team and our beloved school community."

of young people who died due to gun violence, had to sign confidentiality waivers as the project was sequestered until the broad release in February of this year.

"The overall experience was multi-faceted. I got to witness myself becoming a journalist (and getting paid for it)," Peyton recalls. "But a journalist not just for myself, but for the kids that died in gun violence. I was not just getting my voice out there, but I was able to give voice to others. Emotionally it was extremely hard to write, but these are stories that need to be told and heard."

Peyton mused about one of her St. Francis retreat experiences. The school year theme was "Being a Voice for the Voiceless." We were encouraged to explore our gifts and use them. "I feel like my gifts really fall in line with being a literal voice for the voiceless."

*Peyton appeared on Good Day Sacramento on February 25, 2019 to share her experience on SinceParkland.org.*

For more information about  
The Trace Project,  
visit [sinceparkland.org](http://sinceparkland.org).

# DINING, DANCING & RAISING MONEY FOR TROUBIES CRAB FEED: FEB 2ND

It doesn't get any better than a great evening with good friends, more than 700 members of the St. Francis community (including a lot of alumnae), delicious food, tempting items to bid on, fabulous desserts and then dancing the night away to Clean Slate!

Our dynamic chairs, Angela Lavezzo (Madalyn '16 & Emalee '19) and Julie Hoang (Hayley '19), led an amazing committee who put on another successful and sold-out Crab Feed. A true community-builder and fundraiser, this event raised more than \$104,000 for our Troubies. Our kitchen crew and servers were once again led by Michael and Claudia Tringale, with a lot of support from our Dad's Club and the hundreds of parent volunteers who made it all happen and then returned the campus to "normal" for classes the next day.

Thank you to our sponsors, attendees, committee members and the myriad volunteers who made this night another fabulous St. Francis memory!





# THANK YOU SPONSORS!

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+Socotra Capital  
Shirley & John Ingoglia (*Presley '21*)

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+David & Lisa Nickum (*Ali '21*)

## SILVER - \$1,500

+Mike & Ann Casentini (*Gabby '17, Sophia '20*)  
The Cloninger Group, David Cloninger (*Sarah '21*)  
+Dr. Ava Conlin & Col. Christopher Conlin  
(*Grace '18, Rose '19*)  
+Alexxa DeBenedetti (*Sophie '19, Anabella '21*)  
+Barbara & Chris Ramm (*Elizabeth '20*)



+Jennifer Stolo & Keith Diederich  
(*Bella '15, Kendall '21, Emma '21*)  
+ Zócalo Restaurants,  
Tatiana Bedoya and Ernesto Jimenez (*Xiomara '22*)

## BRONZE - \$1,000

Arraycon, Angela & Rick Lavezzo  
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+Karen & Paul Catania, Lyon Real Estate (*Kayla '22*)  
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Romelia Pease (*Isabella '22*)



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# Paris

IN BLOOM





## PARIS IN BLOOM TRANSFORMED OUR CAMPUS AND HEARTS

As we start to catch our breath after our 13th Annual Revelry Gala & Auction, Paris in Bloom, we find ourselves missing the excitement, beauty and magic of a spectacular evening. It is no wonder Revelry is the school's premier event!

Our guests grabbed their passports and packed their bags as they were transported to a Parisian neighborhood complete with cobbled passages, quintessential Parisian shops and tree-lined avenues. Wherever you looked, Paris was truly in Bloom (with a few raindrops to help it along)!

The ambiance and magic of the evening was a result of the vision and leadership of our two amazing Revelry co-chairs, Lisa Breslau (Sophia '20 and Sara '21) and Kristin Stassi Venegas '83 (Juliana '20). They led an executive team comprised of both long-serving and new members who headed up the many areas that needed to come together for a great event. We can't thank this team enough for the heart, soul and hard work they put into making this event so very engaging and successful. Thank you to the hundreds of parent volunteers who supported this team and helped make the magic happen. Nothing on campus would happen without the teamwork of our dedicated staff, from advancement, to

facilities, arts, finance and all of our departments, our staff were all-in to raise support for our Troubies.

Guests were welcomed by St. Francis student ambassadors, entertained by our Show Choir and SF Players, who appeared as Mimes and French ladies, before Miss Clavel and her little girls in two straight lines led them through the Arc de Triomphe to see a beautiful dining room laid out for them, complete with an Eiffel Tower. And instead of dining and dashing, many stayed late to enjoy our soirée post-fête with libations and dancing! It was a perfect end to an amazing evening.

From a robust silent auction with a number of unique sign-up parties, to a fully stocked wine and spirits section (complete with faculty favorites), to the spirited live auction, there was something for everyone. And even if you weren't able to attend, many still participated remotely.

Two remarkable women were honored with the Spirit of San Damiano award—St. Francis' first President, Marion Bishop, and alumna from the Class of 1948, Marion Slakey. Both women received standing ovations recognizing their love, loyalty and service to St. Francis and our Troubadours.



The 2019 Revelry Fund-A-Vision raised a substantial amount for the St. Francis Endowed Scholarship fund. With the generous support of a \$30,000 lead donor, nearly \$100,000 was raised in the room and then generously matched by an attendee. The success of this year's fund-a-vision helps us fulfill our mission by providing the financial assistance that ensures a St. Francis education is accessible to all who desire a holistic education based on faith, excellence, leadership and service.

Because of the generosity and support of more than 450 Revelry guests and supporters, we raised more than \$500,000 for today's and tomorrow's Troubies. Thank you to the entire St. Francis community for giving so generously.

*"The Spirit of San Damiano Award" was established to recognize outstanding individuals who have significantly contributed to our school community by modeling our pillars of faith, excellence, leadership and service for a period of 10 years or more. These outstanding individuals inspire and empower us to fulfill our mission of "serving young women and their families who seek spiritual growth and academic excellence." Their love for St. Francis Catholic High School and our Troubadours is evidenced by their extreme generosity of time, talent and treasure.*



# Sponsors Cocktail Reception



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& Edward Rudis

+ indicates a "Plus" Package Sponsorship listing

An event like Revelry is made possible through the generous support of our event Sponsors. These sponsors were recognized at a private reception held at the home of Kristin and Mark Enes on February 28th. Guests not only got to enjoy each other's company and visit with school leadership, they had an opportunity to spend some time admiring the beauty and personality of "Francis" (as she was referred to then), the French bulldog that would be at the Revelry auction. We thank the Enes family for their gracious hospitality and opening their gorgeous home (and for permanently adopting Francis).



# ALUMNAE SPOTLIGHT

## DR. SARAH TOM '98

### A LIFE COURSE FRAMEWORK FOR RESILIENCE



We had an opportunity to catch up with Dr. Sarah Tom '98 to see where life had taken her since her days at St. Francis. To hear Sarah's story is to understand the importance of resilience and learning from those that came before us, and appreciation of diversity.

As a student at St. Francis Catholic High School, Sarah's health was fragile at best. By her junior year, she was experiencing debilitating and widespread pain and fatigue. Two weeks before donning her white robe for graduation, she was diagnosed with Fibromyalgia. A bright and focused student, Sarah was headed to UC Berkeley and confronted with figuring out what she needed to do differently in life to manage her disease and to succeed.

As an undergraduate at Berkeley, Sarah started to explore health and employment policy for young adults with disabilities as she was personally familiar with this area. An economics major, she wasn't sure exactly what she wanted to do. But since economics used applied math (leveraging lessons she learned in Mr. Schwing's math classes at SFHS), she was confident she could use this knowledge and apply it in many areas. She realized her interest lay in asking questions about people, disabilities, health and employment outcomes.

Being at Berkeley meant Sarah could spend time with her extended family in Davis, Sacramento, and San Francisco. Blessed with four grandparents who were healthy and aging gracefully, Sarah was inspired by their knowledge, experience, and stories.

Her innate curiosity led her to pursue a PhD in demography, a discipline that would allow her to answer broad questions about population health. "During graduate school, I started to conceptualize health as a process and to think about experiences in childhood and young adulthood that might have

shaped my grandparents' older adulthood, health and well-being, while also reading academic papers on such themes in my classes," Sarah recalls.

After completing her PhD and Masters in Public Health at UC Berkeley, Sarah continued to use a life course framework to understand how experiences from early life to mid-life influence outcomes in physical functioning and women's health and aging. After nine years in Berkeley, she knew she needed to see more of the world. She spent the next year at the Medical Research Council at University College London, followed by a year at the National Institute on Aging in Bethesda, MD. Her third year as a postdoctoral fellow was spent at Kaiser Permanente Washington Health Research Institute in Seattle. Here she had the opportunity to start to study dementia.

Currently, Sarah is an assistant professor in the Division of Neurology Clinical Outcomes Research and Population Science in the Department of Neurology at Columbia University. Most of her research focuses on understanding how social and health experiences over the life course contribute to the risk for and resilience against dementia in older adulthood.

"We know that the period of most rapid brain development is by age six," Sarah cites. "We do not know if disadvantages early in life may lead to permanent brain and cognitive characteristics that influence dementia later in life. Alternatively, early life disadvantages may lead to disadvantages in adolescence and throughout adulthood, which then contribute to dementia risk." For example, people whose parents are more highly educated on average have lower dementia risk. This relationship may exist because of benefits to early brain development that directly influence dementia, or because people with more educated parents then go on to achieve higher education, which then allows them to have better jobs and more cognitive stimulation during adulthood, which in turn decreases dementia risk.

This research is critical to identifying potential points of intervention to prevent or delay the onset of dementia. While early life may be a key time for prevention, we also need to understand what measures are effective at mid-life and in older adulthood to maintain and promote cognitive health and well-being. Sarah utilizes several large studies of dementia across the US to answer these questions, applying methods based in demography and ep-

### MEMORABLE TEACHERS OF THE PAST

Sarah is particularly grateful to the outstanding teachers at SFHS who taught her foundational skills and enthusiasm for teaching, in particular Mrs. Judith Hunter, Mrs. Cecilia Garcia, Mrs. Maria Gomes, Mrs. Bonnie Roman, and Mr. Charles Schwing.

idemiology. She enjoys working with students as they refine methodology and integrate their results with previous studies to expand the knowledge base on dementia. Her career fosters her desire to collect and link innovative data from over the life course to further our understanding of when and how risk for and resilience against dementia develop in diverse populations. Sarah is particularly passionate about including women and the Asian and Pacific Islander and Latino/Hispanic communities in dementia research.

Sarah encourages today's Troubies to think about how to challenge themselves and how to balance all the different demands on them. "I was very prepared for college," Sarah stated. "A lot of the analytic and writing skills I use today grew from basics I learned at St. Francis." She reflects on the path she's taken and the circumstances and opportunities that came her way. "Have an idea of what you want to do, but also be open minded and think about different points of view, both in

your professional and personal life," Sarah exhorts. "If something sparks your interest, don't ignore it. And periodically take a course in something different than what you are studying." An area of interest for Sarah was a course she took in perinatal epidemiology that ultimately helped her see the impact of the early years and maternal health on older adult health. While leaving her family and friends in California was very difficult for Sarah, she is grateful for the enriching professional and life experiences that have followed.

Thinking back to her own life course, Sarah has learned to be more mindful of maintaining a balanced life and avoiding or mitigating Fibromyalgia triggers. She spends as much time with her family in California as she can, especially so that her toddler son Sacha can know his grandparents and great-grandmas.

Sarah is hoping to meet current St. Francis Troubies at Career Day in Spring 2020.

"IF SOMETHING SPARKS YOUR INTEREST, DON'T IGNORE IT."



## SHARE YOUR WISDOM: CAREER DAY & MENTORING ON MARCH 13, 2020

Without a doubt, St. Francis cultivates successful, impactful and capable alumnae – women who are changing their world. As guides to our current students, our dedicated faculty and staff work every day to provide our young women with a glimpse into the exciting and fulfilling futures that await them after graduation. But what if there were a way for them to hear those stories of success and opportunity directly, from the people who live them every day? That's where you come in.

We would like to invite you to participate in the 2020 St. Francis Career Day. This experience allows our alumnae to share their professional experiences with our current students. It's an excellent opportunity to share your talents, spend time on campus and have lunch in the new dining hall (new to those of you who graduated before 2014)!

Be part of the working group to plan this day! We want to create an impactful day for current students and alumnae. Help us envision what that looks like, and explore opportunities to take it to the next level with a mentorship program. We need 8-12 alumnae who can be part of this working group. Contact MaryAnne Kelly: (916) 737-5033, [mkelly@stfrancishs.org](mailto:mkelly@stfrancishs.org).

**STAY LINKEDIN WITH YOUR TROUBIE SISTERS**  
Join the St. Francis Alumnae private LinkedIn group! Whether you're looking for a new job, relocating to a new town, or wanting to connect, you can reach out to your Troubie network for support. Visit <http://bit.ly/SFHSAIumLinkedIn> to join the private group. Be sure to add St. Francis Catholic High School to your Education profile on LinkedIn. This will allow you to network with Alumnae around the world with just a click of a button.

# CELEBRATING OUR ALUMNAE



## SFHS GOLDEN GIRLS: CLASS OF 1969

St. Francis Catholic High School started a new tradition last year for our “Golden Girls” (the alumnae celebrating their 50th high school reunion). We would like to honor the Class of 1969 as our “Golden Girls” during the graduation of the Class of 2019 being held on the afternoon of May 23rd at the beautifully renovated Memorial Auditorium.

Prior to the graduation, a table has been reserved for you and your classmates to enjoy a no-host lunch at Lucca Restaurant.

12:30 pm - Lunch at Lucca Restaurant (1615 J Street, Sacramento, CA 95814)

2:30 pm - Graduation at Memorial Auditorium (1515 J St, Sacramento, CA 95814)

RSVP to MaryAnne Kelly, [mkelly@stfranchs.org](mailto:mkelly@stfranchs.org)  
916-737-5033



**Ann Marie Perry Faires '71** is the principal at Holy Spirit Elementary School in Sacramento. She recently celebrated her 65th Birthday and she and her family celebrated at Mercy McMahon so that her parents could attend the party.

**1** Front row: **Carolyn Panattoni Perry '50, Paula Corsiglia '55**; Back row: **Jill Matranga '71, Barbara Hill Caselli '71, Ann Marie Perry Faires '71, Joan Quinlan Suarez '71, Francie Ivanovich Heim '71, Loretta Marsalla '71, Penny Payne Blocker '71, Barbara Wells Zanze '71.**

**Freeda Lapos Babson '72** has made a joy-filled life of art! Her family members are all artists. Freeda's most recent mural commission was a large fence in Arizona where she now lives. She has completed custom murals and mosaics in numerous private residences and public buildings such as Cancer Pathways (formerly Gilda's Club) in Seattle. In 2018 she was commissioned to paint a 5' and 2' March Hare in the U.K. which were auctioned in October 2018. The funds were then used for maintaining the Cotswolds area environment. She spent seven weeks in England completing the Hares. Freeda travels all over the country and the U.K. completing art commissions and feels so blessed to be able to do this for a living. Her website is [www.laposart.com](http://www.laposart.com). **2**

Several of our alums from the Class of 1974 were inducted into the board of Dante Women's Auxiliary Club. Co-Presidents are **Carole Stefani Chivaro** and **Debra Cattuzzo**, Co-Vice Presidents are **Heidi Pesce Veneman** and **Helen Manfredi Pierson**, Secretary is **Judy Farina**, and Co-Treasurers are **Tina Lucchini Bowers** and **Debra Duccini Hansen**. **3**

**Erin Saberi '78** moved back to Sacramento from Washington, DC as an appointee in the Administration of Governor Gray Davis. In 2012 she founded Open Square Connect, a strategic communications and public policy consulting business with a diverse portfolio of government, business and non-profit clients. She also has a professional affiliation with the San Francisco based Public Relations Firm, David Perry & Associates. Since early 2018, Erin has been spearheading a grass roots initiative to create a Commission For Women & Girls in Sacramento County. To reach Erin or to join the effort to create a Women's Commission in Sacramento, contact her at: [esaberi@me.com](mailto:esaberi@me.com) or [sacwomenscommssion@gmail.com](mailto:sacwomenscommssion@gmail.com).

**Maura Megan Knowles '86** is a versatile actor-singer-writer-producer whose projects include the development of her original musical comedy online series *Insult to Injury* (2016); “Francis Ford Coppola’s *Gidget*”; the award-winning New York rock musical “*Bare*” (directed by Tony nominee Kristin Hanggi) along with its more recent 2015 reunion concert at Feinstein’s/54 Below; and her recent appearance in the final season of the hit musical TV series *Crazy Ex-Girlfriend* (2015). Favorite Los Angeles stage credits include “*The Christians*” at the Mark Taper Forum; the world premiere of Ashley Rose Wellman’s “*That Long Damn Dark*” at the Red Cup Theatre for which she received a Broadway World “Best Supporting Actress” nomination; the Young Playwrights Festival production of “*Wash*” with Tessa Thompson at the award-winning Blank Theatre; and her one-woman cabaret show “*Life’s Little Ironies*” which served as a fundraiser for the Los Angeles Chapter of the American Diabetes Association. In addition to being a member of the Irish-American Writers & Artists in New York, the L.A. Writer’s Center, and one of twelve songwriters accepted into the Mercer Great American Songwriting Program at Northwestern University in Chicago, Maura’s writings have been featured at playwrights festivals and published in various magazines and blogs (e.g., *The Morselist*). As a singer, she has recorded songs for numerous labels. A pioneer of health and wellness, Maura, a.k.a. Mo, the Morselist, is a Certified Integrative Health Coach (AADP) and is the creator and C.E.O. of MAC-N-MOS, INC., a healthy baked goods company created in honor of her dad Mac. Maura has also penned two cookbooks. Several of her recipes have been featured on other healthy eating blogs such as Vitacost’s VitaVibes. Current Troubies can meet Maura at next year’s Career Day on March 13, 2020. **4**

**Sarah Weber Maile '88** has been working for the California State Teachers’ Retirement System (CalSTRS) as an Investment Officer for the past three years. She works in the Sustainable Investment & Stewardship Strategy group and is proud to be working to protect the benefits of California’s 900,000 public school teachers and their beneficiaries. In her spare time, Sarah volunteers with the mentoring program for Rock the Street, Wall Street, which is a program designed to get high school girls interested and familiar with careers in Finance and Investments. The Class of '88 just recently had their 30 year reunion and Sarah and her classmates had a wonderful time catching up and reconnecting. Current Troubies can meet Sarah at next year’s Career Day on March 13, 2020. **5**



**Sara McClure '88** graduated from Chico State with a degree in Communications and become involved in radio right away and hasn't looked back. She's been in broadcast media & advertising for more than 22 Years. Sara works for iHeartMedia (aka iHeartRadio) and is the Market President of Sacramento overseeing six stations. Sara has been married for 18 years to her husband Mike who owns a local business, Under the Big Top Party.

**6** Sara McClure '88 with Paul Robins of 92.5 The Breeze.

**Lori Lovett '90** has found a passion for Yoga and is an instructor at OneFlow Yoga in East Sacramento. Lori says "Throughout my seven years of practice and four years of teaching, I have fallen in love with the philosophy and the physical practice of yoga. Most importantly, I have learned to be more loving with myself, which in turn enables me to be more patient, kind, and compassionate with everyone in my life. Yoga teaches me to be more honest about how I am feeling as well as how I react to and live my life. My eyes, heart, and mind are wide open, and I can never close them again. My dedicated path in life is to inspire others to gain a similar perspective on not only the benefits of a consistent yoga practice, but also with themselves. I teach yoga so that I can share the practice that has revolutionized my life and has inspired me to love more fully and with a deeper sense of meaning and gratitude." Lori will be leading the upcoming "Yoga on Serra Court" on May 11th, register for the complimentary class at <http://bit.ly/SFHSYoga2019>.

**Kelly Brady Smith '95** welcomed a new baby girl, Paige Shannon Smith, born on November 24, 2018 at Sutter General Hospital. She joins sisters Parker Kate (6), Tatum Ryan (5), and brother Cole Brady (9). Hopefully she and her sisters will fall in line with Brady tradition to be 3rd generation Troubies: Sandy Bonetti Brady '65, (the late) Shannon Brady '93 and their mommy Kelly Brady Smith '95. **7**

**Amanda Horrocks '98** graduated with her BS in Nursing from The Catholic University of America in 2002. She enjoyed nursing positions in Neurology & Neurosurgery, Geriatric Psychiatry, and Blood Banking prior to completing her graduate studies. She graduated from UC San Francisco in 2010 with her MS in Nursing, and since that time has served as a Pediatric Psychiatric Nurse Practitioner. Amanda is passionate about her work, and is deeply honored by those who allow her to journey with them toward wellness. Amanda completed her Doctorate of Nursing Practice from the California State University, Northern California Consortium, Doctor of Nursing Practice program in 2017; and was honored to be the student commencement speaker. Amanda was deeply humbled to be awarded the inaugural Practice Compassion award from her current company in January 2019. Amanda will complete a program to be a Certified Clinical Master Herbalist in March 2019, allowing her to serve clients with a more holistic approach. She is also passionate about her Catholic faith, and has volunteered in middle and high school youth ministry programs since 2003. She made her profession to the Secular Franciscan Order in January 2017. Current Troubies can meet Amanda at next year's Career Day on March 13, 2020. **8**

Interior designer **Rebecca Isbill Ward '98**, who owns Rebecca Ward Design, was asked to be a designer for the Sacred Heart Home Tour this year. She was paired with one of the most unique East Sacramento homes - one of the only ranch style homes situated on two lots. Rebecca and her team had fun working with the client's eclectic interiors that portrayed a mix of mid-century modern and bohemian styles. She installed four Christmas trees in different yet complementary styles: A youthful pom-pom adorned tree, a vintage glass bulb tree, a floral tree artfully dressed with fresh flowers and a white tinsel tree in the back patio. The house was a favorite on the tour due to its unusually vibrant color palette and unexpected Christmas decorations. **9**

**Claire Blocker '00** is the principal and co-founder of Parc Studio, a full-service, boutique interior design team serving Northern California. She is committed to developing customized designs for her clients, and works closely with them to create timeless spaces that will inspire. Claire takes great pleasure in being involved with every studio project and developing personal relationships with each client. Claire was event designer for the inaugural SELFe held at St. Francis on October 28, 2018. **10**

## IT'S REUNION TIME!

If your class ends in a "4" or "9" then it's reunion time! Save the date for the following class reunions. Please contact [alumnae@stfrancis.org](mailto:alumnae@stfrancis.org) to get involved.

### CLASS OF 1978

The Class of 1978 is celebrating their 40th Reunion on May 17, 2019 at Casa Tulum, a new restaurant owned by Martha Geraty.

### CLASS OF 1989

The Class of 1989 is celebrating their 30th reunion on June 22, 2019 at the Sutter Lawn Tennis Club from 6:00-9:00PM.

### CLASS OF 1999

The Class of 1999 is currently planning their 20th Reunion for June 8, 2019 at the Dante Club.

### CLASS OF 2009

The Class of 2009 is celebrating their 10th reunion on September 7, 2019 at Burgers and Brewhouse in Sacramento.

### CLASS OF 2014

The Class of 2014 is celebrating their first St. Francis reunion! Planning has started and Katie Schembri and Carlye Reed are heading up the reunion committee.

## ARE YOU A SACRAMENTO GIRLS-SCHOOL LEGACY?

We would like to include legacy families from all the Sacramento all-girls Catholic schools. If a member of your family attended Loretto, Bishop Manogue, or Mercy and you have a current student at St. Francis, please update [alumnae@stfrancis.org](mailto:alumnae@stfrancis.org).

# CELEBRATING OUR ALUMNAE



## ALUMNAE ARE INVITED TO SENIOR SEQUESTER

MAY 21, 2019  
3:15-4:30PM

Senior Sequester is a private ceremony for the Senior Class where they transition to part of the St. Francis Alumnae Community. All Alumnae are invited to attend this exclusive event to help welcome our newest members. To add your name to the list, please visit: <https://bit.ly/2T3rvk4>

This is a closed-door event for Alumnae and the Senior Class only. Legacy Families (Alumnae Moms, Aunts, Grandmothers, Cousins and Sisters) of 2019 graduates are highly encouraged to attend this event. A Senior Family Reception will immediately follow Senior Sequester. However, you don't need to be related to anyone in the class to attend, all Alumnae are welcome at this event!!

Alumnae can contact MaryAnne Kelly at [mkelly@stfrancisshs.org](mailto:mkelly@stfrancisshs.org) with any questions.

**Kristin Dillis '05** graduated in 2010 from Cal Poly SLO with a bachelor's degree in Mechanical Engineering (ME), after studying abroad in both Australia and Germany. She worked strictly in mechanical product design for four years, before going back to school to get her Master's in Advanced Study from UC San Diego in Medical Device Engineering ('17). While getting her Master's, she transitioned to working in R&D on genetic product development (bio-tech industry). Kristin is currently working for Synthomics, a start up company in Menlo Park designing an instrument that makes synthetic DNA and just got her ME Professional Engineer's license.

**Brigget Barrios '08** has joined Lewis Brisbois Bisgaard & Smith in their Sacramento office as a member of the Workers' Compensation team. Current Troubies can meet Brigget at next year's Career Day on March 13, 2020.

**Courtney Patterson Bliss '08** writes to us and said the last few years have been especially fulfilling. She met the man of her dreams and they married in June of 2017, it was the "Best. Day. Ever." according to Courtney. They made a big move to Queen Creek, Arizona in July 2018 and purchased a brand new home. Courtney said, "The new build process has been amazing and we are looking at a completion date of May 2019. Once we are settled we plan on expanding our family and having a mini-me or two. We are happy, healthy, and beyond excited to see what the future holds." **11**

St. Francis alumna **Rheann Fall '08** was selected to the first Athletics Hall of Fame at Cal-State University Monterey Bay and inducted on February 16. Fall was a four-year starter as an outside hitter and was the first Otter in any sport to earn All-America honors, receiving Daktronics First Team honors in 2010. She was the CSUMB Female Athlete of the Year in 2010-11. **12**

**Kristiana Lehn '08** graduated from the UC Davis School of Medicine and will start her training in child psychiatry in June 2019. In the meantime she will be spending time training her new puppy!

**Magda Rahardja '08** and Vaughn Huynh wed at the Cathedral of the Blessed Sacrament on November 10th, 2018. St. Francis Alumnae were part of the wedding party: Olga Rahardja Wickham '04, Melina Plasencia Weir '08 and Tiffany Ribera-McKay '08.

**Tiffany Ribera-McKay '08** is currently living in New York and working at Blue Sky Animation Studio as a 3D modeler. Her first film credit will be coming out this October (2019) for the film *Spies in Disguise* starring Will Smith and Tom Holland.

**Rachel Olcese '10** and Alex York were married on April 21, 2018 in Graeagle, CA. Fellow Troubadour, Aurora Singh '10, was one of her bridesmaids. Rachel and Alex currently live in Reno, NV where Rachel is a Trauma ICU Registered Nurse. **13**

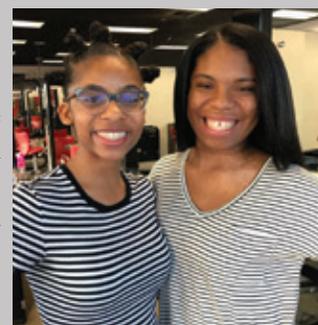
Like a true Lady Bird, **Frances Wang '10** flew away from home to embark on a new journey. After working for ABC10 in Sacramento as an anchor and reporter for three years, she joined CBS4 this December in Miami where she anchors the weekend evening newscasts and reports weeknights. Frances said, "The decision was not an easy one to make and I had some amazing opportunities come my way, for which I am so, so grateful. Ultimately, a lot of signs pointed me in one direction. This is a move I feel will be a huge professional one but I know will also bring personal growth. I'll be far from home but I know home will come to me." On February 4, 2019 The Sacramento Kings awarded Frances with the 2019 Lunar New Year Community Impact Award. Frances said "I rarely saw people who looked like me on TV growing up, so when young people reach out to me and tell me I make them proud to be Asian, there is no greater feeling!!! I'm proud to be an Asian-American woman in media and see our force growing. I'm proud we're fighting for more inclusion & representation of ALL cultures and communities. And that is why I'm so proud to have received this award." **14**

## UPDATES

Do you have exciting changes or news to share? We love staying connected and want to hear from you. Visit the alumnae page of the website ([www.stfrancisshs.org/alumnae](http://www.stfrancisshs.org/alumnae)) to update your contact information and find out about upcoming events. You can also email your address, email and phone number as well as your updates and digital pictures for future *Pax et Bonum* magazines to:

[alumnae@stfrancisshs.org](mailto:alumnae@stfrancisshs.org)

**Madison Hunte-Durham '17** ran into current senior **Allesse Patterson '19** at the hair salon. They met in SF players class and both are both pursuing their love of theater.





**Lauren Charter '15** is a member of the nationally-ranked UC Berkeley Water Polo program. Cal played UC Davis on February 16, 2019 with her in a single match against the Aggies. Four years after leaving Sacramento to attend UC-Berkeley, Lauren has made her mark in and out of the pool during her time with the Golden Bears. "She brings a ton of experience from learning how to be a good teammate and competing, knowing what the focus is for us as a squad and getting better and better each day," said Head Coach Coralie Simmons. "Ultimately that translates into individuals getting better each day. She takes pride in getting better and improving. It has been her MO. Every day getting a little better and the baby steps to earn respect from the staff and the team." Charter was named one of the team's captains this year during her senior season. Lauren is majoring in public health and will get her degree this spring. She has earned ACWPC All-Academic Excellent status each of the last two seasons after being a three-time USA Water Polo Academic All-American at St. Francis. She also earned NISCA/Speedo All-American, was a two-time All-Delta League selection and was chosen as the school's Scholar-Athlete Award winner as a Troubadour. Charter was also recognized by the Sac-Joaquin Section as a Lackey Award winner. "It has been a cool opportunity because Cal is one of the only undergraduate programs for public health degree," said Charter. "I am trying to meet as many professors and get as much guidance as I can because I know I am at a really prestigious school with a lot of movers and shakers." After graduation she is considering several options including working towards a digital health degree in the UK or going to medical school. **15**

Basketball alumnae **Sarah England '14** and **Amanda Davenport '14** attended a basketball game against Elk Grove on January 29, 2019. England graduated from Cal Poly Pomona with a degree in Agribusiness and Food Industry Management and is working in corporate public relations with Raley's, while Davenport graduated from Oregon with a degree in Human Physiology and will be attending Physical Therapy School. They are pictured with Assistant Athletic Director for Sports Medicine Kelly Ketcham. **16**

**Sydney Altobell '16** coordinated a TEDx event for Santa Clara University and the Ignatian Center called Defining Humanity as the Chief Production Officer. Sydney was a soccer player at St. Francis. **17**

**Gabrielle Dyer '16** (University of Arizona), **Alee Rudis '16** (Chapman University, and **Hannah Bailey '16** (Saint Mary's College of California) visit campus during Thanksgiving Break. Alee and Hannah enjoyed lunch with their younger sisters. **18**

For the third time this season, Yale junior and St. Francis alumna **Lillian Enes '16** set a school record, but this time it was in an individual event. Enes recorded a remarkable performance in the 400-meter run individually on Saturday after consistently contributing to the 4x400-meter relay team's success this season. She bested the previous school record by nearly half a second by running 55.04, also improving on her previous personal best by exactly half a second. **19**

**Chloe Mitchell '16** is swimming for Fordham University. She is a junior who is double majoring in International Political Economy and Political Science with a minor in German Language. She recently accepted a job offer at Morgan Stanley in their compliance division and will be working and training in Manhattan this summer.

On October 5, 2018, **Brooke Uhlenhop '16** flew to Arlington, Texas to go to closing night of the North American leg of Taylor Swift's reputation Stadium Tour with her friends. During the second song of the concert, she and her friends were chosen to meet Taylor after the concert. She also met Maren Morris, Rita Wilson, and Todrick Hall. Brooke's senior quote was a Taylor Swift quote and her senior superlative was related to Taylor. It was truly a full circle moment. **20**

**Elizabeth Fugit '17** (Midshipman 3rd Class - United States Naval Academy) and **Alanna Appel '16** (Cadet 2nd Class - United States Military Academy) visited St. Francis to give an admissions presentation to current Troubies. The presentation covered not only the nomination and admissions process, but an overview of day-to-day life at a United States Service Academy. **21**

**Victoria Jacobo '18** (Sacramento City College has plans to transfer to St. Mary's College) and **Emily Cunanan '18** (Sac State) visited with teacher Nicole Harrity during their Thanksgiving break.

**Madison Enos '18** (Purdue University) visits Troubies in Serra Court during her Thanksgiving break. **22**



Stay LinkedIn with your Troubie Sisters! Join the St. Francis Alumnae private LinkedIn group and reach out to your Troubie network for support. Visit <https://bit.ly/2O4Lnu2> to join the private group. Be sure to add St. Francis Catholic High School to your Education profile on LinkedIn. This will allow you to network with Alumnae around the world with just a click of a button.

# ALUMNAE SPOTLIGHT

## MADDIE DYER '13



MADDIE DYER IS RUNNING FOR THE LEUKEMIA & LYMPHOMA SOCIETY'S WOMAN OF THE YEAR

After completing her undergraduate degree in Political Science from UC Berkeley, Maddie Dyer '13 returned to Sacramento to work as a Legislative Assistant at Political Solutions, an all-female lobbying firm. During her high school and college years, she volunteered on several campaigns, helped fundraise for candidates, interned for House Majority Leader Kevin McCarthy, and worked at public relations and government affairs firms. In the beginning of 2018, she moved to San Francisco to work as a Regulatory Affairs Analyst for Visa's state and local government relations team. She has a passion for all things politics and policy, particularly within the financial technology sector. She shares a flat in the Marina with Julia Peterson '13.

This year Maddie is challenging herself in new and exciting ways. She was recruited to run for the Leukemia & Lymphoma Society's Woman of the Year for the Great Bay Area Region Chapter. Her best friend Annie Sompayrac '13, is helping with the campaign. Annie ran for Student of the Year with LLS as a junior at St. Francis and won - unsurprisingly.

Maddie is dedicating this journey to her cousin Cory who was diagnosed in 1995 with leukemia at age six. A spinal tap treatment with the drug methotrexate left Cory paralyzed. The doctors never thought he'd make it, let alone walk again. But with the help of some amazing physical therapists, support from his family, and sheer will, Cory regained his mobility, and ultimately, conquered cancer.

Maddie remembers a conversation she had with Cory at a family reunion where she noticed he had scars all over his legs. Being a curious little girl, she asked him where they came from. Cory looked down at her and smiled as he said, "I had cancer, Maddie." While she remembered feeling ashamed for asking, she saw Cory beaming with pride. He was simply grateful to have gotten through his horrific, painful, and long cancer experience (she subsequently learned the scars were from the countless surgeries he had to revive his nervous system).

Because Maddie does not want any child to go through what Cory did, Maddie is running for Woman of the Year with a goal to raise \$100,000 in Cory's honor. You can follow Maddie's journey at [www.bit.ly/CorysAngels](http://www.bit.ly/CorysAngels).



# YOGA

## ON SERRA COURT

Join the Alumnae community for a peaceful morning in Lower Serra Court in a group Yoga class followed by light bites and a Mimosa Bar. The class will be led by Lori Lovett '90, who is an instructor at the OneFlow Yoga Studio in East Sacramento. Current St. Francis Catholic High School Yoga instructor Dana Bueno will be joining the Yoga class too.

SATURDAY, MAY 11, 2019 FROM 9:00 - 11:00AM

ST. FRANCIS CATHOLIC HIGH SCHOOL - LOWER SERRA COURT

Register for the complimentary class at <http://bit.ly/SFHSYoga2019>

*"Yoga can be your path to turn inwards, and to find and nurture the strength that is already within you."*

—Lori Lovett '90



## JINGLE MINGLE

Young alums from St. Francis, Jesuit and Loretto gathered on December 21, 2018 for the annual Jingle Mingle at Barwest in Midtown Sacramento. They kicked off the holiday season with some cheer and business networking.



## CLASS OF 2008: 10 YEAR REUNION

The Class of 2008 celebrated their 10 year reunion on December 22, 2018 with lunch at the Old Spaghetti Factory followed by a Holiday Cruise aboard the Hornblower Cruise on the Sacramento River.

## #TROUBIESFOR LIFE



## CRAB FEED

More than 50 Alumnae attended the best crab feed in town on February 2, 2019 at the St. Francis Gym.

# *St. Clare* LEGACY SOCIETY

The St. Clare Legacy Society honors donors who have made St. Francis Catholic High School part of their legacy, ensuring that future generations of young women can call St. Francis home and benefit from an exceptional faith-based education program.

We invite you to join the members of the St. Clare Legacy Society by naming St. Francis Catholic High School as a beneficiary in your will and estate plans. Your generosity will make a positive and lasting impact on the future of St. Francis by enabling us to fulfill our mission to educate young women to change the world through faith, excellence, leadership and service.

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## ST. CLARE LEGACY SOCIETY MEMBERS

*The St. Clare Legacy Society recognizes donors who have made St. Francis Catholic High School part of their estate and legacy.*

*Thank you to our inaugural members:*

**Marion & Paul Bishop**  
**Tracy Brazil**  
**Linda & David Coward**  
**Kathleen & James Deeringer**  
**Lisa & James Ferrin**  
**Dr. Paul J. Fry, II**  
**William Hegg Charitable Annuity**  
**Jeanne Moore '69**  
**Alison Morr '89**  
**Candice Pederson**  
**Kathleen Peterson and Family**  
**Jeanette & Chris Ray**  
**Loreine & Nicholas Simopoulos**  
**Anthony Spinetta**  
**Jaqueline Peterson Ward '73 and Family**

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You can become a member of the St. Clare Legacy Society by:

- ♦ placing St. Francis Catholic High School in your will
- ♦ making St. Francis Catholic High School the beneficiary of a retirement account
- ♦ making a gift of life insurance policy
- ♦ creating a charitable gift annuity
- ♦ establishing a charitable trust

*Please join the members of the St. Clare Legacy Society in leaving a bequest to St. Francis Catholic High School.*

*“Go forth in peace, for you have followed the good road. Go forth without fear, for He who created you has made you holy, has always protected you, and loves you as a mother. Blessed be you, my God, for having created me.”*

ST. CLARE OF ASSISI



For more information, contact MaryAnne Kelly at 916.737.5033 or [mkelly@stfrancis.org](mailto:mkelly@stfrancis.org).

THE ST. FRANCIS CATHOLIC HIGH SCHOOL  
COMMUNITY MOURNS THE LOSS OF  
THE FOLLOWING ALUMNAE:

*Eternal rest grant unto them,*

*O Lord,*

*and let perpetual light*

*shine upon them.*

*St. Francis of Assisi - Pray for us.*

*St. Clare of Assisi - Pray for us.*

Sr. Jeremy Carmody, O.P. '45

Mary Ann Taylor St. Cloud '50

Joan McMahon Covington '54

Susan Freyberg Hauser '55

Shirley Pasquini Bennett '58

Lyn Otten Spaich '66

Irene Tenorio Farmer '69

Rebecca "Becky" McReynolds '86

Sr. Rita Amarante, ASCJ

(SFHS Theology Teacher from 1983 to 1999)

ST. FRANCIS CATHOLIC HIGH SCHOOL  
MEMORIAL AND TRIBUTE PROGRAM

Contributions in honor or memory of a loved one go directly to the St. Francis Fund, providing financial assistance for students. Your gift will be recognized in the *Pax et Bonum* Annual Report edition each fall. Remembrance cards are sent to the family as requested, with no donation amount mentioned.

In honor of \_\_\_\_\_

Occasion, if applicable \_\_\_\_\_

In memory of \_\_\_\_\_

Please send remembrance card to \_\_\_\_\_

Address \_\_\_\_\_

DONOR INFORMATION

Your name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Donation to Scholarship Fund \$ \_\_\_\_\_

Send to: St. Francis Catholic High School  
5900 Elvas Avenue • Sacramento, CA 95819



5900 ELVAS AVENUE  
SACRAMENTO, CA 95819

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US Postage  
**PAID**  
Sacramento, CA  
Permit #290

For information about important dates and upcoming events, please visit our website: [www.stfrancishs.org](http://www.stfrancishs.org)

**Parents of Alumnae:**

Please forward this publication and notify the Advancement Office of the updated address for your daughter.

# SHOW US YOUR STUFF!

CLEAN OUT YOUR CLOSETS, RUMMAGE THROUGH YOUR STORAGE UNITS, AND SHOW US YOUR MEMORABILIA!

In preparation for our 80th anniversary in 2020-2021, St. Francis is asking for your help in building our archive! We are interested in collecting materials from our alumnae to help expand our documentation of student life at St. Francis throughout the years. Materials of interest include: photographs, scrapbooks and newspaper articles, programs and invitations from events and social activities, uniforms, records and memorabilia from student organizations and clubs, copies of student publications, and more. For more information about donating and transferring materials to the archives, please contact [archive@stfrancishs.org](mailto:archive@stfrancishs.org).



CLASS OF 1950