

PAX ET BONUM

WINTER 2018 VOLUME 15 • NUMBER 2

Illuminative Power: The Evolution of the "Canticle of the Sun" Solar Wall

Be praised, my Lord, through all your creatures,
especially through my lord Brother Sun,
And he is beautiful and radiant in all his splendor!
Of you, Most High, he bears the likeness.

St. Francis
CATHOLIC HIGH SCHOOL



PRESIDENT

Theresa Rodgers

BOARD OF TRUSTEES

Roxanne Elliott '94, Chair

Most Reverend Bishop Jaime Soto, *Ex Officio*

Kathleen Deeringer

Dr. Pam DiTomasso '72

Mary Geary Ellingson '67

Alison Morr '89

Mary Norris

Helen Manfredi Pierson '74

Celia Puff

Lincoln Snyder,

DIRECTOR OF CATHOLIC SCHOOLS, *Ex Officio*

ADVANCEMENT DEPARTMENT

Mary Anne Kelly

DIRECTOR OF ADVANCEMENT

Leigh Hiers '96

ASSISTANT DIRECTOR OF ADVANCEMENT,
COMMUNICATIONS

Christina Canaday Evey '05

ADVANCEMENT SERVICES ASSOCIATE

Ann Moritz Gregory '89

ADVANCEMENT ASSOCIATE

Raquel Namba

COMMUNICATIONS & SOCIAL MEDIA ASSOCIATE

Mari Parisi '00

SPECIAL EVENTS ASSOCIATE

Dawn Winston '91

ALUMNAE & CONSTITUENT RELATIONS ASSOCIATE

IN THIS ISSUE

- 4 PRESIDENT'S MESSAGE
- 5 EVENTS: SELFe, PRESIDENT'S SOCIETY RECEPTION, & THANKFUL THURSDAY
- 8 VOCATIONS OF FAITH, EXCELLENCE, LEADERSHIP, AND SERVICE: SR. SHERAL MARSHALL '65, LISA LUNGREN '92, AND STEPHANIE VILLANUEVA '98
- 18 TROUBIE NEWS
- 22 SUMMER INTERNSHIP PROGRAM
- 23 CHEERS TO A NEW CHAPTER
- 24 ILLUMINATIVE POWER
- 26 SPIRIT OF SAN DAMIANO AWARD
- 28 ALUMNAE COMMUNITY
- 35 CALENDAR

ON THE COVER

Mr. Adan Romo unveiled the new mosaic update to our "Canticle of the Sun" Solar Wall which was "inspired by the concept of illumination - not only the illuminative power of the sun, but the school's mission to illuminate young minds." *Read more on page 24.*



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*.

St. Francis Catholic High School
5900 Elvas Avenue • Sacramento, CA 95819
Phone: 916.452.3461 • Fax: 916.452.1591
www.stfrancisshs.org

St. Francis Catholic High School is fully accredited by the
Accrediting Commission for Schools,
Western Association of Schools and Colleges (ACS WASC.)

533 Airport Blvd., Suite 200 • Burlingame, CA 94010 • www.acswasc.org



18,616 POUNDS OF FOOD COLLECTED!

Our students celebrated the kick-off of Spirit Week on October 29th by collecting 18,616 pounds of food for the Sacramento Food Bank, which will be shared with food banks and church pantries throughout the greater Sacramento area. In keeping with true SF tradition, the week's festivities included Sports Day, Theme Day, the Homecoming Rally, and concluded with the Homecoming dance.





PRESIDENT'S MESSAGE

DEAR ST. FRANCIS FAMILIES AND FRIENDS,

I am writing this during Homecoming Week, one of the most festive times on campus. Spirited Troubies across campus are sporting fun costumes, waving class flags and singing at the top of their lungs. It's a great time to feel class and school unity, and it makes me happy to see the joy on our students' faces as they plan their skits, build their sets and practice their cheers.

In addition to Homecoming Week, the fall was a busy time as we hosted our St. Francis Community Celebration, Open House, and our inaugural SELFe Event (see opposite page) on October 28th.

The SELFe event was created to bring women of all ages together to encourage them to be their best selves. SELF represents the four pillars of our school, those values that we want every young woman to leave here understanding, valuing and practicing: Service, Excellence, Leadership and Faith. The 'e' in SELFe stands for those actions that we want our sisters to do: embrace themselves, empower others, and evolve together. Our inaugural SELFe Event featuring *NY Times'* best-selling author, Rachel Hollis, was months in the making and brought more than 1,100 guests, 100 volunteers, 20 vendors, and scores of local news media to our beautiful campus. Created to celebrate, inspire and motivate women, we did just that! Our guests, many of whom had never been to our campus, commented on the gorgeous grounds, excellent organization and joyful hospitality. The spirit of sisterhood that all felt on our campus was palpable, and we look forward to next year's SELFe Event. Stay tuned for another amazing speaker next year!

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. November has a special emphasis on vocations in the Catholic Church. We're happy to share stories of the various ways our Troubies are living their faith in both religious and lay service. I am inspired by those who have shared their ministry with us!

We are always grateful for your partnership in our sacred mission. You are receiving this edition right before the holiday season, and I wish you and yours a beautiful Thanksgiving and a holy Christmas season. May the birth of Jesus remind us that we are called to bring joy and peace to our world. Know that you are always in our thoughts and prayers.

In the spirit of Pax et Bonum,

Theresa Rodgers



SELFe SUCCESS!

St. Francis' first SELFe Event was a raving success selling out in less than 72 hours! We welcomed more than 1,100 attendees, 100 volunteers and 20 vendors for an afternoon of inspiration and connection. Our students, alumnae, mothers, grandmothers and the greater community are eager for opportunities to come together to inspire and celebrate each other. We'll be back next year!



Thank you to our generous sponsors for helping to make this event possible:

EVOLVE SPONSORS

- Catalyst Mortgage
- The Gately Foundation
- iHeartMedia
- PorterCo

EMPOWER SPONSORS

- Girl Scouts Heart of Central California
- Macy's

EMBRACE SPONSORS

- 2B Organized
- California Family Fitness
- The Niello Company
- Parc Studio Interior Design
- Seasons 52





KRISTIN STASSI VENEGAS '83 & ART VENEGAS



PAUL & DIANE HENDERSON



CHRISTOPHER & AVA MARIE CONLIN



AMY WATSON KRAUSE '90 & PETER KRAUSE

PRESIDENT'S SOCIETY RECEPTION

President Theresa Rodgers and the St. Francis Board of Trustees hosted the President's Society to a reception at the beautiful home of Board Member Kathleen Deeringer on September 13th. This warm gathering of lead benefactors was an opportunity to enjoy entertainment by St. Francis students and hear the heartfelt stories of young women who are benefiting from their generosity. Guests left feeling appreciated and energized for all the future holds for St. Francis Catholic High School and its current and future Troubadours.



LORI & NESTOR FERNANDEZ



JANA & JIM CUNEO



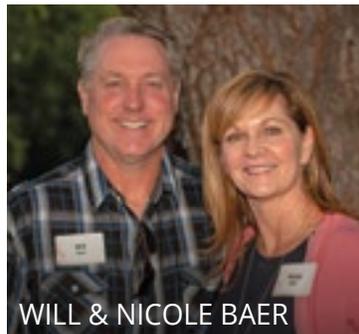
A CAPELLA: "THE BLUE SKIRTS"



THERESA RODGERS WITH BOARD MEMBERS KATHLEEN DEERINGER, ROXANNE ELLIOTT, & ALISON MORR



THERESA RODGERS & JERRY TOKUNAGA



WILL & NICOLE BAER



KEITH DIEDERICH & JENNIFER STOLO



MATT & JENNIFER BACK



CHRISTIAN & OGE OKOYE '22, THERESA RODGERS, MARYANNE KELLY, JENNIFER, MARILYN '19, & JACK BISHOP



WE'RE THANKFUL FOR YOU!

MORE THAN \$217,000 RAISED FOR STUDENT FINANCIAL ASSISTANCE ON THANKFUL THURSDAY

We are overjoyed with the outpouring of support for our seventh annual Thankful Thursday on October 11. It was our best day of giving yet! The entire community - students, parents, alumnae, grandparents, past parents and countless others - came together in support of one goal: providing financial assistance that helps more than 30% of our young women receive a St. Francis education. Thanks to your many, many gifts, we raised \$217,574 this year and the total continues to grow!

It was fitting that on the International Day of the Girl, our students filled campus with girl power and the can-do spirit that reigns at St. Francis Catholic High School. They embraced the day, and their energy and enthusiasm were contagious.

STUDENTS WENT ALL IN!

- Students raised more than \$4,300 for their fellow Troubadours!
- More than 50% of students participated.
- The Class of 2021 won the competition for Leatherby's ice cream.

NUMBERS TO BE PROUD OF

- Parents contributed more than \$58,800
- Alumna contributed more than \$23,945
- Past parents contributed more than \$24,250
- Our generous faculty and staff contributed \$12,500



SR. SHERAL MARSHALL '65

50 YEARS OF VOCATION: A LIFETIME OF FAITH, EXCELLENCE, LEADERSHIP, AND SERVICE

May 28, 2018 wasn't an ordinary Sunday at St. Robert's Catholic Church in San Bruno, CA where they were celebrating the golden jubilee of Sr. Sheral Marshall '65. Entering the packed church, Sr. Sheral radiated the warmth and joy she has become known for in her life of service to others. She was honored with words that spoke of her dedication to the message of Jesus, the smile and encouragement she spread, and her boundless energy, comparing her to the Energizer Bunny. With Sr. Sheral on staff, it is no wonder that St. Robert's is one of the most active parishes in the San Francisco Archdiocese.

Sr. Sheral always felt that God was with her and knew she was blessed to grow up in a religious family that attended Mass every Sunday and incorporated prayer into their daily lives. And while she had many wonderful influences, it was her sixth-grade teacher, Mercy Sister Maura Power, who was her early inspiration for religious life. "She made all of us feel loved and appreciated. I remember thinking if I could help people feel that they are valued, important and that God loves them, it would be something wonderful to do with my life," Sr. Sheral recalls.

Sr. Sheral's high school years are reflective of the early history of St. Francis Catholic High School. She spent the first two years at the St. Francis elementary campus on K Street; during their Junior year, the class joined Bishop Armstrong. And her senior year was spent on the current campus, with the previous M Street entrance. The campus was still being finished the year the students came so they never had an assembly as there was no gym or hall that all the students fit in. With so much transition, Sr. Sheral notes that they didn't have as strong a sense of community.

She remembers how her decision process evolved and changed during her high school years. A self-described studious and shy person, one of the groups she was involved with was a Sodality group that had a focus on prayer, volunteering and retreats—a precursor to our current Campus Ministry program.



No different than many freshmen, her first year focused on basic survival skills like how to open her locker. Sophomore year she thought about being a sister, but then Junior year arrived, and she wanted to be like everyone else and go to college and get married.

As a senior, she thought more about where she wanted to focus her life and energy: on marriage and a family or for a broader group of people as a Sister. She was also aware that she could “try out” life as a Sister which she couldn’t do with marriage. During her first years living with the Franciscan sisters, many young women who had entered with her decided to choose another path. But she found that it “fit” her and brought her much growth and happiness.

During her high school years, there were three orders that served the campus: the Sisters of St. Francis, the Sisters of Notre Dame de Namur and the Sisters of Mercy. Sr. Sheral remembers having good relationships with Sisters in each order, so when she was exploring a life of religious service it took some discernment to select which order to join. In addition to her exposure to the Sisters at school, she had experience with the Franciscan Friars at St. Francis Parish and had always felt a draw to the life of St. Francis, ultimately making her decision to enter the Sisters of St. Francis of Penance and Christian Charity. Sr. Sheral pursued her studies at CSUS earning a Bachelor of Arts in English with a minor in Spanish (a gift she still utilizes today). She then went on to USF and completed a Master’s in theology.

Sr. Sheral initially taught at St. Mary’s Catholic Elementary School in Santa Maria before returning to Sacramento and her alma mater to teach at St. Francis High School. She noted that she found the students were different in the eight years since she had graduated. Their questions were different and

more reflective of the times they were living in. Sr. Sheral taught freshmen religion classes as well as elective religion courses for Juniors and Seniors. One of her favorite classes to teach was called, “If you were accused of being a Christian, would there be enough evidence to convict you?” She loved the focus on really living out your faith and incorporating the Church’s social justice perspective.

She stayed in Sacramento and gave vocation weekends with college-age and working young adults; she also met with those individuals discerning a call to priesthood or religious life. She traveled the diocese speaking to adults in parishes about everyone’s call to service from our baptism. She also helped initiate and worked with the three year diaconate program to train deacon candidates and their wives for various ministries in the Church and the wider community; the first class was ordained in 1981. In 1985, she moved to the Bay Area and continued to do vocation work in the Archdiocese of San Francisco. She now works at St. Robert’s Parish in San Bruno and is responsible for adult religious education, liturgy and social justice concerns.

And although the St. Francis pillars of Faith, Excellence, Leadership and Service were not written on banners during Sister Sheral’s days at St. Francis, she nevertheless took them to heart and embodies them through her life. “Everybody has a gift, and everybody needs to do some kind of service,” Sr. Sheral reminds us. She wants all Troubies to choose a career where they are going to make a difference. And lead in your family, workplace, neighborhood, and university. And like the Troubie she is, Sr. Sheral exhorts, “There has to be something we commit ourselves to that changes the world.”

It is no wonder it was said of Sr. Sheral at her golden jubilee, “Her life is her most powerful sermon.”

“EVERYBODY
HAS A GIFT, AND
EVERYBODY
NEEDS TO DO
SOME KIND
OF SERVICE...
THERE HAS TO
BE SOMETHING
WE COMMIT
OURSELVES TO
THAT CHANGES
THE WORLD.”



A DEMONSTRATION FOR CLIMATE CHANGE
IN SAN FRANCISCO



SAYING GOODBYE TO OUR BRAZILIAN
SISTERS AT THE AIRPORT

ALUMNAE SPOTLIGHT

LISA LUNGREN '92

DEACON JIM McFADDEN FOLLOWS UP WITH LISA, THE NATIONAL EDUCATION AND OUTREACH COORDINATOR FOR THE UNITED STATES CONFERENCE OF CATHOLIC BISHOPS' ANTI-TRAFFICKING PROGRAM.



LISA (CENTER) WITH NUNS FROM KENYA DEVOTED TO FIGHTING TRAFFICKING

Lisa Lungren '92, graduate of the University of Notre Dame, is the National Education and Outreach Coordinator for the United States Conference of Catholic Bishops' (USCCB) Anti-Trafficking Program. She is married to Davide Sonzogni, an adjunct instructor at George Washington University, and resides in Washington, D.C.

St. Francis Catholic High School proclaims the mantra that we are forming "young women who change the world." This refrain is certainly born true in Lisa who is the point person of the American Catholic community that is addressing this confounding, dehumanizing scourge that impacts 24.9 million globally.

Lisa's bent towards social justice took form at SFHS where her classmates, especially her cross country teammates, not "only took their school work seriously, but they were engaged, curious and interested in the world around them. My SF cohort seemed to understand the importance of critical thinking and not always accepting the status quo when justice and fairness were at stake."

Her budding sense of social justice was nurtured by her father John (1944-2016; Notre Dame '66) who cultivated within his family a sense of global solidarity: "My father worked for the California Office of Trade and Commerce, which gave him the opportunity to travel worldwide. He'd return home with such excitement as he made new friends and he spoke lovingly about the local people and their culture, language, literature, history, and arts. He treated each country and its people as jewels. Both her SF experience and family upbringing solidified her conviction that "everyone on this planet is part of the human family and that we should strive for fellowship with one another."



Deacon Jim McFadden has taught Theology at St. Francis for 30 years. He was ordained a deacon in 2004 and is assigned to St. John the Baptist C.C. in Folsom where he helps facilitate Adult Faith Formation and Baptismal preparation. He is a certified spiritual director who has been involved with prison ministry for 15 years. Jim & Catherine McFadden's daughter Cybelle (pictured) graduated

from SF in 1993. She currently is a tenured French professor at the University of North Carolina at Greensboro. Her daughter, Calliope, is eleven years old and attends our Lady of Grace.

Lisa's sense of social justice and solidarity was given a theological foundation when she was first exposed to the Compendium of the Social Doctrine of the Church while studying abroad in Santiago, Chile. While a cradle Catholic, she was nonetheless, oblivious to the rich tradition which "encourages all Catholics and all people of good will to build a just society through solidarity, a preferential option for the poor and vulnerable, care for God's Creation, and the dignity of work and rights for workers." She added that, "This course really challenged me to think long and hard about how I could start contributing to this endeavor in my daily life."

In the Spring of 2017, Lisa was hired to be the National Education and Outreach Coordinator of the Human Trafficking division of the USCCB. This interview was conducted via e-mail during summer vacation of 2018. It has been edited for economy considerations.

DEACON JIM MCFADDEN: What does your job description look like? What are the rewarding aspects of your ministry?

LISA LUNGREN: My main responsibility is to provide leadership and coordination for many of the USCCB's anti-trafficking education and prevention programs, including the SHEPHERD Project which offers guidance for parishes and communities in launching anti-trafficking ministries. I also coordinate our Amistad Movement, a peer-to-peer education program which equips immigrant leaders to empower their communities from falling victim to human trafficking. My favorite part of the job is working with people on the ground who are confronting force labor and sexual exploitation in their own localities. An on-going challenge is to raise awareness of our efforts and available resources among dioceses and the general public. I'm embracing the challenges by teaching myself social media strategies to spread the word.

DJ: How does it resonate working with the USCCB?

LL: I love working with the Bishops. Because our office focuses much of its efforts on serving trafficking victims who are foreign born nationals, it is part of the U.S. Bishops Migration and Refugee Service Dept. (MRS), which is dedicated to creating a world where immigrants, refugees, and people on the move are treated with dignity, respect, and belonging. I feel from the depths of my core that helping to advance this vision is my vocation no matter how small a part I play. I am also motivated to work with the U.S. Bishops because they understand that human trafficking is an offense against the sanctity, fundamental dignity, and rights of the human person. Protecting these values must be fiercely defended. We have the false notion that slavery ended 150 years ago; yet modern day slavery has become the fastest growing illicit industry behind narcotics and arm sales. We cannot stay silent.

DJ: Though the USCCB has made human trafficking a priority, there does seem to be silence or disinterest at the parish level.

LL: While I think there is great interest at the parish level, engagement can be hindered through lack of awareness and misinformation. Many believe that it's a far-off global problem without being cognizant that women, children, and men are being exploited right in their own backyards. Forced labor and commercial exploitation is happening right here and now in our urban centers, suburbs, and rural areas that occur in multiple industries such as agriculture, domestic work, nail salons, massage parlors, construction sites, restaurants, commercial cleaning services, hospitality, and begging. There is a real need for parishes and dioceses to come together to not only share what is working, but to encourage and mentor one another. A delightful part of my job is putting a newly interested parish with another Catholic church with greater experience to serve as a mentor. This has worked wonders!

DJ: How can the victims of human trafficking overcome the tragedy and rebuild their lives?

LL: The answer needs to come from the survivors themselves. They can be empowered and therefore healed as a process when they are engaged in the fight against human trafficking. It's not enough for survivors to share their stories; nor can we merely view them as recipients of services. When they're ready and interested, they should be invited to be a part of an advocacy campaign addressing this issue. More importantly, they should be compensated for their input and expertise. We work with the U.S. Advisory Council on Human Trafficking, which promotes self-sufficiency: specifically, economic empowerment. While basic service support (e.g., medical and mental health, legal assistance, shelter) is a good start, they advocate a platform for survivors to prosper. Such a platform would support them through the provision of economic livelihood opportunities, job readiness, skill development, financial counseling, and school scholarships. We see this as a crucial component of a victim's recovery process.

DJ: What can the Church do at the parish, diocesan, and national level?

LL: A lot! Locally, we can create a culture of conscientious and responsible consumerism. Wherever possible parishioners can opt for purchasing fairly and ethically traded products. A diocese can encourage such behaviors by showing parishes how to leverage fair trade sales as an opportunity to educate on the benefits of ethical purchasing, not only in support of the environment, but to protect the dignity of the workers harvesting or manufacturing our products. At the national level, the USCCB has launched a Labeling for Lent campaign the last three years to urge parishes to press seafood companies and distributors to engage in ethical practices and to commit to slave-free supply chains. The U.S. imports 80% of its seafood, and tens of thousands of people are exploited at every link in the seafood harvesting and production chain. To this end, it's important for us to be in solidarity with fishers and seafarers and consider their rights and dignity emanating from being made in God's image.

DJ: Young people are misled into human trafficking through false promises, or being forcibly enslaved and prostituted. At the country of origin, how can young people be helped and empowered so they can avoid falling into these traps?

LL: The U.N. Refugee Agency estimates that more than 65 million people were uprooted from their homes due to conflict, persecution, and violence. Coupled with the flow of economic migrants who leave the familiarity and safety of their homes to improve their dire economic situation, this makes the "people on the move" vulnerable to exploitation. Most people are aware of the dangers, but they feel the risks from violence, persecution, and economic hardship far outweigh the dangers of the journey. So, they take the risk. Having said that, they can be educated regarding enticing but fraudulent recruiters. So, the USCCB works in collaboration with the Apostleship of the Sea, a worldwide Catholic organization dedicated to providing pastoral care and social services to fishers and seafarers.

DJ: As the leading global power, what can the United States do to ameliorate this scourge of human trafficking?

LL: When the U.S. invests robustly in foreign aid, we are helping to create protective factors that reduce the rate of human trafficking. Unfortunately, many of us over-estimate the budget of U.S. foreign aid and spending. Currently, resources funneled to long-term development and humanitarian aid is less than 1% of the entire U.S. budget. We could do more.

DJ: Thank you for sharing your expertise and commitment. Your commitment to Catholic Social Justice, living out Matthew 25 is edifying. Continued blessings on your ministry, Lisa.

LL: You're welcome, Deacon Jim. It is a blessing to continue to be a part of the SF community. Once a Troubie, always a Troubie!



1. Lisa and Hilary Chester, Associate Director of Anti-Trafficking Programs for USCCB, were invited onto a vessel in Manila, Philippines by the Apostleship of the Sea (AoS.)

2. Lisa speaking at a conference in Brazil with a network of Catholic and Christian organizations from around the world dedicating to combating human trafficking (COATNET.)

3. Deacon Jim officiated Lisa and Davide's marriage in September 2015.



WOMEN LISTENING AS FARMERS SHARE THEIR EXPERIENCE WITH CRS AND THE SOYBEAN INNOVATION LAB



THE DOOR OF NO RETURN



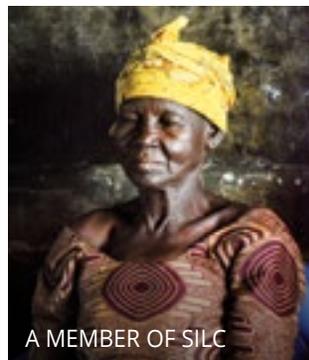
AT THE TINGURI HEALTH FACILITY



WALKING THROUGH THE VILLAGE IN KPALSAGU TO SEE THE MECHANICAL THRESHER



CHILDREN LOOKING THROUGH THE WINDOW TO THE SILC MEETING



A MEMBER OF SILC

A YEAR OF YES



STEPHANIE WITH THE CHILDREN AT SAKORIT SCHOOL

STEPHANIE VILLANUEVA '98 JOURNEYS TO GHANA, AFRICA WITH CATHOLIC RELIEF SERVICES' SOLIDARITY TRIP FOR GLOBAL HIGH SCHOOLS

Dr. Brene Brown, a research professor at the University of Houston, wrote, "Time is growing short. There are unexplored adventures ahead of you...You were born worthy of love and belonging. Courage and daring are coursing through your veins. You were made to live and love with your whole heart." The idea that time was growing short and that there were unexplored adventures ahead of me inspired me to start a "Year of Yes," a time in which I challenged myself to live and love with my whole heart. This year of intentional openness started off by simply saying "yes" to small things like trying new foods, going out more with friends, and taking my health more seriously. In the midst of all this saying yes, I participated in Catholic Relief Services' (CRS) Solidarity Trip for Global High Schools. With support from school leadership, eight other members of Global High Schools and I ended up on the adventure of a lifetime in Ghana, Africa.

You might be asking yourself how did she go from trying a new taco joint and working out more, to a summer trip in Ghana? It wasn't as hard as you'd think. For many years, St. Francis has partnered with CRS to support Rice Bowl during Lent and disaster relief after catastrophic floods and earthquakes. A few years ago Campus Ministry joined the CRS Global High School Program, an outreach that provides resources on Catholic social teaching, advocacy, and

global solidarity with the poor. Occasionally they also offer educators the opportunity to witness their programs in action. CRS carries out the commitment of the Bishops of the United States to assist the poor and vulnerable overseas. They respond to natural disasters and humanitarian crises, help eradicate disease, and restore dignity to people marginalized by poverty and injustice. CRS empowers local leaders to create more peaceful and self-sufficient communities. As part of the universal mission of the Catholic Church, they assist people on the basis of need, not creed, race or nationality. CRS is the Gospel in action.

Learning about and seeing the way other people live fascinates me; I think it's part of why I enjoy our service trip program so much. The desire to travel and experience new people and cultures has always sounded amazing, but a fear of the unknown consistently trumped my desire to venture outward...until the "Year of Yes." Never having traveled internationally, almost everything about my Ghana experience was both exciting and overwhelming. After two days of travel and a thorough briefing at their sub-headquarters in Tamale, we began visiting a number of CRS program sites.

One of our early stops was Sakorit Primary School, the first of many places where we were honored guests. Students entertained us with native singing and dancing

“IT WAS BOTH
FASCINATING
AND
SADDENING
TO SEE HOW
JOYFULLY THE
CHILDREN
RUSHED
TOWARD
THAT WATER.
SOMETHING
I’VE TAKEN FOR
GRANTED MY
WHOLE LIFE
WAS, IN THAT
VERY MOMENT,
FULLY REALIZED
AS A
PRECIOUS GIFT.”

and skits about disease prevention. Yes, it was as funny and captivating as you’re imagining. After visiting the school’s overcrowded classrooms, we were briefed about the hygiene education program and their community’s long-term sanitation goals. Although these plans were very basic according to Western standards, school leadership and the PTA were quite proud of their facilities, programming, and overall quality of sanitation because they are not the norm. One of the most memorable experiences at the school occurred when we were nearly overrun by children charging the community watering station for an afternoon break. The way those kids raced toward the clean, free-flowing water is the same way our Troubies rush the cotton candy station on St. Francis Day. It was both fascinating and saddening to see how joyfully the children rushed toward that water. Something I’ve taken for granted my whole life was, in that very moment, fully realized as a precious gift.

While we were there to learn about the strides made because of the Integrated Community Water, Sanitation and Hygiene Improvement Project (ICOWASH), my observations of and interaction with the kids made our school visit most memorable. For many children, I was likely among the first non-Ghanaian they had met. My white skin and large camera fascinated them! Some of the younger kids just wanted to touch my arm to see if it felt the same as theirs, while others hammed it up for the camera simply to see how they looked on the playback. Whether it is Sacramento or Sakorit, that day reminded me how most of the time kids are just kids – especially when it comes to showing off for school visitors. Carefree smiles, curious eyes, and exuberant performances ensured that I would never forget them! The ICOWASH project is improving the health and wellbeing of more than 150,000 Ghanaian children and adults. The pride and ownership of project participants was apparent; I felt a sense of hope as they shared their strategies for continued growth. Having access to clean water and wash facilities my whole life, I now realize how often I take that privilege for granted. Seeing the pride of teachers and parents at the school reminded me how much dignity is tied to having the basic necessities and how we must be good stewards of our environ-

ment and resources. To aid communities like the one I visited in Sakorit, our 2018 St. Francis Day collection was dedicated to supporting ICOWASH in Ghana. Through the generosity of our Troubie families, we were able to purchase six community watering stations. Community watering stations bring fresh water to central locations, improving overall health and freeing up time for women to provide for their families and children to attend school.

While in Sakorit, we also visited a Savings and Internal Lending Community (SILC) group meeting. When we drove up, a noticeable group of children and men were outside peering in through the patterned adobe windows. Upon entering the room I immediately saw about a dozen and a half women of all ages-- some were young with hopeful faces that shined and others were aged by the sun and withered by a lifetime of rural hardship. As we settled in, our translator informed us that women from needy households make up about 80 to 90 percent of SILC membership. SILC teaches basic financial management skills, and participants in good standing can take out loans to start a small business, pay for emergency expenses, or make household improvements. This group’s ladies-only environment was ripe with sisterhood, support, and plenty of laughter. The body language, exuberant dance, and playful jokes were demonstrative of the hope and empowerment programs like this offer. I’ve often enjoyed seeing giddy eighth graders, and their parents, imagining themselves as Troubies and seniors dreaming about their next four years in college. It was pretty awesome to also witness the SILC women envision their better tomorrows.

Similar to our SILC experience, we heard soybean farmers dream out loud, too. Farmer after farmer talked about how a partnership with the Soybean Innovation Lab and the acquisition of a communal mechanical thresher improved their yields. Farmers enthusiastically shared how the improvement of livelihoods offered them the opportunity for crop expansion, savings, and more consistent payment of school fees. Growing small farms from $\frac{3}{4}$ of an acre to a full acre, or even two, they each shared how consistently getting their crops to market enabled

them to dream just a little bigger and breathe a little easier. At every turn we learned about how hard it is to live life on the margins. The determination to be successful was evident, but what amazed me most, was the positive attitude with which their daunting tasks were approached. Small gains over the last few seasons clearly fueled each farmer's desire to work even harder to provide their families with increased security and opportunity. Although the joy and optimism of the Ghanaian people is visibly present, I can't help but wonder how many times flooded roads or unforeseen illness resulted in a catastrophic setback.

Of all the programs we visited, I was most impressed by Catholic Relief Services' passion for and commitment to strengthening health services and access. Their Rural Emergency Health Services & Transport

(REST II) project, in collaboration with Ghana Health Services (GHS), mobilizes support for pregnant women and their babies. Providing a higher standard of care is not simply a matter of supplies and facilities, it's also about changing cultural habits and attitudes. Highly skilled CRS staff and The Circle of Champions influence communities to adopt modern, healthier practices while still respecting old customs. The Circle of Champions is comprised of local leaders who act as liaisons between CRS, GHS, and the community. With additional support from volunteer rural ambulance drivers and traditional birth attendants, more women now utilize professional health services, and it's reducing maternal and neonatal deaths. Community-posted billboards act as public scorecards that track the success of this new protocol. The improved quality of care is making traditional believers more open to new ways.



OUTSIDE THE CLINIC IN WALEWALE AT GHANA HEALTH SERVICES

The conversations regarding women's and children's health were unusually frank. They focused primarily on making sure communities get the resources and support they need to continue making positive progress. Our health-related encounters were the first time we heard leaders demand more consistency regarding the availability of and access to resources and support. The men and wom-

en we sat with at a rural clinic advocated for larger space and a delivery suite so they could better meet the needs of their clients. After a ceremonial welcome and prayer, we listened to the village chief and elders, Champion members, and passionate community members describe how respecting traditions while making allowances for modern advancements is changing lives. Our meeting with a chief



CHILDREN AT THE TINGURI VILLAGE

and his people was very different than our clinic experience because it centered on how beliefs and cultural norms influence the ways people approach their healthcare options.

An objective of our trip was to have a true experience of global solidarity so that we better understand the fabric of relationships to which we all belong. Our visit to Elmina Castle, a slave fortress along the coast, reminded me how easily and systematically we reject our interconnectedness. The foul smell, the infinite blackness of the chambers, and the gut-wrenching look from “The Door of No Return,” made me cry for what we have done to each other. The experience was a sickening reminder of how marginalizing and dehumanizing others can harm our one human family. When we allow others’ dignity to be diminished, we permit the continued suffering of the Body of Christ. The heaviness felt that day reinforced the vital role that CRS plays in giving voice and strength to our poor and vulnerable brothers and sisters.

Each of our experiences brought to the forefront importance of advocacy, accountability, and good communication when it comes to empowering vulnerable communities. The demands of leaders and partners throughout our time in Ghana were not excessive, they are simply reminding us that clean water, good stewardship, and access to basic resources is necessary for communities to thrive. CRS staff

and their local partners are each men and women who embody courage and daring. Their work helped me understand what this school year theme of “One Home. One Family. One Responsibility,” truly means.

The incomprehensible hope and joy I witnessed throughout my time in Ghana can’t be forgotten nor fully described. I am incredibly grateful to have experienced God through the generosity and kindness of Ghana’s people and the beauty of their culture. While my trip was filled with incredibly positive experiences, it is important to remember that widespread suffering and fragility of life there is normal. This summer made me question what responsibility I have in bringing justice, love, and belonging to our one family. This opportunity helped me realize choosing to show up and be seen also challenges me to bring visibility to those who are forgotten or silenced by their nationality, religion, sexuality, or socioeconomic status. As the “Year of Yes” winds down, I’ve learned that being daring and courageous is a daily choice. Living and loving with your whole heart happens in ways big and small. Unexplored adventures will continue to unfold because I’ve decided to keep expanding my comfort zone beyond Elvas Avenue. We say that St. Francis graduates young women who change the world. I guess I forgot that it was my world that could be changed, too. Can’t wait to see what happens in “Year of Yes: Part 2!”



A HAND-WASHING DEVICE



GLOBAL HIGH SCHOOL DELEGATION WITH A CRS STAFF MEMBER AT THE TAMALE OFFICE



GBIMSI COMMUNITY MEETING



THE WATERING STATION AT SAKORIT SCHOOL

Stephanie Villanueva '98 is the Campus Minister for Christian Service at St. Francis Catholic High School and a member of the Sports Ministry Team. She rides with Mercy Pedalers, an outreach to men and women experiencing homelessness, and enjoys photography. Stephanie holds a Masters in Organizational Leadership from Gonzaga University and loves cheering on the Zags!



THE COMMUNITY SCORECARD FOR THE REST PROJECT IN TINGURI



EMALEE LAVEZZO AND ANTHONY TROLIO WITH TEAM CURESADERS

LLS STUDENTS OF THE YEAR

BY GINA COUREY '19

The Leukemia and Lymphoma Society (LLS), the world's largest nonprofit organization, is dedicated to creating a world without blood cancers. Since 1949, they have invested more than \$1.2 billion in groundbreaking research, bringing them closer to cures, as well as financially assisting more than 30,000 individuals. But it doesn't stop there; LLS has a growing network of more than 100,000 volunteers. With countless ways to engage, from fundraising to providing patient support, volunteers are helping the world change the landscape of cancer. The society serves people ranging from children to adults. This year, the Greater Sacramento Area Chapter of LLS had candidate teams comprised of high school students. The teams worked hard to raise funds and awareness over the course of seven weeks while one group chose to plan and prepare three months prior to the March 1st kickoff. Through guidance and mentoring from experienced professionals and with the help of dedicated volunteers like Emalee Lavezzo '19, LLS was able to further their mission one more drop of blood at a time.

For her outstanding service and volunteerism, senior Emalee Lavezzo, was awarded the 2018 LLS Student of the Year for her efforts in raising more than \$139,716 to fund patient support and scientific research to find a cure. She and her co-captain Anthony Trolio (JHS '19) compiled a team of 19 Jesuit and St. Francis students: Allyson Gage '19, Hayley Hoang '19, Jordan Weidman '19, Kathryn Kramer '19, Kelly Niethammer '19, Lily McLoughlin '19, Rachel Franz '19, Sophie DeBenedetti '19, Jackie Koerwitz '19, Kate Watley '19, Kathryn Kane '19, Lauren Pank '19, Andrew Peters '19, Garrison Gates '19, Mason Warren '19, Ryan Sax '19, and Thomas Maclaughlin '19.

Ever since she was in seventh grade, Emalee watched as her sister's friends ran for Student of the Year. She looked forward to the day she would become part of the team herself. When asked of her true purpose in joining LLS, Emalee kindly shared the impact blood cancer has had on her family: "My great grandfather passed away from Nodular Hodgkin's Lymphoma in 1954 and at the time there wasn't enough medical treatments or research to find a cure. That's truly the reason why I joined." Throughout the campaign, she was able to visit the UC Davis Research Lab with her team and view the advanced clinical trials that were being conducted. From her visit, she felt that she was



Gina Courey is a Senior at St. Francis. On campus, she is an ambassador, intern for the SF Advancement Department and Co-President of The SF Buzz- our student-run media team. Outside of campus, Gina is an active volunteer member working with young children and is also a part of the Youth Decoy Program for the California Department of Public Health, where she serves as an undercover agent. Gina is one of 244 students on campus who are part of an SF Legacy family.



WARRIOR OUTREACH PROJECT

BY KATHERINE SHEAHON '19

When you step into the front office of St. Francis, you are greeted with the words: "Graduating young women who will change the world." One of our graduating seniors has gotten a head start on that goal. Senior Marilyn Bishop founded the service-oriented club Warrior Outreach in the 2016-2017 school year and has been president of the club for the past two years, alongside classmates Ashley Ngo '19 and Rylee Turner '19.



MARILYN BISHOP '19 AND
ASHLEY NGO '19

honoring her great grandfather and the many other patients suffering from deadly blood cancers. "Our goal in the end, is to keep fighting to find a cure," she says.

The funds raised through the Student of the Year Campaign go to help local patients with their co-pays, hospital bills, and medicine. Emalee had the opportunity to visit those who were positively impacted by her efforts and hear their survival stories. She explains that some of the more common leukemia cancers have a 90% survival rate, but there are still others with dangerously low survival rates. For other students who wish to follow a similar path of service, Emalee proposes that students "get involved...LLS is willing to help anyone who wants to take part in the fight. We want our campaign to keep growing as the years go on."

As Chair of the Junior Board this year, Emalee will continue campaigning for LLS by educating others on the topic of blood cancer and bringing awareness to the needs of others. Her volunteerism reaches even beyond her involvement with LLS. Emalee has participated in several St. Francis service trips geared towards benefiting the less fortunate. From San Francisco to Chicago, Emalee worked efficiently in helping laborers, immigrants, and single moms get back on their feet. She serves as Vice President of Key Club, a position she's held for the past two years, and Student Body Secretary. Through the National Charity League, Emalee volunteered last summer with Women's Empowerment, a day shelter for homeless women. "My mission is to help girls of different backgrounds grow together."

Warrior Outreach is based off of the nonprofit organization Water for a Warrior, run by Bishop's mother, Jennifer. Marilyn and her classmates are official Youth Community Outreach Directors for the nonprofit. The mission of the foundation is to provide swimming pools and hot tubs to military families in need of hydrotherapy, at no cost to them. Marilyn explains, "The veteran who couldn't pick up his five-year-old daughter outside of water can now do so in his pool because we have helped provide him with this opportunity."

Marilyn said, "I was inspired to start the club Warrior Outreach because I felt the responsibility to involve and educate high school students about veterans and their needs. As soon as I was named Youth Community Outreach Director (of Water for a Warrior), I learned more and more about veterans' needs in our country and how they are not always given the help they deserve. Despite the sacrifices that veterans make for us, not enough people are aware of the struggles they face when they come home. The club allows me and my other club presidents to do this and involve students in assisting our veterans."

Marilyn has also founded the organization, Corsage For A Cause. In addition to their work with the Warrior Projects, Bishop, Ngo, and Turner create handmade corsages and boutonnieres for St. Francis and Jesuit students for Homecoming, Prom, and Senior Ball. Corsage For A Cause donates 100% of its profits to Water For A Warrior. "In less than six months and only three dances, we raised more than \$3,000 dollars for Water for a Warrior from the students at St. Francis and Jesuit," stated Marilyn.

When she first created Warrior Outreach, Bishop's goal was to bring awareness to the needs of veterans. She wanted her Troubie sisters to understand how those who sacrificed their lives for our safety should be provided effective ways to recover and move forward. She didn't know what would end up happening with the club, but she had a few goals. As the years have passed, she feels that she has accomplished them: "Multiple students have grown to love writing letters to our veterans during the holidays. They make an impact on the lives of those veterans. The students are so much more knowledgeable of the veterans around us and that is exactly what I was hoping for."

When asked what she expects to happen with Warrior Outreach once she graduates, Bishop says, "I am hoping there will be a few students inspired to keep the club going. Reaching out to veterans all over the country has changed their lives. It makes a veteran's day each time he/she receives a letter in the mail from a SF Troubie. I'm really hoping we can inspire the underclassmen to continue this amazing effect we have started."



Katherine Sheahon is a Senior at St. Francis. On campus, she is an active member of the Ambassador Leadership Board, Chamber Singers, and is an intern for the Advancement Department. Outside of campus, Katherine participates in lots of community service and is an Altar Server in her parish, Holy Family Church in Citrus Heights. She hopes to major in Elementary Education or Marketing in college.

A COMMITMENT TO THE

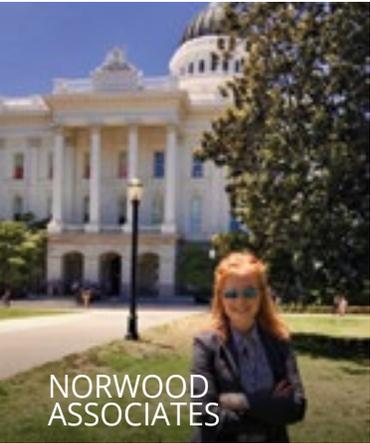
FUTURE



KAISER PERMANENTE GOVERNMENTAL RELATIONS



HENSEL PHELPS CONSTRUCTION MANAGEMENT



NORWOOD ASSOCIATES



CALIFORNIA STATE LIBRARY



KAISER PERMANENTE PRECEPTORSHIP

On the heels of a highly successful inaugural summer internship with Kaiser Permanente in 2017, the next step forward was to expand opportunities for St. Francis students into other industries that reflect their talents and interests. With a wealth of skills and avocations in the student body, it wasn't hard to reach out to community members, alumnae, and alumnae parents to see where Troubies could be connected with industry experts in a variety of fields to share their stories and real-life work experiences. Through an application and interview process, interested students were matched with internship host companies and organizations ranging from a worldwide construction management firm to a state library and museum. The enthusiasm for providing opportunities for St. Francis students to engage with professionals in a variety of fields was unexpected and energizing as 30 Troubies spread out across the Sacramento region. They donned hard hats, worked on state agency databases, traversed the halls of the Capitol, and worked with aerospace experts, all in the name of learning and opportunity.

KAISER PERMANENTE PRECEPTORSHIP

Twenty seniors participated in the summer medical internship with Kaiser Permanente, a four-week practical career experience and training opportunity that allowed them to shadow in multiple departments: Olivia Alarcon, Anna Altamirano, Ellie Brown, Caitlin Caldwell, Vanessa Carsey, Reagan Garcia, Kiarah Hewitt, Hayley Hoang, Natalie Hopkins, Samantha Ivezich, Noelle Lynch, Yashmita Malhotra, Clare Neal, Anisha Rao, Maizie Steyding, Catherine Sutarjo, Patricia Sweeney, Samantha Torres, Tiana Urmeneta, and Taylor Walczykowski.

Dr. Eric Williams, Vascular Surgeon at The Permanente Medical Group and Founder of the Preceptorship Program, developed the program with a vision to reach, connect, inspire, empower, and create community, and as a result, create a broad platform for a successful and happier adult with strong leadership skills. "It was felt that the young ladies at St. Francis should have the opportunity to make an early informed career choice and would be ideal ambassadors moving forward," says Dr. Williams. When asked about the most enjoyable aspect of the experience, he noted "The enthusiasm with which the students entered the program was very high and carried over into the rotations. The staff found pleasure in providing insight into their work during their interaction with the students. The importance of what they did as staff and that acknowledgment by the student had a positive impact on them and the work which they did."

Dr. Anthony G. Retodo, Medical Director, Kaiser Permanente Folsom Medical Offices, felt privileged "to illuminate young minds" and share the gifts he has been given. "The gift of healing begins with connection and learning first to listen with a quiet heart. Only then can you know how to share your heart in truly healing ways. The connection we have made with the students of St. Francis reminds us that oftentimes healing journeys are shared experience... That's why I am proud of our organization offering these internship opportunities to help meet the health care needs of the future."

KAISER PERMANENTE GOVERNMENTAL RELATIONS

Julia Turner '19 had the opportunity to intern with Kaiser Permanente in their Northern California Governmental Affairs department, working closely with Vice President John Garcia. "I participated in staff meetings, listened in on conference calls, shadowed a focus group, and navigated the Capitol through hearings in the Assembly, the State Senate, and the joint Budget Committee (the latter working tirelessly to meet a deadline of June 15 for the new fiscal year) all while witnessing the immediate political ramifications of California's 2018 primary elections and while beginning to form a professional network for my future career needs. As someone who is fascinated by the overlap of science and government, believes strongly in upholding individual civic duty, and finds it extremely rewarding to advocate for the collective needs of the people, this internship perfectly suited my interests, allowing me to learn about the medical arena and to engage in the world of compromise and optimization that is politics, simultaneously."

CALIFORNIA STATE LIBRARY

Juniors Vivian Stacy, Lauren Kim, and Bridget Kemp, participated in the Governor Database Project and created an online database of proclamations and executive orders issued by California governors over the past 100 years. Madeline Lee '21 assisted with updating uncataloged and missing portions of the library collections, and with cataloging new material as part of the Cataloging and Collections Inventory & Management internship at the State Library. Lauren Kim said of her experience, "I really enjoyed my internship and definitely learned a lot from it. I've always been interested in the humanities and worked in the human resources department when I interned last year. It was an eye-opener to see that IT doesn't just manage computers and data. I always feel like people often overlook libraries as a source of information, so it was great to be a part of something that I feel will contribute to people's research of California history."

NORWOOD ASSOCIATES GOVERNMENT RELATIONS

Hannah Smith '19 and Isabelle Grassel '19 had the opportunity to shadow a lobbyist working the halls of the Capitol, participate in meetings, monitor Assembly and Senate Committees and Floor Sessions and attend fundraising events. They also learned the various positions in a lobbying firm, the responsibilities and opportunities for entry level positions, how a bill becomes a law, and who the key players are in the process. Erin K. Norwood '97, partner at Norwood Associates, describes Hannah and Isabelle as incredibly smart, driven, and passionate and noted they handled their experience with grace, flexibility, and patience.

Erin chose to bring on interns from St. Francis "to give back to the high school and community that had given me so much as a young woman! Internships played an integral role in my ultimate decision to pursue a career in government advocacy." She describes that a career as a lobbyist can be very rewarding. "You get to shape public policy! Through a lobbyist's work on behalf of their clients, they influence legislators' decisions on legislation, and even help write the laws that govern our great state! I believe there is a need for more women in politics, including the 'third house.' Despite the great advances made by women, there is still a great disparity in this profession. Women thrive in this community as advocates—they are passionate, hard-working and persistent."

HENSEL PHELPS CONSTRUCTION MANAGEMENT

As part of their internship with Hensel Phelps, Ana Soler-Beaugard '20 and Grace Jones '20, were exposed to the areas of Construction Management, Architecture, and Engineering. They shadowed supervisors of all levels, gaining an understanding of the roles and duties of a General Contractor and Project Architects and Engineers.

Project Manager Will Cates, LEED® AP, says Hensel Phelps has "a real focus on investing in our employees and training our people to be the best equipped. This same approach is taken with our student internship/externship programs. SFHS students are really driven and eager to learn and these are the same qualities we seek in our college level internships... We are always looking for the best people

at Hensel Phelps and this age group is the future of our company. The times of this being a predominantly male occupied industry has changed. Today women comprise over 10% of professionals in the industry and in the Hensel Phelps NorCal region that number is approaching the 25% mark. At Hensel Phelps we focus on the diversity of our employees and take pride in leading the way for women in the industry."

When asked what skills he wanted Ana and Grace to gain from the experience, Will noted, "It was important for us to demonstrate how rewarding it can be... We also wanted to showcase that a construction project is much more than just the activity you see when you drive by the construction site. They were able to look 'behind the scenes' and see everything happening in the background; the designers roles, planning, scheduling, cost & contracting, etc."

AEROSPACE MUSEUM OF CALIFORNIA

Sharing the world of STEM education with young students is at the heart of the Aerospace Museum's mission. Their hope is that students will discover a passion for STEM learning and aerospace knowledge through fun and innovative experiences that build confidence and provide real-world training. Sophomore Claire Epolite had the opportunity to see all sides of the museum, from collections and archives, to over 40 aircraft on display, even learning basic flight principles in state-of-the-art Flight Zone simulators.

"Our goal is for St. Francis students to connect with STEM, arts, history, museum, and creative professionals as they learn new skills, network, and gain work experience," says Tom Jones, Executive Director of the Aerospace Museum. "A museum is the perfect place to spark inspired learning and thinking. It offers students the opportunity to build their own skills while learning to help others. The Aerospace Museum of California offers young people a chance to learn and help preserve the past and inspire the future. Aviation and aerospace are filled with the stories of amazing men and women who with determination, hard work, courage, and vision pushed the limits of aviation to dream big and reach beyond themselves and the stars! It's a wonderful place to dream, explore and discover."



CHEERS TO A NEW CHAPTER

As the 2017-2018 school year drew to a close, we said goodbye to three of our beloved faculty. While we're fortunate that some may return as substitute teachers, the absence of their daily presence is felt by all. For your impact and the legacy you leave behind, we are forever changed and grateful.



MRS. McDONALD, MR. PITTON, & MRS. ROBBINS

MARY McDONALD

Mary Agatstein McDonald joined our community in 2008. Originally from New York, Mary earned her Bachelor's in Psychology/Speech at State University of New York at New Paltz and her Master's in Education from Arizona State University. Prior to her service at SF, she developed curriculum and was a training supervisor for Intel Corporation, served as an adjunct faculty member in research at Arizona State, was an elementary school teacher and middle school Math instructor and principal. Mrs. McDonald is a great math teacher who uses humor (and a New York accent) in the classroom to engage students and lighten the mood. Emily Travis '19 shares, "Mrs. A has a very unconventional and interactive teaching style. She's good at gaging the mood of the class and styling her class to keep everyone engaged." She is the mother of two SF alums, Lauren '07 and Jessie '08. She is amazingly generous with her time – coaching robotics and tutoring students at school even on days when she didn't teach. And she shares her talent – she created curriculum that included numerous projects to enhance student learning, as well as bringing her knowledge from years of experience as a school leader. Mary and husband Bill are planning new adventures for their retirement! We will miss her love, her humor and her New York accent. And we thank Mrs. McDonald for her dedicated service to our mission!

CHRIS ROBBINS

Chris Robbins graduated from St. Francis in 1969 and joined our SF community as a Math teacher in 2005. She holds a Master's and Doctorate in Agricultural Economics from Davis, a Bachelors in Psychology, and two teaching credentials. Prior to her time at SF, Mrs. Robbins served as the middle school Math teacher at St. James' elementary school. She is the epitome of a reflective teacher who continually improves her practice and tirelessly researches and implements new teaching practices, sharing both her process and observations with the Math

department. She gives her students opportunities to dive deep into the subject and helps them to learn through their struggles, always emphasizing that it is through this wrestling with the problems that long-term learning is established. Jade Borg '19 remarked, "Mrs. Robbins was always there for me when I needed help in Honors Algebra 2 my sophomore year. She pushed me to always do my best and she is the reason I did well my junior year in PreCalculus." Chris and her husband Chuck and family will continue to enjoy their summers in Montana. We thank Mrs. Robbins for sharing her passion for Math with our girls and her love, faith, and knowledge with our community!

VIC PITTON

Vic Pitton first joined SF in 1997 as the freshman basketball coach and then joined the faculty in the Social Studies Department in 2005. He has a J.D. from McGeorge School of Law, was a golf pro, basketball coach, athletic director and history teacher. Vic has taught almost every class in the Social Studies Department and most recently took on the challenge of AP World History. Vic's talents as our Varsity basketball coach are second to none. His team's accolades include being the 2016 CIF Northern California Champions, three-time sections champions, and nine-time league Champions with 334 victories. Vic himself is a two-time Sacramento Bee Coach of the Year, the 2008 CA State Division II Coach of the year, and eight-time League Coach of the year. Maren Martinelli Christie '00 remarked, "Coach Vic's passion for the program made us all feel a part of something very special, and it was. Coach Vic helped shape how I approach challenges and what I value. He led by doing. Team First. Faith over Fear. Hard Work. Heart. Have Fun. That is what I learned from him first as a player and later as my mentor." Vic is moving to Mississippi where he and his wife, Susan, are building their dream home and will be closer to their daughter, SF alumna Alison '03 and their grandson. We will miss Mr. Pitton's big booming voice, his sense of humor, and his leadership.



ILLUMINATIVE POWER

BY ADAN ROMO,
ST. FRANCIS TEACHER AND LOCAL ARTIST

TO LEARN MORE ABOUT ADAN ROMO'S WORK,
VISIT WWW.ROMOSTUDIOS.COM.

My interest in mosaics began in 1985 at the age of eleven, when I assisted my parents Jesus and Teresita Romo in the restoration of a large mosaic of the Virgin Mary at the Lady of Guadalupe Church in downtown Sacramento. My family had a special connection to the place because my grandparents, who were immigrants from Mexico, helped build the church for the larger Spanish speaking community. After graduating from UC Berkeley, the Temple B'nai Israel of Sacramento commissioned me to create a large mosaic. The project was my first mosaic and the first art commission of my career. In 2001, I received a Rotary Ambassadorial scholarship to apprentice in a 200-year-old studio in Tuscany to learn the ancient art of marble sculpting and classic mosaic design.

With each piece I have created for the St. Francis campus, I have woven in themes of nature as a way to celebrate Saint Francis' love for the environment. Being fortunate enough to have lived in Assisi, and to return every year with my tour groups, I am always struck by the natural beauty of the town's surroundings. The bronze St. Francis statue that greets students at the front of the campus was inspired by the many trees in the hills above Assisi, where young Francis meditated. The statue of Saint Clare shows a young woman emerging from a stone and stepping onto a reflective fountain and stream which embody her journey to sainthood. The Canticle Garden design came from my desire to create a meditative space where students and staff could escape the demands of a hectic school day. The trees, stone, water and plant life were all inspired by Assisi's natural beauty.

The Canticle of the Sun solar mosaic is the latest of these campus artworks. When the school converted to solar energy in 2012, I was commissioned to create a work to commemorate this historic event. I was inspired by the concept of illumination – not only the illuminative power of the sun, but the school's



ADAN WITH HIS
TEACHER IN ITALY

mission to illuminate young minds as well. The concept of medieval manuscripts, popular during the time of Saint Francis, struck me as a powerful metaphor for this theme. Manuscripts are often embellished with organic floral designs that surround a Biblical passage. My original concept incorporated 650 succulent plants and copper panels to echo the natural shapes of the plants and the sun. I crafted circular, acrylic orbs inspired by the planets that radiate around the metal panel. The largest of these planetary orbs, representing the sun, and styled as a gothic rose window, is LED lit and tracks the movement of the sun itself.

For the next evolution of this project, I began a design that would replace those thirsty plants with a more sustainable material. It seemed a natural choice for me to return to the medium that began my art career. During the summer of 2017, with St. Francis students in tow, I returned to the studio where I had apprenticed and selected handmade Italian mosaics for the project. It was incredibly meaningful for me to return to the place where I had apprenticed so many years ago. The old Italian masters who taught me were happy to welcome me back and assist with this special project.

Several months later, more than 50,000 tile pieces arrived and I began laying each piece by hand. Over the course of a year, the mosaic began to take form with radiating colors of the sun. Bursts of reds and yellows express the sun's energy and the sparks of firing synapses taking place in our young students' minds. At the center is a copper plaque with words from St. Francis' Canticle of the Sun. As the sun sets, the LED lights framing the mosaic switch on, illuminating the piece through the darkness of night until the sun rises the next day.



ADAN AND HIS FATHER
JESUS PREPARING FOR
INSTALLATION





ST. FRANCIS CATHOLIC HIGH SCHOOL'S
REVELRY GALA AND AUCTION

Paris
IN BLOOM



SATURDAY, MARCH 9, 2019

\$125 PER PERSON | HOSTED BAR | ADULT ONLY

Learn more at

WWW.STFRANCISHS.ORG/REVELRY



THE SPIRIT OF SAN DAMIANO AWARD

The 2nd annual “Spirit of San Damiano Award” will be presented at the 2019 Revelry Gala & Auction on March 9, 2019. We are pleased to announce the recipients of this year’s award.



MARION BISHOP

Marion Bishop served for 12 years as the first President of St. Francis Catholic High School. She often referred to that part of her career as “the ride of a lifetime.” Her accomplishments can best be described as crucial, turning-point projects in the school’s history. Her hand in the planning and expansion of the physical campus resulted in the addition of a state-of-the-art science wing, a performing arts center, religious sculpture and art, and a new academic administration office building. These changes led to a beautifully-remodeled campus life center and new counseling offices. Marion also pushed for a new gymnasium, locker room and physical fitness center, originally absent

from the construction plan. She recognized that our growing student body needed this location to gather for assemblies, liturgies and events.

Marion was always about more than buildings. Her passion for and commitment to our Troubies was evident in everything she did and continues to do. She and her husband Paul have generously funded scholarships that enable young women in the greater Sacramento area to have a St. Francis education.

Marion Bishop’s legacy of faith, excellence, leadership and service was crafted by her heartfelt devotion to the education of young women at St. Francis Catholic High School.

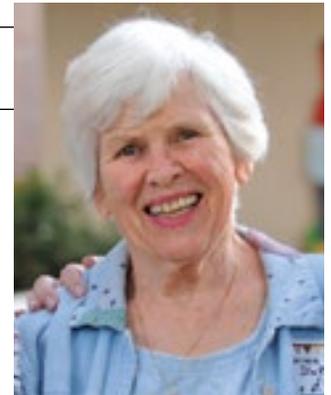
MARION KAESER SLAKEY '48

A graduate of the St. Francis Class of 1948, Marion leads a very active and interesting life. As the Student Body President at St. Francis, Marion dated, and later married, the Student Body President of Christian Brothers High School, Thomas Slakey. They left Sacramento soon after marrying in 1952, living in nine different states and four different countries (Canada, Mexico, England and the Czech Republic) and raised four wonderful children: three sons and a daughter. Marion attended Loretto Heights College in Denver, and later finished her degree in French Literature at Cornell University while Thomas completed his Ph.D.

Marion and Thomas returned to Sacramento in 1997 to provide care for her mother; that next

year was the 50th anniversary of her high school graduation and Marion realized she had an opportunity to reconnect with her classmates and alma mater. That she did and continues to do, keeping her class connected and generously providing opportunities for more students to benefit from the St. Francis education she received. She loves being back in Sacramento and near St. Francis Catholic High School. Marion was greeted with a standing ovation from our students when she joined them at last year’s awards ceremony to present the alumnae scholarship.

A Troubie for Life is the only way to describe Marion Kaeser Slakey '48, and we’re all the better for her life of faith, excellence, leadership and service.



THE SPIRIT OF SAN DAMIANO AWARD

St. Francis Catholic High School introduced “The Spirit of San Damiano Award” 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.” Our honorees are being recognized for their love for St. Francis Catholic High School and our Troubadours which is evidenced by their extreme generosity of time, talent and treasure.

Honorees of the Spirit of San Damiano Award will be recognized at St. Francis’ Revelry Gala held on March 9.

CELEBRATING OUR ALUMNAE



IT'S REUNION TIME!

If your class year ends in a "4" or a "9" it's time to start planning your reunion for 2019.

Please contact:

Dawn Winston '91
Alumnae & Constituent Relations
dwinston@stfrancisshs.org
916.737.5020

UPCOMING EVENTS

OUR LADY OF GUADALUPE MASS
DECEMBER 12, 2018 • 10:00AM

JINGLE MINGLE

DECEMBER 21, 2018 • 5:30PM
Join Young Alumnae from St. Francis, Jesuit and Loretto for a business mixer at BarWest. Appetizers are on the St. Francis & Jesuit Alumni Office. One free drink ticket to the first 25 to arrive!

PAX ET BONUM MASS

JANUARY 30, 2019 • 10:30AM

CRAB FEED

FEBRUARY 2, 2019 • 5:00PM

REVELRY GALA AND AUCTION

MARCH 9, 2019 • 6:00PM

SPRING PLAY: "QUILTERS" OPENING NIGHT

MARCH 22, 2019 • 7:00PM

EASTER CELEBRATION MASS

MAY 1, 2019 • 10:00AM

SENIOR SEQUESTER

MAY 21, 2019 • 3:30PM

GOLDEN GIRLS AT GRADUATION

MAY 23, 2019 • 12:00PM

To participate please contact:

Dawn Winston '91
dwinston@stfrancisshs.org

Janet Ruggiero '67 was named the Sacramento Santa Clara of the Year. In its 46th year, this is a tradition that honors outstanding Santa Clara Broncos who demonstrate leadership in service to the university, the Sacramento alumni chapter, and to the community. **1**

Amy Macy Schultz '92 and **Bridget Binning '92** flew from Sacramento to Denver to visit **Kelly Owens Slaughter '92** for a girls weekend getaway. This is what 30 years of friendship looks like. Kelly writes "I adore these ladies and am so thankful for their friendship that never would have happened if we hadn't attended SFHS." **2**

On April 29, 2018 **Felidette Ilejay Blasucci '97** won her first Daytime Emmy Award as a Senior Producer/Writer for *Entertainment Tonight* and the show also won for Outstanding Entertainment News Program. **3**

Emily Ingistov '97 has been teaching at Westchester Lutheran School in Los Angeles since 2003 and was recently appointed as the new Head of School/Principal. Emily writes, "My teachers at St. Francis left a strong mark on me for what it means to be an exemplary teacher - one who teaches the whole person understanding each student's diverse God-given gifts and talents while supporting them to reach their greatest potential. The teachers were highly qualified to teach the rigorous curriculum and fully prepared me for my undergraduate and graduate studies at Loyola Marymount University in Los Angeles. Mr. Norman is one of the exemplary teachers who brought humor and passion into his teaching instruction. For the past 17 years as a classroom teacher, I have always tried to bring that same humor and passion into my lessons to fully engage my students. When it comes to leadership, I fondly remember Sr. Catherine. I can only hope to emulate her grace, kindness, and open heart in my new role as Head of School. St. Francis taught me to have perseverance and confidence towards the pursuit of my professional goals and aspirations. For this, I am grateful and blessed." Some of Emily's fondest memories at SF include Spirit Rallies

(Go Tweeties!), the Feast of St. Francis, mass in the gym with John Denver songs, orchestra at Jesuit, Calligraphy with Mrs. Doglietto, Sr. Steph and World History class, Mrs. Cornette and her turtles, our Senior Retreat in Los Altos, and choir. **4**

Jessica Kensky '99 and her husband Patrick authored a children's book about an 11-year-old girl named Jessica adjusting to life with prostheses, wheelchairs and crutches with her service dog by her side. Jessica and Patrick were among those injured in the 2013 Boston Marathon bombing. Their family now includes a black Labrador service dog named Rescue. **5**

Kathryn Mindt Carson '10 and Dan Carson were married in June 2, 2018. Kathryn is a Nurse in the Pediatric ICU at Sutter Medical Center, Sacramento. Two of her bridesmaids were **Ali Smith '09** and **Sara Fitzsimon '10**. **6**

Marissa Mar '10 advanced to the Round of 16 in match play at the U.S. Women's Mid-Amateur in September before losing on the final hole. Marissa, a former player and graduate from Stanford, was a semifinalist in the event in 2017 and tied for medalist honors. She led the Troubies to three league, sectional and NorCal titles in her career. She was the 2007 Delta River League MVP and was named to the 2008 Sacramento Bee Metro Player of the Year. **7**

Angélique Dakkak Noëlle '10 was in Capitola for her bachelorette party with her Troubie sisters **Naomi Endsley '10**, **Kelly Anderson '10**, **Alicia Salcedo '10** and her sister **Mary Ann Dakkak '00** when they spotted a woman with a pet pig on the beach. They had to meet the pig and the woman, turns out she's **Katie Copeland '98**. **8**

Bridie Carinci '11 writes, "After graduating from St. Francis in 2011, I began school at Sonoma State and graduated with my BA in Human Development in 2015. Right after graduating from college I started working for the Center for College & Career Readiness (CCR) at Sacramento State. As the Student Initiative Coordinator for CCR, I ran student based programs, presented to high school students about college readiness, and started the College & Career Readiness Bootcamp for rising juniors to visit Sacramento State and learn about all things college; from financial aid to student programs on campus. This past March, I had the amazing opportunity to work in the Admissions & Outreach office at Sac State. I now do recruitment for high school and transfer students to help them achieve their dreams of earning a college degree. My goal has been to motivate students to go to college and with my current position as an Admissions & Outreach Counselor, I am able to assist students with their journey to higher education." **9**

ARE YOU A 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 Dawn Winston at dwinston@stfrancisshs.org.



8



9



10



11



12



13

Sarah Ainsworth '12 earned her M.A. Educational Leadership and Administration from California Polytechnic State University, San Luis Obispo. She is currently a Registered Behavior Technician working to become a Board Certified Behavior Analyst in Sacramento. Her focus is to provide behavioral therapy for children with Autism Spectrum Disorder. During the M.A. program she conducted a year long action research project focusing on factors that promote and impede the use of Applied Behavior Analysis in the preschool setting in San Luis Obispo County. Sarah became engaged to Spencer Empey in April 2018 and is excited to continue planning for a fall wedding in 2019.

Katie Garnett '12 had her first flight as an Attendant for American Airlines in June. Her day included the Chicago-Sacramento route which was boarded by members of the returning Chicago service trip. Katie, who went on the New Orleans service trip as a Troubie, recently graduated from Sacramento State and relocated to her base in New York City. Katie said, "My heart was so overwhelmed with joy seeing you all; it felt like literally coming home to a big warm hug! We're one big family and I couldn't be more grateful for the bond we all share - no matter where we are, how far we roam and how long we've been apart. It's always like coming home and nothing can compare. Love you SFHS!" **10**

Allison Child '13 is in her first season on the St. Francis volleyball staff, serving as the head coach of the freshman team. "Being back at St. Francis is such a blessing and I am excited to be here to serve the community that gave me so much," said Allison. She served as an assistant coach for the Northern California Volleyball Club (NCVC) and was the Rec Assistant coach for St. John Notre Dame. Allison played for NCVC, helping them to the gold medal in the American Division in 2009 and silver medal in the National Division in 2011. She played at The Master's University from 2013-16, helping the program to a sixth-place finish at the NAIA National Tournament in 2014. Allison was a three-year letter winner at St. Francis, a member of the 2012 Division I State Championship runner-up team, and was an all-league selection as a senior. She is working towards her biblical counseling degree. **11**

Anna Gregg '15, attending University of Colorado, Colorado Springs, was named the Rocky Mountain Athletic Conference Offensive Player of the Week on October 9th. Anna provided the Mountain Lions with the offensive play that they needed as she netted three goals over the course of the two road wins against Fort Lewis and Adams State. Two of the goals came against Adams State in the 3-1 win, with her second goal being the game-winner. On the weekend, Gregg recorded 13 shots with six of those shots being on goal. **12**

Kayla Morrow '15 is currently studying Strategic Communication with a double emphasis in Public Relations and Advertising at Northern Arizona University. This summer she attended Regionals and Nationals with her Flagstaff baton team where she competed in solo and team events. Kayla has been twirling since she was seven and her teacher was **Danielle Gram Muller '00**. Kayla's sister **Olivia '20** is also a twirling student of Mrs. Muller. **13**

Emily Bush '17 visited campus in the summer to leave a little surprise for her Kairos Leader, Mr. Joe Poggi. Emily completed her first year at the Naval Academy and spent one month this summer with her team hiking in the Alaskan wilderness.

Sally Ferguson '17 was awarded the B.T. Collins Scholarship by Santa Clara University. Each year, the Sacramento chapter awards a scholarship in B.T.'s honor to a deserving SCU student from the Sacramento area.



CONGRATULATIONS ELEN!

Congratulations to alumna Eleni Tsakopoulos Kounalakis '85 on her election to Lieutenant Governor of California! If you missed the article on Eleni in the Spring 2018 issue, read it here: www.stfrancis.org/eleni

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.stfrancis.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:

Dawn Winston '91, Alumnae & Constituent Relations
dawinston@stfrancis.org, 916.737.5020

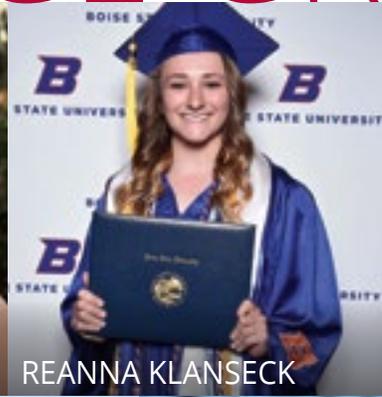
2018 COLLEGE GRADS!



MACKENZIE CAMPBELL



CLARISSA JAMES



REANNA KLANSECK



BRITTANI KLINDWORTH



ASHLEY KYALWAZI



ANA MACASPAC



AMY MARKS



ATHENA NGUYEN



MEREDITH RAY



KATIE SCHEMBRI



ERIN STONE



NATALIE VANN



EILEEN WALSH

MacKenzie Campbell '14 graduated from the University of Nebraska-Lincoln with a degree in Advertising and Public Relations with minors in English and Communications. She worked at Hudl (a sports software company) as an intern her senior year of college and she used her lacrosse knowledge from playing four years at St. Francis to help develop their lacrosse marketing. After graduation she transitioned to a full-time role at Hudl as a Project Manager for the Marketing Technology team. Mack sends us her wishes from Nebraska. "Happy to rep St. Francis in Nebraska! Go Troubies and Go Big Red!"

Reanna Klanseck '14 graduated Summa Cum Laude from Boise State University with a Bachelor of Science degree in Criminal Justice. Soon, she will head to South Carolina for a few months of training before she begins her career as an Adjutant General officer in the U.S. Army in Kaiserslautern, Germany.

Brittani Klindworth '14 graduated Cum Laude from University of Portland with a Bachelor of Arts in Psychology and a minor in Education and Mathematics.

Former SBO President **Ashley Kyalwazi '14** graduated from the University of Notre Dame with a Bachelor of Science in Neuroscience and a minor in Science, Technology & Values. She is attending Harvard Medical School.

In May 2018 **Ana Macaspac '14** graduated Summa Cum Laude from Loyola Marymount University with a Bachelor of Arts in Studio Arts Graphic Design and a minor in Art History. She has begun her commitment to a year of service with the Jesuit Volunteer Corps. She will be serving as an Arrupe Fellow at Cristo Rey Philadelphia High School, working specifically with the school's Campus Ministry and Arts programs.

Amy Marks '14 graduated from University of Nevada, Reno. In the fall, she is going to work for Disneyland through their college program. Amy said, "It has always been a dream of mine to work for Disney and now I will finally get that opportunity! I'm really excited for this next adventure and can't wait to see where it will take me."

Athena Nguyen '14 was selected as the 2018 Valedictorian for Santa Clara University and she graduated with a Bachelor of Science in Public Health and Political Science and a minor in Biology. Athena is also a Fullbright Scholar as an English Teaching Assistant in Long An Province, Vietnam.

Daniella Qvistgaard '14 graduated from Santa Clara University on June 16, 2018 with a Bachelor of Science degree in Psychology. She is dedicating a year of service in San Antonio, Texas with the Jesuit Volunteer Corps.

Meredith Ray '14 graduated with a Bachelor of Arts from Santa Clara University in Communication and Spanish. She is currently working full time with the Seattle Seahawks in their Digital Media department.

Katie Schembri '14 graduated from Loyola Marymount University with a Bachelor of Arts in English Language and Literature with a Journalism Minor. She is passionate about Marketing and Advertising and will be pursuing her Masters in Business Administration. Katie has begun her professional career with the Loyola Marymount University Campus Ministry team as the Coordinator for Spirituality Programs.

Erin Stone '14 graduated from The University of California at Santa Barbara on June 16, 2018 with a Bachelor of Arts degree in Psychology and a minor in Education. She is co-teaching English Language Arts at St. Ignatius Elementary School in Sacramento for the 7th and 8th grade. Erin writes, "I just wanted to share my journey as a post-grad Troubie who never gave up on her dreams. I am truly blessed and excited to begin my career as a teacher!"

Natalie Vann '14 graduated from Texas Christian University and has moved back to Sacramento to start her career as an Interior Designer.

Eileen Walsh '14 graduated May 2018 Magna Cum Laude from Marquette University College of Nursing with a Bachelor of Science in Nursing. She was inducted into Sigma Theta Tau, the Nursing Honor Society. Eileen passed her licensing exam and will be working as a nurse on a step down ICU on an abdominal transplant floor at Aurora St. Luke's Medical Center in Milwaukee, WI.



LEGACY FAMILY BREAKFAST
AUGUST 22, 2018



ST. FRANCIS CELEBRATION
SEPTEMBER 22, 2018

WE LOVE SEEING YOU!

It's been a busy fall with events here at St. Francis and our Alums have been in attendance at every one! #troubiesforlife



ALUMS AT "CHICAGO: HIGH SCHOOL EDITION"
OCTOBER 19, 2018



SPIRIT WEEK HOMECOMING RALLY
NOVEMBER 2, 2018

REUNIONS



CLASS OF 1953: 65 YEAR REUNION

On September 26th the Class of 1953 gathered for Mass at St. Francis of Assisi Parish. After Mass they met for lunch at the Old Spaghetti Factory in Downtown Sacramento.



CLASS OF 1958: 60 YEAR REUNION

The Class of 1958 celebrated their 60th reunion with Christian Brothers, Bishop Armstrong, St. Joseph's, and Loretto at the Dante Club on June 1, 2018.



CLASS OF 1983: 35 YEAR REUNION

On November 3rd, the Class of 1983 got together at Luna Lounge to celebrate their 35th reunion.



CLASS OF 1988: 30 YEAR REUNION

The Class of 1988, our Chip & Dales, celebrated their 30th Reunion at Hook and Ladder in Sacramento.



CLASS OF 1993: 25 YEAR REUNION

The Class of 1993, our Pebbles and Bam Bam, celebrated their 25th Reunion and their Sisterhood with a full weekend of events. These are photos from their Saturday, October 6th celebration.



CLASS OF 1998: 20 YEAR REUNION

The Class of 1998 celebrated their 20th with two fun events: a family picnic at Coloma Community Center Park, and at Empress Tavern owned by our very own Lisa Holifield Thiemann '98!

ALUMNAE SPOTLIGHT

AMY LYNN-CRAMER '90

AMY WORKS ON THE CORPORATE COMMUNICATIONS TEAM AS HEAD OF HR COMMUNICATIONS FOR ALL OF NBCUNIVERSAL. SHE WAS FORMERLY A PUBLICIST AT TECHTV, FUSE, AND NBC NEWS.



AMY WITH HUSBAND TOM, DAUGHTER ADDISON & SON AIDEN

What do you most enjoy about your work?

As a former publicist at TechTV, Fuse, and NBC News, I made the shift into Corporate Communications about four years ago. It was scary and exciting at the same time. I went out of my comfort zone to try something new and I haven't regretted it. Everything that I've done over the last 20 years has prepared me for this second career, and I'm lucky to be able to do it at a place that I call home. I now head up HR communications and oversee employee engagement experiences at NBCUniversal. So, in addition to Open Enrollment, Benefits Experience Fairs and all that super-sexy HR stuff, two of my favorite programs are "Take Our Daughters and Sons to Work Day" and "Bring Your Parents to Work Day." The employees are at the forefront of everything I do; I often pinch myself when I realize what a great gig I have.

How did your time at St. Francis prepare you for college and life after college?

As an SFHS girl through and through, family, friendship and spirituality are at the core of who I am. I loved high school and am so grateful to still be connected to the women that I grew up with. Thank goodness for Facebook and Instagram – I'm able to stay in touch with my high school friends, celebrate their birthdays and anniversaries, see their children grow up and for many, this year in particular, go off to college! St. Francis created an environment for us to be our authentic self and I'm eternally grateful to my parents for sending me there. The culture at St. Francis was not lost on me and prepared me for college and my adult life.

Where do you think you have the most influence in your life? What accomplishment(s) are you most proud of?

After graduating from St. Mary's College and living in San Francisco for ten years, I moved to New York. It was at that moment that I recognized that St. Francis had a huge impact on me. I moved without a job and found that courage, determination, a sense of adventure, and faith in what will be, will

be, shined through. Yet it's our eight-year-old son and three-year-old daughter that I'm most proud of and who inspire me. I have so much hope in our future generation to make change and bring love and kindness into this world.

What's your favorite memory about your time at SF?

My favorite memory was being the mascot junior and senior year. It's in my arsenal when asked to share something that no one knows about me. And I always laugh while telling the story. It's hard to put into words why we had mascots (Disney characters no-less) at an all-girls high school, and that during one of the best weeks of the year we had rallies, decorated lockers and classroom windows. But it all comes back to what made my high school experience so unique and memorable. Going to an all-girls high school was magical in so many ways. St. Francis created an environment for us to thrive, be strong, to learn and grow and be our authentic selves. Even if it meant dressing up in a Daisy Duck costume!

Who influenced you in a significant way during your time at St. Francis?

Sister Catherine was a true leader and while I didn't realize it at the time, she exemplified the spirit of St. Francis. She was graceful under pressure, she was fair and she cared about each and every one of us. And then there was Mrs. Doglietto who had the kindest soul. Not only was she a beautiful person and an amazing artist, my fondest memory of her is when she played the harp at our services and events.

What's your advice for Troubies?

Two bits of advice - focus on and appreciate your true friends who lift you up; don't get caught up or troubled by those that aren't kind to you. Secondly, as cliché as this may sound, follow your heart, have faith, and take risks. You can always go back, but that opportunity may never again come knocking.

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.

“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

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
Alison Morr '89 & Stephen Gemperle
Candice Pederson
Kathleen Peterson and Family
Jeanette & Chris Ray
Loreine & Nicholas Simopoulos
Anthony Spinetta
Jaqueline Peterson Ward '73 and Family

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.

For more information, contact MaryAnne Kelly at 916.737.5033 or mkelly@stfrancis.org.



CALENDAR

DECEMBER

OUR LADY OF GUADALUPE MASS

Wednesday, December 12, 2018 at 10:00AM

Our community is invited to gather with us to celebrate the Feast of Our Lady of Guadalupe at 10:00am in the St. Francis gym.

JANUARY

PAX ET BONUM MASS

Wednesday, January 30, 2019 at 10:30AM

Celebrate Catholic Schools Week's spirit of community with us at the Pax et Bonum Mass.

FEBRUARY

CRAB FEED

Saturday, February 2, 2019

Always a sellout, this annual event brings together current families, faculty and staff and our Alumnae community for a no-host bar and a scrumptious meal of antipasto platter, salad and bread, hearty Italian meat sauce spooned over rigatoni, and crab, crab and more crab!

For more information, visit www.stfrancishs.org/crab-feed.

MARCH

REVELRY GALA & AUCTION

Saturday, March 9, 2019

The Revelry Gala is St. Francis' premiere event and typically attended by more than 500 guests. This delightful evening brings the school community together and offers a robust silent auction, live student entertainment, delicious food and drinks and a rousing live auction.

For more information, visit www.stfrancishs.org/revelry.

SPRING PLAY: "QUILTERS"

March 22 - 30, 2019

Ostensibly the story of a pioneer woman and her six daughters, *Quilters* blends a series of interrelated scenes into a rich mosaic which captures the sweep and beauty, the terror and joy, the harsh challenge and abiding rewards of frontier life. Illuminating stories contained in various patches or "blocks" with music, dance and drama, the action depicts the lot of women on the frontier: girlhood, marriage, childbirth, spinsterhood, twisters, fire, illness and death. But, with this, there is also love, warmth, rich and lively humor and the moving spectacle of simple human dignity and steadfastness in the face of adversity. In the end, when the various patches are assembled into one glorious, brilliantly colorful quilt, the effect is both breathtaking and magical—and a theatrical masterstroke which will linger in the mind and memory long after the house lights have dimmed.

For more information, visit www.stfrancishs.org/tickets.

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

Katrice Miller '01

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.



5900 ELVAS AVENUE
SACRAMENTO, CA 95819

Non-Profit Org.
US Postage
PAID
Sacramento, CA
Permit #290

For information about important
dates and upcoming events,
please visit our website:
www.stfrancishs.org

Parents of Alumnae:

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



CRAB FEED

DINNER & DANCE

SATURDAY, FEBRUARY 2, 2019

COCKTAILS 5:30PM • DINNER 7:30PM
FEATURING LIVE MUSIC BY "CLEAN SLATE"

WWW.STFRANCISHS.ORG/CRAB-FEED

\$65 PER PERSON
TABLES OF 8 FOR \$480



SAVE THE DATE!

Paris
IN BLOOM

REVELRY
GALA AUCTION

MARCH 9, 2019
\$125 PER PERSON

WWW.STFRANCISHS.ORG/REVELRY

