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ON THE COVER

The Troubie TV Crew. Read more on pages 4-11.

CORRECTION

The Fall 2021 Pax et Bonum Statement of Community Support inadvertently left off the names of Ava Marie & Christopher Conlin in the list of Current Parents on page 35.



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 Statement of Community Support each fall.

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MESSAGE FROM THE CHAIR OF THE BOARD OF TRUSTEES

DEAR ST. FRANCIS COMMUNITY,

We have been so blessed to be back in community with one another this school year and the pages of this edition of Pax et Bonum Magazine illustrate the pure joy it has brought to our campus. The laughter, the hugs and the smiles your daughters, granddaughters, nieces and sisters bring to campus each and every day shine bright even when the sun doesn't.

There is a renewed energy across campus. Our Troubies are producing videos for special school-wide campaigns like Thankful Thursday, but also producing regular student-focused segments for Troubie TV. Several of our students have even launched their own podcasts including Troubies Mic'd Up and Bella's Collegiate Corner – and our students are finding more inspiration daily. Some of their stories are featured on pages 4-11.

We have loved welcoming so many of our Troubies back to campus. Our alumnae joined us for the Legacy Breakfast to start the school year and had their first in-person class reunion in October. Some alums even joined us for Holy Court and the Christmas concert! We also hosted an Open House in October and we are looking forward to our always sold out Crab Feed returning to campus in January, followed closely by our Revelry auction in February.

The school year has not been without challenges. We continue to navigate COVID, the pandemic that has left much uncertainty and a re-evaluating of priorities. St. Francis has not gone untouched by this. But through it all, we remain committed to supporting our students, faculty, staff, alumnae, parent and grandparent community.

It is with sadness I announce that Theresa Rodgers has stepped down from her position as President of St. Francis Catholic High School. I speak on behalf of myself and the entire Board of Trustees who want to express our sincere gratitude for the nine years of faith, excellence, leadership and service Theresa gave to our St. Francis community, first as Principal and for the last five years as President. I know you will all join me in keeping Theresa in our prayers for health and healing, as she will continue to keep our beloved St. Francis community in her prayers. We will embark on a nationwide search for a new President in the new year.

Wishing you all a blessed and joyous Christmas season,

HELEN MANFREDI PIERSON '74, P '00

CHAIR, SFHS BOARD OF TRUSTEES





FROM PODCAST TO BROADCAST, THESE TALENTED TROUBIES TELL THEIR STORIES ABOUT BEING BEHIND THE MIC, BEHIND THE CAMERA AND, IN SOME CASES, IN FRONT OF THE CAMERA! EACH HAVING A PASSION FOR SHARING THE STORIES OF THEIR FELLOW STUDENTS, WHAT'S HAPPENING AROUND CAMPUS AND WHAT BEING A TROUBIE IS ALL ABOUT.



ELLANO

SOPHOMORE

FILMMAKING & ANIMATION

I have always enjoyed watching and making films, but never really expected that to be something I could do at school. When I found out that there were opportunities to be involved with filmmaking at St. Francis, I was a little nervous at first to get involved. But it's been a really great experience overall and I have learned a lot. I am grateful to have the opportunity to meet and work with Ms. Triebwasser and develop my skills around filmmaking and special effects.

One of the best parts of being involved with the different projects is getting work with so many different people around campus. I have done admissions videos, projects for Advancement, worked with Troubie TV, and helped with Thankful Thursday and other campaigns. Every project has a different story to tell; it's fun to try and meet each goal and a fun challenge to appeal to so many different audiences.

I really enjoy being behind the camera and working with other students to bring things to life. Being a part of a production and then seeing people enjoy the finished product is definitely rewarding. I have gotten to use a lot of different equipment and programs, but what I am enjoying the most right now is 3D modeling and animation. I didn't know anything about those processes or programs when I first started in them, but through a lot of YouTube videos and trial and error I have gotten more comfortable, and I am really proud of the new Troubie TV logo that I have been working on. It's a really challenging project but seeing it come together is worth it.

In January, I will be directing the livestream of the One Act play. That opportunity is something that I am looking forward to. I haven't done anything like this before but have always wanted to have the experience of directing a show and look forward to the challenge of it. We will do a lot of planning and pre-production and it will involve camera operators, an audio crew, and more. It will be nerve-wracking I am sure but hopefully it allows a lot more members of our community to enjoy the show and appreciate all of the work that went into it.

There's something special about being able to be behind a camera and see everything come to life. And I hope that the things I produce bring people that watch them as much joy as it brings me to make them. As a freshman, I wanted to find my niche at St. Francis, and podcasting seemed like the perfect thing to devote myself to once I got on campus. My mom and grandma thought it would be a great opportunity for me and encouraged me to run with it, and it has been so much fun and such a great way to get involved with the community here. My show, Troubies Mic'd Up, talks with athletes across the campus about what their experience in their sport and on campus is like. It's a way to get to know the person behind the uniform and showcase the amazing experiences we have through athletics at St. Francis.

I have also learned so much. Public speaking skills are something I really want to develop throughout high school, and talking to all of these new people has really helped me learn to create conversation. It's such an interesting medium to work in; you have a set list of questions you want to ask but as you hear the answers, there are follow-up questions and opportunities to take the conversation a different way. I enjoy the challenge of that and getting to that next level of a person. I love seeing how the questions I ask and the people I interview compliment each other. It's a full circle moment.

I listen to Howard Stern a lot and really admire how he holds a conversation and gets the best information out of his subjects. He understands people and how to connect with them in a way that makes the audience feel a part of the conversation. That's ultimately my goal, and I am proud of the episodes I have recorded and appreciative of how each person that I have interviewed has been both lenient with me and willing to play along.

I end each show with a series of rapid fire questions, and love to ask guests random facts about themselves. One of my favorite reactions from that was one person revealed that they could do the splits, and someone heard that on the show and had her prove it in history class the next day! It's pretty amazing that people listen to the episodes and bring them up in other areas of campus.



COPELANDWILLIAMS

FRESHMAN

TROUBIES MIC'D UP



LAUREN DILLIE

JUNIOR

► TROUBIE TV

There was so much disconnection during last school year, and we definitely felt that in Troubie TV. So when the opportunity to join the committee came up again, I jumped at it. I think that Teaghan and I saw early on what a great opportunity this could be, and we were willing to take on a larger leadership role to see it meet that expectation. I also have an interest in pursuing a career in broadcasting and saw right away what good experience this would be for me both in front of and behind the camera.

It is really impactful to me knowing that people watch each episode and care about what we do. I even had one of my middle school teachers reach out to me to tell me that she has shown it to her eighth graders to help them see what being a student at St. Francis is really like. Being able to pull back the curtain and show our school, our spirit, and our sisterhood to those outside our campus is something that is really important to me. I take pride in knowing that we are giving students opportunities to showcase their talents and personalities through something that we can all enjoy and benefit from.

I really look forward to filming; Troubie TV is often the highlight of my day. All the work that goes into planning and executing each episode is always worth it; we spend so much time laughing and having fun together on set and the bloopers are always entertaining. It's enjoyable to bounce ideas off of each other and then watch everything come to life as the episode comes together.

The skills I am developing are so necessary in today's world and will be versatile no matter what career path I choose. I enjoy being in front of the camera and know that the public speaking, storytelling, and interview skills I am developing can take me far in life. I am proud of how far Troubie TV has come in both the last year and even just the last several months, and how many people on the crew have stepped up and stepped into bigger roles and responsibilities. It is a total team effort and we couldn't do what we do without everyone buying in the way that they have. I also really appreciate everyone who watches each episode and comments on them -- it's always nice to have people see and enjoy what we work so hard on. Whenever we are doing a question of the week or a segment that involves students, it seems like people are really excited to be on Troubie TV, and that, too, is truly rewarding.

I first joined *The Mandolin* in freshman year as a writer and editor. I had been interested in creative writing through most of my childhood and was looking to expand my writing skills. Working on the school newspaper was the perfect opportunity to do so. I wrote a handful of articles each year, many of which focused on SF student life or international news. I, along with my Co-Editor Hayley Labia, will be the Editors-in-Chief for *The Mandolin* through 2023.

In my time as an editor, I've determined the importance of not only covering general news but also highlighting student projects and accomplishments around campus. Many of my fellow editors were similarly devoted to fostering a newspaper which brought the stories of St. Francis students to life. To further develop that, we explored the idea of accentuating campus life through a podcast. Beginning a podcast that specifically sought to broadcast powerful voices, passions, and hard work seemed an appropriate next step.

In upcoming episodes, I hope to explore not only popular SF student activities such as sports or theatre but also less visible facets of St. Francis student life such as clubs or the arts. I intend to paint a picture of the intricacies of St. Francis student life and share the passions many students work so hard on, many times without recognition. The motivations, purposes, and ambitions of St. Francis students are worthy of being heard; asking questions that shed light on these stories is extremely important to me. This is one of my main objectives for the future of *The Mandolin*.



AUBREY SPOWART

JUNIOR

THE MANDOLIN PODCAST

When beginning the podcast, I had a general idea of what it would entail: deciding on a story to tell, formatting the interview to match, and prompting conversation. I worried that at times the conversation might fall flat, or the questions would not cover enough ground. However, all the students I've worked with had no problem delving into the details of their projects and inspirations. It's very heartwarming to see just how driven and dedicated each student is.

The past couple of years, working on *The Mandolin* has been an extraordinarily enriching experience and one of the highlights of my time at St. Francis. Each writer, editor, and moderator has been so friendly, compassionate, and committed it's hard not to look forward to assignment and editing meetings. Having the opportunity to connect with students across St. Francis and listen to their stories is incredibly fulfilling. I wouldn't give it up for anything.

Prior to my time with *The Mandolin*, I viewed my creative writing and journalism as a hobby I could work on secondary to my future career. However, as time goes on and I realize just how rewarding it is, I've begun to consider going into a career path that incorporates the very aspects of writing and journalism that I love. As I begin thinking about my educational plans for the future, the possibility of continuing to uncover stories through a career in history, english, journalism, or philosophy has become more and more appealing. My time at *The Mandolin*, both the newspaper and podcast, has opened my eyes to a more fulfilling future and greatly enriched my time at St. Francis.



TEAGHAN BROSTROM

JUNIOR

TROUBIE TV

Troubie TV is a bi-monthly episodic produced by students for the greater St. Francis community. Each show highlights important dates and events as well as gives viewers the opportunity to see the students and staffulty around our campus in a different light. This is my second year working on Troubie TV and my first serving in a leadership role. I enjoy public speaking and connecting with others, so when the opportunity to join the Troubie TV committee in Leadership Class came up, it immediately stuck out as something I would want to be involved in. Last year we put together more of a clip show due to the pandemic but I returned to the committee hopeful that we could get the experience of being a part of Troubie TV in a more "normal" sense. After the first few episodes, the opportunity to take more of a leadership position made itself available, and Lauren Dillie and I stepped into the roles of Executive Producers.

A lot of time goes into planning each episode and writing the script, but it's been incredibly rewarding working alongside our classmates and friends. Initially, Lauren and I did most of the writing, but soon found that the show was better when the students took ownership of their segments. Watching each member of the team find their niche and develop their part of the production has been one of the best aspects of producing Troubie TV; I think about Blythe Bauer, 25, and how she has grown as an interviewer through her Athlete of the Week segments and get incredibly proud -- she's absolutely killing it. I feel like the skills that we are all learning and developing -- like public speaking, interviewing, and being comfortable in front of a camera -- are fundamental life skills that will help in whatever career paths we choose, and for me personally, it's helped me see that this is something I enjoy doing and can do for a living.

Something that is important to me is using Troubie TV to show the greater SF community and those tangentially connected to our school what being a Troubie is really about. It's easy to make assumptions about our school; through the show we get the opportunity to affirm our love for St. Francis and the unique sisterhood that we all share with those outside of our campus.

We ask a lot of the Troubie TV crew; it's a big commitment and requires a lot of time planning and filming. But each student has stepped up to the challenge and put in so much effort. And it's fun! We have a great time filming and editing and watching the episodes come together. The reaction we have gotten from our peers and the community has been rewarding and we are all thankful that people seem to enjoy what we do and find value in it.

Troubie TV has become the highlight of my day! I really enjoy being in front of the camera, asking silly questions and just getting to connect with all members of the SF community. Troubie TV has opened my eyes to the possibility of going into broadcasting, which if it is anything like Troubie TV, I'm in!

I've been involved with the Sports Media Club since freshman year, but it always felt like not many people knew it even existed. After the first episode of my podcast *Bella's Collegiate Corner* launched, all of a sudden more people were asking me about it than ever before.

I am really proud of the growth of the Sports Media Club and how we are getting involved with things across campus. The podcast network was a next logical step and it has been amazing to see its growth and how many students are involved. I am proud to have been one of the people that built the foundation for some of the really amazing opportunities that are being provided for students and to see so many Troubies not only step up, but find their passions through them.

Giving athletes voices is something that matters so much to me. Especially athletes who have put their entire life into their sport and have the goal of playing at the next level. As someone who dreamed about playing college lacrosse, and now has the opportunity to do so, I know how hard it is and how many sacrifices are made. I know there are a lot of people on this campus who have had that same journey and getting to highlight them through the episodes is something that I am incredibly passionate about. It's a great way to not only introduce people on our campus but to connect with them in a different way. Each person I interview has a unique journey and a unique story and sharing that is very rewarding.



BELLAMcCULLOUGH

SENIOR

▶ BELLA'S COLLEGIATE CORNER

The process of each episode is so fun. It is something that is always changing and challenging, from choosing guests to coming up with different and interesting questions that fit each person. I take inspiration from the podcast *Smartless*, hosted by Will Arnett, Jason Bateman, and Sean Hayes. They have a great chemistry and do a really good job of keeping the conversation interesting and funny. For me, seeing the final product after all of the recording and editing and the uniqueness of each podcast is amazing.

I hope to make a career around TV production, so developing my public speaking skills and interview skills has been a huge reason why I wanted to get involved with the Student Podcast Network. I have learned so much through this show and my time in Sports Media Club in general, and am thankful to have had these opportunities to further develop my skills and build a resume that will stand out amongst my peers.







SF ROBOTICS TEAM COMPETES IN THE WORLD CHAMPIONSH

BY MEREDITH GARCÍA '22

The St. Francis Robotics team, Geneseas, is an all-female robotics team that competes in the MATE Robotics Competition. Members of this academic team gain experience in engineering, marketing, and research through building the ROV (Remotely Operated Vehicle) and at the competitions. The Geneseas team designs an underwater ROV capable of performing a series of tasks that simulate real-world environmental problems that can be solved using innovative technology; from collecting surface debris in the ocean to outcropping coral fragments. Students spend countless hours designing, prototyping, testing, and improving various components of the ROV so it can effectively move through the water and perform these mission tasks.

All of the hard work and efforts from students and mentors paid off in June 2021 when Geneseas won the NorCal regional competition and advanced to the MATE ROV Competition World Championship. In the months leading up to the competition in August, the team spent time improving the ROV, working on technical documentation, creating a marketing display, and perfecting an engineering design presentation. At the beginning of August, the team travelled to Johnson City, Tennessee where we competed at the World Championship. This rewarding experience gave us the opportunity to learn more about robotics and engineering, collaborate with other teams, brainstorm ideas for the following year, and build strong team bonds. Upon returning from Tennessee, Geneseas expanded the team and began working on building the ROV for the 2022 competition.

The whole team has had several mentor-led engineering activities this semester including learning about design development and criteria, CAD (computer-aided design) software, and electrical components, as well as soldering in the lab. First year members have been working on creating interactive signs that visually display their knowledge of the three fields we focus on: mechanical, electrical, and software. Returning members are developing the 2021-2022 ROV for competition later in the school year, collaborating with various sub-teams including electrical, cameras, software, tools, mechanical, marketing, and budget.

As lead of the tool development team, this semester we've worked on designing and prototyping a miniature ROV to deploy separately from the main ROV. This is a useful tool due to its

versatility in completing various tasks, usually involving sensor probes or retrieving items. While the full competition manual will not be released until November 30th, the tools team has used the preliminary manual to anticipate and plan for tools that we will implement; work has been started on a Servo controlled gripper, which will aid in retrieving and transporting larger props.

"As the lead of the cameras subteam, I have been working on developing a digital camera system and making the switch from analog to digital cameras. The inclusion of digital cameras within the ROV will give us the capability to perform image recognition tasks which are becoming an increasingly significant part of the competition. I am working in conjunction with the software team to develop code that will give us the ability to adjust the angle of the camera and perform image processing tasks. Through collaboration with all of the other subteams, we hope to create an effective vision solution that will maximize our underwater capabilities and allow for improved functionality," stated Morgan Jones '23.

The whole team is excited for the release of the competition manual, as this will detail the missions that our ROV should be equipped to complete. This year's challenges revolve around marine renewable energy, aquaculture, and the Antarcticall real-world applications. You can read more about these on materovcompetition.org, and continue to track our team's progress through updates on the St. Francis Instagram account, @sfhs_troubies! The team would like to thank the St. Francis community for all the support we've received!



ENHYDRA IN ACTION AT THE WORLD **CHAMPIONSHIP**

SPARK SCIENCE CLUB

SIMONE SAGAY '22 USES HER LOVE OF SCIENCE TO MAKE A DIFFERENCE IN THE WORLD

I've always been enthralled by science since middle school, but it wasn't until sophomore year that I aspired to become a chemist. Since I was enamored with chemistry so much, I came up with the idea to initiate a science club at my high school in junior year. My science club intended to work with Saint John's Program For Real Change, Mustard Seed,



and Women's Empowerment. However, COVID intervened and caused me to only be able to work with Saint John's. I started Spark Science in July with Saint John's.

Saint John's is a homeless shelter accommodating women and children. I decided to work with Saint John's because I've volunteered there ever since fifth grade, so I'm quite accustomed to the place. My science club, Spark Science, is meant to enhance the lives of homeless third-fifth graders by helping them to conduct science experiments which I hope will spark their curiosity and discovery. By starting Spark Science, I hope to pass my interest in science on to third-fifth graders. I believe that homeless children are part of our forgotten youth. If my Spark Science Club can interest homeless youth in science, that could potentially be an avenue out of poverty for these children.

I'm surprised to see the enthusiastic and intrigued reactions of the children because I was not sure if they would be interested in hearing all the science behind the experiments. I was equally surprised that most of the children participate and are engaged. Whenever I teach the children cool science experiments, I see a glow on their faces which reassures me that I'm making a difference in their lives. I believe this has been a mutually rewarding experience and I hope to find a worthy successor before I graduate.

I aspire to be a research chemist for precisely the reason why I started this club, to be able to make a difference in the world and solve problems in science. The pandemic has made me starkly aware that yesterday's research in science can be instrumental in solving tomorrow's science problems.







NLI SIGNING CEREMONY

A total of twelve St. Francis students committed to compete in eight different sports were recognized during the semi-annual National Letter of Intent and College Commitment ceremony, held in the main gymnasium on November 10th. The event coincides with the NCAA's National Signing Day, which kicks off a ten-month period for prospective student-athletes - other than those of football and Div. I basketball - to ink their NLIs.

The honorees are Mia Collins (Mizzou soccer), Kayla Garber (Sacramento City College softball), Grace Jenkins (UConn softball), Hope Jenkins (UConn softball), Cate Joaquin (Georgetown cross country and track & field), Kate Killer (UC Santa Barbara soccer), Bella McCullough (William Penn lacrosse), Lindsay Niethammer (USC rowing), Kaitlyn "K.D." Ramirez (Gonzaga rowing), Zahra Smith (Delaware State lacrosse), Rachel Thilow (Bentley swimming & diving) and Abbie Williamson (Emory & Henry equestrian).

















LEGACY FAMILY BREAKFAST

It was a special morning for the Troubie community on August 18th, as we welcomed alumnae back to campus for the Legacy Family Breakfast and held our Welcome Mass on campus. For many of our guests, this was the first opportunity to see the newly-installed Alumnae Way, which features the names of the 11,000+ graduates of St. Francis High School. Thank you to all of the Legacy Alumnae who joined us on campus!

























OPEN HOUSE

On a beautiful Sunday afternoon in October, we opened the St. Francis Catholic High School campus to hundreds of prospective students and their families. Campus tours, led by our student ambassadors, introduced future Troubies to all that St. Francis has to offer: an amazing arts building, a robust STEM program, countless clubs that meet every interest, and Campus Ministry. The arts department offered multiple performances throughout the day and coaches and players from our comprehensive athletic program were represented. Being able to walk our campus and meet students and staff allows future families to better appreciate what makes St. Francis so special.

































PRESIDENT'S SOCIETY EVENT

The St. Francis Board of Trustees and President Theresa Rodgers hosted our annual President's Society Reception on September 9, 2021 where we celebrated the spirit of giving and our generous givers. Guests enjoyed the sounds of St. Francis' new band, led by Michelle Wei-Lin See, and our Chamber Singers, led by Tina Harris and accompanied by Sydnie Speer.

SFHS Chaplain Father George Thadathil opened the evening in prayer, and the chair of our Board of Trustees, Helen Manfredi Pierson '74, welcomed all of the guests. Helen reflected on St. Francis' impact on her life which provided her with a strong foundation and all the essential ingredients for a rich and rewarding life of love and service.

A highlight of the evening is always hearing from students about their St. Francis experience. Bela Deol'25 and Isabella Sharp '22 wowed the crowd with their stories. Senior Bella Sharp summed it up by saying, "Throughout all of my experiences at St. Francis, I've gained a sense of pride for my school, a special closeness with my sisters and the staff, and an array of incredible memories that I know will keep me fulfilled through the rest of my life."

Theresa closed the evening by thanking the guests for their support, coupled with their inexhaustible commitment to our mission, which allows us to do all that we do to shape young women who are and will change the world.

THE PRESIDENT'S SOCIETY

\$10,000+	CIRCLE OF ST. FRANCIS
\$5,000-\$9,999	PAX ET BONUM CIRCLE
\$2,500-\$4,999	ASSISI CIRCLE
\$1,940-\$2,499	TROUBADOUR CIRCLE
O YEARS) \$250+	YOUNG ALUMNAE (LAST 1

LOYALTY CLUBS

\$1000 - \$1,939	CANTICLE CIRCLE
\$500 - \$999	FRANCISCAN CIRCLE
\$250 - \$499	STEWARDSHIP CIRCLE
\$100 - \$249	RED & GOLD CIRCLE
Gifts up to \$99	FRIENDS CIRCLE



















WE'RE THANKFUL FOR YOU!

THANK YOU FOR SUPPORTING THANKFUL THURSDAY

Our 10th annual Thankful Thursday on November 4th was a success! We are overjoyed with the support from our students, current and past parents, alumnae, grandparents, staff and faculty, and countless others who came together to provide financial assistance that helps more than 25 percent of our current students at St. Francis Catholic High School. Thanks to your many gifts, we received more than \$170,000 on that day and the total continues to grow!

Our Troubies brought the energy, getting up early to cheer parents on as they dropped off their daughters and let them know how much their sacrifices are appreciated. They continued the excitement throughout the day which included fun games at lunch, and volunteering to help make thank you calls to the hundreds of donors who participated in the day.

Thank you to our entire St. Francis community, near and far, for your support of our Troubies and this impactful initiative.

It's not too late to donate! www.stfrancishs.org/dayofgiving



ST. FRANCIS CATHOLIC HIGH SCHOOL PRESENTS

REVELRY GALA AND AUCTION

SATURDAY, FEBRUARY 26TH

REVEL IN THIS FIRE & ICE THEMED EVENING OF MERRIMENT AND FESTIVITIES.

Sip and savor an array of adult libations and tasty treats, while enjoying student performances.

Peruse a robust silent auction and sign-up parities.

Be whisked away to partake in a rousing live auction and fund-a-vision.

Cap your evening off with a high-energy after party.

Revelry provides significant financial resources for the students and school. Your attendance and support of this event is another way to show your commitment to our Troubies and school.

SPONSORSHIPS AND TICKETS ARE AVAILABLE AT WWW.STFRANCISHS.ORG/REVELRY

UGO EKE-SIMMONS '06

THE HEART FOR MENTORSHIP:

USING LIFE EXPERIENCES TO HELP OTHERS SUCCEED



Ugo Eke-Simmons embodies the four pillars St. Francis seeks to instill in all of our Troubies: Faith, Excellence, Leadership and Service. She credits her parents for modelling these values. Ugo's father, Fidelis, was from Nigeria and her mother, Estelle, is from Sierra Leone. Sadly, Ugo lost her father last December. While she didn't always realize it when she was younger, Ugo's parents infused a strong spirit of African culture in her. "You were expected to be excellent," she recalls. "You have a right to be great," is a mantra that would be heard and resonate throughout her life.

One of four girls in the family, Ugo was raised with a strong woman mentality. "Of course, you can do what you want," was something she heard often and later realized that not all young women hear. Ugo didn't have an issue with self confidence as she learned to acknowledge her achievements, and when she fell short, to try again.

Ugo loved her St. Francis experience and made the most of it. The all-girls environment suited her. She had a lot of different friends and felt extremely well prepared for college. An avid runner since she was 10, she continued to pursue that in high school, college and then professionally. She also found time to participate in soccer and swimming at SFHS. Once she started playing soccer, she immediately fell in love with it and set a goal to make the SFHS soccer team, which she did.

Track continued to play a big role in Ugo's life. While at St. Francis, she placed 3rd in the Sac-Joaquin Section meet in the 400 meters, and 7th in the 100 meters. She was section runnerup in both 100 and 200 meters in her junior year, earning a spot at the CIF-SJS Masters meet. She went on to set a record of 12.13 in the 100 meters at the Sacramento Meet of Champions in 2006.

Ugo continued setting records during her college career including a record 54.60 in the prelim heat at the Big West Conference Championships. She went on to place 3rd in the final. After college, she trained for the 2012 Olympics and missed qualifying by 0.02 seconds! It was still a great year and although she wasn't going to go to the Olympics, her time was such that she still competed in the U.S. Olympic Trials placing 14th overall in the 400 meters.

Post college, one of Ugo's proudest accomplishments was representing her mother's country of Sierra Leone at the 2014 Commonwealth Games in Scotland. All of the British Commonwealth countries were there and it was Ugo's first international competition and launched her professional running career. Shortly after returning from the Games, she was sidelined by an old ankle injury. In 2015 and 2016 she underwent three ankle surgeries to repair the damage.

Having spent much of her life defining herself and being recognized as a fast runner, Ugo had a crisis of identity during this time. Running wasn't just for her Ugo recalls, "it was how I glorified God because He gave me my talents and my ability to run fast." She had to take some time to figure out who she was and what she wanted to do. When she came out the other side she realized, "I'm more than just track and a fast runner. There are other things God has planned for me in my life."

She carried this mindset with her when she resumed competing for Sierra Leone in 2017, with her eye on the 2020 Olympics. Another cherished memory for her is being inducted into the Rancho Cordova Sports Hall of Fame for all of her Track achievements in 2018. Unfortunately, at the end of the 2018 season, another old injury flared up requiring a knee surgery. Ugo opted not to have the surgery realizing there wouldn't be enough recovery time before the 2020 Olympics. Shortly after that, she decided to retire from Track & Field.

Another thing Ugo enjoyed while at SFHS was Robotics. What she remembers most about it is winning! For one of their competitions, they made a robot that could shoot a ball into a basket. She remembers those times in the armory as a

lot of fun and the thrill of going to competitions, including the year they made it to nationals. Although she personally was not able to join the team at Nationals, she loved the feeling of accomplishment of being part of a team that placed so highly.

With her robotics background and a summer spent at an engineering camp at Santa Clara University, it seemed natural that Ugo would pursue a career in engineering. Additionally, both parents were engineers and had met while working at the Nasa Jet Propulsion Laboratory in Pasadena, before moving into careers in higher education. Ugo's mother teaches Mechanical Engineering at Sac State, and her father taught Mechanical and Aerospace Engineering at UC Davis. Ugo earned her Bachelor's degree in Civil Engineering from UCD and a Master's degree in Civil Engineering with an emphasis in Environmental Engineering from CSUS.

The summer after her junior year in college, Ugo did an internship with the California Air Resources Board (CARB). While it was just supposed to be one summer, they asked her to stay on in a permanent position. The longer she worked there, the more she realized she loved the mission and the work she was doing. "It wasn't what I originally thought I would do," she recalls. "I thought I would be designing products and machinery to be environmentally friendly. At the Air Board it's all about public health and protecting the air quality to improve life for all."

Ugo has had a chance to experience a variety of roles at CARB. She started out working with air quality data, and then moved into the policy program side. That work focused on issuing grant money for people to buy cleaner heavy-duty trucks, a major source of air pollution in California. Wanting to get more involved with the bigger picture, Ugo's work now focuses on the sources of air pollution, particularly stationary sources like gas stations and oil refineries. "There's a financial and human aspect to regulating air quality. While it's complicated balancing community public health needs with the needs of industry, it will be positive to see a greater willingness to work for the common good," Ugo hopes. Her career as an Air Resources Engineer has provided her with a breadth of knowledge and insights which she generously shared with our Troubies at Career Day last year (and don't worry Troubies, she'll be back again this year!).

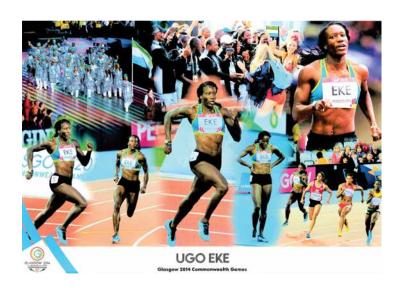
Ugo's faith has always been close to her heart. Her father grew up Catholic and her mother grew up Presbyterian, while also embracing the Catholic faith in her early adulthood. An active faith life was not only part of Ugo's experience growing up, it is something she continues to embrace. Ugo specifically felt called to ministry with young women. She thrives on the questions and the opportunity to explore their faith together. She was part of the Newman Catholic Community both at UCD and CSUS. During her time at CSUS, she was the Founder and Director

of the Young Women's Ministry at the Newman Catholic Community. There she focused on encouraging, equipping and providing opportunities for all the women to grow toward maturity with Christ in their Catholic faith through worship, study, service, fellowship and evangelism.

Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future," is a life verse for Ugo. When she went through her identity crisis after her injury in 2015, she held tight to the plans God had for her, known or unknown at that time. She learned that part of ministry is being ministered to, so she stepped back and gave herself permission to consider other plans and calling for her life.

Most recently, she served at St. Ignatius in their young adult ministry. She enjoys being able to give back in this way and has a heart for mentorship. She has brought this same passion for mentorship to her role on the leadership team of St. Francis' Black Alum Group. "While we can't change the past, we can learn from it and we can resolve to do better in the future. I want to use my life experiences to help others succeed," Ugo reflects. "When you succeed, we all succeed. How can I help you be great?" She wants to share with others the same support and encouragement she received from her parents and others along her journey. This is Ugo's natural disposition. She unapologetically strives for excellence, and in the process, raises up everyone around her.

Congratulations to Ugo and her husband, Geoffrey Eke-Simmons, on their 2019 marriage and the upcoming birth of a son in March 2022. We anticipate her running skills will be put to good use!



EARNING ARIANA AVILA **ISABELLE BAUMAN** MORGAN BRESOLIN **JULIA CANNON EMILY DAVIS PALOMA FREITAS ELIZABETH FUGIT REINA DEOL** Guzman Gazebo Department of Political Science & International Studie MADISON HUNTE-DURHAM JADA KANEMASU JESS GIANULIAS ALEENA KHAN **ALLISON KUSTIC** SONIA LASKIN PASCALE MONTALVO MADISON MARSHALL **AVERY MYERS CAMERON SAX SCHAFFNER** MADELEINE VINE

Ariana Avila'17 graduated from Fresno Pacific University with a Bachelor of Arts in Exercise Science and a Minor in Coaching. She recently accepted a position at the LA Galaxy while pursuing a master's degree in Sports Management at the University of San Francisco (Orange County Campus). Ariana played soccer at the collegiate level all for years at FPU.

Isabelle Bauman'17 graduated from the University of Washington-Seattle with a Bachelor of Arts in Biology. She completed her degree in 3 years.

Morgan Bresolin' 17 graduated from the University of Kansas with a Bachelor of Science in Marketing.

Julia Cannon'17 graduated from Cal Poly San Luis Obispo with a Bachelor of Science in Civil Engineering. She is closing out her fourth year with Engineers Without Borders as a Project Manager for the Nicaragua team. She's currently working on earning her MS in Civil and Environmental Engineering with an emphasis on Water Resources.

Emily Davis '17 graduated from Occidental College with a major in Economics and a minor in Art History.

Reina Deol'17 graduated Magna Cum Laude from Scripps College with a Bachelor of Science in Biology. She received the Dean's List award from her sophomore to senior years of college. Additionally, Reina was inducted into a competitive scientific research society called Sigma Xi: The Scientific Research Honor Society after her extensive research regarding different types of masks and their role in the built environment.

Paloma Freitas '17 graduated from Southern Oregon University with a Bachelor of Fine Arts. She's currently pursuing a master's degree in Children's Literature at the University of Roehampton in London, England. While in Ashland, Paloma was a contributor to the school newspaper and campus literary magazine, self-published a chapbook of poetry, had a short story appear in a national journal, and twice presented at the Southern Oregon Arts and Research conference. For her senior project, she wrote, directed, and produced an audio drama play.

Elizabeth Fugit'17 graduated from the United States Naval Academy where she majored in History and minored in French. She graduated in the top 20% of her class and was a Company Commander during her senior year. Elizabeth is currently training to be a Marine pilot.

Jess Gianulias '17 graduated Magna Cum Laude from San Diego State University with a Bachelor of Science in Real Estate. She's pursuing commercial real estate as a Leasing Associate for Pendulum Property Partners at Liberty Station in San Diego.

Madison Hunte-Durham'17 graduated from the University of San Francisco with a Bachelor of Arts in Psychology.

Jada Kanemasu '17 graduated Summa Cum Laude from San Diego State University with a Bachelor of Science in Nursing. After graduating, she passed the NCLEX this summer and officially has her license as a Registered Nurse. Jada is currently hoping to land an RN job in the Sacramento area.

Aleena Khan '17 graduated Summa Cumma Laude from California Northstate College of Health Sciences with a Bachelor of Science and a minor in Bio-Psych. She got accepted into CNU College of Dental Medicine where she is pursuing her dream of becoming a dentist. Says Aleena, "So excited to start Dental School and looking forward to continuing to give back to the Sacramento Community!"

Allison Kustic '17 graduated Summa Cum Laude from the Dominican University of California with a Bachelors of Arts in Political Science. She minored in Ecology & Environmental Sciences and Pre-Law. After working for a few months at a non-profit, Allison accepted a position in June as a Legislative Assistant with the California State Assembly. Says Allison, "I am thrilled to be working in what is a dream job for me!"

Sonia Laskin '17 graduated Magna Cum Laude from Texas Christian University with a Bachelor of Science in Athletic Training. She was on the Dean's List all 4 years and passed the board of certification test on the first try. Sonia is currently a graduate assistant athletic trainer at Oklahoma State University and receiving her master's in Healthcare Administration.

Madison Marshall'17 graduated Magna Cum Laude from the University of California, Los Angeles with a Sociology and Music Industry Double Major.

Pascale Montalvo '17 graduated Cum Laude from Loyola Marymount University with a Bachelor of Fine Arts in Studio Arts and a concentration in Graphic Design.

Avery Myers '17 graduated Cum Laude from Gonzaga University with a degree in Sociology. She will be serving with the Jesuit Volunteer Corps Northwest for a year of service in Spokane, WA.

Cameron Sax'17 graduated from the Loyola University of Chicago with a Bachelor of Science in Criminal Justice and a minor in psychology of crime and justice. She is currently the Vice President of Loyola's criminal justice honor society- Alpha Phi Sigma. After graduation, she decided to continue her education at Loyola and pursue a master's degree in criminal justice. Cameron was unexpectedly offered a job as a private investigator in Chicago in June and has been investigating for the company all summer and hopes to continue with them for the next several years.

Amanda Schaffner'17 graduated from the University of Nevada, Reno with a Bachelor of Science in Nursing. She recently started her first job as a registered nurse at The Mayo Clinic in the Trauma Department. Says Amanda, "I'm so thankful to SFHS for my high school experience and forever friendships!"

Madeleine Vine '17 graduated from Saint Mary's College of California with a Bachelor of Arts in Environmental Studies. She received the Senior Departmental Award and is currently pursuing a master's of science in Environmental Resource Management at the University of San Francisco.

Clare Whetzel'17 graduated from the University of Denver. In June of 2021, she started an insect-based snack company called Illegal Oats.

Kat Yo'17 graduated from the University of Portland with a Bachelor of Arts in Theater Design. She received the First Place National Award in Lighting Design through the Kennedy Center American College Theater Festival (KCACTF 2021), Regional Award for Innovation in Design with a focus on Community and Social Justice for Visual Design and Artwork (KCACTF 2021), and Regional Award for Achievement in Allied Design (KCACTF 2021).



ARE YOU A **SACRAMENTO GIRLS-SCHOOL** LEGACY?

We would like to include legacy families from all the Sacramento all-girls Catholic schools. If a member of your family attended Loretto, Bishop Manogue, or Mercy and you have a current student at St. Francis, please contact:

Kristie Figone Ishoo'05 kishoo@stfrancishs.org 916-737-5020

CLASS REUNIONS

If your class year ends in a "2" or "7," it's time to start planning a reunion weekend for 2022. To help plan your class reunion, please contact:

Kristie Figone Ishoo'05 kishoo@stfrancishs.org 916-737-5020

Erin Saberi '78 was the Women's Empowerment 2021 "Tikkun Olam" award recipient. Tikkun Olam means "to heal" or "repair the world," and Women's Empowerment created the award to celebrate members of our community who advance the spirit of "Tikkun Olam" on behalf of women and girls. Erin received this year's Tikkun Olam award for her vision to establish a commission for women and girls in Sacramento County, for her leadership of the grass-roots effort rallying support for a commission, and for leading the Blue Ribbon Commission. In her acceptance remarks at the Women's Empowerment 2021 Gala held on September 30, 2021, Erin dedicated the award to the hundreds of women who galvanized in support of this cause, especially the volunteers of Sacramento For Women and Girls and the members of the Blue Ribbon Commission. In January 2018, Women's Empowerment opened its doors to host the first community meeting to explore the need for a women's commission in Sacramento County. Women's Empowerment helped to inspire the focus of the grass-roots effort and its prioritization of listening to women, especially those who have experienced homelessness, domestic violence, poverty and trauma. As the Commission commences its important work in October, the women and work of Women's Empowerment will continue to shine as a light of inspiration, hope, values, and partnership for the new Commission.

Terri Gorman Rufert '81: Superintendent at Sundale Union Elementary School District-14 years; Vice President of SSDA (Small School District Association); In Education-34 years; 6 grandchildren. 2

Gail Brooks Blatt '87: Due to Covid-19 I started a YouTube channel with current matters in San Diego.

https://bit.ly/3FyGW42 3

Katie Coleman, ND '10 is a licensed naturopathic doctor with a focus in gastrointestinal and hormonal conditions. She provides individualized naturopathic care for all ages, focusing on treating the whole person by uncovering the cause of illness, removing obstacles to cure, and supporting the body's innate ability to self-heal. Dr. Coleman is a graduate of UC Davis and the National University of Natural Medicine in Portland, OR. She is thrilled to provide classical naturopathic medicine to Davis and the surrounding communities (including the St. Francis community!) at her private practice, Davis Naturopathic Medicine: drkatiecoleman.com. 4



CLASS OF '81: 40 YEAR REUNION

On October 15th, the Class of 1981 got together at a classmate's home to celebrate their 40th reunion.

CLASS OF 1990: 30-ISH YFAR RFUNION

On December 23rd, the Class of 1990 will be celebrating their 30-ish year reunion at Clubhouse 56. Email kishoo@stfrancishs.org for additional details.

CLASS OF 2011: 10 YEAR REUNION



On December 22nd, the Class of 2011 will be celebrating their 10th reunion at Punch Bowl Social.

< RSVP



Elizabeth Anne Bertolino '11, Bianca De Sousa '11 and Margaret Kashuba '11 traveled to Paris, France this past summer and took a photo in front of a restaurant called the Troubadour! 5

Margaret Chavez '14: In February of 2021, the American University Law Review published my student Comment, entitled Employing Smith to Prevent a Constitutional Right to Discriminate Based on Faith: Why the Supreme Court Should Affirm the Third Circuit in Fulton v. City of Philadelphia, and elected me to serve as Editor-in-Chief of Volume 71.

Julia Dasen '13: Although continuing to pursue my hours towards licensure, I recently graduated with my Master's In Marriage and Family Therapy from The California School of Professional Psychology. I am currently a MFT Trainee and Brainspotting Practitioner working as a psychotherapist and seeing clients at Hearts and Hands Counseling Center in Roseville. Additionally, I am the Creative Content Manager and Director at The Path Wellness Center in El Dorado Hills and have plans to transition into private practice there in the near future. While being a helper and healer is my truest purpose in this life, my specializations in this deeply fulfilling work include supporting those with anxiety and depression, those navigating the challenges of chronic illness, chronic pain or medical trauma, identity work, particularly with the LGBTQ+ population, and religious or spiritual alignment. 7

Victoria Quinola'13: This fall Victoria was promoted to captain in the US Army. Her father noted that her accomplishment and career successes reflect well on SFHS and hopefully may be an inspiration for current students to reach for leadership positions and break barriers. Congratulations, Victoria! 8

Melissa Dugoni '14: I recently graduated with my Master's in Nursing with a focus on Clinical Outcomes Management. I am coming up on my 1 year anniversary of working in the NICU setting and recently started at Sutter Medical in the Level IV NICU! 9

Julia Rehwald'14: Julia is an actress, who is currently featuring on the new Netflix movie Fear Street Part One: 1994. 10

Sydney Lewis '15 attended the University of Oregon and Sacramento State University where she graduated with a Bachelor of Science in Biology, with a concentration in Biomedical Sciences. She is currently in her first year of the fouryear PharmD program at the University of North Carolina's Eshelman School of Pharmacy in Chapel Hill, NC, the nation's 2021 #1 rated pharmacy school! She is excited to represent the St. Francis and Sacramento community. Sydney's immersion focus is in pharmacy clinical practices and upon graduation, plans to pursue a residency as a Doctor of Pharmacy, specializing in pediatrics. 11

Linked in



Stay LinkedIn with Your Troubie Sisters and join the St. Francis Alumnae private LinkedIn group! Whether you're looking for a new job, relocating to a new town, or wanting to connect, you can reach out to your Troubie network for support. Be sure to add St. Francis Catholic High School to your Education profile on LinkedIn. This will allow you to network with alumnae around the world with just the click of a button.

To join the private group, visit: http://bit.ly/SFHSAlumLinkedIn



AREER DAY 2022

Career Day 2022 will be on Friday, March 11, 2022 from 9:00-12:00рм. This will be a mandatory student event and local alums are encouraged to participate in person, and remote alums can participate virtually in a hybrid format. Imagine over a four-year period how many

> different careers a St. Francis student can explore, and the incredible alumnae network they can start building along the way. As our alum presenters commented, they wished they had this opportunity when they were students at St. Francis to explore a variety of career options.

< SIGN UP HERE



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.

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 & Jim Deeringer Lindsay DeFazio'95 Katalin Ernest Hart & Alan Hart Lisa & James Ferrin Dr. Paul J. Fry II William Hegg Charitable Annuity Monsignor James Kidder Jeanne Moore '69 Ali Morr'89 Rev. Msgr. Brendan O'Sullivan Candice Pederson Kathleen Peterson and Family Jeanette & Chris Ray Loreine & Nicholas Simopoulos **Anthony Spinetta** Elaine Sturges'55 Jaqueline Peterson Ward '73 & Richard Ward

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

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

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

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

St. Clare of Assisi



CALENDAR

JANUARY

CRAB FEED

Saturday, January 29, 2022

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! Don't miss the mini-auction, dessert auction, raffle and dance the night away to the smooth tunes of Clean Slate! Tickets go fast!

For more information: www.stfrancishs.org/crab-feed Become a sponsor: www.stfrancishs.org/sponsor

FEBRUARY

REVELRY GALA & AUCTION

Saturday, February 26, 2022

Revel in this delightful evening of merriment and festivities, as only the St. Francis community knows how. Sip and savor an array of adult libations and tasty treats, while enjoying student performances and perusing a robust silent auction and sign-up parties. Be whisked away to partake in a rousing live auction and fund-a-vision. Cap your evening off with a high-energy after party. You'll have the time of your life while supporting the young women of St. Francis Catholic High School.

Revelry provides significant financial resources for the students and school, and reminds us that we are all a part of this very special community Your attendance and support of these events is another way to show your commitment to our Troubies and school.

For more information: www.stfrancishs.org/revelry Become a sponsor: www.stfrancishs.org/sponsor

MARCH

CAREER DAY

Friday, March 11, 2022

Local alums are encouraged to participate in person, and remote alums can participate virtually in a hybrid format. Imagine over a four-year period how many different careers a St. Francis student can explore, and the incredible alumnae network they can start building along the way.

For more information: www.stfrancishs.org/career-day

SPRING MUSICAL:

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

LYRICS BY TIM RICE + MUSIC BY ANDREW LLOYD WEBBER

March 18-26, 2022

This beloved musical comedy is coming to the St. Francis stage this spring. JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT is presented by arrangement with Concord Theatricals on behalf of The Really Useful Group. www.concordtheatricals.com

For tickets and showtimes: www.stfrancishs.org/tickets

NOTE: St. Francis' SELFe Event originally scheduled for April 10th has been posponed to a later date.

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

Elaine Sturges'55

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 - Dray for us.



5900 ELVAS AVENUE SACRAMENTO, CA 95819

Sacramento, CA
Permit #290

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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.

