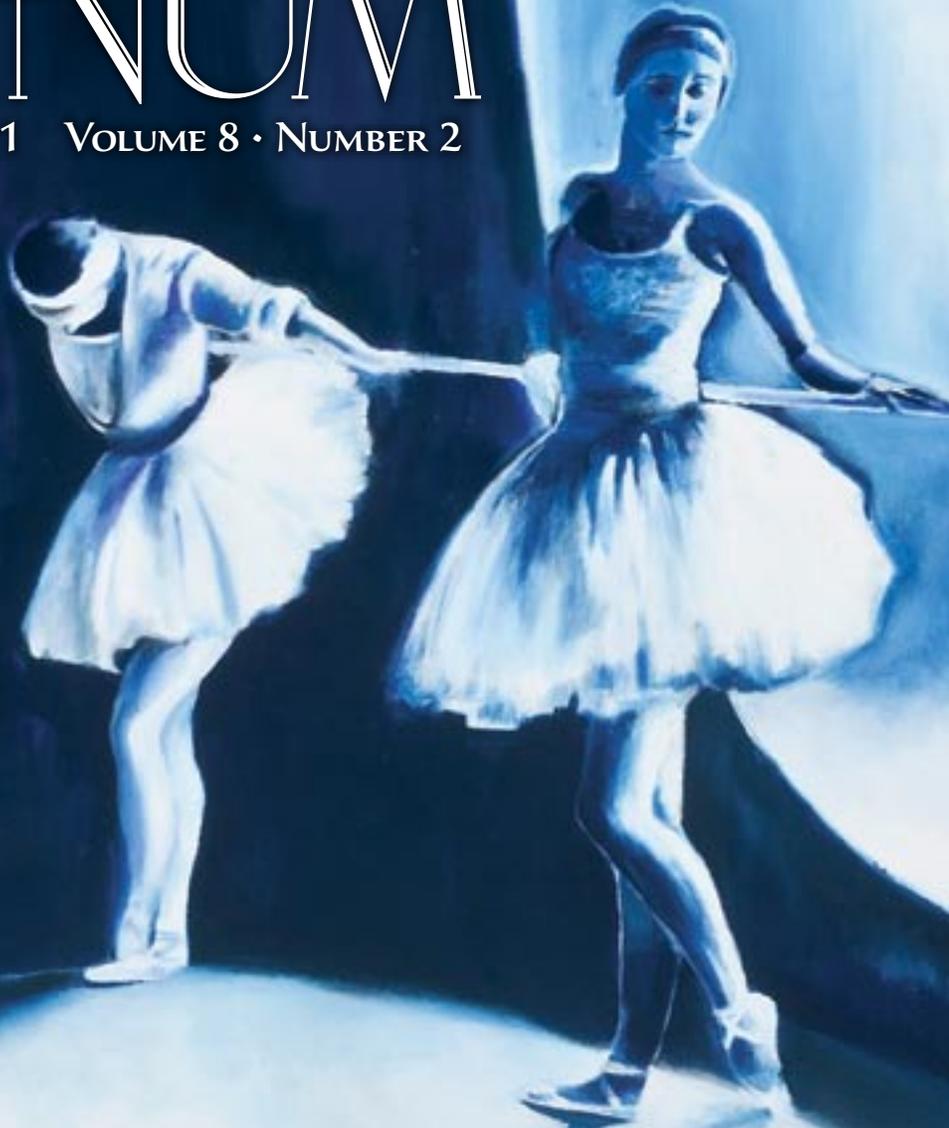




# PAX ET BONUM

SPRING 2011 VOLUME 8 • NUMBER 2



St. Francis  
CATHOLIC HIGH SCHOOL



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# IN THIS ISSUE

- 3** PRESIDENT'S MESSAGE
- 4** FEATURE ARTICLES: DIMENSIONS OF WELLNESS
- 15** 2009-2010 IN REVIEW
- 19** NEWS
- 22** EVENTS
- 32** ALUMNAE COMMUNITY
- 34** UPDATES
- 40** REUNIONS
- 42** CALENDAR HIGHLIGHTS
- 43** MEMORIAL & TRIBUTE PROGRAM
- 44** CROCKER ART MUSEUM'S SELF PORTRAIT SHOW

OUR THANKS TO CYNTHIA SHEFFER OF PINKIE PICTURES PORTRAIT PHOTOGRAPHY FOR PROVIDING MANY OF THE PHOTOS INCLUDED IN THIS ISSUE.



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

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# PRESIDENT'S MESSAGE

## DEAR PARENTS AND FRIENDS OF ST. FRANCIS HIGH SCHOOL:

The “Tiger Mom” has made significant headlines recently, seemingly pointing a long wagging finger at Americans’ lax standards and soft parenting, pointing instead to the “superior Chinese way” of creating successful offspring. While it is not my intent to comment on or evaluate her extreme measures, Ms. Chua has certainly created a lively (and perhaps necessary) conversation among parents and educators about child rearing, for good or not-so-good.

Interestingly, this conversation comes at a pivotal moment in the life of the St. Francis High School community as it takes an inward look at its own methodologies, its focus on learning, and on the composite wellness of its students. How do we, as a community of learners, continue to respond effectively to the ever-changing needs and demands of the time—and ensure health and well-being?

This edition of the PAX speaks to this quest for wellness. It is intended to raise some important questions: What comprises wellness? What steps must we as a community take? How do we take them? When is stress—that 5-letter bad word everyone is using these days—a good thing? When is it indeed, bad? How can we tell the difference?

We invite you to enter into the dialogue. One thing is certain: this is a topic worthy of our focused attention.



I have a personal belief that in very simple terms, wellness means to be whole. Each of us must strive to be the best we can be by holding all things in balance. We must have enough joy to balance our sorrow; enough play to balance the hard work; enough success to balance the stress. None of us is called to be like any other; we cannot measure ourselves against anyone else.

In a discussion such as this, the need for silence and reflection is often overlooked, and yet it is the very thing that will bring us closer to the treasure we desire and seek. It is in silence that we can turn within to discover the “who we are” and the “what God is calling us to be.” It is in that quiet space that we find wholeness—that we become holy.

Simply stated, it is St. Francis High School’s mission to guide the young women entrusted to us to reach their full potential: to become whole. We are committed to doing everything we can to help foster balance and wholeness in this age of stress. And while the Tiger Mom points to strategies that appear to yield success from the outside in, our goal is to ensure that our students become whole from the inside out.

Sincerely yours,

Marion L. Bishop  
President



**TEEN GIRLS EVERYWHERE NEED BALANCE IN THEIR LIVES, A FAITH AND COMMUNITY CONNECTION, TRUE FRIENDS AND A COMMITMENT TO HEALTHY LIFE STYLES TO BECOME STRONG AND SELF-CONFIDENT WOMEN.**



*Kay Gaines, is a former St. Francis principal and current Director of Special Projects. In this capacity, she serves as the school liaison to the St. Francis High School Health and Wellness Team.*

# DIMENSIONS OF WELLNESS

BY KAY GAINES

“Go into yourself and find out how deep is the place from which your life springs.” The German poet Rainer Maria Rilke in these words urges us to know ourselves. But what does that mean for our teen girls today in a world that increasingly promotes the sexualization of girls (movies, TV, music, fashion), the pseudo social connections that come with having a hundred or more digital “friends,” and urges them to drink cream-laden coffee and eat nachos? Meanwhile, the gateway to a successful career is ruled by college admissions that demand academic, athletic and performance perfection.

In the Health and Wellness Survey conducted at St. Francis in spring of 2010, 44% of our parents said that it was very important or somewhat important for their daughter to earn a 4.0, a straight A average in high school, and 47% wanted their daughter to earn between 3.5–4.0, a B+ average. That was echoed by 52/44% of freshmen, 59/35% of sophomores, 57/36% of juniors and 45/47% of seniors. Talk about pressure! And amazingly, we did have 55 of our 262 graduates last year achieve a 4.0 and 72 achieved a 3.5–3.9 cumulative GP, nearly half of the class. Because selective colleges are flooded by applicants with high grades, they also look increasingly to other factors such as prowess in sports, in performing arts, or in other competitions where the student can demonstrate leadership and excellence. But the question remains for each of our girls, who are you? We at St. Francis are asking the questions: How is this pressure affecting our students? How can we better guide them in the process of “knowing themselves”? Teen girls everywhere need balance in their lives, a faith and community connection, true friends and a commitment to healthy life styles to become strong and self-confident women.

Excellence and Leadership are two of the four pillars of St. Francis High School. But excellence and leadership mean far more than achieving a certain GPA or school office. What are the other two pillars? Faith and Service. And those two, as well as the broader meaning of excellence and leadership, pull us back to the words of the poet: “Go into yourself and find out how deep is the place from which your life springs.”

We all want our students to develop self-confidence, to make good choices, to develop positive relationships, and to know that their lives are more than a grade on a paper, an accumulation of trophies, or a “perfect” body. Research points to increasing numbers of teen girls nationally who are depressed, on medications, anxious, obsessed with the virtual world, caught up in a whirlwind of activity, poor eating habits, alcohol and drug use, casual sex. These are the societal issues that confront today’s teens, parents and schools.

*Continued on next page*



**DR. DENISE POPE AND DR. LEONARD SAX'S CLEAR MESSAGE IS THAT GIRLS NEED A LOVING COMMUNITY, FRIENDS AND ADULTS THEY CAN CONNECT WITH, AND EXPERIENCE WITH GIVING BACK.**

## EXPECTED SCHOOLWIDE LEARNING RESULTS

The graduate of St. Francis High School will

1. Understand the major tenets and traditions of the Catholic faith.
2. Practice habits of Christian spirituality, including personal prayer and participation in public worship, moral and ethical behavior, reverence for life, service to the community, and respect for the teachings of other creeds.
3. Complete an academic program that meets or exceeds course requirements for university matriculation.
4. Exhibit the curiosity, self-confidence, discipline, critical thinking, and communication skills needed for independent thought and life-long learning.
5. Appreciate the fine and performing arts as a means of self-expression, creativity, and aesthetic enjoyment.
6. Practice habits conducive to physical and emotional well being.
7. Exhibit social and civic leadership in fulfilling the duties of citizenship; promoting social justice; and strengthening family, community, and environment.
8. Possess a strong sense of self-worth based on understanding her relationship with God; satisfaction in her accomplishments; and awareness of her abilities, potential for achievement, and importance to others.
9. Affirm others within her family, school, and community by celebrating their efforts and achievements.

This winter, over one-third of the SFHS faculty and staff participated in a Wellness Workshop based on research by Dr. Denise Pope and Dr. Leonard Sax.\* Their clear message is that girls need a loving community, friends and adults they can connect with, and experience with giving back. As Dr. Sax points out in his parenting book, "...I've become a proponent of girls' schools... because a girl's school can so easily provide an authentic community of girls and women—as long as the leadership of the school understands the reality that the school's mission must go beyond academics." He also says, "Achievements in academics and athletics won't get you through the dark night of the soul. If her life is just mind and body, then she may feel her life falling apart." If you have friends or relatives who question why you make sacrifices so your daughter can attend St. Francis, point them to this author.

Every few years, St. Francis High School prepares a report to submit to the Western Association for Schools and Colleges and the Western Catholic Educational Association, our two accrediting agencies. This 2010-2011 school year is one of self-study in this accreditation cycle. During this time the St. Francis community revisits in depth our own philosophy or reason for being and our guidelines for faith, excellence, leadership and service as expressed in our Expected Schoolwide Learning Results. (See sidebar). With this in mind, the school has adopted a six point wellness approach to what we are and how we assess the programs and opportunities that we offer the young women at St. Francis. This wellness approach to all that we do has been developed by the parent Health and Wellness team in tandem with a similar group of faculty and staff over the last 18 months, and presented to the school board, administration and faculty and staff.

## DIMENSIONS OF WELLNESS: PERSONAL JOURNEYS



Below are some of the ways that SFHS supports the six dimensions of wellness. What the new “wellness umbrella” will bring to the campus is a vision by which to assess what we teach within our curriculum, what assemblies we offer, what programs we support, and how we can support our parents. For example, a new SF garden which will feature organic veggies for the cafeteria as well as serving as a beautiful place for contemplation and spiritual reflection (see article page 11). The school is partnering with the city in developing and maintaining an improved Elvas Avenue approach to the school. In other areas, the Health and Wellness Team is making nutritional recommendations as well as providing professional health and wellness information. Our academic departments are assessing content and homework to make sure that students are learning in the most thoughtful and efficient ways. Our Mission Statement, Expected School-wide Learning Results, and our four Pillars of Faith, Excellence, Leadership and Service will be supported by the Six Dimensions of Wellness.

\*Dr. Leonard Sax, *Girls on the Edge*

\*Dr. Denise Pope, *Doing School*

### SIX DIMENSIONS OF WELLNESS AS CURRENTLY SUPPORTED BY SFHS

#### SPIRITUAL WELLNESS

SF Programs that support: daily prayer, liturgies, service programs, theology classes, retreats, community togetherness, religious icons throughout campus, a school chaplain and campus ministry staff; chapel

*Continued on next page*

## A LIFELONG PURSUIT

### SHARON TOBAR

I took my first yoga class in 1971 in Daytona Beach, Florida, and loved it. The class was taught in a church with beautiful views of the Halifax River and a wonderful aura of tranquility. Since then, I have had many teachers and practiced yoga in a variety of settings. Through the vicissitudes of my life, I find I always come back to yoga. In 2007, I began again in earnest, this time with a dedication to making it a life-long practice. In 2009, I completed the 200-hour Yoga Teacher Training program taught by Kia Meaux. For several years Yoga has been offered as a Physical Education option at St. Francis and this year I was offered the opportunity to teach a class. The early morning session adds an enriching new dimension to my experience at the school where I've served as Director of Finance and Business Operations for 9 years. My goal for my students is that they reap the rewards of Yoga as I have: beginning each day with meditation and yoga, they will tap into a deeper love for themselves and each other and better cope with life's stresses.



**KAIROS AND OTHER RETREATS, PHYSICAL EDUCATION CLASSES, AND COMMUNITY BUILDING HOMECOMING ACTIVITIES SUPPORT SPIRITUAL, PHYSICAL AND SOCIAL WELLNESS.**

### **PHYSICAL WELLNESS**

Variety of PE courses, athletic teams, organized walks, health and safety fairs, health classes, drug/alcohol awareness, sexual decision-making

### **SOCIAL WELLNESS**

Community days: St. Francis Day, Spirit Week, SWAP Day, Father-Daughter and Mother-Daughter events, International Week, Japanese exchange; “free blocks,” community lunch, class and club organizations, dances, uniforms; parent events, parent service; Campus Life Center; Big Sisters-Little Sisters

### **EMOTIONAL WELLNESS**

Counseling and guidance services, open door policy of administrators and teachers, assemblies, individual support and accommodations for students

### **INTELLECTUAL WELLNESS**

College Preparatory curriculum, fine and performing arts, academic teams, skill-building in analysis, procedures, research, reading, writing, presenting; information, well-qualified teachers and staff

### **ENVIRONMENTAL WELLNESS**

E-communications, recycling on campus, SFHS garden, well-maintained landscaping and cleanliness, de-emphasis of disposal water bottles, Environmental Club, hand-cleaners throughout campus, monitoring and proper disposal of toxics. ❖

## **A CARING COMMUNITY**

**BY MARION BISHOP**

Every Wednesday at 1:00PM, a stellar and diverse group of staff—14 of them representing all aspects of the campus—assemble in the St. Clare Conference Room for a very important meeting. The question is always the same: For whom do we need to care this week?

This group has been meeting for over five years and their purpose is exclusively to ascertain which students are experiencing a greater-than-average need for assistance during that week. These students are identified only if they would be served best by multiple areas of support on campus.

It may be that a student has suffered a serious illness and class-work/study accommodations need to be made. It may be that someone’s mother is acutely ill and the student needs support on a variety of levels. It may be that a grandparent has died who was particularly close to the student and staff awareness of this would be helpful to the student. In this safe setting the school becomes aware of the needs of its students.

Because of the delicate and personal nature of this meeting, confidentiality is of utmost importance. It is always with the greatest respect that the members of the team refer students, and always with greatest respect that the student’s overall wellness is emphasized.

It would be impossible to identify all of the reasons why students need special help, but clearly many do. The Care Committee, as it is called, after hearing of the special needs, makes referrals and recommendations to those who can best address the student’s particular needs. The need may be academic, financial, emotional, medical, family, community or any other. Most importantly, in every meeting, we gather to pray for all of the families and students we serve.

Since this group has begun meeting, many positive and unexpected benefits have surfaced. We have been able to help numerous young women, and sometimes their families, through some difficult challenges along life’s journey. On many levels, this is perhaps one of the most important and proactive committees on campus. It speaks right to the heart of our mission. ❖

# HEALTH & WELLNESS TEAM 2010-2011



## **MARLYN ARANCIBIA**

- ♦ BA Psychology; BA Sociology
- ♦ Parenting classes; anger management classes

## **MAXINE BARISH-WREDEN**

- ♦ BS Nutrition University of Maryland; MD University of Chicago
- ♦ Co-Medical Director, Women's Heart Health Program, Sutter Medical Center
- ♦ Medical Director, Sutter Downtown Integrative Medicine Program
- ♦ Primary Care Physician, Internal Medicine, Sutter Medical Group

## **DIANE DASEN, RN, BSN**

- ♦ Surgical RN, Kaiser

## **MASUMI ESTRELLA**

- ♦ Wellness coach: AT&T Mobility

## **JOYCE MIKAL-FLYNN, RN, MSN, FNP, EdD**

- ♦ Assistant Professor, Division of Nursing, CSUS

## **JEANNIE GAZZANIGA-MOLOO**

- ♦ BS in Nutrition, UC Davis MA in Human Nutrition, Texas A&M University, PhD Nutrition Epidemiology University of Iowa; Registered Dietitian
- ♦ Instructor, Nutrition and Foods/Dietetics, CSUS
- ♦ Owner of nutrition counseling practice
- ♦ Spokesperson for American Dietetic Association

## **MICHELLE KOMLENIC**

- ♦ Bachelor of Science in Community Health Education, Penn State University
- ♦ Tobacco-alcohol-drug prevention education, Healthy Kids Healthy California
- ♦ Air Pollution Specialist, California Air Resources

## **MICHELLE LINENBURGER, PhD**

- ♦ Pediatric Clinical Resource Nurse, UCD Medical Center

## **DR. DEBRA LONG**

- ♦ PhD. Cognitive Neuroscience, the University of Memphis
- ♦ UCD Professor and Chair, Psychology

## **GOALS OF THE HEALTH & WELLNESS TEAM**

### *Identification, Development and Engagement:*

*The SFHS Health and Wellness Team will assist administration, staff and students to identify, develop, and promote active school-wide engagement in practices that promote life-long healthy choices in all dimensions of wellness: spiritual, physical, social, emotional, intellectual, and environmental.*

## **JOY STEWART-JAMES, EdD**

- ♦ BS Florida International University; MS University of Oregon, EdD University of Texas
- ♦ Executive Director of Student Health and Psychological Counseling Services, CSUS
- ♦ Oversees university campus health policy, University Alcohol Program and Sexual Assault Program; pandemic flu coordinator, Privacy Officer and Emergency Operations Council

## **BLAKE YOUNG**

- ♦ President/CEO of Sacramento Food Bank & Family Services

## **STAFF MEMBERS**

### **KAY GAINES**

- ♦ BA History, Director of Special Projects

### **EVE BENSON**

- ♦ Health and Technology Teacher

### **MILES FOLEY**

- ♦ Campus Minister for Christian Service

### **LINDA NORMAN**

- ♦ Director of Campus Ministry

### **MOIRA O'BRIEN**

- ♦ Director of Admissions

FROM  
"CANTICLE OF THE SUN"

MARTY HAUGEN

PRAISE FOR THE EARTH WHO  
MAKES LIFE TO GROW,  
THE CREATURES YOU MADE TO  
LET YOUR LIFE SHOW;  
THE FLOWERS AND TREES THAT  
HELP US TO KNOW  
THE HEART OF LOVE.

THE HEAVENS ARE TELLING THE  
GLORY OF GOD,  
AND ALL CREATION IS SHOUT-  
ING FOR JOY.

COME DANCE IN THE FOREST,  
COME, PLAY IN THE FIELD,  
AND SING, SING TO THE GLORY  
OF THE LORD.

BASED ON THE PRAYER BY SAINT FRANCIS OF ASSISI  
COPYRIGHT: © 1983 GIA PUBLICATIONS





*Adan Romo teaches sculpture and is chairperson of the Visual Arts Department at St. Francis High School. He created the statues of St. Francis of Assisi and St. Clare that adorn the St. Francis campus.*

## CANTICLE GARDEN

BY ADAN ROMO

*“To forget how to dig the earth and tend the soil is to forget ourselves.” - Mohandas K. Gandhi*

I recall the meeting two years ago where the possibility of creating a garden on the St. Francis campus was first discussed. Director of Finance Sharon Tobar, Plant Manager Larry Carson, School Board member and local farmer Craig McNamara and I began to strategize a garden that could be wholly integrated into the school's curriculum, culture, and food program. Here students could learn the essentials of organic gardening.

In many ways our vision for the garden grew as organically as the garden we hoped to create. Starting with the large unused patch of earth sandwiched between the classrooms and M street, we began to envision a space that not only nurtured plants, but also our spirits. Excitement for the project spread through the larger St. Francis community and we received not only words of encouragement, but also offers to donate time and resources. Through a gift from the class of 2010, a large cast iron fountain will serve as a focal point in the center of the garden. A generous donation from the St. Francis Filipino Families and Friends provided 14 sculpted reliefs from Italy that depict the Way of the Cross. These stations will be integrated into the garden in a way that will encourage students to read and reflect on the last days of Christ's life. From Skip Mezger, a UC Davis Senior Landscape Architect and father of alumnae Kelly '03, Kristen '06, and Tracy '10, we received not only ten trellised olive trees, but a wealth of expert advice on plant selection, design, and how to go about planning such a large garden. Transforming our vision into a reality has certainly been a community endeavor. Once the garden is completed, it will take an even larger community effort - from students and faculty to administrators and parents - to make Canticle Garden flourish.

It is my hope that the garden provides students - and all of us in the St. Francis community - with the excitement, exploration, and reflection of discovery. Ultimately, our goal is to create a space on campus where students can get a sense of ownership and accomplishment through their involvement in all aspects of the garden. They will prepare beds, plant seeds and seedlings, tend crops, turn compost, harvest produce and, of course, enjoy the “fruits” of their labor. Over time, Canticle Garden has the potential to foster a deeper appreciation of how the natural world sustains us and promotes the environmental and social well-being of our community. Being connected to the rhythms of tending the earth is an essential part of being human, reminding us of the constant individual and institutional renewal to which we are called. ❖

To learn more about St. Francis Canticle Gardens please visit  
[www.stfrancishs.org](http://www.stfrancishs.org) – About Us/Explore St. Francis.

This year's Summer Session at St. Francis High School offers a Gardening Workshop for 6th–12th graders. (Session 1: July 5–15 and Session 2: July 11–22, both from 8:00 - 10:00AM). Details and online registration are available on the St. Francis website.



## CREATING BALANCE

JOY REDMON '89

I graduated from St. Francis in 1989 and seem to have lived at a whirlwind pace ever since. At the end of 2009, I found myself completely overwhelmed by life. I was a wife, the mother of two children under four, a full-time attorney, and grossly out of shape and overweight. I decided that 2010, the year I would turn 40, would be my year of transition and change. I committed to gaining a greater balance by placing a higher priority on my marriage and the spiritual life of our family. Additionally, and most importantly for me, I changed my lifestyle in terms of eating and incorporated regular physical activity. I had surgery, joined Weight Watchers, and began a five-day-a-week exercise regimen that included working out with a personal trainer once a week. Now, one year later, we have all seen a change. I started this year having lost 138 lbs. - weighing less than I did when I graduated from high school. My husband, who joined me on this journey, lost over 90 lbs. We have made spirituality, time together, and physical activity the centerpiece of our family. I am still a wife, have two young children, and work full-time; however, my life is in balance and all other things seem to have fallen in place. It made turning 40 feel like an achievement rather than something to dread.

# PARADIGM SHIFT: SEEKING BALANCE

BY IVAN HRGA, ASSISTANT PRINCIPAL FOR  
ACADEMICS AND ANN MARIE FAIRES, ASSISTANT  
PRINCIPAL FOR STUDENT AFFAIRS

Education, in and of itself, is going through major changes. Everywhere one turns, there is a newscast or documentary that discusses, as NBC calls it, "Education Nation." We at St. Francis are approaching the changing landscape with the fundamental questions: where are we and where do we want to be educationally? From our viewpoint as a Catholic school, this translates into: "What is God up to through us, in this place, in this time, in this situation?" We are being challenged to reevaluate and examine what we are doing. Change is not easy and takes time, but we have begun the process - with both short term and long term goals - for the betterment and longevity of St. Francis High School.

Institutional introspection undertaken during the fall of 2010 led to the invitation of Dr. Denise Pope to the campus. Dr. Pope is a co-founder of Challenge Success, a project of the Stanford University School of Education that "addresses the concern that children and adolescents often compromise their mental and physical health, integrity, and engagement in learning as they contend with performance pressure in and out of school." Following conversations with SF administrators and review of student and parent survey results, Dr. Pope spent two days in February at St. Francis speaking on separate occasions with parents, faculty and staff, and students. During Dr. Pope's presentations, she made recommendations to each of the groups on how they can help decrease the level of stress and create a more balanced life for, respectively, their daughters, students and themselves. Dr. Pope's visit provided new insights and tools for our ongoing task of evaluating every aspect of campus life and devising action plans to best meet the needs of our young women in a 21st century world.

What changes have occurred? While exiting our meeting with Dr. Pope, the faculty and staff were asked to place on an index card an answer to three questions: 1) What can I do in my classroom now? 2) What suggestions do I have for my department? 3) What can the school do long-term? From decreasing homework, to making curriculum more relevant to today, to simply asking what is done well and what can be done better, many teachers immediately began implementing these measures in their classrooms. We also met with the students to share with them our dedication to the goal of maintaining the highest quality education while enhancing their well being. In the short-term,

we have also instituted a time management tool for our guidance department to use with students as they determine course requests for the next school year. This instrument guides students, their families, and their school counselor to list the hours per week students spend in classes, at home with family, in extra-curricular activities, with prayer, and – identified by Dr. Pope as crucial to teen health – adequate sleep and “down-time.” The resulting visual representation of their often overscheduled lives has proven invaluable in promoting beneficial decision-making.

We have gathered data and now begin the task of building our long-term plans. The major instrument for our long-term goals centers on a new six-step, backward design curricular framework. With this framework, we will examine our current curricular alignment and content and work towards a readjustment of that curriculum. The framework will allow us to look at standards and ask which items have long lasting endurance, applicability across disciplines, and use in future courses, here and in college. Our vision is to provide an education that meets the needs of today, is relevant and meaningful for our young women, and is both horizontally (across grade level and courses) and vertically (progression from one year to the next ) aligned, without losing the rigor and excellence that we have all come to expect from a St. Francis High School education. With this realignment will also come new academic policies, changes in how we assess and the variety of means by which we assess achievement, focus on a more balanced life, and, true to our mission, building more intentionally on our faith.

In order to achieve our goals, we must, according to Dr. Pope, continue to adjust our current way of thinking and challenge the definition of success. We need to act intentionally and as a community in order to redefine how we proceed at St. Francis. With an abiding respect for all the great qualities of St. Francis that have held strong for 70 years, we must strive for the right direction and pace in our quest for renewal. We are venturing into a new space, and in that space, with God’s help, we trust that wonderful and surprising things will happen. ❖

*The Challenge Success website, [challengesuccess.org](http://challengesuccess.org), provides research based information and valuable resources for students, parents and educators.*

## A SPIRIT OF FELLOWSHIP ROBYN GRAM '03 SFHS THEOLOGY TEACHER

Wellspring Women’s Center, located in the heart of Oak Park, serves the ladies of the area a free meal, some career and health assistance, and a whole lot of love and acceptance. The Center offers food, hygiene products, free phone and computer access, bus passes and even Zumba classes to help its patrons. As you enter the building (which used to be a firehouse), you realize that the entirely pink room, equipped with fresh flowers on every table and seasonal decorations on the walls, gives the women of Oak Park and volunteers alike a support group of strong and compassionate women. There is no sense of the “haves” and “have nots” at Wellspring, only a true spirit of fellowship amongst all who enter its pink walls.

As the adult supervisor for the St. Francis Core Service Program at Wellspring, I have been blessed by Wellspring Women’s Center in many ways. Yet the most inspiring experience I’ve had is working with the St. Francis students who volunteer there. These girls are truly dedicated to bettering the lives of the women Wellspring serves. From collecting boxes full of toiletries and making scented bath salts (so the women can maintain good hygiene standards as well as feel a little pampered), to waking up at 4:30 am in order to make a fresh, hot breakfast of French toast to bring to the ladies every Thursday morning, these girls truly exemplify what it means to give with a compassionate and enthusiastic heart. While serving breakfast to the ladies, the SFHS students always greet the women with a smiling face and converse with many of the ladies about their lives. What a beautiful example of Christ’s presence in our world! Through its emphasis on the whole person, Wellspring Women’s Center truly focuses on the entire wellness of the individual-mind, body and spirit.



**Dr. Pope is a senior lecturer at Stanford University and author of *Doing School: How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students*, which was awarded Notable Book in Education by the American School Board Journal, 2001.**





## CYCLING FOR A CAUSE

KATIE OSBORN '07

I graduated in 2007 from St. Francis, where I played varsity lacrosse and tennis and participated in the Venture and Book clubs, and from Johns Hopkins University in December 2010, with a major in Writing Seminars. As a current resident of Baltimore, I help run a program that provides writing workshops in inner city schools and serve as a Writer in Residence at an elementary/middle school. I also coordinate a Johns Hopkins Alternative Spring Break program at Lovely Lane Church in Baltimore City which conducts a number of health-related service activities. I continue to be active athletically (I recently ran a half-marathon in just over 2 hours), a member of my Catholic community, and I'm excited to continue the service tradition that was central to my life as a Troubie.

Since leaving Sacramento, I've traveled up and down the East Coast and Europe, but I've never come across another community like St. Francis. When I returned for a visit in November, the staff and students were as welcoming as ever.

I'm excited to include the St. Francis community in the journey on which I will embark in the summer of 2011. 4K for Cancer is a national non-profit organization based in Maryland. Since 2002 we have been committed to fighting cancer by cycling across the country, inspiring hope in people affected by cancer, and uniting communities towards this common cause. This summer I will be one of 30 riders on a 60 day, 4000 mile bike ride across the United States from Baltimore to Seattle. As we travel across the country, we will visit cancer patients at hospitals, cancer centers and hospices. We will host presentations, offer cancer education programs, and help underserved communities gain access to support by connecting them to other cancer centric non-profits.

Eighty percent of the funds donated to 4K for Cancer benefits the communities through which we cycle, by means of our community service programs (cancer education, visits with cancer patients, etc) and in the form of charitable contributions to cancer centric non-profits or to families who need financial assistance during their cancer journeys.

I invite you to follow my journey. If you have anyone you'd like me to keep in my prayers on the trip, please send me an email. Any Troubies in the Upper Midwest, I'd love to send you a schedule in advance so you can cheer me on along the route. You can email me personally at [osborn.katiemarie@gmail.com](mailto:osborn.katiemarie@gmail.com) or visit the following website for more information: <https://4kforcancer.donortools.com/my/funds/14870-Rider-Fund-Katie-Osborn>

# EVERY 15 MINUTES

On April 5 and 6, 2011, St. Francis High School participated in the "Every 15 Minutes" program. Stemming from the statistic that every fifteen minutes someone dies in an alcohol related accident, the program's purpose is simple: to have students understand what it would be like to lose a friend or family member to drunk driving without having to experience actual loss. The hope is that this experience will guide them to avoid drinking and driving and to stop others from doing so.

Students, parents, educators, school administrators, health systems and law enforcement personnel spend weeks coordinating the events of the two-day program. On the first morning, the student body gathers to witness a powerful dramatization of the aftermath of a serious car crash resulting in injury, death, emergency evacuation, and, ultimately, the arrest of a student for driving under the influence. Every fifteen minutes throughout the rest of the day a student or staff member is removed from the classroom or office and announced as "deceased" as the result of an alcohol related accident. A solemn memorial service on the second day includes presentations by members of the community who have experienced injury or the death of loved ones from such accidents along with eulogies of the "victims" of the dramatization.

The emotional impact of the program encourages students to think about personal safety when alcohol is involved and challenges students to recognize how their actions affect others besides themselves. ❖



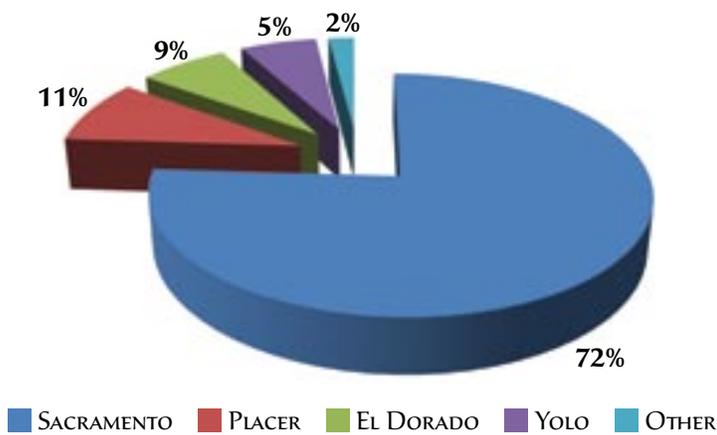
# ST. FRANCIS HIGH SCHOOL

## 2009-2010 IN REVIEW

### BACKGROUND

St. Francis High School, established in 1940, is a college preparatory school dedicated to serving young women. This Diocesan school with enrollment at June 30, 2010 of 1124 and at June 30, 2009 of 1046 is located in the heart of East Sacramento serving students primarily from Sacramento, Placer, El Dorado and Yolo counties. These percentages have remained constant since last year.

**ST. FRANCIS HIGH SCHOOL  
2009-2010 ENROLLMENT BY COUNTY**



### GOVERNANCE

SFHS is owned and governed by the Most Reverend Jaime Soto, Bishop of the Diocese of Sacramento and operates on the President/Principal model. The roles of the President and Principal are separated by function and purpose with the President serving as Chief Executive Officer with special focus on business, institutional advancement and capital improvements. The Principal oversees academic and co-curricular programs. Both are focused on Catholic mission. A School Board was formed in 2000 and operates in a consultative capacity. The Board accomplishes its work through its various subcommittees, addressing the following operational areas:

- Mission Effectiveness
- Strategic Planning
- Finance
- Institutional Advancement
- Technology
- Public Relations and Marketing
- Building and Grounds
- Health and Safety

### STRATEGIC PLANNING & WASC ACCREDITATION

St. Francis High School is jointly accredited by the Western Catholic Educational Association and the Western Association for Schools and Colleges. This accreditation provides SFHS publics with confirmation by an outside authority that our school is credible and delivers a quality educational program. The process begins with a guided self study which is followed by a visiting team reviewing and confirming the findings. Finally, the joint commissions will review the findings and award a term of accreditation. SFHS is engaging in the self-study process during the 2010-2011 school year. A visiting team will study our school in the 2011-2012 school year. For further information please see [www.wasc.org](http://www.wasc.org) or [www.westwcea.org](http://www.westwcea.org).

In 2003-2004, the President of St. Francis High School initiated Strategic Planning resulting in 12 Strategic Goals and a number of short- and long-term objectives. In early 2006 St. Francis High School received a six-year accreditation term from the Western Catholic Educational Association (WECA) and the Western Association of Schools and Colleges (WASC). The accreditation process produced a set of goals directly related to student learning. The goals from both processes were combined into eight school-wide goals stating that St. Francis High School will:

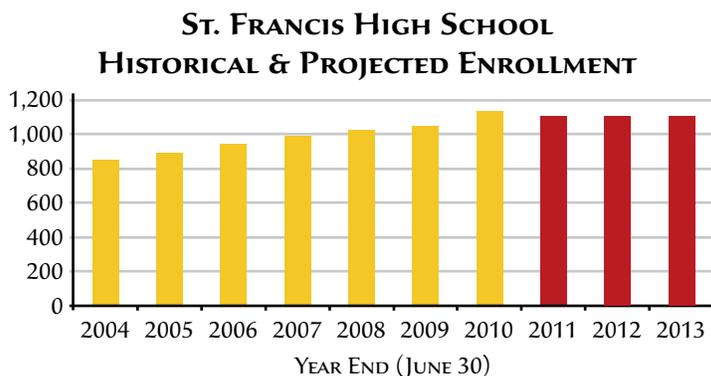
- Strengthen its Catholic identity as its core value and will measure all behavior against it, integrating that identity through communal worship, opportunity for prayer, knowledge and understanding of Catholicism, and commitment to service.
- Continue to provide a rigorous academic college preparatory program while addressing flexibility of schedules, the needs of an increasingly diverse student population, and the means for promoting a balanced student life.
- Assure the highest quality faculty and staff.
- Annually reassess and revise as necessary the comprehensive plan for guidance and counseling services to include sufficient resources and personnel to implement the expansion of academic, college and personal counseling to address the needs of all students.
- Develop and implement a comprehensive technology master plan that assures the integration of technology into the curriculum, enhances staff development,

establishes standards for student and staff information literacy and skills, and addresses network infrastructure, hardware and software needs while investigating and securing adequate funding and resources for its implementation.

- Foster a balanced high school experience and educate students, parents and faculty through academic, spiritual and co-curricular programs regarding healthy life choices.
- Attract, recruit, enroll and retain qualified female students, prioritizing Catholics, seeking a college preparatory experience, to meet enrollment goals, foster cultural diversity, and maintain the culture and spirit that characterizes SFHS.
- Refine its collaborative model for administration, improve recruitment, training, and retention of faculty and staff, annually update a ten-year financial plan in accordance with the Catholic mission of the school, and advance its public relations and development programs to attract increasing community support.

students, SFHS began installation of six additional portable classrooms to be in use by the second semester of the 2009-2010 school year.

The incoming freshman class enrollment is consistent with past years and total enrollment has reached the sustainable maximum of 1,100. The peak enrollment during the 2009-2010 school year reflects the transfer students from Loretto High School. The graph below depicts both the historical and projected enrollment.



## ACTIVITIES

St. Francis High School continues to implement its long range plan of improving its capital assets to provide the optimal learning environment for students.

**Capital additions** were \$781,000 during the 2009-2010 school year and \$1.1 million during the 2008-2009 school year. Capital additions during the 2009-2010 school year consisted primarily of six additional portable classrooms installed during the Christmas holiday of 2009. Other major capital additions were in the area of technology with the purchase of a point of sale system for the school store, the Haiku learning management system, and the scheduled replacement of obsolete computers and printers.

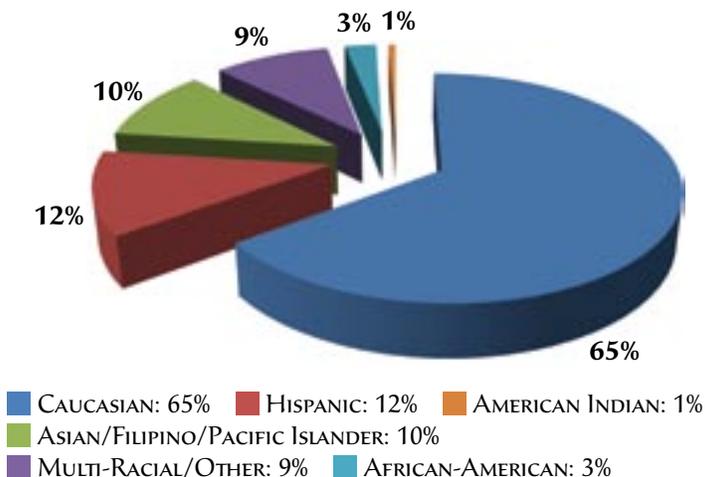
Capital additions for the prior year consisted of the modernization of the Campus Life Center including the Campus Ministry Department offices, Student Activity office and three adjacent classrooms, funded by the Capital Campaign, and the St. Clare Memorial Garden.

## ENROLLMENT

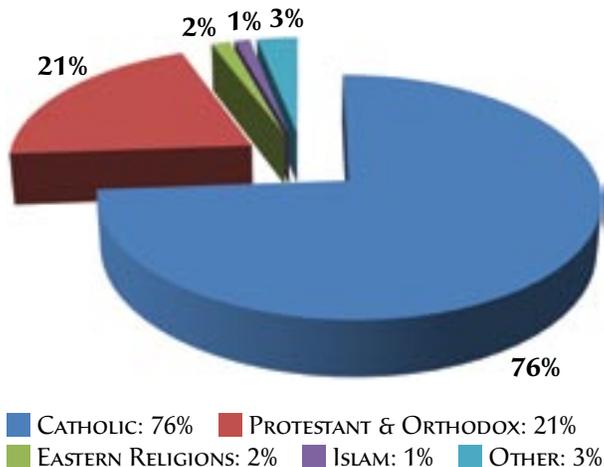
St. Francis High School continues to attract qualified applicants to meet the enrollment projections in the school's ten-year financial plan.

After the close of Loretto High School in 2009, SFHS accepted 71 students from Loretto High School and 28 incoming freshman who had taken the placement exam at Loretto High School. SFHS began the 2009-2010 school year with a total of 1141 students. This exceeded our goal enrollment of 1,050 students. To accommodate the additional

**ST. FRANCIS HIGH SCHOOL  
2009-2010 ENROLLMENT BY ETHNICITY**



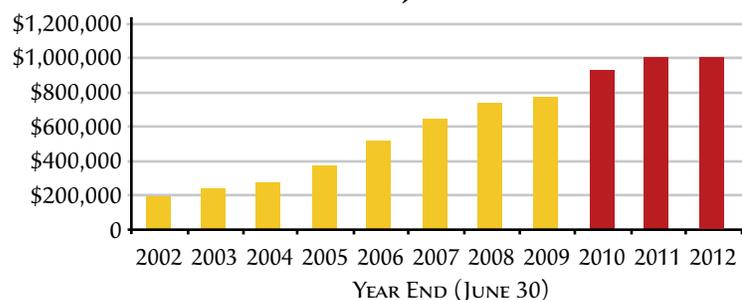
**ST. FRANCIS HIGH SCHOOL  
2009-2010 ENROLLMENT BY RELIGION**



## FINANCIAL AID AND SCHOLARSHIPS

Financial Aid has increased at a faster pace than tuition and fees since the year ended June 30, 2002. The average annual increase from June 30, 2002, through June 30, 2010, was 21% compared to 8.95% for tuition and fees. The budgeted annual increase in financial aid for years ending June 30, 2011 is 7% and June 30, 2012 is 0%. It should be noted that these dollars only represent what is granted in tuition assistance. It does not reflect support in areas such as retreat assistance, uniforms and books and other fee waivers.

ST. FRANCIS HIGH SCHOOL  
HISTORICAL & PROJECTED FINANCIAL AID



## STEWARDSHIP

Our major annual fund appeal, Stewardship for St. Francis High School, is another key ingredient to the school's financial health. Because St. Francis High School does not charge full cost tuition, it is imperative that the difference is made up between the total cost of education and the tuition paid by families. Once again, emphasis was given to Stewardship, and a more personal approach was given to communicating the importance of every gift, great or small.

## FUND DEVELOPMENT EVENTS

Fund development events are also key components of revenue for St. Francis High School.

**Revelry Gala & Auction** is the major school-wide fund development event as indicated by the following:

- continues to be a well attended and well supported event
- communicates financial importance to all constituents
- engages the entire school community
- garners community and business support through participation in event
- supports specific student needs through "fund-an-item" element

Other fund development activities include events sponsored by the Parents Guild, Boosters Club, Patron of the Arts and St. Francis Filipino Families & Friends auxiliary clubs. The proceeds from all these events go directly to the school.

## CHALLENGES AND OPPORTUNITIES

**Financial Aid** – A policy pertaining to the sustainable level of financial aid and scholarship is under review by the School Board and Administration.

**National Guard** – St. Francis High School continues to work on the acquisition of the National Guard property that is adjacent to the school. This property will allow the school to expand the athletic facilities and provide additional parking. Assembly Bill 2026 passed the legislature and was signed by the Governor of California authorizing the school to enter into an agreement to acquire said property. The school is actively moving forward to acquire the property.

**Revelry** – Community and business support continues to grow through participation in this event. The ultimate potential is still unrealized. It is believed that additional financial success will be achieved through corporate underwriting.

**Technology Plan 2008-2011** – During the 2007-2008 year, St. Francis High School launched a major initiative to create a technology plan to guide the efforts of the school through 2011. This plan engaged the faculty, staff and students to fulfill the mission of St. Francis High School, especially its curricular goals. The plan continues to keep St. Francis High School

students competitive. The first phase of the initiative was a comprehensive needs assessment involving all stakeholders. The second phase identified the projects to be completed during the 2009-2010 school year. That work was completed and the projects identified are underway.

The school is strongly focused on implementing technology solutions across the campus. During the 2008-2009 school year, a foreign language lab was installed and biotechnology course was introduced.

The school recognizes the need to enhance its excellent academic program with the capabilities of on-line learning. The technology committee is studying the operational aspects of such an endeavor with a major goal of preserving the sense of community. While some institutions are looking at the “hybrid model,” one where entire courses are taught on line, St. Francis is looking at the “blending model”, which combines on-line learning with face to face instruction. A new learning management system, Haiku, was evaluated in 2010 and is currently being tested by a pilot group.

During spring 2010 we began the process of making the campus wireless for all students, faculty and staff, which will be completed by fall 2011.

**Sustainable Enrollment** – The closing of Loretto High School gave rise to conversations about the sustainability of this increased enrollment. It prompted SFHS to review the Meitler demographic and enrollment study conducted in May, 2005 for the Sacramento Catholic High Schools. The study highlighted that continued growth in the greater Sacramento area is projected to develop along the freeway corridors, primarily east, northwest and south of the City of Sacramento with the largest area of growth in Placer County. Admissions efforts will continue to focus on all areas but specifically targeting Placer County and areas not currently served by Catholic elementary schools.

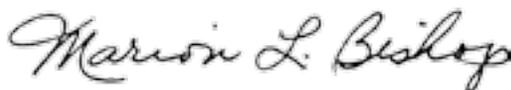
**Marketing** – President Marion Bishop has established a marketing committee to advise the administration on the school’s overall marketing efforts. The committee, guided by Runyon, Saltzman and Einhorn, Inc. and Winnick-Brennan Communications Consultants, two Sacramento-based marketing firms, consists of SFHS administrators, faculty and parents and is tasked with developing an annual marketing plan, establishing visual and textual brand standards and advising the school’s communications director on advertising, public relations and community outreach strategies and tactics.

**Mission Effectiveness** – The School Board committee on Mission Effectiveness meets regularly to focus on the school’s Catholic identity. The committee adopted the WCEA survey tool to address Mission & Philosophy, Prayer & Sacraments, Curriculum, Catechist Certification, Parents as Primary Educators, Service, Signs & Sacraments, Evangelization and Social Justice. The survey results will be used as focus areas for the next accreditation scheduled for 2012.

## FUTURE OUTLOOK

School leadership is committed to ensuring an environment that is safe, state-of-the-art, comfortable, welcoming and nurturing.

The school leadership is keenly aware that parents have many educational choices and, with the escalating costs, is working to ensure that our product is so unique and compelling that parents will see no alternative than to send their daughters to St. Francis High School.



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Marion L. Bishop  
President



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Sharon A. Tobar  
Director of Finance & Business Operations



## FALL SPORTS ACCOMPLISHMENTS 2010

The December 2010-January 2011 Troubadour Tribune listed team results. The following are individual accomplishments not previously published:

### CROSS COUNTRY

**VARSITY:** 3<sup>rd</sup> Sac-Joaquin Section Division I + 3 Runners advance to State Meet: Jessica Diaz '12, Lauren LaRocco '14, Erin Matranga '11 + 3<sup>rd</sup> Place Sub-Sections + 2<sup>nd</sup> Place Delta River League

**JUNIOR VARSITY:** 1<sup>st</sup> Sac-Joaquin Section Division I + 2<sup>nd</sup> Place Sub-Sections

**FROSH/SOPH:** 2<sup>nd</sup> Sac-Joaquin Section Division I + 3<sup>rd</sup> Place Sub-Sections + 2<sup>nd</sup> Place Delta River League

**DELTA RIVER ALL-LEAGUE:** Jessica Diaz '12, Lauren LaRocco '14, Erin Matranga '11

### GOLF

Finished 6<sup>th</sup> Place in the State + 2<sup>nd</sup> in Northern California + Northern Divisional Champions + Sac-Joaquin Section Division I Champions + Delta River League Champions

**DELTA RIVER ALL-LEAGUE:** MVP Briana Mao '11, Melyssa Astorga '11, Ashley Noda '12

**DELTA RIVER LEAGUE COACH OF THE YEAR:** Shari Pesa

### TENNIS

Sac-Joaquin Section Division I Champions + Delta River League Champions

**DELTA RIVER LEAGUE DOUBLES CHAMPIONS:** Ashlyn Schmitgen '12, Tessa Sandoval '12

**DELTA RIVER ALL-LEAGUE:** Lindsay Donovan '14, Jessica Josiah '13, Tessa Sandoval '12, Ashlyn Schmitgen '12, Madeleine Verspieren '12, Monica Yassar '12

### WATER POLO

**VARSITY:** 2<sup>nd</sup> Sac-Joaquin Section Division I + 2<sup>nd</sup> in Sacramento Valley League

**SACRAMENTO VALLEY ALL-LEAGUE:** Bryce Beckwith '12, Kaitlyn Cozens '13, Brooke Vowell '12

**ALL-AMERICAN:** Bryce Beckwith '12

### VOLLEYBALL

**VARSITY:** Delta River League Champions + 2<sup>nd</sup> Sac-Joaquin Section Division I + 3<sup>rd</sup> in Northern California Division I

**JUNIOR VARSITY:** Delta River League Champions + Truckee Invitational Champions

**FRESHMAN:** Delta River League Champions + Truckee Invitational Champions

**DELTA RIVER ALL-LEAGUE:** MVP Zoe Nightingale '11, Brooklyn Bueno '11, Gabriella Palmeri '13, Jennifer Petrovich '13

**DELTA RIVER LEAGUE COACH OF THE YEAR:** Alynn Wright

**SACRAMENTO BEE ALL METRO TEAM: Player of the Year:** Zoe Nightingale '11; **2nd Team:** Gabriella Palmeri '13;

**Honorable Mention:** Paige Folger '12, Jennifer Petrovich '13

**ALL-AMERICAN 1ST TEAM:** Zoe Nightingale '11 ❖



### BASKETBALL

**VARSITY:** Sac-Joaquin Division I Section Champions + Delta River League Champions

**JUNIOR VARSITY:** 2nd Place Delta River League

**FRESHMAN:** 2nd Place Delta River League

## THE ARTS

### SF PLAYERS WINTER SHOWCASE

On January 12-13, 2011, the SF Players presented student-directed one acts, scenes and monologues to an audience of friends and family in the Black Box Theatre. Alumnae of the SF Theatre program were invited to select the final festival entry chosen to represent St. Francis High School during the Bob Smart Theatre Festival Weekend on February 14-15 at American River College. This year's mini festival included:

- *A Day in the Life*, written and directed by the cast
- *Behind the White Walls*, written by Melissa Hubbert '12, directed by Gabby Roth '12, assistant Director Juliana Nassr '13
- *Ladies of the Tower*, directed by Katie Gipe '11 & Kristabel Sandoval '11
- *Theatres Black and White*, written and directed by Sarah Mahan '11 & Kia Shebert '11

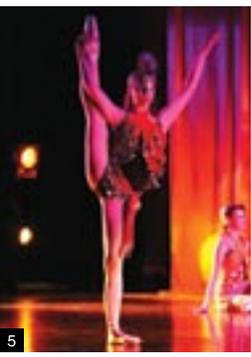
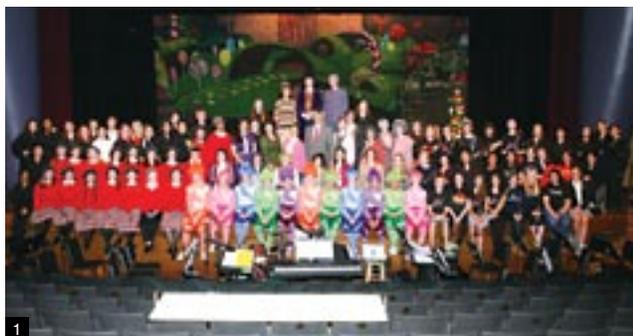
*Theatre's Black and White* was selected for inclusion in the Bob Smart Theatre Festival. See the St. Francis website for additional information about the Bob Smart Theatre Festival and St. Francis award recipients.

### WINTERFEST

The St. Francis Dance Company and the St. Francis Apprentice Company presented the annual Winterfest Dance Concert in February. With the theme of "Music and Motion," the show explored the various genres of music through dance. The companies learned new choreography from Artistic Director Christy Costales and also worked with guest choreographers Sunny Station-Mitchell '94, the Artistic Director of Emotion Dance ensemble, and Joti Singh, the Artistic Director of San Francisco based company, Duniya Dance.

### YOUNG AT ART

In February, St. Francis High School hosted the 3rd annual "Young at Art" show for 6th, 7th, and 8th grade students. The week-long display in the Theatre foyer gallery featured 325 pieces of art, each representing a different student from 34 schools from Auburn to Vacaville to El Dorado Hills to Davis. Five hundred middle school students and parents attended the public show and awards ceremony on February 23. The Best of Show Award, which includes a prize of a scholarship to SFHS's summer Art Camp, was presented to Annie Loc from Our Lady of Grace School. ❖



1. Fall Musical: "Willy Wonka & the Chocolate Factory" 2-3. Christmas Concert 4. Cast of "Theatre's Black and White" 5-8. Winterfest Dance Concert 2011 9. Young at Art Best of Show award winner Annie Loc with Elizabeth Danielson





1



2



3



4

1. Robotics Team 2. Speech Fiction Squad: Beverly Kyalwazi '13, Megan Musilli '12, Grace Savinovich '12, Kristen Obana '12, Ashley Kyalwazi '14, Aspen Bonini '13, Alexandra Sargent '11, Katie Schembri '14, Laura Farris '13, Tooka Zokaie '12 3. Speech Team members Grace Savinovich '12, Tooka Zokaie '12, and Beverly Kyalwazi '13 won the right to compete at the National Catholic Speech & Debate tournament in Washington, D.C. over Memorial Day weekend. 4. Model United Nations

## ACADEMIC TEAMS

### ROBOTICS

In February, the SFHS Robotics team received a \$1,000 grant from the California Space Grant Consortium. Presentation of the award was made at California State University, Sacramento at an event sponsored by the College of Engineering and Computer Science featuring the live broadcast of the final launch of Space Shuttle Discovery Mission STS-133. CSUS Professor Jose Granda selected the SFHS robotics team for this grant and also for two additional awards of \$1,000 each to St. Francis seniors who plan to major in science next year. The winners were Hannah Bonotto, who will be attending Bucknell University and majoring in Civil and Environmental Engineering, and Christina Milanes, who plans to major in Electrical Engineering/Computer Science, and has not yet determined her college choice.

Also in February, the SFHS robotics team, the Fembots, constructed a practice field and hosted 18 robotics teams from Sacramento and the Bay Area in a day-long practice session.

### SPEECH TEAM

The St. Francis Speech Team (Fact Squad and Fiction Squad) performed strongly in this year's State Qualifying Tournament on February 25-26. SFHS hosted the tournament, in which 162 students from 14 Northern California high schools competed for the right to participate in the State Tournament in San Diego in mid-April. **State Qualifiers:** Katie Schembri '14, Alexandra Sargent '11, Grace Savinovich '12, and Aspen Bonini '13 (in Thematic Interpretation); Tooka Zokaie '12 (Expository Speaking, Humorous Interpretation, and Original Advocacy); Beverly Kyalwazi '13 and Ashley Kyalwazi '14 (in Oratorical Interpretation); and Alexandra Sargent (also in Dramatic Interpretation). Results from the State Tournament will be posted on the SFHS website.

### MODEL UNITED NATIONS

In March, 1,500 students from 110 schools attended Berkeley's 59th Model United Nations Conference. The annual competition is designed to simulate the general assembly action of the United Nations, wherein students role-play international delegations seeking to further their nation's agenda. The SFHS MUN team represented the Islamic Republic of Iran in eight committees. Jordan Borg '12, Emily Cornett '14, Sarah Cornett '12, Hannah Gonzales '12, Libby Grotewohl '12, Clarissa James '14, Coco Leszinske '13, and Tiana Rangchi '12 earned Committee and Research Awards for outstanding performances. Their efforts placed SFHS among the top NorCal MUN programs. SFHS MUN Team Members: Mary Battistella '14, Jordan Borg '12, Lauren Chang '12, Sara Chehrizi '12, Kristen Cichocki '12, Emily Cornett '14, Sarah Cornett '12, Hannah Gonzales '12, Libby Grotewohl '12, Kacey Irvan '12, Clarissa James '14, Coco Leszinske '13, Lyndsie Mark '14, Athena Nguyen '14, Tiana Rangchi '12, Courtney Williams '14. ❖

### MOCK ELECTION

"As St. Francis goes, so goes the Nation." When it comes to mock elections, this comment almost always proves true. The statement applies equally to political contests on the State level. Jerry Brown's victory in last fall's gubernatorial election, therefore, came as no surprise after the results of the student vote held on October 27, 2010. The Mock Election, held every two years, is designed to enable St. Francis students to experience the political process. Some serve as members of the League of Women Voters, educating the student body about political parties and issues, registering "voters," orchestrating a debate between the candidates and, ultimately, counting the ballots. Candidates campaigned campus-wide with posters and stump speeches. During the debate, Meg Whitman (portrayed by Farren Balint '11) and Jerry Brown (Shannon Clark '11) responded to questions on issues of jobs and the economy, the environment, illegal immigration and education. Representing the League of Women Voters, Meghan Kennedy was responsible for opening remarks and voter education, Kaitlyn Tinsley managed the debate and fundraising, Evanne Torrecillas oversaw voting and results. Chelsa Thompson, Camille Totah and Mary Alexandra Mumper assumed the roles of reporters.



# UNDER THE BIG TOP

Cheers to ringmasters Julie Al-Huneidi and Lindsey Sackheim for Revelry's evening of merriment and entertainment, "Under the Big Top," on Saturday, October 23. Many thanks to the committee chairs and volunteers who created a festive circus atmosphere on the St. Francis campus. After guests checked in, they made their way to the Midway to bid on the Wine Collection and Student Art, peruse some Live Auction items, and start the bidding repartee with the Super Silent items. Guests then enjoyed a delectable meal catered by The Supper Club, entertainment from the SF Dance Company and cast members of *Willy Wonka* and, of course, the exciting Live Auction.

Thank you to our very own celebrity auctioneers, current St. Francis dads Walter Dahl and Todd Lutes. Bidding was intense on items like the VIP Parking Spot at SFHS, a favorite among junior and senior parents, as well as Locked Inside Hamilton Jewelers VIP Dinner Party and Viva L' Italia, a 2 week stay on the coast of Italy. A huge thank you to our generous alumnae, Rena DeNigris Fischer '95 and husband Josh Fischer, owners of Sterling Pacific Financial, and Ada Anne Daugherty '47 for offering their getaway homes for bid. Their generous donations raised over \$28,500. The dinner, the outstanding student and parent volunteers, and generous sponsors and bidders combined for a thoroughly enjoyable event for the 450 guests and net proceeds of over \$200,000 in support of all school programs.

We extend a special thank you to Hanson McClain, the first Presenting Sponsor of Revelry. Many thanks to top "Stand Up for Troubies" donors Stephen and Loretta Sellers and the many other attendees whose bids directly provided financial aid for students. Congratulations to David and Floribeth Wong, the lucky winners in this year's "Tuition For a Year" raffle.

Our gratitude goes to all who contributed to the success of this essential fundraising effort for St. Francis High School. Please check the "Support St. Francis" section of the SFHS website to see a list of donors.

We invite you to join chairperson Tracy Beckwith in support of Revelry 2011, to be held on October 22. We'll be updating the website soon with information about ways to get involved in "California Grandeur" - becoming a sponsor, donating auction items, volunteering on a committee and attending the event. ✘



2010  
REVELRY!



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14. Rick Brown & Margo Reid Brown '81, Sharon Aprea 15. Sarah Ainsworth '12, Megan Bigelow '12, Johanna Hayes '13, Amanda Davenport '14 16. Zubalda Seyal & Sowaiba Munir 17. Scott & Lori Carpenter 18. Lisa Koewler 19. Linda Daugherty, Lisa Ksidakis, Jeannie Kunz Bellinger '80 20. Carole Kenney & Julie Al-Huneidi 21. Christina Rodriguez Finlayson '73 & Kathy Wright Harvey '73 22. Tammy O'Brien, Sherry Luman-Carrillo '90 & Danny Carrillo 23. Karen Moorhouse 24. Henry & Evelyn Palasigue, Brian & Evangeline Nanoo 25. Sarah Mahan '11, Olivia Stevenson '11, Julia Rehwald '14, Jake Murphy '11, Camille Totah '11, Kaylynn Rothleder '11 26. Barbara & John Jacobs 27. Scott Sadler & Anne Geremia Sadler '80, Kristen & Daniel Spector 28. Diane & Phil Cozens 29. Amanda Merz, Michael & Susan Drake 30. James & Heather Shannon 31. Julie & Michael Kashuba 32. Jennifer Winner Sinner '04, Marion Bishop, Georgia Winner

## REVELRY! SPONSORSHIPS

Revelry provides much-needed funds directly to the operating budget of St. Francis High School. Personal and corporate sponsorships are the "wings" on which Revelry soars. Sponsorships are available at a variety of levels and include benefits of reservations for parties of varying sizes, advertising in the Revelry program, and display advertising on the school grounds leading up to and during the event. Most importantly, sponsors and their colleagues and friends spend a festive evening with a number of like-minded philanthropists who make a huge difference to the young women of St. Francis High School. St. Francis High School is grateful to the generous sponsors of Revelry 2010.

For information about sponsorship opportunities for Revelry 2011, please contact Janis Pattison, Director of Institutional Advancement at 916-737-5033.

## Legacy Circle Sponsors \$1,000

L & D Landfill - Kim & Tim Lien

Gigi & Tim Mar

Debbie & Robin Martial

Sowaiba & Tariq Munir-Pinkberry

Norwood & Associates  
Sherri & John Norwood

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Lindsey & Andrew Sackheim  
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Turley & Associates  
Lynn & Brian Provencal

Kim & Derek Vanacore

Stacey & Jay Vice  
Vice's Collision Repair, Inc.

Susan & Bruce Wilkerson

# EVENTS

## WELCOME BACK BBQ

On August 19, the Booster Club, Parents Guild and Patrons of the Arts joined forces to put on the First Annual Welcome Back BBQ, a fabulous show of cooperation and spirit. A great time was had by all of the nearly 500 parents and staff who gathered for a hosted meal and no-host cocktails, including the evening's specialty, the "Trouba-tini." Christine Hock, Tracy Beckwith, and Janet Hayes, the presidents of the Parents Guild, Booster Club and Patrons of the Arts, offered a poetic toast:

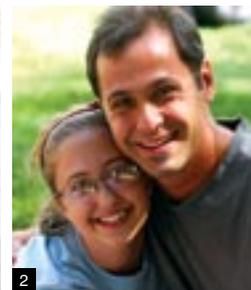
*There once was a young and lovely  
Miss Troubadour,  
Pax et Bonum was her disposition  
to the core,  
Altruism, artistry, and athletics; St.  
Francis taught this & more.  
From Elvas Avenue to world's  
edge, St. Francis prepared her to  
explore.  
Her parents, they worried as carpools  
turned to car keys in years totaling  
only four.  
Then, one night in May, in white  
gown & tassel, it was a young woman's  
reflection she finally bore.  
So join us with great pride to toast the  
daughters we do so adore!*



## MEET A PARENT/GRANDPARENT FOR LUNCH

Twice each year, the St. Francis Campus Ministry Department sponsors "Meet a Parent/Grandparent for Lunch Day." Students look forward to their relatives bringing a favorite lunch or purchasing one from the cafeteria and joining them for a picnic in Serra Court. Last September, Pinkie Sheffer, parent of Chloe Sheffer '12 and proprietor of Pinkie Pictures, captured some special shared moments. ❖

1. Liz, Sam, Libby '12 & CJ Grote-wohl 2. Alyssa '11 & Christopher Simopoulos 3. Morgan '13 & John Finegan 4. Aneesha Baliga '12 & Nina Prabhu 5. Barbara Gnick & Kathryn Roedell '14 6. David, Sara '12 & Tessa Artale '09 7. Lindsay '11 & Judith Matlock 8. Ada Anne Daugherty '47, Sarah '14 & Linda Daugherty



## ST. FRANCIS DAY

by Isabella Reyes '11 & Antoinette Ranit '11

This year's theme for St. Francis Day, "Decades," celebrated the 70th anniversary of our school and commemorated its many manifestations since its founding in 1940. Walking around our school on this day was a visual delight. Wherever you looked, you saw a decade represented from the fabulous 40's to the here and now.

The wonderful activities that made the day especially memorable began with an upbeat and engaging Mass, celebrated by our Chaplain, Fr. Joe Ternullo, that included a blessing of the animals. Afterward, students meandered through the campus enjoying everything from a jump house to a Zumba class and a variety of food stations. During the closing celebration, teachers and staff showed their dedication to the day with hilarious skits and dances which paid tribute to each decade's pop culture. Laughter roared throughout the gym and these performances easily became highlights to be talked about for a very long time.

The culmination of the day put aside the silliness and returned focus to the reason for the celebration, to honor God and our patron. A dove release ceremony manifested the blessings of God and the passion of Saint Francis as the birds flew toward the sky. It was a truly beautiful sight, reminding us of the theme for the 2010-2011 school year: All Creation Gives Glory to God. ❖



## PRESIDENT'S DINNER

It has become an annual tradition that Serra Court serves as the setting for a lovely evening of alfresco dining to acknowledge and thank St. Francis High School's major donors. At this year's President's Dinner, held on September 23, President Marion Bishop greeted guests in the courtyard at the entrance to the Arts Complex lobby to begin the festivities. As diners took their places beneath the canopy of trees and twinkle lights in Serra Court, the Chamber Choir & SF Dance Co. presented some lovely selections. Mrs. Bishop shared insights on the school's patron, St. Francis of Assisi, and presented the 2010 Pax et Bonum award to Mark Demetre and Tracy Best Demetre '82 for their extraordinary service to St. Francis High School. Along with their significant financial contributions to the school, their commitment of time and talent has benefited St. Francis. Spending countless hours and using their exceptional organizational and leadership skills, Tracy and Mark chaired the Capital Campaign in 2007-2009 that resulted in the renovation of the old gym and the CLC. They laid solid groundwork for the campaign for additional campus improvements which will resume as the economic climate improves. The SFHS community extends its heartfelt gratitude to Tracy and Mark and to the many benefactors who so generously support the mission of St. Francis High School. ❖



1. Marion Bishop, Chris & Cheryl Holben 2. Mark Demetre & Tracy Best Demetre '82 3. David Blanchard & Horatio Edens 4. Tariq & Sowaiba Munir, Irum & Tariq Khan 5. Janet Best & Molly Geremia Wiese '81 6. Stephen Sellers, Sr. & Loretta Sellers 7. Aimee Staats & Sue O'Donnell 8. Michael & Athena Taylan 9. Sarah Gardner, Sue Schaefer, Lisa Ksidakis 10. Roberto Pérez & Mary Cougan- Pérez, Marion & Paul Bishop, Fr. Joe Ternullo 11. Larry & JoAnn Clark, Steven Lovotti, Pamela DiTomasso '72 12. Charles Sickels & Eleanor Bertolani Neumann '55 13. Jeanne Brennan, Rena DeNigris Fischer '95, Janis Pattison 14. Ann Marie Faires, Theresa & Douglas Sparks 15. Chamber Choir 16. Ward & Amy Fansler, Janet & Greg Meredith

## RUN TO FEED THE HUNGRY

"Team Trouble," made up of students, parents, staff and alums from St. Francis, gathered on a very cold Thanksgiving morning to support the Sacramento Food Bank's annual Run to Feed the Hungry. With 368 participants, St. Francis again formed the largest team in the event, for the third straight year. SFHS Latin teacher, Brian Briggs, his wife Candace provided a welcome rest stop with cocoa, hot cider, and snacks in front of their home along the route.



## PEARL OF THE ORIENT

By Ferdinand Milanes, Dad of Maria-Christina Milanes '11

The 17th annual Pearl of the Orient Dinner Dance was held on October 2, 2010 in the St. Francis High School gymnasium. This annual fall event showcases the Filipino culture through its food, song and dance, with all proceeds going to St. Francis High School. This year's theme was "Halo-Halo", which means "to mix" in Tagalog, underlining the rich ethnic diversity of the St. Francis High School community. Each grade level learns a Filipino folk dance which is performed at the event. Over 50 students performed with approximately 375 guests in attendance.

Working with the school's administration, the planning and organizing of the Pearl of the Orient event is done by a committee of current and former St. Francis High School parents. The committee always welcomes new volunteers, and ALL are welcome to participate. Parents find that participating in the committee is a wonderful way to meet other parents within St. Francis High School.

For more information, please check the St. Francis High School website: [St. Francis/Events](http://St.Francis/Events). ❖



## HOMECOMING 2010

By Patricia Fernandez '11

Homecoming is the most treasured event and favorite time of the school year for many St. Francis students. As an all girls school without the typical football game to celebrate homecoming festivities; we Troubadours do something a little bit more exciting. Each November the four classes work hard to create theme-based decorations, skits, and dance routines, which are displayed at Spirit Week's culminating, school-wide rally. This year's theme was "Walking on..." The Seniors were "Walking on a Stage," the Juniors were "Walking on a Dream," the Sophomores were "Walking on the Wild Side," and Freshmen were "Walking on the Moon."

Two other major spirit week activities, the Canned Food Drive and Penny War, earn points for class participation while fostering the St. Francis tradition of serving our greater community. In this year's Canned Food Drive, benefitting Elk Grove Food Bank and River City Food Bank, the senior class of 2011 brought in a whopping 35,230 cans, almost twice the amount of cans the entire school brought in last year! The total drive resulted in 66,544 cans, averaging 60 per girl - a school record.

In the Penny War, pennies collected by each class count as a positive points; silver coins are placed in other classes' bins and the value is subtracted from their point count. With the combined efforts of all four classes, the student body raised \$13,801.91 benefitting local Catholic schools in need. ❖



## FATHER-DAUGHTER DINNER DANCE

*One of the most cherished traditions at St. Francis High School, the Father-Daughter Dinner Dance always evokes touching comments from the dads. Below are just a few from the December 10, 2010 event:*

A Once in a Lifetime Night!!! Spending such a wonderful night with my two daughters Mary Alex and Sarah Elizabeth at the St. Francis High School Father Daughters Dance is one of my Lifetime Best Memories! Thank You.

**Scott Mumper** (Mary '11 & Sarah '14)

Father Daughter Memories!!! Best night ever!!! Beautiful night and time spent with my lovely daughter-Katherine. I remember very fondly the Father Daughter dances with my older daughter, Christina, long graduated from SFHS. Each Father Daughter event was a special memory. Thank you to SFHS and all those who made this night possible. You helped create magical and special memories for all of us Dads. Times like this make us realize how lucky we are to have the "gift" of having such wonderful daughters.

**Dr. Nicholas Rotas** (Christina '06 & Katherine '13)

Thank you so much to all of the volunteers that put on this wonderful, memory making event. Accompanied by my two beautiful "dates" (amongst a sea of beautiful dates), it was one of the most special nights of the year. We did not leave what has to be the hottest dance floor in town until the very last song was played and the rest of the dads had finished "bustin' their moves." I had a great time with some of the greatest people in town. I knew the girls all had fun, too, when I heard that their Facebook statuses had been updated to "Why are our dads the best dates?" I am looking forward to the next six years of SF Father Daughter dances.

**David Mark** (Jamie '12, Jenna '14 & Michaela '17)

Wow, what an amazing night. Being a new parent at St. Francis I didn't know what to expect and was blown away at the night's festivities. It started with a beautiful ball room decorated to a tee and continued with great music, a great meal and just an overall great experience for my daughter and me. I was extremely impressed with the organization as the night appeared to go off without a hitch. It was so nice to see all of the girls and the way they could just let go and have a great time. Thank you to St. Francis High School and all of the volunteers who made this evening a night to remember. My daughter and I are looking forward to next year's dance.

**Ron Hall** (Allie '14)

This was my 8th Father-daughter dance and it was as beautiful as ever. I look forward all year to this special night with my daughter. I am looking forward to four more dances with my youngest daughter but I am going to have to wait two years for that.

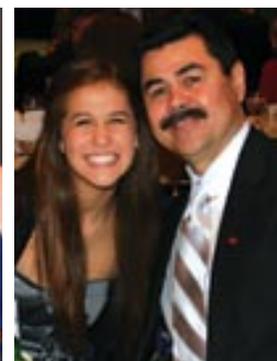
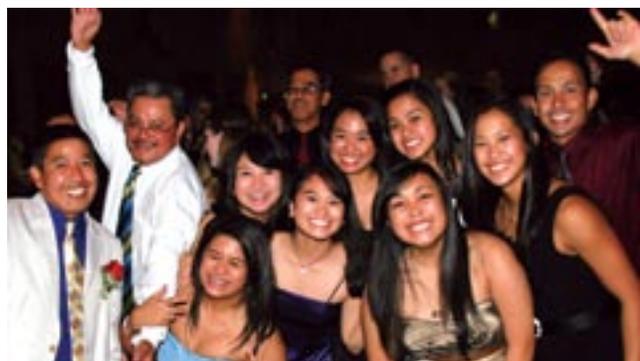
**Tariq Khan** (Annem '06 & Umna '11)

A special evening with Daniella that will be remembered FOREVER. Looking forward to the years to come.

**Tom Qvistgaard** (Daniella '14)

Our daughter Stephanie is a sophomore at St. Francis and it was our second time attending the dance. We had a wonderful experience the first time and the second time was even more enjoyable. It was so much fun to spend time with Stephanie sharing stories together, dancing together and meeting with her friends and the fathers. It was truly an amazing evening. I am already feeling the high school years are going by too quickly. The memories of the night and photos we took I will cherish for a lifetime. I feel truly blessed to have a daughter. I recommend this evening to all of the fathers and daughters.

**Mark Solich** (Stephanie '13)



## S.W.A.P. DAY

“Walking in someone else’s shoes” can be a valuable - and humbling - experience. On February 8, parents walked in the shoes of their Troubadour daughters, some even sporting their St. Francis uniforms! Unique to St. Francis, Switch with a Parent (S.W.A.P.) Day gives parents the opportunity to meet their daughters’ teachers and experience the classroom setting, including the daily assignments. From Yoga to Calculus, parents renew their appreciation of the challenges faced by their daughters in the course of a school day.

See additional photos from S.W.A.P. Day on the St. Francis website. There is a link to SF Event Pictures on the home page, [www.sfrancishs.org](http://www.sfrancishs.org).



## ADVENT GIVING & CHRISTMAS STORE

St. Francis High School students are known for their spirit. During the month of December, the Troubadours displayed their Christmas spirit as students, alums and staff teamed up to provide Christmas presents for 50 local families who otherwise might have gone without. Provided with a list of family members by Catholic Charities, the school community donated hundreds of items of clothing, toys, electronics, housewares, and appliances through the Advent Giving program. All the items were organized into the school’s fourth annual Christmas Store that “opened for business” in the St. Francis gym on December 11, when the parents select gifts for their families. St. Francis student elves organized all the donations on racks and displays in anticipation of the (no-cost) “shopping” day. With certain gifts set aside, such as bikes, dolls, and specifically requested items of clothing, each family member was assured of receiving something from their wish list. St. Francis students and alumnae assisted with the distribution process, entertaining the children with crafts and pictures with Santa, and gift wrapping. Each family also received a grocery gift card as a result of a free dress day fundraiser. The entire St. Francis community is touched and inspired by this school-wide outreach effort. ❖



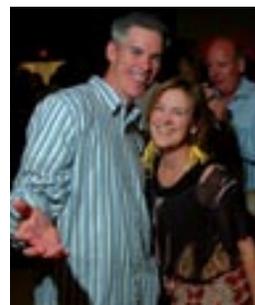
## AROUND THE WORLD IN 80 MINUTES

By Katarina Naldoza '11

Do you know how to hula dance? How about salsa? Every year, International Night affords foreign language students the opportunity to learn multi-cultural forms of entertainment. Previously only a spectator, I was prodded this year by my Spanish teacher and classmates into getting on stage. During several weeks of learning to mambo, I found the festive atmosphere of International Night rehearsals is as infectious as the show itself.

International Night includes a buffet dinner featuring an array of amazing ethnic foods – flavors of Spain, France, Mexico, Italy and the Philippines. Colorful salads, multiple pasta dishes, lumpia, rice and many kinds of desserts tempt the families and friends of the student performers. The happy crowd then files into the theater to watch dancing, singing, and even rapping presented by the Spanish, French, Latin and Italian classes and clubs. Waiting with my dance troupe sisters, watching the show in snippets from behind the side curtains of the stage, I discovered this was a vantage point I rather enjoyed. ❖





## CRAB FEAST

By Tracy Beckwith, SFHS Booster Club President

Sitting at long, family style tables, a record crowd enjoyed themselves at the Booster Club's Annual Crab Feed. This winter tradition sold out a week in advance and some 650 folks took in a night of the season's best crab served by adorable Troubadours. Patrons also enjoyed the traditional pasta course topped with the event's special meat sauce. It was so delicious it was sold in gallon containers after the event to those who couldn't get enough. Longtime crab feed dinner coordinator and cook, Jerry Flynn, was thanked and honored for his many years of service to the school. An award was also presented to Alynn Wright for her 22 years as head volleyball coach, resulting in a State Championship (2005) and great success in league (16 titles), section (10 championships) and Norcal (championship in 2005 and over 10 finishes in the top 8). St. Francis is extremely proud of Alynn's recognition as 1993 National Girls and Women in Sports Coach of the Year, League Coach of the year over 8 times, Sacramento Bee Coach of the Year, and most importantly, her selection in 2004 as League and Section Model Coach of the Year.

The Booster Club debuted a 2009-2010 Troubadour Athletic wrap-up video that can now be seen on the SFHS web page under the Booster Club. Attendees also bid on an assortment of professionally made desserts from Bella Bru, Freeport Bakery, Cupcake Craving, Konditorei Austrian Pastry, Magpie Caterers & Cafe, Sweeties Desserts, and Ettore's. After dinner, raffle winners were posted and a 100-person personal Booster-que was auctioned (it doubled down for a record price!) The night finished with nearly all the patrons dancing to the tunes of Boogies Shooz - a fun 70s/80s band.

The Booster Club is pleased to report that in addition to the record crowd, the net proceeds also set a precedent with some \$18,000 generated that night. These funds will support the 12 sports offered through the SFHS athletic department. The next event for the Boosters is the Golf Tournament to be held at renowned Sacramento golf course, Del Paso Country Club, on May 16, 2011. ❖

### CRAB FEED COMMITTEE

**Event Chair**  
Tracy Beckwith

**Past Chair**  
Dave Evans

**Incoming Event Chair**  
Mark Richey

**Publicity**  
Tracy Beckwith  
Ingrid Niles

**Reservations**  
Dina Rubino

**Set Up**  
Rick Barthels

**Food**  
Jerry Flynn

**Service**  
Greg Nyland

**Anti-Pasta/Coffee**  
Jill Shortley

**Dessert Auction**  
Michelle Rademann  
Wendy Cadei

**Hospitality**  
Marian Koon

**Kitchen Management**  
Shari Scheller

**Table Decorations**  
Shari Scheller  
Marion Koon

**Bar**  
Tim Conway

**Raffle**  
Lourdes Petralli

**Clean-up**  
Paula Lindquist  
Mitch Holley

**Booster Wear Sales**  
Wendi Wegener

**Treasurer**  
Charles Chan

# ALUMNAE COMMUNITY

## ALUMNAE ASSOCIATION MISSION STATEMENT

To promote and sustain the traditions and unity of St. Francis High School among its alumnae and to develop and share financial support and individual resources for the benefit of the St. Francis High School community now and in the future.

## BOARD OF DIRECTORS

Tracy Grech Clark '78  
*President*

Kristen Haro '03  
*Vice-President*

Maura Twomey '77  
*Secretary*

Erin McGuire '95  
*Treasurer*

Marty York Azevedo '75  
*Past President*

## STANDING COMMITTEE CHAIRPERSONS

Erin McGuire '95  
*Community Service &  
Student Activities*

Jennifer Perez Blackburn '91  
*Education & Speakers Series*

Michelle McClinton Vaden '80  
*Parents Guild Liaison*

Nicole Plesha Donlevy '92  
*Scholarships*

Please consider joining this special group of alums. All St. Francis graduates are members of the Alumnae Association and are encouraged to serve their fellow alumnae and the school community by sharing their talents, ideas and positive energy! Alumnae Association Board Meetings take place on the second Monday of each month from 6:00–8:00PM in the Faculty Staff Lounge. All are welcome to attend the meetings! If you are interested in holding a position on the board, elections are held at the June meeting. For more information, please contact Carla Zilaff '01 at [czilaff@stfrancis.org](mailto:czilaff@stfrancis.org) or 916-737-5020.

## 70TH ANNIVERSARY MASS

### ST. FRANCIS HIGH SCHOOL CELEBRATES 70 YEARS OF WOMEN'S EDUCATION

By Susan Laird, Parent of Naomi Endsley '10

Over 100 alumnae from all seven decades of the school gathered at St. Francis of Assisi Parish on September 10, 2010 to celebrate the 70th anniversary of St. Francis High School with a Mass and reception.

Attendees reflected on the seven decades of St. Francis students. As the culture and educational philosophies have changed, so too has the curriculum at St. Francis High School; yet there is one tie that binds every generation of St. Francis High School alumnae together, "the Spirit of St. Francis." It is a powerful sense of community. "It's a camaraderie," said Barbara LeDoux '66. "It is the ability to connect with each other and feel like we have known each other all our lives."

"It's all about school spirit and sisterhood," said Victoria Elorduy '65. "You can hear the walls talking."

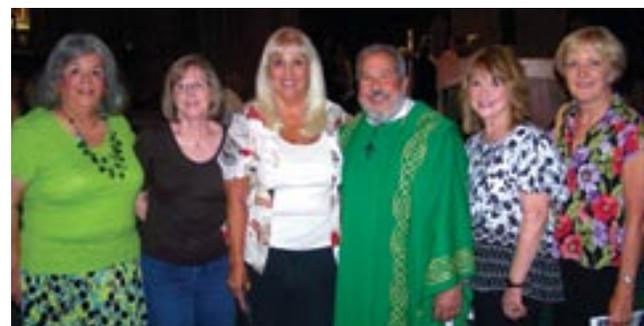
"I feel as if we're all 15 again and in our uniforms," said Karyn Wendt '65. "How much tradition there is... We had big sisters who showed us the way our freshman year, the uniforms. I'm grateful for the friendships."

"This spirit is alive and continues to bloom in every St. Francis student, even after all these years," said Marion Bishop, president of St. Francis High School, in her remarks to the alumnae at the end of the Mass. "This spirit shined in those first dozen graduates, just as it radiated in the 262 graduates of the Class of 2010 – the largest class ever."

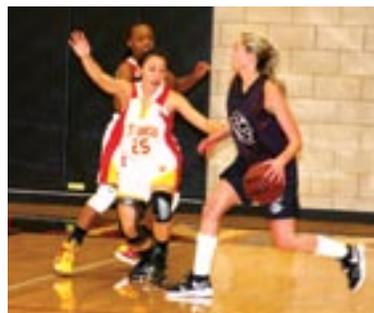
"Spirit is the single-most identified quality that students mention during their stay here and that seniors comment on as 'the best characteristic of St. Francis High' during their exit interviews," Bishop continued. "Your lingering spirit is palpable when you enter the campus, and it continues to inspire young women to join the St. Francis ranks. And it flows beyond the walls of the campus into every community on the globe where St. Francis alums find their homes."

"These ladies are a gift to the Sacramento community," Bishop said of the St. Francis alumnae. In her remarks, she said "Many memories have been initiated at St. Francis High School. In each of them, a glistening light shines: (a) wonderful, faithful and bright spirit."

"The Spirit of St. Francis – your spirit – has burned steadily for seven decades," Bishop said. "And I am certain it will continue for seven more." ❖



# ALUMNAE COMMUNITY



## JERRY POOLE ALUMNAE VS. VARSITY BASKETBALL GAME

By Maren Martinelli '00

The varsity basketball team opened its 2010-2011 season with the annual Jerry Poole Alumnae Basketball Game. The alumnae squad, led by Coach Mike Rosa, had a strong start and even led by a point after the first quarter of play. However, the alumnae were no match for the athleticism and endurance of the varsity team. The varsity's defensive pressure kept the alumnae to 37 total points. Their offense was led by seniors Nicole Lau with 14 points, Briana Charles with 13 points and Ellie Earley with 11 points. Juniors MacKenzie Conarro and Olivia Molodanof also contributed with several baskets. Sole Montemayor '01 led the alumnae team offensively until she was forced to leave the game due to injury. Molly Hanrahan '97, Assistant Athletic Director at St. Francis, then inspired the alumnae to play tough through the fourth quarter. Thank you to the Booster Club for your continued support of this traditional event honoring beloved Coach Poole. ❖

## TROUBADORABLE FAIRE

By Leah Bishop Newton '92

Wonderful memories of St. Francis Day were rekindled as the Alumnae Association transformed Serra Court for a truly magical event, the 2nd Annual Troubadorable Faire. In September, alums from across the land came with their children and grandchildren, dressed in royal attire, to delight in a fairytale atmosphere.

The Faire cast a truly marvelous spell on our campus! Children experienced stations that included a bounce castle, crafts, cupcakes, games, dance lessons, sword and wand-making, sack races, wagon rides and other royal activities!

- Belle greeted all of her guests
- Children gleefully skipped to the music of "Bibbity-bobbity-boo" at the Glass Slipper Clock Walk
- They dug for jewels in mines
- Snow White helped them make wishes in the Vortex wishing wells
- They made balloon swords with wizards and pirates
- There were special freeze dance lessons from Sleeping Beauty
- They rode in magic wagons with Jasmine
- Tinkerbell taught both boys and girls alike how to make magical wands
- They hopped in sack races at the Princess and the Frog Hop
- Children jumped and laughed in Mushu's Palace Bounce House
- They went fishing with Ariel at her Under the Sea station
- Pocahontas watched as everyone had their face painted at the Colors of the Wind Salon

And in between children met their favorite princes and princesses like Tiana, Cinderella, Belle, Ariel, Sleeping Beauty and many other beloved fairytale characters. This helped create the delightful atmosphere that the children who attended will never forget.

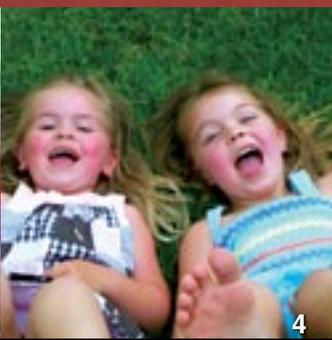
All the proceeds from this marvelous event benefited the Alumnae Scholarship Fund to provide financial aid for students in need.

We look forward to making next year's event even more Troubadorable. Tentatively set for September 25, 2011, the Faire will be geared for children ages 2-10 and will begin with a Children's Mass at 9:30 in the chapel. Following mass, the games will commence in Serra Court until noon.

I invite you to donate your time and creativity toward next year's event. Please spread the word to everyone in your kingdom to bring your children, grandchildren, cousins, nieces, nephews, neighbors and friends and join us at this magical affair! ❖



# ALUM UPDATES



## ANNUAL STEWARDSHIP FOR ST. FRANCIS HIGH SCHOOL PROGRAM

Tuition alone does not cover the costs of a St. Francis education. The school relies on donations to the Annual Stewardship for St. Francis Fund to cover the shortfall between the full cost to educate our students and the tuition that we charge. Please use the envelope enclosed in this publication or visit [www.stfrancishs.org](http://www.stfrancishs.org) to make a donation, large or small, to support the day to day operations of the school. Your generosity makes possible countless opportunities for challenge and growth in academic and co-curricular programs, campus ministry, community service, technology, the arts, and athletics – all vital aspects of the St. Francis experience. Thank you for your support!

## 1970s

**Barbara Wells Zanze '71:** We are celebrating yet another night out together - still friends after all these years through travels, families and fun times. We are looking forward to many more years as lifelong friends. It seems like yesterday, we were SF Girls in the halls of high school!

**1** *Francine Jaksich Dowell '71, Susan Meyers Barnard, Janet Bettencourt Martellucci '71, Marianne Manning Livaich '71, Barbara Fackenthal-Tash '71, Barbara Wells Zanze '71*

**Laila Holland Barker '79:** One lovely summer evening in August, we were fortunate to have a “mini” class of '79 reunion in El Dorado Hills. It had been a number of years since some of us had seen each other, and we shared stories of our lives while sharing a great Thai dinner. Some of us have lived in various parts of the country, and all of us have enjoyed our careers and families. It is great to be in touch again, and it would be nice to plan another get-together!

**2** *Back: Michele Burkett, Anne Filer, Anne Delfendahl Blevins; Front: Maria Bodrociz McGee, Natale Strain Rivers, Laila Holland Barker*

**Kimi Zilaff Hanson '73** has been living in Perth, Australia now for 30 years. She is married to an Australian man who she met while travelling in Europe during college. They have four children, three girls and a boy ages 26, 21, 19, and 14 and a menagerie of animals. Life in Perth is not so different from living in Sacramento. It is very hot in summer and cold in the winter, but of course Perth's summer is Sacramento's winter and vice versa. Kimi visits Sacramento almost every year and would love to catch up via Facebook. **3**



**Suzanne Huizar Vice '75, Monica Neumann Lunardi '75, Kim Burns Lokke '75, Loretta Livingston Bruce '75** at “The Kennedy Gallery” for 2nd Saturday in Monica's Photography studio in downtown Sacramento.

## 1980s

**Nanette Petersen Cordell '81** is working as administrative support for the Port of West Sacramento and has been married for 28 years. She has one married daughter and two beautiful granddaughters, Megan 5 and Sydney 3. **4**

**Jennifer Pompei Gravvat '85** and her husband, Aaron welcomed baby Hannah to the family in June. She is a joyful surprise! She joins her big brother, Liam (8), who absolutely adores her and makes her smile more than anyone else. **5**

**Maura Megan Knowles '86** is an actor/singer/new writer and entrepreneur who has appeared on *Law & Order*, *Medium*, *Lie to Me* and *Special Victims Unit*. Her new play with songs, *Insult to Injury*, is in development and had its first public reading in December 2010. [www.mauramknowles.com](http://www.mauramknowles.com). Maura (Mo) is also the founder of Mac-n-Mo's Morselicious Treats, which were created by Mo for her dad, Mac, after his quadruple bypass surgery in 2010. Each morsel is wheat free, soy free, cholesterol free, preservative free, 1g fiber, 1g sugar, 0 mg sodium, available in two flavors (Pumpkin Cranberry & Oatmeal Raisin), and VEGAN. Mo makes her own Morselicious Mix of oats, almonds, flax and Mo's Mindful Veggie Blend. Available in 4 stores in Southern California and on the web at [www.macnmos.com](http://www.macnmos.com). Through Mac-n-Mo's, Maura was asked to host her own radio show. Please visit [www.iamhealthradio.com/maura-knowles](http://www.iamhealthradio.com/maura-knowles).

**Stacey Rishel '89** married Tom Glover on September 4, 2010 in Woodland, CA. Co-Matrons of Honor were Stacey's sisters Debbie Rishel '87 and Sarah Rishel Pesce '97. Other Troubies there to celebrate with Stacey were her step-sister Candace Jansen '02, and good friends Lisa Santarosa French '83 and Mary Santarosa Mahoney '96. After the honeymoon, Stacey relocated from Santa Clara; she and Tom now live in Davis.

**6** *Stacey with Co-Matrons of Honor, Debbie Rishel and Sarah Rishel Pesce.*

# ALUM UPDATES



## 1990s

**Ardith Ibañez Nishii '90** recently moved to Los Angeles after living in New York City for eight years. Despite the smog and traffic, living in LA has been a breath of fresh air! She is sure it's the combination of perfect weather, living down the street from her sister, Arlene '94, and going through a major lifestyle change as a new mommy. Yes, the big focus of her life lately has been her baby boy, Cedro, born on August 5th, 2010. The experience of motherhood has far exceeded her wildest dreams. She and her husband, Brian, are so blessed. Cedro is their little angel. She has been obsessed with maintaining his blog: [cedromasanori.wordpress.com](http://cedromasanori.wordpress.com). Unfortunately, she can't just hang out and stare at her beautiful baby all day! She is slowly starting to look for freelance work again. After 15 years of commercial web design for such clients as Isaac Mizrahi, Mally Beauty, The North Face, Beringer Vineyards, etc., she is finally making a transition to doing illustration and fine art full-time. She would love to do dive into book publishing (book covers and book illustration) and try her hand at editorial work for newspapers and magazines. Now that she is in Los Angeles, she would love to create artwork for film and television as well.

Here are some other links about what's going on with Ardith: [www.facebook.com/ardiddy/](http://www.facebook.com/ardiddy/) : friend her! :D  
[www.barkadako.com](http://www.barkadako.com): it's her sister's and her joint venture... there are links to their blog and online store here.  
[www.ibaneznishii.com](http://www.ibaneznishii.com): starting to work on her illustration site... **7**

**Dawn Winston Cullo '91** and her husband Louis welcomed another future Troubie to their family. Abigail Grace Cullo was born on January 18, 2010 and she has just celebrated her 1st birthday. She enjoys playing with her big sister Lily and loves to dance to "Dora the Explorer" songs. Lily is currently attending Kindergarten at St. Mary Elementary School and is having a great time making new friends and learning all about how much fun school can be. Even though Dawn is a full time mommy she still has time to run a successful Virtual Assisting Firm. Sunrise Virtual Services focuses on Internet Marketing and Social Media for women entrepreneurs who want to market their business online. Dawn and her team can be found at <http://SunriseVirtualServices.com>. **8**

**Amy Booth Behr '95** married Greg Behr June 26, 2010 at The Old Sugar Mill in Clarksburg. There were 21 St. Francis alumnae in attendance, showing plenty of SF spirit, pep and go!

**9** *Front: Roberta Haman Bush '69, Milana Lobue Bernasek '73, Tina Labue Frediani '75, Kelly Brady Smith '95, Allison Barsotti '95, Amy Booth Behr '95, Marie Waldron Booth '69, Cathy Viglione Lorentzen '69, Sarah Weber Maile '88, Kelly Olin Cates '69, Barbara Mecchi '69; Back: Erin McGuire '95, Andrea Diaz Vaughn '95, Anne Chatfield '95, Jennifer McAdaragh Pulliam '95, Katherine Vogeli Haman '79, Erica Haman '99, Amy Zehner Greene '95, Amy Mae McGuire Dube '93, Diane Neururer McGuire '67, Molly McGuire Gomez '90*

**Carrie Stewart Mingay '97** is formerly a CPA but now a stay-at-home mom of two kids – Caleigh (4 years) and Briston (1.5 years). She has been married to her husband Craig for over five years and lives in Northern Nevada. She loves getting together with her friends from SFHS whenever she finds herself in Sacramento and enjoys watching their kids play together. **10**

**Mary Beth Upjohn Prendergast '98** is being celebrated as a Puget Sound Employee Volunteer of the year and has been selected for honorable mention for the Boeing Exceptional Volunteer Service Award. Mary Beth has been an energetic supporter of St. Francis' robotics team since she graduated in 1998. She has mentored the team from afar through electronic communications with the team and the coaches. She has also made many trips back to Sacramento to work with the team members in person over holidays, summer and throughout the year whenever the team sponsored a major event. Mary Beth represents Boeing Industries at our annual STEM Fair that the robotics team (Team 692, The Fembots) organizes.

**Heather Robison Moloney '99** and her husband Sean Moloney welcomed a new baby, Kaleigh Louise, on September 19th at 2:19AM. She weighed in at 7 lbs., 3 oz. and measured 19" long. Kaleigh joined her brother Liam, age 3. Liam is so excited to be a big brother and loves his little sister (almost too much at times). Heather and Sean could not be happier! **11**

## UPDATES!

We love staying connected and want to hear from you. Visit the alumnae page of the website to update your contact information online and to 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:

**Carla Zilaff '01**  
 Alumnae Relations  
[CZilaff@stfrancis.org](mailto:CZilaff@stfrancis.org)

# ALUM UPDATES



## facebook

### ST. FRANCIS HIGH SCHOOL SACRAMENTO ON FACEBOOK!

St. Francis is moving from an alumnae Facebook page to a schoolwide page. Visit the St. Francis High School website at [www.stfrancis.org](http://www.stfrancis.org) and click on the Facebook icon. "Like" our page to connect with people and events, see photos and videos, and share your comments. *Catch the spirit!*

### HELP BUILD OUR SFHS PHOTO ARCHIVE

Do you have photos of some of your special moments at St. Francis? Have some fun digging through those boxes of memorabilia and pick out some of your favorites. We invite you to scan them (at minimum 300dpi) and email them to [sfalumnae@stfrancis.org](mailto:sfalumnae@stfrancis.org). Please include approximate date, details of the event, and names of people in the photo to the extent possible. Add your personal comments! We're gearing up for the celebration of SFHS's 75th anniversary by creating an online photo archive that our schoolwide community will be able to view. We'll be sure to share some on Facebook, too!

## 2000s

**Catherine Flynn '01** and Patrick Wuthrich met their senior year of high school. Patrick is an alumnus of Jesuit High School. They were married at Sacred Heart Church on December 4, 2010. There were several St. Francis alumnae in attendance and in the bridal party, including the maid of honor and sister of Catherine, Elizabeth Flynn Brim '99, Jennifer Manos Usher '01, Emily Loewen Peterson '01, and Katie Lawlor '01. Patrick and Catherine went to Belize on their honeymoon. Patrick is currently in medical school in Las Vegas and Catherine works in the fashion industry. **12**

**Jenelle Messier Hemphill '01** and her husband of five years, David, report the birth of their son, Preston Christopher Hemphill, on March 17, 2010 weighing in at 10 lbs, 3 oz. After working as a branch manager for Wells Fargo, Jenelle is now a stay-at-home mom looking after Preston and loving every second. **13**

**Kimberly Cruitt Reynolds '01** graduated from California State University, Sacramento with her M.A. in Public and Political Communication in December 2010. She hopes to begin her Ph.D. at UC Davis in Social Interaction Communication in the fall of 2012.

**Greta Gerwig '02** continues her impressive work in film. She recently co-starred in "No Strings Attached" with Natalie Portman, has a starring role in the remake of "Arthur" with Russell Brand and filmed "Damsels in Distress" with another Troubie, Analeigh Tipton '07. Greta is nominated for a Spirit Award honoring excellence in independent films for her work in "Greenberg" with Ben Stiller. She is in the best actress category with fellow nominees Nicole Kidman, Natalie Portman, Annette Benning, Michelle Williams and Jennifer Lawrence. Greta acted in St. Francis plays and musicals and is a founding member of the very first SF Players.

**Trisha Carlson '03** recently got engaged and is super excited. She has been with her fiancée, Tony Ayers, for five years. He asked her in Apple Hill at High Hill Ranch.

**Jeanelle Rabadam '04** moved to Barcelona nearly two years ago, to pursue her MBA degree in International Business. She started a travel lifestyle blog documenting her experiences from a "California Girl" point of view. Her hope is that it inspires young women to travel, take their careers abroad or just spark a curiosity to see other parts of the world. Currently, life and love have settled her in Amsterdam where she is working at an executive recruitment firm specializing in marketing professionals. She works with many "international" Americans with at least five years of marketing experience, since the working language of many European headquarters is English. You can check out her blog at [www.glocalgirl.com](http://www.glocalgirl.com).

**Jennifer Winner '04** married Matt Sinner at St. Clare Catholic Church in Roseville, CA, on May 29, 2010. Their reception was held at Sierra View Country Club and they honeymooned in Miami Beach and in Grand Cayman. They recently purchased their first home, which happens to be the home in which Jen grew up! Jen is a CPA, working as an auditor for Gilbert Associates, Inc. in Sacramento. Matt works for Maxim Health Care Services in Roseville. **14**

**Amanda Brown '05** was named the Director of Women's Basketball Operations for Santa Clara University in October. She spent the 2009-10 season in a similar position at Gonzaga University, which followed a three-year playing career at Gonzaga. While at G.U. Amanda captained her team as a senior and helped the Bulldogs make three consecutive postseason tournament appearances from 2006-2009. Amanda graduated from Gonzaga with an English degree in May of 2009. She is currently pursuing an M.A. in Organizational Leadership. As the Director of Women's Basketball Operations at Gonzaga, Brown achieved her NCAA Recruiting Certification and contributed in the program's recruiting efforts while other staff members were on leave. In 2009 she participated in the Women's Basketball Coaches Association (WBCA)'So You Want to be a Coach' program. (Article revised from <http://santaclarabroncos.com/sports/w-baskbl/2010-11/releases/20101001nghpc9>.)

# ALUM UPDATES



13



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17

**Raquel Leon '06** graduated from CSU Sacramento with a Bachelor of Arts in Family and Consumer Science with a concentration in Family Studies in December 2010. She is currently applying to graduate school in order to receive a Master's degree in Public Health. She continues to be employed with the Air Resources Board in Sacramento working on the AB 118-Air Quality Improvement Program as a student assistant. She also volunteers with the Sacramento Food Bank & Family Services in the Mother-Baby Program in order to give back to her community and gain meaningful experience in the public health field. She hopes to one day be able to start a non-profit organization that caters to low-income families in their pursuit of healthy living.

**Elizabeth Shirey '06** is still working for the Servicemembers Legal Defense Network in DC as their national grassroots organizer and policy advocate. She saw an enormous victory in December with the passage of the bill to repeal "Don't Ask, Don't Tell." Elizabeth was honored to attend Speaker Pelosi's bill enrollment and the President's bill signing with other repeal advocates. She is now looking at law school and the Air Force JAG Corps as her next steps. **15**

**Julie Soto '06** is pursuing her theater arts degree at CSU Sacramento. She most recently appeared on stage as Reverend Mother in the school's fall musical, *Nonsense A-Men!* She is also co-founder of Flying Monkey Productions with Ryan Warren (fellow SFHS actor and Jesuit graduate '07). **16**

**Kirsten Dumas Browning '07** has been moving around and is currently residing in Augusta, Georgia with her husband, Devin Browning. He is training for the Army Signal Corps as a signal support systems specialist. They drove across the United States from San Francisco to Georgia and are currently waiting to hear where they will be going next. They will be in their new duty station in April, if all goes as planned. Kirsten just received her Associate of Science degree and is working on her Bachelor degree in Nursing. She is enjoying traveling and seeing new sites weekly! **17**

**Brittany Frost '07** is the director coordinator of Student Community Services (SCS) at Cal Poly. This is her second year creating volunteer opportunities and coordinating volunteers. Last quarter she planned Hunger Awareness Week, which included serving dinner at the homeless shelter and raising awareness about world hunger. She is currently working on planning the 9th annual Change the Status Quo conference, which is a student run conference dedicated to demonstrating how one individual can make an impact. Brittany is not the only St. Francis alumna apart of Student Community Services. St. Francis graduates Sara Markham and Grace Hurner also volunteer their time with SCS.

**Analeigh Tipton '07** is busy acting in film. Analeigh is featured in "The Green Hornet," has a co-starring role in "Stupid Crazy Love" with Steve Carell and Ryan Gosling and most recently filmed "Damsels in Distress" with Adam Brody and fellow Troubie Greta Gerwig '02. Analeigh appeared in many St. Francis productions taking her final bow in "The Pajama Game" her senior year.

**Rheann Fall '08** was named the Sports Imports/AVCA Division II National Player of the Week in September by the American Volleyball Coaches Association. She plays volleyball for Cal State Monterey Bay. The junior outside hitter earned the award after powering her team to two upsets of nationally-ranked foes. For the week, Rheann averaged 5.78 kills and 3.56 digs per set. This marks the first time an athlete from Cal State Monterey Bay has garnered Sports Imports/AVCA Division II Player of the Week honors.

## VEHICLE DONATION PROGRAM

It's fast and easy to donate your used vehicle – in any condition – to benefit St. Francis High School. Just download the Vehicle Donation Form from the St. Francis website at [www.stfrancishs.org](http://www.stfrancishs.org) under "Support St. Francis/Giving Opportunities" and fax it to the number on the form. You will be contacted within four business days to arrange free pick-up or towing and provided with documentation for tax purposes. St. Francis High School receives 70% of the net proceeds from the sale of the vehicle.

# ALUM UPDATES



## ALUMNAE BUSINESSWOMEN

Be sure to check out our Alumnae Businesswomen Directory on our website. We would like to see this list continue to grow and encourage your support of fellow Troubadours by using their services. Please continue to send your business information, regardless of location, including your name, class year, business name and type, business location, phone and email.

Contact:

**Carla Zilaff '01**

Advancement Associate:  
Alumnae Relations  
St. Francis High School  
5900 Elvas Avenue  
Sacramento, CA 95819

or email:

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

## FICKA!

BY NAOMI ENDSLEY '10 & VICTORIA TACHERRA '10

Currently residing in Southern Germany, Victoria Tacherra '10 calls it "going out to one of the many small cafés—they're everywhere!" Living in Southern Sweden, Naomi Endsley '10 calls it "going out to ficka!" And to think, this time last year they both called it "going to the F65 on a Starbucks run."

"It" would be "having or going out for coffee," but Naomi remarks, "In Swedish 'ficka' may literally translate to 'coffee,' but 'ficka' is so much more than just coffee! Here in Sweden 'ficka' is a time for socialization with one's peers or colleagues that happens when you sit down with a cup of coffee in hand. Everyone has or goes out to 'ficka' in Sweden – it is an essential part of Swedish life."

"In Germany we have coffee and cake every day," Victoria adds. "It doesn't matter if we are at home or out, after lunch in the mid-afternoon coffee is an absolute must. It's also how we celebrate birthdays—we invite everyone over to have coffee and cake with us. It's a huge part of our life and socialization."

Both former SF Student Ambassadors, these two Troubies discovered they held a mutual desire to learn about and un-

derstand other cultures. They both chose to defer college for one year after graduating from SF in favor of taking on the opportunity and challenge of becoming student ambassadors for their country through the Rotary Youth Exchange Program (RYE). Both are learning about the international importance of food (particularly coffee!), but what is more note-worthy is that they are forming bonds with persons in their host countries.

Victoria and Naomi will continue their exchanges until July 2011 as they "Reach Within to Embrace Humanity" (the 2011-2012 Rotary International theme). Thanks to the Swedish invention of Skype, bridging the gap between SF, Sweden, and Germany is possible. Both alums communicate with friends back home and the SF community as well, through their contact with the WWW.Club (World Wide Writing [dot] Club). Both are happy to answer any questions about RYE or living abroad: Victoria, [vtacherra@yahoo.com](mailto:vtacherra@yahoo.com) and Naomi, [snapcracklepop@ymail.com](mailto:snapcracklepop@ymail.com).

Learn more about the RYE program through the Rotary International Website: <http://rotary.org/> ❖

1. Naomi taking care of some children at a church outing. 2. Vicki having coffee in Germany. 3. Naomi visiting the Christmas Market at Lisberg Amusement Park in Göteborg, Sweden warming her gloves over a BBQ pit. 4. Swedish Ficka

## WOMEN'S NETWORKING LUNCH

By Carla Zilaff

On Tuesday, January 25, 35 women representing four decades of St. Francis alumnae and several mothers of alums and current students gathered at Lucca Restaurant downtown for our first Women's Networking Lunch. Many professions were represented from attorneys to marketing representatives to independent business owners all with the common bond of their love for St. Francis High School. Marion Bishop opened the lunch with a prayer and Tracy Grech Clark '78 spoke about her roles as a mother, an executive and the president of the Alumnae Association. Thank you to all who helped make the day so special. Please check the St. Francis website and Facebook page for information about future networking events.



# DISTINGUISHED ALUMNAE 2011

The Distinguished Alumnae Awards were presented at the "Spring Fling Luau" on March 26. Photos of the event will be included in the next issue of *Pax et Bonum* and will be posted on the St. Francis website.

## ALEXANDRA LANGSTON '05 Outstanding Young Alumnae

Alexandra graduated from St. Mary's College in 2009 with a major in biology and a minor in music. Classically trained in music from her time at St. Francis and St. Mary's, she still uses her beautiful voice often. Alexandra enjoys keeping fit with running, rock climbing and dancing.

During high school, Alexandra spent a summer teaching health and hygiene as a volunteer with Amigos de las Americas in a remote area of Mexico with no running water, bathrooms or showers. Then while at St. Mary's College, she traveled with the biology department to Ecuador, Peru and South Africa for a month each to learn about the culture, biodiversity and the wildlife. She also traveled to India one summer during college where she volunteered for a month at a boys' home (a residence for 12-18 year-old street children). The poverty in India was very difficult to see and experience, yet as a result of her loving host family and the boys at the home to whom she taught English and music, she made the most of her trip and fell in love with the country. In addition, while at St. Mary's, she volunteered with Peer Health Exchange which taught various health topics to high school students in Oakland, CA.

Alexandra has recently been accepted into the Peace Corps and will be stationed in Guatemala as of April 2011. During her 27-month assignment there, she will be educating people about health and hygiene and how to build their own water treatment operations. She also hopes to visit other Central America countries, including Belize.

## MARTHA GUZMAN ACEVES '95 Accomplished Alumnae

Martha earned her Bachelor's degree in international economics with a certificate in Latin American studies from the School of Foreign Service at Georgetown University, complemented by studies in Santiago, Chile. In 2002, she earned a Master of Science in Agricultural and Resource Economics from UC Davis and continues to interact with campus faculty for ideas and guidance on issues affecting California farm workers.

Martha holds an extraordinary resume of service to the migrant community. She is a legislative advocate for the California Rural Legal Assistance Foundation and has made remarkable contributions on a broad spectrum of farm labor issues. As director of the Foundation's Sustainable Communities Project, she advocates environmental justice and farm worker health and safety issues such as heat illness and pesticide exposure. In 2003, she served as the legislative coordinator for the United Farm Workers, AFL-CIO, covering a range of labor and environmental issues.

Martha currently works with the Environmental Justice Coalition for Water to ensure safe and affordable drinking water for rural communities. She is a board member of the Ag Innovations Network, which strives to assure the long-term viability of food systems. She is also a board member with other advocacy groups trying to improve the quality of rural life. She is on the advisory board of the UC Davis Agricultural Sustainability Institute, was appointed by the governor to the California Water Commission in 2002, and is a graduate of the California Agricultural Leadership Program.

## KATIE BAKER VILLEGAS '84 Service Award

Katie Villegas, the youngest of five children, was raised by parents who recognized the importance of community involvement. Now a tireless advocate for children, Katie says she's driven by her vision to improve the lives of children, youth and families in the communities of Yolo County to ensure that they never go without health care, food, clothing, shelter and personal support.

After graduating from St. Francis, Katie studied Criminal Justice at Sacramento City College. There she met her husband, Oscar, who is now a West Sacramento City Councilman. She subsequently went on to receive her Bachelor's degree in Psychology, then a Master's degree in Social Work (Community Organizing and Program Administration). Katie has worked in the fields of child abuse, foster care, domestic violence, AIDS, politics and health care. Today, she is the Executive Director of the Yolo County Children's Alliance (YCCA). YCCA is an alliance of people, agencies and organizations who care about and work toward improving the lives of children and families in Yolo County. Katie Villegas also serves on the boards of the Yolo County Fair and the Northern California Construction Training Center. It is thanks to Katie's skill in making connections with key players in the county and across the state, that she has been able to grow the Children's Alliance to the large and influential organization that it is today.

## ADA ANNE PANATTONI DAUGHERTY '47 Life Achievement Award

Ada Anne is a member of one of the first graduating classes from St. Francis High School and the first of eight Panattoni cousins to attend SF. Following her graduation in 1947, Ada attended Holy Names College for a year before entering the Carmelite convent for a time. Upon leaving the order, she finished her education at Sacramento State where she received her teaching credential.

Ada worked for 35 years in grades K-4 at Camellia Basic School and over five years in other Sacramento City Public Schools, retiring just last summer at the age of 81!

A busy volunteer in the community, Ada shares her time and abundance of energy with a variety of organizations. She helps with mailings and other odd jobs at Cristo Rey High School, preparing and serving dinner at Loaves and Fishes, events at the Vietnamese Church of the Martyr, and is the past president and an active member of the Dante Club. She attends Mass and prays for and with the prisoners at San Quentin. As a Third Order Carmelite Nun since 1981, Ada serves as the mistress of formation and president of her group.

In addition, Ada is very fond of St. Francis High School and can often be found sharing her Troubie spirit around the school. She is starting a grandparents club on campus and is actively coordinating events for the group. She also regularly comes back to campus to pray in the chapel during adoration. ❖

# REUNIONS

## REUNION PLANS

If your class year ends in “6” or “1”, you have a reunion coming up next year! If you want to start organizing your reunion celebrations, please contact:

**Carla Zilaff '01**  
Alumnae Relations  
916.737.5020  
CZilaff@stfrancishs.org

**Class of 1946 • 65 Year Reunion**

**Class of 1951 • 60 Year Reunion**

**Class of 1956 • 55 Year Reunion**

**Class of 1961 • 50 Year Reunion**

**Class of 1966 • 45 Year Reunion**

**Class of 1971 • 40 Year Reunion**  
Planning for the class of 1971 reunion is underway. For more info or to be part of the planning team, email [SF1971Troubies@gmail.com](mailto:SF1971Troubies@gmail.com).

**Class of 1976 • 35 Year Reunion**

**Class of 1981 • 30 Year Reunion**

**Class of 1986 • 25 Year Reunion**  
Angela Kufasimes Gianulias '86 and Mollie Munizich Nelson '86 are chairing their upcoming 25th reunion. If you are a member of the class of '86 please visit the facebook page, “St. Francis High School – Class of 1986 Reunion” to connect with fellow classmates and receive updates as the planning progresses. If you would like participate on the reunion committee, please email Mollie at [mnelson@loftworks.biz](mailto:mnelson@loftworks.biz).

**Class of 1991 • 20 Year Reunion**  
The class of 1991 reunion is scheduled for September 17, 2011 at MIX Downtown. For more info on the reunion, go to the class Facebook page: St. Francis class of '91 or email Katherine Gallia Boroski at [katherine@bkbdesigngroup.com](mailto:katherine@bkbdesigngroup.com) for details.

**Class of 1996 • 15 Year Reunion**

**Class of 2001 • 10 Year Reunion**

**Class of 2006 • 5 Year Reunion**

## CLASS OF 1970 • 40 YEAR REUNION

by Marianne (Veglia) Lucchesi Hamilton



Forty years. When my classmates and I were students at St. Francis, we could barely imagine living to the “ripe ole’ age” of 40 – let alone conceiving of a post-graduation span of four decades.

But for the Class of 1970, it is indeed a reality. In the 40 years since we received our diplomas, we’ve scattered to the various corners of the globe. We’ve fallen in love, married, had families, divorced, remarried, settled into our careers, had grandchildren, lost spouses and loved ones, and even – for nine members of our class – lost our lives.

We’ve had appendectomies. Hysterectomies. Mastectomies. We’ve survived, stronger in many respects, than ever.

Some of us stayed in touch with our SFHS friends; others had had little or no contact with their classmates since that warm June evening when we said our final good-byes. But thanks to the Internet – and the tireless efforts and creativity of our classmate Barbara Black Burman – a website brought us back together. Last summer Barbara launched a gorgeous, news-filled site that helped track and unite our class, and provided information on our upcoming 40-year reunion.

Then, after months of planning – all ably directed by Beth Leonard Schatz, our former student body president – the Troubadours descended on Sacramento for a long weekend of reconnecting and remembering. And what a weekend it was!

Friday night found us gathering for a very special “Girls’ Night” potluck event, where the wine (and tears) flowed, the food table was laden with all manner of goodies, and the laughter, hugs and talk were non-stop. We eagerly pored over long-forgotten memorabilia (yearbooks, prom bids, old newspaper clippings, photos), howled at a mannequin dressed in our old uniform, and lit candles in front of photos of our departed classmates. Several ladies traveled thousands of miles to attend; Lydia Rogers even participated via phone from Italy, where she was vacationing.

Could there have been anything more magical than seeing so many familiar faces after all this time? It was an exhilarating evening, drawing together an array of talented, amazing women. We chatted, grazed, giggled and bonded – and renewed cherished friendships.

Saturday brought a morning tour of the school; a near mind-boggling experience for those of us who had not seen the changes to the campus since we left. We found the buildings to be large and exceptionally well-outfitted, the facilities gleaming and impressive. Gazing at the array of team photos in the sports complex, it was hard to imagine that St. Francis

now offers students such a rich curriculum and grounding in so many areas.

For many of us, the highlight of the tour was seeing crowds of current students on campus – painting signs, shooting hoops, or just hanging out. To them, I am certain, our crowd of middle-aged, bespectacled matrons surely appeared to be dinosaurs.

Cautiously we spoke to them; we found every one of the girls to be friendly, helpful and respectful... and gratified to hear how thrilled we were with the changes in our alma mater. We concluded our walkabout optimistic about the future of St. Francis: In those fresh, beautiful young faces, we saw talent. We saw grace. We saw passion. And we saw the anything’s-possible confidence that burned in all of us as students.

The weekend was capped by the “All School Reunion Banquet,” held Saturday night at the Dante Club. Current SFHS students may not be aware that Sacramento was once home to four Catholic girls’ schools, as well as Christian Brothers and Jesuit. Three of the girls’ schools and both boys’ schools welcomed their Class of ’70 alumni back that evening. Thanks to Beth and the reps from all of the schools, the evening was a major success by any measure. Cocktails, a delicious dinner, and Baby Boomer music; what more could we have wished for?

Though the addition of the opposite sex lent a whole new dimension to the festivities, there was no mistaking one underlying theme: No matter how old we become, St. Francis girls ROCK, and we were there to celebrate! And celebrate we did, ‘til the very last table was cleared, and the final notes died away.

In total, the experience left every single attendee with the same feeling: We were witnesses to an extraordinary experience, and (for a weekend, at least) we were members of a glorious, glowing community. Four decades after we donned our white caps and gowns, the silly concerns of high school – the cliques, the popularity worries, the slights (both real and imagined) – are now the faintest of memories. In their place we have sowed the seeds of true friendship, celebrating the women we have become.

Where once we were sisters in our clothes, we will forever be sisters in our hearts.

*Note: Due to the outpouring of enthusiasm from the Class of 1970, we have received enough donations to maintain our website at least long enough to plan our 50-year reunion. Many thanks to all who helped create our 40-Year Reunion Weekend! ❖*

1. Diane Bosnich-Chapski, Andee Gilliam, Joanne Ciucci Ryan, Christine Perri, Tracy Dickerson
2. Sister Maryanne Beeler, SJS, Terry Sechrist, Patti Pesce Kafati, Marge Rowe LaMonica
3. Janis Skarles Hill, Beth Leonard Schatz, Ed Schatz, Wendi Ferguson Williamson

# REUNIONS

## CLASS OF 1955 • 55 YEAR REUNION by Eleanor Bertolani Neumann

"55 since '55" was the theme of the class of 1955 reunion last September held at the Frasinetti Winery and Restaurant. There were twenty-eight classmates in attendance and the day was filled with loving sisterhood.

Sister Claire Graham served as the speaker expressing her usual wit and charm. Eleanor Bertolani Neumann, Mary Van Dillon Keowen and Jean Roach helped to organize the event with assistance from Sara Parino Doneen, Elizabeth Traversi Olszowy and Nancy Aguilar Whalen. ❖

1. Nancy Aguilar Whalen, Mary Van Dillon Keowen, Paula Corsiglia 2. Marie Waterbury Lawson, Mimi Oehlrich Winslow 3. Jo Anne Piazza Bernhard, Jean Roach 4. Eleanor Bertolani Neumann, Carole Marty Beals 5. Pat Schuler Ambrose, Jo Anne Piazza Bernhard 6. Dodi Hernandez Sparks, Sue Freyberg Hauser, Marie Waterbury Lawson



## CLASS OF 1995 • 15 YEAR REUNION by Erin McGuire

The Class of 1995 had two opportunities to reunite over Labor Day Weekend. The first was a cocktail celebration at The Corner Restaurant & Bar Saturday, September 4th. It was proof that we still have that SFHS pep and go! The very next day, a family friendly gathering occurred at Leatherby's. The next generation of SFHS girls got to know each other over ice cream sundaes. Social networking has helped keep people in touch but it was great to see so many classmates back together again.



### Saturday Night Party

Seated: Jennifer Brace, Anne Chatfield, Erin McGuire, Chris Conti, Emily Bay, Kailen Neff; Front Row Standing: Amy Bell, Andrea Diaz, Kim Klier, Alyssa Stark, Katherine Morris, Colleen Meyers, Yesenia Hernandez, Kerry Slavich, Maria Porter, Rebecca Baker, Jennifer McAdaragh, Carmen Salazar; Back Row Standing: Kelly Brady, Allison Barsotti, Rachel Valine, Selena Murphy

## CLASS OF 2000 • 10 YEAR REUNION by Megan Read Merchant

On September 11th, 2010, the Class of 2000 celebrated their 10 year reunion! 65 SF girls and their dates had an amazing evening sipping drinks and talking the night away on the rooftop patio at Mix Downtown Lounge. Even some of our past teachers from St. Francis stopped by to check in on us! The TV's played a slideshow of pictures from our high school days, and really, what kind of SF event would it be without a slideshow? We had a great time catching up with old friends with most of us ending the night getting down with our girls on the dance floor! ❖

1. Cathy Labbe, Stacy Mello, Megan Read Merchant, Christine McKeown, Jenna Schwan 2. Claire Blocker, Christina Turpen, Mari Parisi, Stacy Mello 3. Dina James, Beth Kubasak, Emily Baker 4. Stacy Mello, Christine McKeown, Lindsay LaSalle, Jill Nelson 5. Emily Baker Hurley, Megan Carney, Elizabeth Elias, Candace Segura Knell, Kevan Fornasero 6. Stacy Mello, Mari Parisi, Nicola Landerfelt Miller, Cathy Labbe, Tiffani Perkins Dodge and Megan Read Merchant



### Sunday Lunch

Front Row: Chris Conti, Selena Murphy; Back Row: Amy Bell, Colleen Meyers, Lisa Raley, Christie Domasky, Julie Clark, Elaine Chan, Tyson Sheedy, Sarah Cu, Rhea Udujan

# SFHS CALENDAR HIGHLIGHTS

## Jazz Ensemble & Dance Showcase

May 4, 2011 at 4:00PM  
SFHS Arts Complex

The Jazz Ensemble begins at 4:00pm and the Dance Showcase begins at 6:30pm. More information available online at [www.stfrancishs.org](http://www.stfrancishs.org).

## 21st Annual Booster Club Golf Tournament

May 16, 2011  
Del Paso Country Club

The major fundraiser for the SFHS Athletic Programs. Information available online at [www.stfrancishs.org](http://www.stfrancishs.org).

## Welcome Back Parent BBQ

August 18, 2011  
Serra Court

## Grandparents' Day

September 11, 2011  
SFHS Campus

Students and their grandparents (or grandparent-figures) are invited for Mass and a pancake breakfast. Please spread the word to these important people in our students' lives. Additional information and registration online at [www.stfrancishs.org](http://www.stfrancishs.org).

## "Pearl of the Orient"

October 1, 2011  
SFHS Campus

## St. Francis Feast Day Community Celebration

October 4, 2011  
SFHS Campus

## Revelry 2011: California Grandeur

October 22, 2011  
SFHS Campus

Fabulous food and wine from Sacramento's finest restaurants and wineries, silent and live auctions, live entertainment, art exhibitions and much more!

## Musical: *Thoroughly Modern Millie*

November 4-5, 11-13, 2011  
SFHS Arts Complex

Information and tickets will be available online at [www.stfrancishs.org](http://www.stfrancishs.org) in August.

# ALUMNAE ASSOCIATION CALENDAR OF EVENTS

## Senior Luncheon

Friday, May 13, 2011  
SFHS Gymnasium

Parents, family and friends are invited to celebrate one last St. Francis moment together with the class of 2011 before graduation with a lunch hosted by the SFHS Alumnae Association.

## Class of 2011 Diploma Pick-up and Continental Breakfast

Friday, May 27, 2011  
Serra Court

Hosted by the SFHS Alumnae Association.

## "School's Out" Tailgate Party

Saturday, June 18, 2011  
SFHS Campus

Join the SF Alumnae Association for some fun in the sun at our "School's Out" Tailgate Party on Saturday, June 18 from 3:00-7:00PM at SFHS. Friends and family are welcome for a casual afternoon of softball, grass volleyball, Frisbee, food and drinks, music and much more. Grab a cold one and join us on the field! More info to come on the website and facebook.

The St. Francis High School Alumnae Association has designated the Saturday of Father's Day weekend each year for an alumnae activity. *Save the date!*

## Troubadorable Faire

Sunday, September 25, 2011  
Serra Court

The Faire is for boys and girls with games and activities for children ages 2-10. It will begin with a Children's Mass at 9:30AM in the chapel. Following mass, the games will commence in Serra Court until noon.

SING TO THE LORD, ALL CREATURES!  
 WORSHIP GOD WITH YOUR JOY;  
 PRAISE GOD WITH THE  
 SOUND OF YOUR LAUGHTER.  
 KNOW THAT WE ALL BELONG TO GOD,  
 THAT GOD IS OUR SOURCE AND OUR HOME.  
 ENTER GOD'S LIGHT WITH THANKSGIVING;  
 FILL YOUR HEARTS WITH GOD'S PRAISE,  
 FOR GOD'S GOODNESS  
 IS BEYOND COMPREHENSION  
 AND GOD'S DEEP LOVE ENDURES FOREVER.

PSALM 100

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



Anne McNamara McCollom '47



Therese Marcoux Rommel '50



Catherine Church Jones '52



Diane Pechacek Sanderson '52



Kathleen Domich Hewitt '52



Maureen Douglass '55



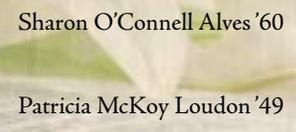
Joan Cordano Myers '55



Sharon O'Connell Alves '60



Kathleen Decker Canuel '49



Patricia McKoy Loudon '49

ST. FRANCIS HIGH SCHOOL  
 MEMORIAL AND TRIBUTE PROGRAM

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

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

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

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

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

Address \_\_\_\_\_

DONOR INFORMATION

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

Address \_\_\_\_\_

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

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

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

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



**ELIZABETH REALI '11**



**SARA ARTALE '12**



**HELEN HYANG EUN PARK '12**



**VOLETTA KRIEG '11**

"Dance has been the inspiration for most of my artwork. I feel that my experience with dance allows me to accurately portray the life of the dancer."

*St. Francis*  
CATHOLIC HIGH SCHOOL

5900 ELVAS AVENUE  
SACRAMENTO, CA 95819

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## CROCKER ART MUSEUM'S SELF PORTRAIT SHOW



**SHELBY VOLLMER '11**

These works by five St. Francis student artist are on display until July 10, 2011 at the Crocker Art Museum's Self Portrait Show. The opening and awards presentation is on Sunday, May 15, from 1:00 to 3:00PM, and is free to the public. Twenty high schools from the Sacramento area participate in this show, formerly housed annually at the 20th Street Gallery. Each school is allowed to submit five pieces of art which are judged and awarded. The St. Francis art teachers - Adan Romo, Marko Vlaisavljevic, Mary Stember, and Kathy Carlisle - selected the five entries.

