



PAX ET BONUM

SPRING 2010 VOLUME 7 • NUMBER 2



St. francis
CATHOLIC HIGH SCHOOL

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DESIGN

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ON THE COVER

Kamali Houston '12 in the SFHS foreign language lab. The lab is featured in an article on page 12.

COVER PHOTO BY

Pinkie Pictures

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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.

This spring 2010 issue contains information about St. Francis High School's governance, mission effectiveness, and some of the recent steps taken to implement the school's vision of providing the best possible education for the 21st century. As demonstrated through the efforts and activities of the extended school community, St. Francis remains grounded in faith, possesses a strong sense of purpose, and continues on a path toward achieving its vision.

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Western Association of Schools and Colleges: Accrediting Commission for Schools
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PHOTO BY PINKIE PICTURES

EXPECTED SCHOOLWIDE LEARNING RESULTS

THE GRADUATE OF ST. FRANCIS HIGH SCHOOL WILL

- Understand the major tenets and traditions of the Catholic faith.
- 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.
- Complete an academic program that meets or exceeds course requirements for university matriculation.
- Exhibit the curiosity, self-confidence, discipline, critical thinking, and communication skills needed for independent thought and life-long learning.
- Appreciate the fine and performing arts as a means of self-expression, creativity, and aesthetic enjoyment.
- Practice habits conducive to physical and emotional well being.
- Exhibit social and civic leadership in fulfilling the duties of citizenship; promoting social justice; and strengthening family, community, and environment.
- 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.
- Affirm others within her family, school, and community by celebrating their efforts and achievements.



PRESIDENT'S MESSAGE

Last October I was privileged to attend a retreat for administrators themed "The ABC's of Gospel-driven Leadership." I was expecting great things from our multi-talented facilitator, Father Richard Fragomeni, and I wasn't disappointed.

The principles of his talks were somewhat unexpected, but foundational. They were simple ideas and practices, like excerpts from the Sermon on the Mount or practices of Mother Theresa—prayer, hospitality, generosity, humility, and the twins, charity and justice. I couldn't help but reflect that all followers of Christ are charged to put on these virtues, not only those in leadership positions. Nevertheless, the challenges of a leader are unique and often great, and these virtues enable a leader to lead with Christ-like beauty and strength. The presentation was particularly powerful if one saw the ABC's in the context of top-down modeling: *Let your light shine that all may see...*

Leadership at St. Francis Catholic High School is an ideal/attitude that is highly prized from the President's office to the newest freshman Troubie. Each person is expected to develop leadership qualities, all based in the principles named above. While all this guarantees a solid and necessary foundation, clearly there is more to running a school than becoming a virtuous person.



In his landmark book, *From Good to Great*, Jim Collins wrote: "Great organizations keep clear the difference between core values, which never change, and operating strategies and cultural practices, which endlessly adapt to a changing world."

Operating strategies and cultural practices at St. Francis Catholic High School are thoughtfully modified through a collaborative process that takes place at all levels of the school. While the President holds the ultimate responsibility for the school, each of the following groups has responsibility for a specific aspect of school life.

St. Francis Catholic High School is first guided by an **Advisory Board**, whose members are appointed by the Bishop to advise the President. The Board is comprised of 18 members representing all aspects of the greater community. Discussion and recommendations revolve around

*In his landmark book, From Good to Great, Jim Collins wrote:
"Great organizations keep clear the difference between core
values, which never change, and operating strategies and cultural
practices, which endlessly adapt to a changing world."*

such topics as mission effectiveness, tuition, financial aid and marketing. While the Board has no juridical power, its voice carries significant value as it strives to help the President anchor the school in solid, faith-filled, academic and business practices.

Another group, the **President's Cabinet**, sets direction while protecting and ensuring the values and traditions of the school. The Cabinet is comprised of the top administrators who have oversight of the key departments on the campus. These include the President, the Principal, the two Assistant Principals, the Director of Finance, the Director of Technology, and the Director of Institutional Advancement. Other department representatives are welcome to present agenda items or attend the weekly meetings as necessary. This is the decision-making body on the campus.

The **Principal's Advisory Council** deals with day-to-day issues and makes decisions that impact the operation of the school. Various directors are part of the Council including the Campus Minister, the Student Service Coordinator, the Plant Manager, and the Communications Director. This group ensures smooth day-to-day operations and communications among all groups.

Another group, the **Academic Advisory Council** is comprised of academic department chairs. This Council engages in cross-curricular collaboration, establishes academic policy, sets academic standards, integrates information literacy, as well as ensures weaving faith into all aspects of academics. The Academic Advisory Council ensures that St. Francis Catholic High School engages in best practices in each discipline across the campus.

Like the Academic Advisory Council, the **Student Life Council** is also made up of various directors on the campus, but this Council handles issues that directly impact student life. This could be anything from clubs to dances to athletics to service.

Clearly, leadership at St. Francis Catholic High School is not the work of one, or even two. It is highly collaborative, with pertinent information funneling up to the President's Cabinet for consideration. The leaders on the Cabinet have complete confidence in the work of each of the other groups. Everyone takes ownership; success is shared by all. There are no failures, only opportunity for growth.

In such a model, it is imperative that the ABC's of Gospel-driven leadership be internalized and practiced by all. In today's over-commercialized world, we each need the grounding that Father Fragomeni outlined. If St. Francis High Catholic High School is to continue to be a stellar, faith-based education, we must all be Christ-centered people, all called to lead and to serve.



Marion L. Bishop



SCHOOL BOARD

MARION BISHOP

President, St. Francis High School
Parent of Leah Bishop Newton '92

TRACY BEST DEMETRE '82

Asset Manager, Best Properties
Parent of Carly Demetre '10

JAY HECKENLIVELY

Senior Vice President & Legal Counsel,
McClellan Park
Parent of Anna Heckenlively '07

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Attorney, Matheny Sears Linkert and Jaime
Parent of Jillian Jaime '09 & Madeline Jaime '12

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Owner, Khan Rice Farms
Parent of Annem Khan '06 & Umna Khan '11

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Parent of Lori Lien '08

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Roger Niello

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Director of Institutional Advancement,
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Superintendent of Catholic Schools,
Diocese of Sacramento
Parent of Sarah Puglisi '07

FR. LORETO ROJAS

Pastor, St. James Parish, Davis, CA

SHARON TOBAR

Director of Finance and Business Operations,
St. Francis High School
Parent of Tessa Tobar '13

JOHN WINNER

Agent, State Farm Insurance Company
Parent of Jennifer Winner '04

Attendees at the November 2009 School Board meeting (left to right): Matt Jaime, Sharon Tobar, Jay Heckenlively, Cindy Sandoval (Executive Assistant to President Marion Bishop), Patrick O'Neill (Principal, St. Francis High School), Marion Bishop, Bishop Jaime Soto, Tracy Best Demetre '82, Craig McNamara, Kathleen McKenna, Paul McKay, David Murphy, Tariq Khan, John Winner, Vanessa McCarthy-Olmstead '96



BISHOP'S MESSAGE

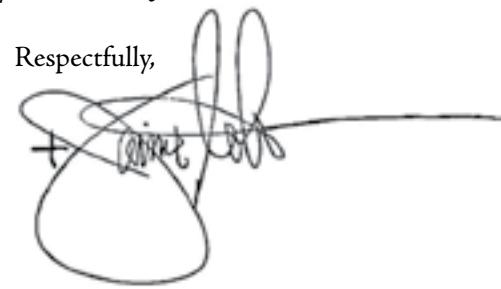
DEAR FRIENDS IN CHRIST:

I am proud of the many great accomplishments of Saint Francis High School in preparing young women to be strong leaders, faithful citizens and pillars of their communities, both now and in the future. The alumnae have been powerful witnesses to the faith in all aspects of our society for 70 years.

Through the tireless work of teachers, staff and volunteers, Saint Francis High School has become a model of Catholic Education, not just in the Diocese of Sacramento, but throughout the State of California.

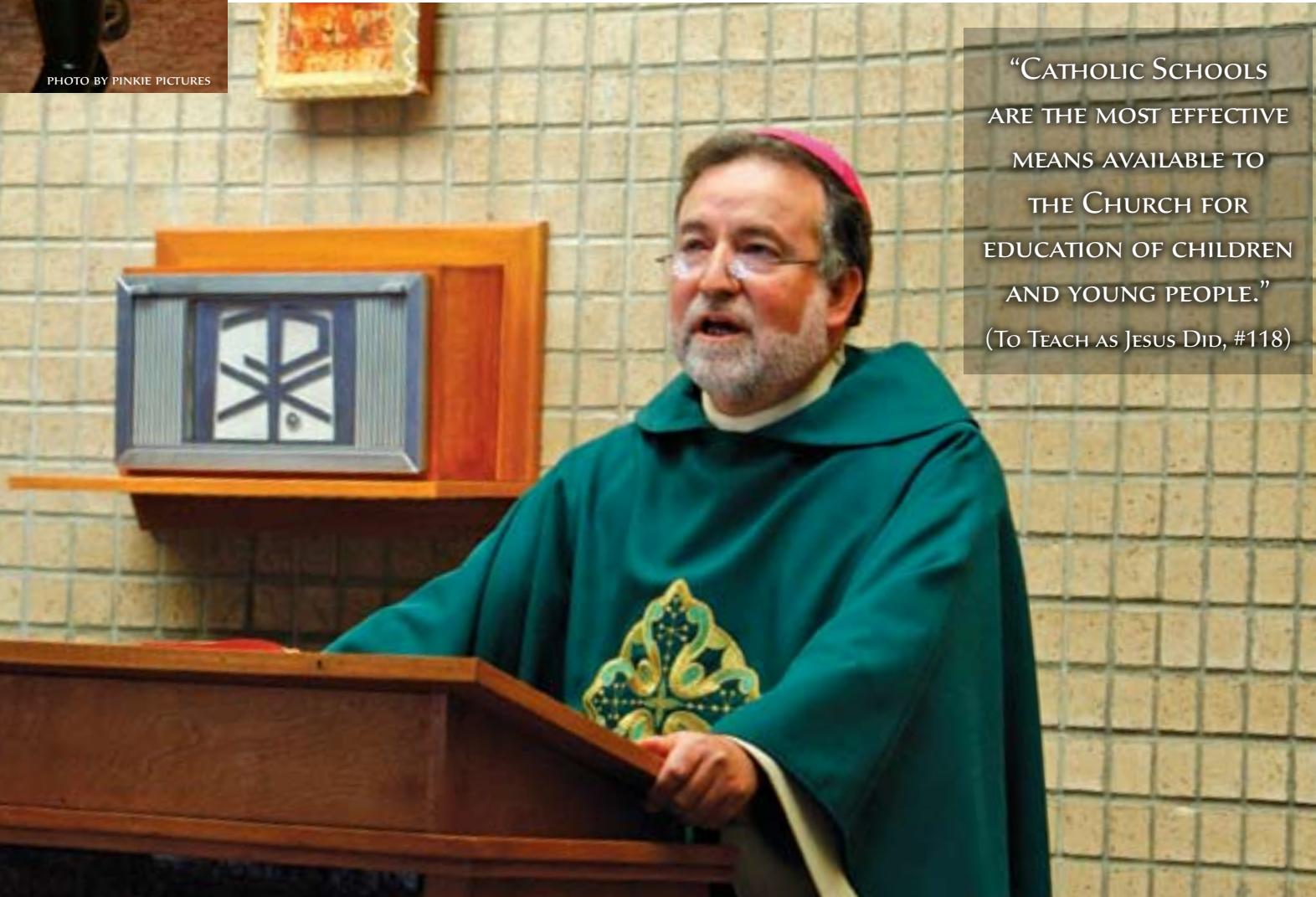
May the Lord continue to send his blessings upon the faculty, staff and students of Saint Francis High School, and fill them with the Hope and Joy of His Son, Jesus.

Respectfully,



+Jaime Soto
Bishop of Sacramento

PHOTO BY PINKIE PICTURES



“CATHOLIC SCHOOLS
ARE THE MOST EFFECTIVE
MEANS AVAILABLE TO
THE CHURCH FOR
EDUCATION OF CHILDREN
AND YOUNG PEOPLE.”

(To Teach as Jesus Did, #118)

REFLECTION



Peter Strawn has taught English at St. Francis High School since the fall of 2008. He is a member of the St. Francis School Board Committee on Mission Effectiveness.



ON CATHOLIC IDENTITY

By PETER STRAWN

In Mark 12:41-44, Jesus comments on the poor widow who places a very small amount of money into the treasury. He informs his disciples of the significance of her simple, direct action: "She, from her poverty, has contributed all she had, her whole livelihood." When I heard this Gospel a short time ago, I reflected on this idea of giving of one's livelihood, this humble action grounded in service and community. The priest in his homily posed a profound question in response to this reading: "What must we give?" And then he gave the direct answer—"Ourselves."

In a spirit of community, we here at St. Francis promote the life of Jesus by modeling the very same kind of service to which he called his own disciples; we give of our selves. We strive to teach in the spirit of Christ, to instill this spirit in the students here, and to exemplify this kind of life-giving service. It is no coincidence that the best times I have had being a part of the St. Francis community have been on retreats and service trips. These have been moments where I have seen the beauty of our Catholic identity put into direct action.

Retreats here are offered for each class level, so a student can continually grow in her faith. Campus Ministry has designed them so that the retreats build up to the culminating experience of Kairos. Leading up to their senior retreat experience, students have the opportunity to nurture their relationships with God and realize that they as individuals are gifts to be celebrated. As an adult leader on Kairos, I witnessed a group of seniors give their entire selves to serving those on retreat for four days. Sharing who they are and how they understand God in an open and honest way, these retreat leaders exemplified how powerful our mission can be in shaping these young women into models of Christian faith. They were examples of peace and goodness to their peers, models of faith in this community.

In addition to serving others through retreats, we, by our Catholic identity, are called to serve those in need in our society. Keeping in mind the example of the poor widow, we must serve with our whole selves. On our school's first service trip to New Orleans this past summer, 25 students put their love into action, hearing and answering the call to serve. For the first time this coming summer, students and staff will be traveling to Ghana to visit its all-girls St. Francis sister school. These examples of service demonstrate that because of our mission, we inspire our students to lead the way toward peace and goodness in the world, as they desire to build relationships and create new bonds with those in great need.

However, we must also keep in mind that the call we feel as Christians is not always one that causes us to travel long distances to serve. Here in Sacramento, students, led by seniors who model their call to service as Core Leaders, give of themselves in the local community at Loaves & Fishes and Eskaton Village. They serve meals at Sharing God's Bounty at St. Philomene's. They tutor at St. Anne's, Holy Spirit, and Phoebe Hearst. As a community, we raise money during Lent through Operation Rice Bowl, and we put on a Christmas Store each winter for local families. Whether it is across the Atlantic Ocean or just down the hall to our gym, our students answer the call to love and serve by sharing their selves—their greatest gifts—wherever they are needed.

Beyond retreats and works of service, our Catholicity informs how we operate day in and day out. From the way we start class in prayer to the clubs that are formed to unite students in a common bond, from the loving albeit heated competition of Spirit Week to the unity of spirit at Masses and prayer services, we are always growing in relationship with God and each other. As a community that is called both to love and to serve, we place God at the center and use the example of St. Francis to help us become instruments of peace and goodness to all the people of God. It is this approach to education, one that places Jesus as the true educator of us all, that allows for us to share as a community the process of coming to know our God and putting the love of God into action in this world. We serve side-by-side, leading each other and being a sign of God's presence to all whom we meet. ♦

WELCOME TO THE

BY TERI STONE

The latter part of the 20th century witnessed a biological revolution that opened new horizons in life sciences and created an entirely new industry called "biotechnology." Today biotechnology is one of the most important emerging sciences in the world. St. Francis High School began offering a year-long UC-approved lab science course in Biotechnology in 2007.

At this point, you may be asking, "What is Biotechnology?" One definition is the deliberate manipulation of DNA molecules to produce commercial products from living organisms. It uses cells and biological molecules (DNA, RNA, proteins, etc.) to create new products, processes or services. It is interdisciplinary in nature, and as a result, Biotechnology makes use of scientific knowledge gained from the study of cell biology, chemical engineering, genetics, immunology, physiology, molecular biology, microbiology, biochemical engineering, and biochemistry. It also incorporates the fields of computer science and mathematics (in a specialty called bioinformatics) to collect and analyze experimental data so that scientists all over the world can share and have access to the information.

Biotechnology will have a huge influence on future careers. Some of the biggest areas of application are in the medicinal field and include pharmacogenomics, drug production, genetic testing and genetic therapy. Biotechnology is used in plant and animal agriculture, veterinary medicine, law enforcement, and environmental clean-up, diagnostics, textiles, aquaculture, forestry and many other fields. It is said that the applications of biotechnology are so broad, and the advantages so compelling, that virtually every industry is or will be using this technology.

With current techniques in biotechnology, it is possible to excise one or more genes from an organism and then insert them into another organism. Genes code for the manufacture of proteins. So the "transformed" organism will now manufacture one or more proteins which it previously could not make. One highlight of the Biotech course at SFHS is to "transform" bacterial cells with a gene from a jellyfish. This jellyfish gene codes for a protein which fluoresces with a green color under ultraviolet light. Before they receive the jellyfish gene, the bacteria do not "glow," but after receiving the new gene, they do. This technique is the basis for the potential life-saving technique called "gene therapy."

Katie Mulligan, SFHS class of 2009, just formalized her college major at the University of Hawaii-Manoa as "biotechnology on the pre-med track." Katie attributes her choice of major to her time spent in the biotechnology class at SFHS during the 2007-2008 school year. Katie recently wrote a thank you letter to Teri Stone, who teaches the class, saying, "Thank you for inspiring me to work in the field of biotechnology. Were it not for you, I would never have known the wonders that the field of biotechnology holds. You did more than educate us about the fundamentals of biotech—you also taught us to think about the ramifications of working in this field; how to hold fast to our Christian moral values and ethics, while at the same time embracing the vast potential for good that this field holds." ♦



Teri Stone has taught at St. Francis for five years and currently teaches Biology and Biotechnology. Before receiving her teaching credential at CSUS, she was a department manager and analytical chemist for an international environmental testing laboratory.



FUTURE!



"Biotechnology is no longer a fledgling technology; it is a driving force in the region and the state, as well as the world. I ask my students to join me in achieving my mission statements through the use of biotechnology: to feed the hungry, to cure the sick, to develop sustainable resources on our planet."



Dr. Judy Kjelstrom,
Director, UC Davis Biotechnology Program and
Parent of SFHS alumnae Erika '94 and Andrea '96



SFHS alumna Flora Rutaganira '06 is in her last year at UC Davis, studying Biochemistry and Molecular Biology. She recently won an award for a presentation at ABRCMS (Annual Biomedical Research Conference for Minority Students) on natural product synthesis research that she has been conducting through the UCD department of Chemistry. Natural product synthesis attempts to chemically create substances found in nature that have potential as pharmaceutical drugs. The project was sponsored by the Biology Undergraduate Scholars Program; Flora was one of six students selected to present at ABRCMS.

Flora plans to continue working in chemistry-biology interface research. Her areas of interest are pharmacogenomics (the study of how genes affect our response to drugs with the hopes of tailoring drugs to individuals) and biopharmaceuticals (large biological molecules that have therapeutic effects).

FOREIGN LANGUAGE:

BY DEBORAH PANSIUS & EVELYN VARGAS

In 2008, the Foreign Language Department at St. Francis acquired a state-of-the-art teaching tool—a language laboratory. One of only a handful of high schools in northern California with such a sophisticated system, St. Francis is already reaping benefits in the form of improved Advanced Placement test results.

In a language laboratory, students use headphones to listen to a “master track”—the teacher (or a recording) speaking in Spanish, Italian, or French—and then create a “student track” by speaking into a microphone. The St. Francis language lab features 32 stations or carrels, each equipped with a control panel that allows students to control the volume of the teacher’s source as well as their own when recording and replaying tracks. The control panel also allows the user to initiate “phone calls” and engage in conversations.

The system, which cost almost \$80,000, is an extremely effective way to improve students’ listening comprehension and conversational skills in a foreign language. Students have the opportunity to reproduce the language orally far more frequently than in a traditional classroom environment in which each student may recite a dozen sentences a week. In the lab, during a single session of 30 minutes, students hear and respond to 75 or more utterances; they also compare their responses with the perfect response of the voice on the master recording.

The one-to-one contact between the student and teacher or master track in a language lab also promotes comprehension of the foreign language. This is key to success on the AP exam, since 75% of the test is based on student comprehension of audio sources. Another advantage for AP students is the fact that the lab activities mimic AP audio and speaking portions on the exam. Also, the feature “AP Exam” of the Sanako lab allows SFHS to conduct the AP language examinations, digitally recording student responses for submission to the College Board. In 2009, St. Francis students boasted impressive results on the AP foreign language exams—100% passed the French language, French literature, and Spanish literature exams. More than 80% of St. Francis students who took the Spanish language exam passed—far better than the national average of 64%.

Teachers who use the system find that their individual effectiveness is greatly increased. Whether the students are engaged in a “paired discussion” activity or in a “model imitation” activity, a monitoring function allows the teacher to listen and provide immediate feedback. Laurie Losada, Spanish teacher, notes that in the “paired discussion” activity, her students are much more focused than if they were in a conventional classroom: “the students are aware that the teacher can listen in at any time and this helps to keep them on task.” Evelyn Vargas, also teacher of Spanish reports that “using internet sources, such as international news, podcasts and video clips offer the student the opportunity to listen to authentic language. Those sources add an updated view of the topics covered in the textbook”

An important student benefit is the fact that the environment is non-threatening. The use of headphones and partitions provides a sense of privacy and helps diminish self-consciousness. Deborah Pansius, French teacher, notes that “students speak far more readily when their peers are not listening.” She adds that her students sing songs in French in the lab: “We’ll study a song, for example, ‘Je ne regrette rien’ by Edith Piaf. I’ll then record each girl singing the song while the master track plays in the background. Each student then listens to herself singing the song. This is something that we could never do in a traditional classroom setting.” This use of the system has piqued the interest of St. Francis choir director Tina Harris who envisions the lab’s potential use for choral training purposes.

St. Francis began researching language labs in February 2007. A committee composed of four teachers met biweekly for five months to gather data on language labs offered by various vendors. They chose Sanako Tandberg Educational. Important factors the committee considered when selecting the Sanako included the fact that the company is dedicated exclusively to the manufacturing of language labs for the purpose of language acquisition and that they worked with the College Board to develop the hardware and software to collect students’ responses on all AP foreign language exams.

The St. Francis language lab consists of 32 student audio record interactive panels, student connection center, media storage unit, teacher audio panel, and a teacher PC with the Lab 100 Graphical User Interface. This allows the teacher to use both digital and analog resources. The Lab 100 is the building block of all other labs offered by Sanako, giving St. Francis the flexibility to expand the system in the future. ♦



TUNE IN



Evelyn Vargas has taught at St. Francis High School since 1981, she is the Chair of the Foreign Language Department and a member of the Technology Committee.



PHOTO BY PINKIE PICTURES

Deborah Pansius has taught French and English at St. Francis since March 2006. She was raised in France and moved to the U.S. to attend the School of Foreign Service at Georgetown University. Prior to joining St. Francis, Deborah worked as an editor and also taught French at a community college.



BACKWARD



Ivan Hrga is the Assistant Principal for Academics at St. Francis High School. He holds an Administrative Credential for California and has over ten years of experience in Catholic, high school education.



Patrick J. O'Neill is the principal of St. Francis High School. He holds a Master of Arts in Educational Leadership, an Administrative Credential for California, and a Bachelor of Arts in Organizational Communications. He has more than 20 years of experience in Catholic education and extensive background in banking management.



DESIGN:

BY PATRICK O'NEILL & IVAN HRGA

EDUCATION FOR THE 21ST CENTURY

Also called Understanding by Design, Backwards Design is a cutting edge initiative giving direction to all areas of the field of education. Simply stated, it is an educational design method beginning with the end in mind. Teachers start by establishing an agreed upon set of standards or learning objectives per discipline, per grade level: What do we want the students to achieve? They then develop a culminating assessment that will show the students' level of mastery: How will we know if students have met the standards? Teachers then design their curriculum and develop instructional objectives to assure attainment of the standards.

While those in the business world may think that this is an obvious approach, for educators it represents a very new approach to the delivery of content. Recognizing the benefit to our students, our school's professional development plan has allocated resources for each academic department to attain proficiency in the Backwards Design approach. At the completion of training, each department will develop bench marks, including common finals, syllabi, and formative assessments. St. Francis is also in the process of determining and implementing a new online learning management system that will provide structure and support for the theory and its practical application in the classroom.

What are the implications of Backwards Design for St. Francis? Some may argue, and justifiably so with St. Francis High School's proven track record of success, why do anything? Our response: when we rest on our laurels, the world can easily pass us by. Additionally, we all know that information grows and skill sets are expected to be mastered at an earlier and earlier age. To stay current, we must look at when and how we deliver the curriculum. All too often in education innovative approaches come along and we "throw out the baby with the bath water." At St. Francis, we are adopting and adapting these proven principals in a manner more synonymous with the metaphor, "sharpening the saw."

EFFICIENT DELIVERY

Through the analysis of the data, we are able to make educated curriculum delivery decisions and choose the most effective methodologies. We no longer have the luxury of allowing our curriculum to be unaligned to standards. We must be sure that our expected outcomes, our methodologies and our assessments are fully aligned at all times both vertically (alignment of structural and process features across grades) and horizontally (alignment of standards, curriculum and assessment within grade levels).

If we can determine how students learn best at an early stage in their tenure at St. Francis, we can tailor the learning experiences through their entire course of study. When a learner is aware of how she best learns, she will be more able to achieve efficient success. Furthermore, we can determine the modalities of learning that are weaker for a particular student and provide opportunities for her to become more proficient in that area.

Through Backwards Design we seek to analyze what is delivered, where it is delivered, when it is delivered and how it is delivered. By increasing the efficiency of our educational process, meeting multiple standards and practicing multiple skills in a single lesson, we will help reduce the work load and thus reduce the stress on 21st century students while preparing them for the array of variables they will encounter in their lifetime.

Continued on next page



COLLABORATION

We now know more about how people learn than we have ever known before. Moreover, the bulk of information known to humankind is duplicating at a pace that no one person is able to assimilate and apply. Therefore, we must depend on what each individual knows and share our communal wisdom. As the adage goes, we are greater than the sum of our parts. A key component of Backwards Design is furthering professional collaboration among teachers. Teachers disaggregate student results, share best practices and celebrate each others' successes.

INDIVIDUALIZED LEARNING

Backwards Design allows us to differentiate. Combined with the use of a fully functioning online learning management system such as Tapestry, we will have the ability to allow students who can and are motivated to do so, to move ahead. While, at the same time, provide additional opportunities for students to master concepts at their own pace.

WHAT TO LOOK FOR

In the near future we will move from eChalk to a new learning management tool that will allow for a single sign-on for classroom information as well as student progress and grades. Once this is complete, we can begin to utilize the system to its fullest potential in a manner that is right for St. Francis. This coming July, the final group of Department Chairs will attend the Backwards Design training in Chicago and in the fall, begin the process of implementation in their departments. Though our approach may evolve, our mission remains the same: to deliver an academically superior curriculum in an atmosphere of Pax et Bonum which leads the young women of St. Francis to a life of faith, excellence, leadership and service. ♦

2009 REVELRY!

GALA AUCTION & TASTE OF THE ARTS

An Evening in Tuscany

Congratulations to Revelry Co-Chairs Julie Al-Huneidi and Lindsey Sackheim and their committees and volunteers for a fabulous event on Saturday, October 24. This was truly an "ALL-SCHOOL" effort. From the student entertainment, to the decorations, the restaurant and wine vendors who provided tastings, the quality auction items - both silent and live, emcee Jennifer Smith, auctioneer Kevin O'Callaghan, the fabulous dinner provided by Crisp Catering, the outstanding student and parent volunteers, and the generous sponsors and bidders, it was a magical evening.

Over 100 students joined in Revelry from various school clubs, academic teams, the Arts, Ambassadors and Student Government. Each student was instrumental in offering a warm welcome to Revelry guests and providing outstanding customer service.

Guest speaker and alum, Gen Caridi McNulty '97, delivered a heartfelt speech about her experience as a student at St. Francis made possible by the financial assistance she received to attend our wonderful school. As a result, over \$21,000 was raised in our "Stand Up for Troubies," with proceeds going to financial aid for students. Congratulations and thanks to our "Last Troubles Standing," Tim and Janine Lewis of Tim Lewis Communities.

The Verspieren Family was the lucky winner in this year's "Tuition For A Year" raffle. This first-time offering was a great success and one that will be sure to be repeated.

Our second annual Online Revelry! Auction also did well. Thanks to all who took the time to support St. Francis High School's efforts in this expanding arena. We look forward to next fall's Revelry! as Julie and Lindsey resume their positions as "Ring Masters" and take SF's festive event "Under the Big Top" On October 23, 2010. ♦



St. Francis High School thanks the following individuals and businesses for their contributions to the Live Auction and Fixed Price Parties:

B Street Theatre • Linda Babin & Gary Klopfenstein • Hotelier, Renzo Balducinni • Rosemarie Bertini • Marion & Paul Bishop • Mehera & Buck Busfield • Marsha & Larry Carson • Melinda & Doug Carson • Crisp Catering • Robert & Jovanne DeNigris • Donahue Schriber • Mary & Brig Ebright • Families of the Freshman Class • Families of the Sophomore Class • Families of the Junior Class • Families of the Senior Class • Lina Fat • Shareen & John Fat • Frank Fat's • Rena DeNigris Fischer '95 & Josh Fischer • Freeport Bakery • Greystone Culinary Academy • Hamilton Jewelers • Andrea & Jay Heckenlively • Hubacher Cadillac • Hotel Ilaria • Barbara & John Jacobs • Paula & Dave Lindquist • Luxury Limousines of Sacramento • The Market at Pavilions • Meadowood Napa Valley • Mirabelle European Pastry Cafe • Sowaiba & Tariq Munir • John Neeley • Jayne & Scott Rasmussen • Gary Ravel • Ravel Rasmussen Properties • Adan Romo • Lindsey & Andrew Sackheim • Sacramento Magazine Dining Divas • The Sacramento River Cats • St. Francis High School • The SFHS Auction Committee • Marlene & Robert Sherman • Christine Farley Skeoch '83 • Bishop Jaime Soto • Sterling Pacific Financial • Sandy & Jerry Tokunaga • Alice & Frank Ursano • Wynn Encore

Parent Prom

Each year, Revelry's auction offers a selection of "fixed price parties" - opportunities for a limited number of patrons to pay a set fee to enjoy experiences such as dining, theatre, sporting events, shopping sprees, or special treats for students. This year's "hot ticket" proved to be the "Parent Prom," held on February 20. The SFHS cafeteria was transformed with streamers and decorations, with added ambiance provided by DJ tunes, a disco ball, cookies, "spiked" punch, and even a "nun" to chaperone. Prom-goers showed their style with chiffon dresses and ruffled shirts - even a light blue tuxedo made the scene. Each girl was presented a tiara and crowned queen of the prom. Oh, what a night!



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Sponsors

This Evening Was Generously Sponsored By

PLATINUM - \$10,000

Hanson McClain Advisors

GOLD - \$5,000

Five Star Bank, Tracy & James Beckwith

Ravel Rasmussen Properties, Jayne & Scott Rasmussen

Diane Plumlee & Mike van den Akker,
Debbie & Phil Carter, Karen & Richard Moorhouse,
Jennifer & Jim Murrin, Drs. Carol & Nick Rotas

SILVER - \$2,500

Mr. & Mrs. Stephen M. Sellers

Nageley, Meredith, and Miller, Inc., Janet & Greg Meredith

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LEGACY CIRCLE - \$1,000

Julie Al-Huneidi & Bryon Bayer

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Janis & Bill Pattison

Linda & Garrett Ryle

Sac City Real Estate, Cyndie & Blake Young

Lindsey & Andrew Sackheim

The Scheid Family

Stacey & Jay Vice

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 2009.

For information about sponsorship opportunities for Revelry 2010, please contact Janis Pattison, Director of Institutional Advancement at 916-737-5033.



1. Julie Al-Huneidi, Marion Bishop, Lindsey Sackheim; 2. Diane Plumlee & Mike van den Akker, Nick & Carol Rotas, Richard & Karen Moorhouse, Philip & Deborah Carter, James & Jennifer Murrin; 3. Christine L'Hermine-Vlach & Denise Hernandez; 4. Charles & Sarah Gardner; 5. Gen Caridi McNulty '97; 6. Ron & Jimmie Torres, Lisa & Richard Shanahan, Tim & Angela Richter, Edward & Cynthia Orgon, Loretta Sellers & Mr. Stephen Sellers, Sr.; 7. Jerry & Sandy Tokunaga, Bruce & Gina Thomas, Randy & Shannon Terwedo; 8. Valerie Strain; 9. Dave Grealish, Ingrid Niles, Tara Leung, Russ Niles; 10. Christi Calpo; 11. Tina Harris & Alexandra Sargent '11; 12. (seated) Stephanie Farland, Lizz Lagomarsino, Christian Farland, Bob Lagomarsino; (standing) John Korach, Holly Fong, Scott Rasmussen, Bill & Ann Gravert, Jayne Rasmussen; 13. Fr. Chuck Kelly & Marion Bishop; 14. Joann Bonini, Wendy Cadei, Holli Luong; 15. Diane Wanner Arend '80 & Christina Fontes; 16. Julie McNamara, Gigi Mar, Tracy Beckwith, Caroline Hallmark-Jensen; 17. Mark & Christine Skreden; 18. Anne Hillen '10; 19. Kevin O'Callaghan & Jennifer Smith



EVENTS

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 11, 2009 event:

As I sat at the dinner table watching Allison laugh and carry on at dinner, then socialize while waiting for pictures and later as we danced on what has to be the most crowded and frenetic dance floor in Sacramento, I was divided between feelings of joy at the fun of this event and melancholy knowing this is Allison's last St. Francis father daughter dance and my final dance after six years and two daughters at St. Francis. What great memories! I will appreciate these occasions for the rest of my life.

Brendan O'Neill (Kristen '08 & Allison '10)

The Father-Daughter Dance was for me one of the highlights of Gabbi's first semester at SFHS. We had a great time on our "date" and I especially enjoyed meeting and interacting with more of the St. Francis dads and running into and catching up with dads who are old friends. I no longer live in Sacramento full time and it was a much-appreciated and fun event! The dance judge tossed me too soon though!

David Tan (Gabriela Smith Tan '13)

This was my fifth Father-Daughter Dance. It is a great time to bond with our daughters. I feel sorry for other schools that do not have a tradition like this. The location is great and the atmosphere is fun. No matter what is on the schedule, it will be cleared to attend this dance. I feel sad that I will only be able to attend 3 more Father-Daughter dances.

Mark Holzer (Samantha '06 & Jessica '13)

With our busy schedules, it is a rare opportunity to enjoy a special "dressy" evening with my beautiful girls! I wouldn't miss this event for the world. Thank you St. Francis!

Dr. Greg Ervigenis (Amelia '11 and Maia '13)

I was blessed to have two awesome "Dates" for what the girls describe as the "Event" of the year. My dancing skills need serious improvement, as Tim (Stephanie) Lewis out break danced me with Carly (Kent) Ramos, however Lexi Whaley promises to get my hop on for next year. Wild horses couldn't drag me away from next year's dance.

Dan Whaley (Angelica '11 & Lexi '13)

This year's Father-Daughter Event was simply the best event that my daughter and I've ever attended! Thanks to everyone who worked so hard to make this a memorable event!

Kirk Dowdell (Michelle '13)

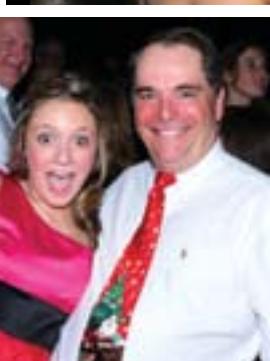
The St. Francis Father Daughter dance has become a family tradition. It started with my oldest daughter and continues with my youngest. We have never left the dance floor until the last song is over! It's great to see the kids having so much fun together. Great memories that will last a lifetime!

Tony Riehl (Meghan '07 and Missy '12)

Father Daughter Dance-Ah the memories! Pure innocence, great fun, and best date ever (next to her mother)! What a great feeling this event inspires in us fathers. Our other daughter, who finished St. Francis (and is about to finish college), told her younger freshman sister, "Don't miss this event-best fun ever." I often reminisce with my older daughter the memories from Father Daughter dance at St. Francis. Thanks for the memories.

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

❖
1. Mireille '11 & Nick Gutierrez; Roberto Pérez & Erin '11; Cami Wolfersberger '11 & Bob Nash; 2. Kirk Dowdell & Mint '13; 3. Martin Rodriguez & Marina '12; 4. Hailey '11 & Daniel Hayes; 5. Luis Romo & Gina '10; Willie Lewis & Skyler '10; Jimmie Holmes & Savannah '10; Francisco Garcia & Olivia '10; Michael Pile & MarthaClaire '10; 6. Payton '11 & Joe O'Neal; 7. Carter Nice and Olivia '10; 8. Bridie '11 and Joe Carinci; 9. Madelyn '13 & Donald Rolofson



EVENTS

CRAB FEED COMMITTEE

2010 Chair

Tracy Beckwith

2009 Chair

Dave Evans

SFHS Event Liaison

Laura Mulder

Publicity

Tracy Beckwith

Invitations/Reservations

Theresa Gonzalez

Set-up

Tim Conway

Food

Jerry Flynn

Service

Greg Nyland

Antipasto

Jill Shortley

Dessert Auction

Michele Rademann

Hospitality

Mimi Fitzsimon

Kitchen Management

Shari Scheller

Mimi Fitzsimon

Bar

Randy Cheek

Raffle

Lourdes Petralli

Booster Promotions

Wendi Wegener

Treasurer

Charles Chan

Clean-up

Paula Lindquist

CRAB FEED

Delectable rigatoni and sweet, fresh crab – it doesn't get much better than at the annual Booster Club Crab Feed. The camaraderie of a gym full of SFHS supporters, a great dinner, a rousing dessert auction, and fabulous raffle made for a festive evening on February 6. The fun continued on the dance floor to the tunes of live band Boogie Shoes. Led by Booster Club President and Crab Feed Chair Tracy Beckwith, the committee, parent volunteers and student servers produced another fabulous event benefitting the great St. Francis Athletic Program. ♦



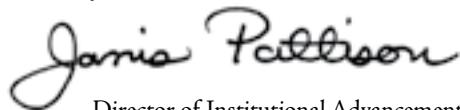
ESCALATING THE CASE FOR STEWARDSHIP

In early March, current St. Francis High School families and members of our new class of 2014 received registration information and forms for the 2010-2011 school year. In those packets, President Marion Bishop made a remarkable announcement. There would be no increase in tuition for the 2010-2011 school year. This unprecedented news came despite the fact that, although salaries of all school employees remain frozen for a second year, the school faces increased costs in several areas. As Marion expressed to parents, "We are acutely aware of the tremendous sacrifices you are making to send your daughter(s) to St. Francis High School, and we want to stand in solidarity with you. You have chosen to give your daughter a gift beyond all measure: the gift of a Catholic education. We at St. Francis High School are doing everything we can to maximize your investment."

Holding the line on tuition makes Stewardship even more important. Tuition dollars **do not** cover the full cost of educating a St. Francis High School student. We need you to make up the difference. Also, as you may suspect, during this economic downturn, there has been a notable increase in demand for financial aid, and we are doing our best to help families through these troubled times. Yet, only a small percentage of parents and alumnae respond to our annual Stewardship appeal, indicating that the majority do not understand the importance of their gift, great or small, to our overall financial health.

The Stewardship Program is a vital component of the school's annual budget. We challenge **every family and alumna** to give a gift, and those who can to increase their previous gift to Stewardship. The need has never been greater. I ask you to please make Catholic education – a St. Francis education – a priority in your charitable giving.

Janis Pattison



Director of Institutional Advancement

KIM SHARON RECEIVES INSPIRATIONAL TEACHER AWARD

St. Francis High School faculty member Kim Sharon, who teaches Honors and AP Chemistry, has been selected by the University of Tulsa to receive the school's Inspirational Teacher Award. Nominated by SFHS alumna Teryn Heckers '06, now a graduating senior at the University of Tulsa, Ms. Sharon was asked to submit a summary of her work. As the award winner, she is having her travel expenses paid to attend the commencement festivities on May 7 and 8, where she will dine with the president of the school and receive the citation and a monetary prize.

Teryn explains why she nominated Ms. Sharon:

Being in Mrs. Sharon's Honors Chemistry class is probably the best thing to happen to me in my time at SFHS. Not only did I discover a fascinating subject, but I also met the nicest teacher I've ever had. High school was a rocky time for me, as it is for many people. But luckily for me, Mrs. Sharon was somebody I could trust. She let me attend her class twice a day, answered all of my ridiculous questions, and was an attentive listener when I was having non-academic problems. Throughout my three years in her classes and as her TA we talked about almost every aspect of life: religion, future career plans, friendships, family, etc. I didn't realize it at the time, but every time she let me help with something or trusted me to tutor a student for her it really helped to boost my self-confidence. Without those boosts in self-confidence I know I wouldn't be the person I am today. Her trust meant a lot to me. By the time I graduated from SFHS she was a big enough part of my life that, when my mom found out she couldn't get time off to go to the Mother-Daughter graduation luncheon, Mrs. Sharon went with me instead. No matter how long it has been since I have talked to Mrs. Sharon she always is and always will be one of the most important persons in my life. ♦♦♦

GRANDPARENTS' DAY

The first St. Francis High School Grandparents' Day will be held on **Sunday, May 16, from 10:30 AM to 1:30 PM**. Students and their grandparents (or grandparent-figures) are invited for Mass and lunch. Please spread the word to these important people in our students' lives. Additional information and registration online at www.stfrancishs.org.

AUTHOR GREG MORTENSON

Greg Mortenson, author of the SF "Summer Community Read" book, "Three Cups of Tea," was a guest speaker for the Squaw Valley Institute at Incline Village in October.



Greg Mortenson with SF student Alexa Harris '12



NEWS

SACRAMENTO COUNTY HISTORY DAY

St. Francis students took top honors at the Sacramento County History Day essay competition held at American River College on Saturday March 13, 2010. Each year junior class History teachers choose their strongest term papers and compete against other schools in the county. This year, three SFHS students qualified to compete at the state level and a fourth qualified as runner-up, in case one of the other girls cannot participate. St. Francis student papers also won awards from the Sacramento County Historical Society and the Sacramento Museum of Medical History.

State Qualifiers for California State History Day

Qualifiers:

Meghan Kennedy '11
Deborah Oyeyemi '11

Jamie Slater '11

Runner-Up:

Payton O'Neal '11

Sacramento County Historical Society Awards

Cairlin DeMorales '11
Rachel Liu '11

Sacramento Museum of Medical History Awards

Jade Goodwin-Carter '11
Meghan Kennedy '11

ACADEMIC TEAMS

TOOKA ZOKAIE '12 TAKES 1ST PLACE IN THE ROTARY SPEECH COMPETITION

Tooka Zokaie '12 took first place, which carried a \$250 prize, in the district level Rotary speech competition on March 17. The topic was "The Future is in your Hands." She competed against 13 winners of local Rotary competitions from Sacramento, Elk Grove, West Sacramento, Folsom, and Roseville who provided some very stiff competition. Tooka progressed to the regional finals, held in April.

SPEECH TEAM TRIUMPHS AT STATE QUALIFIER

Competing against 130 students from other area high schools, all 13 members of the St. Francis Speech Team reached the Semi-Finals of the State Qualifying Tournament. Nine members (70% of our team) went on to earn the right to compete at the California State Speech Tournament at Bakersfield College in mid-April, in the following events:

Angelique Dakkak '10: Expository Speaking
Beverly Kyalwazi '13: Thematic Interpretation
Megan Musilli '12: Oratorical Interpretation
Kristen Obana '12: Thematic Interpretation
Alyssa Sargent '10: Thematic Interpretation
Grace Savinovich '12: Thematic Interpretation
Erica Schweitzer '13: Oratorical Interpretation
Annabelle Soares '10: Thematic Interpretation
Tooka Zokaie '12: Oratorical Interpretation

MODEL UNITED NATIONS

Spring semester 2010 saw the St. Francis High School Model United Nations team attend the 58th annual Berkeley MUN Conference. Joined by student delegates from 101 other schools, SFHS represented The Republic of Cameroon in nine committees such as World Trade Organization, Human Rights Council, and Environmental Programme. After three days of debate, speechmaking, and resolution writing the Troubadours took home seven research and three committee awards. An excellent showing! ♦



1&2. Speech Team; 3-5. Model United Nations; 6-7. Robotics Team; 8. Moot Court

NEWS

ANOTHER GREAT SEASON!

Congratulations to Troubie fall sports teams for their accomplishments:

CROSS COUNTRY

VARSITY

- 1st Place Delta River League
- 2nd Place Sub-Section Division II
- 2nd Place Sac-Joaquin Section Division II

JUNIOR VARSITY

- 2nd Place Sub-Section Division II
- 1st Place Sac-Joaquin Section Division II

FROSH/SOPH

- 2nd Place Delta River League
- 7th Place Sub-Section Division II

DELTA RIVER LEAGUE HONORS

All League: Camille Dyer '12, Allison Klas '13, Erin Mastranga '11, Maureen May '10, April Rosas-Willett '12

Sportsmanship Award: Lauren Burns '10

Coach of the Year: John Ducray

VOLLEYBALL

VARSITY: 35-6

- 1st Place Delta River League
- 1st Place High Sierra Invitational Tournament
- 1st Place Sac-Joaquin Division II
- 2nd Place Northern California
- Tied for 3rd Place California State
- Final Rankings: 19th in the State, 39th in the Nation

JUNIOR VARSITY: 23-3

- 1st Place Delta River League
- 1st Place Christine Craft Memorial Tournament

FRESHMEN: 26-0

- 1st Place Delta River League
- 1st Place Carmichael Invitational Tournament of Champions

DELTA RIVER LEAGUE HONORS

Player of the Year: Zoe Nightingale '11

All League: Kasey Clark '10, Mary Clark '11, Chelsea Moore '10, Zoe Nightingale '11, Lyana Perez-Quirarte '10

Honorable Mention: Kiki Kosler '10

Sportsmanship Award: Alex Henry '10

Coach of the Year: Alynn Wright

SACRAMENTO BEE ALL METRO TEAM

1st Team Honors: Mary Clark '11, Zoe Nightingale '11

2nd Team Honors: Kasey Clark '10, Lyana Perez '10

WINTER SPORT: BASKETBALL

VARSITY: 23-9

- 1st Place Delta River League (3-way tie)
- 2nd Place Oak Ridge Tournament

JUNIOR VARSITY: 23-3

- 1st Place Delta River League
- 1st Place Oak Ridge Tournament

FRESHMEN: 15-9

- 1st Place Delta River League
- 2nd Place JFK Tournament
- 2nd Place McNair Tournament

DELTA RIVER LEAGUE HONORS

1st team: Briana Charles '11, Elizabeth

Earley '11, Jolise Limcaco '11

2nd team: Elizabeth Balbierz '11, Nicole Lau '11, Aurora Singh '10

SAC BEE FINAL TOP 20 RANKINGS:

6. St. Francis 23-9

SAC BEE ALL-METRO:

3rd Team Honors: Jolise Limcaco '11

Honorable Mention: Brianna Charles '11



We apologize for errors in the printed version of this issue of the *Pax et Bonum*. Corrections appear in green.

NEWS

THE ARTS

FALL PLAY

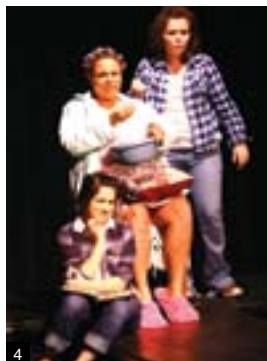
In November, the St. Francis drama program presented William Shakespeare's *The Taming of the Shrew*. The SFHS production maintained the original time frame, adding modern applications in costume, music, and gesture. In the romantic farce, Petruchio and Kate engage in a battle of wits as he tries to "tame" this bold and strong-willed woman and bring her into line with society's expectations. Full of disguises and role-playing, the timeless story deals with themes such as marriage and duty, reality and illusion, and compromise. The audience delighted in the show – as much as the St. Francis cast and crew enjoyed putting on one of Shakespeare's most clever and sophisticated comedies.

LENAEA FESTIVAL

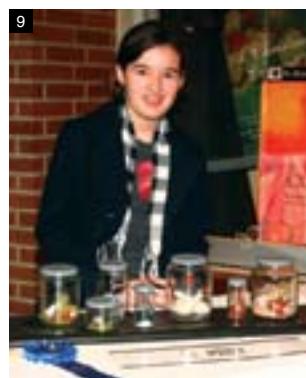
In preparation for the Lenaea Festival, the annual celebration of high school theatre held at Sacramento State on January 29, the SF Players offered the St. Francis community their own festival. Two student-directed one-acts were performed for St. Francis audiences over two days and a panel of judges from the Sacramento theatre community chose the play for Lenaea. *Property Rites*, a Sci Fi thriller a la *Twilight Zone* and *American Beauty*, a look at the good, bad and ugly parts of beauty pageants, were presented by student directors Kia Shebert '11 and Sarah Mahan '11. Performances were held in SF's small theatre, the Blackbox. The Players also performed in another festival sponsored by Galt High School, focusing on scenes, monologues and musical theatre.

YOUNG AT ART

On February 24, St. Francis High School sponsored its second annual art show featuring the works of middle school students. *Young at Art* featured 288 pieces of art from 27 schools. Top honors were awarded to: Sophie Zepf from St. Mary (Best of Show), Victoria Ogordnikov from Kit Carson and Rachel Lang from St. Rose (Two Overall Second Place winners). The Best of Show was awarded a full scholarship to the St. Francis summer arts camp and both overall second place winners received a \$100 gift certificate to University Art Store. ♦



1&2. Fall Play: "Taming of the Shrew;" 3&5. Christmas Concerts; 4. Lenaea Festival performance of "American Beauty;" 7. Lenaea Festival performance of "Property Rites;" 6&8. Winterfest Dance Concert 2010; 9&10. Young at Art Award Winners



ALUMNAE COMMUNITY

TROUBADORABLE FAIRE

by Leah Bishop Newton '92



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1. Leah Bishop Newton '92, Troubadorable Faire Chair, with the seniors who helped with the event and dressed up in characters; 2. Erin McGuire '95, Jennifer McAdaragh Pulliam '95, Quinn Pulliam; 3. Catherine Harty, Kathleen Kuzmich, Paige Harty; 4. Lori Kelley Center '90 & Mia Center; 5. Jessica Harcharik, Carrie Harcharik '97 & Justin Harcharik; 6. Lisa Benefiel DePhilippis '92 & Allison DePhilippis

Remember the wonderful memories you have of St. Francis Day - the food and crafts, the music and dance, the rich tradition of celebrating quality time together as a community? Remember the joy of experiencing something special?

The Alumnae Association revived this tradition and transformed Serra Court for a truly magical event, the First Annual Troubadorable Faire. In September 2009 alums from across the land came with their children and grandchildren (ages 2-7), dressed in royal attire, to delight in this atmosphere once again.

Children experienced stations that included a bounce castle, crafts, cupcakes, games, dance lessons, sword and wand-making and other royal activities!

- Children gleefully skipped to the music of "Bibbity-bob-bity-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 raced magic carpets with Jasmine
- Tinkerbell's friends taught boys and girls alike how to make magical wands
- They found golden chocolate coins in the Sherwood Forest
- Children jumped and laughed in Mushu's Palace Bounce House
- Belle treated all of her guests to a delicious cupcake
- They fished with Ariel at her Under the Sea station
- A very popular station was face painting with Pocahontas at the Colors of the Wind Salon

And in between children met their favorite princes and princesses like Cinderella, Belle, Robin Hood, Prince Charming, Sleeping Beauty and many other beloved characters, in person... transformed student seniors. This helped create the delightful atmosphere that the children who attended will never forget.

The Faire cast a truly marvelous spell on the SFHS campus! Even faculty members turned out with their children.

All the proceeds from this marvelous event went toward scholarships. And, with a turnout of over 100 children, we raised a substantial sum that will help current students who would otherwise not be able to attend St. Francis. I royally hope that next year and in the years to follow this event will grow and bring more alumnae back to campus and raise even more money for scholarships.

We look forward to making this year's event even more Troubadorable in fall 2010! I invite you to donate your time and creativity toward next year's event or bring your children, grandchildren, cousins, nieces, nephews, neighbors and friends and join us at this magical affair! ♦

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

Dawn Benton '80
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.

ALUMNAE COMMUNITY

ALUMNAE VS. VARSITY WATER POLO GAME

With coffee in hand to stay warm and pop up tents lifted to shield from the rain, parents, siblings, friends and supporters of the alumnae and varsity water polo teams gathered the morning after Thanksgiving at the pool at Jesuit High School to cheer on their favorite team. Regardless of the weather, everyone was in good spirits. The players braved the elements and put on their game faces. The first quarter looked to be a close match up with a score of 4 to 2 in favor of the alumnae team. However, the alums came out strong in the second quarter and never looked back. The varsity team gave it their all but it was the alum team who walked away with the win.



ALUM MOM RECEPTION

In September, a group of SF graduates returned to campus not only as alums, but also as moms of current SF students. A reception was held in the beautiful setting of the Theatre Foyer. New connections were established and old friendships rekindled. Everyone enjoyed the evening reminiscing about their time spent at SFHS as a student and the fun memories they've made being a current Troubie parent.

TEA PARTY WITH THE RESIDENTS OF MERCY McMAHON

by Erin McGuire '95

In November, members of the Alumnae Association enjoyed a lovely afternoon of tea and conversation with 27 residents of Mercy McMahon Terrace, an Assisted Living Facility in East Sacramento. The Alumnae provided tea and delicious treats as well as holiday themed goodie bags. Mercy McMahon supplied charming tea cups and saucers, and of course, the guests! Spending time with the elders in our community was especially rewarding. They were delighted with the Christmas door hangers and the chocolate(!) included in their goodie bags and they were so grateful for the afternoon of companionship.



JERRY POOLE ALUMNAE VS. VARSITY BASKETBALL GAME

For the 8th year in a row, the memory and legacy of Jerry Poole, one of St. Francis High School's most beloved basketball coaches, were honored at the annual post-Thanksgiving alumnae vs. varsity basketball game. Over 20 alums returned to show they still have what it takes to challenge the varsity team at the game to which they devoted so much time while attending SFHS. While the alums definitely gave it their all, even pulling out some 3 pointers, the varsity team brought their 'A' game, leading the entire 32 minutes and resulting in a varsity victory. A huge thank you to Maren Martinelli '00, Molly Hanrahan '97, Coach Vic Pitton and the many volunteers, players and supporters who helped make this event a huge success. ♦



1. Joy Lynch Florentino '88, Molly Geremia Wiese '81, Michelle McClinton Vaden '80, Jeannie Kunz Bellinger '80, Margo Reid Brown '80; **2.** Sherry Luman-Carrillo '90, Lisa Grech Page '84, Tracy Grech Clark '78; **3.** Erina Lucchesini Soria '84, Tina Bonilla Semon '86; **4.** Erin McGuire '95 & Tracy Grech Clark '78 with Mercy McMahon residents; **5.** Rachael O'Brien '03 with a resident; Basketball: **6.** Bridie Carinci '11 & Rachel Werry '05; **7.** 2009 Alum Basketball Team: (Standing) Coach Uda, Kelly Mezger '03, Tina Galaxidas Watts '90, Maren Martinelli '00, Michelle Satterlee '06, Rachel Werry '05, Dina James '00, Sarah Huarte '00, Laura Huarte '02, Stephanie Rosa '04; (Kneeling) Kari Kelley '04, Spenser Brown '06, Molly Hanrahan '97, Haley Early-Lynn '08, Janelle Rosa '07, Sarah Dudek '02



ALUMNAE COMMUNITY



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CALLED TO LOVE AND SERVE

As the 2009 holiday season kicked into full gear, students, faculty, staff, and alumnae of the St. Francis community were "Called to Love and Serve", living out the theme for the 2009-2010 school year. Taking a break from busy schedules and commitments, Troubles came together for a greater purpose of serving the local Sacramento community.

RUN TO FEED THE HUNGRY

In November, many in the St. Francis community joined "Team Troubie" at the Sacramento Food Bank and Family Services' 16th Annual Run to Feed the Hungry held Thanksgiving morning. With 365 members, St. Francis had the largest team for the third year in a row. Members of Team Troubie met prior to the race to fuel up and enjoy camaraderie. In addition to supporting the event through participate in the run, Team Troubie raised over \$4000 for the Sacramento Food Bank. It seems evident that starting the morning giving back in such a positive, fun way has become a tradition that many enjoy.

CHRISTMAS STORE

On December 13, 2009, students, faculty, staff and alumnae again came together for the 3rd Annual Christmas Store. During the Advent Season, the St. Francis community adopts families through Catholic Charities and everyone has the opportunity to purchase a gift for these families. All donated gifts are placed in our "Christmas Store" where the parents of these families select gifts for their children. This process allows these families to shop for their own gifts with dignity. During the event, students and alumnae served as busy elves and Santa's helpers, helped the parents shop, entertained the children with pictures of Santa and Christmas crafts, and finally gift wrapped each gift. The smiling faces, stories of gratitude, and heartfelt thanks received from the families were the biggest rewards. ♦



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1. Members of Team Troubie at the VIP Tent pre-race with Bishop Jaime Soto; 2. Katerina Gregorio '12, Megan Musilli '12, Mimi Dowdell '13; 3. Lizzie Brown '10 & Devin McGuire '10; 4. Carrie Harcharik '97 and Tanya Davis '97, Team Troubie Co-Captains; 5. Jane Mueller '11, Katia Stie '12, Carrie Harcharik '97, Georgia Hammack, Karly Hammack '13; 6. Standing: Robyn Gram '03, Mari Kirstien '99, Annie Ryle '02, Adriana Zerio '06, Erin McGuire '95, Molly O'Connor Emslie '81, Teresita Herrera-Lopez '82, Stephanie Villanueva '98, Tessa Artale '09, Mondrea Vaden '09, Maura Twomey '77; Kneeling: Carrie Harcharik '97, Tanya Davis '97, Jennifer Perez Blackburn '91, Erika Weinheimer '05, Kat Haro '03, Michelle McClinton Vaden '80, Tracy Grech Clark '78, Robin Kokilana '94, Whitney Cole '96; 7. Annabelle Soares '10, Teresita Herrera-Lopez '82, Whitney Baxter '11; 8. Lauren Cowie '11, Joey Garcia, Maia Tufts '11, Katia Stie '12; 9. Shelby Whedon '10 with children visiting the Christmas Store; 10. Santa's helpers wrapping Christmas presents; 11. Mollie Leal '12, Elizabeth Gollnick '13, Katherine Lynn '13, Ivan Hrga, Madeline Jaime '12, Mayme O'Toole '12, Erin Scheller '12, Malinda Stumbos '10; 12. Santa with a visiting family; 13. Skyler Lewis '10; 14. Hillary Trauth '10, Shelby Whedon '10, Savannah Holmes '10

REUNIONS

REUNION PLANS

If your class year ends in "5" or "0", you have a reunion coming up next year! If you want to start organizing your reunion celebrations, please contact:

Carrie Harcharik '97

Director of Alumnae Relations

916-737-5020

CHarcharik@stfrancishs.org

Class of 1945 + 65 Year Reunion

Class of 1950 + 60 Year Reunion

Class of 1955 + 55 Year Reunion

Class of 1960 + 50 Year Reunion

Class of 1965 + 45 Year Reunion

Class of 1970 + 40 Year Reunion

A planning committee is now forming. If you are interested in helping, please contact Carrie Harcharik. More details to follow soon!

Class of 1975 + 35 Year Reunion

Class of 1980 + 30 Year Reunion

Save the date of Saturday, May 15, 2010. Your reunion will be held on the St. Francis High School Campus. Visit www.stfrancishighschoolsactclassof1980.myevent.com for more details.

Class of 1985 + 25 Year Reunion

Class of 1990 + 20 Year Reunion

The planning committee is excited to announce that our 20 year reunion will take place at Mulvaney's B&L located in downtown Sacramento the evening of Saturday, July 31, 2010. Please save the date! Formal invitations shall be forthcoming... don't forget to check your mailboxes. The night before, on Friday, July 30th, we hope you can join us for an informal mixer prior to the "big event" at a fun venue TBD. Visit www.sfhsgirlsclass1990.com for more details.

Class of 1995 + 15 Year Reunion

Class of 2000 + 10 Year Reunion

Planning is underway. Save the date for a reunion weekend on September 10-11.

Class of 2005 + 5 Year Reunion

A few classmates are interested in getting the planning started. If you are too, please contact Carrie Harcharik.

CLASS OF 1949 • 60 YEAR REUNION

by Jackie Kane Wild '49

The St. Francis High School class of 1949 celebrated its 60th reunion with a luncheon at the Doubletree Hotel on October 24, 2009. Seventeen of the original 39 graduates enjoyed an afternoon of laughter and memories with high school scrap books from our freshmen and sophomore years and previous reunions, which we've held every five years. We fondly reminisced near a memorial table for those no longer with us. Several of our husbands joined us as we caught up on each others' lives. We were joined by those residing in the Bay Area and Southern California. Though we get together every five years, we never seem to run out of topics. It's always like we left off yesterday. The good Lord willing, we'll do it again in 2014.

1. Back Row: Margaret Hicks Green, Ann Eberhard Johnson, Mary Farrell Kehew, Margaret Cook Leary, Sherry Hodge Morehouse, Nancy Chester Kubacki, Dorothy Enzler Abrams, Bernice Groth Schneegas, Vivienann Tonarelli Pianto, Jackie Kane Wild, Mercedes Bidwell Slakey; Front Row: Barbara Massa Christensen, Maureen Donoghue Pyle, Marie Terribile Donnelly, Marilyn Leventon Keaney, Dorothy Lavelle Massa, Mae Lorraine Sullivan August; **2.** Bernice Groth Schneegas, Mary Farrell Kehew, Maureen Donoghue Pyle, Barbara Massa Christensen, Nancy Chester Kubacki; **3.** Sherry Hodge Morehouse, Nancy Chester Kubacki, Margaret Cook Leary, Mercedes Bidwell Slakey; **4.** Jackie Kane Wild, Dorothy Massa Christensen, Vivienann Tonarelli Pianto, Mercedes Bidwell Slakey; **5.** Dorothy Enzler Abrams, Bernice Groth Schneegas, Ann Eberhard Johnson & Rodney Johnson, Mae Lorraine Sullivan August (standing)



CLASS OF 1994 • 15 YEAR REUNION

by Sojourner Auguste '94

On November 7, 2009, the Class of 1994 came together to celebrate life at the 15 year reunion! In keeping with our style of the old high school days past, the class of '94 truly let everyone at the Tower Bridge Bistro know we were "in the house!" About 30 of us were there, including lots of little ones; some running around, and all enjoying themselves. We reconnected, shared stories, and laughed, A LOT. We came from all over the state of California (LA, San Francisco, Oakland), and some of us came from New York! We are very much looking forward to our 20 year reunion and expect it to be an even bigger turn out!

1. Class of 1994; **2.** Robin Kokilananda, Kendra Williams Quiros, Christina Ventura, Nicole Beckwith Smith, Linnea Willis '95; **3.** Christina Ventura, Heather Larson King (seated), Emily DelGaudio Margolis; **4.** Robin Kokilananda, Kathleen Lungren, Christina Ventura; **5.** Sojourner Auguste, Erika Urbani Green, Heather Larson King, Kendra Williams Quiros, Billee Jean Ramirez, Christina Ventura; **6.** Robin Kokilananda, Erica Urbani Green, Christina Ventura, Billee Jean Williams Ramirez



Alums & Dads

Save the Date!

**2nd Annual Alum Father-Daughter Dinner Dance
"It's Gonna Be A Good Night"**

**Saturday, June 19, 2010
6:00PM to 11:00PM in the St. Francis Gym**

- Professional pictures in the Library
- Sit down dinner catered by the Buckhorn Restaurant
(Vegetarian option available)
- Cocktail Party Attire

\$60 per person

With all net proceeds benefiting the SFHS Scholarship Fund

Make your reservations online at: www.stfrancishs.org
Please list the guests you would like seated at your table
(tables seat 10)

Questions, or to volunteer to be on the planning committee, contact
Chairperson Anne Smith Harty '93 at aeharty@gmail.com or
Director of Alumnae Relations Carrie Harcharik '97 at CHarcharik@stfrancishs.org

ALUMNAE

Invite your dads or father-figures - the perfect Father's Day gift! Reach out and invite another alumna to join you and your dad. Your dad may want to catch up with his buddies and your friends just as much as you look forward to seeing your friends. If your father has passed away, adopt a fellow alumna's dad and come celebrate your dad's life and the memories you shared. Please save your husband for your reunion.

DADS

If your daughter does not receive this magazine, let her know about this great event and provide her contact information to the SFHS Alumnae Office. What a special way to celebrate Father's Day weekend!

Thanks for putting on a wonderful event! We had a wonderful time. I really hope that we can continue to do this for years to come. It's funny, I think the best thing about it is you don't have that weird awkwardness you did as a teenager...you know being "embarrassed" to dance with your dad in front of your friends. I had more fun at this one than I ever did while in school. I think it was a great time and well put together. Thanks again.

Pantea Jahani Dunn '92

In our effort to be green, we will not print and mail separate invitations to this event. Please help us keep our alum population informed through email and Facebook. Provide email addresses to the SFHS Alumnae Office at: sfalumnae@stfrancishs.org. If you are a Facebook member, become a fan of the St. Francis High School (Sacramento) Alumnae group.

Thank you so much for all of your hard work on this alum dance! It turned out amazing and my dad and I had SO much fun together!

Kirsten Dumas '07



ALUM UPDATES



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CONNECT WITH YOUR
FELLOW TROUBADOURS

facebook

By Erin McGuire '95

Facebook.com is a great way to get in touch with and stay connected to your classmates and fellow alumnae. Check out each others' photos, plan social gatherings, chat with people you haven't seen in ages, reminisce about homecoming rallies and uniforms, and stay up to date with what's going on now on-campus!

"Facebook has been a great tool for me to stay in touch with classmates I don't get to see on a regular basis. It is so much fun to hear how everyone is doing now," says Amy Booth '95.

Become a fan of the *St. Francis High School (Sacramento) Alumnae* page and check out pictures from the first Alumnae Father Daughter Dinner Dance and the first annual Troubadourable Faire.

Come explore the spirit of the St. Francis High School community on Facebook!

1970s

The Class of 1971 got together in October for "Late Night Catechism" at The Cosmopolitan Cabaret. Everyone had a blast! Ann Marie Faires' husband, Dave, drove the ladies in a motor home to The Cosmopolitan in downtown Sacramento.

1 *Front row: Ann Marie Perry Faires, Fr. Bear, Francie Ivanovich Heim, Joan Quinlan-Suarez; Back row: Debbie Gutierrez, Barbara Peterson, Kris Conner Sohrakoff, Barbara Hill Caselli, Jill Matranga*

Francesca Poletti Lewis '73 was named the new Senior Vice President of Advertising for The Sacramento Bee on November 30, 2009.

Class of 1978 – Lori Geremia Poindexter, Tracy Grech Clark, and Gina Stefani had a mini reunion in Rome during Christmas 2009. Gina lives in Lucca, Italy and Lori and her family went to visit Gina for the holidays. Tracy and her family were visiting her son at Oxford and all three families met in Rome on December 27th. Lori, Tracy and Gina met for sightseeing and dinner. They had a great time! **2**

1990s

Nicole Plesha Donlevy '92 and husband Jeff welcomed a baby girl, Lillian Frances Donlevy, at 1:18AM on Sunday January 3rd. She was 8 lbs. 14 oz. and 20.5 inches long. The wonderful joy of parenthood begins. **3**

Lisa Lollock '92 continues her profession as a Demographer for the International Division of the United States Census Bureau in the DC area. Her division contracts with US Government agencies in Washington, and her work involves demographic research of populations in developing foreign countries. Her graduate degree is from Georgetown University. She presently lives in Alexandria, Virginia.

Amy Bell Archer '95 and husband Ted are the proud parents of a baby boy, Nathan Thomas, born November 24, 2009 at 1:46 AM. Nathan weighed 6lbs, 11oz. and was 20 inches long. **4**

Megan Nixon Mikkelsen '97, husband Drew and daughter Susanna are proud to announce the birth of Eliza Dean Mikkelsen. Eliza was born August 31, 2009 at 7:42PM. She weighed in at 9 lbs. 12 oz., 20.5 inches long. Susanna is very excited to be a big sister. Megan says life is amazing. Definitely challenging at times, but having two girls is awesome. It is so neat to see how much they love each other already! **5**

Kristin Mahaney Quayle '97 is married and lives in Sacramento. She is a licensed social worker with the UC Davis Health system. Kristin's husband, Tom, is a math teacher at Burbank High School.

Emily Vellanoweth '97 is the lead middle school math teacher at Westchester Lutheran School in Los Angeles, a school located near LMU where she earned her BA in Political Science in 2001 and her Master of Arts degree and credential in Elementary Education in 2003. Emily most recently earned her Master of Science degree with distinction and credential in School Administration in 2009 and is working toward becoming a school administrator.

Kelly Mahaney '99 is in her 3rd year of medical residency in neurosurgery at the University of Iowa. She has four more years to complete her residency. Kelly attended medical school at St. Louis University. **6**

2000s

Megan Zimmerman Allen '00 married her college boyfriend, Chad, on Saturday, September 19, 2009. The beautiful ceremony was held at St. Marks Church in San Francisco, followed by an amazing reception at the Olympic Club. The day was fabulous and perfect!

7 *All from the Class of 2000; Back row: Jenn Jacobs, Jill Nelson, Christine McKeown, Megan Zimmerman, Stacy Mello; Front row: Tessie Deterding, Lindsay Schaefer, Lindsay LaSalle*

Lindsay Clutter McCarl '02 is a first year student at the McGeorge School of Law, class of 2012. She is joined by her husband, who is also attending McGeorge. Both worked for Northrop Grumman in the DC Metro area for three years after graduating from Cornell in 2006. **8**

ALUM UPDATES



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Greta Gerwig '02 stars in the movie "Greenberg" with Ben Stiller. Its world premiere was at the Berlin Film Festival on February 14, 2010. It opened in the U.S. on March 26, 2010. Greta was profiled in the March 2010 edition of Vogue Magazine as well as an upcoming edition of Vanity Fair Magazine.

Photo by PacificCoastNews.com

9

Rachel Nelson '02 graduated with a double major from the McDonough School of Business at Georgetown University in Washington D.C. where she played Division 1 volleyball all four years, serving as team captain her last year. Rachel moved to San Diego after graduating in the spring of 2006 and now works as a commercial real estate broker specializing in office properties for CB Richard Ellis out of La Jolla. Rachel recently took a solo trip to Thailand to experience the culture and great food and looks forward to many more travels. In her leisure time, she does Bikram yoga and plays beach volleyball.

10

Stephanie Culhane '03 attended two universities after graduating from St. Francis. She attended Seattle University from 2003-2004, majoring in Biology (with a heavy emphasis in soccer!) After realizing about halfway through the school year that the school wasn't a good fit for her, she changed schools and majors and finished out her college years at CSU Monterey Bay. Stephanie graduated from that school's Teledramatic Arts and Technology program in 2007, which is what they call their Film major. Her emphasis was in Film and Video Editing. Stephanie currently works as a Video Editor in Los Angeles and she edits the videos on the Bella Channel for the entertainment website, popsugar.com.

Alison Pitton '03 was one of 6 players selected to the All-Decade Volleyball Team at Fresno State in February 2010.

Kari Kelley '04 graduated from University of San Francisco in 2008 and is presently working as a graphic designer/webmaster in Sacramento.

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Claire Kollerer '04 is an intern in public relations with Stella McCartney Design, in New York City. Claire graduated from Santa Clara University in 2008 with a degree in Communications and a minor in Retail Management. The Stella McCartney position is on her path to marketing high fashion design.

Jennifer Winner '04 became engaged to Matt Sinner on June 1, 2009 on Kauai. Their wedding will be held on May 29, 2010, at St. Clare Catholic Church in Roseville. Jen graduated Magna Cum Laude in 2008 from LMU with a BS in Accounting. She works for Gilbert & Associates in Sacramento as an audit associate. Matt is an alum of Granite Bay High School and the University of Nevada, Reno (2007). Matt works for Maxim Healthcare in Sacramento. After their honeymoon to South Beach Miami and Grand Cayman Island, they plan to settle in Roseville.

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Sarah Wirth '04 lives in Denver, CO and works as an analyst for Stockamp & Associates, a healthcare consulting firm.

13 Sarah (right) and her sister Elizabeth '08 (left) at Breckenridge Ski Resort atop the highest ski lift in North America, Imperial Express, which reaches a staggering 12,840 ft.

Amanda Brown '05 graduated from Gonzaga University Magna Cum Laude in May of 2009 with a degree in English. She played basketball for the Zags for three years after walking on in her Sophomore year and making the team. She helped the Lady Zags win two West Coast Conference tournament titles and go to the NCAA tournament for the first time in school history in 2007 and again in 2009. Amanda was selected to attend the prestigious "So You Want to be a Coach" program offered by the Women's Basketball Coaches Association in 2009. She is currently attending graduate school at Gonzaga, studying Organizational Leadership, and won a graduate assistantship on the coaching staff of the Women's Basketball team as Director of Basketball Operations. The Lady Zags are 14-0 in league play this season and headed to the West Coast Conference tournament once again.

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Christina Canaday '05 graduated from Gonzaga University in 2009 with a degree in Religious Studies. She then travelled to Ireland for six weeks. Christina is getting married May 22, 2010, to Mickey Evey, whom she has been dating since she was 16. Christina plans to continue her education for her Masters in non-profit management. She currently resides in Spokane, WA.

UPDATES, UPDATES, UPDATES!

We love staying connected and want to hear from you. Please notify us of address, email and phone number changes. Email your updates and digital pictures to:

Carrie Harcharik '97
Director of Alumnae Relations
CHarcharik@stfrancis.org

ALUM UPDATES



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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/giving/vehicle_donation.html 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.

Kelly Culhane '05 graduated from UCSB in spring 2009 with her BS in Communications. She then traveled around Europe for five weeks where she got engaged to her boyfriend of four years, Dominic. Kelly currently lives in the Bay Area and, with the lack of jobs there, thought long and hard about what she really want to do and decided to go to Cosmetology school in fall 2009. After the 12 month program, Kelly intends to start working in the bay area as a cosmetologist. **15**

Le-Mai Dam '05 graduated from the University of California, San Diego on June 13, 2009 with a BA in Political Science.

Kristin Dills '05 is a fifth year senior in Mechanical Engineering at Cal Poly, San Luis Obispo. Kristin will be graduating at the end of fall quarter 2010. Kristin was accepted and subsequently embarked for a year of exchange study abroad at Swinburne University and Technical Institute in Melbourne, Australia, for her 3rd year of study at Cal Poly. After returning to the United States, Kristin has been a research assistant with the Biomechanics Department at Cal Poly, working in La Jolla under a cooperative agreement between Cal Poly and UC San Diego for the past two summers. Kristin recently passed the Engineer-In-Training/Fundamentals of Engineer Exam, which, combined with graduation, are the first steps to a license as a Professional Engineer. During summer 2010, prior to her last quarter at Cal Poly, Kristin will be studying in Munich, Germany.

Kristie Figone '05 graduated from the University of San Diego in the spring of 2009 with a BA in Biological Anthropology.

Rachel Greenlee '05, after four years at UC Santa Barbara, a summer internship at Nordstrom in San Francisco, and a semester abroad in Paris, graduated with high honors in June 2009 with a BA in Communication. Shortly after graduation, she moved down the coast to Los Angeles and began work at Team One, a division of Saatchi & Saatchi Advertising. Operating in the Event Marketing department on the Lexus account, Rachel has worked on a number of exciting programs, including the launch of the Lexus LFA supercar, the Lexus U.S. Open sponsorship, and several hotel partnerships. She says she is "incredibly grateful to my friends, boyfriend, and family for helping me reach where I am today and look forward to all the adventures still to come!" **16**

Lindsey Matzoll '05 graduated from the University of San Diego in the spring of 2009 and received a BA in Accounting.

Clarissa Reyes '05 graduated from the University of California, San Diego on June 13, 2009 with a BS in Biology.

Rachel Windmiller '05 graduated from the University of California, San Diego on June 13, 2009 with a BA in Psychology and minor in Economics.

Colleen Callaghan '06 is in her senior year at Cal Poly majoring in Psychology. This is also her 3rd year on the track team, competing during the indoor (winter) and outdoor (spring) season. In May 2010 she will be flying to Annapolis MD to attend the Naval Academy graduation of **KT Titus '06**.

Kelley Cohen '06 is three years past her bone marrow transplant and her health is excellent! She's a junior at LMU, getting her BA in liberal studies, with an elementary credential and a mild to moderate special education credential. She recently passed her CSET tests and has started student teaching. She is president of her sorority, Alpha Phi, and is active in a Christian Life Community group through LMU campus ministry. Kelley says she misses St. Francis - "That is the best school" - and thanks her parents "sooooo much" for sending her there! It changed her life!

Christina Freitas '06 graduated from UC Davis in the summer of 2009. During her time there, she published research done at the Bodega Bay Marine Laboratory. She was accepted to dental school and will begin her studies this summer in southern California with the ultimate goal of becoming an orthodontist.

Teryn Heckers '06 graduates from the University of Tulsa in May 2010. She is excited to have been accepted into AmeriCorps NCCC and will be working in the South based out of Vicksburg, MS, for a 10 month term.

Becky Lincoln '06 is graduating this year from St. Louis University with a BS in Nursing. She loves the school and has had a wonderful experience in the nursing program there. She plans on staying in St. Louis and working at St. Louis University hospital. **17**

ALUM UPDATES



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Cassie Loessberg '06 was so excited and happy that she accomplished all of her volleyball goals during her college years at the University of Miami. Her main goals were: 1. Break records: Cassie not only broke school records at the University of Miami, but was also included in the ELITE 2,000 digs mark for the ACC Conference. 2. Earn a Most Valuable Player Award: she received that her senior year. 3. Be a Captain of the UM team: she did that her senior year. 4. Go to NCAA: the UM women's volleyball team went to Florida University for the NCAA 1st round volleyball tournament in December 2009. 5. Cassie was invited to participate in the U.S. Women's National Team Open Tryout Roster which took place in February 2010 at the U.S. Olympic Training Center in Colorado Springs, CO.

Christina Rotas '06 is a senior at College of the Holy Cross in Worcester, MA, majoring in English and Religious Studies with a minor in Peace and Conflict. Christina is co-director of campus OCF (Orthodox Christian Fellowship), sings in the Holy Cross Choir and is co-director of an on campus a cappella group called Off The Record. She has traveled much nationally and internationally with the Holy Cross Choir. She has spent the last 3 spring breaks helping the less fortunate and impoverished in Virginia. Christina has been actively involved in SRC (Students for Responsible Choices) all four years at Holy Cross. She is looking forward to moving back to warmer weather in the near future.

Lauren Ryan '06 will graduate from San Diego State in May 2010 with a degree in business marketing. She studied in Italy in spring 2009 and had an amazing time visiting other countries, including England, Spain, Greece and France. Lauren plans to work abroad once she has completed her degree. Lauren is involved at SDSU in many ways. Currently she is active in Delta Sigma Pi, a professional business fraternity, where she was elected VP of marketing. She is also a member of the American Marketing Association at San Diego State, has served on the schools Finance Board, and was a member of Alpha Phi Sorority. In January 2010 Lauren was offered an internship position with SPX Global, a solar water purifications company, where she works on a small team to create and implement the company's marketing plan. Lauren says attending St. Francis High School "without a doubt" prepared her for what she has encountered in college. The independence she gained from high school was extremely helpful while studying abroad. Looking back, she can see how SFHS opened doors for her that she wouldn't even know existed till years past graduation. Shout out to Mr. Gracy! **18**

Elizabeth Shirey '06 will graduate in May 2010 from Wellesley with a double-major in Political Science and French. She is currently working on a big project, her French thesis, about 20th century masculinities in France, examined through Francois Truffaut's series of Antoine Doinel films. Elizabeth is planning to work for a year before applying to law schools and she hopes to return to DC (after several summer internships) to work on military/veterans legal issues. If anyone wants to hire her, Elizabeth says she's more than available.

Taryn Wright '06 is a senior at the University of Montana. She will complete her course work for an undergraduate degree in Elementary Education in spring 2010 and will do her student teaching in the fall. Taryn was a four year starter on the Montana volleyball team, finishing her career as the fourth player ever in Montana volleyball history to reach triple digits in all 5 statistical categories. She finished her career with 3,882 assists (4th in Montana history), 148 aces (also 4th in Montana history), 901 digs, 328 kills and 170 blocks. Taryn was named to the All-Big Sky conference team three times in 2007, 2008 and 2009 and to the All-Big Sky tournament team as a freshman in 2006. Taryn is still deciding between trying to play professional volleyball in Europe, coaching college volleyball and teaching elementary school after graduation.

Alexis Anderson '07 has grown closer and closer to both her auntie, **Missy Anderson '87**, having gone to Sac City where Missy worked, as well as her little sister, Isabella, who she tries to see as often as possible. She had the amazing opportunity to play on the Sacramento City Golf team, a game she never played competitively, and was able to travel to Palm Springs to compete, while vastly improving her game. Lex has continued friendships from her life at St. Francis, including enjoying a Santogold Concert with **Whitney Marsh '07** and **Heidi Hollingsworth '07**. Lex has had awesome accomplishments in her academics. She has held a 4.0 much of the time (a higher GPA than she ever had at SF) and is enjoying every minute of it. She attributes her success to the amazing preparation she received from St. Francis. She has even become a member of Phi Theta Kappa, an International Honors Society. Lex cannot wait to move on to bigger and better things. She is finishing her prerequisites for the Nursing program, and will be receiving her AS in Biology at the end of the summer! **19**

Sylvanna Krawczyk '07 is currently attending Sac State. She plans to continue her formal education in San Francisco.

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:

Carrie Harcharik '97
Director of Alumnae Relations
St. Francis High School
5900 Elvas Avenue
Sacramento, CA 95819
or email:
CHarcharik@stfrancishs.org

ALUM UPDATES

SPRING FLING

The Alumnae Association proudly presents the Spring Fling Luau on Saturday, April 24. The planning committee thought it was time for a little change, so the Spring Fling is moving to a Saturday evening event. Alums, invite your spouses, significant others, family and friends to what's sure to be a great night. The St. Francis Hula Club will perform some traditional Hawaiian dances. Also join in celebrating the class of 1960 with Golden Diplomas, as well as honor our Distinguished Alumnae of the year.

2010 Distinguished Alumnae Award Recipients

Outstanding Young Alumnae Award

Kimberly Cruit-Reynolds '01

Accomplished Alumnae Award

Kimberly Miller '95

SHFS Service Award

Sr. Kathy Wood '60

Life Achievement Award

Catherine McKenzie '65

There will also be a Raffle with dozens of prizes including gift certificates to local area restaurants and shops, wine and much more! It will be a fun filled night that you won't want to miss! All proceeds benefit the SFHS Scholarship Fund.

Sara and Cynthia Brideson '08 are currently in their second year at Sacramento State University as History majors. On campus, they work as English tutors for students with learning disabilities. They are also active volunteers at the SPCA where they socialize the cats. Recently they created their own website at www.cynthiasarabrideson.com where they sell prints of their artwork. As of now, Sara and Cynthia have been commissioned to draw two original pieces.

Marie Byrnes '08 is a sophomore attending the University of California at Santa Cruz where she is a Film and Digital Media major. She is also a campus tour guide.

Selena Heck-Vasquez '08 will graduate this spring from American River College with Associate of Arts degrees in Social Science and Liberal Arts. She played soccer for ARC and received the Defensive Player of the Year Award, as well as Athlete Scholar. The ARC Beavers placed 3rd at the California State Championships and were ranked # 5 in the nation for community colleges. She plans to attend CSU Monterey Bay and major in biology.

Kayla Kelley '08 is in her sophomore year at Seattle University studying nursing. She loves the Seattle area. **11**

Dana Knudsen '08, a sophomore at Santa Clara University, was named the West Coast Conference Volleyball Player of the Week September 28, 2009. In the 2009 season, Dana played in 105 matches and earned WCC All-Freshman team honors. **Christy Williams '08** is currently a sophomore at University of Northern Colorado and loves it. Her major is K-12 art education. Christy hopes to be the next Mr. Marco or Mrs. Stember! Christy plans on studying abroad in Ireland next year. She is involved in the ski and snowboarding club. Christy is a member of Alpha Phi Sorority and holds the position called New Member Educator. She is also very involved in raising awareness for Alpha Phi's philanthropy cardiac awareness. She likes to go hiking, snowshoeing, snowboarding, and fly fishing.

Elizabeth Wirth '08 lives in Denver, CO and is an active sophomore at the University of Denver. **13**



ALUM UPDATES



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PINK POMEGRANATES

BY CHLOE BENSON '07

Have you ever seen a pink pomegranate? Its thick outer covering is painted with blotchy spots of blushed yellow, and in between delicate folds of white, the inside contains troves of tiny pink pearls. Each pearl encloses a drop of sweet nectar, more delicious than its red pomegranate cousin, but if you reach for the seeds too quickly they will burst, staining your hands bright yellow. Quite frankly, it's a frustrating fruit, because the more eagerly you try to devour it, the more ends up on you instead of inside your belly. So you must instead practice patience and care.

I had never seen a pink pomegranate before coming to Turkey. In fact, I had never seen so many, if any, pomegranate trees. But they symbolize not only the unfamiliarity and beauty of this place, but also my first months in my new home, Alanya.

Although the Georgetown (and a Wellesley) students live and study together in this program, we are each given a host family from the community to spend our free time with. It is one of my favorite components of the program. The other night, as I was sitting with my host dad and brothers on their porch overlooking the Alanya harbor and sharing roasted chickpeas and apples, my host dad glanced over and said, "We must take a picture of you right now. Because in two weeks you will come back from your study trip in Syria and Turkey will look different. And then you will go to Cyprus and again Turkey will be new to you. And after the tourist season closes and it becomes winter in Alanya and there will be fewer people in the street, again you will know a different Turkey. So after your time here and your travels and your study, then we will take another picture. And then we will talk."

And I know he is right. Like the seeds of a pomegranate, each encounter and experience that I have here are tiny treasures. They will be perhaps incomplete in themselves, and they will require patience before I can piece these moments together, but they are important to my overall experience and the understanding I will walk away from this country with. And so I will share with you some of the small treasures Alanya has given me in my first weeks as an official resident.

Alanya is nestled at the feet of the Toros Dağları, or the Taurus Mountains, on the coast of the Mediterranean. When our bus first came into view of the town, I was struck by its beauty. I walked around in a sort of awed daze for the next 24 hours. Our apartments are positioned on the side of the harbor, halfway up the mountain that juts into the sea and boasts the Seljuk Kale (the

relatively intact castle from the time of the Seljuk Dynasty, 11th-14th centuries AD). Each school morning, the thirteen of us trudge further up the mountain, taking the shortcut through a forest and then passing under the castle gate to reach the McGhee Center, an old restored villa donated to Georgetown in 1989 by the former Ambassador to Turkey, George McGhee.

When I entered the villa for the first time, I could only think of one thing, especially in my delighted stupor: tree house. You know, like the tree houses in Peter Pan, or the type that occupy the dreams and scribbles of children as the ideal abode. The ceilings and floor of the villa are made of weathered planks of wood, and its three stories are precariously built on top of one another. Cushioned seating lines the walls, giant sun designs are carved into the ceilings, and the sun room juts out from the front of the house, the three walls of windows overlooking the Mediterranean. And like any good tree house ought, the villa is surrounded by lush gardens and fruit trees.

The first couple of weeks in Alanya were a balancing act, as I tried to reconcile my desires to explore and swim in the sea with the realities and onset of schoolwork. However, I at least started to feel more familiar with my surroundings. It's been a process, and it's slow, but even the small successes are something, and the memories are something more.

I loved my first time going to the Mediterranean, just at dusk, and watching as the water became as dark as the night sky. I braved the length of the high castle walls and learned how to swim in the ocean without getting swept away by the waves, both on the same day. I have witnessed the intensity of Alanya's thunderstorms, taken belly dancing classes, and learned how to cook a "Fainted Imam," a specialty eggplant dish that was so good it allegedly caused an Imam to swoon. I've also been privileged to experience the extent of Turkish hospitality. I found out that showing the slightest interest in a pair of pants displayed outside a store can lead to three cups of tea with the store owner and an hour of conversation and family pictures. Not to mention a mini lesson in traditional dance. The host families have welcomed us in and gone out of their way to expose us to their way of life, and even the owners of our little corner market and breakfast café have shown us much kindness.

My picture will change, and, like the pink pomegranate, the memories will be both bitter and sweet, but so far this is more than I bargained for. ♦

1. Chloe overlooking Alanya from its castle; 2. Alanya; 3. A group of students from the Georgetown program studying in Alanya; 4. The old monastery jutting out into the Mediterranean Sea

SFHS CALENDAR HIGHLIGHTS

Henriette Doglietto Arts Exhibition

April 23, 2010; All Day
SFHS Arts Complex

The culmination of the many accomplishments of the Visual Artists at SFHS. Admission is free.

Spring Music Concert

April 28, 2010 at 7:00PM
SFHS Arts Complex

Information and tickets available online at www.stfrancishs.org.

20th Annual Booster Club Golf Tournament

May 3, 2010
Catta Verdera Country Club

The major fundraiser for the SFHS Athletic Programs. Information available online at www.stfrancishs.org.

Grandparents' Day

May 16, 2010 from 10:30AM to 1:30PM
SFHS Campus

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

St. Francis Feast Day Community Celebration

October 1, 2010
SFHS Campus

Fall Play

Fall 2010
SFHS Arts Complex

Information and tickets will be available online at www.stfrancishs.org in August.

Revelry! 2010

October 23, 2010
SFHS Campus

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

ALUMNAE ASSOCIATION CALENDAR OF EVENTS

Senior Luncheon

April 16, 2010
SFHS Gymnasium

Parents, close relatives and friends, join the class of 2010 in celebrating one last St. Francis moment together before graduation. Hosted by the SFHS Alumnae Association.

Spring Fling: LUAU!

April 24, 2010
SFHS Gymnasium

The Alumnae Association proudly presents the Spring Fling Luau on Saturday, April 24. The planning committee thought it was time for a little change, so the Spring Fling is moving to a Saturday evening event. Alums, invite your spouses, significant others, family and friends to what's sure to be a great night. The St. Francis Hula Club will perform some traditional Hawaiian dances. Also join in celebrating the class of 1960 with Golden Diplomas, as well as honor our Distinguished Alumnae of the year. It will be a fun filled night that you won't want to miss! All proceeds benefit the SFHS Scholarship Fund.

Class of 2010 Diploma Pick-up and Continental Breakfast

May 28, 2010
Serra Court

Hosted by the SFHS Alumnae Association.

2nd Annual Alum Father-Daughter Dinner Dance

June 19, 2010
SFHS Gymnasium

Alumnae – invite your dads or father-figures- or adopt a fellow alumna's dad. Reach out and invite another alumna to join you and your dad! Your dad may want to catch up with his buddies and your friends just as much as you look forward to seeing your friends! See page 31 for more information.

Alum Mom Reception

Fall 2010
Theatre Foyer

Alumnae come together, reconnect with former classmates, reminisce about their time at St. Francis and share stories of what SF life is like now from a mother's perspective. Date TBA - www.stfrancishs.org

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

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 _____

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DONOR INFORMATION

Your name(s) _____

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



Georgina Radonich Buxton '47



Joan Arcemont Adjani '54



Jacqueline Yuke Ghezzi '68



JoAnn Jelicich Dorr '69



Diane Ohm Terhune '70



Tessie Young '71

Mary Lou Mikacich Momboisse '46

Jacqueline McKenzie Andersen '48

Bette Merkley Lake '50

Patricia Corcoran Faris '63

Katherine Mulligan Lopes '70

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

MISSION STATEMENT

St. Francis High School is a Catholic diocesan college preparatory school dedicated to serving young women and their families who seek spiritual growth and academic excellence. We are committed to integrating faith into the learning process, promoting the gospel values of Jesus Christ, building community, and providing opportunities for worship. We strive to help each student develop her gifts and talents to become a model of Pax et Bonum (peace and goodness) through leadership and service.



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