

PAX ET BONUM

WINTER 2019 VOLUME 16 • NUMBER 2

MORE THAN ACADEMICS

HOW ST. FRANCIS IS
HELPING GIRLS DEVELOP
SOCIAL-EMOTIONAL
SKILLS FOR LIFE

St. Francis
CATHOLIC HIGH SCHOOL



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ON THE COVER

"Human Connection No. 1" by Audrey Reyes '20

"For my project, I decided to focus on human connection. Human connection is easily lost these days, and I hope that through my artwork and everyday actions I can reignite it. Humans are connected through both the dark and light moments of life; throughout all of this, there's always a spark of color to bring us back home. Whether that's through family, friends, or faith, we should always acknowledge its presence and be grateful."



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

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

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PRESIDENT'S MESSAGE

DEAR ST. FRANCIS CATHOLIC HIGH SCHOOL COMMUNITY,

You are receiving this edition of the Pax magazine right in time for Thanksgiving. I hope you are enjoying these cool autumn days with loved ones, counting your many blessings. Our community is looking forward to some downtime as well after a busy few months of school. The first two quarters brought a plethora of activity: Back to School Night, Thankful Thursday, St. Francis Feast Day, Open House, the SELFe Event, and Homecoming festivities, to name a few. There is never a dull moment around here! We are grateful to all those who helped make these community activities welcoming, joyful, and festive.

In October we also hosted our first “Prayer and Care Package Night” for parents of the classes of 2018 and 2019 (see page 33). This was a beautiful way to lift our recent graduates up in prayer and give our parents an opportunity to assemble care packages for their college-going daughters. What a new and fun tradition of welcoming back parents, reconnecting them with each other, and hearing how our Troubies are doing!

We are proud to share that our SELFe Event—featuring two dynamic and inspiring keynote speakers: Rachel Hollis and Valorie Burton—earned the “2019 Influence Award” for special events from the Public Relations Society of America (see page 6). We are honored to have been recognized for our efforts in bringing women together to foster sisterhood, demonstrating that women coming together to affirm and celebrate one another is having a profound impact in Sacramento.

Speaking of impact, we are delighted to share with you that after an intensive summer of interviews for our feasibility study regarding our master plan, the feedback received was extremely positive. Input from these interviews is guiding our next steps, and we are excited to report that it is our intention to strategically move forward with campaign planning. This will include outlining a phased approach for enhancing our campus facilities to ensure SFHS remains responsive to the ever-changing needs of our students, families, faculty and staff. Stay tuned for forthcoming details!

We have a couple of special features in this edition that highlight the social and emotional skills we seek to impart to our Troubies to help them engage in challenging conversations that bring healing and restoration. Our ability to address tough issues is an important part of making St. Francis a welcoming and inclusive place. Education Policy Consultant and parent of a current Troubie, Camille Esch, shares her experience in the growing field of social-emotional learning and its promise for helping all students do better in school and in life, as well as lessening youth social problems such as bullying, depression, self-harm, and aggression. Dr. Jason Javier-Watson highlights the importance of racial literacy at St. Francis. And our wellness counselors introduce you to our “Guardian Angels” peer team who are dedicated and trained to help classmates address conflicts. Their goal is to support, enhance and help improve students’ lives via a peer sisterhood experience here at St. Francis Catholic High School.

Our students continue to inspire us with how they spend their summers by the experiences and programs they start. Lest we not forget, we have a dynamic alumnae community across the globe from recent college grads to our seasoned alums. “Simply” put, they are doing amazing things to make our world better. And we’re excited to welcome many of them back on campus in March for Career Day.

As we head into the Christmas season, I am particularly grateful for a vibrant faith community that celebrates Christ’s birth. I am grateful for prayer on campus and how our Catholic perspective is infused in all we do. I am also grateful for all you have done – and continue to do – for our community. We could not be who we are, and where we are today, without your prayers and support. Thank you for being part of this faith community and rich legacy of graduating women who are changing the world!

Happy Thanksgiving,

Theresa Rodgers

CHEERS TO A NEW CHAPTER



As the 2018-2019 school year drew to a close, we said goodbye to two of our beloved faculty. The absence of their daily presence is felt by all. Thank you for your loving and loyal service to our school community. May God bless you on the new chapter ahead.

MRS. CHERYL WATSON AND MRS. JAN MILLNER

CHERYL WATSON

Great leaders understand that their time must come to an end and usually have a plan just for that. Cheryl Watson had one in the works for several years. She coaxed Kiera Mickiewicz Anderson '99 into taking her position, knowing that she was leaving her legacy and the department in very loving and capable hands. Cheryl served SFHS for 35 years, taking our performances from shows in the cafeteria to Broadway-worthy productions in the new theater. When she began her St. Francis career, there was one class of theatre arts, and one play or musical a year. She grew the program to include theatre arts classes, a play, a musical, and a one-act in addition to several in-class productions a year! Cheryl has inspired our students, and her work has resulted in SFHS earning many Elly Awards over the years and significant honors at the Lenaea Festival. Her creative genius, passion and inspiration will be greatly missed.

JAN MILLNER

Jan Courtney Millner '75 came to St. Francis as Director of Alumnae Relations in August 2006, then served as a Theology teacher in 2007, and transitioned to her Guidance position in 2010. Jan is passionate about many things, including international travel (she went to Ghana on a service immersion trip with SF students sponsored by Catholic Relief Services in 2010), Disneyland, the SF Giants (her dog's name is Posey), and quilting. Jan's faith comes through in all she does. She is a woman of strong conviction and deep spirituality that she brings to all her encounters. She loves our students and has blessed them with her wisdom, love and guidance. Jan served on retreats every year and always welcomed students into her office. We have been fortunate to have Jan share her gifts and talents with us these past 13 years, and we wish Jan all the best as she moves into retirement!

A TIME FOR THANKSGIVING

With the Thanksgiving season upon us, it is time to reflect and remember our many blessings. St. Francis Catholic High School is particularly grateful for the team of accomplished volunteers, many of whom are St. Francis alums, who serve on our Board of Trustees. Our school is truly better for their faithful, and faith-filled, service.

Jennifer O'Brien Cooley '89

Dr. Pam DiTomasso '72, P'05

Mary Ellingson '67, P'94 & '97

Roxanne Elliott '94, *Chair*

Noel Hesser, *Regional Director of Catholic Schools, Ex Officio*

Helen Manfredi Pierson '74, P'00

Alison Morr '89

Celia Puff, P'16

Lincoln Snyder, *Executive Director of Catholic Schools, Ex Officio*
Celes Syphax, P'15

The Very Reverend Michael Vaughan, *Vicar General, Ex Officio*

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WWW.STFRANCISHS.ORG/BOARD-TRUSTEES



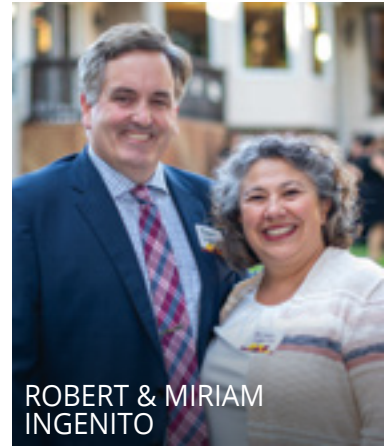
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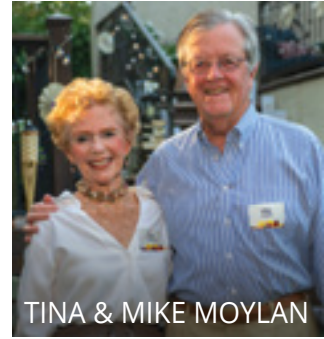
ROBERT & MIRIAM INGENITO

PRESIDENT'S SOCIETY RECEPTION

On September 12th, President Theresa Rodgers and the St. Francis Board of Trustees celebrated the generosity of the President's Society, comprised of lead benefactors committed to the mission of St. Francis. This lovely evening, held at the beautiful home of Lori & Bill Porter, was an opportunity to enjoy entertainment by St. Francis students and hear the heartfelt stories of young women who are benefiting from their generosity.



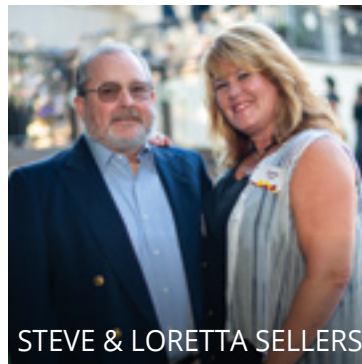
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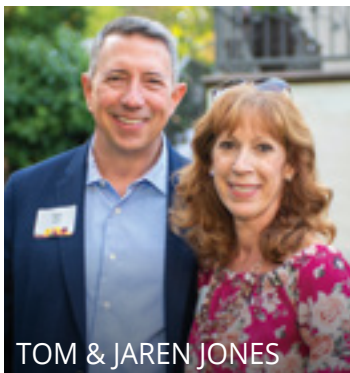
THERESA RODGERS, ALISON MORR '89, MARYANNE KELLY, ELIAS MENDOZA, AND MIROSLAVA ZARAGOZA '21



DIANE & PAUL HENDERSON



ANDREW & JANIS HURTER



TOM & JAREN JONES



ANN & MIKE CASENTINI



ST. FRANCIS CHAMBER SINGERS



SELFe SUCCESS!

The 2nd annual SELFe Event, held on October 20th, featured bestselling author, speaker and life coach, Valorie Burton. St. Francis' legacy of empowering women, coupled with Valorie's passion, authenticity, and wisdom left the crowd motivated and energized! We welcomed hundreds of attendees and volunteers for this afternoon of inspiration and connection, including 22 vendors in the marketplace in Serra Court.



We are proud and honored to announce that SELFe was the winner of the prestigious 2019 Influence Award from the California Capital Chapter of the Public Relations Society of America. This goes to show that when women gather together to support and inspire each other, great things happen! We thank our generous sponsors, vendors and tireless volunteers for all their efforts. We're looking forward to next year!



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

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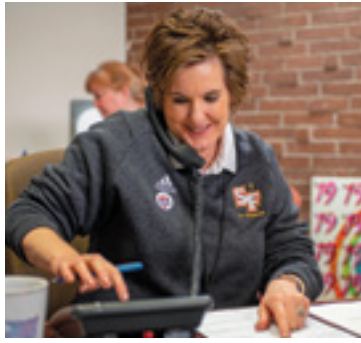
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WE'RE THANKFUL FOR YOU!

NEARLY \$220,000 RAISED TO DATE FOR STUDENT FINANCIAL ASSISTANCE ON THANKFUL THURSDAY

The eighth annual Thankful Thursday on October 10th was our best day of giving yet! We are thrilled with the flood of support. Students, parents, alumnae, grandparents, past parents and countless others all came together in support of one goal: providing the financial assistance that helps 30% of our young women receive a St. Francis education. Thanks to your many, many gifts, we raised nearly \$220,000 this year and the total continues to grow!

With a little help from Sabrina Silva from GoodDay Sacramento in the morning, our students and staff filled the campus with contagious energy all day long! Thank you to the entire St. Francis community for your enthusiasm and support of this very worthwhile initiative.

STUDENTS WENT ALL IN!

- Students raised more than \$4,700 for their fellow Troubadours!
- The Class of 2022 won the competition for Leatherby's ice cream.

NUMBERS TO BE PROUD OF!

- Parents contributed more than \$80,255
- Alumna contributed more than \$34,379
- Parents of alumnae contributed more than \$25,985
- Our generous faculty and staff contributed \$14,201





We traditionally think of high schools as places to develop academic skills and prepare for college. But high schools are also places where youth transform into young adults. As they progress through their teenage years, girls learn to navigate increasingly complex relationships and situations. It is a fragile time that shapes a person's confidence and sense of self. As we know from our own adult lives, these things ultimately prove more important than the math, science, and literature we learn about in high school.

At St. Francis, administrators and educators are working hard to understand the full range of skills that students need to manage the many challenging situations they will encounter in life. In this issue of *Pax et Bonum*, we look inside St. Francis to explore how the school is approaching this complex and challenging task.

Parent Camille Esch explains how St. Francis has adopted leading practices that help students develop the social and emotional skills they need to become successful adults. Assistant Principal Dr. Jason Javier-Watson describes how St. Francis is now embarking on a new journey to help students learn to live and work alongside people from diverse racial backgrounds. An article on the student-founded Guardian Angels group describes how students themselves are helping their peers navigate relationships and manage stress.

All of these activities can help girls reach their full potential as secure, well-rounded individuals who can be a force for goodness in their community and country.

IN TODAY'S WORLD,
WHAT COULD BE
MORE IMPORTANT?

MORE THAN ACADEMICS

HOW ST. FRANCIS IS HELPING GIRLS DEVELOP SOCIAL-EMOTIONAL SKILLS FOR LIFE

BY CAMILLE ESCH

When our family started looking seriously at high schools in the spring of 2018, we had some pretty specific wants. My husband and I wanted an academically rigorous climate, and so did our daughter. At the same time, none of us wanted an aggressively competitive environment that would leave her feeling stressed out and unhappy. Having worked in the field of education for many years, I knew it would be tough to find a school that could strike a good balance between rigor and support.

That same spring, I happened to be working with a team of researchers who were studying schools that appear to be doing an exceptional job of nurturing students' social-emotional learning. Social-emotional learning is a growing field of educational practice that shows promise for helping all students do better in school and in life, as well as lessening youth social problems such as bullying, depression, self-harm, and aggression. The more I learned about social-emotional learning, the more it struck me that this was something we wanted for our daughter, and that one of the high schools on our short list was emerging as the right place to find it: St. Francis Catholic High School.

SO WHAT IS SOCIAL-EMOTIONAL LEARNING AND WHY DOES IT MATTER?

In the last few decades, researchers have learned that kids need more than academic skills to succeed in school and life. They also need a set of beliefs and behaviors that help them manage the social and emotion-

al aspects of their lives. In years past, these qualities were called character or success skills. Today, the term social-emotional learning is often used to describe this set of critical capabilities. It includes things like impulse control, self-management, belief in one's abilities, growth mindset, awareness of others, and the ability to work cooperatively.

A substantial body of research has shown that these social-emotional skills are powerful predictors of success. In school, they predict academic grades as strongly as IQ, and in the workplace, they are even more predictive of success than IQ. Correlated with positive long-term outcomes like higher employment rates and wages, social-emotional skills are also linked to lower risk of substance abuse, obesity, and criminal activity.

CAN SCHOOLS HELP STUDENTS DEVELOP SOCIAL-EMOTIONAL SKILLS?

The short answer is yes. Researchers have found that social-emotional learning is not fixed. It is malleable and can be influenced by students' experiences in school. Research has also shown that some schools are better at helping students develop these skills compared to other schools with similar students. In general, schools with safe and supportive school climates tend to have students with stronger social-emotional learning outcomes. What is not yet fully understood is exactly what combination of school practices lead to which specific outcomes.

Camille Esch is the parent of two daughters, the oldest a sophomore at St. Francis. She has degrees in education and anthropology from Stanford University and has worked in education policy and research for over 20 years.

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A team of researchers in California, mentioned above, has been pursuing this topic by looking at “outlier” schools, meaning schools whose students show significantly stronger social-emotional learning outcomes compared to peer schools with similar student populations. Two years ago, this research team visited outlier schools across the state and found several clusters of common practices among them. As I discovered during my family’s search for the right high school, many of these same practices are also found at St. Francis.

WHAT ARE “OUTLIER” SCHOOLS DOING TO PROMOTE SOCIAL-EMOTIONAL LEARNING?

The researchers found that outlier schools take steps to actively promote positive climate and relationships. Among other things, they have robust strategies to build whole-school culture and they organize schedules and students to support relationships.

Like the outlier schools, St. Francis has impressive breadth and depth in this area. A Troubie’s high school experience begins with a full freshman orientation the day before school starts to help students get acclimated to the campus and calm their nerves. St. Francis also organizes students and staff in ways that foster supportive relationships on campus. Every girl is part of a Big Sister/Little Sister support group that is nested in a regular homeroom with the same teacher for all four years. Students also have the same guidance counselor for four years.

Each year, students have rich opportunities to bond with their classmates, ranging from the intense (overnight spiritual retreats) to the lighthearted (class mascots and class t-shirts). The school’s Homecoming traditions are a particular example of how St. Francis goes above and beyond to promote a positive school climate, including a solid week of intense inter-class competitions in which every student can participate, not just the athletes. Some of these climate-building activities may seem trivial, but in fact they are

quite intentional and important. They help students develop a sense of community and understand their own role within it.

The research on outlier schools also shows they do a great deal to support positive behavior in specific, intentional ways. From the outset, outlier schools establish and enforce clear values and expectations. When student behavior is problematic, school personnel strive to understand the reasons behind it and provide targeted assistance, not just harsh discipline.

St. Francis excels in expressing clear values and expectations. In both its rhetoric and requirements, the school reinforces its emphasis on faith, excellence, leadership, and service. The school makes it clear that personal development is just as important as academic growth. Annual class retreats and service trips provide especially rich opportunities for students to explore these values. Most teens do not have a structured opportunity to step away from the demands of school and think about the way they are living their lives, what they value, who they are, and how they can share their gifts with the world. At St. Francis, students are asked to do this on a regular basis.

St. Francis also draws on its Catholic foundation to support positive behavior in ways that are not typically found in secular schools. Dean of Students Cynthia Cost puts it this way: “Our foundation in faith helps us focus on the dignity of the person. When you come from that place, everybody has value and worth. We help girls find that.” This emphasis on personal dignity even extends outside of school. If the Dean learns of unsafe behavior at off-campus events, she’s been known to intervene and make sure students understand the potential consequences of their behavior. “It’s not just about discipline,” she says. “We ask them, ‘Were you being safe?’” When working with a student who has behaved in a way that is not consistent with the school’s values, Dean Cost says, “I try to remind them that they are loved. God loves you and wants the best for you. And

we want the best for you, too.” Whatever the religious beliefs of the student, this caring and authentic stance lays the groundwork for an effective intervention.

Another hallmark of outlier schools is having specialized personnel on campus to oversee the school’s approach to student behavior, wellness, and school climate. These staff will often train other staff and even students to provide support and help students gain social-emotional skills. In this regard, St. Francis is something of a trailblazer, having established its Wellness Office 16 years ago. Led by Dean Cost and two full-time Licensed Marriage and Family Therapists, the Wellness Office provides one-on-one

counseling sessions and holds regular student assemblies and parent informational sessions on a variety of wellness topics.

The Wellness Counselors, Kymberly Weinandy and Chyrissee Lee, also work with other staff on campus to promote student mental health, such as working with arts teachers and sports coaches to promote a healthy balance between academics, extra-curricular activities, and personal life. More recently, the St. Francis Wellness team has begun developing a team of students who can provide emotional support and encouragement to their peers. To help identify students facing serious issues, the school has also implemented Anonymous Alerts, an anti-bully-

ADA GREGORY '22



ABBY MALEK '22

LOLA TAYLOR '23



ing app that allows students to anonymously report on bullying, drug abuse, depression, harassment, family issues and self-harm issues. Students can establish anonymous one-way or two-way communications with a Wellness Counselor about an incident and get the help they need.

WHAT LIES AHEAD FOR SOCIAL-EMOTIONAL LEARNING AT ST. FRANCIS?

The next frontier for St. Francis is to begin measuring students' social-emotional skills to help pinpoint areas for further work and teacher training. Last spring, the school administered a student survey on social-emotional learning and found encouraging results. Students self-reported strong feelings of confidence around self-management (the ability to regulate one's emotions and be-

haviors) and social awareness (the ability to understand social norms and empathize with others). While also quite positive, students' responses showed some room for improvement in the areas of growth mindset (the belief that ability can change through effort and perseverance) and self-efficacy (the belief in one's ability to succeed in reaching a goal). In future years, school leaders will be able to track progress on these measures and infer whether new efforts are working as intended.

Every school is a work in progress, and it can take years of trial and error to figure out what works best. In the realm of social-emotional learning, even the most specialized researchers have much more to learn about the specific combination of school practices which can really help students develop the complex skills needed to succeed in life. For now, what is clear is that individual schools can have a significant impact on social-emotional learning and St. Francis' practices are highly consistent with the schools that appear to be doing it best. After studying education policy and practice for years, I am curious to see how St. Francis continues to grow in this area. As a parent, I'm happy to know my daughter will reap the benefits.

MADLINE BROWN '21



LINDSEY SEIFERT '23



BAILLY CLARK '20



GUARDIAN ANGELS

The “Guardian Angels” peer team is a dedicated group of young women who have been trained to help classmates address conflict and provide support for them as they face the pressures in life. The peer team’s goal is to support, enhance and help improve students’ lives via a peer sisterhood experience here at St. Francis Catholic High School.

The origin of the “Guardian Angels” name came from Jenna Boras ’13, who started a grief group on campus when her mom passed away. Jenna hosted groups for her peers who had also suffered a loss in their lives. As it evolved, and the teens worked closer together, the assembled teens became more than just a group focused on grief. Over this span of time, these Guardian Angels the young women developed into a broader support group for other teen issues. The initial students felt that participating in this peer group was essential to their process of self care and healing. We elected to honor the new peer team with the name “Guardian Angels” with the purpose of carrying on this tradition of peer to peer support.

There are currently sixteen girls on the Guardian Angels peer team comprised of Sophomores, Juniors and Seniors; they are typically recommended by their guidance counselor or staff member. They describe themselves as people who like to help others and they want to enhance the culture of SFHS on both an emotional and social level. Each student is required to go through wellness and safety training that covers

conflict resolution, communication skills, confidentiality, care for others, and self care. The team members participate in various situations and events, from meeting one-on-one with other peers, to working with Wellness on presentations and assemblies.

Team members often work with students who are going through transitions in their friend groups or struggling with peer pressure. Students sometimes find talking to a peer team member easier than talking with an adult. Peer-to-peer support is often effective because they can relate as they are also navigating issues of being a teen at SFHS in this era.

At the beginning of each year, all transfer students are introduced to a peer team member as extra support for the transition into a new school environment. This year, in conjunction with the Wellness Counselors, the team has started Teen Talk support groups. The initial talks cover coping skills, anxiety issues and techniques for self help.

The Wellness counselors, Kymberly Weinandy, LMFT and Chyrissee Lee, LMFT, monitor and are in continual consultation with the team members as they work with students. They not only support all students at large, but also make sure the team members are practicing balance and self care in their own lives. A testimony from a student Jazmin Sanchez who utilized the peer team process reports that “she really liked her Guardian Angel because she was a great listener and gave good advice.”

“Because I want to go into the field of Psychology, I believe that having this experience helped me know for sure that this is what I would like to spend the rest of my life doing. There is no better feeling than walking away from a meeting with a student and knowing that you influenced her life. Being able to be there for others is a feeling that never gets old. I never realized how much advice I was able to offer until I had this opportunity, and I am extremely grateful this brought out something in me that I didn’t know I could do.”

AINE COLGAN '19



SOPHIA EDWARDS '23



LINDSEY SEIFERT '23, ELLA SEBOK '23, & EVA MARUCCIA '23



EMMA HARRIS '22



SOPHIA EDWARDS '23

A NEW JOURNEY

RACIAL LITERACY AT ST. FRANCIS CATHOLIC HIGH SCHOOL

BY DR. JASON JAVIER-WATSON

WHY RACIAL LITERACY, WHY NOW?

There are few conversations in America that cause more stress than when racial issues come up. Too often, deep and meaningful dialogue is derailed by anger, sadness, defensiveness, denial, and outright avoidance. In most cases, it seems safer to not talk about race rather than risk offending someone. In fact, many of us are so terrified of making a mistake that we endlessly dance around the topic instead of addressing it directly and honestly. Avoiding racial conversations has devastating consequences for two primary reasons: 1) racial issues, past and present, are an unavoidable part of our social existence, and 2) modeling and teaching avoidance means we are sending our students into the world unprepared to navigate increasingly diverse university and work environments.

Rather than avoid these conversations in our school community, it is vitally important that students learn the social and emotional skills required to engage in racial conversations in productive ways. Over the past year and a half, the St. Francis community began a new journey to better address the needs of our racially diverse student body. Our work started with three basic assumptions to guide us. First, **as a Catholic school, our mandate is to provide a safe and faith-**

filled learning environment for all students. The word “safe” is often ridiculed as a stand-in for coddling students. Learning in itself can be a risky endeavor. It takes significant courage to admit when we need help; a safe learning environment is one in which the students feel comfortable admitting knowledge gaps. They also feel supported in asking for help from teachers, classmates, counselors, and administrators. This notion of safety is deeply rooted in our Catholic faith. We are all brothers and sisters in Christ, and therefore we are accountable to one another.

Our second assumption is that **the ability to address racial issues is an important part of making St. Francis a welcoming and inclusive place.** The demographic data from the 2018-2019 school year shows that over 40% of our student population identifies as non-white. To a significant portion of our student population, racial and ethnic identity are important markers of who they are and how they move through the world. In other words, there is diversity and difference at St. Francis that must be acknowledged, and furthermore being different is a good thing. Despite this, talking about the different ways people experience life due to our different races, ethnicities, and cultures can be challenging. For some, simply mentioning racial/ethnic difference is stressful. Our diversity makes our community stronger.

Our final assumption is that **racial conflict is inevitable.** Conflict is scary. Racial conflict reminds us of deeply disturbing historical events and brings about immediate feelings of danger; nobody wants to be labeled as hateful, ignorant, or racist. But racial conflicts will continue to happen, that is for certain.

Dr. Jason Javier-Watson is the Assistant Principal for the 9th and 10th grades at St. Francis. He is the facilitator of the Student Life Council (SLC) and moderator of the Racial Justice League, a student club that advocates for racial issues on campus and in the wider community.

If you are a current student of St. Francis, an alum, or a parent of a current/former student, feel free to contact Dr. Javier-Watson to share your story. jjavier-watson@stfrancishs.org or 916-737-5001.

“OUR FAITH
AS CATHOLICS
CALLS US
TO ADDRESS
SUFFERING
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PARTICULARLY
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NOTION THAT
WE MUST
TAKE CARE OF
SOME AT THE
EXPENSE OF
OTHERS.”

Navigating racial conflict is an important skill our students need in order to function in the world. Our racial differences are more than skin deep; they represent different cultural attitudes and ways of seeing the world. St. Francis students must learn to live and work alongside people from diverse racial backgrounds. This is an essential skill set, although it is rarely taught in an explicit manner. Central to this are social and emotional skills that make room for differing perspectives and experiences. Rather than utilizing a moral framework (“be a good person”) to solve racial conflict, our school community needs to develop explicit stress and conflict management tools to navigate challenging racial conversations.

DEVELOPING OUR RACIAL LITERACY TOOLKIT

Given the divisive times in which we live, the need for dialogue is paramount. However, racial issues are often so stressful that they test our ability to engage with one another authentically. If someone feels threatened by a racial interaction, then his or her brain may go into fight, flight, or freeze mode. This makes rational conversation impossible. While this physiological reaction is completely understandable and human, pretending it doesn't happen leads to ruptured bonds within our community.

Luckily, the tools to confront and work through racial conflict exist and can be put to use by anyone. This approach was developed by Dr. Howard Stevenson, clinical psychologist and the Constance Clayton Professor of Education at the University of Pennsylvania. Too often, public issues make us feel as if we must choose between two opposing sides: right and wrong; conservative and liberal; racist and not racist. These false binaries represent the “either/or” worldview. Racial literacy encourages us to take a different approach when addressing racial conflict. What if I can be both right about some parts of an issue and wrong about others at the same time? What if I cannot be easily put into a

box when the complexity of my humanity is under consideration? This is the “both/and” approach we use to manage racial conflict. A “both/and” perspective avoids blame; no one is entirely right or entirely wrong during a racial conflict, and labels are not effective for reaching resolution. Rather, people have a unique perspective based on their experiences, and that unique perspective should be honored during moments of racial tension.

As our Wellness counselor Ms. Chyrisee Lee often says, the truth about a conflict is somewhere in the middle. Yet, powerful emotions may cause us to retreat to a polarized and defensive position. From here it is difficult to empathize with the perspective of the other person. The challenge is to make room for all the messy emotions associated with our human experience, to stay engaged in a conflict without retreating, and to work towards a healthy resolution for all those involved. What is healthy for someone is not prescriptive; it may look a hundred different ways. It is impossible to get to any of the healthy options, however, without practicing the skills it takes to navigate this fraught territory.

Racial literacy encourages us to be present and mindful of our stress levels as we navigate these rough waters. In this case, being literate is not about reading text on a page, but reading ourselves and our social interactions in the real world. In short, racial literacy is the ability to read, recast (lower our stress), and resolve racially overwhelming encounters. Whether or not we can accurately **read** a racial situation is the first challenge. The question is not if racial conflict will show up, but rather what happens to us when it does? Can we recognize it? Once we begin to more accurately read the racial moments happening around us, we then have to be able to **recast** the situation in a more positive light. By viewing racial moments as challenges to overcome rather than near-death experiences, we can approach racial conflict calmly and rationally. To do this, we should acknowledge and

cope with powerful emotions rather than ignore them. Ultimately, when we identify a racial moment and approach it with a problem-solving attitude, we can work together to **resolve** the conflict in a way that honors the human dignity of everyone involved.

OVERCOMING RACIAL FEAR, ANGER, & ANXIETY AT ST. FRANCIS

Over the course of the 2018-2019 school year, our staff and faculty dedicated many hours to learning and practicing racial literacy techniques. The Student Life Committee (SLC), comprised of leaders from Athletics, Campus Ministry, the Arts, Administration, and a Student Body Officer, focused on cultivating our racial literacy skills throughout the year. In addition, professional development for all staff and faculty was carried out throughout the year. I also facilitated an after school professional development session open to students and staff interested in taking a deeper look at racial dynamics. This year, St. Francis hired Dr. Kelsey Jones to provide additional training support for staff and students. Dr. Jones and I served as postdoctoral fellows under Dr. Stevenson, and we facilitated the Racial Empowerment Collaborative (www.recastingrace.com) training program for three years.

As a school community, the question lingering behind many of our conversations from the beginning of the year was, **“Why do we have to talk about race?”** Are we making something out of nothing? We are all the same; isn't talking about race making the divisions worse? I'm not racist, how does this apply to me?”

These questions were not always stated explicitly, yet they created what I would call the emotional foundation from which our work began. There are no simple answers to any of these questions, and our goal for the year was to practice staying present and noticing what happens to us individually when confronting these issues. By staying engaged in the conversation instead of avoiding it, we began to notice the anger, resentment, and sadness behind many of our racial interactions. Not wanting to confront these difficult emotions leads to anxiety around racial conversations that keeps us from being our authentic selves during these interactions. Using a “both/and” perspective, I encouraged participants in our sessions to own their emotional reactions and speak assertively about their experiences.

Of the many lessons that emerged from our racial literacy work, one in particular stands out for me as a Catholic; the stories of our students and staff of color revealed deep hurt from racial interactions they had experienced. Our faith as Catholics calls us to address suffering in any form, particularly when people feel marginalized. A racial literacy perspective rejects the notion that we must take care of some at the expense of others. Our challenge now is to address the pain of those who suffer while honoring the humanity of all those in our community. In other words, we want to invite everyone into the conversation and into the fold of healing.

HEADING TOWARDS AN UNKNOWN DESTINATION

*I can do all things through him who strengtheneth me.
(Philippians 4:13, NRSVCE)*

The most frightening part about our new path is that the destination is not clear. Our goal is to honor the diverse voices and perspectives of our student body, and in doing so we hope to create a healthier campus climate around racial issues. However, there is no set goal or endpoint for this journey. It is clear, however, that our faith will play an important role in moving us forward. Initially, many of us felt overwhelming sadness and helplessness in the face of the challenge. However, we have the bedrock of our faith to support us and to give us the strength to continue. We are guided by Jesus' words in Matthew 22:35-40, NRSVCE:

He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”

We cannot love one another as we should if we cannot listen to each other. Racial literacy empowers us with the social-emotional skills to overcome the current and historical wounds that keep us separate. The truth is that if we cannot manage the stress around racial conversations as adults, we will not be able to teach these skills to our students. Admitting we are short on skills is half the battle. However, a better and healthier way to have difficult racial conversations is possible, and we are laying the foundation for this future here at St. Francis.



KATE FITZGERALD '20



IN NEW YORK

WE CAN'T DO IT ALONE

KATE FITZGERALD JOINS THE FIGHT AGAINST CANCER

When Kate Fitzgerald '20 lost one of her cousins due to Leukemia, she knew she had to do something. In 2010, Kate inspired her family to get involved with the Leukemia and Lymphoma Society, or LLS. It felt like the right time for her, both with the passing of her cousin Joe and her new found awareness of the problems that Leukemia presents. "LLS is leading the charge to fundamentally change how we treat and care for children with blood cancer. But we can't do it alone," states the LLS website. So Kate gathered her team and got to work. She and her team of family and friends reached out to several companies in hopes that they would donate to the cause; she also put together several fundraising events. One successful fundraiser that she hosted was a poker tournament which pulled in approximately 180 participants. Overall, Kate and her team raised \$185,000 during the seven week campaign.

Forbes Magazine published a story about the Leukemia & Lymphoma Society and spoke with Kate about her experiences with the fundraising. According to *Forbes*, 2019 was a record breaking year for fundraising. The LLS annual report notes, "Our incredible progress this year puts us at the forefront of the fight to cure cancer. LLS achieved a record fundraising year, generating almost \$450 million in revenue that allowed us to invest even more in our mission and help more patients. Our record of success is driving innovation across the cancer landscape. Revolutionary new treatments, originally discovered through blood cancer research, are now being tested in clinical trials for other cancers. Not only is the blood an important starting place to find cures for cancer, but it is in our DNA – it is what we do at LLS every day." The *Forbes* article also reveres youth for getting involved, which is exactly what Kate did.

Because of all that Kate's fundraising efforts accomplished, she was invited to meet with the Leukemia & Lymphoma Society's Board of Directors and Louis J. DeGennaro, Ph.D., president and chief executive officer. "Nearly 70 years of fighting blood cancers has led us to a game changing belief," states Dr. DeGennaro. "Beating cancer is in our blood." Around 100 participants, who collectively raised more than \$150,000, were flown to New York in order to learn about the groundbreaking advancements being funded by their



KATE AND LOUIS J. DEGENNARO

efforts. Kate met with the head scientists and researchers, hearing about the new cutting edge discoveries against Acute Myelogenous Leukemia. "I actually had the chance to talk to professors and researchers at Yale and Harvard, along with listening to a panel of six scientists and doctors behind blood cancer breakthroughs. This was a fairly small event, with less than 100 people invited." Because of the size of the event, there was an opportunity "to have time to talk to the medical professionals about their research and have them teach me a little about what they actually do on a daily basis, along with asking as many questions as I wanted!"

"Getting involved with the Leukemia & Lymphoma Society was truly life changing, as it was the first time I have felt like I can make a change in the world as a young woman," says Kate. "It was an honor to work with such an amazing team to raise funds, and an even bigger honor to see the impact those funds are making in a growing field of cancer research." Her love for her cousin led her to make an impactful contribution to the Leukemia and Lymphoma Society, and through her work with LLS the legacy of her cousin Joe lives on forever.

THE STUDY OF MEDICINE

AVI ZAVERI '20 SPENT HER SUMMER DEDICATED TO MEDICAL INTERNSHIPS, HERE AND IN INDIA

Avi Zaveri '20 spent her summer studying medicine: first through St. Francis' preceptorship with Kaiser Permanente and then with Dev Sanskriti Viswavidyalaya University in India. She was one of twenty students who participated in our summer medical internship with Kaiser Permanente, a four-week practical career experience and training opportunity that allowed her to shadow in multiple departments. In addition to the daily hospital and clinic rotations, students also spent a day in the classroom working with St. Francis faculty member and Director of Student Activities, Mrs. Cassy McGreevy, learning leadership skills and career building techniques. "This internship gave me insight into what a doctor, nurse, or technician's day looked like. The internship gave me an opportunity to see whether health care is a field I would be interested in," says Avi.



Avi's keen interest in the field of medicine started at an early age. "I grew up taking care of my grandpa who had dementia from a stroke as well as my grandma, who has severe depression. This led me to really see what the medical field is like, specifically neurology."

Immediately after her Kaiser Permanente preceptorship concluded, she was off to India to intern with the Dev Sanskriti Viswavidyalaya University, or DSVV, an Indian university located in Shantikunj near Haridwar city. Established in 2002, DSVV provides various degree, diploma and certificate courses in areas like clinical psychology, Yogic science, alternative therapy, and spiritual counseling. "One of the reasons I wanted to do a medical internship in India, was to compare and contrast how medicine is practiced in India with how it is practiced in the US. I chose to gain experience in India because I grew up there and wanted to learn more about other methods for healing."

During the two weeks Avi was in India, she was not only able to see how allopathic medicine is practiced, but was able to see the way holistic and ayurvedic medicine is practiced. "I was able to experience and observe how patients were cured in many different ways without medicine. This experience was very eye-opening and gave me a new outlook on how medicine is used in different ways around the world." Avi's internships with both Kaiser Permanente and Dev Sanskriti gave her an opportunity to explore her interest in pursuing a career in the health care field.



MY SUMMER IN MOROCCO

BY ROSE GIBLIN-VANCE '20

I spent the summer in Rabat, Morocco where I studied Modern Standard Arabic and Moroccan Colloquial Arabic. The program I was in is called the National Security Language Initiative For Youth (NSLIY) and was established by the State Department as a language immersion program to allow students to gain experience in languages rarely taught in American high schools.

My program was 7 ½ weeks. Classes lasted from 8 A.M.-3:30 P.M. and evenings were spent exploring the city and experiencing cultural activities like Moroccan bread-making. I got to try my hand at Arabic calligraphy and taste delicious street food such as mesemen which is a thick crepe often served with honey and cheese.

I was blessed to visit other cities as well within Morocco. In Casablanca, I got to visit Hassan II Mosque. It is the tallest mosque in all of Africa and is extremely beautiful. It sits on the ocean, overlooks the beach, and can hold more than 100,000 worshippers.

My time at SF helped prepare me for this experience. The program was introduced to me by my Model United Nations coach, Miss Evanne Torrecillas. She encouraged me to apply and wrote my recommendation letter. My studies in French at SF helped a lot in Morocco. Due to its former status as a French protectorate, Morocco has a strong French influence within the local dialect of Arabic with many loan words. I was also able to attend services in French at a Catholic Church in Morocco.

I was lucky to have an amazing host family comprised of a mom who worked in the Moroccan court system, a 26 year-old daughter who recently graduated college, and a grandmother. I loved being able to practice Arabic with my host family and it really helped me improve as a student. I am happy to say I still keep in contact with my host mom and friends from Morocco, including my American classmates and newfound Moroccan friends. Having a host family taught me how to keep in touch with family while you are away, as now I contact them via phone.

Participation in the NSLIY program has been life changing. The experience taught me a lot about future career opportunities and internships abroad. I met with State Department employees throughout the summer and learned how they got involved in their fields which included being a diplomat, directing cultural exchange programs, and working for USAID. During the NSLIY program, I was able to adapt to a totally new environment – culturally, religiously and linguistically, although there were some bumps along the way. A big takeaway for me is to not judge based on surface level assumptions, as often cultural practices have logical explanations.

I plan on studying Arabic in college along with political science and French. I hope to use these skills for a career in the Peace Corps in Morocco and later in the US Department of Cultural Affairs or in a refugee resettlement.

PETALS 4 PATIENTS

MADELINE COVERT GIVES BACK BY SPREADING JOY

Madeline Covert '20 has grown up in a home near Mercy Hospital and has vivid memories of visitors bringing flowers and balloons to their loved ones. Knowing not everyone had someone to bring them flowers, Maddie was inspired to do something about this issue. She created the organization Petals 4 Patients to assemble and deliver flower bouquets to individuals in long-term care facilities and hospitals. Madeline created this group with the hope of brightening someone's day with a fresh bouquet of flowers. She specifically wishes to help those who may not have someone to comfort them, may be in serious treatment, or simply need a sign that someone cares.

Last year, when she was in theology class, Mr. Norman handed out a prayer called "A Sunflower." This prayer conveyed the message that simple acts of kindness and giving back can have a large impact on others. Madeline was very touched by the prayer as flowers have always been of significance to her. Over the summer, she was grateful to have had the opportunity to be featured on Good Day Sacramento. Anchor Julissa Ortiz (SF alumna of the class of 1995) reached out in hopes of learning more about the organization and set up a segment for Madeline to spread the word. After the segment, myriad people made donations and reached out in order to help Madeline's cause. For the future of Petals 4 Patients, the plan is to continue helping throughout her college career no matter where life takes her. "I'm so happy to be able to contribute to the community," adds Madeline. Spreading her wings and bringing joy to communities outside of Sacramento is what Madeline hopes Petals 4 Patients will be able to achieve; it will be fulfilling to see where her passions take her.



REAL-WORLD EXPERIENCE

KYLIE ANDREWS GETS REAL-WORLD EXPERIENCE ANALYZING COMPLEX REGULATORY CHANGES

Kylie Andrews '21 gained real-world experience this summer when she was tasked with researching and summarizing the new Marpol Annex VI fuel regulation (hereafter IMO 2020) which will come into effect in January 2020 and will significantly impact the maritime industry.

Kylie spent the summer interning at Interstate Oil Company, a company started in 1970 by her grandfather and still owned and operated by the Andrews family. She was tasked with reporting on the impact to diesel prices when the new regulation takes effect lowering the amount of sulfur allowed in marine fuel from 3.5 to 0.5 percent. The shipping industry uses an estimated four million barrels of fuel each day. She learned how the IMO 2020 regulations will tighten supply for low sulfur diesel and that this will mean that the price for the new fuel will inevitably be higher, and could continue to increase should it become a scarce resource as the rule goes into effect.

According to Kylie, "this internship provided me with a real-life opportunity to work with adults and showed me what can happen outside of high school. Not a lot of people can say they've had this opportunity." Kylie was particularly grateful for the opportunity to share this experience with her sister Makenna '23.

While it took a tremendous amount of research and dedication to produce the final report, Kylie stated it was "empowering when it was done and a huge accomplishment." Not only did Kylie and Makenna learn a lot about diesel and gas, they had a lesson in supply and demand, the complexities and impact of the regulatory environment, tenacity and how to work with an adult population to accomplish a goal.



WOMEN OF GRACE

NĀ WĀHINE O 'OLU HULA

BY NOELANI KINION '21

Kūlia i ka nu'u is a Hawaiian proverb which means “strive to reach the summit.” This is exactly what Mrs. Laureen Macugay has devoted her life to. Also known as Kumu Nohea, Mrs. Macugay has been a part of the St. Francis community since 2004. She works in the front office as the Executive Assistant to the Principal, and she loves every second of her job. She works in the office by day, but by night she is a hula teacher, or *kumu hula*. Mrs. Macugay’s hula journey began in her youth. One day after seeing a group of hula dancers, her mother came home mesmerized. Mrs. Macugay went on to join a *hālau*, or hula school, at the age of 16. She danced under Kumu Hula Buddy “Koakanu” Carson for six years in San Francisco. She then married her husband Lou and together they purchased a home in Sacramento. There she joined another *hālau* under the tutelage of Naomi Leina’ala Kalama where she proceeded to dance for 16 years. In 2009 Mrs. Macugay applied for a \$25,000 scholarship to train and ‘*ūmiki*, or graduate, under the world-renowned hula master Lehua Kawaikapuokalani Hewitt in Hilo, Hawaii. On Christmas Eve, she received an email notifying her that she was one of ten selected out of myriad applicants; this was the best Christmas present she ever received. She trained for three years and graduated in May of 2012.

Fourteen years ago, former principal Kay Gaines encouraged Mrs. Macugay to bring hula to St. Francis. She taught a dance number to a group of seniors for a performance on campus, and they were hooked. Together they started a club, but Mrs. Gaines urged them to do more. Thus Mrs. Macugay turned the club into a class, making this the only credited hula PE class in California. In *Na Wāhine O ‘Olu*, not only are students able to learn how to dance in a traditional manner, they are also taught the aloha spirit. “Hula is not about grass skirts and coconuts,” states Mrs. Macugay. “Hula is a very big part of the Hawaiian culture. Hula is about telling stories of our ancestors, of our families, through dance, chants, and songs.”

Mrs. Macugay was a competitive dancer when she danced under Naomi Kalama. She was chosen as a soloist to represent her *hālau*. It was a lot of hard work, requiring months and months of preparation. She was one of the top four soloists in her age category in the Annual Iā ‘Oe E Ka Lā Hula Competition in Pleasanton, California. She now has her



LAUREEN WITH HULA MASTER LEHUA KAWAIKAPUOKALANI HEWITT IN AND STUDENTS FROM HER HĀLAU



own *hālau* in Elk Grove. With approximately 65 dancers, *Kūhai Hālau O Kanoheaokalikolaua’e Pā Ōlapa Kabiko* is thriving. Teaching eight classes a week, Mrs. Macugay’s schedule is jam-packed with excitement. Every summer she puts on a *hō’ike*, or recital, that shows everything her students have learned. Each class ranging in ages from three to 77, performs annually in *hō’ike*. They dance at smaller events throughout the year, as well as the annual Sacramento Aloha Festival. Mrs. Macugay is a beloved member of the hula community in Sacramento. It would not be the same without her. “She’s really encouraging,” says Tyra Moeller ’20, “Thanks to her, I want to continue hula even after I graduate.” As for her own future, Mrs. Macugay plans on teaching hula for many years to come. While her *hālau* does not currently compete, she hopes to take them to competitions in the future. She also wishes for her grandchildren to continue her hula legacy. Her granddaughter Malia has already started dancing at the age of three, making her the youngest member of the *hālau*. Mrs. Macugay’s family has helped her so much throughout her hula journey, and through them she is able to pass on her culture for many generations to come.

FOUR GENERATIONS OF HULA:



LAUREEN WITH HER MOTHER AND DAUGHTER



LAUREEN WITH HER DAUGHTER AND GRANDDAUGHTER

Noelani Kinion, a Junior at St. Francis, is an intern in the Advancement Department. On campus, she is an active member of Academic Decathlon and Certamen, which she describes as AcaDeca meets Latin Jeopardy. Noelani has been dancing Hula since she was five and is currently Co-Captain of Na Wāhine O ‘Olu, Women of Grace Hula team. Outside of campus, Noelani volunteers often with Rio Linda Lions Club, Touchdown Club of RLHS, and Girl Scouts Heart of Central California as a program aide. She is working on her Gold Award, the highest honor a Girl can earn. She hopes to attend the University of Hawaii at Mānoa and major in the Classics and minor in Botany as well as English in the pursuit of becoming a teacher.





ST. FRANCIS CATHOLIC HIGH SCHOOL PRESENTS

Revelry Gala and Auction

One Thousand and One Nights

SATURDAY, MARCH 07, 2020

TICKETS \$125 | HOSTED BAR | TABLES SEAT 10

SPONSORSHIPS START AT \$1,500

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THE SPIRIT OF SAN DAMIANO AWARD

The 3rd annual “Spirit of San Damiano Award” will be presented at the 2020 Revelry Gala & Auction on March 7, 2020. We are pleased to announce the recipients of this year’s award.



MONSIGNOR JAMES KIDDER

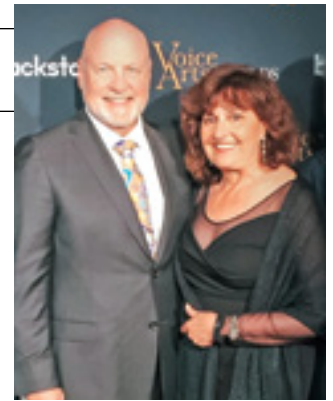
This beloved gentleman needs no introduction to the St. Francis community. Early in his pastoral career, while serving as Assistant to the Bishop of the Sacramento Diocese, Monsignor James Kidder served as Chaplain at St. Francis High School. While he served the Bishop in many capacities (Master of Ceremonies, Founding Director of Vocations Office, Marriage preparation director, founder of Permanent Diaconate, etc.), our alumnae community most cherished his role as chaplain. He still holds his “celebrity” status whenever he is spotted on campus or at a reunion. He was also a friend and mentor to many of his St. Francis colleagues including Kai Parks,

Rick Norman and Trisha Uhrhammer among others. Monsignor Kidder continued to serve St. Francis on our Board of Directors from playing an instrumental role in the campaign to expand the campus. He returned again last year to serve on the Strategic Visioning Team. A true servant leader, Monsignor Kidder was presented with the Pax et Bonum award from SFHS President Marion Bishop in 2004 and was one of seven priests honored nationwide when he received the distinguished pastor award from the National Catholic Educational Association in 2014. He has truly earned the love, respect and friendship of the St. Francis community.

SHANNON & RANDY TERWEDO

The St. Francis community is blessed to have this power couple providing vision, leadership and service to our school. Shannon and Randy jumped right in in 2003 when their daughter Jillian enrolled as a freshman. They were active members of the Patrons’ of the Arts providing service and raising support for the various arts programs at St. Francis. When the school leadership came up with a bigger vision to create the Revelry Gala & Auction, Randy stepped up and co-chaired that event the first year, creating the model that still

thrives today. They remained engaged even after Jillian’s graduation, and we were fortunate to have Shannon’s leadership and vision when she served on our Board of Directors from 2010 to 2012. Both Shannon and Randy served on the Strategic Visioning Team as we embarked on our master planning last year. As they begin to transition into retirement, this power couple’s service to the St. Francis community and our Troubadours does not wane, and we are forever grateful.



THE SPIRIT OF SAN DAMIANO AWARD

St. Francis Catholic High School introduced “The Spirit of San Damiano Award” to recognize outstanding individuals who have significantly contributed to our school community by modeling our pillars of faith, excellence, leadership and service for a period of 10 years or more.

These outstanding individuals inspire and empower us to fulfill our mission of “serving young women and their families

who seek a community of faith, excellence, leadership, and service, grounded in the teachings of Jesus Christ.” Our honorees are being recognized for their love of St. Francis Catholic High School and our Troubadours which is evidenced by their extreme generosity of time, talent and treasure.

Honorees of the Spirit of San Damiano Award will be recognized at St. Francis’ Revelry Gala held on March 7, 2020.

SIMPLY ELISE!

FOUNDER OF SIMPLYRECIPES.COM,
ELISE BAUER '78 SHARES HER RECIPE FOR LIFE



 SIMPLYRECIPES.COM

The eldest of six children, Elise Bauer was taking the world by storm when she walked across the Memorial Auditorium stage to receive her high school diploma and embark on an undergraduate degree from Stanford. The only one of her siblings to attend a private school, Elise's parents sacrificed plenty to provide her with a St. Francis education. Her father's German background and her mother's Hispanic background, coupled with their ingenuity and creativity, made the family dinner table a place of warmth and nourishment.

Elise would describe herself as a bit of a rebel: tell her she can't do something, and she'll set out to prove you wrong. That rebel spirit served her well as she was able to get through Stanford in five years with an undergrad degree in Environmental Earth Science and a master's in food research. Her ambition at that point was to focus on the economics of food on a global scale and work in a developing country. Two obstacles to this vision were a lack of language skills and huge student loans.

From her St. Francis and Stanford education experiences, Elise realized that both environments created a place of beauty and excellence in the world. She knew that she wanted to create that high standard of excellence, elegance and beauty in everything she did. She embodied the Stanford spirit of creating humans that would tackle the world's hardest challenges and St. Francis' motto of graduating women who change the world. She just needed to figure out how to pay off those student loans! Hence, an early consulting job working for Boston Consulting Group. She even managed to complete a second graduate degree, earning an MBA from Stanford.

Elise embarked on a year in Japan where she studied martial arts and received her black belt in Aikido, a Japanese art that practitioners can use to defend themselves while also protecting

their attacker from injury. She finds the discipline a great way to manage anxiety and create a way for harmonious energy. She has continued to practice and now has a 3rd degree black belt.

EARLY CAREER YEARS

In the mid-80's with the personal computer industry taking off, Elise joined Apple Inc. Even before the internet, working at Apple was an amazing opportunity to see what hardware could do and what it would enable people to do with software.

Elise spent a few years in the mid-90's working as a consultant before joining the start-up company Multitude, creator of Firetalk, VOIP service that allowed voice conference calling over the Internet. Think Skype, before there was Skype. This was a very intense couple of years for Elise and the company. Elise and the CEO raised \$35 million on Wall Street, and helped build the company to more than 120 people. Then the dot com crash of the early 2000's struck, and they had to file bankruptcy.

Having worked tremendous hours and putting so much of herself into her work and education, Elise was exhausted. In October of 2001, what initially appeared to be flu-like symptoms was later diagnosed as severe chronic fatigue syndrome. During this time, her roommate and best friend was diagnosed with terminal brain cancer and died three months later.

AN IDENTITY CRISIS

Physically and emotionally exhausted, Elise moved back to her parents Carmichael home. She could not muster the energy to work and support herself. Before this time, Elise viewed herself as a competent, intelligent woman with a "big life," big career, boundless energy and lots of friends and activities. Heck, this lady even swam Alcatraz not once, but twice! Now she couldn't walk 50 feet without losing her breath and was still incredibly sad about the loss of her friend; unfortunately, the chronic fatigue syndrome did not leave her with any reserve to hold this sadness.

She had to come to grips with this identity change, spending much time pondering who she was and how to deal with the

TODAY'S TROUBIES CAN MEET
ELISE BAUER AT CAREER DAY ON
FRIDAY, MARCH 13, 2020.

SEE PAGE 33 FOR MORE INFORMATION

fatigue and grief. Elise would be the first to recognize that moving home was a blessing, and she was grateful that she always maintained strong relationships with her parents. But this new chapter caused a complete surrender into God's hands. This was not the life she had envisioned for herself.

THE SLOW BOUNCE BACK

While she always enjoyed a good meal, cooking and meal prep had not been anything she invested time in. During the slow process of recovering and regaining her strength, Elise decided she should learn to cook from her parents. Their diverse cultural backgrounds and the challenges of feeding a large family on a state worker's salary, resulted in their being very good scratch cooks and gardeners. As she was able, Elise would pull up a chair in the kitchen and start writing their recipes down. Initially thinking she would preserve these for her family, she spent several hours a day hand coding the recipes on her *elise.com* website.

One day a friend suggested she start a blog. Not knowing what a blog was, she googled it. She quickly realized blogging was an easier way of publishing than hand coding and she would have access to her info anywhere – and so would others! Not knowing what to call it, her Mom weighed in and suggested, “why not call it *Simply Recipes*.” Hence her *SimplyRecipes.com* blog was launched in 2003 and eventually became the number one cooking blog in the world with more than six million unique visitors per month.

It may have seemed like the “old Elise” was back, but two years into a slow recovery, she relapsed and was back in bed full time. She didn't know how to steer out of this. The “trusting God” came back into play. She knew she had to allow the time needed and allow herself to just “be.” She wasn't going anywhere. She made the decision then and there, whatever time it took – even the rest of her life – she was going to focus on her healing. She spent the next five years living with her parents (she now lives down the street from them).

As she was regaining strength, her blog continued to grow. She was so excited when she made \$1 a day, then \$5 and then \$10 – and as she moved toward thousands a month, she knew she had a real business. When asked how *Simply Recipes* became so big, Elise humbly and accurately responds: “Luck and 13 years of hard work!” She notes that the world of blogging was quite different in 2003 with most of the attention focused on tech and political blogs. This enabled Elise to create a brand and build momentum as there weren't as many food and recipe sites online as there are now.

With just herself and minimal staffing, Elise reached a turning point in 2016 regarding how much she and her team could do on their own to continue to grow the site. The market was changing at lightning speed, and the demands of running a 24/7 blog, creating brilliant recipes with drop dead gorgeous photos in every format possible, was taking a toll. It was more than a

full-time job for several people to do this well. Her options were to self-fund or sell. Not wanting anyone to wreck what she had spent years building, Elise entered talks with Fexy Media. Fexy had previously purchased *Serious Eats*, and Elise was impressed with the way they preserved what had made that site special. In 2016 she sold *Simply Recipes* to Fexy and stayed on for the next three years as president.

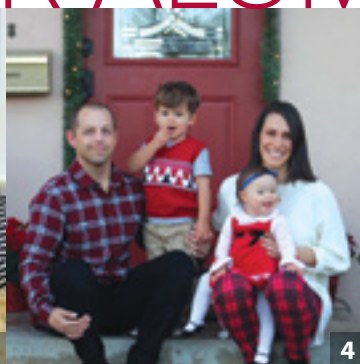
RECIPE FOR A NOURISHING LIFE

While it's easy to be impressed with her many hard-earned successes, the true beauty of Elise is her grace, resilience and optimism. She truly knows the recipe for creating a life that nourishes body, mind and spirit, and lucky for us, she has shared her insights with her Troubie sisters.

1. We all fall down; the real challenge in life is getting back up. There is tremendous power in social support. Nurture the close relationships in your life and don't take them for granted. Before you fall down, make sure you've done the work and lived the life to create these close friendships and ties. We need each other; our friends and family need us, and we need them.
2. 10 minutes: When you are down, allow only 10 minutes of self-pity a day. You're going to go there anyway, so manage the time you spend there. Allowing yourself to be completely miserable is a lot of wasted energy.
3. Always look toward the light and what brings you joy or makes you happy. For Elise, this was time with her Goddaughter and good conversations with her Mom.
4. Notice what drains you physically, emotionally or spiritually and choose those people and things that nourish you and your energy. Give yourself permission to try different things; you never know what will spark joy or fulfillment.
5. Keep moving. There is always a way around; you may not get where you thought you were going but keep moving forward in some direction.
6. Stay curious! Anything you focus your attention on can become very interesting. While initially dismissive of all that went into cooking, Elise learned it was important and infinitely interesting. “This is something I can study and investigate for the rest of my life,” she shared.

While life may not have followed the plan and timeline Elise once shared with her St. Francis art teacher, Mrs. Doglietto, nevertheless, it's been a masterpiece woven together by the hand of God. When she recalls her years as a Troubadour, Elise is quick to point out that St. Francis is where she discovered who she is and really connected to God. She loves the community and the focus on service, caring for each other and being a place that focuses on the values of forgiveness, love, empathy, kindness and service. Sounds like ingredients for a rich life.

CELEBRATING OUR ALUMNAE



UPDATES

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

alumnae@stfrancisshs.org

ARE YOU A SACRAMENTO GIRLS-SCHOOL LEGACY?

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

alumnae@stfrancisshs.org

Jeanne DeFazio '68 has published her latest book *Keeping the Dream Alive*, which is listed in the 2019 Harvard Magazine Holiday Booklist. "After 10 years publishing as an author and editor, I have Walmart distribution. While my books have always been in major collections world wide, this is a major step forward in the publishing world. I thank St. Francis High School and particularly the Class of '68 for being a wonderful influence on my formative years!"

Alumna and St. Francis soccer coach, **Maryclaire Robinson '86**, took her game to the next level while enjoying the FIFA Women's World Cup in France. She traveled as part of the United Soccer Coaches Cup Experience, where she and other soccer coaches from around the nation learned from Nancy Feldman (long-time Boston University head coach) and April Heinrichs (former US Soccer U17 G national team coach who now works with FIFA.) "It was very cool to spend some time with women who have been in coaching for the duration. Their insight, humility & savvy rub off on you. You can't help but finish the course a better person & coach."

1 *Maryclaire Robinson (center) with April Heinrichs and Nancy Feldman.*

Jennifer Brace Ortega '95 reconnected with classmate **Rhea Udtujan Salvador '95** at a professional conference in New Port Beach. Rhea is the public information officer for the City of Sacramento's Public Works division, and Jennifer is the community relations manager for the City of Concord. CAPIO is the California Association of public information officials and Rhea serves as the Northern California regional director. **2**

Church daycare teacher **Adrienne Manuel Pendleton '03**, husband James, and daughter Meredith welcomed baby son Eric in their Louisville, KY area home. **3**

Dr. Lindsay Puckett Trotter '05 writes, "I have been a Doctor of Acupuncture and Chinese Medicine in San Diego, CA since 2014. I have a thriving practice treating patients for conditions related to pain management, sports injuries, mental-emotional disorders, women's health, men's health, fertility and prenatal and postnatal care. My family includes my husband, Alex, my son, James (3), and my daughter, Sophia (2)." **4**

Laura Holland Barker '09 married her high school sweetheart, Dylan, in Seattle on July 20, 2019. **5**

After almost a decade of performing around the world, SF Players alumna **Olivia Nice '10** returned to California to perform the lead in the musical *ONCE*, playing at the 42nd St. Moon Gateway Theater in June 2019. She has been playing this role around the nation for over a year now, picking up a BroadwayWorld nomination for Best Lead Actress in a Musical and a win for Best Female Performance of the Year from Ashland, OR *Sneak Preview Magazine*. **6**

Marisa Kolokotronis '13 and **Brooke Vowell '12** faced off as coaches at Frosh/Soph Closer JV Tournament in October 2019. Marisa coached the St. Francis team this year after playing for and graduating from Brown (Urban Studies) in 2017. Brooke played for and graduated from UC Berkeley (Genetics and Plant Biology) in 2017. After working in Madagascar in social development and marine conservation for Reef Doctor, Brooke returned to Sacramento this year and coached the Rio Americano JV team. **7**

After two years stationed in Hawaii, **LTJG Katherine Clark '12** has returned to California. She is stationed on Coast Guard Island in Alameda and living in SF with SFHS alums Jackie Emmerich '12 and Allie Emmerich '14. Jackie is teaching 5th grade at Notre Dame des Victoires School and working towards her Master's in Education Leadership through Norte Dame. Allie works in advertising as an Integrated Producer at Eleven Inc.

8 *Katie Clark getting her promotion & new bars for LTJG.*

Congratulations to SF Theatre Alumna **Julia Rehwald '14** who was just signed to a new series on Fox, "Fear Street" based on RL Stine novels! Julia was a familiar face on the St Francis stage. She won an Elly award for her supporting role in *Anne of Green Gables* and appeared in six St. Francis productions. She was also part of the SF Players' gold-award-winning cast of *Godspell* at the Lenaea Theatre Festival and was honored with a festival command performance for her scene work with fellow alumna **Delaney Feener '14**. Julia attended New York University's Tisch School of the Arts. **9**

Kelly Esparza '16 wrote and self-published a book of poetry and prose called *The World as Seen Through My Eyes* on Amazon. Ever since working on SFHS's *The Mirror*, writing has been Kelly's passion, and she's excited to share it with the world! **10**



6



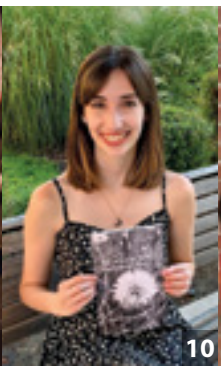
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8



9



10



11

Allison Kustic '17 and Cassie Peralta '18 spent an exciting summer interning in the Sacramento office of Senator Kamala Harris. Cassie is currently a student at UC Berkeley and Allison is a Junior at Dominican University; Allison will be spending the next semester at Regent's University in London.

Elizabeth Chiu '19 received the prestigious Girl Scout Gold Award from the Girl Scouts Heart of Central California. Elizabeth presented a PSA video and homeroom education for students to help them understand more about students with allergies and the challenges they face on a daily basis. 11



#TROUBIEPRIDE

CONGRATULATIONS TO LEAH PEZZETTI HORNER '13, CHELSEA SHANNON '11, AND FRANCES WANG '10 ON THEIR EMMY NOMINATIONS. WE REACHED OUT TO GET THE FULL SCOOP, AND WE ARE EXCITED TO SHARE THEIR GREAT WORK.

Leah Pezzetti KTNV won an Emmy for a piece she completed in her first year as a professional journalist! The piece is called "A flag, a photo and a bond" and is the story about how two very different men became friends in the wake of a deadly fire in the Kern River Valley. Leah worked all aspects of this piece including the writing, shooting and editing!

Chelsea Shannon trusted her instincts on a research call, and knew the story she was uncovering needed to be shared. Chelsea shared the following with us: "I started as Brain Room Research Specialist with ABC10 - KXTV in the last week of October 2018. It was a hectic time because we were all preparing for the election. Two days after the election the Camp Fire broke out. Soon after the number of victims of the fire climbed, I was placed on a small team of producers and reporters to find and reach out to family members that were missing at the time. When making phone calls, I reached out to Christina Taft, whose mother Vicki refused to evacuate. Christina told me of how she argued with her mom about leaving and ultimately had to

leave her mom to save her life. She and her mother were one of the many that didn't receive the order of evacuation. I knew from that phone call that Brandon Rittiman (ABC10 reporter) needed to share her story. The piece that resulted from my phone call to Christina was nominated for an Emmy Award in the News Special Program category. I have learned that no matter how small your job may feel, it can make a huge impact on the lives of others."

We're proud to say Chelsea won the Emmy award and celebrated her one year with ABC10 in October. The same week that Chelsea won the Emmy award, she adopted a dog from Front Street Animal Shelter and named her Emmy.

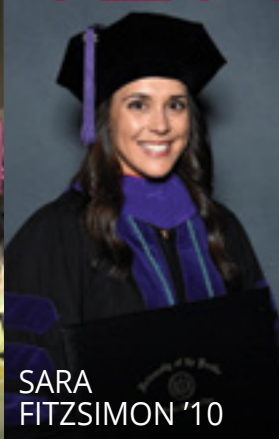
Frances Wang's coverage of the Stephon Clark protests received an Emmy nomination for Breaking News. It was her first major nomination for a project that she really took lead on with her photojournalist partner Randy! They marched dozens of miles with the protesters to show the chaos, but as Frances states, "I wanted to also show the moments of peace, love and unity between the people of Sacramento during this tense time. There was lot of anger, frustration, and other emotions... I wanted to report on it all with compassion & empathy... to always remain genuine and to make you feel like you were there in the heat of it all with me."



HIGHER LEARNING



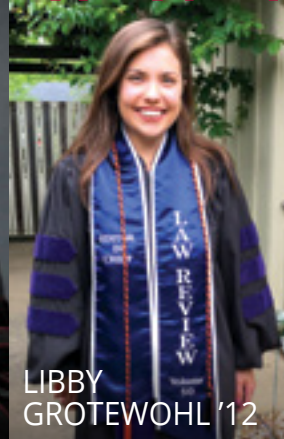
NOELLE DYER DEAR '06



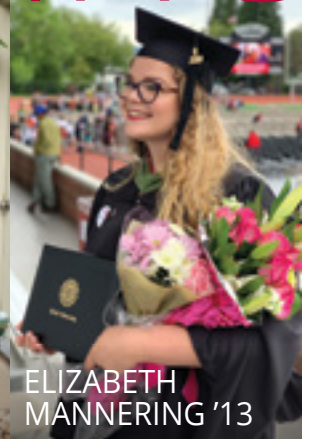
SARA FITZSIMON '10



NISA KEANE LIBERTY '10



LIBBY GROTEWOHL '12



ELIZABETH MANNERING '13



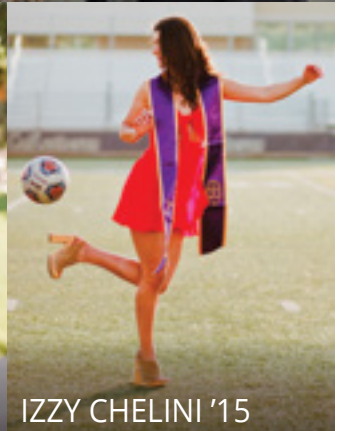
CARLYE REED '14



PEYTON BILO '15



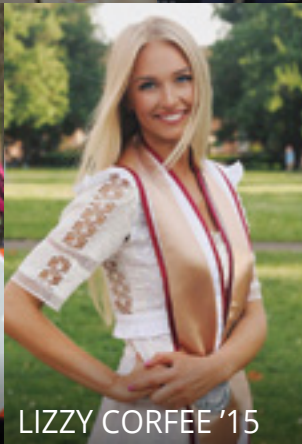
CATIE BROWN '15



IZZY CHELINI '15



SAMANTHA COLLINS '15



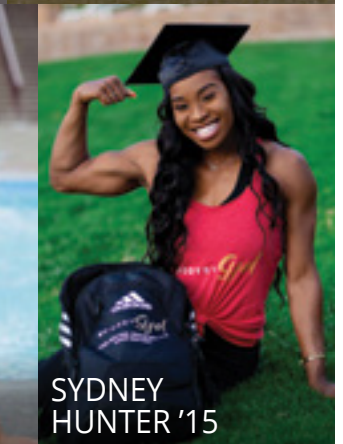
LIZZY CORFEE '15



BRIDGET EASON '15



KYLIE GREEN '15



SYDNEY HUNTER '15



MADLINE MERWIN '15



STEPHANIE MIRANDA '15



BELLA STOLO '15



ADDIE WALLACE '15

Noelle Dyer Dear '06 graduated from Berkeley Haas School of Business with her MBA in May 2019. She did the three-year part-time program while working for Sutter Healthcare and also welcomed a baby last fall. She was a founding member of the SFHS lacrosse team. Noelle graduated from the College of William and Mary in 2010.

Sara Fitzsimon '10 graduated from McGeorge School of Law with a Juris Doctor and certificate in Capital Lawyering in May 2019. She played rugby for McGeorge for two years. As an undergraduate, she attended Wheeling Jesuit University to play lacrosse and study Criminal Justice and Political Science, graduating in 2014 and then was an AmeriCorps VISTA service volunteer from 2014-2015. She has also served SF as an assistant lacrosse coach for the last four years.

Nisa Keane Liberty '10 graduated from Indiana University School of Dentistry and will begin her AEGD residency in July 2019.

Libby Grotewohl '12 graduated from McGeorge School of Law in 2019 where she served as Editor-in-Chief of the *Law Review*. She earned her undergraduate degree from Creighton University in 2016 with a degree in Journalism and Public Relations.

Laura Farris '13 graduated from The University of North Carolina at Chapel Hill with a Master of Science in Healthcare Administration. Laura accepted a hospital administration position with M.D. Anderson Cancer Hospital in Houston, TX.

Elizabeth Mannering '13 recently earned her Master's Degree with honors in Athletic Training from Pacific University after matriculating from the University of Oregon with her Human Physiology degree in 2017.

Carlye Reed '14 graduated from University of Nebraska, Lincoln in May 2018 with a BA in Psychology and a minor in Communication Studies as well as Czech Language Studies. She writes, "I am now on my second year in graduate school at Creighton University working on a dual masters in Organizational Leadership as well as Negotiation and Conflict Resolution. I spent the summer abroad in Eastern Europe traveling and experiencing other cultures, people and history. I am loving living in Nebraska, gaining experience and living my life to the fullest!"

Peyton Bilo '15 graduated Magna Cum Laude from Cal Poly with a degree in biology. She has one year left of eligibility for the Mustangs after earning All-America honors in both cross country and track and winning multiple Big West titles during her time on campus. She plans to pursue her PhD in physical therapy.

Catie Brown '15 graduated from Southern Methodist University with a degree in Public Relations and Strategic Communication after finishing her soccer career for the Mustangs in the fall. She led them to two NCAA Tournament appearances, was the Sportsmanship Award winner at the Pony Awards and was named to the All-AAC All-Tournament team in 2016.

Isabella "Izzy" Chelini '15 graduated May 2019 with a degree in exercise science from Cal Lutheran in Thousand Oaks. She played soccer all four years. Last year the 2018 team went to sweet sixteen for the first time in the history of the school. She plans on pursuing nursing.

Samantha Collins '15 graduated from Oregon State University in Bioengineering.

Lizzy Corfee '15 graduated from the University of Oregon with a degree in Business Administration with a focus on marketing and minor in media studies. She plans to move to San Francisco and is currently interviewing with a couple companies.

Bridget Eason '15 graduated from the University of Oregon with a Business degree in Finance and started her new job at Fred Meyer headquarters in Portland.

Kylie Green '15 graduated from UC Irvine with a Bachelor of Arts degree in Criminology. She helped the Anteaters earn a NIVC Postseason berth as a senior. She is applying for law school for the fall of 2020.

Sydney Hunter '15 graduated from UC Riverside with a Bachelors of Arts in Sociology. After running for the Highlanders for her first three years of college, she decided to step away from the oval and launch her own personal training company "Body By Syd". She now is in the Los Angeles area training clientele and continuing to grow her business.

Madeline Merwin '15 graduated with honors from Syracuse University with a B.A. in Political Philosophy, and dual minor in Biology and Human Development & Family Science. She wrote her senior thesis on her experience with Camp Kesem and it was awarded the William Sauers Prize for the Best Honors Thesis in the humanities category. She will be working for a year in Boston at Commonwealth OB-GYN as a Medical Assistant and Medical Secretary as she applies to medical school for 2020 matriculation.

Stephanie Miranda '15 graduated from the United States Coast Guard Academy in New London, CT on May, 22, 2019 with a Bachelor of Science in Business Management. It is believed that she is the first female of full Asian-Indian origin to have graduated from the Academy. During her four years, Stephanie had the opportunity to sail across the Atlantic Ocean in a tall ship, patrol the coast of Japan, climb Mt. Fuji and fly in a Coast Guard airplane over the Golden Gate Bridge. Stephanie used skills taught at SFHS to balance the academic, athletic and military challenges of the Academy. She is grateful to SFHS for the foundation and support the community has given her, and encourages the young women of SFHS to consider a military career.

Isabella "Bella" Stolo '15 graduated from Creighton University with a B.S. in Health Administration and Public Policy, and a minor in Business Administration. Initially thinking of pursuing a pre-med course of study, Bella soon realized that she was more passionate about wanting to change the healthcare system than directly administering health care. A summer experience living in Peru heightened her awareness of the challenges and needs inside and outside the U.S. Her passion is to make healthcare more equitable for all and economically feasible. Bella is relocating to Denver where she hopes to connect with Creighton and St. Francis alums.

Addison "Addie" Wallace '15 graduated Magna Cum Laude from Villanova University in May 2019, with a Bachelor of Science in Nursing and a Minor in Psychology. She also played D-1 soccer and was on the Big East All-Academic Team all four years. She will start working as a registered nurse at the Hospital of the University of Pennsylvania in Philadelphia in August.

REUNIONS



CLASS OF 1969: 50 YEAR REUNION

All the graduates of Sacramento Catholic schools in 1969 gathered for a fabulous reunion on October 12th at Sutter Lawn.



CLASS OF 1978: 40 YEAR REUNION

On May 18th, the Class of 1978 gathered at Casa Tulum to celebrate their 40 year reunion.



CLASS OF 1989: 30 YEAR REUNION

The Class of 1989 celebrated their 30 year reunion at Sutter Lawn Tennis Club on June 22.



CLASS OF 1999: 20 YEAR REUNION

On June 8th, the Class of 1999 got together at the Dante Club to celebrate their 20th reunion.



CLASS OF 2009: 10 YEAR REUNION

Ninja Turtles from the Class of 2009 gathered at Cafeteria 15L on September 7th to celebrate their 10 year reunion.

UPCOMING REUNIONS

If your class year ends in a "0" or "5," it's time to start planning a reunion weekend for 2020. To help plan your class reunion, please contact: MaryAnne Kelly at mkelly@stfrancis.org, or 916-737-5033.

CLASS OF 2014: 5 YEAR REUNION

Class of 2014 is celebrating their first reunion on Saturday, December 21, 2019 at Zocalo University Village! If you have any questions or would like to get involved, please contact:

Katie Schembri or Carlye Reed
sfhs2014reunion@yahoo.com

RSVP: www.stfrancis.org/reunions



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

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

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

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

STAY LINKEDIN WITH YOUR TROUBIE SISTERS

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



LEGACY FAMILY BREAKFAST
AUGUST 21, 2019

#TROUBIESFORLIFE



PRAYER & CARE PACKAGE NIGHT
OCTOBER 2, 2019



TROUBIE CONNECT: BOSTON
JUNE 29, 2019

St. Clare LEGACY SOCIETY

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

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

ST. CLARE LEGACY SOCIETY MEMBERS

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

Thank you to our inaugural members:

**Marion & Paul Bishop
Tracy Brazil
Linda & David Coward
Kathleen & Jim Deeringer
Lisa & James Ferrin
Dr. Paul J. Fry, II
William Hegg Charitable Annuity
Monsignor James Kidder
Jeanne Moore '69
Alison Morr '89
Monsignor T. Brendan O'Sullivan
Candice Pederson
Kathleen Peterson and Family
Jeanette & Chris Ray
Loreine & Nicholas Simopoulos
Anthony Spinetta
Jaqueline Peterson Ward '73 and Family**

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

ST. CLARE OF ASSISI

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

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

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

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



CALENDAR

JANUARY

PAX ET BONUM MASS

Wednesday, January 29, 2020 at 10:30AM

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

FEBRUARY

CRAB FEED

Saturday, February 1, 2020

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

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

MARCH

REVELRY GALA & AUCTION

Saturday, March 7, 2020

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

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

SPRING MUSICAL: "THE MUSIC MAN"

March 20-28, 2020

The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize - this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

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

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

Nancy Aguilar Whalen '55

Karen Artero '72

Eternal rest grant unto them,

O Lord,

and let perpetual light

shine upon them.

St. Francis of Assisi - Pray for us.

St. Clare of Assisi - Pray for us.



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

Parents of Alumnae:

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



CRAB FEED

DINNER & DANCE

SATURDAY, FEBRUARY 1, 2020

COCKTAILS 5:30PM • DINNER 7:00PM
FEATURING LIVE MUSIC BY "CLEAN SLATE"

WWW.STFRANCISHS.ORG/CRAB-FEED

\$75 PER PERSON
TABLES OF 8 FOR \$600



SAVE THE DATE!

Revelry Gala and Auction

One Thousand and One Nights

SATURDAY, MARCH 07, 2020

TICKETS \$125 | HOSTED BAR | TABLES SEAT 10
SPONSORSHIPS START AT \$1,500

WWW.STFRANCISHS.ORG/REVELRY