

# PAX ET BONUM

Faith.  
Excellence.  
Leadership.  
Service.

How Troubies  
are changing their  
communities

...and the world.

SPRING 2018 VOLUME 14 • NUMBER 3

*St. Francis*  
CATHOLIC HIGH SCHOOL



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## IN THIS ISSUE

- 4 PRESIDENT'S MESSAGE
- 6 SISTERHOOD AT ST. FRANCIS
- 15 ALUMNAE SPOTLIGHT:  
ELENI KOUNALAKIS '85
- 16 CRAB FEED 2018
- 18 TROUBIE NEWS
- 20 REVELRY GALA & AUCTION 2018
- 24 INSPIRING HEARTS & MINDS:  
KORE ZIMMERMAN
- 26 TIME TO FLY: RED CARPET VIEWING PARTY
- 28 TROUBADOUR ATHLETICS
- 32 ALUMNAE UPDATES
- 38 ST. CLARE SOCIETY
- 39 IN MEMORIAM



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, parents, staff and alumnae 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*.

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## ON THE COVER

St. Francis Catholic High School Student Body Officers (President, Alexis Areias '18; Vice President, Marisa Fat '18; Incoming President Camille Enes '19; Incoming Vice President, Amirah Rogers '19) enjoyed recreating the recent TIME Magazine cover featuring SFHS Alumna Greta Gerwig '02. As we were reminded by current SFHS dad Christopher Conlin, "Greta is not the exception; she's the rule for what comes out of this school."

To all our Troubies, both past and present, we celebrate you and the amazing cover you are making for the story of your life. We are proud of the myriad ways you are changing the world!



*Photograph by Mark Mahaney for Time,  
March 12, 2018*



# PRESIDENT'S MESSAGE

## DEAR FAMILIES AND FRIENDS OF ST. FRANCIS CATHOLIC HIGH SCHOOL,

Spring is upon us and our community has been buzzing with fun activities. As you can see from the numbers on the next page, we have had a busy few months keeping up with our students, families and friends as we hosted engaging events that celebrated our school.

We are especially excited to share this edition of the *Pax et Bonum* magazine highlighting the beautiful sisterhood that permeates our community. In this issue, you will see how the sisterhood that is fostered on campus continues after our young women graduate and use their gifts to change the world. You will read about how sisterhood is nurtured through our four-year retreat program by fostering authentic relationships and reinforcing faith. You will see how current students take their faith and sisterhood out into the community through their acts of service. And you will read about some of our fascinating alumnae, who through their college, professional and civic accomplishments, and boosted by the confidence of sisterhood, are transforming the face of our communities. In addition, we catch up with some of our past Pax et Bonum Award recipients and learn about their lives since receiving the school's highest student honor.

And speaking of honors, we are very proud of alumna Greta Gerwig '02 and the success of her *Lady Bird* film. Greta brought the Sacramento region together as she lovingly portrayed the St. Francis sisterhood and her hometown on the big screen.

This is the last *Pax* magazine of the school year, and I want to express my gratitude to all of you who help sustain St. Francis Catholic High School's mission by generously supporting our young women and school. Please keep our students in your prayers, especially the graduating class of 2018, whose "time to fly" has come. Pray that the sisterhood created here has stirred within their hearts a desire to confidently live out our pillars of faith, excellence, leadership, and service. Be assured that we keep all of you in our hearts and prayers this Easter season.

In the Spirit of Pax et Bonum,

Theresa Rodgers



CRAB FEED  
FEBRUARY 3, 2018  
800 GUESTS  
PAGE 16



SPONSORS RECEPTION  
FEBRUARY 15, 2018  
120 GUESTS  
PAGE 23

## WHEW!

In the span of four short weeks, St. Francis welcomed more than 1,700 guests onto our campus (and we completed our WASC accreditation.)



REVELRY  
FEBRUARY 24, 2018  
450 GUESTS  
PAGE 20



RED CARPET VIEWING PARTY  
MARCH 4, 2018  
350 GUESTS  
PAGE 26

# EXPERIENCE SUMMER AT ST. FRANCIS

REGISTER ONLINE NOW!



## JOIN US THIS SUMMER!

### CAMP TROUBLE

- For Rising 5th - 8th Grade Girls
- Monday, June 11 - Friday, July 6
- Arts, Academics, & Enrichment Camps!

### MUSICAL THEATRE CAMP

- For Rising 5th - 8th Grade Girls
- Monday, June 11 - Friday, July 6

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- For Rising 2nd - 12th Grade Girls
- Camps begin June 11th

ARTS, SPORTS, ACADEMICS, & MORE!  
[www.stfrancis.org/summer](http://www.stfrancis.org/summer)



# SISTERHOOD

WHAT IS **SISTERHOOD**? WE HEAR THIS WORD SPOKEN OVER AND OVER BY OUR STUDENTS AND ALUMNAE WHEN DESCRIBING SOME OF THEIR MOST CHERISHED MEMORIES OF ST. FRANCIS. THIS SISTERHOOD, THE FEELING OF **KINSHIP** AND CLOSENESS, IS FOSTERED AND ENRICHED EVERY DAY ON CAMPUS, AND CONTINUES LONG AFTER GRADUATION. EACH OF OUR STUDENTS BECOME A PART OF A TRADITION OF EXTRAORDINARY WOMEN ROOTED IN FAITH, EXCELLENCE, LEADERSHIP, AND SERVICE. WE CELEBRATE THE TROUBIE SISTERHOOD AND HONOR THE **BOND** OF COMMUNITY THEY SHARE AS CLASSMATES AND **WOMEN WHO CHANGE THE WORLD.**



# SISTERS ON A JOURNEY



INCOMING FRESHMEN CELEBRATE MASS WITH THEIR FAMILIES BEFORE FRESHMAN OVERNIGHT RETREAT

Let's look back to look ahead. It is Friday, August 11, 2017, and 320 new Troubies are beginning their high school journey with the Freshman Overnight Retreat – a journey of introspection, connection, and realization of the immense support system surrounding them. This is the beginning of four years of sisterhood, retreats and embracing the life of a Troubie. For some, the experiences on retreat provide a safe place to cry, releasing pent up emotion and feelings. Others will laugh harder than they ever thought possible and deepen friendships with classmates. St. Francis retreats are more than a small group discussion about faith and feelings; these experiences include students asking tough questions about what they are going through. Here they can experience their faith in a practical way, allowing God into their daily thoughts.

Our retreat program builds over the four high school years. Following the first overnight, students participate in the Freshman One Day: *Created in the Image of God*; then there is a two-day Sophomore retreat: *Finding Strength in God*; and the three-day Junior retreat: *Celebrating your Gifts*. The capstone retreat is the four-day Senior Kairos. Each of these experiences allows Troubies to reflect, share and grow in their faith and sisterhood through sharing stories, asking questions without judgment, and working with peers and staffulty to see God in their everyday lives.

St. Francis has created a special environment of not only academic excellence but also of nurturing the whole person. Through the retreat process, our graduates can see how each experience helped them grow as individuals, see the world differently, make connections with people they may not have known, and feel confident in who they have become. Each student's journey includes many levels of trust, understanding and ultimately the prize of fully embracing a spiritual relationship with God.



## AINE COLGAN '19

“Retreats really help you find yourself and shape who you are and who you are striving to be. You really find your connection with God and allow Him to become a bigger part of your life. These retreats helped me to grow closer to my classmates, some that I didn’t even know before. When you come back from retreat, you come back with so many new friends and new memories and that is one of the best parts about retreats here at St. Francis.”



AINE (LEFT) AND HER GROUP ON JUNIOR RETREAT IN SEPTEMBER 2017

## DANIELLE DESROSIER '19

*Danielle is currently attending her dream school, Santa Clara University, majoring in Communication. She spent her first two years of college at the University of Nevada - Reno.*

“Three years after graduation, I often find myself reflecting back on my St. Francis experience, and it is my time spent on retreats that stands out the most. Retreats are what make St. Francis a sisterhood and not just a school. A high degree of trust develops amongst the small groups as well as the large group attending together. With faculty and staff serving as adult leaders, students have the unique opportunity to get to know their teachers and advisors beyond the four walls of the classroom.

The girls who I attended retreats with are the ones who have stayed my closest friends since going our separate ways to college. The deep connections formed on retreats create relationships deeper than a friendship. It is with these people that I can openly share my heartaches as well as my joys and openly discuss the highs and lows in my relationship with God.

At Santa Clara, I am finding my way to be involved in the same ways I was at St. Francis. I joined a group on campus called Christian Life Community, where I meet with a small group of peers once a week to journey in faith together. As an active member of Kappa Alpha Theta, I have enjoyed enriching service and philanthropy activities as well as sisterhood events that resemble the sisterhood I experienced at St. Francis. Next quarter, I plan on attending a retreat through the university to further immerse myself in the Campus Ministry experience.”



## ELLIE CHIAPPE '17 & MARYAEL RAMOS '17

Our story begins with two girls crossing paths multiple times over the course of their four years at St. Francis, knowing each other but never really seeing the importance of what their friendship would mean. They first met in Mr. Marko’s Art Class during summer school right before freshman year. This was the beginning of seeing how the sisterhood and St. Francis would forever change their lives. During their senior year they crossed paths again as Retreat Team Leaders and K65 student leaders. In April 2017, each had decided on Gonzaga University not realizing the other one made the same decision. Both began college knowing the other but not running in the same group, until one night Maryael walked into Ellie’s Christian Life Community. They realized they could talk to each other about the struggles of missing home and classes, as well as find comfort in each other. They describe their renewed friendship as one that allows the best version of themselves to come out. Because they are so different, they find balance and strength from one another. Their bond was forged through the foundation of faith, the time spent at St. Francis, and the realization that God helped bring them together. They laugh now about the two girls who walked into art class together and how their lives have brought them full circle to a friendship they value and treasure.



1



2

1. Ellie & Maryael during summer school before freshman year.
2. Maryael & Ellie at Gonzaga.



KATIE & HER FELLOW STUDENT LEADERS ON KAIROS 48



KAYLA RAHE, SARAH MUMPER, & KATIE SCHEMBRI



KATIE AND HER MOM MARY AT THE MOTHER DAUGHTER RETREAT IN 2014



KATIE, SARAH, & RAMNEEK ON SOPHOMORE RETREAT



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## KATIE SCHEMBRI '14

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*Katie is a senior at Loyola Marymount University majoring in English and minoring in Journalism. She's working toward earning her Masters in Business Administration. With her business degree, Katie would like to work for a company she's passionate about.*

Going into St. Francis, I was not expecting retreats to have such an impact on my life and my entire SF experience. Being able to get away with my peers was truly an amazing gift that helped me develop into the woman I am. There's something special about going through a crazy time in your life and having the opportunity and the platform to talk to people going through it with you. There's no other school, time, or place, where that kind of honesty is welcomed and encouraged. It changed my relationships, not only with my friends, it also impacted the relationships I had with my teachers. It's amazing to get that kind of time with a professor that's not an office hour, it's not school related, it's *you* related. Looking back at my high school experience, I realized that those moments were the most impactful and my favorite.

I recently called three Troubie friends. I thought that our open communication might end after graduation, but it hasn't. It really is because we were at retreats together. I remember when Sarah Mumper '14 and I were on Sophomore retreat. Sarah uses a wheelchair and it

didn't have ramps, so Ramneek Kahlon '14 and I carried her. That moment taught us a lot about trust. We needed each other then and we still need each other. When I call or meet up with these friends it's like no time has passed. We wouldn't have had those deep conversations about what's going on in our home or school lives if we didn't have retreats. That's why our relationships have lasted and continue to grow.

At Loyola Marymount, I put what I learned at St. Francis into my other roles. My first year I was the president of my building and I led the council. I learned servant-style leadership through retreats and I think that's the best way to lead. I sought the retreat experience out the minute I got to orientation at LMU because I know what you can get out of it.

I've been so blessed to be a student director for Kairos retreats as well as help with the retreats on campus at LMU. As a leader, I see how these experiences foster community and I strive to create that same camaraderie, friendship and sisterhood that St. Francis has. It's just so special.

# SISTERS IN PRACTICE



DR. NICOLE ZEHNDER SHORROCK '92 & DR. KATIE MITCHELL LONG '04  
APPROACH ILLNESS IN CHILDREN WITH A HOLISTIC FOCUS.

With more than 10,000 Alumnae, St. Francis is graduating young women who are making a tremendous impact on the worlds they touch, and they are carrying that spirit of sisterhood with them. This couldn't be truer for these two St. Francis Alums and sisters, Nicole (Nicki) Zehnder Shorrock '92 and Katie Mitchell Long '04. As part of an interconnected family of four sisters, all Troubadours, Nicole is the oldest and Katie the youngest (with sisters Danielle Zehnder Hagopian '94 and Sarah Mitchell '99 in the middle), all accomplished Alumna in their own right.

We caught up with these two Pediatricians practicing together at Marshall Whole Health Clinic in El Dorado Hills to see where their post-Troubie education took them and what it was like being back in the area and working together.

Being the first sister to embark on a Troubadour education, Nicki came in from a co-ed public school where she admits she could get distracted by boys. "At St. Francis, it felt like I could be who I truly was, so I just focused on being me," Nicki shares. She still regularly gets together with her SFHS friends a couple of times a year.

Nicki headed to UCLA after graduation feeling somewhat terrified at the thought of going from a small high school to such a large campus. "At first, I didn't know or trust my preparation at St. Francis. I was wonderfully surprised at how well prepared I was. If you can survive and thrive at St. Francis, you're ready for anything," Nicki proudly points out. As a pre-med student studying molecular genetics and microbiology, Nicki remembers how well prepared she felt by her chemistry teacher, Mr. Fatheree. "I credit St. Francis for why I thrived in college."

“WE HAD SUCH A SENSE OF COMMUNITY THAT I HADN'T HAD IN A LONG TIME. I KNEW SHE HAD MY BACK AND VICE VERSA. IT'S AMAZING, WORKING WITH SOMEONE YOU LOVE WHO WANTS THE BEST FOR YOU.”

After UCLA, Nicki headed back north for medical school at UC Davis. She then secured a pediatric residency at Children's Hospital in Denver. The oldest of four sisters, Nicki reflects, “I was always very maternal. In medical school I loved every topic. Pediatrics was my last rotation. I had a lot of fun and felt like it was an area I could make a difference and help a population that was not always able to help themselves.” Now married to her high school sweetheart, Rocko Shorrock, Nicki knew they were ready to start a family and she wanted to be closer to her family in Placerville. (They now have four children ages 13, 11, 9 and 4).

Meanwhile, Katie as the youngest of four sisters recalled, “My biggest desire going into St. Francis from St. Mel's was to be where my sisters were. My closest friends at SFHS were also on the volleyball team, and I enjoyed the friendships I developed while there as they were like sister relationships.”

After graduation, Katie headed to San Francisco to attend USF with her best friend, Lizzy Bates Cotton '04. “As a Sacramento kid, you glamorize San Francisco. After I moved there, I realized I missed Sacramento.” (Sounds a little like *Lady Bird*, huh?) Entering USF as a psych major, Katie knew she wanted to help people. Although the classes were interesting, she also knew she didn't want to be a counselor. She eventually switched to biology, and during her last year pondered careers in science as a biologist, bio teacher or medical school. She took a year off to figure it out and worked as a surgery coordinator. Six-months into that career, she realized it wasn't the “life-long learning” position she desired.

So thinking she might want to be a surgeon, Katie headed to Creighton University for medical school. She knew sister Nicki was a pediatrician, so she contemplated what else the family might need. However, like her sister Nicki, pediatrics was her last rotation and she remembers, “I came home every night with my cheeks hurting. I realized if I could smile through this, it was the place for me. I could make such a big difference in people's lives if I could start earlier.” She loved the energy and resilience of children. They could be sick one day, and then riding a bike the next. Returning from Nebraska, Katie

did her residency at UC Davis. “I did my residency at the hospital my sister did so well at. ‘Connection’ seemed to follow us all the way through,” Katie quips.

Fast forward, and we have two Trouble sisters who are pediatricians living in Northern California.

Nicki had been established in her pediatric career at Marshall Hospital for 10 years, when in 2012 her world was rocked. Her husband Rocko was diagnosed with Multiple Sclerosis. It changed her professional path. “My entire career, I always wanted to know ‘why?’ I was professionally frustrated when I found no answer to the why's for Rocko's condition. Traditional medicine was about suppressing the symptom and not treating the underlying causes. Rocko's MS didn't make sense. So I started studying functional medicine,” Nicki recalls.

Functional Medicine is a type of integrative medicine that asks how and why illness occurs and restores health by addressing the root causes of disease for each individual. Functional physicians employ nutrition and lifestyle interventions that promote wellness. Nicki became one of the first pediatricians in the U.S. certified in functional medicine. “It was the most difficult thing I've ever done. It made medical school look like a cake walk,” Nicki recollected. Leveraging the respect she earned while working at Marshall Hospital, Nicki had discussions with her superiors about opening a functional medicine clinic. In 2013, she left her conventional pediatric practice and started practicing under Marshall Whole Child Health.

Soon after this time, Katie was finishing her residency program at UCD and trying to uncover her next steps. The sisters had many long conversations. Nicki wanted what was right for Katie. Katie recalls, “She was always there to listen to me. Although she did drop a few hints like, ‘pediatricians have the lowest level of burnout of any doctor.’” Nicki proudly states, “Katie was a hot ticket out of residency. She was being recruited by a number of places and had multiple job offers.”

Katie's residency program confirmed her desire to help people. After watching the success Rocko was experiencing through Nicki's ventures into Functional Medicine,

Katie decided to spend a month shadowing Nicki at the end of her residency. “In medical training, you feel that you’re helping people mostly in acute illness situations like appendicitis, asthma attacks, traumas, etc.” Katie noted. “With functional medicine, my mind was blown watching my sister reverse complex chronic disease by uncovering and addressing the root causes of her patients’ symptoms. It truly was helping people by teaching nutrition and lifestyle tools that care for and nourish their bodies.” Watching this type of healing happen regularly in Nicki’s clinic, Katie remembers her time shadowing an autistic three-year old boy who was non-verbal at his first appointment. When she later saw him tell his mother “I love you,” she was grabbed and realized you could make a difference in an entire family’s life.”

In April 2016, Katie officially joined the Marshall Whole Child Health practice with her sister. Nicki didn’t know what to expect working with a sister. “Can we do this professional thing, too? And then it became such an incredible relief when Katie started. We had such a sense of community that I hadn’t had in a long time. I knew she had my back and vice versa. It’s amazing, working with someone you love who wants the best for you.”

And that’s not all. These two sisters and Troubies have big plans for the future, including Katie completing her certification in functional medicine to also become one of the first pediatrician’s certified in the U.S., to expanding the clinic (the sisters currently have more than 500 people on the wait list), to writing a book together. Thank you, ladies, for teaming together to put the fun – and sisterhood – in functional medicine.



## MOST INSPIRING TEACHERS

Some of Nicki’s most memorable teachers include: **Mr. Schwing** – who prepared her for success in Engineering Calculus (*and also returned all her sweatshirts at the end of the year,*) **Mr. Fatheree** – Chemistry, **Mr. Norman** – taught her to think about the bigger picture

Katie also recalls her inspiring teachers: **Mr. Gordon** – History, **Mrs. Rose** – English & Literature, **Mrs. Sharon** – AP Chemistry (we used the same book and did the same tests my first year at USF), **Mrs. Milne** (now Mrs. Norman)

Both Troubies say they were well prepared for college and life.

# SISTERS AT THE CAPITOL



We caught up with some of our Alumnae who are working at the State Capitol, in no small part because of the support and encouragement they received while students at St. Francis Catholic High School. Living our pillars of faith, excellence, leadership, and service, these Troubies are models of Pax et Bonum, committed to making informed and reasoned decisions for the public good as citizens of a culturally diverse, democratic society in an interdependent world. Here's what they shared about the lessons they took away from their time at St. Francis.

*Sarah Couch, Allie Stewart, Angela Pontes, Sara Curtis, Trish Fontana, & Amy Costa*

"Thank you SFHS for bringing all of us together! All of these women are tremendous and strong political figures within the Capitol realm. It is no surprise to me now to learn that they are alumnae of SFHS."

**SARAH COUCH '07:** LEGISLATIVE ASSISTANT FOR SENATE REPUBLICAN LEADER PATRICIA C. BATES

"Once a Troubie, always a Troubie! I love working with my fellow Troubies. There is an immediate bond because the St. Francis experience has had a significant impact in shaping all of us as women."

**ALLIE STEWART '08:** COMMUNICATIONS DIRECTOR FOR ASSEMBLYMEMBER CATHARINE BAKER

"Working in the Capitol, we encounter people with different backgrounds and perspectives every day. My years at St. Francis gave me the confidence to listen to others and look for a common ground when working through sometimes contentious policies and issues. I'm constantly meeting SFHS grads, students, and parents, which is a comforting reminder that no matter what the situation, the Troubie community is there to be a friend."

**ANGELA PONTES '08:** LEGISLATIVE DIRECTOR FOR ASSEMBLYMEMBER CECILIA AGUIAR-CURRY

"My involvement in sports and extra-curricular activities at St. Francis helped me to be a team player."

**SARA CURTIS '05:** LEGAL AFFAIRS PAROLE DEPUTY FOR GOVERNOR EDMUND G. BROWN JR.

"I want to recognize Trisha Uhrhammer's Women in History/Civics Class which instilled in me the belief that I can truly make a difference in the world and inspired me with the discipline to achieve that goal. I am excited to learn that so many amazing Troubies are working in the State Capitol and involved in public service."

**TRISH FONTANA '83:** SCHEDULER FOR SENATOR RICHARD ROTH

"St. Francis taught me how to work hard and study. Those same study skills facilitated my learning about a variety of public policy topics in my current role and throughout my career in public service."

**AMY PIERCE COSTA '94:** CHIEF DEPUTY DIRECTOR, BUDGET AT THE DEPARTMENT OF FINANCE

# ALUMNAE SPOTLIGHT

## ELENI KOUNALAKIS '85

TROUBIE. BUSINESSWOMAN. ACTIVIST. DIPLOMAT. MOTHER.  
WHAT NEXT, LIEUTENANT GOVERNOR OF CALIFORNIA?



We know Troubadours are women who change the world; we had a chance to catch up with Eleni Tsakopoulos Kounalakis '85 to hear where her post-St. Francis journey has taken her and what lessons from her alma mater she has taken on the journey.

Always a woman who wanted to experience the world, Eleni spent her sophomore year at a boarding school in Lugano, Switzerland before embarking on her Troubadour education. While transferring schools mid-way through high school can seem intimidating, Eleni found her St. Francis home to be warm and welcoming and affectionately remembers the many friends she made while a student here. Troubies who remember her debate performance as Walter Mondale, alongside Claire Chatfield as Geraldine Ferraro, will not be surprised that Eleni is currently campaigning to be the next Lieutenant Governor of California.

"A part of running for office is reviewing your old files. I pleasantly found a report I had written in high school about the 1984 election. There was no question the work we were doing at St. Francis was very relevant," Eleni reminisces. Her social studies teacher, Trisha (Garretson) Uhrhammer, had connections at the Capitol through her graduate work in history and government. She was also involved with the League of Women Voters and encouraged her students to be informed and active in government. She made a big impact on Eleni.

After completing her MBA at UC Berkeley's Haas School of Business in 1992, Eleni went to work for the California Democratic Party during the historic 1992 election – the Year of the Woman, when Dianne Feinstein and Barbara Boxer were elected to the U.S. Senate. After the election she went to work for a home builder in the Bay Area to hone the business skills that she grew up learning around her father's business. She later joined him at AKT Development where she spent the next 18 years rising from Project Manager to President. These were all high growth years for the

company. "It's exciting to see more and more women going into housing and land development. We are short more than a million and a half housing units in California, and, since 2008 particularly, we are really seeing a 'missing middle.' A big part of my platform for Lieutenant Governor is to be able to deliver more housing to middle class Californians," Eleni notes. This work earned her recognition as one of Sacramento's most prominent businesswomen.



Eleni, her husband Markos, and their boys Neo and Eon during the 2016 presidential campaign.

While always politically astute and active, Eleni's next adventure took her, husband Markos Kounalakis, and their two sons, overseas. Appointed by President Barack Obama, Eleni served as Ambassador to Hungary under Secretary of State Hillary Clinton from 2010 to 2013. During her tenure, Hungary was a key ally in U.S. security policy, held elections in which a center-right candidate gained a two-thirds supermajority and rewrote the country's constitution, and grappled with the rise of Hungarian nationalism and anti-Semitism. "Representing the U.S. in Hungary was the honor and privilege of my life; I would never have expected it when I was a student at St. Francis. Here I was, 43 years old and being sworn in. What I learned academically and the confidence that was built during my time here confirmed for me that I could do this important job," Eleni notes.

As the first Greek-American woman, and one of the youngest women ever to serve as a U.S. ambassador, Eleni recounts her experience in her book, *Madam Ambassador: Three Years of Diplomacy, Dinner Parties, and Democracy in Budapest*. "Without my incredible St. Francis English teacher, Mrs. Larson, this book would not have been written. She taught me how to write and gave me books she thought I should read," Eleni affectionately recalls. "She gave me quite a bit of confidence and made me believe I could go out and take on challenges in the world."

Known professionally and on the campaign trail for her values of hard work, education and political activism, we asked Eleni how she developed these values and if there were any left off. "These values were ingrained in me by being the daughter of an immigrant who started out as a farmworker. My father was different than the fathers of the kids I went to school with. But at the same time, our entire family was so embraced in Sacramento. We had the opportunity to work hard and play by the rules," Eleni remembers. "Our family always felt lucky that we landed in Sacramento. "The other value I would add to the list is patriotism."

When asked what advice she would share with Troubadours wanting to enter politics, "It's time!" Eleni stated. "Young women graduating high school now are entering the workforce in equal numbers to men. Never give up on the expectation that you will rise up the ladder in equal numbers. This is why so many women are running for office now, and so many will succeed. It's time!"

When talking with a Troubadour, it's hard not to ask what she took away from the recent film *Lady Bird*. Eleni shared, "What *Lady Bird* reminded me about my St. Francis experience was that we were chomping at the bit to get out into a bigger world because we had the confidence that we would be able to navigate it."

Final words to our Troubadours from Madam Ambassador, "Plenty of things will happen in life. Feeling discouraged is part of being ambitious. It comes with the territory. If you pursue your dreams, you're going to get discouraged. Expect it. But remember all the lessons you learned at St. Francis and the confidence you gained. Then keep on going and be persistent."

# ANOTHER SUCCESSFUL, SOLD OUT CRAB FEED!

Nearly 800 supporters filled the St. Francis gym for another sell-out Crab Feed on February 3rd. We served over 2,000 pounds of crab and raised more than \$109,000! A dedicated crew of volunteers led by Michael & Claudia Tringale created a fabulous meal for all of our guests and the gym was rockin' late into the night with the return of Clean Slate!

Thank you to all of our sponsors, volunteers, and committee members, who helped make this night a success. St. Francis would like to give a special thank you to our event chairs Maile Imboden (Natalie '18) and Wendy Klokkevold (Katie '18). The Crab Feed would not have been as successful without their dedication and the hundreds of parent volunteers who made the 2018 Crab Feed another huge success.







# THANK YOU SPONSORS!

## PRESENTING SPONSOR - \$25,000

The Angelo K. and Sofia Tsakopoulos Family  
(Eleni Kounalakis '85 & Athena Tsakopoulos '86)

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Nicole & Will Baer  
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Maria & Paul Chan

Kim Parks-Emerson & Brian Emerson

Celeste & Todd Jones  
Debbie & Kevin Kenny  
David & Lisa Nickum  
Terrapin Technology Group

## SILVER - \$1,000

A & B Asphalt Sealing Co.  
Brent & Melanie Andrews  
Tim & Christine Bosley  
Diane & Gary Carlin  
Ann & Mike Casentini  
Ava & Christopher Conlin  
Angela & Rick Lavezzo  
Kathleen & Kevin Ramos

Randle Communications: Kellie & Jeff Randle

Roma's Pizzeria & Roma's II Pizzeria:

Tony, Christina '89, & Maria Guerrero

Christine & Todd Sanfilippo

Scott & Laura Wigginton

## BRONZE - \$500

Abbott & Kindermann, Inc: Diane & Paul Henderson

Automate Mailing

Lisa & Jonathan Breslau

Christi Calpo & Cecilia Velez

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Hensel Phelps

Angela Gianulias

Mehrat & Susan Hazeghazam

Lyon Real Estate: Andrea Goodwin & Terry O'Callaghan

Mollie Munzich Nelson '86 & William Nelson

Elisabeth & Charles Rea

Northern California Research: Laurie & Douglas Young

Richard's Tree Service Inc. : Marisa & Mark Graham

Joe & Susan Rosendahl

Screamin' Squeegee : Greg & Darcie Jean Garcia

Stacy & Dave Smith



# A STRONG TROUBIE SPIRIT

BY NICOLE DANUWIDJAJA '18

*I first met Sammie at a Robotics meeting and struck up a conversation about our common interest in the Gaming Club. We soon became friends, despite our difference in years. Our friendship has grown over the last year and Sammie has shared with me her amazing journey and her desire to help others. This is her story.*

Freshman Sammie Dacong has experienced more than the typical 15-year-old. At the age of nine, she was diagnosed with osteosarcoma, a bone cancer that resulted in her leg having to be amputated. With the help of generous sponsors and the Make-A-Wish Foundation, Sammie's wish to spend a vacation at Disney World with her family was granted in 2013. A wish that, she says, "changed her life forever." Now in remission, Sammie wishes to fulfill her dream to help others who face struggles like hers: to become a voice for kids who are voiceless or forgotten.

On St. Francis Celebration Day, our "Day of Dreams" in October 2017, her dream came true. Christian Service Leaders crowned Sammie as the Princess of the Day, an honor given because of her spirit and strength of character. "Because of her pure heart and soul, it is our honor to announce her as our 2017 SF Day Princess," said Lauren Liberatore '18.

Then, Sammie was surprised in front of the entire student body by Michelle Flynn from Make-A-Wish and Ed Crane from CBS13 News, who bestowed upon her the honor of being a Make-a-Wish Ambassador. Jennifer Stolo, CEO of the Northern California/Northern Nevada section of Make-A-Wish, sent a video message congratulating Sammie for her philanthropic efforts. Students filled the entire gym with overwhelmingly emotional responses after hearing Sammie's journey and her mission to help others. "I was super shocked the entire time," said Sammie. I didn't mean to make them cry, but I was holding in my own tears for later."



NICOLE & SAMMIE

*Many spot Nicole with her St. Francis beanie around campus. She is passionate about helping others and loves being a Troubadour! Nicole is co-captain of Robotics, co-president of California Scholarship Federation, is active in the Ambassador Leadership Board, and is working as an intern in the SF Advancement Department. She is also Vice Chair of the Elk Grove Youth Commission and tutors weekly at the Arthur F. Turner Community Library. At school, Nicole's hobbies include playing piano and singing, and socializing with teachers and friends. She runs an online business and is programming an app that will hopefully make our lives better. Next year, Nicole would like to major in Computer Science and/or Business.*

# USING MY VOICE TO HELP OTHERS

BY GINA COUREY '19



3

In November, Sammie was invited to speak as an ambassador at the Wake Up For Wishes breakfast. She shared her personal story about being a strong fighter in the face of cancer, her transition to life as a high schooler at St. Francis, and how she lives her life to the fullest everyday. Sammie says her work with Make-a-Wish helps her support others and also motivates her to keep on giving. "After surviving, I still ask, 'Why should I deserve to be here?' I know now why."

Sammie, who is seen around St. Francis with her friendly attitude, says she loves helping other people. Sammie chose St. Francis for the amazing sisterhood: "I feel accepted here and I never have to worry about being bullied and I can just be myself. Everyone here is so welcoming and St. Francis is the perfect place for me."

Next year, Sammie plans to be more involved in dances and school events and is excited to take Computer Graphics. She is part of the Gaming Club and is honing her skills as a manga artist during her spare time. Sammie is also a spokesperson for Knights of the Round Table, part of the St. Baldrick's Foundation. She is excited to continue to help others in need and is proud to be a St. Francis Troubadour.

1. Sammie shares her story and gratitude at the the Make-A-Wish Foundation's Wake Up For Wishes Breakfast event on November 8, 2017. Photo by Tia Gemmell.

2. Sammie and her family, Steven & Regina and sister Madeline, with Michelle Flynn from Make-A-Wish of Northeastern California and Northern Nevada and Ed Crane from CBS13.

3. Sammie & Bryant, aka SacNinja, at the Wake Up For Wishes Breakfast.

When I was little, my father and I would watch the KCRA 3 morning news together. Most of the time I didn't understand what the news anchors were talking about but I was always intrigued to see what new story would pop up on the headlines everyday. I consider myself very curious by nature and I have a desire to be well-informed and inform others, so seeing new stories unfold daily continued to captivate me. During my sophomore year at St. Francis, I found my passion for Communications through my English class and while working with Troubie TV, our sports broadcasting network. At the start of my Junior year, I was introduced to the Society for the Blind by Assistant Principal, Ms. Fadia Desmond. She shared a similar interest for Broadcast Journalism when she was younger. I mentioned that I wanted to major in Communications and she recommended that I join Society for the Blind because of her past volunteerism and experience with the organization. No one from St. Francis had ever volunteered with the Society before and she thought it would be a great opportunity to expand my horizons.

Once I began volunteering with Society for the Blind, I immediately knew it was the right place for me. I was attracted to the organization for its Access News Program. The media outlet gives the visually impaired the ability to stay up-to-date with current events around the world and in our community as well. I am able to create audio recordings from newspaper articles, books, magazines, and websites with my computer and phone, allowing the visually impaired to listen to them at their convenience. For those whose first language is not English, the communication barrier can be a real struggle. That's when I began reading El Supermercado in Spanish, making shopping for groceries much easier for those who cannot see or view the labels, coupons, and new items available in the store.

Liz Culp, Director of Resource Development & Marketing for Society for the Blind, shares, "Often, individuals who are blind or have low vision can become isolated. Connecting them to the world and their community through the Access News Program is one of many ways that Society for the Blind empowers these individuals to live their lives to the fullest. Our program is unique and reaches listeners throughout Central and Northern California and we could not do it without the help of volunteers like Gina who are so generous with their time and voices. Gina not only generously dedicates her own time, she has inspired fellow Troubies to volunteer as well! Our clients love our readers. It's the caring human touch that Gina and fellow volunteers deliver through their reading that sets this program apart. Feeling a connection to the person on the other end makes all the difference in the world and we are so grateful to Gina for helping us make this connection!"

My reason for joining Society for the Blind is to give those who are visually impaired myriad opportunities to reach their full potential and achieve greatness just like everyone else. Over time, I developed a special connection with those who were listening. I felt I had deepened my relationship with the audience as if I was helping them see a whole new world again, only this time through the words they hear.

*Gina is a Junior at St. Francis. On campus, she is an active member of Troubie TV, Founder and President of the Comedy Club, and has interned for the SF Advancement Department. Outside of campus, Gina won the Miss Junior Teen of Northern California title and competed in Miss Teen USA for Nationals. She was also selected to be a National Youth Correspondent for the Washington Journalism and Media Conference representing her school and state. Gina is one of 213 students on campus who are part of an SF Legacy family.*



GINA AND HER MOTHER  
MARIANN ISOLA '83



# AN EVENING IN Wonderland

REVELRY GALA & AUCTION: FEBRUARY 24, 2018



JERRY & SANDY TOKUNAGA, CHARLES & ANN SCHWING, BISHOP COTTA, RANDY & SHANNON TERWEDO, ROBERT & THERESA RODGERS



MIA WALDEN '21, RUSTY, ALEXIS '18, JULIE SANDINO-AREIAS, MADELINE FAHEY '21



MIKE & CINDY CHRISTMAN, ANGELA GIANULIAS, SAMYA & GREG MELLOR, MOLLIE & WILLIE NELSON, JOHN & TANYA BELL, KEVIN GIVENS, JAN LIPPI



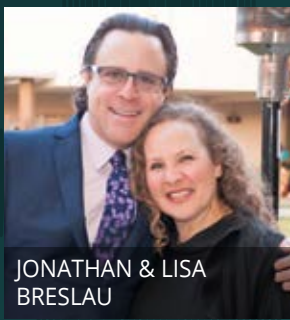
SANDRA JONES, RUSTY AREIAS & JULIE SANDINO-AREIAS, LENORE TATE-COOK, JC & SHAREEN FAT, JULIE & KEVIN SLOAT



KEVIN & CYNTHIA MCBRIDE, KRISTEN PUNTER, ROSEMARY ROMINGER, HELEN PIERSON, JOHN & ALDA LEPERA, MARISA LUCHINI



CHRISTINE & TODD  
SANFILIPPO



JONATHAN & LISA  
BRESLAU



CHRISTI CALPO, CECILIA VELEZ, ERIN NORWOOD,  
JOHN & SHERRI NORWOOD, PAULINE & DANIEL  
COLE, AVA & CHRIS CONLIN



PATTY & ALAN LEATHERBY, ANTONIO FALCONE & ROXANNE ELLIOTT,  
KATHLEEN & JIM DEERINGER, PERMINDER DHAMRAIT, WENDY PAVELCHIK,  
JONATHAN DEERINGER, ROBYN POWELL



CAROL & JOHN FRANK



ANN & CHARLES SCHWING



THERESA RODGERS, GRACE  
MELLBERG '20, CHARLES SCHWING



On Saturday, February 24, 2018, we celebrated our 12th Annual Revelry Gala & Auction, as St. Francis Catholic High School was transformed into a magical, whimsical world for “An Evening in Wonderland.” We raised more than \$420,000 for our Troubadours, continuing Revelry’s success and demonstrating the incredible generosity of our community!

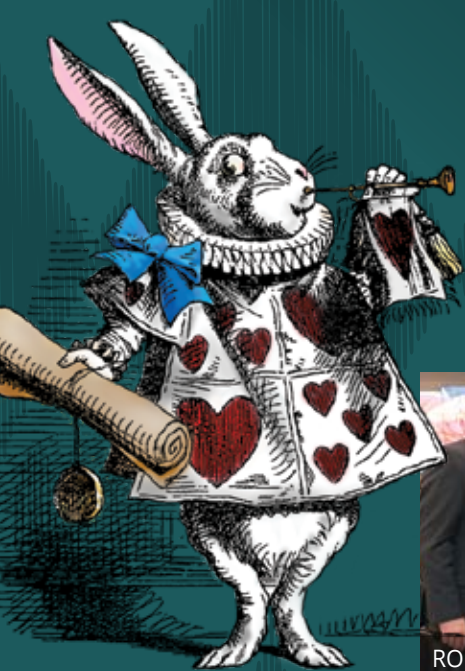
Guests entered campus by venturing “down the rabbit hole,” strolled through gorgeous greenery, tea cups, and frames, sat on moss-covered furniture, and dined underneath a chandelier covered in floral, greenery, and rhinestones. Our SF Players and Show Choir entertained throughout the night as characters from Alice in Wonderland and performed a fantastic rendition of Welcome to Wonderland to open the dinner and live auction.

The evening was a culmination of a year-long effort by our hardworking Revelry Committee under the outstanding leadership of our chairs, Julie Sandino-Areias and Rusty Areias (Alexis '18). They, along with all the committee chairs and volunteers, poured incredible time, creativity and passion into this premier event which contributes significantly to the stewardship of our young Troubadours.

We extend a special thank you to our generous sponsors, especially our Presenting Sponsor, The Angelo K. and Sofia Tsakopoulos Family (Eleni Kounalakis '85, Athena Tsakopoulos '86); our Mobile Bidding Sponsor, Big Hairy Dog, Sandy & Mick Malaney (Maggie '18); and our Platinum Sponsors, Julie Sandino-Areias & Rusty Areias (Alexis '18); The Mimosa House, Lou & Stephanie Dedier (Jordyn '21); Nancy & Rob Sbisa (Lia '12, Pilar '15, Maya '18); and TeleDirect Communications, Celia Puff (Kristen '16).

We were especially excited to introduce the Spirit of San Damiano Award whose inaugural recipient was Mr. Charles Schwing, retired Mathematics & Technology teacher who taught at St. Francis for 36 years, retiring in 2013.

Mr. Schwing was passionate about excellence in the classroom and inspired his students to be all that they dared to be. Even though he retired in 2013, he continued to tutor students in Math until he and his wife, Ann, moved to their home in Napa to be closer to their family ranch. His generosity is felt to this day in the students he motivated, facilities he invested in, and the scholarship support he continues to provide



TODD & CHRISTINE SANFILIPPO, BILL & DEBBIE WARNE, ANTHONY & MICHELE COSS, KEVIN & TRISH WICK, NICOLE BAER, KELLIE & JEFF RANDLE



ROBERT & THERESA RODGERS, STEPHEN GEMPERLE & ALI MORR



STACEY OSWALT, KELLY HEISINGER, KELLY TOUSEY, CHYRISSEE LEE, GINA GARCIA, TORIA KAUFMAN, SANDY MALANEY, MARCIA BARBE



STACY & JOHN CAMARILLO



STEPHANIE DEDIER, KINSEY DEDIER, OMAR HUSSAIN, DEVIN DEDIER, LOU DEDIER



THE SF PLAYERS



MOLLIE & WILLIE NELSON



GRACE KLAS '18 & MALIA DOWD '18



DAVE & STACY SMITH



KRIS REILLY, KELLY & AUGUSTA BROTHERS, DEBORAH LUKOWICZ, STEPHANIE WETCH, MONICA HAYES, MARIA REID VAIL, JANET KOEWLER REILLY, TERI KENNEDY, TRACY TOOLEY, MEGAN LUCCHETTI VINCENT

our students. Our Fund-a-Vision initiative this year honored Mr. Schwing by raising funds for an outdoor math classroom. "The Grove" (as it will be known) will provide our Troubies an alternative classroom in which to discover the natural relevance of mathematics in their world, making a meaningful, memorable learning experience.

Through the generosity of our Revelry guests and supporters, we raised more than \$73,000 for the creation of this truly unique space.

Revelry is the school's premier event and provides essential funds to enhance opportunities for student growth in a faith-filled, college preparatory environment which prepares our Troubadours for success in college and life beyond.

"The Spirit of San Damiano Award" was established to recognize outstanding individuals who have significantly contributed to our school community by modelling our pillars of faith, excellence, leadership and service for a period of 10 years or more. These outstanding individuals inspire and empower us to fulfill our mission of "serving young women and their families who seek spiritual growth and academic excellence." Their love for St. Francis Catholic High School and our Troubadours is evidenced by their extreme generosity of time, talent and treasure.

# Sponsors Cocktail Reception



ALAN & PATTY LEATHERBY,  
THERESA RODGERS



JC & SHAREEN FAT



ROB SBISA, ANN KRAMER,  
NANCY SBISA, DAN KRAMER



MARK & KRISTIN ENES



TONY & CHRISTINA  
GUERRERA



DEXTER & THERESA PARULAN, BRIAN & MARIA  
VAIL, KELLIE & JEFF RANDLE, SAMYA HADDAD  
MELLOR, ANN CASENTINI

Our guests donned St. Francis slippers and had a great time at this year's Revelry Sponsors' Cocktail Reception. The cocktail reception was held at the beautiful home of Shareen & JC Fat on Thursday, February 15, 2018 and was co-hosted by Julie Sandino-Areias and Rusty Areias. Revelry anticipation and excitement built as sponsors enjoyed festive decorations and received a preview glimpse of the live auction items. We thank the Fat family for their gracious hospitality and for opening their gorgeous home.

# Thank You Sponsors

## PRESENTING SPONSOR \$25,000

The Angelo K. and Sofia Tsakopoulos Family  
(Eleni Kounalakis '85 & Athena Tsakopoulos '86)

## MOBILE BIDDING SPONSOR \$12,000

Big Hairy Dog: Sandy & Mick Malaney

## QUEEN OF HEARTS \$10,000

Julie Sandino-Areias & Rusty Areias  
The Mimosa House: Stephanie & Lou Dedier  
Nancy & Rob Sbisa  
TeleDirect Communications: Celia Puff

## WHITE RABBIT \$5,000

Kristin & Mark Enes  
Shareen & J.C. Fat  
Kristi & Jeff Jones  
Lisa & David Nickum  
Pacific Coast Building Products, Inc.  
Scott Wetch

## MAD HATTER \$2,500

Awards by Kay + Ann & Mike Casentini +  
Col. Christopher Conlin & Dr. Ava Marie Conlin +  
Alexxa DeBenedetti + Environmental Landscape  
Solutions: Lorna & Darin Adams + Genovese Burford  
& Brothers: Augusta & Kelly Brothers + GPS  
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Leatherby's Family Creamery: Patty & Alan Leatherby  
+ Medic Ambulance + Kathleen & Kevin Ramos +  
Randle Communications: Kellie & Jeff Randle + Roma's  
Pizzeria & Roma's II Pizzeria: Tony, Christina '89,  
& Maria Guerrero + Christine & Todd Sanfilippo +  
Maria Reid Vail '82 & Brian Vail + Zocalo Sacramento:  
Tatiana Bedoya & Ernesto Jimenez

## CHESHIRE CAT \$1,500

Abbott & Kindermann, Inc: Diane & Paul Henderson  
+ Athletics Unlimited + Dr. Jonathan Breslau & Lisa  
Breslau + Catholic Cemetery & Funeral Services +  
Christi Calpo & Cecilia Velez + Angela Kufasimes  
Gianulias '86 + Ann & Dan Kramer + Merrill Lynch:  
John Matzoll + Ruth & Craig McLoughlin + Mollie  
Munizich Nelson '86 & William Nelson + Dr. Chris  
and Gabby Neubuerger + Northern California  
Research: Laurie & Douglas Young + Norwood  
Associates: Sherri & John Norwood + Theresa &  
Dexter Parulan + Lynn & McKenna '14 Payne +  
Barbara & Chris Ramm + Richard's Tree Service  
Inc.: Marisa & Mark Graham + Stacy & Dave Smith  
+ Screamin' Squeegee: Darcie Jean & Greg Garcia  
+ Jennifer Stolo & Keith Diederich + Tooley Oil  
Company: Tracy & Michael Tooley

## TABLE SPONSORS

Class of 1986 + Kathleen & Jim Deeringer +  
Dr. Pam DiTomasso '72 + Carol & John Frank +  
Alison Morr '89 & Stephen Gemperle +  
Mary & Darrrell Norris + Dr. Kevin O'Neill & Kerrie  
O'Neill + Theresa & Robert Rodgers +  
Kristen & Edward Rudis + Aga & Lincoln Snyder





# INSPIRING HEARTS & MINDS

BY LEXI ZIEGLER '18

*Kore Zimmerman is the Mathematics Department Chair; she has taught nearly every St. Francis math course, but this year, she is teaching Integrated Math 2, Statistics, and AP Statistics. What may be surprising to some, Mrs. Zim failed math in high school; however, she fell in love with math in college and decided that she wanted to teach. In addition to her roles as teacher and department chair, Mrs. Zim is in the Diocesan Leadership Program where she meets monthly with teachers throughout the Diocese who are interested in exploring leadership opportunities.*

*Recently, I had the opportunity to sit down with my statistics teacher, Mrs. Zimmerman, and ask her a few questions about her experience at St. Francis, her plans for the future, and the soon-to-be outdoor math classroom, The Grove. What I appreciate most about Mrs. Zim is that she takes her time to truly understand each students' needs and tailors her academic approach to them; she values me as both her student and a busy teenager, and inspires me to be a more compassionate person and a better mathematician. Ask anyone around campus - her students or not - you will only hear words of kindness and love about the teacher who exudes both.*

***How did you come to work at St. Francis and what is your favorite part about teaching here?***

I initially came here as a long-term substitute. I had taught elementary school and wanted to be a homemaker; on my very first day of being a homemaker, I got a call from St. Francis that said, "Can you come as a long-term substitute?" At first I said no. A few months later they called again and I thought, "If God is pushing me this hard, I need to just go in!" I went for an interview, and I loved it, and found that I could work part time for a number of years to balance my commitment to my family and my students. Being with my students is by far my favorite part of the job.

***What made you fall in love with math?***

It was precalculus, although it was my third time around. I got so used to being able to skate by in math classes on natural talent and not having to study that I just didn't do homework. I was suddenly getting Fs, and then thought, "Well, I'm just not good at this." But it's not about ability, it's about work ethic. When I got into college, they placed me in an algebra class that was far too low a level for me, and I was incredibly bored. So, I went to the various teachers in the math department and asked for someone to let me into their class. I went into precalculus, and the entire learning was project based. I learned that this is what math is, and that there's math everywhere. There's no reason that we can't all do well at math. I fell in love with it when I realized it was everywhere.

*Lexi is a senior at St. Francis and is working as an intern in the SF Advancement Department. She enjoys writing, leading school retreats, and volunteering at her local animal shelter. In the fall, she will be attending Seattle University and hopes to be a comedy writer in the future.*





*You took on the task of creating our Integrated Math 2 course. What inspired you to do this and why is this program important to you?*

I appreciate that our school focuses on the students' needs. We saw a need for Integrated Math 2 as we had a number of students coming who had taken Integrated Math 1, which is about three-fourths of the algebra standards and one-fourth of the geometry standards. Integrated Math 2 can help students fully develop both of those conceptual strands. I enjoy teaching this course because we get to combine so many different pieces of math and we get to take a project-based approach. We're not currently using a textbook because the students come from so many different backgrounds with so many different textbooks, if we were to choose one, it would inherently disadvantage some of my students. I had the opportunity to build this course from the standards which was really fun because I get to take it apart and rearrange it in the most meaningful way to learn the topic. That's a really awesome experience as a teacher—to shape a curriculum in the way you think it should be taught. The students like the project-based approach. Because we can approach it differently, they learn to jump in and start tearing apart a problem.

*Can you explain your Math Remediation Program?*

I went to a conference a few years ago, and one of the sessions was about intervention. The goal with intervention is to bring all students to grade level within that grade year. I realized we weren't doing that in math. Because if a student failed, then she had to retake that part of the course, which is not getting her to grade level within that same grade year. The math remediation program allows students who didn't quite meet the grade standard to meet with me multiple times a week, and we go back and learn all of the units they needed to learn in their first semester. We focus on getting that student up to proficiency before she leaves that course instead of having her retake it. Last year we saw a great success rate and a number of those students are now doing well in their next level course of study.

*Tell us more about Math Nights: what is it and why did you implement it?*

Math Nights started as a way to engage parents in the conversation about mathematics. A lot of people in our culture have a fear of math that can translate to our children. Adults who say, "I'm just not a math person, it never made sense to me," is a little sad to me, because we don't walk around saying, "I'm illiterate and that's okay." Being math literate is just as important. We approach the parents as, "How can we help you be more comfortable with your daughter's math?" I failed math in high school; but I always had this idea that there was more to it, that I was learning a language. So many of us don't keep taking classes if we feel like we will fail; Math Nights were an opportunity to open that communication with parents about how their daughters can be the best mathematicians that they can be.

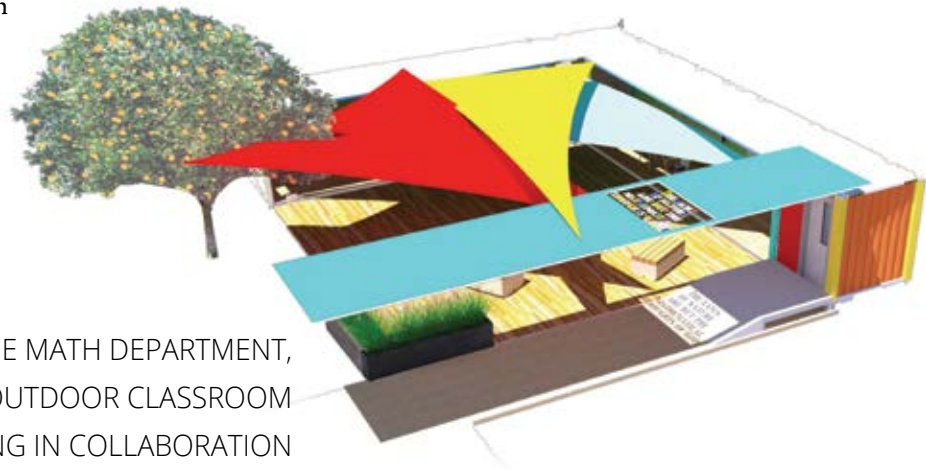
*I heard we raised the funds to add an outdoor math classroom to campus. Can you tell me the story of how the outdoor classroom came to be?*

This year at its Revelry Gala, St. Francis honored a beloved 36-year math teacher, Mr. Charlie Schwing, who retired in 2013. For our Fund-a-Vision, we wanted to select a project that would tie into his legacy as a gifted and challenging math teacher and meet the needs of our current and future students. As a teacher, Mr. Schwing was incredibly inspiring to his students, not only with what he taught but with what he expected, and he expected his students to develop logic. We want that for all of our students.

We teach math in five dedicated math classrooms, but we teach in other classrooms as well. Because of this, our environment is not always as tailored to math as we would like, and we have so much we can learn about classroom environment. Whether we have natural lighting, sound, or silence, different students need different things in their environment. We started thinking about what kind of a classroom would meet some student needs that maybe aren't being met right now. The entire math department compiled ideas of what they would want in a classroom. We liked the idea of exploring the math that is all around us, and math is literally all around us! Somehow, we've taken this natural development out of math education, and the idea for this outdoor classroom is to bring nature back into mathematics to see that it is truly all around us.

*How will this change the way you teach?*

One feature of this this new classroom is its fiberglass windows that we can write on with grease pencils. The idea is, I can send you outside with a soccer ball, you're going to toss that soccer ball, and then we're going to figure out the parabola you just made when someone is tracing it from the inside. We can blend physics with our interests and the mathematics that we're learning. We can study statistics by finding out what is actually happening around us. The outdoor space has been found to lower anxiety as we are surrounded by natural light. I think being outside and having the world around us will be incredibly powerful. We'll have a bunch of clipboards; if you want to work by yourself, you can work by yourself. If you want to work with someone, you can stand or sit at a table. We're really building in the idea we can all have our needs met in one classroom.



MRS. ZIMMERMAN, ALONG WITH THE MATH DEPARTMENT, DEVELOPED THE CONCEPT OF AN OUTDOOR CLASSROOM COMPLETELY FOCUSED ON MATH. WORKING IN COLLABORATION WITH MR. STRAWN, MR. HANRAHAN, AND MR. ROMO, THIS CREATIVE GROUP BROUGHT THE IDEA TO REALITY.



# TIME TO FLY



## GRETA GERWIG '02 DOES A SHOUT OUT TO ST. FRANCIS FROM THE RED CARPET.

With much fanfare and media coverage, St. Francis hosted its first-ever Red Carpet Viewing Party to celebrate the success of Alumna Greta Gerwig '02 and her beautifully nostalgic *Lady Bird* film. This Golden Globe winning and five-time Oscar-nominated movie really struck a chord with the St. Francis community. The sold-out party brought together current students, families, alumna from all decades, and mothers and daughters to cheer on Greta and root for what we knew was the best movie of 2017!

We received incredible support from the community who sponsored and donated to the event. The incredible St. Francis Arts Department pulled out all the stops and exceeded all expectations, ensuring our event was like no other, and everyone left with good stories to tell. While not the outcome we hoped for, Greta and *Lady Bird* were already winners in our book.

One of the most wonderful parts of this season was witnessing the incredible talent and leadership of Greta and how graciously she handled her much-earned success. Her interviews were candid and open, but most telling were the kind stories shared by those who worked closest with her on the film.

In an interview with Eloise Blondiau for America Magazine, Greta laughingly noted, "*Lady Bird* is the first love letter to Catholic education that I have ever seen on film." Blondiau echoed her sentiment, "In *Lady Bird*, I saw for the first time in film a Catholic girls' school as I remember it – brimming with kindness, weirdness, friendship and rebellion."

"I wish I could live through something," the title character laments to her mother in the opening scene of the movie. St. Francis Catholic High School is glad we got to live through the success of our alumna and this beautiful movie. While visiting campus and watching one of the many media interviews that surrounded the film, Troubadad Christopher Conlin (Grace '18 & Rose '19) pointed out, "Greta is not the exception; she's the rule for what comes out of this school."

Thank you, Greta, for reminding us of all that is great about our beautiful, faith-filled school, the community that surrounds us on a daily basis, and our wonderfully quirky city. And thanks for giving us a reason to host our first-ever Red Carpet Viewing Party!



Front Row: Marisa Fat, Tennis; Chase Saca, Golf; Mady Schildmeyer, Volleyball; Natalie Imboden & Kobe Carpenter, Water Polo; Sydney Vandegrift, Erica Cradeur, & Alana Reyna, Cross Country; Back Row: Kyla & Kiya Jackson, Tennis; Alexa Edwards & Aiyu Aimufua, Volleyball; Logan Kelly & Marlee Nicolos, Basketball.

# STELLAR SEASONS

## TROUBADOURS POST AMAZING FALL & WINTER CAMPAIGNS

BY STEVE SHAFF,  
ASSISTANT ATHLETIC DIRECTOR  
FOR SPORTS INFORMATION

All five St. Francis fall sports programs recently completed a campaign that will be remembered for a long time as will be witnessed by the banners and trophies that will occupy the gym walls and trophy cases. The Troubadours combined to win five Delta League titles, two Sac-Joaquin Section championships and a pair of runner-up trophy finishes in the Section finals. All five fall programs advanced beyond sections to compete in regional and/or state championship play. "We're very proud of our Troubies and their achievements this fall," said Athletic Director Mark McGreevy. "It's so inspiring to witness the level of dedication our student-athletes and coaches commit to each other on a daily basis as they practice and compete. While we stress the value of process over product, it's nonetheless quite gratifying to see their impressive dedication result in these achievements."

The Troubadours were Delta League champions in basketball, cross country, golf, tennis, and volleyball and finished second in water polo. They qualified for the section playoffs in every sport, recording four top-two finishes and reached the Masters tournament in golf. The cross country team placed sixth at the CIF Division II State Championships, while tennis advanced to the CIF NorCal Semifinals to equal the best finish in school history. "It is such an awesome opportunity to compete for St. Francis," said senior tennis standout Marisa Fat. "Not only do we have successful teams that excel in every aspect but our coaches and supporters nurture us through the entire season."

Volleyball was selected to the prestigious CIF NorCal Open Division for the first time in school history before losing in the quarterfinals to eventual state champion Archbishop Mitty. Water Polo earned a berth in the first CIF NorCal Water Polo regional. "When we

## 2017-2018 SEASONS IN REVIEW

- ✦ ST. FRANCIS LEADS THE DELTA LEAGUE ALL SPORTS AWARD AFTER WINTER COMPETITION
- ✦ ST. FRANCIS WON TWO SAC-JOQUIN SECTION TITLES AND TWO RUNNER-UP FINISHES
- ✦ ST. FRANCIS WON FIVE DELTA LEAGUE TITLES
- ✦ COMBINED 3.56 FALL SPORTS GRADE POINT AVERAGE
- ✦ THREE SF COACHES WERE NAMED DELTA LEAGUE COACH OF THE YEAR
- ✦ 32 TROUBIES WERE NAMED ALL-DELTA LEAGUE IN THE FALL/WINTER



“We’re particularly proud that our students did it all while excelling in the classroom as well. I don’t believe that’s a coincidence as it all stems from the same commitment to do your best while embracing God’s grace. We acknowledge that that grace so often comes in the form of support from teammates, coaches, parents, teachers, and staff. For that we consider ourselves very blessed and are grateful.”

**MARK MCGREEVY,  
SFHS ATHLETIC DIRECTOR**

The Class of 2018 now has nine student-athletes signed to participate in their sport at the collegiate level with the spring signing date still ahead in April 2018.

**Aiyu Aimufua**  
Volleyball  
University of Pennsylvania

**Lauren Allen**  
Golf  
Missouri University of Science & Technology

**Nikola Barnes**  
Equestrian  
Texas Christian University

**Kendall Carlsen**  
Crew  
Southern Methodist University

**Marlee Nicolos**  
Soccer  
Santa Clara

**Sydney Ranker**  
Crew  
UC Berkeley

**Taylor Simpkins**  
Soccer  
Point Loma Nazarene

**Sydney Vandegrift**  
Cross Country/Track and Field  
UC Berkeley

**Molly Wilson**  
Diving  
Cal Poly

see other teams do really well, it inspires us to do really well,” said volleyball senior Aiyu Aimufua. “We want academic and athletic success across everything we do here. It is great to see your Troubie sisters succeed.”

Three SF coaches were named league coach of the year this season, including golf’s Bert Jones, tennis coach Kristi Spector and volleyball’s Alynn Wright. Overall, 32 Troubadours were selected to All-Delta League teams in their respective sports. The success continued in the winter as the basketball team shared the Delta League title with Davis and advanced to the section quarterfinals, while the soccer team also reached the second round of the section playoffs.

The Troubadours were equally successful in the classroom. The fall sports players posted a combined 3.56 grade point average led by the

Junior Varsity Volleyball team with a 3.67 GPA. The varsity volleyball unit posted a 3.61 and all five varsity programs team GPAs were entered in the first ever CIF Sac-Joaquin Academic Championships which will be announced at the end of the school year. “We’re particularly proud that our students did it all while excelling in the classroom as well,” said McGreevy. “I don’t believe that’s a coincidence as it all stems from the same commitment to do your best while embracing God’s grace. We acknowledge that that grace so often comes in the form of support from teammates, coaches, parents, teachers, and staff. For that we consider ourselves very blessed and are grateful.”

The combined team success has the Troubadours in the lead for the Delta League All Sports Award heading into the spring season.

## FIRST HALL OF FAME CLASS TO BE HONORED THIS FALL

The St. Francis Catholic High School Athletics department is excited to induct its first Hall of Fame class this fall on November 17, 2018. We are seeking nominations of Troubadour alumnae, coaches, teams and contributors for inclusion in this prestigious event.

The Athletics Hall of Fame is intended to recognize and honor those who have made a significant impact on the athletic community through their athletic achievements during or following high school and/or through exceptional effort and service to the SFHS athletics department. It looks to reflect the proud history of St. Francis, highlight the long-standing athletic success of the institution, and recognize the importance of developing well-rounded individuals who are models of Pax et Bonum.

Contact Assistant Athletic Director Steve Shaff at [sshaff@stfrancishs.org](mailto:sshaff@stfrancishs.org) for more information.



## FALL SUCCESS LED BY COACHING AWARD WINNERS

The success of the St. Francis sports teams starts with a talented and dedicated group of coaches that lead the Troubadours on and off the fields and courts. Alynn Wright, Bert Jones and Kristi Spector were each selected for the top coaching honor in their sport this fall.

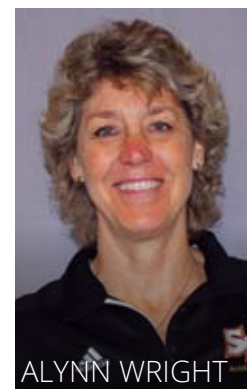
Alynn Wright was named the Delta League Coach of the Year for the 16th time in her career. "She focuses on volleyball but that is not her main priority," said Mady Schildmeyer '18. "She is helping us become better women. Since (my first season on varsity) my sophomore year, she has helped me with my confidence on and off the court." Wright led the Troubadours to the league title for the 21st time in her career as SF went 14-0. They finished the season with a 34-9 record, advancing to the Sac-Joaquin Section finals. The Troubies were selected to the CIF Northern California Regional Open Division as one of the top eight programs in the region before losing to the state finalist Archbishop Mitty. A member of the Sac-Joaquin Section Hall of Fame, Wright recently completed her 29th season as the head coach at SF.

Bert Jones led the golf team for the last two seasons and has garnered the Coach of the Year honors after each campaign. "Coach Jones put his full effort and care into this golf program," said captain Chase Saca '18. "He constantly thought of new, innovative practice ideas for us to improve our game, and to improve our scores on and off the course. He simply loves the game of golf and taught us a new appreciation for the sport." Jones led the St. Francis golf team to a fourth-place finish at the Sac-Joaquin Section Masters tournament after advancing from the SJS Division 1 North Tournament. The team qualified for the postseason by winning the Delta League title for the second consecutive season, posting an undefeated dual and center match record. Coach Jones helped

tutor four Troubies to All-Delta League honors.

Tennis coach Kristi Spector was chosen for the league honor for the second consecutive season and was a nominee for the Sac-Joaquin Section Model Coach award. "I am humbled because it is voted on by the other coaches," said Spector. "It is not who is undefeated or first in your league that becomes coach of the year. I appreciate the fact that the other coaches felt that I am connected with my team in such a way that they decided to vote me coach of the year." St. Francis went 19-1 on the season and won the section title and advanced to the CIF State semifinals, equaling the best finish in school history. "While she has led our team to numerous victories and awards, I believe that her words of encouragement have helped our team perform well because we can focus on doing our best, not always winning," said Cameron Parra '18. Coach Spector mentored six players to All-Delta League honors this season including league doubles and section champions Kiya and Kyla Jackson. "She is the heart of our team and I cannot ask for a better tennis coach," said Marisa Fat '18. Spector completed her fifth season leading the SF tennis team. She has led the team to three consecutive league titles and five SJS playoff appearances, including the CIF NorCal quarterfinals last season. St. Francis is 76-13 overall since she took over the program.

Fall staff also includes two-time USA Water Polo Player of the Year and SFHS Head Water Polo Coach Heather Moody and Head Cross Country Coach Aaron Rios. Moody led the water polo team to a second-place section finish, while Rios helped the Troubies to a top-10 state finish for the second consecutive season and the Division II section title.



ALYNN WRIGHT



BERT JONES



KRISTI SPECTOR

THE PAX ET BONUM AWARD REPRESENTS ST. FRANCIS CATHOLIC HIGH SCHOOL'S HIGHEST HONOR AND IS PRESENTED TO A SENIOR WHO BEST EXEMPLIFIES THE QUALITIES OF PEACE AND GOODNESS THROUGH HER FAITH, EXCELLENCE, LEADERSHIP, AND SERVICE. THREE PREVIOUS PAX ET BONUM AWARD WINNERS SHARE THEIR JOURNEY AND THE MEMORIES AND LESSONS THEY CHERISH.

## WOMEN OF "PAX ET BONUM" PEACE & GOODNESS



*Kelsey & Brian Guetschow and sons Knox & Marek.*

### KELSEY HAYWARD GUETSCHOW '03

FROM WAR ZONE TO HOME ZONE,  
KELSEY MAKES THE LIVES OF OTHERS BETTER.

Kelsey entered the United States Air Force Academy two and a half weeks after graduating from SFHS in 2003. Seeking both a top-notch education and an opportunity to serve, she majored in Behavioral Sciences focusing on Leadership and Organizations. "There weren't many other universities that offered 'jump class' (aka skydiving) as an elective," Kelsey commented.

During her second year in college, she realized that she wanted to pursue a career in hospital administration and earned a minor in Management and Business. While focused on her academics, she also taught aerobics classes and dove into military leadership roles as a squadron chief clerk, superintendent, and eventually commander in her fourth year. She graduated with military honors.

Kelsey spent seven months working in the trauma center in Afghanistan during her time in the Air Force. "It changed me. Seeing war first hand is hard and there are not words to describe

the daily struggle of managing patients, civilian and military, amidst a conflict," she recalls. Through it all, her daily goal was to make the lives of her patients and team better. "My time in that war zone, and the work I did there, remains my proudest professional accomplishment."

In 2009, Kelsey completed her MBA. Today, she works in consulting – specializing in digital marketing for hospital and health systems with most of her time spent at MedTouch, a company based out of Boston, MA. She leads activities related to strategic, data-driven solutions for her clients. She manages her professional work while also taking care of her two sons who are both under three. She said, "They're my real full-time job and the one I strive to excel in more than any other position or pursuit."

Kelsey fondly recollects her time as a Troubadour, "The academic rigor of St. Francis prepared me more than I could have imagined for college. Knowing how and when to ask for help, as humbling as it may be at times, and how to build relationships with my professors, started at St. Francis."

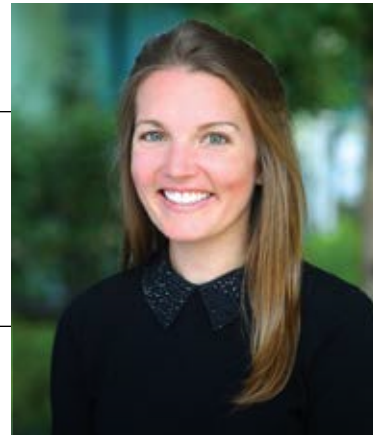


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## SARAH YOUNG '04

AT A TIME WHEN EVERYTHING IS CHANGING,  
BEING A TROUBADOUR IS THE BEST CONSTANT.

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While studying Health Promotion Disease Prevention and Spanish as an undergrad at USC, Sarah pursued the St. Francis pillars – Faith, Excellence, Leadership and Service. With an aggressive course load, she still managed to serve as a Eucharistic Minister with the Catholic Center, collaborate with the Interfaith Council and served the community through the USC Helenes. A regular volunteer at downtown LA clinics and in Honduras, Sarah's growing interest in healthcare for underserved communities motivated her completion of an M.S. in Global Medicine at USC's Keck School of Medicine and fieldwork in HIV/AIDS for women and children in Uganda.

For medical school, Sarah attended the David Geffen School of Medicine at UCLA where she also served as class vice president, volunteered at mobile clinics, and studied adolescent reproductive health care in Cape Town, South Africa. Nourished by the opportunity to care for children, Sarah completed her residency in pediatrics at Johns Hopkins Hospital in Baltimore, Maryland. She was afforded the opportunity to continue to serve in under-resourced communities, with additional service in Haiti.

"The teachers at St. Francis challenged me to channel my determination amid struggle and in that evolved confidence and pursuit. Mrs. Ownbey, Mr. Schwing, and Mrs. Vargas are three

teachers for whose patience, commitment, and service I will always be grateful," she warmly recalls. "They planted the opportunity for growth and a career in math, science, and Spanish language."

Sarah returned to Southern California where she works as a physician at Children's Hospital Los Angeles in the Pediatric Intensive Care Unit and is completing her subspecialty fellowship training in critical care medicine. "It is humbling to care for the sickest children, but I am inspired by each patient's inner strength and the team's communal commitment. Critical care medicine epitomizes collaboration, respect, and servitude, which motivate my work as a physician," Sarah shared.

She credits her St. Francis experience for challenging her to find a need and address it with her whole heart; this is how service in health care disparities became her chosen path. "The foundation created as a young woman at St. Francis is an inherent part of who I am as an adult – be it a daughter, sister, friend or physician," reflected Sarah. "My path to become a physician had many challenges, but the academic perseverance and faith-based trust cultivated at St. Francis provided the foundation and stamina to complete my vocational work."



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## LE-MAI DAM '05

THIS LEGAL EAGLE IS CONTRIBUTING TO HER COMMUNITY  
AND STRIVING TO DO GOOD IN THE WORLD.

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Le-Mai graduated from UC San Diego, Thurgood Marshall College in 2009 with a major in Political Science

International Relations and a minor in Literature/Creative Writing. Building on the confidence she learned to try new things while a Troubie, Le-Mai got involved in many things during her time at UCSD, including being an Orientation Leader, serving on the student council and working in the Dean's Office. She not only loved UCSD, she loves San Diego so much she hasn't left!

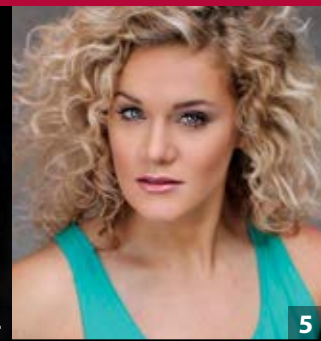
Le-Mai is effusive when it comes to recalling favorite memories from her time at St. Francis. "Everything. Literally everything. From cramming for Mr. Schwing's AP Calculus tests, to Ms. Trippet's PE class, to building homecoming decorations, and of course taco salad day at the cafeteria."

After graduating from law school, Le-Mai spent five years practicing at private law firms doing securities litigation and construction litigation. She recently joined the San Diego

City Attorney's Office in the Civil Litigation Unit as a Deputy City Attorney where she engages in defending the City and its employees against civil cases in State and Federal Court. These can run the gamut from personal injury cases, to car accidents, employment cases, excessive force/police department cases, to constitution claims. Although relatively new to the office, Le-Mai enjoys contributing to her community and learning something new every day.

She is also proud to sit on the board of directors for the Pan Asian Lawyers of San Diego. She explained, "This is an organization whose mission is to advance Asian Americans in the legal community and advocate for the interests of Asian Americans in the community at large." While only 30 years old, Le-Mai is modest about her accomplishments but generous about how her alma mater prepared her for college and life. "I think what SFHS has instilled in me is to always be mindful of wanting to or striving to do good in the world."

# CELEBRATING OUR ALUMNAE



## CLASS OF 2012 REUNION

Over 60 members from the Class of 2012 celebrated their 5th reunion on December 23, 2017 at Hot Italian located in Downtown Sacramento.



## 1980

**Diane Wanner Arend '80** retired in 2012 as a Deputy State Fire Marshal for CalFire/Office of the State Fire Marshal after 30 years. She is currently enjoying time in North Lake Tahoe.

## 1984

**Dr. Donna Van Natten '84**, known as the Body Language Dr., released her first book, *Image Scrimmage - 9 Ways Women Win With Body Language*, the book is great for female readers of all ages and stages. She has been featured in the Baltimore Sun, Chicago Tribune, and Inc.com with topics covering body language specifics. Topics have included first impressions, gender dynamics, and the science of touch and skin. **1**

## 1991

**Teresa Wackerly Howard '91** is a candidate for the 2018 Leukemia & Lymphoma Society Greater Sacramento Chapter's Woman of the Year! We are so proud of her commitment to service and raising funds to help save lives! Keep an eye on her fundraising journey at The Leukemia & Lymphoma Society Greater Sacramento Area Chapter. Teresa is running to honor her brother Ian, who is celebrating his fifth year as a Lymphoma survivor, and in memory of her friend and classmate, Genny Mounier '91, who passed away from Leukemia during their senior year at St. Francis. **2**

## 1994

On January 14, 2018 **Sunny Staton Mitchell '94** and Sunny Mitchell Theatre Projects held a benefit concert at the Crest Theatre titled *Poets and Pioneers: The Birth of American Country Music*. Current St. Francis students and alumna **Kiera Anderson '99** performed at the concert.

**Sunny Staton Mitchell '94, Lindsay Albady '18, Kiera Mickiewicz Anderson '99, Jennifer Heideman '18 and Kalia Rucker '18.** **3**

## 2002

After graduating from SFHS, **Natasha Soto-Albors '02** made the journey east to study at NYU's Tisch School of the Arts. Since receiving her B.F.A. in Drama, Natasha has built a career as an actor, screenwriter, and film producer. She is the founder and CEO of Night Spark Pictures, an NYC production company dedicated to diverse and dynamic storytelling. Natasha co-wrote, produced, and starred in an award-winning short film titled *Ship of Fools* which screened at prestigious film festivals in the U.S. and abroad. In 2016, Natasha and Kate Easton, her screenwriting partner, were selected as semi-finalists for the Sundance Institute's Episodic Storytelling Lab for their original television pilot, *The Barbizon*. Other credits as an actor and producer include, *One Life to Live, Taken the Web Series, Lil' Benny*, and *Funeral*. Natasha is a proud member of Actor's Equity and SAG-AFTRA. She's represented by Zero Gravity Management (Literary), Innovative Artists (Commercial), and Funny Face Today (Print). **4**

## 2004

Congratulations to alumna **Jessica Crouch '04** who has been cast in the Broadway bound *Pretty Woman: The Musical!* Jessie was a very active member of the SF Theatre Program. She performed in musicals, plays and was a member of the SF Players all four years of high school. Jessie received an Elly Award for her final performance as Winifred in *Once Upon a Mattress!* After high school she graduated in musical theatre from NYU's Tisch School of the Arts and has been working non stop since in regional theatres and national tours. Bravo Jessica! **5**

## 2005

**Stephanie Buck '05** writes, "I am currently a freelance writer, but worked previously as a senior writer at Timeline.com in San Francisco, where I focused on culture, technology, women, and history. Before that, I worked in New York City as Lifestyle Editor for Mashable, where I managed a large international team, directed editorial strategy, and managed the site's investigative, longform program. I lived in NYC from 2010 to 2016, then the Bay Area, but moved back to East Sacramento in the summer of 2017. I met my husband, Cameron, in Sacramento during the gap year between undergrad at UC Berkeley (2009 grad) and grad school at NYU. We both fell in love with that city and miss it terribly, but Sacramento feels so right. We get back to New York often to visit friends and former colleagues." Stephanie founded *Soulbelly* - a multimedia keepsake service designed to record family or community memories and histories. She interviews clients, then edits their words and histories into a written or video keepsake that they can pass on for generations.

## 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](http://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:

**Dawn Winston '91**, Alumnae & Constituent Relations  
[dwinston@stfrancisshs.org](mailto:dwinston@stfrancisshs.org), 916.737.5020



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## 2005

**Christina Canaday Evey '05** and husband Mickey welcomed new baby Adeline Cora (class of 2036) on October 13, 2017. Big Brother Pearce is excited to have a baby sister. Christina is happy to be back at St. Francis as the Advancement Associate for Advancement Services. **6**

## 2008

**Kirsten Ellard Dickerson '08** completed her studies in Secondary Education with a concentration in English Language Arts in 2013 at the University of Alabama. She is currently a 9th grade English teacher at John Carroll Catholic High School in Birmingham, Alabama. Her son Bryce is turning one on March 16th. While at St. Francis, she was involved in Campus Ministry, Theater and an Ambassador. Her fondest memories were any moments spent in Mrs. Roman or Mrs. Pansius' classes. She loved being a part of Campus Ministry with Mrs. Norman.

## 2009

**Katie Sweeney '09** spent her college years at Seattle University studying philosophy and classical vocal performance. She supported the choirs as the Soprano II section leader, honed her skills as a musical arranger directing SU's first a cappella group, and played bass and guitar in extracurricular bands. In 2011, Katie and a few choir buddies formed a band, jokingly named it *The Ramblin' Years*, rehearsed twice, and unexpectedly won the campus Battle of the Bands. Sudden demand for shows and recordings surprised and delighted the group, and by graduation in 2013, the band was packing Seattle's all-ages venues and campus events with screaming undergraduates. Katie and lead guitarist Sean Clavere, another Sacramento native, began touring the inland Northwest and West Coast. The band has recorded and released a full-length demo and two EPs, and sold out famous Seattle venues like Neumo's and the Tractor Tavern. The team released their first studio full-length album in January 2018. Katie is an active member of Seattle's wider music scene, regularly arranging for local artists & shows. She arranges and leads the backing vocals for Seattle's annual *Tribute to the Last Waltz*, an epic charity show re-creating The Band's famous final concert in 1976. By day, she is a science & environmental educator, and earned her M.Ed. in Curriculum & Instruction, specializing in Science Education, from the University of Washington in 2017. She enjoys teaching outdoor school and getting students, particularly young women, excited about pursuing STEM subjects and careers. **7**

## 2009

**Briana Telford '09** graduated from the University of Arizona in 2013 and moved to Portland. In 2017 she moved back to the Sacramento area to become the General Manager of CycleBar in Roseville. She is a fan of indoor cycling and jumped at the opportunity to work with her father, Alan Telford, to operate a franchise of CycleBar. **8**

## 2010

**Morgan Henry '10, Olivia Stevenson '11 and Olivia Nice '11** attended the Angelika Film Center in New York City to see *Lady Bird* together. Morgan writes "It's not every day that you get to see a movie about your Sacramento Catholic high school, with theater friends from high school, in a movie theater 3,000 miles and a decade away from that high school. Thank you, Greta, for so perfectly and lovingly capturing my childhood on film, from the diner where we used to celebrate after performances of the musical, to "saving room for the Holy Spirit," to the experience of flying away over that patchwork quilt of land to college for the first time. I'm so happy I got to cry it out in NYC with people I grew up with, and even more happy that I'll never have to explain Sacramento again—I can just make people watch this film." **9**

## 2011

**Makenzi Rodriguez Jordan '11** works in the TV & Film industry in the Art Department as a Production Designer. She is also the Social Media Producer for a film that she is working on. Makenzi enjoys being creative for 99% of her job and making sure every actor and scene has all they need for what is being directed. Makenzi writes, "I have St. Francis to thank for encouraging me to pursue my dreams as an artist -especially Mrs. Watson, my theater arts teacher. I know for a fact if I hadn't gone to SF that I wouldn't be equipped to handle or go after my dreams. And after seven years I can say I am very successful and my career in the entertainment industry has taken off." There are so many wonderful people at St. Francis that taught Makenzi more than she could ever explain. "Proud to be from SF is an understatement. I wish I could go back in time and repeat my four years there! Thank you to everyone who made my time there what it was. St. Francis raised me and groomed me to be me." **10**

## UPCOMING REUNIONS

### CLASS OF 1968

The reunion celebration to be held on June 2, 2018 from 4:00-8:00PM with drinks and dinner. The reunion picnic will be on June 3, 2018 from 11:00AM-3:00PM with Christian Brothers class of 1968 on the beautiful St. Francis campus. For more information contact: Colleen Ianni, [cianni@pacbell.net](mailto:cianni@pacbell.net) or Susan Shaddick, [susancreate@gmail.com](mailto:susancreate@gmail.com).

### CLASS OF 1993

It's time for your 25th Class Reunion! The planning committee is forming and your reunion is going to rock! For more information about getting involved please connect with the planning committee at [sfhs93reunion@gmail.com](mailto:sfhs93reunion@gmail.com).

### CLASS OF 1998

The 20th reunion is set for July 14, 2018. Join your fellow Marvin the Martians and help plan your reunion. Contact Rebecca Ward to get involved [designbec@gmail.com](mailto:designbec@gmail.com) or via cell at 916-539-0568.

### CLASS OF 2008

The 10 year reunion is set for December 22, 2018. Want to help? Connect with Katie Mendenhall at [katgirliesd11@yahoo.com](mailto:katgirliesd11@yahoo.com) to get involved.

### CLASS OF 2013

Connect with Ria Flores to learn about how you can help plan your first SFHS reunion. Email Ria at [rejinamrflores@gmail.com](mailto:rejinamrflores@gmail.com).

# CELEBRATING OUR ALUMNAE



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## JINGLE MINGLE

40 members from St. Francis, Jesuit and Loretto (2000-2014) attended the Young Alumnae Mixer on December 21st at Barwest in Midtown Sacramento.



## 2012

On December 16, 2017, **Regan Reade '12** and Alex McAfee (JHS '12) were married at the Cathedral of the Blessed Sacrament in Sacramento, surrounded by family and friends! They currently reside in the Bay Area. **11**

## 2013

**Caitlyn Dominguez '13** became engaged to Brandon Keller (JHS '13) in April 2017 and they will be married May 2018. She will be graduating with her Bachelors in Social Work from California State University, Sacramento in May 2018. Caitlyn's most memorable experiences while at St. Francis was when she was a Christian Service Leader and a Kairos leader. Through leading Kairos her senior year, she met her now fiancé Brandon Keller, who also led Kairos at Jesuit during the same time. Caitlyn said, "Being a Kairos leader allowed me to grow and nurture myself in my faith in a way that's indescribable. The staff that really encouraged my faith journey during this time was Ms. Collins (Retreat Coordinator), Mr. Miles Foley (Christian Service Supervisor), and Mr. Dodson (Theology teacher who passed away in 2015) who always encouraged all of his students to explore their faith in an intimate way. Although these three very special people in my life are no longer at SFHS they will remain in my memories forever!" Caitlyn highly encourages all current students to really engage and contribute in some way to the wonderful groups and clubs that St. Francis has to offer. "I love being able to remain in the SFHS community through the Alumnae program." **12**

**Erin Jarvis '13** is a 2017 graduate of Berklee College of Music in Boston where she studied Songwriting & Voice under mentors such as Kara DioGuardi, Pat Pattison and Bonnie Hayes. Erin was the recipient of the SESAC Award for songwriting her Senior year. Erin moved to Nashville in September where she had the pleasure of working with award-winning songwriter Jeff Cohen. Future plans for 2018 will bring a debut record under her own name, that is highly anticipated in the Nashville scene. Erin will also be featured as a guitarist and vocalist on award-winning Scottish artist, Kerri Watt's self-titled record. Erin's fondest memory of her time at St. Francis was participating in the A Capella Blue Skirts, Chamber Choir and the Jazz Ensemble. While at SF, Erin was the captain of the freshman soccer team, member of the JV soccer team, Concert Choir, Chamber Choir, A Capella, Jazz Ensemble, Kairos Leader and a Student Body Officer her senior year. You can check out Erin's music on Spotify, Facebook on her Erin Jarvis Music Page, Instagram & SoundCloud. You can also reach out to Erin at erinjarvismusic.com She would love to hear from you. GO TROUBIES! **13**

## 2013

Former SF basketball player **Liz Mannering '13** received the honor of being a "25 Duck" during her senior year at the University of Oregon. She was one of 25 students chosen among 23,000 from UO. The award is bestowed upon individuals who show impressive leadership, innovation and passion. "25 Duck" winners are described as "some of the most driven and enthusiastic individuals within their programs and workplaces, and serve as an inspiration to all those around them." Liz graduated from UO in 2017 with a major in Human Physiology and is currently pursuing her master's degree in athletic training from Pacific University. Liz states, "I have had a passion a passion for this career since my sophomore year of high school... I want to rise up to this challenge and follow in the footsteps of the incredible women before me in order to serve professional athletes and help them along their journey."

## 2014

**Lyndsay Carpenter '14** helped her Wheeling Jesuit team win their first Mountain East Conference Championship in 2017. She scored three goals in the decisive game. (3rd from left) **14**

**Chloe Hakim '14** was recognized at the UC Irvine volleyball banquet on January 7, 2018. She is planning to graduate this year with a degree in Environmental Science and minor in Biology and Global Sustainability. She was teammates with St. Francis alumnae **Kylie Green '15** and **Ali Koumelis '14**, who each have one season of eligibility left with the Anteaters. **15**

**Kimberly Martin '14** graduated from University of Nevada, Reno on December 9, 2017 with a Bachelor in Science in Neuroscience. She is proud to say that she finished in three years and six months!

**Rachel Warne '14**, performed *Into the Wild* with Notre Dame's Harmonia Acapella Group. She nailed it. Way to go Rachel!

**Grace Reginato '17** and **Hannah Gasser '14**, who compete for San Diego State University Women's Rowing, after a competition between SDSU, University of San Diego, UC San Diego and Orange Coast College. SDSU got the win! Go Aztecs!





## 2014

**Ashley Kyalwazi '14**, a senior at the University of Notre Dame, majoring in Neuroscience and minoring in Science, Technology, and Values, was recently profiled in "Notre Dame Science" magazine. She has worked in research labs at Notre Dame, Cold Spring Harbor Laboratory, and The Johns Hopkins University School of Medicine. Ashley is a Jackie Robinson Foundation Scholar and a Notre Dame Balfour Hesburgh Scholar. She is also a member of the Notre Dame women's club soccer team. After graduating from the University of Notre Dame, she has plans to attend medical school, continuing her goal of helping individuals with developmental disabilities and mental illness attain greater access to affordable and holistic healthcare. "I look forward to continuing my studies, particularly focusing on how individuals living with mental illness and developmental disabilities in under-resourced communities can obtain the necessary treatment and external support systems to aid in their recovery." Ashley attributes her success to the ongoing hard work and sacrifices made by her parents, Michael & Winnie Kyalwazi. Their family owns a small cafe, Cafe Le Monde, located in River Park near SFHS. Ashley has been admitted into a variety of medical schools for entrance in Fall 2018, including Harvard Medical School. Her sister, **Beverly Kyalwazi '13**, is currently in medical school at the University of Chicago Pritzker School of Medicine. **16**

## 2015

**Mallory Shingle '15**, a junior at Columbia University, Class of 2019, is a double major in Political Science and Creative Writing and on the dean's list. She was granted the opportunity to work for Hillary Clinton's presidential campaign as a legal intern at its headquarters in Brooklyn. During the summer she was a legal intern for Mil Mujeres, a non-profit organization in the Sacramento/Elk Grove area that assists DACA students and undocumented individuals get U-Visas. Mallory writes, "It was very interesting and I was able to do presentations in Spanish on behalf of Mil Mujeres at the Mexican Embassy in Sacramento. I also had the opportunity to travel to Mexico this summer and further immerse myself in my native culture and language. Currently, I am working as a Media Intern in New York City with Latino USA, an affiliate of National Public Radio. I get the opportunity to work with Latino USA anchor and producer, Maria Hinojosa, who has won four Emmys and other recognitions including the Robert F. Kennedy Journalism Award for Reporting for documentaries. Our team creates documentary podcasts for Latino USA on issues afflicting our community." Mallory's fondest memories from her time at St. Francis were hanging out with Mrs. Roman early in the morning to chat with her, leading retreats for SFHS and attending cross country meets with her team. **17**

## 2016

**Alanna Appel '16** was part of a team at USMA-West Point to receive a Bronze Medal at iGEM Giant Jamboree Competition in November 2017. The U.S. Military Academy at West Point Department of Chemistry and Life Science fielded an International Genetically Engineered Machines (iGEM) Team that competed in the annual Giant Jamboree competition in Boston, MA. The team demonstrated the function of their system using advanced light microscopy in Bartlett Hall's Photonics Research Center and electric field measurements using an advanced Field Potential instrument in the Center for Molecular Science, the research arm of the Department of Chemistry and Life Science, while developing a microfluidic device at the Naval Research Laboratory. The team plans to continue the research during the spring academic semester to improve their device as a new piece of Soldier hardware and to engineer specific plasmids. The team will present their work at the 2018 Soldier Design Competition at 2018 USMA's Project Day. Rapid detection of biological material can be applied to several areas of operation interest such as defense, security, force protection, Special Forces, Homeland Security, and medical & health capacities. Alanna is going to Germany this summer for her Science program to study infectious diseases. **18**

**Tia Hay '16** was named a First-Team All-American for her performance during the 2016-17 basketball season for Salt Lake Community college. Tia averaged 18.1 points per game with 97 steals and 124 assists. In addition, Tia was named Region Co-Player of the Year, Region 18 MVP and an all-tournament selection and then garnered all-tournament accolades at the NJCAA national tournament. **19**

## 2017

Dominican women's basketball player **Julia Razo '17** was named PacWest Freshman of the Week, based on games played from January 15-21. Julia was a key contributor in the Penguins' pair of wins during the week. She finished with a career-high 29 points against Dixie State, shooting 11-21 from the field and 6-11 on 3FG. Julia tallied 11 points, two assists and two steals in 30 minutes against the University of Hawaii at Hilo. For the season, Razo is averaging 11.4 points per game, shooting 43 percent on 3FG. **20**

## UPCOMING EVENTS

### SENIOR SEQUESTER MAY 21, 2018 3:30PM

This is a private ceremony for the Senior Class where they transition into the St. Francis Alumnae Community. Alumnae are invited to attend this exclusive event to help welcome our newest members. This is a closed door event for Alumnae and the Senior Class only. Legacy Families (Alumnae Moms, Aunts, Grandmothers and Sisters) of 2018 graduates are highly encouraged to attend this event. A Senior Family Reception will immediately follow Senior Sequester.

Alumnae, please contact:  
Dawn Winston '91  
[dwinston@stfrancisshs.org](mailto:dwinston@stfrancisshs.org)

To RSVP, visit:  
<http://bit.ly/Sequester2018>

### GOLDEN GIRLS AT GRADUATION MAY 23, 2018 3:00PM

St. Francis would like to recognize the 50th anniversary of the graduation of the Class of 1968 by including them in this year's graduation ceremony. The Class of 1968 will lead the procession into Memorial Auditorium to be followed by the faculty & staff, and then the current graduates.

To participate please contact:  
Dawn Winston '91  
[dwinston@stfrancisshs.org](mailto:dwinston@stfrancisshs.org)

# *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.

St. Clare of Assisi taught us much about the calling to a blessed life of holiness. Her steadfast resolve to lead the simple, gospel-inspired life St. Francis taught her was underscored by a genuine passion for humility and the poor. An ardent prayer warrior, Clare demonstrated a courageous resistance to the ever-present pressure to dilute these ideals. Her generous concern and care for her sisters was a hallmark of her ministry. Clare's influence was such that popes, cardinals, and bishops often came to consult her although Clare herself never left the walls of San Damiano.

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.



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.*

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## **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  
Linda & David Coward  
Kathleen & James Deeringer  
Dr. Paul J. Fry, II  
William Hegg Charitable Annuity  
Candice Pederson  
Kathleen Peterson and Family  
Loreine & Nicholas Simopoulos  
Jackie Ward 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



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For more information, contact MaryAnne Kelly at 916.737.5033 or [mkelly@stfrancis.org](mailto:mkelly@stfrancis.org).

SING TO THE LORD, ALL CREATURES!  
 WORSHIP GOD WITH YOUR JOY;  
 PRAISE GOD WITH THE  
 SOUND OF YOUR LAUGHTER.  
 KNOW THAT WE ALL BELONG TO GOD,  
 THAT GOD IS OUR SOURCE AND OUR HOME.  
 ENTER GOD'S LIGHT WITH THANKSGIVING;  
 FILL YOUR HEARTS WITH GOD'S PRAISE,  
 FOR GOD'S GOODNESS  
 IS BEYOND COMPREHENSION  
 AND GOD'S DEEP LOVE ENDURES FOREVER.  
 PSALM 100

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

Betty Roderick Willmon '47

Cynthia Barrow Hahn '65

Sue D'Alessandro Hanna '65

Maria Reyna Mendoza '66

Andrea Lynn Miller Holloway '73

Betty Metropoulos '77

Inge Hansen-Scott '83

ST. FRANCIS CATHOLIC HIGH SCHOOL  
 MEMORIAL AND TRIBUTE PROGRAM

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

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

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

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

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 5900 Elvas Avenue • Sacramento, CA 95819

For information about important dates and upcoming events, please visit our website: [www.stfrancis.org](http://www.stfrancis.org)

**Parents of Alumnae:**

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



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FALL & WINTER  
CAMPAIGNS  
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