

PAX ET BONUM

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FINDING A NEW
ANGLE



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CORRECTION

The article entitled "Real World Experience" on page 19 in the Winter 2020 issue of the *Pax et Bonum* misspelled senior Haanya Niazi's name. Our deepest apologies to Haanya for the error.



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

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PRESIDENT'S MESSAGE

DEAR FRIENDS OF ST. FRANCIS,

In a year that was certainly like no other, our community rallied around our Troubies with unprecedented support, enabling us to shift from distance learning to hybrid learning to onsite learning, all the while staying safe and finding a new angle to provide education, athletics, arts, ministry, and technology for our students (see p. 4-8). I am so proud of our students, teachers, and community for their amazing resilience, and I am grateful to everyone who made this school year possible. As you read through this issue of *Pax et Bonum*, I hope you will also be filled with pride in all that our community has accomplished and resolved still to do.

The pandemic that gripped our world these past 15 months called upon the spirit of innovation and resilience that exemplify our St. Francis community. Our students continue to inspire through their commitment to service and leadership. Student clubs reinvented themselves and found unique ways to create meaningful experiences to serve each other and the greater community. Our Troubies Who Mean Business hosted their first-ever series of financial literacy workshops to support students in their life in high school, college and beyond.

This summer marks one year since the collaborative development of our *Racial Reconciliation Plan: Healing our Community*. A 'living document,' we will use the summer months to further conversations and explore ways we can strengthen our efforts to make meaningful change. We remain committed to this work knowing that will build a more welcoming community in which all feel loved, seen and heard.

Our alumnae continue to inspire through their lives and commitment to St. Francis. We celebrate the success of Destinee Dickerson '10, named one of *Forbes* "30 under 30," who shares her time and talent to help St. Francis execute its Racial Reconciliation Plan so that the Black community has a home, is represented, understood and supported. Amalia Griego '91 reminds us in her story, *Why Giving Matters*, that "Together we can empower the next generation of women to change the world."

I'm particularly grateful for the 72 alumna that participated in this year's virtual Career Days. Held over three Wednesday's in April, alums shared their personal career journeys, what they wish they knew before entering their career field, and so much more. What I'm most excited about is seeing our students building their network with their amazing alumnae sisters.

On what should have been a celebratory year like no other, our community still came together for each other. Life handed us lemons, and we cracked some crab. The innovative drive-through Crab Feed was just what we needed to safely celebrate our milestone 80th Anniversary. We followed it with a virtual Revelry auction which allowed our community near and far to participate.

For 80 years, St. Francis has weathered the challenges that faced each generation by relying on the collective strength of our community. This year saw many challenges, and we were again reminded by St. Teresa that "We Belong to Each Other." As we conclude this year 'like no other,' we all realize how fortunate we are to serve a very special community. I certainly hope our remote days are behind us and look forward to seeing more of you in person next year!

In the spirit of Pax et Bonum,

Theresa Rodgers



FINDING A NEW ANGLE

WHILE THE COVID-19 PANDEMIC OVERTURNED OUR LIVES, WE WERE ABLE TO REFRAME AND FIND A NEW WAY TO CONTINUE MISSION, CONTINUE EDUCATION, AND CONTINUE COMMUNITY.

THE ARTS

HOW HAS COVID-19 IMPACTED THE THEATRE PROGRAM AND YOUR APPROACH TO TEACHING?

KIERA MICKIEWICZ ANDERSON '99: PERFORMING ARTS INSTRUCTOR: The challenges of keeping our vibrant theatre program going during the pandemic felt almost insurmountable at times. However, I was determined to give the students a great experience in the classroom and in our co-curricular program after school, and I'm really proud of the students' commitment, ingenuity and creativity during this time. We mounted a full, scripted play rehearsed and recorded entirely over Zoom in the Fall. Technical Director Jeremy Toy and I have been working together all year, spending many hours learning how to use editing software and special effects, and thankfully he is quite good at this! This spring, we used a hybrid model to rehearse and record a virtual cabaret entitled *It Started Out Like A Song*. Students wrote monologues and performed songs in our beautiful theatre in small, cohort groups, including some of our phenomenal tech

club students running lights and sound. Teaching and rehearsing in hybrid is very difficult, for both teachers and students, but we persevered and were able to create a really special piece about the importance of theatre for our mental and emotional health.

JEREMY TOY: TECHNICAL DIRECTOR: This year we basically had to make everything up as we went along. Every week was about problem solving and trying to stay ahead of problems that we didn't even know were coming.



"THEATRE PEOPLE ARE NOTHING IF NOT CREATIVE PROBLEM SOLVERS."

WHAT WAS YOUR BIGGEST CHALLENGE AS THE VOCAL DIRECTOR?

TINA HARRIS: PERFORMING ARTS DEPARTMENT CHAIR:

The biggest challenge has been the fact that we simply cannot do what we are supposed to do – sing together. Being a musical ensemble requires listening, blending and matching breathing and rhythms. Singing alone and making recordings for a virtual repertoire is a far cry from the sense of community one achieves in an ensemble. You can get some satisfaction from learning a part and recording yourself, but the immediate reward one gets in a rehearsal with other singers is something completely different. For my students, I think they should all be very proud of the work they've put into making these videos. They've all had to learn to be more self-reliant and I think most have stepped up and have continued to become a part of something much greater than themselves.

HOW DO YOU TEACH DANCE VIA ZOOM?

AGATA GRZELAK: DANCE INSTRUCTOR: I'm so proud of my students for staying committed and dedicated to a passion. Through this pandemic, so many people stepped away from the things that they love, so I'm just so proud that they were able to stick it out with me through this really difficult learning experience. Dance is about energy – feeling the space around you and being with the people around you – so going virtual really shifted the social-emotional dynamic that dance usually brings in the classroom. We couldn't replicate that through zoom.

HOW DID YOU TACKLE VIRTUAL PERFORMANCES?

GRZELAK: For the students' Spring Showcase, they had a lot of fun exploring dance in a completely different way. Many of them chose not to do a traditional frontal view, so students really explored an entirely different way of watching dancers within the frame of a camera. That was really exciting to see them get so creative and unique with their designs on film. You can't replicate something like that on stage so it was really exciting to see the students try something that we would never have done before. It actually opens up an opportunity next year for students to explore a virtual platform so they can do dance for film or a live performance, or a combination of both. It opens doors for my visual arts students who really thrive on the creativity of film and production and designing.

WHAT CHANGES DID YOU HAVE TO MAKE IN YOUR CLASSROOM AS A VISUAL ARTS TEACHER?

ADAN ROMO: VISUAL ARTS DEPARTMENT CHAIR: I started to fumble around with ways to create prerecorded lectures that eventually morphed into short films. Once I understood that, it actually was more exciting for me, as a teacher, to just break away from that old model. So, in some respects, the content I'm producing now is way better for my students. For me, that was just totally exciting and I found myself putting way more hours into these videos because it was a creative outlet. They were also important for me during the height of the quarantine when people were stuck in their spaces to be able to virtually explore the world.



ROMO: For the practicing artists, success is being in a challenging setting and still being creative. It's one of the quintessential things that we try to teach as art teachers. Even with the world shut down, you still have paper and pencil. We tried to encourage them to have a creative outlet and to look at the world a little bit differently but still feel connected during a time we were totally disconnected.

ELIZABETH DANIELSON: ARTS EXECUTIVE DIRECTOR/ PRODUCER: This was a year of learning how to adapt. It became less about the subject matter and more about bringing them joy. We moved away from trying to imitate theater on the stage because it just wasn't transferring. We realized what they really love is the fun and camaraderie backstage - getting their costumes on and giggling and helping each other with their makeup. Getting students to learn and enjoy what they were doing and be creative really was the goal.

SEVEN PRODUCTIONS IN 2020-2021:

Play: *Sense and Sensibility*
Christmas Music Concert
Dance Performance
Lenaea One Acts
Musical: *It Started Out Like a Song*
Spring Dance Showcase
Spring Music Concert

EIGHT MEMBERS OF THE CLASS OF 2021 WILL MAJOR IN THE ARTS:

Alexis Cantelme – Recording Arts
Carmin Fisk – Musical Theatre
Sophie Grisaffi – Studio Art
Emma Halloran – Musical Theatre
Kaya O'Connor – Theatre Arts
Annika Rea – Architecture
Tristan Smith – Musical Theatre
Kelsi Towle – Songwriting

ATHLETICS

The road to resuming Athletics was a lengthy one. Although students and staff returned to campus under a hybrid schedule in late Fall, sports were still a big question mark. Those traditionally played in the Fall/Winter season (Cross Country, Water Polo and Volleyball) were delayed. In January, directives and guidelines were set forth by Diocesan Catholic Schools Department, state and local public health authorities, and the California Interscholastic Federation (CIF) and CIF Sac-Joaquin Section. St. Francis was committed to ensuring the safety of everyone in our community, including our student athletes.

On January 14, 2021, the California Department of Public Health (CDPH) published Youth Sports Guidance. On January 25, the CDPH again confirmed this youth sports guidance and approved competitions for sports in the appropriate colored tiers.

WHAT WERE SOME OF THE CHALLENGES AND MODIFICATIONS THAT NEEDED TO BE PUT IN PLACE TO RESUME SPORTS?

KELLY KETCHAM: ASSISTANT ATHLETIC DIRECTOR/ SPORTS MEDICINE: For our twelve sports, we have six venues: Track and Swim are at Jesuit, Diving at the Capitol Dive Center, two levels of Soccer are at Granite Regional Park, Lacrosse is at Mather Sports Complex, and Cross Country started at SF then ran to Sac State and along the river trails. Water Polo had it the hardest trying to find a home pool but we found a home at Mira Loma. If it wasn't for Ken McGuire, we would not be nearly as successful at landing these locations.

MARK MCGREEVY: ATHLETIC DIRECTOR: One of the biggest challenges throughout all of this was looking through the lens of a variety of governing bodies to determine a plan to resume, even when variables were changing from day to day and week to week. It wasn't as simple as "Here are the rules, now go do it." Our commitment from the beginning was that we were going to do what we can, where we can, however we can, to the best of our ability and we'll do it for the students.



406: NUMBER OF STUDENTS ACTIVELY ON SF TEAMS

22: STUDENT-ATHLETES FROM THE CLASS OF 2021 WHO HAVE COMMITTED TO PLAY COLLEGIATE SPORTS

KETCHAM: There were points in the early spring where it felt like the rules were changing by the hour. We wanted to have girls participate in the safest way possible but no one was quite sure what that looked like. Whatever the rules were currently, SF had a plan in place and we were ready to go as soon as we were given the green light.

MCGREEVY: This was a good opportunity for us to return to the essence of what we do and why we do it. It's easy to get caught up in the competition and success with winning championships, but, at the end of the day, it's really about kids being able to come together and grow in a sport. The students were able to enjoy themselves and feed their spirit in a way that was really needed this year.

WHAT WAS THE FIRST GAME AND HOW DID IT FEEL TO BE BACK OUT THERE?

KETCHAM: Our first event was a Cross Country race at Jesuit just after Christmas break. We ended up not having an opponent but we had all the officials. It felt like a Herculean task to pull off. I cried when the girls started their race – a big, heaving sob caught me off guard. I was so relieved we were able to compete again. I also felt emotional at our first home varsity Softball game this season. It was the first one since 2019!

WHAT HAVE YOU SEEN FROM STUDENTS NOW THAT SPORTS HAVE BEEN ABLE TO RESUME?

MCGREEVY: I think they're excited and more engaged. I've seen so much more happiness and smiles. It's just a beautiful thing when we haven't seen it in so long. I'm so grateful for the Troubies, the support of our families and the exceptional dedication and efforts from our coaches and staff to make it all possible because the kids really needed it.

KETCHAM: The girls are so happy! It was amazing to see our Water Polo athletes show up at 5:30am to the pool for practice with no idea what their season may or may not bring and they were genuinely excited to be there. For a teenager, being excited about anything at 5:30 in the morning says something.

BELLA MCCULLOUGH '22: PRESIDENT OF SPORTS MEDIA CLUB AND VARSITY LACROSSE ATHLETE

"It has been a stressful year, but being back on the field has made all of the hardships worth it. I am proud of myself for improving my patience and communication skills on the field. While this year could've just been an experience catching up on what I've missed and not growing as a person and athlete, I really worked on improving myself and that took a lot of perseverance. The biggest lesson I learned is that I am capable of improvement and that hard work pays off."

CAMPUS MINISTRY

HOW DID YOUR TEAM CONTINUE TO MINISTER TO OUR COMMUNITY?

STEPHEN THOLCKE: DIRECTOR OF CAMPUS MINISTRY: Campus Ministry continually pivoted as the Covid-19 pandemic guidelines changed starting last March. While we could not have the traditional Freshman Overnight Retreat, we did offer the Freshman Family Welcome and drive-in event on the soccer field. Big Sisters reached out to their Little Sister via Zoom and the Class of 2024 was blessed and welcomed into the community with this drive-up outdoor event. Utilizing resources from Boston College Campus Ministry and Loyola Marymount Campus Ministry we were able to adapt our Kairos retreat so that it could be held on campus for the Seniors and Juniors.

The tradition of celebrating our patron saint, St. Francis, had to be re-envisioned so that students could still celebrate but do it safely. A prayer service created by the Christian Service Leaders was live streamed at the start of the day and a drive-through parade capped the day off. The parade included stops for cotton candy, pet blessings, rosary bead pick up station, a costume contest stop and best decorated car contest to name a few. Staff and faculty greeted the students to help enliven and connect with our students who at that point were all in distance learning. The Ministry Leadership Class devoted a great deal of time to writing and producing the 60 individual prayer services which were shared with teachers and students via YouTube and Zoom. They also helped brainstorm ideas for the few on campus events that were held.

HOW DID WE MODIFY OUR RETREAT PROGRAM?

LIZZY FAHEY '10: CAMPUS MINISTER FOR RETREATS: We opted to make the Sophomore retreat totally on Zoom while giving students the opportunity to attend Freshman retreat either on Zoom or in person. We evaluated what the goals of the retreat were and then included activities, prayers, journal prompts, and discussion questions that helped serve that goal. A major role of the student retreat team was to look at the “new” retreats and give feedback. During retreat, small groups were led by senior retreat team members (and Big Sisters for the Frosh retreats).

8: NUMBER OF IN-PERSON & ZOOM RETREATS HELD THIS YEAR

60: NUMBER OF VIDEOS/LIVE STREAM MASSES, PRAYER SERVICES, & DAILY PRAYERS

17,239: NUMBER OF SERVICE HOURS COMPLETED (6/1/20 - 4/30/21)



HOW WERE STUDENTS ABLE TO PARTICIPATE IN SERVICE THIS YEAR?

STEPHANIE VILLANUEVA '98: CAMPUS MINISTER FOR SERVICE: One of this year's many pivots was the expansion of acceptable activities and opportunities for students to reach out in service to the community. As pandemic-driven unemployment led to an increased demand at food banks – nearly 150 Troubies responded by volunteering at in-person food packing and distribution events. They also supported Eskaton's "Quarantine Kindness" campaign by making hundreds of seasonal cards and goodie bags to help stave off the loneliness and isolation that accompanied lockdown. Still others also used their academic talents to tutor over Zoom – online support helped local students as well as kids learning debate skills in India and scholars participating in a math enrichment program in New York. In partnership with the Smithsonian Institution, Troubies transcribed historical documents that help expand access to diaries and working papers of prominent Americans and records associated with their vast scientific collections. We can't forget about masks! Sewing was a new skill for most students but that challenge didn't deter them from making thousands of face masks – their hard work benefited cancer patients, people experiencing homelessness, families utilizing hospice care, and a variety of essential workers.

AUDREY FRY '21: SENIOR MINISTRY COORDINATOR

St. Francis has such a strong and unshakable foundation in its ministry, when the coronavirus disrupted daily life in 2020, the school's ministry did not hesitate to accommodate the rapidly changing daily norms. As the senior class Ministry Coordinator, I was not able to be as much of a ministry leader to my fellow classmates as I would have liked. But I was able to say prayers with the class at the beginning of the year – Senior Sunrise – and at the end of the year – Senior Dinner and Senior Sunset. These were such special moments for me because I was so happy to have been given the opportunity to see my classmates in person again and pray with them. I feel so blessed to have been able to attend a high school that cared so much for me and my Troubie sisters.

TECHNOLOGY

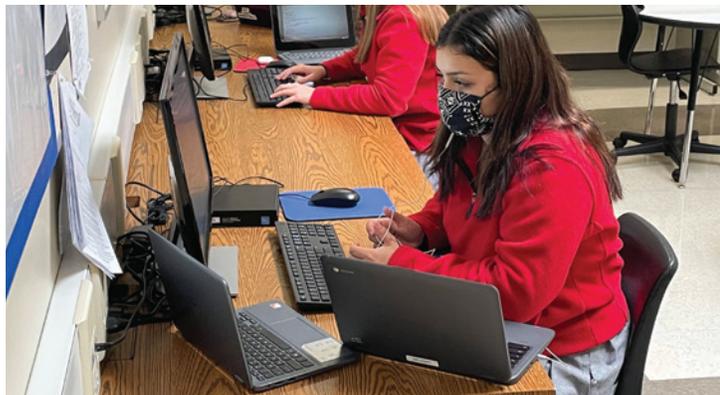
WHY DID YOU CHOOSE TO TEACH THE COURSES THAT YOU DO HERE AT ST. FRANCIS?

JEFFREY CHAMBERLAIN: TECHNOLOGY EDUCATION DEPARTMENT CHAIR: When I started at St. Francis four years ago, I came in as a math teacher. Being able to introduce students to how computer systems work and what's underneath the hood is a really important piece. There's a lot of stuff going on behind the scenes and understanding that magic is really critical for any job that you might be moving into. It's no longer a field of just mathematicians and scientists. Computer Science allows us to look at things algorithmically so we can look at the step-by-step processes that things take and how you get through them. It kind of mirrors math in that sense of understanding - how do you get from your question to your answers and what tools do you bring to bring. At the end of the day, it's really just a problem solving class. Your tool just happens to be a computer.

WHAT WAS YOUR MOTIVATION TO TAKE TECHNOLOGY CLASSES HERE AT SF?

HAANYA NIAZI '21: I was always interested in math and science and I always tried to take as many of those courses as I could at St. Francis. That opened the door for me to explore things outside of St. Francis. I participated in the Student Enhancement in Earth and Space Science (SEES) summer internship hosted by The University of Texas at Austin's Center for Space Research. I came back to St. Francis with my learned knowledge and I'm trying to give other students the opportunity to learn more about the Engineering side of STEM, like CAD software and 3D printing. It's really amazing to see that St. Francis has so many courses and you don't always see that, especially for an all-girls school.

RILEY GLENN '21: In middle school, I was selected to attend the STEM Camp at West Point Military Academy and I was chosen my freshman year to return as an Ambassador. I learned so much from that program and it showed me the different applications of what you can do with what we learn in the classroom. I got super interested in it and I knew I really wanted to go into some kind of engineering or technology field.



HOW DO YOU APPROACH A CHALLENGE?

GLENN: I like being open to learning and open to trying something different. Sometimes I fail and then I try again, sometimes getting it wrong again. Ask for help and explore the ways you can improve the next time. Take challenges and surprises in stride and celebrate the little accomplishments. Then you finally get the big picture and it's just super rewarding when you've struggled and then you finally get it.

NIAZI: Because I'm sort of jumping into this whole technology and computer science thing as a senior, I feel like most freshmen would probably feel! You really just have to put your head down and keep going at it. If you hit a wall, have the courage to ask for help. It's really just about having that mindset of wanting to learn and wanting to expand how much you already know.

CHAMBERLAIN: This kind of excitement happens regularly in my classroom. There's nothing finer than to see a student sitting at the computer realizing they got the answer. It's really rewarding seeing them figure out the solution to problems they were wrestling with and seeing them realize they can succeed. Then all of a sudden, boom! They're off and running! I think it's really valuable, not just for technical education but for education in general, to have this kind of ability to see problems and solve them. I so appreciate having the opportunity to teach the students at St. Francis.

WHAT IS THE CYBERSTART NATIONAL CYBER SCHOLARSHIP COMPETITION?

CHAMBERLAIN: CyberStart America is an immersive online learning resource for students, where they learn about cybersecurity through essentially being white hat hackers, those that try to stop people from doing bad things hacking into systems. It's essentially a series of games where they hide clues inside of different types of systems. Eight St. Francis students qualified to compete in the National Cyber Scholarship Competition this past April, Riley being one of those students.

GLENN: My incentive to go to the competition was wanting to learn and grow my knowledge as best I can. I thought it would be really interesting to learn about cybersecurity because it is such a big area. The competition was super fun how it was set up with all the interactive games. It is a different aspect of computer science that I wanted to continue this year.

Haanya Niazi '21 was enrolled in AP Computer Science Principles this year and also participated in the prestigious SEES internship hosted by The University of Texas at Austin's Center for Space Research last summer. She is also a member of the STEM Club and SF Golf team. Haanya will be pursuing a career in Engineering and incorporating Computer Science as well. Riley Glenn '21 has taken Technology classes throughout high school and was a TA for Mr. Chamberlain. She has been an active member of the Robotics Team for the last four years and also participates in Science Olympiad, Mathletes, and the Society of Women Engineers Club. Riley will continue her education in Computer Science and hopes to focus in the Robotics field.

WITH GRATITUDE FOR SERVICE & COMMITMENT



Two amazing Board Members have finished their terms this year, Alison Morr '89 and Celestine Syphax, P'15. Alison joined the Board of Trustees in 2015 and Celes joined in 2019. Thank you for tirelessly giving your time and resources; we are grateful for your commitment to serving St. Francis Catholic High School!

“My years as a St. Francis Board of Trustee have been a gift. Policy governance with the school’s mission and gospel values of love, justice, forgiveness and service at the forefront is an unique experience - challenging, rewarding, and continually strengthening my Catholic faith. Thank you for the opportunity to serve.”

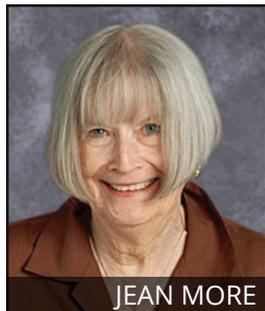
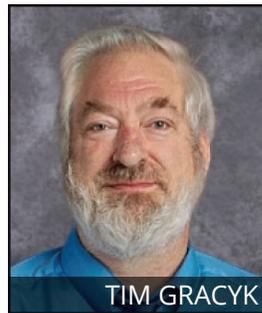
-ALISON MORR '89

ABOUT THE BOARD OF TRUSTEES

The Board of Trustees at St. Francis Catholic High School is a group of volunteers that governs on behalf of the Bishop of the Diocese of Sacramento. The board’s purpose is to preserve and advance the mission of the school by developing broad directives through which the President/CEO, the board’s sole employee, works to meet determined goals. As a governing board, it does not function as an advisory body nor as a fundraising entity and is not involved in the daily operations of the school. The board uses a system of checks and balances to hold the school and CEO accountable.

CHEERS TO A NEW CHAPTER

As the 2020-2021 school year draws to a close, we will say goodbye to a few beloved members of our staff. The absence of their daily presence will be felt by all. Thank you for your loving and loyal service to our school community. May God bless you on the new chapter ahead during retirement.





ISABELA AND ANNA AND THEIR LLS TEAM, PROJECT: HOPE

PROMOTING SERVICE & LEADERSHIP

BY ISABELA TUAZON '22

As a freshman in high school, seeking an opportunity to serve others and give back to our community, I came across Key Club – an international, service-oriented club – during the coveted Club Rush week. My dad had briefly spoken to me about Key Club, convincing me to sign up as a member in Fall of 2018. At the time, Key Club wasn't as involved in community service activities as I had hoped. My sophomore year, I wanted to give it another shot. That year, President Kayden Tsuyuki '20 led Key Club through service projects such as writing cards and letters to firefighters in action as well as creating paper cranes for children in the hospital. I was quick to fall in love with the club because of its safe space where I can be myself, talk to my friends, have fun, and meet new people, all while doing something I love: performing acts of service.

When the time rolled around to the month of elections, Kayden had asked our Key Club members for any interest in leadership positions. As a sophomore, I had not looked into anything too rigorous, deciding to run for Vice President. A couple weeks later, I heard back from Kayden, learning that Key Club would dissolve unless someone ran for President. I was quick to take up this opportunity, due to my passion for service. Participating in Key Club has developed my knack for giving back to the community and it has now become a huge part of who I am, who I want to be, and how I want people to see me; I want to spread this attitude and passion of service to others in the St. Francis community and if that meant becoming president, I would gladly take up the position.

Although it may seem easy since I was the only candidate, running for president was a bumpy journey. My first task was to recruit my leadership team, having to find four other students to become vice president, secretary, treasurer, and editor. After months of searching and asking friends, I recruited Anna Karlshoej '22, Aubrey Spowart '23, Laila Hadid '22, and Caroline Murdoch '22, respectively. Suddenly, the coronavirus hit, altering everything. Having to give speeches over a Zoom meeting was not the most ideal, but we were finally elected as the 2020-2021 Key Club Leadership Board. Although this was already challenging, this was only the beginning.

Over the summer, Kayden had trained each one of the leadership board members in addition to participating in summer training sessions over Zoom. As we learned that our previous moderator was unable to continue the following year, the most challenging part of this whole process was finding a new moderator; otherwise, Key Club would be forced to discontinue. The search for a new moderator was the focus of our summer plans; after sending multiple emails out

Isabela, a Junior at St. Francis, is an active member of the Cybersecurity Academic team, a co-assistant editor of the Yearbook, and a student leader in four clubs: Hope Project, Troubies Who Mean Business, Medicine and More, and Key Club. When she is not on campus, Isabela often volunteers with her church, the Pentecostal Missionary Church of Christ 4th Watch, as well as The Leukemia and Lymphoma Society. As for the future, Isabela plans on pursuing a major in Marketing, with a minor in Computer Science, in hopes of becoming a digital marketer.



BUSINESS MINDED

to many teachers and staffuly members, we came across Mrs. Ferrara, who was quick to take up the club moderator position and we were finally able to begin planning for club meetings and events.

Despite the pandemic, we were able to recruit about 30 students – the most we have ever had in recent years! In addition to the monthly Key Club meetings we hold, the leadership team meets once a month to discuss club meetings, outside events, and service projects. We also attend monthly District Conference Meetings, as mentioned earlier, and other events that our division holds over Zoom. Everything ran smoothly, especially with the help of Mrs. McGreevy, as she helped us with club member dues and t-shirt order forms! Our club has officially started turning its wheels and we were off to a great start!

In light of the pandemic, we worked with other schools, such as C.K. McClatchy and John F. Kennedy High School, to establish a service event: Writing Against Isolation and Cranes for Cancer Patients. As a great way to unwind in a comfortable setting, this event took place over Zoom as we played games, met new people, and wrote letters. Furthermore, to continue developing our involvement in community service, I proposed a crossover service project of mine with Key Club. As a candidate for the Students of the Year campaign with The Leukemia and Lymphoma Society (LLS), I had the opportunity to spread awareness of blood cancers to Key Clubs in our greater Sacramento area! After presenting to the Division 7 Lieutenant Governors with my team, Project: Hope, I was able to establish an online Key Club spirit week to promote LLS's amazing mission: beating blood cancer once and for all.

As this school year is coming to a close, I am so proud of our leadership team for partaking in this journey with me and creating a welcoming community where we can actively participate in service projects. The goal of our club is to promote service and leadership, not only at St. Francis, but also throughout our entire community. Although I believe that we have accomplished this the best that we can, given the current conditions, there are so many changes that still need to be made in our community; our participation and action in Key Club will be able to achieve those changes as long as we continue in our active involvement. As next year's president, I look forward to continuing in my journey with Key Club and leading us in service projects we were unable to pursue this year. The opportunities are endless with Key Club and I hope to establish a club that will expand overtime to ultimately create a legacy of service in our local area.

“Troubies Who Mean Business” hosted a series of financial literacy workshops in January to support students in their life in high school, college, and beyond. Leaders Emma Halloran & Samhita Gutta share their motivation and inspiration behind these workshops.

EMMA HALLORAN '21: As a sophomore, I applied for the TWMB leadership team with very little knowledge about business. All I had was a little free time and a gut feeling that I should take a chance and go for it. Three years later and I'm so glad I did! This club has taught me so much, especially about what it takes to be a leader. I've been lucky enough to learn from some of the best leaders and strongest women I know: Mrs. Rodgers, President of SFHS, and Mrs. Johnston, businesswoman and entrepreneur extraordinaire! Both of them have worked so hard to give our club exposure to the Sacramento business community. This past year has been anything but normal, yet our moderators took it in stride, and as a leadership team, we developed our Financial Literacy workshop idea. These workshops proved to be beneficial not just for the people who attended but for me as well! I learned so much more about savings, credit cards, and stock market investments. As I prepare to enter into the world, I am confident in my skills as a communicator and a leader, and much of that is credited to my time as a TWMB leader.

SAMHITA GUTTA '21: Working with TWMB for the past three years has been one of the highlights of my high school experience. Mrs. Rodgers and Mrs. Johnston have both been the best mentors, club moderators, and supporters our club could have. This year amidst COVID-19, we were trying to figure out a way to do a club event that would help our entire SF community rather than just our club members, which is how we came up with our Financial Literacy classes. Over three consecutive Thursdays, we taught our groups about credit scores, the cost of college, and retirement funds. As a TWMB leader, I led a breakout room – I really enjoyed it and I learned a lot myself. I am glad that we were able to create this event rather quickly and it was such a big success. After graduating this coming May, I feel like I will be more ready to experience the real world after learning and teaching these topics.

Emma, a senior at St. Francis, is an active member and leader of Troubies Who Mean Business, Show Choir, and National Honor Society. She is also a part of the Ambassador Leadership Board, CSE, St. Francis Theatre, and more. When she is not on campus, Emma volunteers at her church, St. Joseph Mareello, takes voice and dance classes, and recently started working at Rock n Fire in Folsom! Emma will be attending Xavier University this fall, pursuing a major in musical theatre.



Samhita, a Senior at St. Francis, is an active member and captain of the Speech Team, Troubies Who Mean Business and DIY Club. She is also a part of the Ambassador Leadership Board, NHS, CSE, Troubies of the World and more. When she is not on campus, Samhita volunteers at Mercy San Juan, Sacramento Food Bank, Rise Against Hunger, and GPS Mentorship. Samhita plans on pursuing a Business Administration major at USC in the Marshall School of Business.



WHY GIVING MATTERS

BY AMALIA GRIEGO '91

It's September 1987. I am in my first full week as a Freshman at St. Francis. It was a big change from my 13-student classroom at Holy Family Catholic School in Citrus Heights. B Block was my free block, and I went to my locker to switch out my books. As I close my locker door, there is Sister Catherine. My heart sinks. I assume I am about to get in trouble, because why else would she be right there? But instead, the conversation goes something like this:

"Amalia! Hello, how are you? How is your first week going? I bet Holy Family misses you!"

I don't even know if I responded. I just remember thinking, "Why does the Principal know my name? This can't be good."

As a nervous Freshman, I did not understand the magnitude of that conversation. I did not know that years later, when I was thinking about where my son would go to school, that conversation would come back to me and play an important role in my decision. In fact, I never planned on thinking much about St. Francis after my graduation. I went through college and graduate school receiving *Pax et Bonum*, casually flipping through, mostly looking for any recognizable names and then, honestly, tossing it in the garbage.





"I WANTED
OTHER YOUNG
WOMEN TO
EXPERIENCE
THE
CONFIDENCE,
THE STRENGTH
AND THE
TROUBIE
SISTERHOOD."

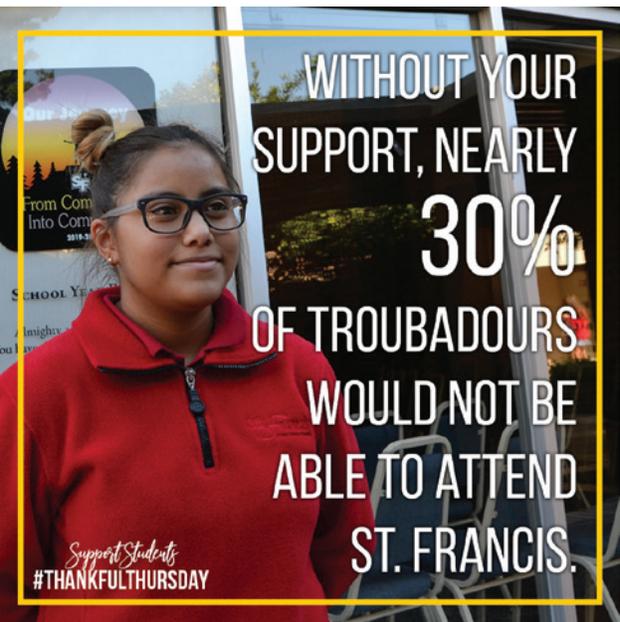
Once I started working, I did think I should consider making a donation, but I was not compelled to donate. Isn't that strange? I have mostly fond memories of high school. My son attends Jesuit High School because I want him to experience the benefits of a Catholic education at a same-sex school. I want him to attend a school where the principal makes it a point to know the students. In fact, if I had a daughter, I would most certainly want her to go to St. Francis. So why did it take someone like me, someone who values Catholic education, and has many wonderful things to say about her alma mater, 25 years to re-engage, to become an ambassador, let alone become a donor?

In 2017, I made a momentous decision. I changed careers and jumped into the nonprofit world asking people to donate. Now, while that did coincide with my re-engagement with St. Francis, it was only part of the reason. The bigger influence was the work of my fellow St. Francis alum, Dawn Winston '91. Dawn was working at SFHS as the alumnae relations manager (2014-2019). She started reaching out, connecting, re-establishing a relationship not just with our classmates, but all St. Francis graduates. I started to remember "the why" behind my affection for SFHS. I re-connected to the feeling and emotions that I felt as a student and wanted to pass that along. I wanted other young women to experience the confidence, the strength and the Troubie sisterhood.

THE WHY

Because I am immersed in the fundraising world, I view my relationship with St. Francis through a different lens. I understand that it takes an abundance of fundraising to bridge the gap between the true cost of a St. Francis education and the tuition that is collected annually. The boots on the ground fundraisers have a tremendous job! However, I am also a parent who is paying Jesuit tuition and about to have a sixteen-year-old boy on my car insurance. So how do I give? Why should I give?

First and foremost, I give because I can. Do I give enough to sponsor Revelry? No. But I give what I can. And from experience I can tell you that there has never been an organization that has returned a donation because it was too small!



I can also tell you I give because I feel connected. That being said, an organization must do their part. If you do not feel connected to St. Francis, why is that? What can St. Francis do to help create a sense of connection for their alumnae?

As an alumna, you most certainly understand that women are a force! And that is no different in the world of philanthropy. A September 2015 article from the Women's Philanthropy Institute, Lilly Family School of Philanthropy, *Do Women Give More?* found that as women's incomes rise, they are more likely to give to charity than men. In 2016, women made up the majority of donations to the tune of 63% on #Giving Tuesday. And according to a 2019 article by EAB.com, 77% of women alumni give to their favorite non-profit, but only 44% give to their alma maters.

So, let us go back to the why. Your why. Take a moment to consider the gifts St. Francis provides. The education, confidence, strength, and sisterhood. Remember, organizations are not going to tell you that your donation is too small. In fact, did you know that if each alumna gave \$25 a year, we would raise over \$275,000 to pass onto future generations of Troubies?

I now take my time to read through *Pax et Bonum* and as I read about the current students, and my fellow alumnae, I know we are women who change the world! I remember the gifts St. Francis gave me and most importantly, continues to give me, and I am grateful. I hope you take the time to consider the impact St. Francis has made in your life. I urge you to reach out and visit or re-connect with your fellow classmates. Together we can empower the next generation of women to change the world.

Amalia Griego '91 is the Development Officer at the Crocker Art Museum. After graduating St. Francis, she pursued a doctorate in dentistry. After operating her own successful practice for 17 years, she decided to follow her passion and jumped into the nonprofit fundraising world. Prior to the Crocker, Amalia served as Director of Philanthropy for Wind Youth Services.



Curbside CRAB FEED

CURBSIDE CRAB FEED A HIT!

Life handed us lemons, and we turned it into lemonade (or for those who chose, a delicious Shipwreck cocktail). While not in person, the Curbside Crab Feed proved the next best way to celebrate this special 80th Anniversary year!

Not knowing what to expect this year, St. Francis ended up hosting another sold-out Crab Feed, albeit a curbside experience. Just moving forward with this event gave our community something to look forward to as 700 people participated in the event. It also reinforced our wonderful sense of community, from the 100-plus volunteers to the student volunteers, attendees and sponsors.

Under the leadership of parent volunteer Lucie Kroettinger, our incredible volunteer team made sure the curbside experience was fun and interactive, from the great décor to the student entertainers, complimentary fishing booth, and other games and entertainment. As you've come to expect, the crab was delicious and dinner plentiful.

Our students were the ultimate beneficiaries, as this event raised \$114,000 to support important curricular, co-curricular, spiritual, artistic, and athletic offerings. We know brighter days are ahead and our Troubies deserve our support.

We are grateful that our St. Francis community came together and experienced some fun, festivity and great food!



FEED



REVELRY

VIRTUAL AUCTION

St. Francis hosted its 15th Annual Revelry Event, and first ever virtual auction, on Saturday, April 24th. This year we gathered as a community, first and foremost in spirit and shared mission, and again in a virtual environment with participation from near and far. It was an opportunity to recognize and celebrate this special milestone 80th Anniversary.

The evening was emceed by Performing Arts Instructor, Play and Musical Director, Kiera Anderson '99. She brought her energy, passion and talent into every aspect of the show. We opened with a parody skit, "Eye of the Troubie," directed and edited by Kiera, and Director of Photography, Jeremy Toy. Special thanks to the amazing theatre arts students who participated: Chloe Garcia, Meredith Garcia, Sophia Lucas, Victoria Lucas, Zoraya Phillips, Mia Siino, Caroline Sorrells, Lola Stacy and our Student Body Officers.

Our St. Francis Show Choir students, under the direction of Tina Harris and Agata Grzelak, created a video message to parents, grandparents, faculty, and staff reminding us all: "You are doing a good job. You are our hero." Many thanks to Ashley Ensign, Emma May Gordon, Emma Halloran, Hannah Lopez, Isabella Mastagni, Gabriella O'Brien, Malia Paganucci, Rosalie Sunseri, Katy Underwood, Samantha Villena, and Mia Walden. The "Good Job" video kicked off a rousing Fund-a-Vision, which continues to build our endowed tuition assistance fund to benefit today's and tomorrow's Troubies.

Our generous sponsors made the entire 80th Anniversary events season success (see sidebar). We couldn't do it without you.

Thank you to our entire community for making a difference in the lives of our Troubies by generously supporting this year's reimaged events season!

PLATINUM

Veronica Padilla-Valdez '94 &
Gino Valdez, Valdez Painting, Inc.

GOLD

Ed & Kristen Rudis

SILVER

Lisa & Dr. Jonathan Breslau
Dina Vellutini Kimble '94 &
Keri Wien Adams '99, Robert Bell,
Royal Electric Company
Sandy & Mick Malaney
Pac Coast Companies,
Don & Megan '88 Vincent
Helen '74 & Bill Pierson
Liza & Michael Stephens
Jennifer Stolo & Keith Diederich

BRONZE

Abbott & Kindermann, Inc.,
Diane Kindermann & Paul Henderson
Laura & Paul Barger,
Barger Keasey Family Farms
Augusta & Kelly Brothers
Christi Calpo
Alexxa DeBenedetti
Kathleen & James Deeringer
Maureen & John Dillie
Mary '67 & Dennis Ellingson
Habeeb & Associates Architects
Celeste & Todd Jones
Lucie & Olaf Kroettinger
Justin & Emily Lewis, JTS Realty
Merrill Lynch, John Matzoll
Medic Ambulance
Linda & Tom Peira
Sandra & Sunil Pimenta
Prevail Insurance Management Services,
Shauna & Benjamin Borchers
Rosemary & John Ross
Carrie '88 & John Sedar
SFHS Grandparents' Club
M'Lisse & Michael Stone
Carla & Steve Stuck
Tami & Mitch Zak

St. Clare LEGACY SOCIETY

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

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

ST. CLARE LEGACY SOCIETY MEMBERS

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

Thank you to our inaugural members:

Marion & Paul Bishop
Tracy Brazil
Linda & David Coward
Kathleen & Jim Deeringer
Lindsay DeFazio '95
Lisa & James Ferrin
Dr. Paul J. Fry, II
Katalin Ernest Hart & Alan Hart
William Hegg Charitable Annuity
Monsignor James Kidder
Jeanne Moore '69
Alison Morr '89
Monsignor T. Brendan O'Sullivan
Candice Pederson
Kathleen Peterson and Family
Jeanette & Chris Ray
Loreine & Nicholas Simopoulos
Anthony Spinetta
Jaqueline Peterson Ward '73 and Family

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

ST. CLARE OF ASSISI



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

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

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

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

WORKING TOGETHER

RACIAL LITERACY AT ST. FRANCIS CATHOLIC HIGH SCHOOL

We've been sharing a lot more about our Racial Reconciliation Plan recently. St. Francis has been challenged very publicly and privately about its treatment of students of color. This summer will mark one year since the collaborative development of our Racial Reconciliation Plan: Healing Our Community. It is an action plan, that will likely adjust over time, with a focus on healing racial divisions through confronting racism in our community. The plan touches every corner of campus by dividing the work among nine subcommittees. These subcommittees work together to achieve the goals set out in the plan which we hope to accomplish over the course of three years.

St. Francis Assistant Principal, Dr. Javier-Watson, leads the training and professional development for all faculty and staff at St. Francis. He has trained thousands of educators across the country on diversity issues in public, charter, independent and higher education institutions. Along with Drs. Kelsey Jones and Howard Stevenson of the Racial Empowerment Collaborative at the University of Pennsylvania Graduate School of Education, Javier-Watson is presenting the 15 hours of racial literacy training all St. Francis Catholic High School employees have or are in the process of completing. The training includes, but is not limited to, racial conflict negotiation/resolution skills and one-on-one, peer mentor follow-ups. Using Dr. Stevenson's racial literacy approach, we are building skills that will help us as educators reach healthy resolution to deeply painful and difficult racial issues.

We also have:

- ♦ an **evaluation and personnel subcommittee** exploring ways to improve accountability for our employees;
- ♦ a **curriculum subcommittee** working to improve the way racial topics are taught across curricula;
- ♦ a **restorative justice subcommittee** used to address racial conflict between students;
- ♦ a **celebrating ethnicities and cultures subcommittee** so students can see their identities celebrated on campus;
- ♦ a **mentorship subcommittee** working to connect our Black and African American students with transformative mentors from the community;
- ♦ a **hiring subcommittee** focused on increasing the racial representation of our staff and faculty;
- ♦ and **Black/African American Parent Group** and **Black Alumnae Groups** which serve as a resource, an opportunity to network and to problem solve.

April brought a verdict in the high profile death of George Floyd, which last year sparked protests, conversations, and the resurrection of deep wounds that people of color have felt for a very long time. As the country reflects on the verdict and now awaits the sentencing of the former Minneapolis police officer this summer, we at SFHS will continue the work of healing and racial reconciliation in our community.

In May, Bishop Jaime Soto released his Pastoral Letter, *It is Right and Just*, in which he reflected on the work the Diocese has been doing to combat racism in society and specifically what the Catholic church can do to help build a stronger community. Much of what the Bishop outlines is already part of the St. Francis Racial Reconciliation Plan.

The faculty and staff at St. Francis continue our professional development in racial literacy. Curriculum has been audited to include more culturally relevant lessons from a Catholic moral perspective. Collaboration and dialogue continue amongst our leadership, parent and alumnae communities as we work together to build trust and promote healing. We remain committed to this work knowing that it will build a more welcoming community in which all people feel loved, seen, and heard.

We ask for continued support as we work together to change culture – one lesson, one conversation, one prayer at a time.



DR. JASON JAVIER-WATSON joined St. Francis in 2018 from the University of Pennsylvania, where he was an adjunct professor and postdoctoral fellow. He has a wide breadth of experience working with middle/high school teachers in training around issues of pedagogy, curriculum, and diversity. Over the past few years, he has trained over one-thousand educators from across the country on diversity issues in public, charter, independent, and higher education institutions.



DR. HOWARD STEVENSON is a nationally sought expert on how racial stress and racial trauma can affect every stage of life. His work focuses on how educators, community leaders, and parents can emotionally resolve face-to-face racially stressful encounters that reflect racial profiling in public spaces, fuel social conflicts in neighborhoods, and undermine student emotional well-being and academic achievement in the classroom. Dr. Stevenson has served for 30 years as a clinical and consulting psychologist working in impoverished rural and urban neighborhoods across the country.



DR. KELSEY M. JONES received her doctorate in Interdisciplinary Studies in Human Development from the University of Pennsylvania Graduate School of Education, where she also completed a postdoctoral fellowship working with the Racial Empowerment Collaborative and the department of Human Development and Quantitative Methods. She holds Bachelor of Arts degrees in Psychology and English from Williams College and a master's degree in Childhood Special Education from Long Island University. As a former special education teacher, Kelsey pursues participatory and qualitative scholarship that focuses on dis/ability and giftedness in the narratives of and about Black and Brown youth, the racialized school-to-prison pipeline, and racial literacy education as healing for children and adults in stressful teaching and learning environments. Her current research focuses on the development of accessible racial literacy materials for children, adolescents, families, and educators under the Preparing Educators to Address Racial Literacy and Stress (PEARLS) Program.

DESTINEE DICKERSON '10

LEARNING SOMETHING NEW EVERY DAY



Maybe it was her SFHS track career, which culminated in her 4x1, 600-meter relay team making it to the state finals, which reinforced the benefit of speed and determination for Destinee (Des) Dickerson '10. This Troubie has not slowed down since, launching her own business at 25 and this year being named to the *Forbes* "30 under 30" list (a personal career high for her!).

During her St. Francis years, Des wanted to be a reporter, even landing a job at KCRA 3 working on the High School Playbook and covering St. Francis as a sideline reporter. She headed to Arizona State University after graduation because they had one of the top journalism schools in the country. She had a desire to work behind the scenes in TV, so during her college journey, she applied for a variety of internships, landing one with The Dr. Phil Show. Four months into that internship, they offered her a permanent position. She relocated to Los Angeles and finished ASU online. Her TV career lasted for another 2-3 years and included stints as a Casting Producer and Associate Producer for Lifetime Television, HGTV and YouTube.

While Des made her early ambitions a reality, the call to entrepreneurship in a creative field only continued to bubble up. Re-enter college roommate and BFF, Aisha Marshall, and this dynamic duo founded Creative Label in 2016, a full-service branding, marketing and PR Agency. Aisha serves as Creative Label's content and brand strategist where she spearheads the creative development and digital strategy for businesses across a variety of industries, including fashion, retail and personal development. Des' passion for production and elevating brands has her utilizing her gifts and talents as the Vice President of Public Relations and Digital Marketing at Creative Label. Moving from TV into the digital space enabled Des to transition her production skills into digital audience acquisition, social media strategy, influencer marketing and public relations.

Learning and creating has always been in Des' DNA. "As an entrepreneur, I learn something new every day," Des shared. "The funniest part about entrepreneurship is you don't know what you don't know." Her can-do (or can-figure-out) attitude, coupled

with her smarts and natural inquisitiveness, has her embracing new challenges daily. But she's also learned the value of hiring smart and hiring for shared values. A big lesson she's learned along the entrepreneurship path is, "Delegate, delegate, delegate. Hire experts to do in five minutes what would take you three hours. Understand that you don't need to do it all and asking for help doesn't make you an impostor."

When Des and Aisha were building Creative Label, she noticed that there was very limited research about starting a creative business and people were stingy with their knowledge. Possibly because of the lessons she learned cheering others on as part of the SFHS cheerleading team under Mrs. Cost, Des intuitively knew that the industry they were in was only as great as you make it, and helping others be great was a win for all. With a commitment to education, they led their company to also serve as a media company and have created a blog and podcast as platforms to educate their community.

So many things happened locally, nationally and globally in 2020 and 2021. Creative Label scaled rapidly to meet the needs of their growing client base. "I really struggled emotionally as our business was winning when a lot of businesses weren't and people were losing jobs," Des reflected "I realized that I could sit with feelings of guilt, but instead, we decided that since our business was winning, we could change our mindset, hire more people, make strategic investments and impact our environment positively."

During the summer of 2020, many St. Francis students and alumnae reacted strongly to a social media post meant to honor the struggle of our students of color, feeling it was too little, too late and not authentic to their experiences. During that time, Des got involved with the school to help with the process of crafting a plan to move forward in a way that brought true relationship and reconciliation. "The St. Francis racial reconciliation plan was very personal because I had certain experiences during my time as a student," Des recalled. "I knew what it was like to be one of a few Black students on campus. But I also love

St. Francis and want it to be a better place for everyone; I want the Black community to have a home, be represented, understood and supported.”

Des saw this as an opportunity to make change, recognizing that the greatest challenge would be follow through and execution, especially in a year where Covid-19 demanded so many additional resources of the school. She also knew it wouldn't be as hard if we had students, alumnae and others who wanted to support the school in the process.

Empathy and understanding are two values that resonate with Des. “A lot of this is learned behavior,” she noted. “As you get educated, you can empathize, understand and share the feel-

ings of another. When people understand, they act differently.” In addition to her work with St. Francis, Des has seen a shift in her business. Ninety-five percent of their clients are white, and that shifted much of their client's focus to wanting to understand how to incorporate diversity, equity and inclusion into their business and marketing strategy. “We became a resource, providing education, retraining, coaching and strategy sessions.” The burning quest that drives Des to learn something new every day makes her an insightful and compassionate educator and communicator.

The speed and determination that made Des a great runner also makes her a great entrepreneur. We know we'll be seeing lots more of this Troubie on nationwide “who's who” lists.

Have something to donate to our archives?

We are looking specifically for yearbooks from the 1940s, 1950s, 1960s and 1970s. We are also looking for pictures, student newspapers, pictures of campus life, and uniform articles from the 1950s, 1960s, 1970s and 1980s.

For more information or to schedule your donation, please reach out to:

Kristie Figone Ishoo '05
kishoo@stfrancis.org • (916) 737-5020





Career Day 2021

"I LOVED LEARNING
ABOUT THE CAREER
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FELLOW TROUBIE
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WAS PACKED
WITH IMPORTANT
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HELPED ME GAUGE
POTENTIAL CAREER
OPTIONS FOR
MY FUTURE."

The first event we had to cancel during the pandemic was Career Day, to be held on March 13, 2020. We sent students home that day so faculty and staff could prepare for distance learning if the need arose. Little did we know, we'd stay in distance learning for a long time – and along the way, reinvent the way we did most everything.

That included Career Day. On three Wednesdays in April 2021, we provided all St. Francis students with an opportunity to hear from more than 70 alumnae working in various fields across the United States. This reimagined event was optional and took place on Wednesdays – Troubies "flex" day. More than 325 students elected to attend at least one session, with a majority opting to attend on each of the three weeks.

Our incredibly talented and gracious alums shared their personal career journeys, what they wish they knew before entering their career field, the highs and lows associated with their career choice, lifestyle and work/life balance one might expect in that career, and how they personally give back via their life and career. One way they all chose to give back was by participating in these Career Days and enlightening their younger Troubie sisters with their wisdom and stories.

Careers from architecture, to design, biotechnology, business, communications, dentistry, education, environment, finance, gaming, government, healthcare, hospitality, information technology, journalism, law, marketing and PR, medical, military, nonprofit, nursing, psychology, publishing, public policy, real estate, small business and entrepreneurship, to veterinary medicine were all represented. There was something for every Troubie to explore.

Our Troubies Who Mean Business Club sponsored this event, and the seven student leaders served as capable and engaging moderators for the 25 different sessions that took place. Many thanks to Samhita Gutta '21, Emma Halloran '21, Vivian Hu '22, Anna Karlshoej '22, Isabela Tuazon '22, Simrit Singh '23 and Nayeli Kojima '24.

Our Troubies were incredibly grateful for the opportunity to learn from their Troubie alums in these interactive sessions. Thank you to all of the alumnae who participated.

SAVE THE DATE FOR CAREER DAY 2022!

Career Day 2022 will be on Friday, March 11, 2022 from 9:00-12:00 pm. This will be a mandatory student event and local alums are encouraged to participate in person, and remote alums can participate virtually in a hybrid format. Imagine over a four-year period how many different careers a St. Francis student can explore, and the incredible alumnae network they can start building along the way. As our alum presenters commented, they wished they had this opportunity when they were students at St. Francis to explore a variety of career options.

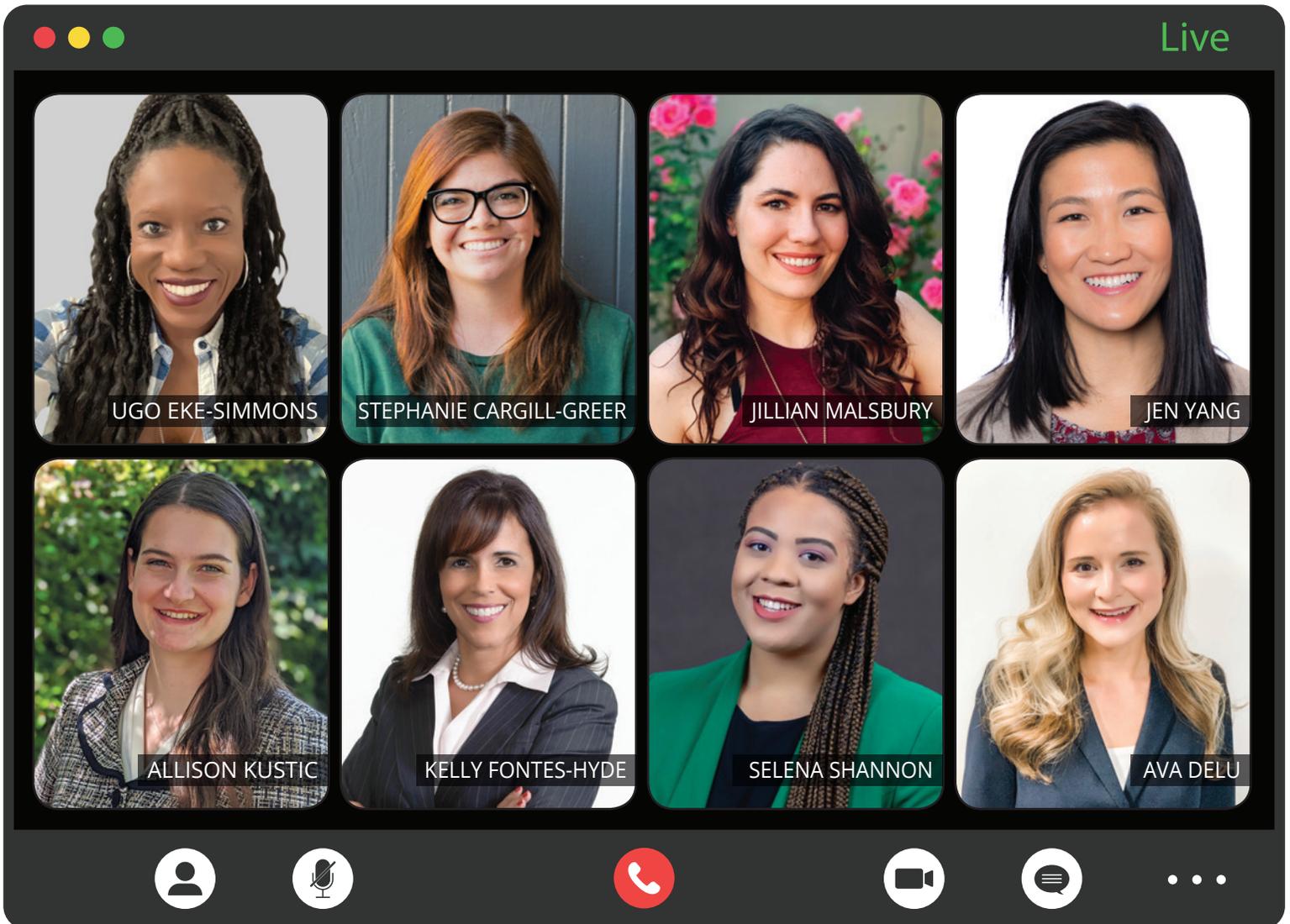
THANK YOU TO OUR ALUMNAE PARTICIPANTS:

Mary Ellingson '67
Sandra Sanders '82
Kathleen Strickley '84
April Fallon '85
Jeannie Ichimura '85
Susie Naughton '85
Jana Platina-Phipps '85
Maura Knowles '86
Christiane Pelz '86
Kelly Fontes-Hyde '87
Vanessa Wildie '89
Rosie Lucchesini-Jack '90
Amalia Griego '91
Jill Miller '92
Brigid Rose '92
Trish Corns '93
Rebecca Esty '93
Carlin Folkedal Renderos '93

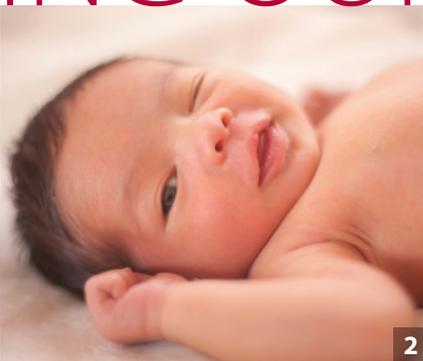
Kelly Grogan '94
Curie Canuela '95
Catherine Loughner '95
Reanna Ursin '95
Linnea Willis '95
Rena Zellars '95
Sarina Paulson '96
Rebecca Ward '98
Rosea Pagliaroli '99
Amy Stenberg '99
Claire Blocker '00
MaryAnn Dakkak '00
Carolyn Perrin '00
Sonya Sorich '00
Sarah Williams '00
Katie Lawlor '01
Ginny Bliss '04
Krista Newberry '05

Lindsay Trottier '05
Sabrina Young '05
Amanda Zollo '05
Ugo Eke-Simmons '06
Elizabeth Jones '06
Colleen Steinberg '06
Jasmine Bernal '07
Malika Kirksey '07
Diva Latzke '07
Jillian Malsbury '07
Roseanna Pauli '07
Stephanie Cargill-Greer '08
Rebekah Fenton '08
Leena Riggs '08
Enid Brenize '09
Elicia Fernandez '09
Andrea Soares '09
Alexandra Chan '10

Katie Lucas '10
Sarah Vinson '10
Jen Yang '10
Bianca De Sousa '11
Chelsea Shannon '11
Ava Delu '12
Hannah Gonzales '12
Tooka Zokaie '12
Emma Roses '13
Elena Fricke '14
Meredith Ray '14
Selena Shannon '14
Hannah Page '15
Nicole Spring '16
Allison Kustic '17



CELEBRATING OUR ALUMNAE



CLASS REUNIONS

If your class year ends with a 0, 1, 5 or a 6, then it's reunion time! We missed celebrating reunions last year, but that just means twice as much fun for this year! We want to help you plan a safe gathering for your class. Interested in being involved?

To help plan your class reunion, please contact:

Kristie Figone Ishoo '05

kishoo@stfrancis.org

916-737-5020

or visit

www.stfrancis.org/reunions

Jeanne DeFazio '68 just submitted her latest book "An Artistic Tribute to Harriet Tubman" to the publisher. Within the book's acknowledgments she mentions President Theresa Rogers, "President Theresa Rogers empowers all her students at St. Francis High School to make a difference." Another one of her works, "The Commission," will appear in the 2021 Harvard Magazine Holiday issue book list.

Sandra Kiernan Sanders '82 celebrated her 30th wedding anniversary with her husband, Daniel Sanders, in May. Together they have two Troubie daughters, Hannah '16 and Kayla '21. Sandra currently works in the State Legislature for the Senate Natural Resources & Water Committee. Prior to starting a career in State government, Sandra had a professional history of 26 years as a political consultant for former Insurance Commissioner John Garamendi and Senator Cathleen Galgiani. Most recently in the State Senate, she has worked as a Legislative Aide managing Senator Galgiani's bill priorities for over two years. She is incredibly grateful for the past nine years of sharing campus events with Hannah and Kayla, and for the many opportunities to serve as an Alumna Mom! **1**

Sarah Simmons '05 and husband Colin welcomed baby girl Paloma Jones on December 12, 2020. Congratulations to Sarah and her family!

Leah Horner Pezzetti '13 received her undergraduate degree in Broadcast Journalism from Cal Poly SLO and her Masters in Meteorology from Mississippi State University. Leah is currently working at KGTV in San Diego where she reports and fills in forecasting. Before that, she worked at KTNV in Las Vegas and KERO in Bakersfield where she reported and forecasted at both stations. She has been nominated for four Emmy awards and won one of those awards. She also won a few NPPA contests (National Press Photographers Association). **3**

Alana Curry '14 graduated from the University of San Diego with a Bachelor's Degree in Psychology in 2018. Alana then attended Creighton University in Phoenix and graduated with a Bachelor's of Science Degree in Nursing. She passed the national exam to earn her Registered Nursing Licensure in September 2020. Alana currently works as a Registered Nurse at St. Joseph's Hospital and Medical Center in Phoenix, Arizona.

Le-Mai Dam Lyons '05 and her husband Garrett welcomed baby Rufus Lyons into their family. Baby Rufus arrived on February 11th and weighed 6 lbs. 11oz. and is 19 inches long. Congratulations to the Lyons family! **2**

ARE YOU A SACRAMENTO GIRLS-SCHOOL LEGACY?

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

Kristie Figone Ishoo '05

kishoo@stfrancis.org

916-737-5020

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

Marie Terribile Donnelly '49

Jean Neuman Fazzio '51

Jacquelin Zanze Gustin '53

Carol Oettle Colby '55

Rogene Marie Bondi Matthews '58

Kathryn Petrali Felgenhauer '66

Connie Westlake Feliciello '67

Nan Foley Woolford '67

Christina Loris '71

Tom Laythe (Cross Country and Track & Field Coach)

*Eternal rest
grant unto them,
O Lord,
and let perpetual light
shine upon them.*

*St. Francis of Assisi -
Pray for us.
St. Clare of Assisi -
Pray for us.*



Lauren LaRocco '14 is super excited to be back at St. Francis and reconnecting with this amazing community. She joined the SFHS Athletics team this year as a Cross Country and Track & Field Coach. Lauren always wanted to coach and she's grateful to have this opportunity to share her knowledge and experience about running. Lauren's time at St. Francis played a huge role in shaping the person she is today, and she hopes to inspire and impact those around her in a similar way. **4**

Melia Granath-Panelo '15 graduated from Saint Mary's College with a BS in Biochemistry in 2019, and is currently finishing a master's in Biological Sciences through a joint program at the Buck Institute for Research on Aging and Dominican University of California. Melia's thesis research is in the Ellerby lab at the Buck Institute, focused on neurodegenerative diseases. Starting in the summer she will be attending Harvard University as a PhD student in the Biological Sciences in Public Health program concentrating on Molecular Metabolism. The program focuses on diseases that affect large populations, and the molecular metabolism department studies the metabolic aspects that many chronic diseases have in common. **5**

Heidi Pullmann Lindsley '15 is in the second year of her PhD program in Cellular and Molecular Biology at Baylor University. After graduating from St. Francis in 2015, she attended Westmont College, receiving a B.S. in Biology with a minor in Religious Studies. While there, she conducted research on Alzheimer's Disease, served as Student Body Vice President, studied for a semester in Jerusalem, and met her now-husband Jonathan Lindsley. She was accepted to Baylor University with a Graduate Student Fellowship and is conducting research on the genetics and sensory systems of agricultural pests. **6**

Danielle (Dani) Dean '16 graduated from the University of Puget Sound last May with a Bachelor of Arts in Psychology and a Minor in Religious Studies. She accepted a year-long position with AmeriCorps VISTA working as the Volunteer Coordinator at Peace at Home Domestic Violence Shelter; building a volunteer program as well as launching the first crisis chat line for survivors in Northwest Arkansas. **7**

Allison Kustic '17 graduated from Dominican University of California in December and took a job with a Bay Area based nonprofit, SHE-CAN that works in global Womens leadership in February. **8**



It's pretty daunting to know that a relative could die waiting for an organ donor, but that was Alexa LoGiudice's reality. Her aunt and fellow SFHS Alum, Gloria LoGiudice '81, has suffered from cirrhosis of the liver for decades. While her worsening condition increased her chances of receiving a transplant, there was still no guarantee that a match would come in time.

Last summer, Gloria approached her brother and St. Francis softball coach, Al LoGiudice, about the possibility of being a living donor. Alexa felt uneasy about that prospect and decided she should be the one to do it. A test confirmed Alexa was a perfect match. She visited UCSF regularly and prepared her body for the surgery that would take 65% of her liver and transplant it into her aunt. "This must be God's work," Alexa reflected. "I wasn't full of stress or angst. This is my plan and He had control."

Alexa credits having done sports her entire life for getting back on her feet quickly. Still, recovery hasn't been easy. Family and faith have played a crucial role in healing. "It is so cool to have learned what it means to be a person of faith and let God guide you. I would do it again in a heartbeat."



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

To join the private group, visit: <http://bit.ly/SFHSAIumLinkedIn>



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

Parents of Alumnae:

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



Hope to see you in person
for a great 2021-22!

LEGACY FAMILY BREAKFAST

August 18, 2021

CRAB FEED

January 29, 2022

**ALUMNAE HOMECOMING RALLY &
RECEPTION**

October 1, 2021

PAX ET BONUM MASS

February 2, 2022

**SELFe EVENT
FEATURING ADRIENNE BANKERT**

October 24, 2021

REVELRY

March 5, 2022

THANKFUL THURSDAY

November 4, 2021

CAREER DAY

March 11, 2022