



# PAX ET BONUM

FALL 2011 VOLUME 9 • NUMBER 1



*St. Francis*  
CATHOLIC HIGH SCHOOL



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**ON THE COVER:**

LARRY CARSON, ANTHONY SANCHEZ, ED WARGO & BEN GONZALEZ, MEMBERS OF THE PLANT & FACILITIES STAFF IN THE CANTICLE GARDEN



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

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# PRESIDENT'S MESSAGE

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

Several years ago, I had the privilege of going to Denali National Park in Alaska. Few things have impressed me as much as the way in which the Park is cared for. The landscape of that six million acre preserve was absolutely pristine, fastidiously cared for, so much so, that it was hard to imagine that human beings dwelled there, even on a part-time basis. In Denali there was clear evidence of God's words taken seriously: *I shall appoint you stewards of my creation, to cultivate and care for it, giving you dominion over all living creatures...*

Stewardship is spiritual consciousness based in scripture that holds that we are lifelong caretakers of God's spiritual and worldly blessings. True stewardship is not simply belief, but action on that belief. This entire issue of the *Pax et Bonum* is a testimony to Stewardship and how it plays out on the campus of St. Francis High School.

You will read about Stewardship as a spiritual response to God's voice, "How can I use the gifts and talents that God has given me?" You will learn about organizational Stewardship and how St. Francis High School is responding to the accreditation process, how it regularly examines its mission and how it uses its resources. You will learn how our maintenance staff, with unwavering pride, cares for our beautiful campus. You will discover how we have been working diligently to make solar power part of our everyday life, thereby taking an active role in protecting our environment for future Troubies.

Stewardship abounds in the greater St. Francis High School community as our staff and students make service to others a primary focus, fall through summer. Stewardship is keenly evidenced as members of our community reach out pastorally to those who are experiencing sickness or loss through its CARE team and Pastoral Response Team.

And more and more, members of the St. Francis High School community are internalizing the need to contribute some of their treasure to the Stewardship Appeal that enables us to continue this great work of educating young women for tomorrow. Every financial gift is a statement of belief that what we do here is truly God's work.

Clearly Stewardship is a way of life that comes from seeing everything as a gift from God, changing the way we see things. It is so in Denali National Park; it is so at St. Francis High School. Living as good Stewards of God's gifts will satisfy the deepest, strongest longings of your heart. It will fill you with joy, happiness and satisfaction.

I send my best wishes for a happy and successful year.

Marion L. Bishop  
President

VIEWPOINTS: STEWARDSHIP



# ANNUAL STEWARDSHIP





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*in memory of K. Georgina Buxton '47*  
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**FUND CODES**

*A code by a donor name indicates that all or part of the gift was designated toward a fund or as a result of a solicitation as follows:*

- A** Arts, Patrons of the Arts
- B** Booster club, Golf Tournament, Athletics
- C** Capital Campaign
- F** "Fembots" Robotics
- M** Mother-Daughter Fashion Show
- R** Revelry Sponsorship, Stand Up for Troubies
- S** Scholarship Funds
- U** United Way

\* indicates that a tribute applies to a portion of the gift

# FOR ST. FRANCIS

In this report we gratefully acknowledge those individuals and organizations that have made contributions to St. Francis High School during the fiscal year, which began July 1, 2010 and ended June 30, 2011. This list includes donations made through the Annual Stewardship for St. Francis Program, the Capital Campaign, Scholarship Funds, United Way and other workplace charitable gift designations, Patrons of the Arts, Revelry, Fashion Show and Golf Tournament sponsorships, and requests by specific school programs such as Robotics. Separate listings contain tribute gifts and those who have given gifts-in-kind during the past year. St. Francis High School is fortunate to benefit from this large community of benefactors.

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Memorial Scholarship Fund*

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Leigh Rutledge<sup>S</sup>  
*in memory of Lanie Boras*  
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1955<sup>S</sup>  
*in memory of Maureen Douglass '55*  
Victor & Eleonor Salvatin  
Anthony & Maria Santana<sup>B</sup>  
Hugh & Geraldine Sargent  
*in honor of Alex Sargent '11*  
Rolando & Marian Sarte  
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Marne Coggan  
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Thomas F. Koegel of Crowell & Moring LLP  
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Dolores Dallosta '66

*In memory of Erin Elizabeth Aune Kerdus*  
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Anonymous  
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Cathy Schuler Bertolani '53  
Clare Ann Squires Hayes '55  
Mary & Douglas Keowen  
Ray & Carolyn Porcella Moore '55  
Dave & Elizabeth Traversi Olszowy '55  
St. Francis High School Class of 1955  
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*In memory of Kelley Ann Farrell*  
A.J. Gallardo

*In memory of Meghan Gumbelevicius*  
Jack & Diane Stewart

*In memory of Matt Hachman*  
Joanne Gallo

*In memory of Ernest H. Holland, MD*  
Paul & Laila Holland Barker '79

*In memory of Margery Holt*  
Earl L. Heyward

*In memory of Eleanora Kotoski*  
The Tharp Family

*In honor of Emily Laskin '14*  
Evan & Elizabeth Dreyfuss

*In memory of Marianne Klutz Linggi*  
Robert O'Connor

*In memory of Anna Litell*  
Anne Marie Litell Piccotti '53

*In memory of Anne McNamara McCollom '47*  
Rose Tanghetti '47  
Don Wreden & Maxine Barish-Wreden

*In memory of Lily McDonald*  
Jan Senna

*In memory of Philip Harry Moore*  
The Coles - Billie, Bob, Nancy & Dan  
Rene & Tom Grebitus  
Peggy Moore Willumson '68

*In memory of Harold "Harry" Mullin*  
Meg Willett Gilhooly '84  
Helen Holmes Willett

*In memory of Catherine Norman*  
Joanne Gallo

*In memory of Richard Ownbey*  
Joanne Gallo

*In memory of Nadine Labey Rehm*  
Allen L. Bender  
Jed & Jenny Bittner  
Kathryn Corcoran Daum '60

*In memory of Wendy Tucker '74*  
Merlynn Kopp Tucker '50

*In memory of Tamae Tufts*  
The Tufts Family

*In memory of Shirley Whiting White '53 & Nan*  
Blair Woods '35  
Anne Marie Litell Piccotti '53

*In memory of Jim Winchell*  
Joanne Gliebe Winchell '51

### OTHER TRIBUTES

*In honor of Elizabeth Anne Cobb '95*  
Katharine Ashley Cobb

*In honor of Colleen '01 & Megan '10 Coghlan*  
Jim & Wendy Coghlan

*In memory of Chris Corti '66*  
Dolores Dallosta '66

*In honor of Martina Ferri '13*  
Adriane Klundt

*In honor of former Robotics coach Galo G. Grau*  
Donald Leisey

*In honor of Becca Kasten '13*  
Kasten Family

*In honor of Sarah Moenter*  
Ramona & Barry Moenter

*In honor of Mellie G. Powell*  
Jay Powell

*In honor of Cathy Santamaria*  
John A. Santamaria, DDS

*In honor of Alex Sargent '11*  
Hugh & Geraldine Sargent

*In honor of Mr. Charles Schwing*  
Gwyn Gordon '85

*In honor of Judy Walker '70*  
Cindy Walker Puppione '65

*In honor of Bob & Beverly Whitmore*  
Christine Marie Harris



# VIEWPOINTS: STEWARDSHIP



AARON SANDOVAL &  
ANTHONY SANCHEZ



TATIANA VARLAMOVA



ARMANDO SCHMID



ERNESTO AMBRIZ



TUDOR STEFANCO



*Ingrid Niles is the Director of Communications and Public Relations.*

# CARING FOR OUR CAMPUS

BY INGRID NILES

I was reflecting on the fact that the “atmosphere” of St. Francis – the spirit of sisterhood among students - is often discussed and the “brick and mortar” that comprises the campus is rarely mentioned (outside of business office meetings). This is a good thing, I believe. The “soul” of the school should be of more consequence than the “body.” Yet, alums returning to St. Francis for the first time in a number of years inevitably notice – and comment on - the outstanding facilities added to the school since 2004. The beautiful buildings and the well maintained campus are certainly a source of pride for the entire St. Francis community, even if they are frequently taken for granted. Somehow supplies in the rest rooms, empty trash and recycling bins, scrubbed and polished buildings, manicured trees and flower bedecked planters appear for our benefit and enjoyment. The fact that we hardly notice the process of caring for the campus underscores the unobtrusive character of those who serve in the vital role of stewards of our St. Francis environment – the Plant and Facilities Staff, aka, the “Maintenance Department.”

The constant efforts of our building and grounds super-heroes support all aspects of school life: setting up/taking down hundreds of chairs, planting and trimming landscaping elements, repairing structures and equipment, and so much more. In the campus “down time” of summer, their task list expands to include painting, stripping and waxing floors, steam cleaning carpets and upholstery, power washing lockers, tables and chairs, resurfacing the gym floor – all this during years with no major employee changes or construction projects that require relocation of entire offices or classrooms. Although they work quietly (except for the occasional sounds of sawing, hammering and power washing) in the background, their efforts do not go unnoticed. Plant & Facilities Manager Larry Carson, Assistant Plant & Facilities Manager Anthony Sanchez, and their crew – Ernesto Ambriz, Ben Gonzalez, Aaron Sandoval, Armando Schmid, Tudor Stefanco, Ed Wargo and Tatiana Varlamova – are loved and appreciated by all. Each of them contributes to the “soul” of St. Francis as much as to its “body.” I know I speak for the entire school community when I say to them, “Thank you for caring for our campus.” ❖



**LARRY CARSON, ANTHONY SANCHEZ,  
ED WARGO & BEN GONZALEZ**

*Hannah Gonzales is the Student Body...*



# ONE BODY

BY HANNAH GONZALES '12

If there was any song that the group of twenty-two St. Francis seniors was singing throughout the Washington DC Service Trip, you would be surprised that it was neither a Top 40 hit nor an iTunes Top 10. Instead, it was “We are One Body” by Dana Scallon, often sung during the reflective prayer services and Masses at Young Neighbors in Action. The song is catchy by nature, but throughout our trip, we began to realize that the lyrics of the song were a reflection of one major lesson that we would later take back with us to California.

During our trip, we encountered three different communities that played a significant role in educating us about Catholic Social Justice Teaching. First, upon our arrival in DC on Thursday evening, we were warmly welcomed into a convent at St. Teresa of Avila Parish in Anacostia, DC, where we stayed for the first few nights of our trip. Monsignor Ray East, pastor of St. Teresa of Avila Parish, was even kind enough to purchase portable air conditioners so that we would not have to suffer the hot DC nights. The convent, as well as the parish, had a homey atmosphere that made us feel as if we had been living in DC forever.

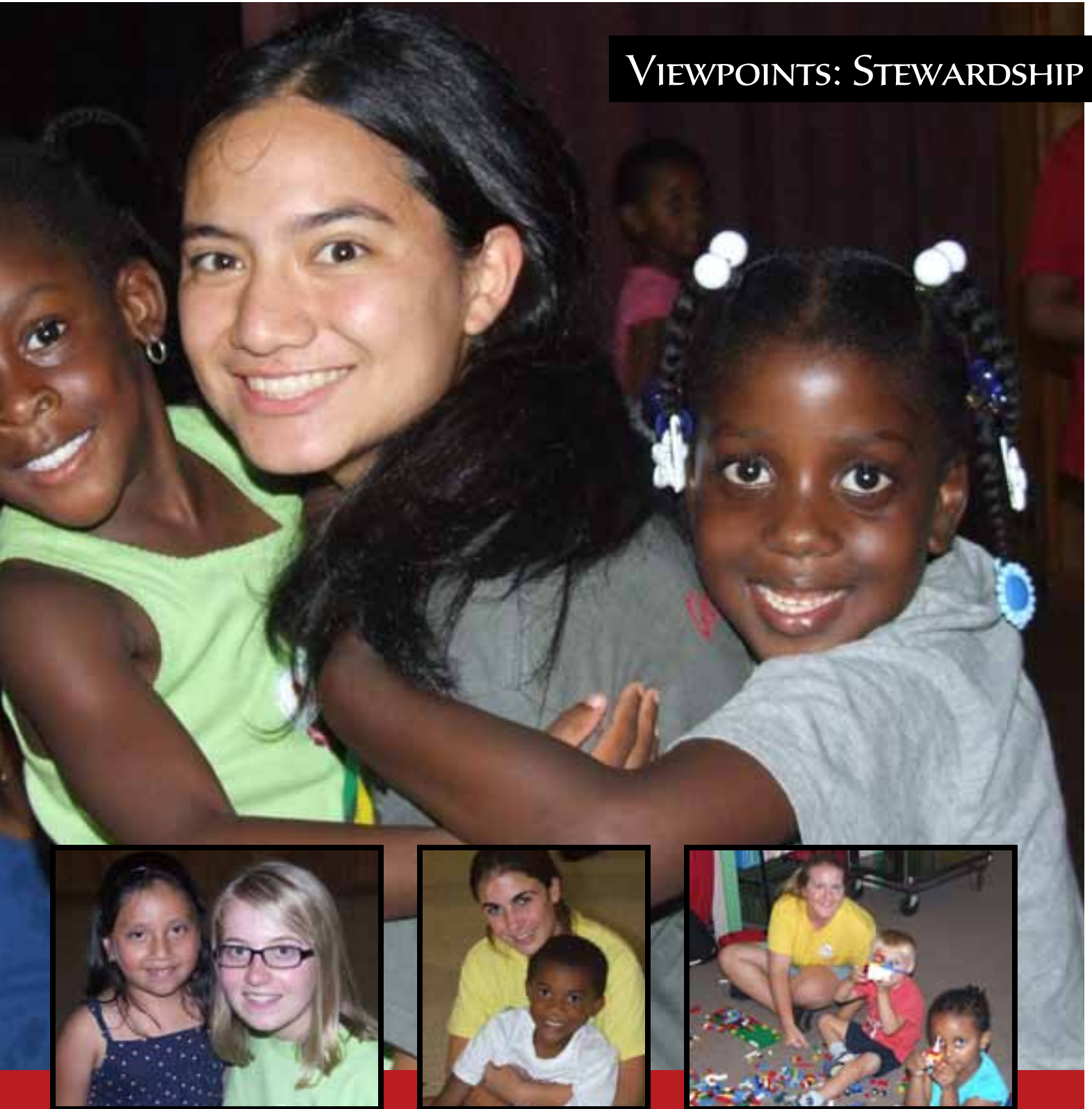
That Sunday, we drove over to Bishop McNamara High School, the site of Young Neighbors in Action and our home for the week. After moving all our luggage into one small classroom where we would be sleeping, our program directors, Joan and Orin, called all ninety-three Young Neighbors participants from Ohio, New Hampshire, Illinois, Massachusetts and California, to be Salt and Light for the world. Salt so that we could be catalysts for change, and light so that we could serve as a beacon of hope for others. Prayer services, Mass, and small group sharing were some of the activities that helped us form relationships with one another and unite in Christ. We joined hand in hand to serve those less fortunate.

After spending some time getting more acquainted with each other, DC and our fellow Young Neighbors, we felt ready to offer ourselves to the beautiful children of Camp-Fire USA at St. Francis of Assisi International School. We had the responsibility of teaching and mentoring these students who were from lower income and/or immigrant families in a fun, hands-on way. These campers, many of whom were Haitian, Salvadorian or Guatemalan, were between the ages of three and thirteen. Most lived 250 percent below poverty level and did not have a solid education. However, despite their personal trials, these campers still reminded us how to live, to laugh, but most importantly, to love.

Toward the end of Young Neighbors in Action, we had finally begun to comprehend that achieving justice is incomplete without advocacy. Serving the poor and vulnerable is a crucial part to making a difference in this world, but we also had to go beyond our comfort zones to be the voice for the voiceless. Though we had learned about the seven principles of Catholic Social Justice, encountering the distinct communities of DC and St. Teresa of Avila Parish, Young Neighbors in Action, and especially Camp-Fire USA, was the best preparation for Advocacy Day. Meeting and interacting with these communities, however different they may be, reminded us that we are all parts of one body and, as such, must stand in solidarity with one another and fight for each other. As we talked with the staff members of Representative Matsui, and Senators Feinstein and Boxer, we conveyed our belief in a raised debt-ceiling and increased funding for non-profits while sharing our personal experiences of working with the children of Camp-Fire USA. Most importantly, however, we Troubies shared the broadest lesson of Catholic Social Justice Teaching we had come to finally understand: no matter who we are or where we come from, we are all parts of one human body. Differences should never allow us to ignore or to forget the poor and vulnerable.

As we were waiting for our departing flight at Dulles International Airport the following day, you could still hear some of our voices singing, “We are one body, one body in Christ, and we do not stand alone.” Though the lyrics of this song were stuck in our heads, it was certainly the ultimate message that we are all one body united in Christ that we will forever hold in our hearts. ❖





### YOUTH ADVOCACY

Catholic Youth Advocacy Day, held in Sacramento on March 22, 2011, provided an opportunity for Catholic youth from all over California to raise their voices in “sincere dialogue...and with anxious interest...seeking the common good.” (Vatican II, *Gaudium et Spes*, 7 December, 1965, 43) The California Catholic Conference CCC, along with students and faculty of Archbishop Mitty High School in San Jose, planned the agenda for the one-day event that included Mass at the Cathedral of the Blessed Sacrament, information sessions, visits with legislators at the state Capitol and a time to debrief with fellow students. The intent of the CCC program was to empower youth interested in meeting with elected officials to speak on behalf of those who are poor, vulnerable or voiceless. St. Francis students who attended the event used their advocacy skills during the SFHS Washington, DC summer service trip.

# VIEWPOINTS: STEWARDSHIP



TEACHING GIRLS TO SHARE GOD'S LOVE



90 FLEECE BLANKETS BEING DELIVERED TO SHRINER'S HOSPITAL; SERVING THOSE WITH DISABILITIES; A TEEN LEADER HELPING A YOUTH WITH A PROJECT FOR SOLDIERS OVERSEAS





Caroline Doherty is ...

# YOUTH WITH COMPASSION

BY CAROLINE DOHERTY '12

“Do not merely listen to the Word...but do what it says.”

James 1:22

Our modern culture tries to convince us that, “It’s all about ME!” That message is preached to us on freeway billboards, television commercials and in popular songs. Everywhere we turn, the world tries to convince us that we will only be fulfilled when we have everything we want: lots of money, a fancy car, and a particular brand of clothes.

*Youth With Compassion* was formed to say, “No! It’s NOT all about me! Instead, “It’s all about **how God can use me ... to make a difference in the world!**”

In 2008, I was working as a Small Group Leader in the Youth Program (5th & 6th Grades) at our church and was constantly disappointed by the disconnect that seemed to exist between what the girls learned at church and how they lived their day-to-day lives. Like most of us, they had grown up in church and knew the “basics” of Christian faith, but this didn’t seem to mean anything in their personal lives outside of church.

In my mind, these young people were missing the greatest joy that exists for a Christian: Saying, “Yes!” to God and letting Him be a part of their lives!

At church we claim to be Christ-followers, but until we ACT on his commandments, our faith is nothing but hollow words.

But wait - isn’t this just for those saint-like people who are called to be missionaries? I’m just a student and I’m really busy – how can I feed the hungry, care for the sick and help the hurting, as Jesus told us to do?

In 2009, with what I believe was God’s direction, I formed *Youth With Compassion* to give young people an opportunity to experience the joy that only comes when we say, “Yes!” to being used by Him. I believe that He has called ALL of us who claim to be Christ-followers to be His hands and feet on this earth, and to reach into this hurting world with His kindness and compassion.

*Continued on next page*



## YOUTH WITH COMPASSION PROGRAMS

*Youth with Compassion* currently sponsors three programs, which can be set up at any Christian church or school. The purpose of these programs is to serve God by sharing His love with others. We don't preach or try to convert, but merely share His love as he has shared it with us – by reaching into a hurting world and touching it with His kindness and compassion.

### HOPE ANGELS

Hope Angels is designed for girls, ages 8-12. One thing that makes this program unique is that it is *led by high school girls!* Studies show that “Tweeners” (ages 10-12) are more strongly influenced by teens than by their parents, so what better influence to have in their young lives than committed Christian teens who can be good role models for them?

Hope Angels, which currently has about 150 girls participating in it, meets once a month on a Sunday afternoon at church. The meetings are fast-paced and fun, filled with skits, games, a lesson, small group time, and a project that meets a real need somewhere in the world.

### Local Projects

Some of our projects are for people in our own community. For example, we've made:

- ♦ Fleece blankets for the burn victims at Shriner's Children's Hospital;
- ♦ Tied-dyed t-shirts for homeless children in Sacramento so they could attend Mustard Seed's summer school;
- ♦ Fun Activity Bags for kids with cancer to entertain them while they get their chemotherapy treatments at the Infusion Center at UC Davis Hospital.

### Overseas Projects

We send some of our projects to people in other parts of the world, whose lives need a small touch of kindness and compassion. Among other things, we've made:

- ♦ “Cool-ties,” prayer rocks and bookmarks as part of our Care Packages for U.S. soldiers serving in Iraq and Afghanistan;
- ♦ Leather book covers for bibles sent to an outback Eskimo Bible Camp in Alaska (most of these kids have never seen a bible!);
- ♦ Colorful fleece pillows and journals for lonely children at an orphanage in Russia.

# CARING FOR OUR SCHOOL COMMUNITY

By KASEY HENRICKSON CARDINALE '99



## Face-to-face Projects

We plan some projects where our young people can meet and personally see the people whose lives we are called to touch! For example, we have done:

- A fancy Tea Party for girls all over Northern California who have Muscular Dystrophy and Cerebral Palsy
- A Spaghetti Dinner for over 150 local low-income seniors who live alone – our girls also entertained them with their talents!

## KNIGHTS OF HOPE

This is the boys' version of Hope Angels designed for boys, ages 8-12. It, too, is led by high school boys who want to make a difference in the life of a young person! The boys' projects are more physical than the girls' projects, and include such things as doing home repairs for families struck by tragedy, and building bicycles for underprivileged children.

## T.W.I.C. (TEENS WITH COMPASSION)

We have not yet started a TWIC chapter, but hope to soon! It is designed for high school girls or boys who want to impact the world by doing projects with other teens their own age.

If you would like to be a part of Youth With Compassion, either as a leader or a participant, we'd love to hear from you! Please contact Caroline at [Contact@YouthWithCompassion.com](mailto:Contact@YouthWithCompassion.com). ❖

The Pastoral Response Team (PRT), created in the Spring of 2011, is St. Francis High School's collective effort to most compassionately serve the increased campus population of students and families at St. Francis High School. We are committed to exclusively responding to a student(s) and her family who is experiencing an illness or recent death. The goal is to offer time-sensitive, pastoral care to the students and families that compose our community. This group operates in addition to the school's CARE Committee, described in the spring 2011 *Pax et Bonum*, which deals with a broader range of situations affecting students and their families, including academic, financial, emotional, or medical.

The team is comprised of 18 faculty and staff members representing various departments on our campus. The Campus Ministry department heads the support effort by making a call to the family in need. Then, guided by the family's request, various departments are appointed to offer their unique means of support. This may include community prayer, meal deliveries, cards collected from students, and/or short-term counseling for the student(s). The PRT's process is structured yet dynamic in order to provide optimal reinforcement. This follows in the model set forth by our patron, Saint Francis of Assisi. School families in need of Pastoral Care should notify any member of the school staff. ❖

*Kasey Cardinale is the SFHS Wellness Counselor*

Teachers Mary Castellano and Peter Strawn have assumed leadership roles as St. Francis High School pursues renewal of its accreditation under the auspices of the Western Association of Schools and Colleges (WASC) and the Western Catholic Educational Association (WCEA). Here Mary explains the process as an extended act of stewardship – the St. Francis community caring for and improving the school’s effectiveness in achieving its mission.

# INSTITUTIONAL INTROSPECTION: THE ACCREDITATION PROCESS

BY MARY CASTELLANO

It’s that time again! St. Francis High School is currently in the process of renewing our accreditation with the Western Catholic Educational Association (WCEA) and the Western Association of Schools and Colleges (WASC). As stewards of St. Francis High School, our community examines itself in order to best meet the needs of the young women we serve.

The accreditation process occurs approximately every six years and it asks the school to look at itself from many different angles. Last fall we began evaluating what we have accomplished over the past six years and how we can improve upon the school even more. All members of the faculty and staff as well as parents, current students, alumnae and the School Board, participated in a survey that measured how effectively we are achieving our Mission, Philosophy and Expected School Wide Learning Objectives. In addition, members of the faculty and staff worked tirelessly through the collection of evidence and group meetings to examine each facet of our school including our organization for student learning, curriculum and instruction, support for students’ spiritual, personal and academic growth and our resource management and development. As we move forward, we will take their analysis and create an action plan delineating what we hope to accomplish as a school over the next six years.

We are currently compiling our report to submit to the accreditation team that will visit us in March 2012. While on our campus, members of the team will observe and speak with teachers, staff, students and parents as they look at our successes and areas of growth. Following their visit, they create their own report of key areas of strength and areas where St. Francis High School can still improve. This report is submitted to WCEA and WASC and a recommendation on the term of accreditation will be set.

This has been an exciting process and has already confirmed what we already knew; St. Francis High School does an incredible job serving the young women of the Sacramento region. As we examine ourselves in the spirit of stewardship, we continue to strive to meet our goals and celebrate the successes that make us unique. ❖



# VIEWPOINTS: STEWARDSHIP



# FROM THE DIRECTOR OF INSTITUTIONAL ADVANCEMENT

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

-1 Peter 4:10

In this issue of the Pax we are exploring the topic of Stewardship. I have read many definitions that speak to its meaning. To the world at large it is an "ethic that embodies responsible planning and the management of resources." As a Catholic tradition, "it is rooted in our understanding that the entirety of our life is a gift from God."

In all aspects of our lives we are asked to be good stewards. Loving and caring for one another as well as safeguarding our natural and human resources is one aspect; so is the generous giving of time, talent and treasure. As Christians it takes on a deeper meaning.

We receive all of God's gifts with gratitude, cultivate them and share them lovingly with one another.

Parents in the St. Francis community have received a gift from God, your precious children. You nurture, care and love them as they become the person God wants them to be. As they journey at St. Francis you ask us to be stewards for you daughters. Through our pillars of Faith, Excellence, Leadership and Service we nurture them, helping them learn, grow and recognize the beautiful gifts they have received from God. We then send them forth to be stewards to one another and the world.

As you read the articles in this issue you will see how this awareness and caring for each other and our environment truly is a ministry of stewardship. Through the solar project we strive to care for God's creation. Members of our wonderful Maintenance Department staff hourly and daily care for our campus with love and commitment. Our alumnae are living the spirit of service and stewardship in all the amazing works and gifts they are sharing with their families and their communities.

In this issue we also thank our benefactors and donors for the generous gifts they have bestowed on St. Francis in the last year. Their contributions represent the "treasure" of stewardship that enables us to continue our ministry to the young women of St. Francis. Your commitment to our Stewardship Program ensures that each young woman will receive the best we have to offer while they journey with us - countless opportunities for challenge and growth in academic and co-curricular programs, campus ministry, community service, technology, the arts, and athletics. These are all vital aspects of the St. Francis experience.

We are grateful to all our benefactors, past and present, that have supported our mission for over 70 years. At the start of the 2011-2012 school year, our needs - especially for financial aid dollars - are greater than ever. Please consider a financial commitment to the Annual Stewardship for St. Francis Program on whatever level you are able to give.

Joy and Blessings,

*Jarvis Pallison*



## ST. FRANCIS GOES "GOOGLE"

"TroubieMail" - powered by Google - is the email system now used by St. Francis students and staff. Along with more reliable, stable, and virus-free email comes a suite of integrated collaborative applications that are being used by teachers, students, and staff. Google Documents, Calendar, and Groups are just some of the tools in the suite of Google Apps™. One of those applications, Haiku® Learning Management System, is revolutionizing the way teachers and students interact. Teachers set up class websites within the system with resources, assignments and announcements, discussion forums, blogs, polls, and course information in a myriad of forms: text, links, files, video, audio or imbedded web content. A drop box allows students to electronically submit their work, which teachers can correct or annotate online and return to the student - with not a piece of paper used. Parents are also provided with logins to view their daughter's class information, assignment lists, grades and more.

Of course, we at St. Francis understand that technological tools are a means of enhancing education, not a replacement for the personal connection between teachers and students so vital to the St. Francis experience. Cyberspace poses no threat to the joy of gathering in classrooms, hallways, the gym and Serra Court. Our Troubie sisterhood lives! ❖

## CAPTIONS

MOIRA O'BRIEN &  
MOLLY EMSLIE WITH  
MICHAELA REILLY '11



## INVESTING IN OUR STUDENTS

BY MOIRA O'BRIEN, SFHS DIRECTOR OF ADMISSIONS

This July, as I was proofing our new edition of the *Troubie Magazine* (SFHS's recruitment publication; view it at [www.stfrancisshs.org/admissions](http://www.stfrancisshs.org/admissions)), I was overwhelmed by the photos and remarkable stories of our Troubies and staff. The gifts that all of them bring and what is accomplished on our campus brought tears to my eyes. I immediately phoned Ingrid Niles and Leigh Hiers '96, who edit and design the magazine, and expressed how proud I am to be a member of this wonderful community.

Associate Admissions Director Molly O'Connor Emslie '81 and I become truly invested in each girl who applies to be a student at St. Francis. Molly, as an alumna, is my constant reminder of what we stand for: a true embodiment of Pax et Bonum (Peace and Goodness).

We guide each applicant through the admission process which may include listening to student ambassadors speak to eighth grade girls in our Catholic elementary schools, visiting campus at Open House and spending a morning shadowing a current student, engaging in academic testing, and a prospective student and family interview. You can imagine how distressing it is for us when an applicant who has made the decision and emotional commitment to be a St. Francis student is unable to attend because of her family's financial situation.

St. Francis was able to allocate \$1.1 million in financial aid for the 2011-2012 school year. Families apply for aid through TADS, an outside service that evaluates each family's need based on personal financial information then notifies St. Francis of the amount in aid each family requires. This year's established need totaled \$2.3 million. All of sudden \$1.1 million seems like a small amount to divide among the many families – new and returning – that apply for aid.

I am asked at times how hard it is to deny a student admittance to St. Francis and yes, it is hard. Harder still is to have a student who is prepared for SFHS academically, spiritually and behaviorally unable to attend because the financial aid we can offer is insufficient for the family's need. We believe that every girl should have a chance to become part of this special community.

We appeal to all the wonderful women who are alumnae of St. Francis and their families to help the current and future generations have the unique opportunity of being a Troubie by contributing to the St. Francis Scholarship Fund. The needs range from a uniform or books to those who require full financial support. Our dream is that each class, from the 40's to the more recent alums, sponsor one or more financial aid students. That may be one class member contributing \$12,000 or 200 averaging \$60 each. No dollar amount is too small.

Troubadours of all ages, come back to us at SFHS. The buildings and faces may have changed, but the spirit remains. Join us for a liturgy, a play, a game or a special event. Explore the campus, meet our students, and help us continue the wonderful tradition of Pax et Bonum. ❖



## CARING FOR GOD'S CREATION: ST. FRANCIS HIGH SCHOOL EMBRACES SOLAR ENERGY

BY KATE ELY '12

From the end of my junior year, over the course of the summer, and into my senior year, I have worked alongside members of the St. Francis High School Finance Department and other adults from beyond the immediate St. Francis Community on plans and a proposal for the installation of solar panels on our campus. An avid camper, hiker, and tree-hugger, as well as an athlete who spends most of her time outside, I care immensely for the environment and recognize my duty as a Steward of God's creation. I worked with Breathe California of Sacramento Emigrant Trails to establish a club on campus – Ask. Investigate. Resolve! – to evaluate the carbon emissions and energy consumption of the campus, and then make a plan to address the identified problems. The club has now merged with the Environment Club with plans to take on a broader range of ecological issues.

Something with a significant impact, such as the installation of solar panels, is precisely the project I sought to undertake when I founded my club two years ago. Discovering adults in the midst of plans, sketches, and calculations seemed too good to be true. Jumping right in, I worked to become familiar with the technical jargon of panels, rebates, and construction. As I grew to understand the charts and graphs, installation techniques, and advantages of the prospective bidders, a specific role developed for me: to represent the students, to be their voice. While St. Francis solar panels on campus will cut energy costs and reduce carbon emissions, other key benefits from the students' perspective is to model the social justice teachings of the Catholic Church and demonstrate the importance of living in cooperation with nature.

The Catholic Church takes a strong stance on the issues of environmental awareness and conservation. Catholic teachings emphasize the importance of caring for all of God's creation, including the environment. Beginning in the 1960s, the Church adopted a firm stance in favor of addressing and resolving the environmental issues of the day. Under Pope Benedict XVI, the Church rose to the forefront on issues such as renewable energy and carbon emissions. In 2008, Pope Benedict initiated the commencement of two projects – installation of solar panels on the Paul VI auditorium in Vatican City and restoration of forests in Hungary – to demonstrate the significance of environmental issues to the Church. Furthermore, Pope Benedict XVI added "ecological" evils, committed individually and collectively, to the modern list of deadly sins because such transgressions violate the laws of nature to which all individuals must subscribe if they wish to survive.

As followers of Christ, living in the image of St. Francis of Assisi, St. Francis students are already avid environmentalists, demonstrating a strong understanding of Christian morality through their mindfulness of resources and energy. Walking across campus, one sees Nalgene and reusable lunch bags throughout the courtyard instead of plastic water bottles and plastic bags. Rather than drive, many students walk, bike, or ride public transit to school every day. A group of students started an on-campus garden last spring to cultivate sustainably grown vegetables. The Environmental Club organizes an awareness week in the spring to educate girls about various issues and empower them to make changes. This year, the club plans to



# FACTS ABOUT THE ST. FRANCIS HIGH SCHOOL SOLAR PROJECT

## THE ST. FRANCIS HIGH SCHOOL 309KW (DC) PHOTOVOLTAIC INSTALLATION:

- ♦ is designed to produce 30.6% of the school's current electricity requirements.
- ♦ will result in a significant reduction in carbon emissions compared to traditional forms of generating electricity.
- ♦ will advance the Catholic teachings which emphasize the importance of caring for all of God's creations, including the environment.
- ♦ will further enhance the leadership role of the Church, the Diocese and the school in the community.
- ♦ will be funded through a US Treasury Grant, SMUD rebates, and reductions in electric utility bills.
- ♦ will lock in the cost of electricity for 30% of the school's needs, thus serving as an effective hedge against future inflation in the cost of electricity (California utility rates have increased an average of 6.7% over the last 30 years).
- ♦ will save SFHS more than \$1,000,000 in electricity costs over the next 25.

## TIMELINE:

- ♦ Approved by the Diocesan Finance Council on September 20, 2011.
- ♦ October 2011: Engineering, roof repair (reroofing) and the acquisition of permits.
- ♦ Early November 2011: Construction to begin.
- ♦ End of year 2011: Construction to be completed.

draft a Sustainability Plan for our campus. The plan will address guidelines to ensure that modifications to existing facilities and future additions meet certain ecological standards.

To the students and administration, the solar project represents far more than an economic or even energy-saving venture. While the savings – fiscal and energy – are significant, the project must be viewed in an educational and spiritual light, too. When asked about the possibility of installing panels on campus, students responded with enthusiasm, pride, and excitement. They recognize the value of reducing carbon emissions to preserve the environment. Once installed, technology associated with the panels would be integrated into both science and theology lessons. The solar installation includes not only the panels, but also a monitoring system that will provide information about the carbon emissions and energy consumption of the school. The information would highlight the important role of each individual in protecting the environment and using resources wisely. This is the essence of Stewardship. It is my hope that the St. Francis High School Solar Project will encourage each member of our community to embrace their role as Christian Stewards. ❖

## "VIVE LA VIE" COMMITTEE

### Event Chairpersons

Kathy Rudd  
Kathleen Friend

### Choreographer & Producer

Lisa Schwan

### Backstage Coordinator

Angie Richter

### Male Backstage

John Stie

### Bar Coordinator

Christine Hock

### Boutique Coordinator

Elena Fong  
Margo Brown

### Centerpiece Sales

Carrie Tharp  
Jennifer Kennedy

### Choreographer Assistant

Teresa Broghammer

### Clean-Up & Set-Up

Joe O'Neal  
The Dad's Club

### Change Over Coordinator

Jody Bryan  
Lori Carpenter

### Clothing Transportation

Jackie Conarro

### Design Team

Wendy Miller  
Carol Frank  
Chris Telford  
Karen Siino

### Food Coordinator

Elsbeth Cloninger  
Suzanne Cook

### Hair and Makeup

Julie Al-Huneidi  
Elmarie Brown  
Michelle Furno

### Hospitality

Karen Orlando

### Hostess Coordinators

Mary Pons  
Barb Bonotto

# MOTHER DAUGHTER FASHION SHOW

Do you ever wish you could be whisked away to Paris for a day of shopping, fashion and fun? Guests of this year's "Vive La Vie" Mother Daughter Fashion Show felt as if they had! Mothers, daughters, fathers, friends and alumnae arrived on campus to shop till they dropped in the "Ooh La La Boutique." Guests then lined the runway in the gym where our lovely seniors from the class of 2011, their beautiful mothers, and handsome Jesuit seniors modeled the latest fashions from local retail stores and boutiques. Because one day in Paris is never enough, there were 3 shows for guests to enjoy: "La Première" – Theatre style Show featuring a Dessert After Party, the "Bon Appétit" Luncheon, and the "Pièce de Résistance" Gala Dinner which included an special scene, "Shining Moment," featuring additional seniors and their parents. Many thanks to event co-chairs Kathleen Friend and Kathy Rudd, the planning committee, and the many volunteers for making "Vive La Vie" très fantastique! ❖



## THANK YOU TO OUR SPONSORS

### C'EST MAGNIFIQUE

Sandra Geary Cook '54

### PAR EXCELLENCE

Sandra Geary Cook '54

### LA BONNE VIE

Garrett and Linda Ryle

### TRÈS CHIC

Vince and Kathleen Friend

Todd and Kathy Rudd

Lindsey and Andrew Sackheim,  
In Honor of Madison Steele '11

California Family Fitness, Russ and Jeannie Kuhn

### SAVOIR-FAIRE

Brooke '15 and Sharon Aprea



# EVENTS

## “VIVE LA VIE” COMMITTEE

### *Invitations*

Leigh Hiers

### *Logistics*

Jayne Rasmussen

### *Model Coordinators*

Irum Khan

Ruth Huggins

### *Photography/Video*

Irum Khan

Pinkie (Cynthia Sheffer)

### *Program*

Carrie Harcharik

Leigh Hiers

### *Program Dedications/Ads*

Julia Clark

### *Props*

Shannon Case

### *Raffle Coordinator*

Lorie Kuppenbender

Melissa Mahanke

### *Reservations Coordinator*

Debbie Cairns

Kerry Xavier

### *Shining Moment*

Trish Ziegler

Kim Lien

### *Sponsorship/VIP Coordinator*

Kelley Tousey

### *Store Coordinators*

Nancy Dein

Jen Chelini

Cheryl Nightingale

### *Treasurer*

Wendy Cadei

### *Volunteer Coordinator*

Liz Vice

### *SFHS Advancement Associate:*

#### *Special Events*

Carrie Harcharik

#### *SFHS Director of Institutional Advancement*

Janis Pattison



## TOURNAMENT COMMITTEE

Molly Geremia Wiese '81,  
Co-Chair  
Scott Sadler, Co-Chair  
Tracy Beckwith, Booster Club  
President  
Margo Reid Brown '81  
Scott Carpenter  
Tim Crane  
Susan DeMarois  
Pam Elmets  
Greg Hovious  
Julie Laskin  
Lee Mao  
Heidi McKim  
Brian Mulholland  
Anne Geremia Sadler '80  
Kristi Spector  
Wendi Witmer Wegener '84

## THE SF BOOSTER CLUB THANKS THE FOLLOWING SPONSORS:

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Co., Inc., The Sellers Family  
Spector Weir LLP  
SFHS Basketball Team  
SFHS Golf Team  
SFHS Lacrosse Team  
SFHS Softball Team  
SFHS Volleyball Team

# GOLF TOURNAMENT

With an unsettled weather forecast, golfers for the 21st Annual Booster Club Golf Tournament weren't sure what to expect when they arrived at Del Paso Country Club on Monday, May 16th. Much to everyone's surprise and relief, golfers started their morning off with blue skies, sun and a light breeze. The St. Francis golf team was on hand to lend golfers their expertise on the course while student representatives from other SFHS interscholastic sports teams were kept busy welcoming golfers and selling raffle tickets. After a few practice putts and a grilled chicken sandwich box lunch prepared by the Booster Club, golfers were ready to tee off. As the day progressed, gray skies and cooler weather finally took over. St. Francis of Assisi must have been watching over us, as the rain held out until golfers were on their last hole or already making their way into the clubhouse. Having taken shelter, guests enjoyed appetizers, beverages, and conversation with friends followed by dinner and an awards ceremony.

Under the leadership of event chairs Molly Geremia Wiese '81 and Scott Sadler and their dedicated planning committee, over \$27,000 was raised to support the St. Francis athletic program. Many thanks to the generous sponsors, participants, volunteers, and students whose support is vital to continuing the outstanding athletics at SFHS. ❖



**SAVE THE DATE**  
**BOOSTER CLUB**  
**GOLF TOURNAMENT**  
**MONDAY, MAY 14,**  
**2012**  
**XXX**

## MEET A PARENT/ GRANDPARENT FOR LUNCH

Twice each year, the St. Francis Campus Ministry Department sponsors "Meet a Parent/Grandparent for Lunch Day." Students look forward to their relatives bringing a favorite lunch or purchasing one from the cafeteria. April 29 was a lovely day for a picnic in Serra Court. ❖

## JUNIOR FAMILY MASS AND COMMISSIONING SERVICE SUNDAY, MAY 22

As members of the class of 2012 assumed their positions as upper-class women, they joined their families and St. Francis staff to celebrate this transition with a Mass of Thanksgiving and a commissioning ceremony. Parents presented their daughters with the pin representing SFHS's Four Pillars of Faith, Excellence, Leadership and Service and shared with them their hopes for their senior year. This Mass celebrates, recognizes and empowers the young women to be the mentors and leaders of the school in the coming year.

## WELCOME BACK BBQ

On August 18, 600 parents and school staff gathered in Serra Court for the "Heart of a Troubie" Welcome Back Parents BBQ. Co-hosted by the SFHS Booster Club, Parents Guild and Patrons of the Arts, this annual event recalled the "first day of school" energy exhibited by the students just a day earlier. The specialty drink of the evening – a "Troubi-tini" – and the free hamburger and hot dog meal cooked up by the Booster BBQ Crew were enjoyed as much as the conversations during this casual evening dedicated to celebrating the Troubie spirit. ❖



## TESSA TOBAR

Tessa Tobar '13 received the sacrament of Confirmation on (date) in her parish church, St. James in Davis. Her sponsor was Lori Dwyer, long-time family friend of the Tobar family and Director of Technology at St. Francis High School.



# ★ THE ARTS

## HENRIETTE DOGLIETTO ART EXHIBITION: APRIL 7, 2011

The St. Francis theatre foyer gallery features displays of student artwork throughout the year, changing shows approximately every 6 weeks. At the end of the year, the Henriette Doglietto Art Exhibition shows the best artwork of the cumulative year, including summer class artwork, chosen by the four Visual Arts teachers - Kathy Carlisle, Marko Vlasisavljevic, Adan Romo, Mary Stember. Beginning art is placed next to AP Art entwined with sculpture, painting, pastels, printmaking, drawing, and photography. Parents, grandparents and friends come to see the show and admire the talent. This school year the Henriette Doglietto Art Exhibition is April 18-May 11.

## SPRING MUSIC CONCERT: APRIL 12, 2011

The St. Francis music program is extensive, offering beginning to advance choirs, solos and ensemble course, and orchestra and jazz classes. The Spring Music Concert is a delightful evening of music with approximately 200 students singing and performing with individual and combined choirs and orchestras. This year's concert will be held on Friday, April 20. ❖

1-3. Henriette Doglietto Art Exhibition  
4. Cast and crew of the Spring Play "A Piece of My Heart" 5-9. Spring Music Concert





## SPRING SPORTS 2011

### LACROSSE

#### VARSIITY:

Sacramento Valley Lacrosse Conference Champions; Best Team Sportsmanship Award

#### SACRAMENTO VALLEY LACROSSE CONFERENCE ALL LEAGUE FIRST TEAM:

Justina Burns '11, Allie Connarro '11, Meagan Bennett '13, Charlotte Stewart '12, and Celeste Holben '13

#### SACRAMENTO VALLEY LACROSSE CONFERENCE ALL LEAGUE HONORABLE MENTION:

Elise Nyland '11

#### WOMEN'S DIVISION NATIONAL TOURNAMENT:

Meagan Bennett '13, Celeste Holben '13 and Charlotte Stewart '12 represented northern California. Coach Dara Robbins was selected to coach a team in the tournament.

### SOCCER

#### VARSIITY:

Delta River League Champions; Sac Joaquin Section Runner-up

#### DELTA RIVER ALL LEAGUE:

Kasey Curtis '11, Jennifer Lum '12, Haley Hughes '12, Andrea Damian '13, Kayla Nanoo '11.....

#### DELTA RIVER LEAGUE PLAYER OF THE YEAR:

Kasey Curtis '11

#### DELTA RIVER LEAGUE COACH OF THE YEAR:

Richard Carrigan

#### JUNIOR VARSITY:

2nd place Delta River League

#### FRESHMAN:

Alliance Women's League Champions

### SOFTBALL

#### VARSIITY:

3rd place Delta River League

#### DELTA RIVER ALL-LEAGUE:

Alex Mumper '11, Bailey O'Mara '13, Stephanie Heyward '14

#### JUNIOR VARSITY:

Delta River League Champions

### SWIMMING & DIVING

#### VARSIITY:

Delta River League Champions; Sac Joaquin Section Champions

#### ALL DELTA RIVER LEAGUE:

Amy Crayne '13, Sydney Johansen '11, Carissa Metcalf '11, Cora Stebbins '12, Jessica Poelman '11, Natalie Green '13, Alex Rieger '14, AnnClaire MacArt '14

#### MAXPREPS/SACRAMENTO RIVER CATS ALL-CITY SWIMMER OF THE YEAR:

Sydney Johansen '11

### TRACK & FIELD

#### VARSIITY:

Delta River League Champions

#### ALL DELTA RIVER LEAGUE:

Cekarri Nixon '11, Haley Carbullido '13, Andrea Furtado '12, Kayla O'Brine '14, Brooke Sperbeck '11

#### SAC JOAQUIN SECTION DIVISION I CHAMPIONSHIPS:

Cekarri Nixon '11 - first in the 100 meter dash and 200 meter dash

#### MASTERS CHAMPIONSHIPS:

Cekarri Nixon '11 qualified for the State meet in the 200 meter dash and the 400 meter dash ❖

# ALUMNAE COMMUNITY

## ALUMNAE ASSOCIATION MISSION STATEMENT

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

## BOARD OF DIRECTORS

Tracy Grech Clark '78  
*President*

Kristen Haro '03  
*Vice-President*

Maura Twomey '77  
*Secretary*

Erin McGuire '95  
*Treasurer*

Marty York Azevedo '75  
*Past President*

## STANDING COMMITTEE CHAIRPERSONS

Erin McGuire '95  
*Community Service &  
Student Activities*

Jennifer Perez Blackburn '91  
*Education & Speakers Series*

Michelle McClinton Vaden '80  
*Parents Guild Liaison*

Nicole Plesha Donlevy '92  
*Scholarships*

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

## OUR NEWEST ALUMNAE, THE CLASS OF 2011

### SENIOR LUNCHEON

Senior Luncheon was held on Friday, May 13, 2011 at St. Francis. Over 700 seniors and their families and friends filled the gym which was elaborately decorated in silver and red with plenty of Mushu figures (their class mascot) adorning the tables. Senior Class Historian Bridie Carinci created a slideshow that beautifully captured the seniors' four years at St. Francis and brought tears and laughter to the room. The lunch was capped off with two alum speakers, Michelle McClinton Vaden '80 and Kat Haro '03, who spoke about what it means to be part of the St. Francis High School Alumnae Association which boasts 70 years of amazing women. It was a day to remember and a perfect way to welcome the most recent St. Francis alumnae, the class of 2011, into the Alumnae Association. ❖



### PARTING WORDS FROM CLASS OF 2011 GRADS

Each year, St. Francis High School conducts a senior exit survey and interviews. The following excerpts from the responses of the Class of 2011 are in response to the question "What do you consider the best characteristic of St. Francis?"

I would say the general spirit of the campus is the best characteristic of St. Francis. There is a spirit for the school, exemplified by the decibel level of Homecoming. There is a spirit for community and for faith, thanks to the outreach of Campus Ministry. There is also a spirit for the greater good, shown through the Renaissance education they provide, not just in the classroom, but with school activities. "Every 15 Minutes" was probably the best experience I've had at St. Francis. It demonstrated the importance of respect for life, but also demonstrated how close the St. Francis community is. I am grateful for this experience.

**Sarah Mahan '11**

St. Francis has a way of making the school feel like a community. All the student feel like family and that is something I would not have been able to find at any other high school.

**Nicole Bellini '11**

Student life is absolutely amazing at St. Francis. While reflecting on these past four years, I can honestly say I am so thankful for our tight-knit community. I love how girls are able to come to school and not have to worry about their appearance. Female academic excellence is also something I really treasure about SF. The student population is motivated to do well and everyone utilizes her talents to the fullest potential.

**Nicole Lau '11**

The "family" feel of the campus. Sisterhood.....need I say more?

**Emma Krouse '11**



In 2011, Katie O'Dowd received the school's highest honor, the Pax et Bonum Award, presented to a graduate who best exhibits the qualities of peace and goodness through faith.



# ALUMNAE COMMUNITY

## VALEDICTORY SPEECH

By Kate Wigginton '11

Troubadours and families, teachers and leaders, clergy and citizens, ours, all of ours, is a story of creation; and on this day of great transition, the story of creation is actually two stories in one.

In your mind's eye, look up into a dark summer's night sky and see the stars. The beauty and expanse of the heavens is breathtaking! Astronomers estimate that there are at least one hundred billion galaxies in the observable universe, with billions of stars in each galaxy and approximately 72 other civilizations capable of communicating with ours in our own Milky Way Galaxy alone.

Now look around your community and see the mighty Sierra Nevada Mountains and Old Growth Redwoods, the incomparable Yosemite Valley and endless sweep of the Pacific Ocean. The splendor of our Earth is nothing less than miraculous. Radiometric dating methods suggest that our planet formed from an interstellar cloud of gas about 4.5 billion years ago and that our human species emerged a mere 2.2 million years ago.

Our first story concerns itself with how all of this came to be: by Intelligent Design or by Evolution? Scientists and theologians have hotly debated this question for centuries; but for us, the answer is elementary. This is because, if our faith truly is the substance of things hoped for, the evidence of things not seen, as defined by St. Paul, then both Intelligent Design and Evolution are correct. Indeed, the evidence of things not seen is all around us, above, upon, and below the Earth, and all these things truly testify of our Creator, which is God in Heaven, and give glory to Him.

This brings me my second story: the creation of a Troubadour. We understand from scripture that after the heavens and the earth were finished, and all the host of them therein, God created, from the dust of the ground, man, who became a living soul as he was imbued with spirit, or the breath of life. Then, and only then, did Heavenly Father bring forth His ultimate creation, His concluding masterpiece: Woman.

Linguistically characterized in the English language as a "help meet" to Adam, Eve, or the mother of all living, was, in fact, a companion of equal strength and power to him, if the correct translations of the Hebrew words ezer and k'negdo are properly understood. Nevertheless, over the course of human history, her role diminished and strength yielded to submission, power to passivity. In Sacramento, however, this all changed, in 1940, with the establishment of St. Francis High School and its commitment to spiritual growth and academic excellence for young women.

Troubies, wake up and answer me this: Did we not enter here as giggling girls plagued with pimples and filled with fears of failure and humiliation? And are we not graduating today as confident women, strong with purpose and filled with a reverence for life and the potential and capacity to serve our community? The answers are "Yes" and "Yes", and I respectfully submit that this transformation, this creation if you will, occurred as much through the intelligent design of this school, with its talented teachers and loving leaders, as it did through the evolution which occurred in your homes with your families these past 48 months. This is your story and this is our story, a story of creation and very much a story of love.

Today, then, is a great transition. As one of your valedictorians, I ask that you put away childish things but never forget them. Remember your friends and teachers and what they taught you and meant to you. Recall the love and guidance provided by your parents and leaders. Then take what you have learned and go forth and serve; for we know that when we help one another, we serve the God who created us, and give glory to Him.

Times may get tough, dreams may slip and fall, but remember Kairos and Live the Fourth always. And whenever memories begin to fade, look up into a dark summer's night sky and see the stars. Each will be a reminder to you of the lessons learned here, in this place with these people, and each will be a light bearing witness of God's glorious creation and His eternal purposes for you, a daughter of God, and forever, a Troubadour. ❖



## ALUMNAE BOARD

By Kat Haro '03

Wine, fun, and getting business done. The Alumnae Board is seeking new voices as we plan 2011-2012 activities.

The SF Alumnae Board is made up of several dedicated and spirited members representing St. Francis classes from 1977 to 2005. The group would like many more representatives of SF classes from 1945-2011. As a board we plan social activities geared toward alumnae, whether young or young at heart, including the Spring Fling Luncheon, Troubadorable Faire, and alumnae service days. We also support and participate in school activities like Homecoming and the Senior Luncheon.

Meetings are open to all alumnae; we welcome new ideas and opinions! Board meetings take place at 6:00PM on the second Tuesday of each month in the St. Francis Faculty/Staff lounge. We are currently filling openings for executive board and committee positions. For more information, please contact:

Carla Zilaff '01  
Advancement Associate:  
Alumnae Relations  
[czilaff@stfrancishs.org](mailto:czilaff@stfrancishs.org)  
916-737-5020

# ALUMNAE COMMUNITY

## GRADUATES' PRAYER

By Maddy Kimball '11

We are over two hundred hearts, beating together.  
We are over two hundred minds, thinking similar thoughts.  
We are over four hundred ears, hearing the same words.  
We are over four hundred hands, building the same world.

We are one voice, lifting up one prayer to our God.

Lord, there are so many people, so many blessings,  
for which we want to thank You.

There are so many things  
for which we want to ask Your guidance and help.

There are so many reasons  
for which we want to praise and worship You.

But we have so little time, and so few words.

So Lord, take our hearts.

Take our wishes, our hopes, our dreams.

Take our fears, our insecurities, our regrets.

Take the bonds of our friendships, and the ties of our memories.

Weave them into a prayer

that each of us feels as Your fire in our core,

hears as Your voice in our ears,

knows as Your love in our souls.

This is the one voice—

Yours and ours, singing one prayer to which we all contribute.

This is the sum of who we are.

This is us, connected, united, intertwined.

Soon, great distance will separate us,

but in You, we will remain one.

We will face our futures,

make our good choices, and our bad,

find the peaks and valleys in our lives.

And through it all,

our hearts will always speak to You, and listen to You,

even when we struggle in our faith.

We are Yours, and our lives will be one prayer to You.

So with our one voice, God,

We invite You to shelter in our hearts,

so that we may continue to be bound together,

and continue to speak as one,

with the voice of love.

Amen.

Looking back, I know I am going to miss all the times we've spent here together and all the memories that we have made, but what I'm going to miss the most is ending a mass with the song, *At the Beginning*. I know this is oddly specific, and maybe a little sentimental, but this moment is the epitome of St. Francis. Everyone is holding hands, hugging one another, swaying to the music and everything else is forgotten except to enjoy that moment we have together. St. Francis has given that to us...we could not have gotten this connection, this bond, this sense of solidarity in any other place.

**Hailey Hayes '11**

Excerpt from Valedictory Speech



# ALUMNAE COMMUNITY

## SPRING FLING

By Erin McGuire '95

The Alumnae Association celebrated another successful Spring Fling on Saturday, March 26th, 2010. It was a stormy, cold day outside but inside we were transported to a tropical luau with leis, Blue Hawaiians and outstanding performances from the St. Francis Hula Club. Several "Distinguished Alumnae" were acknowledged for tremendous work in their communities, including Alexandra Langston '05 (Outstanding Young Alumnae), Katie Baker Villegas '84 (Service Award), Martha Guzman Aceves '95 (Accomplished Alumnae) and Ada Anne Panattoni Daugherty '47 (Life Achievement Award). In the SFHS tradition, we were treated to a remarkable slide show commemorating decades of St. Francis Alumnae. There was also a raffle, which included prizes from many local businesses. Thank you to all who donated time and goods to continue this tradition! We look forward to seeing you next year.

Information about the Distinguished Alumnae honorees was included in the spring 2011 Pax et Bonum, accessible online at [www.stfrancishs.org/publications](http://www.stfrancishs.org/publications). ❖

**SAVE THE DATE**  
**2012 SPRING FLING**  
**SATURDAY, APRIL 21, 2012**  
**IN THE ST. FRANCIS GYM**

1. Jill Julian '81, Theresa Arnold '81, Pattie Tobia-Smith '81, Karin Nilsson '81 2. Ada Anne Panattoni Daugherty '47 & Carla Zilaff '01 3. Sarah Zweigenbaum, Zoya Zweigenbaum, Katbryn Mosloskie Zweigenbaum '88, Toby Zweigenbaum 4. Ann Turncliff & Joan Calkin 5. Betsey Percy Bryan '84 & Erina Lucchesini Soria '84 6. Alexandra Lendl Langston '05 & Ariana Lendl Medina 7. Kay Pesce & Denise Desmond Franzoia '47 8. Vince Villegas, Elena Villegas, Katie Baker Villegas '84, Ruth Baker 9. Shawn Daugherty Sylvia, Franca Cervoti, Marzia Zanetti 10. Annie Perez & Jennifer Perez '91 11. LisaMarie Williams '08 & Theresa Arnold '81 12. Katarina Lendl, Janine Lendl, Alexandra Lendl Langston '05, Frits Goudberg

### SPRING FLING COMMITTEE

#### Chair

Kat Haro '03

#### Bar

Erin McGuire '95

#### Clean Up

Carla Zilaff '01

#### Decorations/Tables/Entrance

Jennifer Perez '91

#### Na Wabine 'O 'Olu Hula Club

Laureen Macugay

#### Invitations

Leigh Hiers '96

#### Raffle

Tracy Grech Clark '78

Maria Morais Shields '84

#### Servers

Michelle McClinton Vaden '80

#### Committee Members

Marty York Azevedo '75

Maura Twomey '77

#### Director of Alumnae Relations

Carla Zilaff '01



# ALUM UPDATES



## UPDATES!

We love staying connected and want to hear from you. Visit the alumnae page of the website to update your contact information online and to find out about upcoming events. You can also email your address, email and phone number as well as your updates and digital pictures for future *Pax et Bonum* magazines to:

**Carla Zilaff '01**

Advancement Associate:  
Alumnae Relations  
[CZilaff@stfrancis.org](mailto:CZilaff@stfrancis.org)  
916.737.5020

## 1950s

**Carolyn Porcella Moore '55** is so pleased that her granddaughter, **Rachel Moore**, is now attending SF. Rachel is a member of the class of 2015, 60 years after her grandmother graduated!

## 1960s

**Becky Boyd '66** is in Panama with Peace Corps Response on a six-month assignment helping with the automation and opening of a new library in Boquete, Chiriqui. Her response to the experience so far? "Fantastico!"

## 1980s

**Donna Van Natten Jackson '84** graduated with her doctorate in Educational Leadership in June from Liberty University in Virginia. Her youngest son, Jarrett, graduated from high school two weeks later and is now at Georgia Tech studying Civil Engineering. Donna and her husband, Bud, have two other children; Evan is in his 3rd year at the University of Georgia studying Sociology and Photography and Jillian is a sophomore in high school. Donna still writes grants and works with numerous education and health entities for resource development and evaluation services. This fall, Donna and Bud will celebrate their 15th anniversary. This is her 18th year living in Georgia and she can't believe her SFHS 30th high school reunion is looming! Fellow classmates... we are way too young for 30 years!

**1** *Donna and her family at her graduation.*

**Gina Jackson '87** invented the DishwasherMATE! She and her product were featured on Good Day Sacramento with fellow alumnae anchorwoman, **Julissa Ortiz '95**, as well as in September's issue of Style Magazine's "Getting to Know You" page! In addition, she just passed international testing for QVC. Check out an article on Gina and her invention: [www.villagelife.com/business/mom-turn-inventor-creates-dishwasher-mate/](http://www.villagelife.com/business/mom-turn-inventor-creates-dishwasher-mate/)

**Melissa Helen Tolley Nebel '88** married James Brian Nebel on April 30, 2011. Her sister, **Lisa Tolley Mackey '85**, was her matron of honor. The ceremony took place at St. Charles Borromeo Church. Present at the wedding were two of her dearest friends **Kathryn Mosloskie Zweigenbaum** and **Theresa Blake Antisdell**, both class of '88. The happy couple lives in Chico, California. **2**

## 1990s

**Gillian Clemitson McCracken '94**, husband Kevin, and daughter Charlotte were overjoyed to welcome little Calum into the world on June 1, 2011. Gillian and family recently moved from their home in the East Bay in Northern California to Singapore in September of this year. Gillian is a Pediatric Oncology Nurse who has been a stay at home mom since Charlotte's birth in 2009. Kevin is a Partner in Transfer Pricing with PricewaterhouseCoopers. They are very excited about their move and the new experiences they'll have living and traveling in Asia. **3**

**Christina Conti Rodriguez '95** and her husband, German, welcomed their second daughter, Olivia Juliet Rodriguez, on St. Patrick's Day, 2011. She joins her sister Amelia, who is now three. **4**

**Liz Berta Miller '95** had her first baby, a boy, on October 12, 2010. His name is Decker James Miller. Liz and her husband, Kevin, named him Decker as a play on "decade" as that is how long they were together when Decker arrived. **5**

**Emily Vellanoweth Ingistov '97** married Andre Ingistov on March 12, 2011 at the Cathedral of the Blessed Sacrament, presided by Fr. George Wanser, S.J. They honeymooned in Aruba. Emily recently earned her second Master of Science degree with distinction in school administration. She has lived in Los Angeles since graduation from St. Francis and teaches middle school math at Westchester Lutheran School. Emily's sister-in-law, **Anna Weitzenberg Vellanoweth '94**, was a bridesmaid in her wedding and her cousins **Jenna '14** and **Mackenzie Bellinger '12** (current SF students) participated in the wedding through readings and bringing up the offertory gifts. **6**

**Genessa Justinich Maestas '97** and her husband Jeremiah Maestas welcomed their first child on April 21, 2011. Her name is Autumn. **7**

**Jessica Bennick Shevlin '98** and husband Jim (Jesuit High School '91) welcomed their first child, Lillian Rosemary Shevlin, on November 28, 2010. They live in Sacramento with their dog Phineas and cat Cole. **8**

# ALUM UPDATES



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**Kasey Henrickson Cardinale '99** is in her fifth year working at St. Francis High School. With a background and licensure in Marriage and Family Therapy, Kasey assumed the role of Wellness Counselor in the Guidance Department in January 2011. On June 18, 2011 Kasey married Paul Cardinale. Classmates **Teresa Katnik Santarosa**, **Maren Harper Fawcett** and **Christine Ledesma Soriano** stood by her side. Kasey and Paul reside in Carmichael, California. **9**

## 2000s

**Emily Baker '00** got married over the summer to her best friend, technical recruiter Devin Hurley. She is employed as a project analyst at UCD Med Center. Emily spends her free time fixing up her first home and looks forward to starting a family soon. **10**

**Jenn Jacobs '00** married the love of her life, Bill Phillips, at a beautiful wedding in San Francisco on Saturday, June 4, 2011. The ceremony took place at the Old Saint Mary's Cathedral and was followed by a gorgeous reception at the Olympic Club, Lakeside. It was a perfect evening for the newly married couple.

**11** *The other St. Francis alums from the Class of 2000 in attendance were Lindsay Schaefer, Jill Nelson, Erin Lungren, Jenn Jacobs, Stacy Mello, Lindsay LaSalle, Annie Kaldor Sauro and Megan Zimmerman Allen.*

**Melissa Daugherty Ogletree '04** and her husband were married on December 3, 2010 in Clarksburg, CA at St. Joseph's Catholic Church followed by a reception at the Old Sugar Mill. They reside in Denver, Colorado. In June 2011, Melissa graduated with her Master's in Social Work from the University of Denver with an emphasis on Adulthood and Late Life Challenges. Currently, she is working at the Adams County Justice Center in Colorado on a federal grant project that addresses the needs of children affected by Fetal Alcohol Spectrum Disorders and their families. In 2008, Melissa was awarded the Outstanding Young Alumnae Award from the St. Francis Alumnae Association. **12**

**Michelle Tessier '04** graduated summa cum laude from American University Washington College of Law in May, finishing 7th in her graduating class of over 400 students. During law school, Michelle was the Senior Federal Circuit Editor of the American University Law Review, a Moot Court Honor Society team member, and a Distinguished Dean's Fellow for the Legal Rhetoric Program. In October, she will begin working as an associate at the international law firm, Jones Day, in Washington, DC. Previously, Michelle graduated cum laude from Georgetown University with a Bachelor of Arts in English and Government. Michelle recently announced her engagement to a fellow Georgetown graduate, Dmitriy Zakharov. A fall 2012 wedding is planned. **13**

## ENTERTAINMENT BOOKS

The St. Francis Alumnae Association is again selling Entertainment Books to support the SFHS Scholarship Fund. Books are available in the St. Francis High School front office and online at <http://bit.ly/SFHSEntertainmentBooks>. Either method of purchasing will benefit SFHS. The price is only \$30. You can buy books for a variety of cities. They make great gifts!

For more information or to purchase an Entertainment Book, please contact:

**Carla Zilaff '01**  
 Advancement Associate:  
 Alumnae Relations  
[CZilaff@stfrancishs.org](mailto:CZilaff@stfrancishs.org)  
 916.737.5020

## VEHICLE DONATION PROGRAM

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



*Troubadours were in abundance at the wedding of Katie McCauley Nelson '97: Nicole Davis Rave '98, Marisol Freitas Turpen '98, Sarah Ellingson McMurray '97, Stacy Mello '00, Tanya Davis '97, Katie McCauley Nelson '97 (the bride), Jennifer Mello '97, Genny Caridi McNulty '97, Katie Caridi '99, Kelley Reiff '03, Kathryn Hamilton '05, Erin Chargin Kramer '93 and... 4 Little McNulty's, Russ, Ally, Molly, and Libby- Future Troubies and Marauder, Class of 2024!*

# ALUM UPDATES



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## ALUMNAE BUSINESSWOMEN

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

Contact:

**Carla Zilaff '01**

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

or email:

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

**Anneliese Guess '05** graduated in May from Georgetown University with an M.A. in German and European Studies from the School of Foreign Service. She recently accepted a Project Manager, International Relations position with the Bertelsmann Foundation, a German nonprofit located in Washington, DC, where she has lived for the past two years and will be for the foreseeable future.

**14** *Anneliese and fellow '05 Alumna Hayley Higgins Figeroid at Haley's wedding in June.*

**Taryn Kilmer '05** and **Sarah Simmons '05** graduated from UC Berkeley and both are on their way to medical school in July. Taryn will be attending Temple University in Philadelphia and Sarah will be at UC Davis School of Medicine.

**15** *Taryn at her induction ceremony at Temple University in Philadelphia.*

**16** *Sarah at her white coat ceremony at UC Davis.*

**Hayley Higgins Figeroid '05** married Stuart Figeroid (Jesuit '04) on July 9th at Sacred Heart Church in Sacramento. The reception was held at the Sacramento State Newman Center, where many previous Troubies and Marauders were in attendance. Hayley's maid of honor was her sister, **Caitie '07**, and her bridesmaids were **Kathryn Hamilton '05**, **Annie Rakich '05**, **Erika Weinheimer '05** and Elizabeth Figeroid (Loretto '07). The newlyweds honeymooned in New Orleans and have now settled in Sacramento. Hayley graduated Summa Cum Laude from the University of San Francisco in 2009 with a major in English Literature and minors in Spanish and Theater. She will earn her Master's degree in English Literature in December from Sacramento State. She has been teaching English at St. Francis since 2010. **17**

**Alexis Arnold '07** graduated from Stanford in June with a B.A. in Psychology and a B.A. in Italian. But they can't get rid of her just yet! She will be spending one more year there, completing a Master's in Communication (specifically, the Media Studies track). She is looking forward to learning more about the psychological aspects of social media, and how the current climate of technology is changing the way we think and interact. Alexis just finished a Fashion Business program in Paris, and is thinking of eventually infiltrating the fashion world through marketing, merchandising, or publishing. She would like to say congratulations to all her fellow Troubies of 2007 for accomplishing such incredible things over the past four years! She is so proud of everyone and is excited to see where the future takes everyone.

**18** *Per Stanford graduation tradition, everyone dresses in costume for the "Wacky Walk." Alexis is at the far right with a group of close friends who chose to go as Mario Kart characters for their 'Final Lap'!*

**Kelly Mennemeier '07** graduated Magna Cum Laude from Wellesley College in May with a degree in Psychology and English and was initiated into Phi Beta Kappa and Psi Chi. While at Wellesley, she had the opportunity to study in depth the applications of Title IX, conducting research on the public option for single-gender education in South Carolina, as well as researching and coauthoring papers on peer-to-peer sexual harassment in middle and high schools. In August, she will begin a year of service with the Jesuit Volunteer Corps Northwest, working as a legal assistant for the Metropolitan Public Defender's office in Hillsboro, Oregon.

**Alyson Regina Owyang '07** graduated from USC in May with a B.S. in Human Development & Aging and a minor in International Relations. She received the Cardinal and Gold student recognition award for significant contributions in the areas of scholarship, leadership and service at USC. During her time as a senior, Aly studied and interned abroad in Geneva, Switzerland, and loved seeing the United Nations. She has also interned at local hospitals and non-profits in Los Angeles. Over the next year, Aly plans to work full-time in Rancho Palos Verdes and pursue a career in clinical medical care. At the USC graduation, Aly joined fellow Trojans and Troubie alums, **Hestia Rojas '07** and **Ashley Dotterweich '07**. Fight On! **19**

# ALUM UPDATES



**Brigget Barrios '08** graduated a year early from the University of Arizona with a Bachelor of Arts degree in Political Science and a Minor in Spanish. While in college, she was a member of Alpha Phi, Phi Alpha Delta, Pre-Law Mentoring, and the St. Jude's Up 'Til Dawn Planning Committee. She also enjoyed traveling to Spain to study abroad and interning for the Arizona Attorney General as well as U.S. Senator Jon Kyl. This fall she began her studies at McGeorge School of Law.

**20** *Brigget and her parents Bryan and Julie Barrios at her graduation from the University of Arizona, in Tucson, May 2011.*

**Katie Mendenhall '08** was blessed with a promotion in May to Store Manager at Pier 1 Imports. This is something that she been working toward since she started there almost 5 years ago. Katie has excelled in her career thanks to her excellent education at St. Francis which has given her motivation to overcome challenges and to continue to grow in her life.

**Heidi Montgomery '08** recently spent a month in Australia studying the Dynamics of Tourism and International Special Event Management. While there, she climbed the Sydney Harbour Bridge, toured the Sydney Opera House, and cuddled with koalas. In the fall, Heidi will continue her final year of college at Johnson & Wales University in Charlotte, North Carolina. **21**

**Melissa Kelly '09** is an accomplished Graphic and Website Designer living in San Francisco. She is completing her third year in design at the Academy of Art University. Melissa has worked as a graphic design intern for Caroline Jordan Fitness and a freelance graphic and website designer for individuals and other companies in the Bay Area and New York. Her work has helped many businesses succeed through creative website and brand design. She loves living in San Francisco with its colorful culture and active lifestyle. Melissa balances work and school with a fun fitness routine. As an active runner, Melissa will be participating in both the San Francisco Half Marathon and the Nike Women's Half Marathon this year. **22**

## 2010s

**Amalea "Mya" Romero '10** had an incredible freshman year at UC San Diego. Not only did she love the school and its academics, but athletically it was unbelievable. Her softball team for UC San Diego won the national championship for Division II, beating the previously number one ranked team in the nation. Particularly amazing was that fact that there were ten freshmen on the UCSD team. Mya was the team's shortstop and started every game in the season. At the end of the season she was named Freshman of the Year for the California Collegiate Athletic Association. **23**



*Brigitte Teh '11, Olivia Saalsaa '11, Helen Grandy '10, Elizabeth Fahey '10, Christina Fahey '09, Eileen Nicholes '08 and Catherine Higgins '07 working at Camp Pendola for the 2011 Summer Sessions. They all spent an amazing summer working with kids in the outdoors. The girls are all attending college across the country and Catherine just started Law School at Michigan State University.*

## DISTINGUISHED ALUMNAE NOMINATIONS

The SFHS Alumnae Association proudly opens nominations for the Distinguished Alumnae Awards Program. This program honors alumnae who have achieved success in their personal and professional lives, who serve as role models to all through their examples of outstanding leadership, achievement and service. This success can be in academic endeavors, chosen profession or in community service. The award categories are:

**Outstanding Young Alumnae Award:** Recognizes the achievement of an alumna who graduated within the past ten (10) years.

**Accomplished Alumnae Award:** Recognizes an alumna, ten or more (10+) years after graduation, who has achieved significant accomplishments in her field of interest.

**Service Award:** Honors an alumna who has demonstrated extraordinary interest and dedicated volunteer service to SFHS and the greater community.

**Life Achievement Award:** Honors an alumna for demonstrated excellence in her career or in service to the community, thirty-five or more (35+) years after graduation.

Please submit your nominations by using the online nomination form in the Alumnae section of the St. Francis website, [www.stfrancis.org](http://www.stfrancis.org), or in a letter to SFHS Alumnae Association, 5900 Elvas Ave., Sacramento, CA 95819.

For more information, contact:  
**Carla Zilaff '01**  
 Advancement Associate:  
 Alumnae Relations  
[CZilaff@stfrancis.org](mailto:CZilaff@stfrancis.org)  
 916.737.5020

# ALUM UPDATES



20



21



22



23



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## facebook

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

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

### HELP BUILD OUR SFHS PHOTO ARCHIVE

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

## ALUM DISCOVERING HER HEART'S HOME

Following two years in the "Echo" service-masters program at Notre Dame and two years of ministry with Nativity Catholic Church in Indianapolis (serving as the youth minister, Confirmation coordinator, RCIA teacher, and a 2nd grade catechist) Natalie Helfrick '04 took exams for a Theology M.A. in July 2011. Natalie then committed to 18 months of service in Bangkok, Thailand with an international Catholic organization called Heart's Home.

Natalie writes:

"When I stumbled across the Heart's Home website last spring, I thought, "Ahhh! It exists!" Heart's Home seemed to make a lifestyle out of what has become most meaningful to me—a Eucharist-centered prayer life, strong community, walking with people through their pain and struggles. The driving insight of founder Fr. Thierry de Roucy that "Man's greatest thirst is to have a friend that is a compassionate presence" spoke deeply to me. It has been a theme of constant reflection as I've encountered it in those I've ministered to and within campus and parish ministry, in my community mates, in my friends, in my family, in myself.... We all crave that same look of Love. I know that service with Heart's Home is a way to respond to this thirst, among God's beloved poor. I'm also drawn by the radiating joy and genu-

ine love of God and neighbor that I've encountered in all those in Heart's Home. Thus, a little fearful yet blessed with great joy and peace, I have committed myself to 18 months with Heart's Home, beginning October 2011. Specifically in Bangkok, I will share life in community with three other women and spend my time primarily with children of the streets and their families; the very sick in a nearby hospital; children at a day care center; adults with disabilities at a day activity center; elderly people of the neighborhood; and inmates of the immigration detention center. I look forward to letting go of the familiar and comfortable in order to belong to the people of Bangkok's Klong Toey slum; to be a living reminder that they are deeply loved. Aware of my weaknesses and great challenges ahead, I am humbled by and grateful for the opportunity to answer this call. I know I'll receive far more than I'll give."

For more information or to support Natalie's endeavor, find her personal page at:

<http://usa.heartshome.org/New-American-volunteers.html> or contact her at [Nataliehelfrick11@gmail.com](mailto:Nataliehelfrick11@gmail.com).

**24** Natalie (right) in her role as Youth Minister at Nativity Catholic Church in Indianapolis.

Through their Guidance Counselors, with the aid of the Naviance curriculum and college planning tool, St. Francis students are guided and encouraged in the process of researching their options to find the right "fit" college or post-secondary path. The 283 graduates of the St. Francis class of 2011 are now enrolled in the following 106 colleges, universities and study abroad programs, effectively de-bunking the myth that there is only one path to success.

Albion College • American River College • Arizona State University • Azusa Pacific University • Barry University • Baylor University • Boise State University • Boston College • Boston University • Brigham Young University • Bucknell University • California Polytechnic State University, San Luis Obispo • CSU, Chico • CSU, East Bay • CSU, Fullerton • CSU, Long Beach • CSU, Monterey Bay • CSU, Northridge • CSU, Sacramento • Calvin College • Cañada College • Carroll College (Montana) • Chapman University • Claremont McKenna College • Colgate University • Colorado State University • Columbia University • Cornish College of the Arts • Cosumnes River College • Creighton University • Dominican University of California • Folsom Lake College • Fordham University • Georgetown University • Gettysburg College • Gonzaga University • Houston Baptist University • Humboldt State University • Johnson & Wales University • Loyola Marymount University • Loyola University Chicago • Loyola University New Orleans • Menlo College • Muhlenberg College • Occidental College • Oregon State University • Palomar College • Pepperdine University • Point Loma Nazarene University • Quinnipiac University • Regis University • Rutgers, The State University of New Jersey at New Brunswick • Sacramento City College • Saint Louis University • Saint Mary's College of California • San Diego Mesa College • San Diego State University • San Francisco State University • San Jose State University • Santa Clara University • Seattle University • Sierra College • Sonoma State University • Southern Methodist University • Southern Oregon University • St. Edwards University • Tacoma Community College • Texas Christian University • The George Washington University • The University of Arizona • The University of Iowa • Trevecca Nazarene University • University of Alabama • UC Berkeley • UC Davis • UC Irvine • UC Los Angeles • UC Merced • UC Santa Barbara • UC Santa Cruz • University of Chicago • University of Delaware • University of Dubuque • University of Hawaii at Manoa • University of Kansas • University of Kentucky • University of Nevada, Las Vegas • University of Nevada, Reno • University of Oregon • University of Portland • University of Rhode Island • University of San Diego • University of San Francisco • University of South Carolina • University of Southern California • University of the Pacific • University of Utah • University of Virginia • University of Wyoming • Washington University in St. Louis • Western Oregon University • Yale University • Les Roches Marbella (Spain) • Pontificia Universidade Católica do Rio de Janeiro, Brazil • Rotary Youth Exchange to Italy



# REUNIONS

## CLASS OF 1981 • 30 YEAR REUNION

By Molly O'Connor Emslie

Well, the class of 1981 has always been good at throwing GREAT parties. On July 23rd, 2011 we proved that we still have it. Our 30th reunion was a BLAST! Forty-seven members of our class and 2 teachers, Mr. Schwing and Mrs. Gaines, attended. Margo Reid Brown opened her beautiful home to us. Sydney Young did an outstanding job planning everything from food and drinks to tables and linens. Molly Geremia Wise took care of the great '70s and '80s tunes along with set up and clean up with Leslie Moretti Jaime. We had quite a few hours to visit and get caught up on everyone's lives, families, children, grandchildren, careers, pets, passions, hardships and

adventures! The nice policemen who paid us a visit just advised us to keep down the noise ;-).

We missed many of you and hope that you will make it to the 35th. Most of us want to get together sooner. Whenever you feel moved to, send an invite on FB to meet somewhere and an impromptu get together will happen. KEEP IN TOUCH! ❖

1. Sydney Young, Margo Reid Brown, Molly O'Connor Emslie, Molly Geremia Wise, Leslie Moretti Jaime 2. Class of 1981, 30th Reunion Group Photo



## CLASS OF 1986 • 25 YEAR REUNION

by Mollie Munizich Nelson

On Saturday, July 30th members of the graduating class of 1986 attended their 25th high school reunion. The reunion was held at Mulvaney's B&L in the heart of Midtown. Over fabulous hors d'oeuvres and decadent desserts, the "girls" reminisced as they browsed through the yearbooks that were on hand. Music from 1982-1986 (by Madonna, Prince and Michael Jackson to name a few) played while the conversation flitted between the past and the present. For several of the classmates, this was their first gathering since graduation – not being able to attend the 5th, 10th or 20th year reunions that were held previously. For all, it was a great evening catching up with old friends.

Some of the highlights:

- Karen Klein Dalton just returned from a trip to France with her husband, Chris, and their two daughters, Olivia and Natalie.
- Deborah Marskey Garcia traveled the farthest, arriving from Atlanta, Georgia, where she and her husband, Juan, currently live.
- Six of the classmates in attendance also graduated from Sacred Heart Elementary School together in 1982 – Angela

Kufasimes Gianulias, Deborah Marskey Garcia, Colleen Kennedy Sturdivant, Kimberly Russell Zarro, Deborah McCormack Eldridge, and Becky McReynolds.

- Pamela Diaz just recently completed the Avon Walk for Breast Cancer where she and her sister, Stephanie Diaz Colley '83, walked a total of 39 miles each in memory of their mother, Virginia.
- Rather than bringing her husband, Brian, to the reunion, Colleen Kennedy Sturdivant surprised everyone by bringing fellow classmate, Kimberly Russell Zarro.
- Angela Kufasimes Gianulias and Mollie Munizich Nelson would like to thank ALL of the classmates who attended the reunion and send a special thank you to Jeanine Segal-Bogart for her help throughout planning. ❖

1. Shannen Frieze, Christiane Pelz, Amy Ball Heiser 2. Front row: Angela Kufasimes Gianulias, Shannen Frieze, Pamela Diaz, Mollie Munizich Nelson; Back Row: Kimberly Russell Zarro, Jeanine Segal-Bogart, Deborah Marskey Garcia, Colleen Kennedy Sturdivant, Becky McReynolds, Christiane Pelz, Karen Klein Dalton, Amy Ball Heiser, Holly Winters Hemon, Robin Filippi Young, Charlotte Umali Peters 3. Jill Stockman Steinberg, Deborah Marskey Garcia, Mollie Munizich Nelson, Pamela Diaz



## REUNION PLANS

If your class year ends in "7" or "2", you have a reunion coming up next year! If you want to start organizing your reunion celebrations, please contact:

**Carla Zilaff'01**  
 Advancement Associate:  
 Alumnae Relations  
 916.737.5020  
[CZilaff@stfrancishs.org](mailto:CZilaff@stfrancishs.org)

### Class of 1966

45 year reunion held on Sept 3 at the Dante Club

### Class of 1971

40 year reunion held on Sept 24 at the Dante Club

### Class of 1976

35 year reunion held on June 25 at the home of a classmate

### Class of 1981

30 year reunion held on July 23 at the home of a classmate

### Class of 1986

25 year reunion held on July 30 at Mulvaney's

### Class of 1991

20 year reunion held on Sept 17 at the MIX Downtown

### Class of 2001

10 year reunion held on Sept 24 at St. Francis High School

# SFHS CALENDAR HIGHLIGHTS

## Jazz Ensemble & Dance Showcase

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

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

## 21st Annual Booster Club Golf Tournament

May 16, 2011  
Del Paso Country Club

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

## Welcome Back Parent BBQ

August 18, 2011  
Serra Court

## Grandparents' Day

September 11, 2011  
SFHS Campus

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

## "Pearl of the Orient"

October 1, 2011  
SFHS Campus

## St. Francis Feast Day Community Celebration

October 4, 2011  
SFHS Campus

## Revelry 2011: *California Grandeur*

October 22, 2011  
SFHS Campus

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

## Musical: *Thoroughly Modern Millie*

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

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

# ALUMNAE ASSOCIATION CALENDAR OF EVENTS

## Homecoming Rally

Friday, November 18, 2011  
SFHS Gymnasium

## Run to Feed the Hungry: Team Troubie

Thursday November 24, 2011

## Jerry Poole Alumnae vs. Varsity Basketball Game & BBQ

Friday, November 25, 2011 at 5:00PM  
SFHS Gymnasium

## Spring Fling

Saturday, April 21, 2012  
SFHS Gymnasium

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:



Carol Keenan Castle '52



Dawn Barnhisel-Krantz '75



Kelley Ann Farrell '76



MaryAnn Derania '76

Jackie Kane Wild '49

Marianne Klutz Linggi '51

ST. FRANCIS HIGH SCHOOL  
MEMORIAL AND TRIBUTE PROGRAM

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

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

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

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

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

Address \_\_\_\_\_

DONOR INFORMATION

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

Address \_\_\_\_\_

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


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SACRAMENTO, CA 95819

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HIGH SCHOOL



**FROM FACEBOOK:**  
OUR SFHS WATER POLO TEAM  
IS CURRENTLY UNDEFEATED  
AND RANKED #1 IN NORTHERN  
CALIFORNIA! THIS WEEKEND  
WE WON THE WOODCREEK  
INVITATIONAL A DIVISION  
TOURNAMENT- IN TRIPLE  
OVERTIME! ON SEPT. 9TH, WE  
ALSO WON THE ST. FRANCIS OF  
MT. VIEW INVITATIONAL.

**CHLOE SHEFFER '12**

PHOTO BY PINKIE PICTURES PORTRAIT PHOTOGRAPHY