



Saint Agnes School  
Arlington Catholic  
High School

# Alumni Newsletter

January 2024

## Reflections from Dr. Andrew Keough

As I round out 37 years in education I find I am much more reflective about the career I chose so many years ago. In retrospect, I consider myself very fortunate to have worked closely with young people for as long as I have.



Yesterday, as has become part of my daily routine, I drove into work listening to the news of the day. There were heartbreaking stories from the fighting in the Middle East and Ukraine, stories of bombings, missile attacks, violence against innocent civilians, even another school shooting. During the commercial breaks, the deluge of heavy content continued. It was now time for the classic political advertisements, wherein candidates lob virtual bombs at each other's work records, making absolutely certain to hurt each other or their character in the process. The messages were clearly designed to instill hate, doubt, and suspicion of one American toward another. At the end of each message the candidate would say, "I am \_\_\_\_\_ and I endorsed this message"... Seriously, I thought to myself... and you're proud of it? It was hard not to enter the doors of the school feeling discouraged about the future for myself, my country, the world, and especially, for our unborn grandchild, due in February.

However, the negative avalanche seemed to melt away as I walked into the "First Friday Mass" with our elementary school students. I breathed a sigh of relief for the brief reprieve "from the madness" as I walked along rows and rows of students toward my seat. Directly across the aisle from me was a little girl crying and being comforted by her teacher. She was one of our 3-5 year old students and I couldn't help but think at that moment, she really wanted/needed her parents as she was so little and clearly upset. Honestly, the sad child only added to the already difficult start to my day, but fortunately things were about to change.

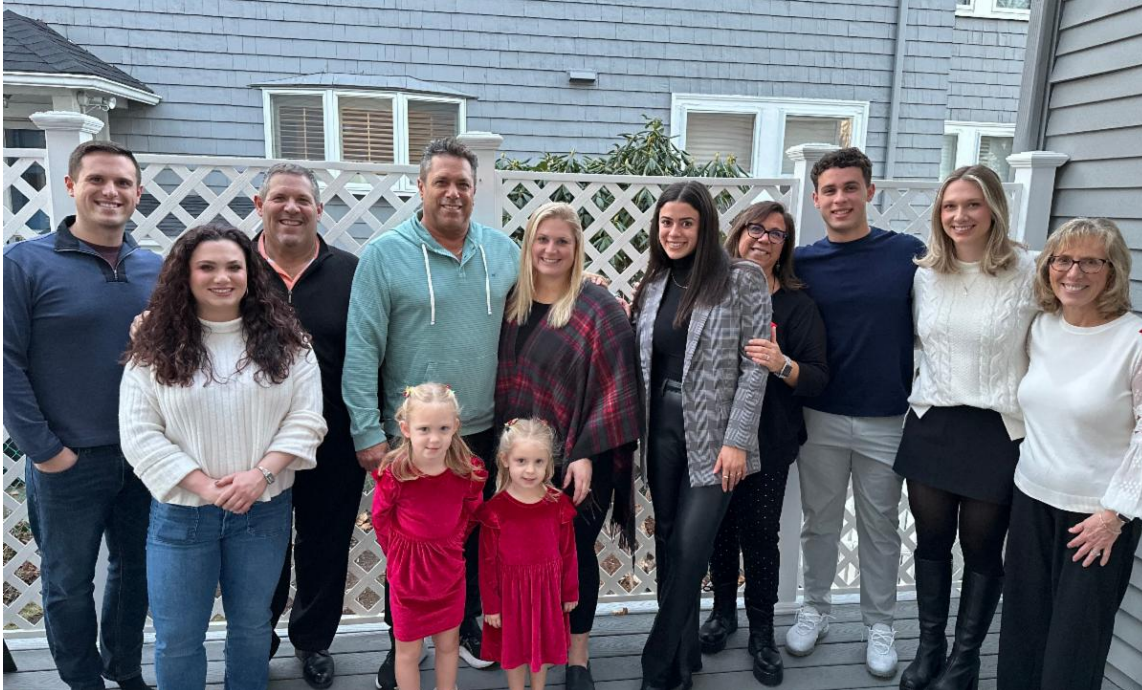
As I watched the teacher work to calm the child, I noticed the little girl sitting next to her taking in her classmate's despair. Her face too became discouraged, yet she was not about to stand helplessly by. She knew she

needed to act and she quickly began to rub and pat her friends back; seeking to comfort her in the only way she knew how, through a simple act of love. It was the exact demonstration of selfless care and love for another that I needed to see to renew my faith in mankind and not surprisingly, it came from a child.

I took a picture of the scene, hoping to provide others with a glimpse of the hope that children can provide us with daily. They seem to simplify life in all the right ways. We educators are truly blessed! I hope this picture lifts your spirits in the same way it did mine!



### **Alumni Spotlight: The Pallotta Family**



This month, we are proud to spotlight the Pallotta family. The Pallotta family has been an integral part of the SAS/AC community, with a legacy that now spans three generations.

Alumni Relations Ambassador Sr. Barbara McHugh recently caught up with members of the Pallotta family to discuss the profound impact that SAS/ACHS has had on both their personal and professional lives.

Stacie (Pallotta) Knight

*SAS Class of 1973; AC Class of 1977*

*Former Senior Director, Records Management and Operations at Biogen*

“Saint Agnes and Arlington Catholic taught me the importance of maintaining relationships. The schools blessed me with lifelong friends—even 50 years later! Also, Sister Mary Barnes was my Biology teacher and formed my love for science. Because of the Biology courses at AC, I went on to study Biology in college and then began my 42 year career in science. I will forever be grateful for everything SAS/AC has given me.”

Mike Pallotta

*SAS Class of 2006; AC Class of 2010*

*Realtor at Gibson Sotheby's in Arlington, MA*

“During my time at Arlington Catholic, I learned the importance of volunteering and being involved in the community. It helps me both personally and professionally today and allows me to make connections with new people to see how they can help each other.”

Samantha Klein

*AC Class of 2019*

*IT Product Analyst at TJX Companies*

“Arlington Catholic contributed to my personal and professional development by fostering a sense of compassion and integrity. With these values in mind, I can navigate challenges with grace and make responsible decisions that benefit my community.”

**CLICK HERE** to continue reading about the impact that SAS/ACHS has had on the Pallotta family.

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*We are committed to featuring SAS/AC alumni and their lives after graduation in future editions of our alumni newsletter. Do you know of fellow alumni living the mission of SAS/AC in their professional or personal lives who would be open to being interviewed by Sister Barbara McHugh and featured in a future alumni publication? Please email Sister Barbara directly at [sbarbara@achs.net](mailto:sbarbara@achs.net) to nominate an alum or yourself!*

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## Upcoming Events

### **Quiz Night - Saturday, March 9**

More details to come!

### **Golf Tournament - Monday, April 29**

The SAS/AC Golf Tournament has been postponed to Monday, April 29 and we have several open foursomes. If you are interested in registering, please email Gabbie Foderaro at [gfoderaro@achs.net](mailto:gfoderaro@achs.net).

## Upcoming Reunions

### **Class of 1964 - 60th Reunion**

Class of 1964 is planning their 60th Spring "Get Together"

**Contact:** Linda Wilson Chopelas at [lchopelas@verizon.net](mailto:lchopelas@verizon.net) or 781-710-4742 and Phillip Brillante at [pbrillante@verizon.net](mailto:pbrillante@verizon.net) or 703-946-5804

### **Class of 1974 - 50th Reunion**

**Date:** Saturday, June 22, 2024

**Location:** Savinos Italian Restaurant, 449 Common St, Belmont, MA 02478

**Time:** TBD

**Contact:** Bill Driscoll at [bdriscoll@lindenmeyrcentral.com](mailto:bdriscoll@lindenmeyrcentral.com) and Larry Barton at [laurencebartonllc@gmail.com](mailto:laurencebartonllc@gmail.com)

**CLICK HERE** for more information!

### **4's and 9's...It's Your Reunion Year!**

Reunions are held every 5 years so if your graduation year ends in '4 or '9 your reunion year is 2024!

**CLICK HERE** to view a message from our Alumni Relations Ambassador, Sister Barbara McHugh about planning for your upcoming reunion.

## In Memoriam

If you are aware of a graduate of Saint Agnes School or Arlington Catholic High School who has passed away, we would be most grateful if you would kindly email Sister Barbara McHugh at [sbarbara@achs.net](mailto:sbarbara@achs.net).

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