

FALCON FAMILY NEWS

PRINCIPAL SHARING: "GOD WALKED AMONG US."

It all happened in a moment... one, most remarkable moment. THE WORD became flesh.

God entered our world as a baby.

There wasn't a flash of light from the heavens above. No hype. No party. No hoopla.

Were it not for the shepherds, there would've been no reception. And were it not for a trio of stargazers, there would not have been any gifts.

Our infant-God looked anything but a king. His tiny face prunish and red. His cry, though strong and healthy, was still the helpless and piercing cry of a baby.

Majesty in the midst of the mundane. Holiness in the filth of sheep manure and sweat. Divinity entered in the corner of a stable, through the womb of a teenager, in the presence of a carpenter.


God all at once came near. Completely divine, very human. And soon the Almighty would walk on Earth. Ready to learn, willing to serve.

He'd be walking upon the waters of Galilee, along Calvary's path, and on the road toward Emmaus. But, before all that, Jesus first learned to walk among us - as a child.

Let us embrace that tiny fact.

For the miracle of Christmas is that the infant Jesus learned to walk among us, so that we might learn to walk with God.

Enjoy a blessed Christmas!


Raymond Burnell
Principal



The Word didn't become a philosophy, a theory or a concept to be discussed, debated, or pondered. But the Word became a life to be followed, enjoyed, and loved.

May your heart know Him... enjoy Him... and love Him, always.

DECEMBER '09

FALL SEMESTER

SCHOOL CALENDAR - DEC. '09

ENTER TO LEARN. LEAVE TO SERVE

DEC 1	Auction Committee Mtg. 8:00 p.m.	DEC 7	Lexavian Youth Oak Ridge Christmas Party Booster Club Mtg. 8:00 p.m.	DEC 12	Commission & Liberation Finals Study Day 8:00 a.m. - noon.
DEC 1-2	Gift Collection for Oak Ridge Christmas Party	DEC 7-11	Advent Almogiving	DEC 14-17	Semester Exams
DEC 1-4	Kaiser 29	DEC 8	Classes begin 8:00 a.m. Immaculate Conception Liturgy 9:30 a.m. Financial Aid Night for Seniors 7:00 p.m.	DEC 18-JAN 3	Christmas Recess
DEC 2	Professional Action Day for Students Friends of the Arts Mtg. 8:30 p.m. Alumni Mtg. 7:00 p.m.	DEC 9-11	Revision Days		
DEC 3	Classes begin 8:00 a.m.	DEC 10	Choral Christmas Concert 7:00 p.m.		
DEC 4	First Friday Vocation Awareness Day Choral and Jazz Band Elementary School Tour Open Mic Night 7:00 p.m. L-1	DEC 11	Red & Green Spirit Day Christmas Music Assembly Instrumental Christmas Concert 7:00 p.m.		
DEC 5	CB Community Dance 7:30-10:30 p.m.				

INSIDE:

Guidance
Christian Service
Campus Ministry
Student Activities
Athletics
Visual & Performing Arts
Falcon Family Faces

*Have a
Blessed Christmas
and a
Happy New Year*

GUIDANCE DEPARTMENT NEWS

Financial Aid Night

Financial Aid Night for Seniors and Their Parents will be held **December 8, 2009 at 7:00 pm in the CB Cafeteria.** Ms. Doris Keller, retired from the California Student Aid Commission will be speaking. She is very knowledgeable and will go over the FAFSA, Cal Grant information, etc. See you there! Since this evening is primarily for parents, it is not necessary for students to attend.

About College Entrance Exams

Most colleges and universities require a college entrance test score as part of the application process. The two national tests are the **ACT** (American College Test) and the **SAT** (formerly known as the Scholastic Assessment Test, but now officially just the SAT Reasoning Test). While here in the West the SAT is more widely known (and three times as many students take the SAT as the ACT), **ALL** four-year colleges and universities will accept either score. Both tests are offered at local area high schools 6-7 times throughout the year. Christian Brothers is a test center for both the ACT and the SAT - we administer both exams on dates in October, April, and May.

Research indicates that students often perform differently on the ACT and SAT. The tests, while considered equally for admission, are different in the material covered. The ACT test content has four areas: English, Math, Reading, and Science Reasoning. The goal of the ACT is to measure academic achievement in the four areas and contains analytical and problem-solving exercises related to what has been learned in class. In addition, the ACT recently began offering an optional Writing section (which must be taken if applying to the University of California). The SAT determines critical reading, math, and writing skills, and is designed to measure academic aptitude in analytical skills, numeric reasoning, and writing. **Current Juniors should use the next few months to prepare for the SAT and plan on taking it for the first time in March.**

Though the trend seems to be to begin taking these tests earlier and earlier in a student's high school career, we do not see any significant benefit to this action. Taking the tests too early is not advised, especially if the student has not covered the course work necessary to gain the skills needed for a successful testing experience. Since Christian Brothers has all freshmen take the PLAN test (the practice ACT exam) and all sophomores and juniors take the PSAT (the preliminary SAT exam), we have avenues for students to explore the testing experience. There is never a penalty for taking a test early, however, or for taking a test more than once. Colleges will see every score (unless a student chooses SAT score choice, which we do not recommend), but always take the highest score. The UC system takes the best score from one sitting; many private colleges and the CSU system will take a student's highest score from each section from different sittings and combine them into the highest possible score.

Since colleges will accept either the SAT or ACT and take the highest score, we recommend that students take both tests at least once. A student who has had three years of science may do better on the ACT; a student who is strong in English and writing may do better on the SAT. It will help to compare results from the PLAN and the PSAT and see which score is stronger to help predict your score on either test. By taking both exams, students increase their chances of achieving a successful score.

SAT Subject tests are subject area tests that UC and a few selective private colleges require. Currently, the UC system requires **two** subject area tests that are the student's choice (in addition to the SAT or ACT) - although this will no longer be the case beginning with the class of 2012. Students who plan to apply to highly selective colleges should check to see how many Subject Exams are required. It is important to register and take these exams by fall of the senior year. We recommend juniors take the tests in the spring of their junior year. They will then have time to take the tests again in fall of their senior year if they wish to improve their scores. Seniors should not take the tests into 2010, as these test dates are too late to be submitted with other application material. Students should register for the SAT test online at www.collegeboard.com and the ACT at www.actstudent.org (or paper registration packets are available in Edward Hall).

Admission test scores are only one piece of information a college looks at when considering applications. A student's GPA, number and rigor of college prep courses completed, and other factors are also considered. These factors include co-curricular activities, the college essay, community service, and other aspects of the individual that make him/her distinctive. It should also be noted that a growing number of schools are accepting applications with no testing requirement; instead they are requiring writing samples or other data (go to www.fairtest.org to learn more). For more information, be sure to come to College Nights here at CB and check out the college section of the CB website.

TIME TO GET READY FOR THE SAT! CB SAT Prep

Christian Brothers is offering an SAT exam preparation course for class of 2011 students planning to take the **March 13** sitting of the SAT. The class will be taught by our own English and Math teachers.

WHEN: January 16, January 30, February 6, February 20, February 27, March 5, 2010 (in preparation for the March 13 SAT exam)

WHERE: CB SMAT Rooms 601 & 611

COST: The cost is \$150 per student.

Students will divide their time at each session between Critical Reading/Writing and Math preparation. Space is limited!

Registration deadline:

Fill out the registration form available on the CB website and mail or bring to the Main Office or Dr. Edward Hall by January 31!

correction to last month's article on AP Scholars:

Please note **STEVEN PHAM is an AP SCHOLAR WITH HONOR for 2009!** [granted to students who receive a grade of **3 or higher on four or more** of these exams on full-year courses (or the equivalent)]

CHRISTIAN SERVICE

Advent Almsgiving

Christian Service Corps will be sponsoring our Advent Almsgiving on December 7-11, to benefit the Wellspring Women's Center. The closing of Loretto High School has been felt by many social service agencies in Sacramento. One such agency is the Wellspring Women's Center, who lost a yearly donation of over 100,000 diapers by Loretto students. Student Council and Christian Service Corps collectively decided to help out the Wellspring Women's Center by doing our own diaper drive this year. This will be a class competition between freshmen, sophomores, juniors, and seniors. The class that donates the most diapers wins! Go Falcons!!!

Annual Cold Weather Gear Drive

Our annual cold weather gear drive, to benefit the Sacramento Food Bank and Family Services, will be held on January 5-8, 2010. As the weather starts to turn and you begin to drag out your cold weather gear, please take an extra minute to see if there is anything you are no longer using. Donations of gently used and clean coats, jackets, gloves, scarves, and winter hats are needed. Please donate in Christian Service.

FINALS ARE COMING!!!!

Final exams are coming up soon! Final exam week is December 14 - 17th. Teachers and students will be reviewing for finals on December 9 - 11th. The following practices are in effect for our final examination preparation week on December 9 - 11th:

1. No new major topics or units will be introduced and no tests or major examinations will be given. Minor quizzes may be given.
2. Review periods will assist students with organizing and synthesizing the course material.
3. A reasonable amount of homework may be given and will complement and assist the student's review.
4. The final examination will be comprehensive in nature for the semester.

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The **Handbook** on pg. 8 states the following:
All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an "Incomplete" for their final grade and will need to make up their final exam after Christmas break. Upon correction of the final exam, the final grade will be entered into the student's transcript.
3. Students who are absent for one final during finals week may make up that exam after A set on Thursday, December 17th.

FALL SEMESTER EXAMINATION SCHEDULE

TIME	MONDAY December 14	TUESDAY December 15	WEDNESDAY December 16	THURSDAY December 17
9:00 am - 10:35 am	B SET	D SET	F SET	A SET
10:35 am - 10:50 am	BREAK	BREAK	BREAK	
10:55 am - 12:25 pm	C SET	E SET	G SET	

Annual Oak Ridge Halloween Party

Lasallian Youth students delivered 400 goody bags to every classroom, K-6th grades, at Oak Ridge Elementary School on October 31, 2009. CB students were met with cheers of delight and children proudly wearing their costumes. Oak Ridge students were quickly reminding one another to say thank you for the candy and to use their best manners.

Thanksgiving Food Drive

Christian Service Corps sponsored our Thanksgiving Food Drive this year. Despite the downturn in our economy, we were successfully able to feed 45 families at the Mercy Housing: Lance Apartments in Carmichael. Our students got a chance to meet the residents of the Lance Apartments and share some holiday spirit when we dropped off the food. Thank you to all our families who were so generous with their donations.

Annual Oak Ridge Christmas Party

Lasallian Youth will sponsor our annual Christmas Party for Oak Ridge Elementary School on Monday, December 7, 2009. If CB students would like to bring in an unwrapped toy, please sign up in room 207 with Dr. Peterson. Each elementary school student will have a chance to sit on Santa's lap, get his or her picture taken, and receive a gift. There is nothing like watching 20 young children open Christmas gifts at the same time. The exclamations of joy are a great way to share in the Christmas spirit.

CAMPUS MINISTRY

DECEMBER '09

4

FALL SEMESTER

Praying Advent as Parents

It is a special privilege and a tremendous challenge being a parent, and Advent is a wonderful season to reflect upon this mystery. Because it is a season of hope, we can bring our children into our Advent prayer, holding them up to the Lord in love and in trust - in the loving hope that only faith can give.

One powerful Advent exercise which we can enter into as parents is to reflect, with our Lord, what it is we hope for in our deep love for our children. It helps to put words down on paper which express our hopes and desires. If we do it before the Lord, and with the Lord, we will hope for the best things. Before the Lord we will get in touch with our deep desire that our children be well and be protected from harm. We will look upon each child, there in the presence of the Lord, and wish that they grow spiritually, having a relationship with God that sustains them.

*All-powerful God,
help us to look forward in hope
to the coming of our Savior.
May we live as he has taught,
ready to welcome him with burning
love and faith.*

*We ask this through our
Lord Jesus Christ, your Son,
who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.*

Amen.

Several books and pamphlets are available in the Campus Ministry office with ideas for activities and prayers for families during the Advent season. Please call or come by and visit.

May you and your family enjoy a peaceful and prayerful Advent - all the joys of the Christmas season - and a New Year filled with God's grace and blessings.



Words of St. John Baptist de La Salle

If you wish to profit by the coming of Jesus Christ in you, you must let him be the master of your heart.

Meditation 85.2 (Vigil of the Nativity)

Liturgies:

Please join us for the **Immaculate Conception Liturgy** on Tuesday, **December 8 at 9:30 A.M.** in the school gym. Our presider will be Fr. Robert Presutti, LC. **Parents and family members are always welcome at our school liturgies.**

Retreats:

Sign-ups for **Sophomore** and **Junior** retreats are now available in the Campus Ministry office. These retreats are optional; students must sign up to indicate which one they would like to attend. Information about these retreats will be sent home next month in a letter to sophomore and junior parents.

Sophomore Retreat Dates:

February 19; March 5; April 16 and 23

Junior Retreat Dates:

February 9; March 2; April 13 and 27

The Junior Kairos will be June 1-4. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat **and** the Junior Kairos.

There are two more **Senior Kairos Retreats** this school year. **Kairos 30** will be **January 19-2**, and **Kairos 31** will be **March 23-26**. Sign-up sheets are available in the Campus Ministry office for these retreats.

Don't forget! Mark your calendars!

The **Parent/Student Retreat** will be **Saturday, February 6, 9:00-3:00**, at **Christ the King Retreat Center** in **Citrus Heights**. Plan now to share this special time of prayer and reflection with your CB son/daughter. Questions? Call Mrs. Nelson at 733-3626.

CHRISTIAN BROTHERS HIGH SCHOOL

2010-11 School Year

(as of December 1, 2009)

This calendar includes key dates for holidays and major events that impact the instructional program.
The complete calendar for the 2010-11 school year will be available in early August 2010.

Aug.	11,12,13,16	Faculty/Staff Professional Days
	17	<i>Fall Semester Begins</i>
	31	Back to School Night – Early Dismissal
Sept.	6	Labor Day – School Holiday
Oct.	3	Open House
	4	School Holiday – School Closed
	13	Testing Day/Senior Mass – Minimum Day
	15	<i>(1st Quarter Ends; 42 Days)</i>
	18	Faculty/Staff Professional Day – No Classes
	26, 27, 28	Staffing Days – Minimum Days
Nov.	3	Parent Teacher Night – Early Dismissal
	11	Veteran's Day Holiday – School Closed
	24-26	Thanksgiving Recess – No Classes
Dec.	16-21	Semester Exams – Minimum Days <i>(2nd Quarter Ends; 42 Days)</i>
	22-Jan 4	Christmas Recess – No Classes
Jan.	5	Faculty/Staff Professional Day – No Classes
	6	<i>Spring Semester Begins</i>
	17	Martin Luther King Holiday – School Closed
Feb.	11	School Holiday – School Closed
	21	Presidents' Day Holiday – School Closed
Mar.	11	Community Outreach Day – No Classes <i>(3rd Quarter Ends; 43 Days)</i>
	14	Faculty/Staff Professional Day – No Classes
Apr.	4	Community Retreat – No Classes
	18-25	Easter Recess – No Classes
May	20	Founders Day
	23-26	Semester Exams – Minimum Days <i>(4th Quarter Ends; 46 Days)</i>
	27	Baccalaureate and Graduation
	30	Memorial Day Holiday
June	20	<i>Summer School Begins</i>

STUDENT ACTIVITIES

*"The weather outside is frightful.... But at CB it's so delightful."
Merry Christmas and Happy New Year from Student Activities!*

Christmas Spirit Week

We have an amazing holiday season underway here at Christian Brothers High School. Student Council has designated December 7 - 11 as Spirit Week. We are working to make the week as festive as possible. We will regale the students with Christmas music in the cafeteria the entire week and have outstanding decorations around the school to keep the holiday spirit alive. The Annual Door Decorating Contest will be held Dec. 8th. Each 8-1st teacher will decorate their door in the spirit of the holiday. Prizes include Noah's bagels, doughnuts, and Christmas candy. Go Teachers! December 11th is **Red and Green Spirit Day** and students may come in jeans and solid colored red or green shirts. We will be providing hot cocoa and candy canes for the students after they listen to the amazing concert in the gym. We are also going to have a dance in the Field House on December 5. This dance is for students of Christian Brothers High School only. The theme is "Everything's Better in a Sweater". Students may come dressed in appropriate casual attire and, of course, a sweater.

QSP Allocations: Thank you for supporting the QSP magazine drive this past fall. Due to the hard work of our students the ASB Executive Council had funds they were able to allocate to student groups. Over the past two weeks, the Council heard excellent presentations by groups of students requesting funds for their various activities. The largest amount any student group could be awarded was \$1,500.00.

Club or Activity	Project	Funds Allocated
Big Brothers	Mentor Oak Ridge Students	\$575.00
Softball	Softball Batting Cage	\$1,500.00
CBHS Choir	Chair Trip to NYC	\$800.00
CR Pepper Strippers	Jump Start Your Heart	\$300.00
Senior Class	Grad Nite- Scholarships	\$1,500.00
Girls Lacrosse	Purchase of Team Jackets	\$700.00
Senior Class	Grad Nite- Supplies	\$1,500.00
Football	Camera	\$700.00
Science Olympiad	Science Olympiad	\$700.00
PE Department	LCD Projector	\$700.00
French Club	March Expo	\$100.00
Black Student Union	MC Week/ Diversity Liturgy	\$800.00
Young Republicans/Democrats	PFlags for each classroom	\$1,000.00
CBHS Athletic Training	Sports Medicine Supplies	\$400.00
CR Cinema	Movie Night couch inflation	\$100.00
Soccer, men and women	Reish and team bags	\$800.00
Engineering and Robotics	Robots	\$800.00
Luxilian Youth	Robots Trip	\$1,500.00

Driver's Education classes are still open for the 3rd and 4th quarters of this school year. These classes are held in the morning before school. Students must be 15 years of age or older. 3rd quarter classes will begin January 5, 2010, and 4th quarter classes begin March 16. This course meets the State of California requirement to obtain a driving permit. The fee for the course is \$100 plus the cost of the textbook. Classes are subject to an enrollment minimum. Please contact Rona Gordon, Administrative Assistant to the Principal, at 733-3674 for further information, or obtain a registration form on the CB website or in the Main Office. **A reminder to all....please drive safely over the holidays!**

Fall Wrap-Up:

We held our first Blood Drive of the year on November 24. Many students begin a life-long commitment of giving with their first Blood Drive, a gift that can truly save a life. Thank you to all who supported this great cause!

Upcoming News:

Our Communion and Liberation Club is once again offering a school-wide **Study Day** for those needing extra time and help studying for those difficult final exams. The **Study Day** will be held **Saturday, December 12th** from 9:00 a.m. to 12:00 noon. Teachers will be on hand to answer your questions and for tutoring purposes. A pizza lunch will be provided.

What do you want to be when you grow up? This question is often asked of students. This January, the students may show us what they want to be at the annual **Mother/Son and Father/Daughter Dance**. The theme is "What I Want to Be When I Grow Up." Parents, you may change your mind about what you want to be and come as Superman, a chef, a rock and roll artist, a librarian, whatever your heart desires. Once again, we will have a "Best Costumes" and "Best Dancers" contest. The prizes are free picture packages. We will have "to die for" desserts made by Ettore's in Sacramento. Save the date - January 23, 2010 from 7:00 to 10:30 p.m. Be prepared to have a "rocking good time" with your student and the amazing DJ Hawk formerly known as High Top). Profits from this dance benefit our sister school in Ethiopia.

IMPORTANT DATES TO REMEMBER

SAT Deadline to Register	
January 23	December 15
March 13	February 4
May 1 (@CB)	March 25
June 5	April 29
ACT Deadline to Register	
February 5	January 5
April 10 (@CB)	March 5
June 12	May 7

Counselors will visit classrooms in January to return PLAN and PSAT exam results!

ATHLETICS

We have much to celebrate from our athletic programs this fall, both as programs and individual recognitions:

Cross Country: The CB men's varsity cross country squad is on its way to the California State Meet this coming Saturday. It will be the fourth consecutive year that a CB team has qualified for the state meet, and the 7th year in a row that CB will be represented at that meet. Traveling to Fresno over the Thanksgiving break will be Cameron Goodman, Nick Perez, Jimmy Barnes, George Tzikas, Nic Domek, Andrew Stoltenberg and Matt Havey. Additional congratulations to Nick Perez who earned 'All Conference' recognition. Our teams are young and the future is bright for our harriers.

Football: Our JV squad captured the league championship and varsity placed second in league play advancing to the division 2 playoffs. Seeded number 9 in the new playoff format our Falcons traveled to number 8 seed Del Oro for first round action on Friday November 20. We had confidence going into the game, but Del Oro was equally determined and they jumped out to an early lead that we could not overcome.

Women's Golf: Wow what a season! For the first time in our history our Lady Falcons advanced through the Divisional championships to the Masters Championships to the NorCal Championships before their season ended. Congratulations to Claire Sorensen and Carly Ayres for earning 'All Conference' honors.

Men's Soccer: Our men's team struggled early but kept together and fought throughout the season and showed much promise for future years. Congratulations to Anthony Franzola and Vinnie Valine for being selected to the 'All Conference' team.

Women's Tennis: Another unprecedented season for our Lady Falcons. This group of athletes was the first team to defeat Oak Ridge in 8 seasons in the Sierra Valley Conference earning Co-Champion status. With their finish they earned the right to compete in the section tournament as a team for the first time in our women's tennis history. They beat Ceres in the first round of playoffs and lost a tough quarterfinal match to Bella Vista. Congratulations to Ashley Turpen, Mary Alice Curran and Katie Marshall for earning a spot on the 'All Conference' team.

Women's Volleyball: Once again our frosh and JV teams captured league titles as did our varsity team. Our Lady Falcons advanced through division four playoffs with convincing wins earning a trip to UC Davis for the finals. They faced Ripon for the fourth consecutive year and held on in an epic match against the Indians 3 - 2. This is our fifth consecutive Sac-Joaquin Section Division 4 title. Our Lady Falcons advance to the NorCal championships as the number 1 seed and begin defending their NorCal title on Tuesday, November 24 at 7:00 p.m. in Ron Limeberger gymnasium against Sutter High School.

Men's and Women's Water Polo: Both men's and women's water polo teams came in third in the Sierra Valley Conference this season and the future looks bright, with the JV squads both finishing second in league. Congratulations to 'All Conference' players Tanner Janich, Diego Garcia, Kathleen Schiavenza and Lauren Kilpatrick.



DECEMBER '09

6

FALL SEMESTER

VISUAL AND PERFORMING ARTS



"Our Town"

Well, once again, our actors have left us with memories to last a lifetime. If you were privileged enough to see our production of "Our Town" you got to see some brilliant acting by students with maturity beyond their years. Congratulations to the entire cast for their endless dedication.

And if you happened to be at Disneyland during the weekend before Thanksgiving you may have seen our Jazz Band dazzle the crowds. You will have an opportunity to hear them live in the Instrumental Christmas Concert on December 11 in the gymnasium.

Your opportunities to see our talented performers are numerous in the upcoming weeks. If you are able to attend, you will absolutely leave in the holiday spirit!

Please come to any or all of the upcoming performances during the Christmas season.

- December 4 @ 7:00 p.m. - OPEN MIC NIGHT in L1
- December 5 @ 12:00 noon - CB City Rhythm at the Governor's Mansion - \$6.00 adult, \$4.00 age 6-16, 5 & under - free
- December 10 @ 7:00 p.m. - Choral Christmas Concert in the Gym - FREE
- December 11 @ 9:30 a.m. - School-Wide Christmas Assembly in the Gym
- December 11 @ 7:00 p.m. - Instrumental Christmas Concert in the Gym - FREE
- December 12 @ 9:00 a.m. - CB City Rhythm at CSUS Jazz Festival

On behalf of the entire Visual and Performing Arts Department, we would like to wish you a relaxing and safe Christmas break and look forward to seeing you at all of our VPA events.

Professional Attire Day

on Wednesday, December 2

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" on the **First Wednesday of every month**. When wearing Professional Dress Attire, all students are **required** to abide by the guidelines stated on page 19 of our Parent-Student Handbook **throughout the entire school day**. Please note Professional Attire dress code distinctions between upper and lower division students (i.e. No skirts allowed for Freshmen and Sophomore ladies).

Wednesday, December 2 will be our next "Professional Attire" day for all students. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Ms. Jan Warren, for assistance.

FALL SEMESTER

2

DECEMBER '09

FALCON FAMILY FACES

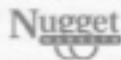


Help Support CBHS with your Holiday Shopping

Have you signed up yet? Drop by the Main Office to register!



For More Information: Visit the CBHS website
www.cbhs-sacramento.org under Parent Information



CHRISTIAN BROTHERS HIGH SCHOOL
4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95820-2727

PSRRT
First-Class
U.S. Postage
PAID
Permit # 1277
Sacramento, CA

FALCON FAMILY NEWS

A MESSAGE FROM
THE PRESIDENT:

Merry Christmas and Happy New Year!



As I write this letter, the sun is shining on a quiet CB campus, Christmas is still three days away and last night, in an epic show of fortitude, the Kings pulled off the biggest comeback in Sacramento franchise history, shocking the Bulls with a 102-98 victory after being down by 35 points in the third quarter.

At times, I'll admit that 2009 felt a bit like the first half of that Kings game – albeit on a much more significant scale than a basketball “game.” The mortgage crisis, corporate downsizing, furlough days, rising unemployment and a tumultuous stock market impacted many of our CBHS families.

According to the *Sacramento Bee*, coach Paul Westphal met with the team at halftime and calmly advised the players to keep fighting. That is exactly what we at CB continue to do as well. Our commitment to the students whose families have been hard hit by the economy is strong. We are blessed this year to be providing more than \$1.2 million in tuition assistance to 207 students. Doing so is only possible with the generosity of the alumni, parents and friends who believe in the value of a Catholic, Lasallian education.

For all our students and families, we are committed to controlling tuition increases without sacrificing educational excellence. The increase of 1.9 percent for the 2009-10

school year was our lowest increase in well over a decade. We are dedicated to attracting and retaining the best educators. Graduates tell us their teachers prepared them well for the rigors of college and that the best part of a CB education is the fact that teachers truly care for the students.

We continue moving forward with the Building on the Tradition Campaign – Phase II and are committed to improving our facilities and bringing students a much-needed performing arts center. The field house stands as a hallmark of our early momentum and an enduring symbol of our commitment to our students and this campus.

While none of this will be easy, like the Kings last night, we will harness the energy and enthusiasm of this wonderful community and continue fighting with renewed zeal to provide our students with the needed education, facilities and support as they prepare for success in college and beyond.

I hope that your Christmas was blessed and that 2010 is filled with good health, happiness, friends and family.

Live Jesus in our hearts, forever!

Lorcan P. Barnes

President

(916) 733-3603

lbarnes@cbhs-sacramento.org

JANUARY, 2010

1

SPRING SEMESTER

SCHOOL CALENDAR - JAN. 2010

ENTER TO LEARN. LEAVE TO SERVE

JAN 4 Faculty/Staff Professional Day – no classes
JAN 5 Spring Semester begins
Auction Committee Mtg. 6:00 p.m.
JAN 5-8 Cold Weather Clothing Drive
JAN 6 Professional Active Day for Students
Alumni Mtg. 7:00 p.m.
JAN 7 Classes begin 8:00 a.m.
JAN 8 First Friday Vacation Awareness Day
JAN 11 Booster Club Mtg. 8:00 p.m.
JAN 12-17 Yes a Ver New Orleans
JAN 13 Lasallian Parent Club Mtg. 8:30 p.m. Library

JAN 14 Classes begin 8:00 a.m.
Celebrating Diversity Liturgy 9:30 a.m.
JAN 16 SAT Prep Class 9:30 a.m. – 12:30 p.m.
JAN 16-18 District Vacation Retreat for Females
JAN 16 Martin Luther King Jr. Holiday – no classes
JAN 19-22 Kinross 20
JAN 19 Friends of the Arts Mtg. 8:30 p.m.
JAN 20 College Night for Juniors & Parents 7:00 p.m.
JAN 21 Classes begin 8:00 a.m.
JAN 22 Diocesan Pro Life Mass
JAN 23 CB Placement Exam

JAN 23 Mother/Son Father/Daughter Dance
JAN 25 Parents Athletics Open Forum 7:00 p.m. Cafeteria
JAN 25-29 Wollspring Week 2
JAN 28 Classes begin 8:00 a.m.
JAN 28-30 One Acts 7:00 p.m.
(Sunday, JAN 31 @ 2:00 p.m.)
JAN 30 SAT Prep Class 9:30 a.m. – 12:30 p.m.
Diocesan Confirmation Conference @ CB

Christian Brothers High School Monthly Newsletter • 4315 Martin Luther King Jr., Blvd, Sacramento, CA 95820-2727
www.cbhs-sacramento.org

INSIDE:

Guidance
Christian Service
Campus Ministry
Student Activities
Athletics
Visual & Performing Arts
Falcon Family Faces

GUIDANCE DEPARTMENT NEWS

Parents, if your child has D's or F's on his/her report card, READ THIS!

As pages 9 and 10 of the CB Parent/Student Handbook emphasize, "F's" and "D's" are bad news on report cards! It is important for you and your student to understand that neither "D's" nor "F's" are acceptable. "F" grades must be repeated for credit in order to graduate from Christian Brothers High School. "D" grades, though worth 5 credits towards graduation, are **NOT** accepted by four-year colleges and universities. **All California State University campuses, University of California campuses, and most private institutions require a "C" or above in ALL core courses** (core courses are approved History, English, Math, Lab Science, Foreign Language, Visual and Performing Art, and Elective courses - also known as the "a-g" list of approved courses - see below for a chart of these requirements). If students have "D's" on the transcript in any a-g courses and do not remediate them they are **not eligible** to apply for admission to CSU and UC, and therefore are seriously limiting their choices for college.

If your child would like to keep his/her options open and remain **eligible** to apply to a four-year college, the Guidance Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in a-g approved courses. Students may enroll in a variety of classes during the 2010 CBHS summer school session in order to remediate a grade. While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new credits and the new grade will be used when calculating the grade point average.

For example, if your child is currently enrolled in Biology and received a "D" the first semester, he/she should consider repeating Biology this summer. If he/she is currently enrolled in a Math course or foreign language course and received a low grade the first semester, it is important to receive a "C" or above at the end of the spring semester. CSU and UC will **"validate"** (count as successful) the whole year of a Math course or a foreign language course if the student shows marked improvement the second semester (i.e., goes from a "D" to a "C," "B," or "A"). Therefore, students have a choice - work very hard this semester and bring the grade up, or repeat it in summer school to raise the grade. **Since a full four years of English is a basic requirement for eligibility, any "D's" in English should be remediated. One year of World History is the minimum requirement for eligibility,**

so students should be sure to have a "C" or above for at least two of the four semesters of Fresh/Soph World History. Any US History "D's" should also be remediated.

Please contact your child's counselor if you have questions about remediating grades. If you intend to register for summer school, pre-reg forms will be available in the Main Office in early spring. Check the CB website in February for further information regarding summer school.

-
- a **Social Science Requirement:**
2 years (1 year World History & 1 year US History or 1 semester US History/1 semester government)
 - b **English Requirement:**
4 years including frequent writing
 - c **Mathematics Requirement:**
3 years including Algebra II; 4 years recommended
 - d **Laboratory Science Requirement:**
*2 years; 3 years recommended
(one must be a life science and one a physical science)*
 - e **Foreign Language Requirement:**
2 years (of the same language); 3 years recommended
 - f **Visual & Performing Arts Requirement:**
1 year
 - g **College Preparatory Electives Requirement:**
1 year; more recommended
-

If you wish to view the approved a-g course list for Christian Brothers, go to the CB website, click on Guidance/College Center under "Popular Links" and click on the CBHS UC a-g List folder.

College Night for Juniors and Their Parents will be held **Wednesday, January 20 at 7 pm** in the CB Cafeteria.

Grade level counselors will be returning the PLAN test (9th grade) and PSAT test (10th and 11th grades) to students during class visits in January. Counselors will go over results with students by explaining and analyzing their scores and will also assist students with pre-registration for classes for 2010-2011. Please ask your child to see his/her exam results and also look for a mailing regarding pre-reg in early February.

Annual Oak Ridge Christmas Party

Lasallian Youth collected over 400 gifts for the Annual Oak Ridge Christmas Party that was held on Monday, December 7, 2009. Each elementary school student had a chance to sit on Santa's lap, get their picture taken, and received a gift. It was a delightful day for all those involved. Great job Lasallian Youth!



JANUARY, 2010

3

SPRING SEMESTER

Advent Almsgiving

Thank you to everyone who participated in the Advent Almsgiving Project for Wellspring Women's Center sponsored by Christian Service Corps and Student Council. We successfully donated over 14,000 diapers and 7,000 wipes.

This almsgiving was a class competition to see who could bring in the most diapers per the number of students in their respective class. **Congratulations to the seniors!** Seniors came in first place with 19 diapers for every student. Freshmen came in 2nd place with 18 diapers for every student and Sophomores & Juniors tied for 3rd place with 9 diapers for every student.

Annual Coat Drive

Our annual Coat drive, to benefit the Sacramento Food Bank, will be on January 5-8, 2010. Winter has barely begun and it is already extremely cold outside. Please consider looking through your closets to see if you have any of the following items that you are not using. We are collecting gently used and clean coats, jackets, gloves, scarves, and winter hats.

Wellspring Week

During the week of January 25-29 Wellspring Breakfast club will be collecting donations of syrup, pancake mix, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies will be used throughout the semester to feed our neighbors at Wellspring Women's Center. Thank you in advance for your generosity.

Summer Opportunities

Breakthrough Sacramento is a non-profit, run by Adolfo R. Mercado '92, that is dedicated to offering an academic summer program for students from under-resourced schools in the Sacramento area. Breakthrough uses a "students teaching students" model to match dynamic high school and college students with first-generation college-bound middle and high school students. Breakthrough is looking for students who are interested in a 6 week summer internship. This is a great opportunity if you think you might want to pursue a career in education. The 2010 Breakthrough teacher application is now live at www.TeachBreakthroughs.org! **Application Deadline: March 1, 2010 5:00 p.m. PST.** You can also find Breakthrough on Face Book.

If students think they might be interested in the summer program, but want to get some first hand experience with the organization they can volunteer to be a tutor during Spring Semester. Breakthrough has tutoring programs at seven schools around the Sacramento Area including middle schools in South Sacramento, Meadowview, Dos Rios, Del Paso Heights, Sierra Oaks, and Little Pocket.

If you are interested in more information please call Breakthrough at (916) 481-8811 or see Ms. DeBenedetti-Emanuel in the Christian Service Center.

Camp ReCreation is looking for volunteers (minimum age of 16) to spend a week working as a cabin counselor one-on-one with a camper with a developmental disability. The sessions are June 14-20 and June 28-July 4, 2010. For more information please call (916) 733-0136, or e-mail us at mail@camprec.org.

CAMPUS MINISTRY

JANUARY, 2010

4

SPRING SEMESTER

A New Year Prayer

The new year, like a newborn child, is placed in our hands as the old year passes away.

The days and weeks to come are God's gift; they carry God's blessing, and we welcome them. Our hope for the year ending is that all that was good in it remain with us.

*Bless us, O Lord, and
bless the time and seasons yet to come.
Teach us to number our days aright,
that we may gain wisdom of heart.
And fill this new year with your kindness
that we may be glad and rejoice
all the days of our life.
Amen.*

Lasallian Parent Club: Speaker Series

Presenter:
Susannah Nelson
Director of Campus Ministry

*"Twelve Ways to
Influence Your Teenager:
The Virtues of an
Effective Parent"*

January 13, 2010
6:30 p.m.

CBHS Library
(2nd floor—next to theatre)

Liturgies:

You are warmly invited to all the prayer services and liturgies that the school celebrates. They begin at 9:30 a.m. and are held in the gym. Here is the list of upcoming liturgies for the Spring 2010 Semester:

Thursday, January 14 Celebrating Diversity Liturgy

Each year we focus on a different cultural diversity subcommittee of the United States Conference of Catholic Bishops. This year our liturgy will celebrate African American ministry and worship.

Wednesday, February 17 Ash Wednesday Liturgy

Sunday, March 7 Junior Class Family Liturgy

Thursday, April 1 Holy Thursday Prayer Service

Sunday, May 2 Senior Class Family Liturgy

Wednesday, May 19 St. La Salle Liturgy

Retreats:

Don't forget! Mark your calendars! The Parent/Student Retreat will be **Saturday, February 6, 9:00-3:00**, at **Christ the King Retreat Center in Citrus Heights**. Plan now to share this special time of prayer and reflection with your CB son/daughter.

Reservations must be made to attend this retreat. Please see the front page of the CB web site for the reservation information. You can also reserve your space on this retreat by calling **Susannah Nelson, Director of Campus Ministry**, at (916) 733-3626.

Sign-ups for Sophomore and Junior retreats are now available in the Campus Ministry office. These retreats are optional; students must sign up to indicate which one they would like to attend. Information about these retreats will be sent home this month in a letter to sophomore and junior parents.

Sophomore Retreat Dates:

February 19, March 5, April 16 and 23

Junior Retreat Dates:

February 9, March 2, April 13 and 27

The **Junior Kairos** is **June 1-4**. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat and the Junior Kairos.

There are two more **Senior Kairos Retreats** this school year. Kairos 30 will be held January 19-22, and Kairos 31 will be held March 23-26. The Kairos 30 retreat is now full; a sign-up sheet is available in the Campus Ministry office for Kairos 31 in March. **The March Kairos is the last opportunity for members of the Class of 2010 to attend their senior retreat.**

Words of St. John Baptist de La Salle

*The star did not appear to the Magi in vain,
for this sight caused them to receive the grace of God,
and it made this day a day of salvation for them because they
showed themselves most faithful to the divine inspiration.
Are we attentive to the inspirations we receive from God?*

Meditation 96.1 (Feast of the Epiphany; Matthew 2:1-12)

STUDENT ACTIVITIES



JANUARY, 2010

5

SPRING SEMESTER

"Let it Snow, Let it Snow, Let it Snow"

Happy New Year from Student Council! We are gearing up for an exciting start to the 2010 new year. We kicked off an early start with our very own "snow hill" here at Christian Brothers High School. The students trekked up the mountain early one cold December morning so we could have a "snow day" for the students.

5th Annual Pasta Feed and Silent Auction Friday, March 26th, 2010

*Fabulous food, drink, musical entertainment,
huge array of silent auction items,
and fun for everyone.*

*This event is open to all grade levels,
the entire CB community,
and the general public at large.*

*To get involved in helping or planning this
event to raise money for the
Senior Class Grad Night Celebration,
please contact Phil Silver
by e-mail at: psilver@gmail.com.*

Winter Spirit Rally

We are now ready for our first **Winter Spirit Rally** on January 28th. The theme is "American Gladiator". Students are encouraged to flex their muscles and wear their spirit shirt and jeans that day.

Mother/Son, Father/Daughter Dance

Parents and students dust off your dancing shoes for the annual **Mother/Son, Father/Daughter Dance** which will be held on January 23rd. The theme for this dance is "When I Grow Up". Adults - this is your chance to be what you always wished you could be when you grew up and students - this is your chance to show your family what you aspire to be. We are expecting: lumberjacks, heavy equipment operators, media moguls, nurses, movie stars, GI Joe's, GI Jane's, pilots, ballerinas, pro-boxers, etc. We look forward to admiring your costumes. If you are one who does not enjoy "dressing up," come anyway. We would love to see all families out on the dance floor having a great time.

- DJ Hightop will be back by popular demand
- Prizes for the most original costumes and the best dance partners.

You may pre-order tickets in the Main Office. Tickets are \$30.00 per couple or \$15.00 per individual.

ATHLETICS

Winter Sports are off and running and we look forward to great action in the coming months.

Last issue we celebrated both individual and team accomplishments for fall sports, but some were not complete, so we want to take a moment and recognize both athletes and programs since our last Falcon Family News.

Football: Congratulations to the following athletes who were selected to the Sierra Valley Conference 'All League' team: Ryan Pratt, Dylan Orr, Eddie Ralph, Michael Lahey, Austin Moore, Asante Cleveland, Ade Jackson and league MVP Corey Crowder

Women's Volleyball: Congratulations to our **REPEAT NOR-CAL CHAMPIONS** in Division 4 state playoffs. Our Lady Falcons earned the right to compete in the state championships for the third time in four years. The team was confident, but fell short in the final match of the season. The championship spirit award was presented to Kim Fazio and the all tournament players in the finals match were Katie Hoekman and Kelly Pelz.

Players being recognized on the Sierra Valley Conference 'All League' team are Katie Hoekman, Megan Anders, Erika Cuevas and Jessica Jones. As well as 'all league' honors, Erika Cuevas was selected 1st team 'All City'. Named to the second team was Katie Hoekman and Honorable Mention honors go to Megan Anders, Sarah Biondi and Kelly Pelz.



Parents Open Forum

The Athletic Department invites all parents to an open forum to discuss issues associated with financial concerns and solutions for the future. The forum is being sponsored by the Boosters and will be held Monday, January 25, 2010 at 7:00 p.m. in the cafeteria. We hope you will join us for this important event.

JANUARY 2010

5

SPRING SEMESTER



Join us for the 40th Annual Alumni Dinner and Social
Celebrating the Class of 1960

Featuring the music of the 60's performed by Dandectraz

Saturday, February 6, 2010

Dinner at 6:30 p.m. - Social at 8:00 p.m.

For more information, please contact the Alumni Relations Office at 733-3647 or djablonsky@cbhs-sacramento.org

VISUAL AND PERFORMING ARTS

Music Man! Do you fancy yourself to be a Harold Hill? How about Marian the Librarian? Even while the "One Acts" are in production, the auditions for our spring musical "The Music Man" take place January 12-16. If you like to dance, sing or act, we want to see you at the auditions. These are open to any CB student, so come on out.

Our "Festival of One Acts" takes the stage **January 28-31**. These student written, directed and produced performances showcase the gifts and talents of our students as they present a wide variety of shows. Whether you are a comedy or tragedy fan, there will be something for you.

In the world of music it is all about service. Our choral department is hosting the "Children of the World Choir" on February 5th. This group consists of 15 singers who come from some of the poorest corners of the globe. They travel with their show to bring light to the plight of orphaned children around the world. Their goal this year is to provide clean drinking water to villages and communities that suffer from illness and disease simply because they have none. They will be performing a concert at CB on the morning of February 5th. This proves to be an incredible and eye-opening event for our students at Christian Brothers.

And finally, our artists hope once again to bring home many ribbons in the 20th Street Art Gallery's "Student Self-Portrait" show. This fabulous event packs the gallery and is a highlight of the art world at CB. It puts our students' work in the community and shows what an incredible art program we have at CB. See our students' artwork side by side with the best work from all of the high schools in Sacramento on Saturday, February 6, 2010.



Thanks to Mr. Drysdale for being Santa and having his pictures taken with our students on December 11th. He was on campus for the entire lunch period greeting our students.

FALCON FAMILY FACES

SPRING SEMESTER



JANUARY, 2010



CHRISTIAN BROTHERS



Annual Auction

Set Sail for Spain Aboard the S.S. Falcon
March 20, 2010

For more information on the auction, preview of the auction catalog, absentee bids, the Golden Ticket Raffle and reservations, please visit the auction website at <http://cbhs-sacramento.maestroweb.com>

THE COUNTDOWN HAS BEGUN!



"It is not the ship so much as the skillful sailing that assures the prosperous voyage."
- George William Curtis



CHRISTIAN BROTHERS HIGH SCHOOL
4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95820-2727

PSRST
First-Class
U.S. Postage
PAID
Permit # 1277
Sacramento, CA

FALCON FAMILY NEWS

PRINCIPAL SHARING: *INVESTING IN OUR STUDENTS' GREATNESS*

In his Parable of the Talents, Jesus tells of three men entrusted with varying sums of talents (money) from their master. Two invest their talents wisely and make much more in return. The last fellow hides a single talent only to return what was given. By hiding his gift where it couldn't be lost – it also couldn't grow. So, rather than being praised for his prudence, he's reprimanded.

Jesus' parable of the talents reminds us that we're all given gifts from God. And when we successfully use these gifts, God entrusts us with even greater gifts and greater opportunities.

Here at Christian Brothers we embrace this belief with an inclusive, Lasallian education.

We believe that every child is gifted for learning. We believe that these gifts thrive within an educational community that welcomes a diverse group of students: coeducationally, culturally, economically, and, yes, academically.

As such, CB's core curriculum is directly aimed at empowering students to succeed – each according to their ability. We meet students where they are and then guide them to the next level.

CB students enjoy a careful blend of varied-level courses, with class schedules respectful of their individual strengths. We offer three levels of coursework ("A," "B," and "C"). All are college preparatory. And all are part of our 270 credit curriculum that exceeds what's required by both the UC or CSU systems.

For those freshmen who struggle academically, our 11-month SAGES program offers opportunities to secure strong foundational skills. For accelerated learners, our Scholars' Path studies challenge them with exceptionally rigorous academics. Twenty-three Honors/AP courses also provide even more advanced preparation and opportunities to earn college credits early.

Our faculty goes the extra mile to guide students to multiply their gifts. What students learn, and how they learn, at CB empowers them to experience success in using their gifts at their best. They're called upon to invest their talents wisely with the daring to excel and to improve.

Yes our standards are high. Yet, CB students go up and over. This past semester alone one-fifth of all students achieved a cumulative 4.00 or greater G.P.A. Forty-one percent (41%) of our



student body earned either "Highest Honors" or "Honors" on our Academic Honor Roll. Two hundred and eighty-six freshmen through senior students achieved a G.P.A. of 3.75 or higher. Another 149 students achieved a cumulative 3.50 to 3.74 G.P.A.

Come commencement day with typically 99% of CB graduates going on to their post-secondary education, their diplomas truly signify a greater achievement than that of having amassed knowledge... They have accomplished the hard task of harnessing their own personal greatness.

In Jesus' words, "well done, good and faithful servants."

Live Jesus in our hearts, forever!


Raymond Burnell
Principal

INSIDE

Guidance
Campus Ministry
Christian Service
Student Activities

Athletics
Visual & Performing Arts
Falcon Family Faces

SCHOOL CALENDAR - FEB. '10 ENTER TO LEARN. LEAVE TO SERVE

FEB. 1	Booster Club Mtg. 8:30 p.m.	FEB. 9	Juniata Retreat	FEB. 17	Classes begin 8:00 a.m.
FEB. 2	Action Committee Mtg. 8:00 p.m.	FEB. 10	Classes begin 8:00 a.m.	FEB. 18	Ash Wednesday Liturgy 8:30 a.m.
FEB. 3	Professional Advice Day for Stakeholders Alumni Mtg. 7:00 p.m.	FEB. 11	Spring Sports begin Spring Athlete Mtg. – Falcon Flex	FEB. 19	Lenten Almsgiving begins Open Mic Auditions after school L-1
FEB. 4	Classes begin 8:00 a.m.	FEB. 12	Blood Drive Valentine's Spirit Day	FEB. 20	Soph Retreat SAT Prep Class 9:30 a.m. – 12:30 p.m.
FEB. 5	Supernatural Class Prayer Service – Falcon Flex First Friday Vocation Awareness Day Soph Retreat	FEB. 13	School Holiday – no classes	FEB. 21	Sadie Hawkins Dance
FEB. 6	Children of the World Concert Assembly Parents/Student Retreat SAT Prep Class 9:30 a.m. – 12:30 p.m. Annual Alumni Dinner 20th Street Art Gallery High School Self-Portrait Show	FEB. 14	Elementary School Choral Festival @ CB	FEB. 22-26	Pre-Reg Week – special schedule
		FEB. 15	Presidents' Day Holiday – no classes	FEB. 24	Friends of the Arts Mtg. 8:30 p.m.
		FEB. 16	Open Mic Auditions after school L-1 Supernatural Academic Planning Night 7:00 p.m.	FEB. 25	Classes begin 8:00 a.m.
				FEB. 26	Sacrament of Reconciliation Open Mic Night 7:00 p.m.
				FEB. 27	SAT Prep Class 9:30 a.m. – 12:30 p.m. Jr/Sr Open Dance @ Jesuit HS 7:30-10:30 p.m.

GUIDANCE DEPARTMENT NEWS

Seven Myths About College Admission – Advice for Students

Myth #1: "Colleges receive so many personal essays that they probably only glance at them." **Facts:** Private college admission officers read personal essays with great care. Writing about yourself in a way that makes you unique and distinctive is the one significant thing you can do to overcome lackluster test scores and a less than stellar GPA. Don't wait until just before the deadline and dash off anything to get it in the mail. Even at the University of California, a well-written personal statement can tip the scales in your favor; the personal essay does make a difference.

Myth #2: "Colleges do not look at the senior year grades." **Facts:** All private college admission committees analyze not only senior year grades in the first semester, but also the degree of difficulty of the senior year course of study. The UC and Cal State systems look very closely at the courses taken in the senior year. As for second semester grades, if there is a significant change in academic performance from January to June, the college that originally accepted you may require summer school work, put you on probation for the first semester of college, or rescind your acceptance on grounds that you are not the same student that they accepted.

Myth #3: "It's important to have as many varied extracurricular activities as possible to impress college admission people." **Facts:** Colleges are looking for quality of involvement rather than quantity. They want a well-rounded student body made up of students who are vitally interested in particular activities and haven't spread themselves so thin that they've demonstrated no commitment to anything. Go for depth, not breadth. Colleges prefer, for example, the student who was a solely dedicated yearbook editor rather than the student who dashed in and out of ten activities. They call this "productive follow-through."

Myth #4: "It is better to go to a big university that is well known than to a small college that few people have ever heard of." **Facts:** All generalizations about large versus small schools are dangerous. A prestigious university like Stanford would be ideal for some students, but some would fare far better in a small, less widely known college such as Notre Dame de Namur in Belmont, CA. It is important to define the things you want in a college – to understand yourself and not to be influenced by others' opinions.

Myth #5: "Ivy League colleges are the only ones worth applying to." **Facts:** This is another cliché. The Ivy League colleges (Brown, Columbia, Cornell, Dartmouth, Harvard, Univ. of Pennsylvania, Princeton, and Yale) are among the most selective in the nation, but they may not offer what you want; besides, did you know that the Ivy League is simply an athletic league, like the Big 10 or Pac-10? Certainly the Ivy League is known for its academic quality, but it does not have a monopoly on academic excellence! It is worthwhile to explore other areas of the country and to remember that many prominent men and women have graduated from non-Ivy League schools. Suggested reading: *Looking Beyond the Ivy League* by Loren Pope and *Ivy League Programs at State School Prices* by Robert Sullivan.

Myth #6: "The financial aid situation is completely hopeless this year." **Facts:** Financial aid continues to be more readily available than you might think in the forms of grants, loans, opportunities for on-campus work, and merit-based scholarships. But you do need to "dig" for the merit-based scholarships, especially those not institutionally-based, and research and apply accordingly.

Myth #7: "If I make the wrong decision about college, my life will be ruined." **Facts:** While it is important to realize the significance of your college choice, you should remember that if you find, in spite of an informed choice, that you are not well-suited to your college, you can transfer to another college. So be conscientious, but don't envision yourself as a character in a Greek tragedy.

W
FEBRUARY '10
N
SPRING SEMESTER

Upcoming Guidance Events:

January 27-February 18

Counselors visit classrooms to return PLAN/PSAT and conduct Pre-Reg advising

First week of February

Pre-Reg information mailed to parents

February 16

Sophomore Parent Academic Planning Night, 7:00-8:30 p.m., CB Cafeteria

February 22 - 26

Pre-Reg Week (special schedule, early dismissal)

March 17

Exploring Colleges for Juniors and Their Parents 7:00-8:30 p.m., CB Cafeteria

April 28

Transition to College for Seniors – Letting Go and What I Wish I Had Known, 7:00-8:30 p.m., CB Cafeteria

SAT/ACT registration deadlines:

FEB. 4 for the **March 13 SAT exam** – go to www.collegeboard.com to register

MARCH 5 for the **April 10 ACT exam** – go to www.actstudent.org to register

Pre-Registration 2010-2011

Once again it is time for our students to start planning their schedule for next year. Counselors have already been meeting with the students to discuss their schedule for next year. On February 1st, pre-registration materials will be sent by mail to students and parents. These materials include a pre-registration worksheet along with the course catalogue. Please take some time to sit down and discuss with your child his/her schedule for next year. Pre-registration is very important to you and to the school. From the results of this day we will decide whether a course will be offered and determine the number of sections for each course.

On Tuesday, February 16th, students will be given additional registration materials in homeroom. Throughout the week of February 16-19 students will meet with their teachers to get placement signatures for the classes they plan to take next year. Teachers will advise students based upon current grades and the required pre-requisites for each course. If students improve their grades, teachers can still move them to a higher level at the end of April when teachers review all course level placements again.

During Pre-registration week (February 22 – February 26), Christian Brothers will be dismissed at 2:15 p.m. Thursday dismissal will be at 2:25 as normal. Students will pre-register in the Tech Center according to the following schedule:

Monday, February 22nd	Juniors (A – M)	2:20 – 3:20
Tuesday, February 23rd	Juniors (N – Z)	2:20 – 3:20
Wednesday, February 24th	Sophomores (A – Z)	2:20 – 3:20
Thursday, February 25th	Freshmen (A – Z)	2:30 – 3:30
Friday, February 26th	Make-up pre-registration	2:20 – 3:00

All teachers will be available in their classrooms from 2:15 – 3:15 p.m. for any last minute course recommendations and signatures.

If you have any further questions regarding pre-registration, please contact Mr. Schumann at 733-3620.

CAMPUS MINISTRY



A Valentine Prayer

Gracious God,

*you gave Saint Valentine the courage
to witness to the gospel of Christ,
even to the point of giving his life for it.
Help us to endure all suffering for love of you,
and to seek you with all our hearts;
for you alone are the source of life and love.*

*Give us the courage and love
to be strong witnesses of your truth
to our family, our friends, and our world. Amen.*



WORDS OF St. John Baptist de La Salle

*Be convinced that God is ready
to refuse you nothing that you ask of him
with faith and confidence in his goodness.*

- Meditation 38.2

Liturgies:

The **Junior Family Liturgy** is **Sunday, March 7** at **9:30 a.m.** in the gym. Fr. Michael Hebda will be our presider. Juniors and their families are warmly invited to attend the liturgy and the continental breakfast that follows. Please check your mail for a letter from the school with more information about this event and an RSVP form for you to return to the school office.

You are invited to attend the **Ash Wednesday Liturgy** on **Wednesday, February 17** at **9:30 a.m.** in the gym. The liturgy will include the distribution of ashes. We look forward to your presence as we begin our Lenten journey together.

Retreats:

The **Parent/Student Retreat** still has room! It is **Saturday, February 6** at **Christ the King Retreat Center** in **Citrus Heights**. Last chance to RSVP on the website! The retreat begins at **9:00 a.m.** and ends at **3:00 p.m.** It's a wonderful Valentine gift for your son or daughter - time away together! There is no fee for this retreat.

Sophomore Retreats - **February 19, March 5, and April 3 and 16** - at **the Newman Center (across from CSUS)**. Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

Junior Retreats - **February 9, March 2, and April 13 and 27** - at **Christ the King Retreat Center** in **Citrus Heights**. Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

Senior Kairos 31 Retreat - **March 23-26** - **Our Lady of the Oaks Retreat Center** in **Applegate**. Room is still available on this retreat. **This is the last chance for members of the Class of '10 to attend their senior retreat!**

PROFESSIONAL ATTIRE DAY on Wednesday, February 3

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" on the First Wednesday of every month. When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on page 19 of our Parent-Student Handbook throughout the entire school day. Please note Professional Attire dress code distinctions between upper and lower division students (i.e. no skirts allowed for Freshman and Sophomore ladies).

Wednesday, February 3 will be our next "Professional Attire" day for all students. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Ms. Jan Warren, for assistance.

CHRISTIAN SERVICE

FEBRUARY '10

4

SPRING SEMESTER

Summer Opportunities

Breakthrough Sacramento Country Day School is a year-round, tuition-free, college-preparatory program for academically motivated students from low-income/under-resourced schools. It is also a teacher-training program for talented high school and college students. Students from CB are invited to apply to teach during the summer. This is an 8-week paid internship where students teach one subject (you are the teacher), as well as, enrichment courses under the mentorship of a professional teacher and a supportive community. This is a great opportunity if you think you might want to pursue a career in education. Applications are due on March 1, 2010, and are available at: www.TeachBreakthroughs.org. You can also find Breakthrough on Facebook.

Camp ReCreation is looking for volunteers (minimum age of 16) to spend a week working as a cabin counselor one-on-one with a camper with a developmental disability. For more information please contact them at (916) 733-0136 or mail@camprec.org.



Haiti Response: On January 12, a 7.1 earthquake hit the island nation of Haiti. Christian Service Corps responded immediately with a brainstorming meeting about how CB was going to respond. During the week of January 19th, we collected donations in B set to benefit Catholic Relief Services. As of press time, we do not have a final total, but we did reach an all time high for a one day collection of \$968 on our very first day. Please stay tuned for more updates.

Feeding the Hungry at St. Ignatius Parish

Sharing God's Bounty Dinners for the Hungry take place on the 4th and 5th Wednesdays of the month at St. Ignatius Parish from 5:30 to 7:30 p.m. If you are interested in helping, please see Ms. DeBenedetti-Emanuel for details.

Annual Cold Weather Gear Drive

Thanks to everyone who donated gently used and clean coats, jackets, gloves, scarves, and winter hats to our annual coat drive. We successfully filled seven large barrels to benefit the Sacramento Food Bank and Family Services. Our friends at the Food Bank were very appreciative of our efforts.

School Supplies Drive:

Kids for Kids, one of our six Christian Service Clubs, will be sponsoring a school supplies drive to benefit the children at the Moral Values Program on February 1-5, 2010. Pens, pencils, markers, folders, crayons, paper, scissors, glue, stickers, highlighters, notebooks, and backpacks are all needed. Donations can be made in the Christian Service Center.

Senior Service Hours:

If you want to be considered for a Christian Service Award at graduation, community service hours are due on March 8, 2010. Any community service done between the first day of freshman year and March 5, 2010, counts towards the goal of 100 hours needed for an award. If a senior has 250 hours or more she/he will receive a Christian Service Award with Distinction. All award recipients will receive a Service Award Pin to wear on their gown at graduation. Service documentation forms are in the Christian Service Center or on our website under Christian Service. Follow the links to documenting service. If you have any questions about Christian Service Awards, please see Ms. DeBenedetti-Emanuel in the Christian Service office or e-mail her at sdebenedetti-emanuel@cbhs-sacramento.org.

Freshmen, Sophomore, and Junior

Service Hours:

If you want to be considered for a Christian Service Award for 2009-2010, please turn in your service hours before finals week. If you plan on doing service over the summer, you may turn those hours in on August 17, 2010. The requirements for Christian Service Awards are: Freshmen - 25 hours; Sophomore - 50 hours; Junior - 75 hours. These service hours are cumulative and can be tracked from the first day of freshman year until the present.



Annual Auction

SATURDAY MARCH 20, 2010

TO RESERVE YOUR AUCTION TICKETS, PURCHASE A GOLDEN RAFFLE TICKET, PREVIEW THE AUCTION CATALOG, OR ENTER ABSENTEE BIDS, VISIT www.cbhs-sacramento.org

AND CLICK ON THE AUCTION LOGO OR USE THE FORM ON THE BACK TO PURCHASE TICKETS NOW.

ANNUAL AUCTION SET SAIL TO SPAIN

SATURDAY MARCH 20, 2010

6:00 PM



CBHS FIELD HOUSE AND RON LIMEBERGER 53' GYMNASIUM
CHRISTIAN BROTHERS HIGH SCHOOL
4315 MARTIN LUTHER KING, JR. BLVD.
SACRAMENTO, CALIFORNIA



\$700 PER TABLE (10 GUESTS PER TABLE)
\$75 PER PERSON (PURCHASE ON OR BEFORE 3/12/10)
\$90 PER PERSON (PURCHASE AFTER 3/12/10)

FAMILY STYLE DINNER
CASUAL CRUISE ATTIRE



SILENT AND LIVE AUCTION

PLEASE VISIT www.cbhs-sacramento.org
FOR THE AUCTION CATALOG



MASTER OF CEREMONIES

DAN ELLIOTT

CHANNEL 10 NEWS ANCHOR



ENTERTAINMENT BY

CHRISTIAN BROTHERS VOCAL JAZZ CHOIR



RESERVATIONS BY MARCH 12TH APPRECIATED



GOLDEN RAFFLE TICKET

WIN A CHOICE OF ANY LIVE AUCTION ITEM
\$100.00 PER TICKET, LIMITED TO FIRST 200 TICKETS SOLD
DRAWING WILL BE HELD DURING THE BEGINNING
OF THE LIVE AUCTION ON SATURDAY MARCH 20, 2010
NEED NOT BE PRESENT TO WIN

CHRISTIAN BROTHERS



Annual Auction

Set Sail for Spain on the SS Falcon
March 20, 2010

Tickets on sale now!

Fill out the order form below or go online to www.cbhs-sacramento.org
and click on the auction logo to visit the auction website.

Please complete this form and return it with your payment to:
Christian Brothers High School, 4315 Martin Luther King, Jr. Blvd., Sacramento, CA 95820-2727.
 For more information on event sponsorships, please call Sally or Elizabeth at (916) 733-3605.

Table Price Discount _____ x \$700 each = \$ _____ <small>(10 guests per table @ \$70 per guest)</small>	Please Bill My <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA
Advance Single Ticket Price _____ x \$75 each = \$ _____ <small>(Purchase on or before 3/12/10)</small>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Standard Single Ticket Price _____ x \$90 each = \$ _____ <small>(Purchase after 3/12/10)</small>	Security Code: <input type="text"/> <input type="text"/> <input type="text"/>
Golden Raffle Tickets _____ x \$100 each = \$ _____ <small>(Choice of any Live Auction Items)</small>	Signature _____ Exp. Date _____
Total Amount Enclosed/Charged _____ = \$ _____	Name (as it appears on card) _____ Telephone _____

Please make checks payable to: Christian Brothers High School.
 Tickets will be reserved for your party and available at check-in at the Christian Brothers field house on the night of the event.

Billing Address _____ City _____ State _____ Zip _____

Seat(s) and/or tables are pre-assigned

Guest list to reserve your pre-assigned seats and/or table	Name: _____	Name: _____	Name: _____
	Address: _____	Address: _____	Address: _____
	Telephone: _____	Telephone: _____	Telephone: _____
	E-mail: _____	E-mail: _____	E-mail: _____
	Name: _____	Name: _____	Name: _____
	Address: _____	Address: _____	Address: _____
	Telephone: _____	Telephone: _____	Telephone: _____
	E-mail: _____	E-mail: _____	E-mail: _____
	Name: _____	Name: _____	Please make checks payable to: Christian Brothers High School. Please fill out the guest list & return with payment. Tickets will be reserved for your party and available at check-in at the Christian Brothers field house on the night of the event. Seat(s) and/or tables are pre-assigned.
	Address: _____	Address: _____	
	Telephone: _____	Telephone: _____	
	E-mail: _____	E-mail: _____	

STUDENT ACTIVITIES

Mother – Son / Father – Daughter Dance

Check out the pictures of our Mother/Son – Father /Daughter Dance! What a spectacular evening! Thank you to the students and family members who came out and danced the night away. The costumes were amazingly creative and the dancing was fantastic. DJ Hightop and his little brother once again put on an incredible dance for us. Hopefully everyone ate their fill of the delicious Ettore's desserts. Our guests had the chocolate fountain surrounded all night. We all worked hard for the privilege of indulging in delectable desserts before working off the calories dancing to Hightop's music. A big thank you also goes out to the Junior Class Council for all their hard work getting this dance ready for us.

Costume contest winners this year were Corey Crowder and his mom for their crowd pleasing costumes of a high school cheerleader and a fabulous Falcon football player. The Falcons are still number 1! Dance contest winners were Megan Walters and her father; they had quite the swing dance moves going!

All profits made from this dance will go to benefit the children of our sister school in Ethiopia.

WINTER SPIRIT RALLY

On January 28th the American Gladiators are coming to CB. Our ASB rally chairs have an exciting Winter Spirit Rally planned full of colossal competitions, games, music and spirit for our student body. Dress code for the day is as much class color as possible and may the best class win!

Sadie's Dance

Also coming up is the Sadie's Dance, February 20, 2010. This is an open dance, and students wishing to ask students from other schools must obtain a guest pass from Room 106 and return it by February 10. No late passes will be allowed. The theme this year is "ALL YOU NEED IS LOVE." Students may dress to the theme or come in semi-formal attire.

Semi-formal calls for conservative dress. Appropriate wear includes:

- Girls may wear halter, strapless and spaghetti strap dresses as long as the dress is modest, in good taste and appropriate for the girl's body type.
- Boys are to wear a dress shirt, tie, dress slacks or dockler style pants.
- **Everyone is to wear dress shoes (absolutely no tennis shoes; this includes Vans).**

Student Council has many exciting activities still in the works to finish off our year. It is hard to believe that ASB elections will be coming up soon. If your student would like to get involved in representing our student body and helping to plan the events here on campus, keep watching for election information.

Please encourage your student to participate in as many activities as possible. Activities help students develop socially and emotionally. Besides, they are FUN!



ATHLETICS

Our Winter sports are having some great successes on the courts and mat; highlights include:

M – Basketball

- The frosh team is impressive with a 5 – 1 league record and 13 – 5 overall record
- JV are currently 4 – 4 in league action and 10 – 10 overall
- Our varsity team is 3 – 2 in league play and 11 – 9 overall

W – Basketball

- Our frosh team is currently 3 – 4 in league play and 7 – 9 overall
- The JV team is 3 – 3 in league action and 8 – 10 overall
- Varsity has a 2 – 3 league record and a 13 – 8 overall record

Wrestling:

The Wrestling team has had a rough time in league competition, mostly due to not filling all the weights, but has had a strong season at individual tournaments led by a second place team finish at the Rosemont Invitational.

Leading the Falcons is Senior Dylan Orr, who has compiled an impressive 26-4 record at 215 pounds so far this season. He has won 3 tournaments this season, and this past weekend he placed second in Northern California's toughest tournament, the '88 team Tim Brown Memorial'. While getting to the finals, Dylan beat the Sac Joaquin Section's #3, #6 and #8 ranked wrestlers before falling in the finals to the defending SJ Section Champion by a score of 5-3. Dylan is working hard every day on a quest to qualify for the California State Wrestling Tournament. Dylan is hoping to be the third CB wrestler to qualify since Head Coach Byron Miller took over the program 10 years ago.

Junior Robin Davis has been having a good year as well. He wrestles at 103 pounds and has compiled a record 24-11. He has placed at 5 tournaments with his best being Tournament Champion at the Rosemont Invitational.

Several other Varsity wrestlers have come home with tournament medals. They include sophomores Reggie Smith, Kelly Hertel and Alex Wagstaff; juniors Anthony Ferrigno and Taylor Schnepf, and senior Chris Jensen.

Our JV wrestlers also compete every weekend at tournaments around the Sacramento area. Freshman Alex Ennis, sophomores Aaron Asbury and Mike Palmer, and junior Chris Venagas have all earned medals at tournaments so far this season.

We have two female wrestlers, junior Ruby Santos and freshman Mallory Velte. Both have been competing in women's tournaments and have come away with championships on two occasions. Last weekend both competed at the Northern California Female Championships where Ruby placed fourth out of a field of 79 teams. Ruby and Mallory will be competing in the women's state championships the last weekend of January.

Along with our successes in competition our athletes have been impressive in the classroom.

Every one of our Winter sports teams achieved a 3.0 or better g.p.a.:

Women's Frosh Basketball	3.62	Men's JV Basketball	3.54
Women's Varsity Basketball	3.45	Women's JV Basketball	3.37
Men's Varsity Basketball	3.15	Wrestling	3.13
Men's Frosh Basketball	3.03		

The following Winter athletes distinguished themselves as scholar-athletes by achieving a 3.5 or better g.p.a. in the first semester.

Men's Basketball: Casey Long, Paul McFadden, Paul Drozd, Eddie Ralph, Nathan Goncalves, Nick Domek, Ryan Peabody, Jimmy Barnes, Vincent Roselli, Mitesh Patel, Max Fuhs, John Romiehl, Avante Yarber

Women's Basketball: Lynette Sandoval, Katie Hoekman, Niel Valmores, Grace Kellison, Natalie Hastings, Lauren Cox, Kate Costa, Meg Taylor, Lauren Dahl, Kayla Gardner, Maggie Henderson, Sarina Munoz, Marie Castro, Kaytee Marston, Savannah Muzzi, Nicole Skow, Angelica DeTuro, Madeline Esquivel, Gabrielle Patterson, Brielle Vega-Cruz

Wrestling: Kostantino Johal, Matthew Rocas, Caleb Stringer, Christopher Venegas, Jacob Rocas, Kelly Hertel, Reggie Smith, Austin Guillen, Mallory Velte

Congratulations to all for these outstanding accomplishments!!



VISUAL AND PERFORMING ARTS

How hungry are you?

If you didn't get your fill of VPA events last semester (if that is possible), this semester is an all-you-can-eat buffet, a smorgasbord if you will, that will certainly satisfy the most insatiable of artistic appetites!

January saw the highest turnout ever for *de la femme, de la dudes* and "The Music Man" auditions. All three casts are fabulous and are certain to impress. Our season of One Acts completed a successful and impressive run with another round of shows directed by our own students. And now that we are warmed up, the marathon begins...

February starts off as the Choral Department hosts the "Children of the World Choir". This group of 15 singers from all around the world will be performing on February 5 for the student body to bring to light the plight of poor and orphaned children around the world.

The next day our visual artists will be featured in the 20th Street Art Gallery Self-Portrait Show. This event is the only city-wide high school visual arts show in the country, and our students always show very well. The reception and awards ceremony takes place the evening of February 6.

On Friday, February 12, all of the Catholic Elementary schools will be bringing their choirs to Christian Brothers to participate in the Diocesan Choral festival. This is a fantastic event where choirs sing for each other and are then adjudicated and given tips on how to become even better than they already are!

On Ash Wednesday, February 17, for the second year in a row, our Honors Chorale will be participating in an invitation-only choral festival at CSU East Bay. They are one of five choirs throughout the mid-section of the state invited, and they share the stage with some of the best high school choirs around.

Two days later on Friday the 19, all of our choirs will have the pleasure of working with Dr. Donald Kendrick from CSU Sacramento. Dr. Kendrick will be spending the entire day with our choirs in their classes, helping them refine their songs for a formal concert that evening at St. Francis of Assisi Church. This concert is free and begins at 7:00 p.m.

Our flagship Ceramics program will be highlighted on February 23 as the media converges on Christian Brothers to promote the "Empty Bowls" project with their annual "Bowl-a-thon". Students may be featured on radio and television as they work on their projects that will ultimately benefit the River City Community Services.

Are you among those parents who believe that the arts are an important part of developing the whole person? If so, then come to the Friends of the Arts meeting on Wednesday, February 24 at 6:30 p.m. in the band room. If you care about the arts, we want you.

Friday, February 26 sees our rogue musicians, poets, comedians and artists put their arts in front of an audience in a 'coffee house' setting as our Little Theater becomes the site of our third "Open Mic Night" of the school year. Don't miss this sell-out event!

Looking ahead...

Mark your calendars for the following events:

"Classical Jammies"

March 6 @ UC Davis Mondavi Center, featuring Honors Chorale

"Empty Bowls" evening preview March 8 and luncheon March 9

"Jazz Dessert" - March 12 @ 7:00 p.m. in the Gym

Any questions? Please contact Ron Slabbinck, Director of Visual and Performing Arts, at rslabbinck@cchs-sacramento.org or (916)733-3617.



FALCON FAMILY FACES



SPRING SEMESTER

8

FEBRUARY '10

LASALLIAN CORE PRINCIPLE



QUALITY EDUCATION

We engage in quality education together as students, staff and faculty by thinking critically and examining our world in light of faith.



CHRISTIAN BROTHERS HIGH SCHOOL
4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95820-2727

PSRT
First-Class
U.S. Postage
PAID
Permit # 1277
Sacramento, CA

FALCON FAMILY NEWS

CB Board of Trustees Approves a 0% Tuition "Increase" for 2010-11

Dear Parents,

Thank you for the sacrifices you make to send your daughters and sons to Christian Brothers High School. Tuition and fees are a significant investment, particularly in light of current economic conditions, and we appreciate your placing a priority on education in a faith-filled environment. We are grateful that you entrust us with the sacred responsibility of partnering with you in preparing your children for success in college and beyond. In our roles as administrators, we carefully balance our commitment to sound fiscal practices while maintaining an excellent, Catholic, Lasallian educational experience for our students.

We are pleased to report that on February 10th our Board of Trustees unanimously approved an operating budget for the 2010-11 school year that freezes tuition and fees at this year's rates (\$11,200 tuition and \$625 fees). This tuition freeze is possible thanks, in large part, to the dedication and forward thinking of our Board of Trustees. Their commitment to our students and families is unwavering.

Lasallian education advocates a strong commitment to serving those less fortunate. Here at Christian Brothers we encourage community service, teach social justice, and create a truly Christian atmosphere for young people. We also go one step further by ensuring that we provide sizable tuition assistance to include students from low and modest income families in our school community.



"...you have been entrusted especially with the care of their souls, which is what God had most at heart when He made you the guides and guardians of these young children."

- St. John Baptist de La Salle

Although our endowment is just recently showing signs of recovery, we remain committed to our Lasallian mission of serving those less fortunate. Next year, we anticipate allocating \$1.1 million in need-based tuition assistance to approximately 200 families. We are grateful to the parents, friends and alumni who generously support our Annual Fund. Their

generosity makes this support possible.

As has been our experience for the past several years, demand for enrollment is high. In early March, you will receive registration information in the mail for the 2010-11 school year. In order to assure your child's place at Christian Brothers, it is necessary that you complete and return these forms, along with registration fees by May 3, 2010.

Please know that we take our roles as stewards of your sons' and daughters' education very seriously. We will continue to identify ways in which we can operate more efficiently and effectively. If you have any questions relating to tuition, registration or any matters involving your daughter's/son's education, please do not hesitate to call either one of us.

Live Jesus in our hearts, forever!


Lorcan P. Barnes
President
(916) 733-3603
barnes@cchs-sacramento.org


Raymond Burnell
Principal
(916) 733-3674
rburnell@cchs-sacramento.org

SCHOOL CALENDAR - MARCH '10

ENTER TO LEARN, LEAVE TO SERVE

March 1 Booster Club Mtg. 8:00 p.m.
March 2 Junior Retreat
Auction Committee Mtg. 6:00 p.m.
March 3 Professional Advice Day for Students
Alumni Mtg. 7:00 p.m.
March 4 Classes begin 9:00 a.m.
ASB Candidates Info Mtg. 8:00 a.m.
Athletic Student Council Mtg. - lunch
March 5 First Friday Vacation Awareness Day
Soph Retreat
March 6 Diocesan Academic Decathlon @ CB
SAF Prep Class 9:30 a.m. - 12:30 p.m.
Hazzard Charade - 8th Annual Jemmas @
Mendon Center
March 7 Junior Family Library 9:30 a.m.

March 10 Classes begin 9:00 a.m.
Lasallian Parent Club Mtg. 8:30 p.m.
March 11 3rd Quarter ends
March 12 Faculty/Staff Community Outreach Day - no classes
Jazz Dessert 7:00 p.m.
March 15 Faculty/Staff Professional Day - no classes
March 15-19 Vacation Awareness Week
March 16 Auction Committee Mtg. 6:00 p.m.
March 17 St. Patrick's Spirit Day
Exploring Colleges for Juniors and Parents 7:00 p.m.
March 18 Classes begin 9:00 a.m.
Spirit Rally - Falcon Flex (formal) 2:00 p.m.
March 20 CB Auction - Set Sail to Spain
March 22 ASB Apps and speeches due
March 23-25 Kares 31
March 24 Friends of the Arts Mtg. 8:30 p.m.

March 25 Classes begin 9:00 a.m.
March 26 Lenten Almsgiving ends
Good Night Pasta Feed
March 27 20th Annual Lunette Math Invitational @ CB
March 30 Fresh Enrollment Night - Class of 2014
March 31 Classes begin 9:00 a.m.

INSIDE:

Guidance
Campus Ministry
Christian Service
Student Activities
Athletics
Visual & Performing Arts
Falcon Family Faces

GUIDANCE DEPARTMENT NEWS



STUDY SKILLS WORKSHOPS

(all students welcome!)

The Guidance Department will be hosting academic workshops to help you with your study skills and preparation for final exams. Workshops begin March 18th and will continue all throughout the 4th quarter. They will take place during the common lunch in room 803 and are open to any interested students.

Thursday, March 18th - Goal Setting & Motivation
Thursday, March 25th - Time Management
Wednesday, March 31st - Meeting Your Deadlines
Thursday, April 15th - Note-Taking
Thursday, April 22nd - Test Anxiety
Thursday, May 6th - Memorization Techniques
Thursday, May 12th - Taking Scantron Exams
Thursday, May 19th - Preparing for Finals Week

All workshops are in Room 803
Time: 12:20-12:50 p.m.
Please eat your lunch before coming to the classroom

Upcoming Guidance Events:

Wednesday, March 17

Exploring Colleges for Juniors and Their Parents, 7:00 p.m.
CB Cafeteria

Wednesday, April 28

Transition to College Night for Seniors and Their Parents, 7:00 p.m.
CB Cafeteria

CB Students Achieve Highly!

The **National Merit Scholarship Program** is conducted by the National Merit Scholarship Corporation in conjunction with the College Board, and is a competition open to all high school juniors who take the Preliminary SAT (PSAT) test. Winners of scholarships are chosen on the basis of their abilities, skills, and accomplishments. In October each year, approximately 1.5 million high school juniors take the PSAT. Of those, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the Program, and approximately 15,500 are named Finalists. The class of 2010 boasts 16 students with National Merit Commended status, and one student who achieved National Merit Finalist status. The commended students are:

Dulma Altan
Morgan Murphrey
Alexander (Alvin) Bayani
Steven Pham
Michael Cohen
Grady Pierroz
Kevin Hack
William Simmons

Leslie Lai
Emily Sutlin
Cole Lancaster
Megan Walters
Jarrett Link
Nathan Weisberg
Kelsey McNamara
Matthew Wilson

Our National Merit Finalists, who represents the top 1% of high school students in America, is:

Melissa Farmer

In addition, the following class of 2010 students have been recognized by the **National Hispanic Recognition Program (NHRP)**, a program initiated to identify outstanding Hispanic/Latino high school students based on PSAT scores:

Diavonti Escasena
Melissa Farmer

Steven Leyva
Mercedes Oliva

Congratulations, Falcons!

PROFESSIONAL ATTIRE DAY on Wednesday, March 3

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" on the first Wednesday of every month. When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on page 19 of our Parent-Student Handbook throughout the entire school day. Please note Professional Attire dress code distinctions between upper and lower division students (i.e. no skirts allowed for Freshman and Sophomore ladies).

Wednesday, March 3 will be our next "Professional Attire" day for all students. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Ms. Jan Warren, for assistance.

CAMPUS MINISTRY



This is what the season of Lent is about, about being born again, about following the path of death and resurrection, about participating in Jesus' final journey. To become somewhat more concrete, some of us may need to die to specific things in our lives—perhaps to a behavior that has become destructive or dysfunctional, perhaps to a relationship that has ended or gone bad, perhaps to an unresolved grief or to a stage in our life that it is time to leave, perhaps to our self-preoccupation, or even to a deadness in our lives. It is possible to leave the land of the dead. The journey of Lent is about being born again—about dying and rising, about mortality and transformation.

On Ash Wednesday, we Christians are reminded of our own mortality in a very vivid way, as the ashes are marked on our foreheads in the sign of the cross. In the sign of the cross we hear the words spoken over us, "Dust thou art and to dust thou wilt return." This is a reminder not just of our physical mortality, but of the very path of Lent itself. We begin this season of Lent not only reminded of our death but marked for death, and that path of death is about our transformation.

The journey of Lent is about being born again by participating in the death and resurrection of Jesus, about that journey from Galilee to Jerusalem. The journey of Lent, with its climax in Good Friday and Easter, is about embarking on the way of Jesus on that path of mortality and transformation that is at the very center of the Christian life. When you think of it, who of us does not yearn for this? Who of us does not yearn for a fuller connection to life? Who does not yearn for an identity that releases us from anxiety and self-preoccupation? To be born again corresponds to our deepest yearning. May we this Lent experience that internal transformation that is at the center of the Christian life.



Copyright ©2002 Dr.
Marcus J. Borg
—from "Born Again" by
Dr. Marcus Borg

MARCH '10

3

SPRING SEMESTER

Liturgies:

Jacob and Matthew, a Catholic Christian contemporary music group, will lead our students in praise and worship at an **Easter Celebration Prayer Service on Friday, April 16 at 9:30 a.m.** in the gym. This will take the place of the Holy Thursday Prayer Service. Join us for this celebration of our being an Easter people!

Retreats:

The **Kairos 315 Senior Retreat**, the last senior retreat of the year, will be **March 23-26**. Please remember the retreatants, student leaders, and adult leaders in your prayers during these four days of spiritual reflection and growth.

The next **Junior Retreat** is **Tuesday, March 2** at Christ the King Retreat Center. The next **Sophomore Retreat** is **Friday, March 5** at the Newman Center.

WORDS OF St. John Baptist de La Salle

God feels such great tenderness for us that he gives us his own Son to nourish our souls.

- Meditation 51.1

CHRISTIAN SERVICE

Senior Service Hours

If you want to be considered for a Christian Service Award at graduation, community service hours are due on March 8, 2010. Any community service done between the first day of freshman year and March 5, 2010, counts towards the goal of 100 hours needed for an award. If a senior has 250 hours or more she/he will receive a Christian Service Award with Distinction. All award recipients will receive a Service Award Pin to wear on their gown at graduation. Service Documentation forms are in the Christian Service Center or on our website under Christian Service. Follow the links to documenting service. If you have any questions about Christian Service Awards, please see Ms. DeBenedetti-Emanuel in the Christian Service office or email her at sdebenedetti-emanuel@cbhs-sacramento.org.

Freshman, sophomore, and junior Service Hours

If you want to be considered for a Christian Service Award for 2009-2010, please turn in your service hours before finals week. If you plan on doing service over the summer, you may turn those hours in on August 17, 2010. The requirements for Christian Service Awards are:

- Freshman – 25 hours
- Sophomore – 50 hours
- Junior – 75 hours

These service hours are cumulative and can be tracked from the first day of freshman year until the present.

Resurrection Run

5th Annual 5k Run/Walk & ½ mile Walk for Kids, is on Saturday, April 3, 2010 at Glen Hall Park, 5415 Sandburg Drive, River Park Neighborhood Sacramento. All proceeds benefit Mbale Uganda Christian School and Orphanage in Uganda, Africa.

Summer Opportunities

Breakthrough Sacramento: Breakthrough at Sacramento Country Day School is a year-round, tuition-free, college-preparatory program for academically motivated students from low-income/under-resourced schools. It is also a teacher-training program for talented high school and college students. Students from CB are invited to apply to teach during the summer. This is an 8-week paid internship where students teach one subject (you are the teacher), as well as enrichment courses under the mentorship of a professional teacher and a supportive community. This is a great opportunity if you think you might want to pursue a career in education. Applications are due on March 1, 2010, and are available at: www.TeachBreakthroughs.org. You can also find Breakthrough on Facebook.

Camp ReCreation

is looking for volunteers (minimum age of 16) to spend a week working as a cabin counselor one-on-one with a camper with a developmental disability. Camp sessions are June 26-July 3rd and July 3rd-July 10th, 2010. For more information please contact them at (916)733-0136 or mail@camprec.org. Kathy, the Director of Camp ReCreation, will be on campus during Falcon Flex period on Thursday, March 4th. Please see Ms. DeBenedetti-Emanuel for more details.

Wellspring Week

Wellspring Breakfast Club had their bi-annual donation drive the week of January 25-29, 2010. Thank you to all who donated.

Haiti Response

Thank you to everyone who donated to our Haiti almsgiving. We successfully raised over \$3,000 in 3 days for Catholic Relief Services. We are keeping our Haitian brothers and sisters in our prayers.

Lenten Almsgiving

Each year during the liturgical season of Lent CB engages in a school wide Almsgiving project to benefit an organization that serves the poor and vulnerable. This year the Christian Service Corps (CSC) and the VENAVER Salinas students will be sponsoring our Lenten Almsgiving to benefit the L.I.F.E Program in Salinas, Ca.

L.I.F.E is an afterschool program that strives to create a "safe-haven" for elementary and middle school students in the Salinas community. The VENAVER Salinas group was very touched by their experience volunteering at the L.I.F.E. Center. They will be collecting alms for board games, healthy snacks, sports equipment, school supplies, and arts and crafts. Student will donate each Tuesday in their B-set classes. Any size donation is appreciated.

2010 Grad Night Pasta Dinner



Christian Brothers High School Cafeteria

4315 Martin Luther King Jr. Blvd., Sacramento, CA

Support our 2010 Grads on March 26, 2010

Dine in the cafeteria or Take Out meals available

Enjoy a variety of hot and cold pasta dishes prepared by our own "Chef Bob"

Take Out Dinner begins at 4:30 pm

Dine In Dinner is held 5:30 pm to 8:00 pm

Our Silent Auction and 50/50 drawing will give you a chance to win cash or buy some exciting items.

ENTERTAINMENT—

For your dining pleasure there will be mellow rock music performed by the *Slack Cats* and the *CB City Rhythm* will perform again this year.

Tickets:

- ❖ Adult: \$12
- ❖ 6-12 yr old \$7
- ❖ Under 6 FREE



Please Order by March 23, 2010 and Bring the Family!

Please Order by March 23, 2010 and Bring the Family!

Complete this half of the form and return with your payment.

Yes, I would like to support Grad Night by participating in the Senior Pasta Dinner.

Name: _____

E-mail Address: _____

Phone Number: _____

Dine In

Take out

Please reserve _____ adult tickets @\$12.00 each

Please reserve _____ child tickets @ 7.00 each

Please reserve _____ Under 6 Free tickets

50/50 tickets @ \$1.00 each, # of tickets _____

Grand Total: _____

Mark payment type and follow delivery directions.

Cash - please hand deliver to CBHS office

Check made payable to CBHS can be hand delivered to CBHS office or mailed to:

Christian Brothers High School
4315 Martin Luther King Jr. Blvd
Sacramento, CA 95820

Your confirmation will be e-mailed. 50/50 tickets will be at will call when you arrive at the cafeteria or the drive through. Simply give your name and enjoy your dinner. If you do not receive your e-mail confirmation, call Phil Silver: 916-772-4872. Thanks for supporting Christian Brothers graduating class of 2010.

STUDENT ACTIVITIES

Students Dress up...



Elections

Student Council has quite a busy month of March. We are getting ready to hold elections for ASB officers. A meeting will be held March 4 for all interested candidates at which time they may pick up an application.

Junior Liturgy and Ring Ceremony

We are also having our Junior Family Liturgy and Ring Ceremony, March 7th in the gym. The liturgy begins at 9:30 a.m. and all are welcome to attend. This liturgy is especially important for the juniors as their rings are blessed.

st. patricks spirit day

The Falcon Force is encouraging participation for St. Patrick's Spirit Day on March 17th and the Spirit Rally March 18th. Students may wear as much green as possible or a crazy outfit to celebrate St. Patrick's Day on Wednesday, and they are permitted to wear their spirit shirts and jeans on Thursday. GO FALCONS!

Upper Division Ball

Hey juniors and seniors - it's that special time of year; Upper Division Ball tickets go on sale the 22nd of March. The cost is \$55.00 per person. Make sure to fill out a contract if inviting a non-Christian Brothers student. Contracts are available in Room 106. Upper Division Ball will be held April 17th at the Double Tree Hotel.

Sadie's Dance Fun

Finally, we were excited to hold our Sadie's Dance in the Field House this year. The theme was "All You Need is Love." The students were invited to come in semi-formal dress or dress to the theme. We saw beautifully dressed couples as well as outlandishly dressed couples. The moderators for the dance had flashbacks and were quite entertained. Student Council would like to thank the Senior Class Council, as well as Mr. English and Ms. Shackel for the groovy decorations. Well done!

Students Give Blood!!



MARCH '10

5

SPRING SEMESTER

FALCON FAMILY NEWS

PRINCIPAL SHARING *THE MUSIC MAN ARRIVES*

Marian Paroo: "Maybe tomorrow."

Harold Hill: "Oh, my dear little librarian. You pile up enough tomorrows, and you'll find you are left with nothing but a lot of empty yesterdays. I don't know about you, but I'd like to make today worth remembering."

— Meredith Willson (The Music Man)

From Broadway and through Hollywood, music man Harold Hill has created charming memories whenever he arrives. Now it's Christian Brothers turn.

Starting April 22nd through April 25th our CB students will be performing the Tony and Grammy award-winning musical, *The Music Man*.

Most of us have enjoyed its delightful story in one version or another. We remember Professor Hill as a charismatic "con" man who can't read a note of music but specializes in organizing boys' bands and selling band instruments, then disappearing with everyone's money.

But when Harold comes to the Iowa town of River City, he comes up against a prudish, but progressive librarian (Marian Paroo) who plans to unmask him. That is until she realizes that he's breathing new life into the town and that she's fallen in love with him.

Nevertheless Harold is found out by the townspeople anyway and is about to be tarred and feathered until the boys' band gives a horribly unmusical concert, which the children's dotting parents think masterful.

Woven into this tale are rich repertoires of toe-tapping and heart-warming songs that are pure Americana. There's Hill's rousing "Seventy-Six Trombones" and Marion's tender "Goodnight, My Someone", "Rock Island" that

mimics the rhythm of a moving train, "The Piano Lesson" duet is set to practicing piano scales, and the tongue-in-cheek sermonizing of "Trouble."


When you come to see CB's wonderful production of *The Music Man*, the singing and dancing, along with the fanciful costumes, will bring you to your feet smiling!

This year's springtime Musical again showcases CB's dynamic Visual/Performing Arts program.

Throughout Sacramento Christian Brothers has made a name as a premier school for visual arts, choral and instrumental music, theater, and media arts. You'll find our students' talents in the spotlight whether it's in the television studios of KBFT, or on the stage of the Mondavi Center for the Performing Arts, or at the Crocker Art Museum's galleries.

With *The Music Man* coming to campus, we'll create yet another memorable moment with CB's theatrical performers charming our home stage crowd.

Live Jesus in our hearts, forever!


Raymond Burnell
Principal



SCHOOL CALENDAR - APRIL '10

April 1 Holy Thursday - dismissal 12:30 p.m.
April 2 Good Friday
April 2-8 Easter Recess
April 10 ACT @ CB
April 12-18 ASB Campaign Week
April 12 Class Council Apps Available
Booster Club Mtg. 8:30 p.m.
April 13 Junior Retreat
April 14 Alumni Mtg. 7:00 p.m.
Professional Active Day for Students

April 15 Classes begin 9:00 a.m.
Athletic Student Council Mtg. @ beach
ASB Speeches - Falcon Flex
April 16 First Friday Vacation Awareness Day
Easter Prayer Service 9:30 a.m.
Saph Retreat
ASB Election
April 17 Upper Division Ball
April 22 Classes begin 9:00 a.m.
Fresh Class Prayer Service - Falcon Flex
Spring Musical - The Music Man 7:00 p.m.

ENTER TO LEARN. LEAVE TO SERVE

April 23 Class Council apps due
Spring Musical - The Music Man 7:00 p.m.
April 24 LaSalle Club Baseball Hall of Fame Dinner
Spring Musical - The Music Man 7:00 p.m.
April 25 Spring Musical - The Music Man 7:00 p.m.
April 26 Community Retreat - in classes
April 27-30 Multicultural Week
April 27 Junior Retreat
April 28 Tickets to College Night-7:00 p.m.
April 29 Classes begin 9:00 a.m.
LaSalle Art Show

INSIDE:

Guidance
Campus Ministry
Christian Service
Student Activities
Athletics
Visual & Performing Arts
Falcon Family Faces

GUIDANCE DEPARTMENT NEWS

COLLEGE NEWS

Graduating Seniors have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2010! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2010 is one of the largest graduating classes in American history (over 3 million), the number of students applying to colleges has seen exponential growth.

In addition, a new trend has developed that has more seniors across the country applying to more colleges than ever in order to "hedge their bets." This has resulted in record numbers of applicant pools - for example, the University of California received a record number of applications for admission to the fall 2010 term. Overall application volume for fall 2010 admission increased by 5.8 percent over fall 2009 (from 126,701 to a record high of 134,029), which includes a 2.4 percent increase (from 98,002 to 100,320) at the freshman level, and a 17.5 percent increase (from 28,699 to 33,709) at the transfer level. Since most campuses have from 45,000-65,000 applicants to fill freshmen classes of approximately 4500, one can see how difficult decisions have been for admission offices in 2010. In fact, for the first time, UC has instituted a 'wait-list' for stellar students who were not admitted. Since it is so new, it is difficult to know to what extent the wait-lists will be used. As a result, there have been disappointments - not only among our own students, but for tens of thousands of other California seniors.

Thankfully most of our seniors planned well and applied to not only 'reach' schools, but 'target' schools and 'safety' schools. As a result, CB students have options for next year and are able to begin their college careers at great schools. If any seniors are still grappling with final decisions, remember that Mrs. Hesser or Ms. Kambas are available to assist and support you.

The good news is that many of our students have been admitted to several prestigious universities and programs, including Stanford University, Duke University, Georgetown University, Notre Dame University, Williams, Wesleyan, USC, LMU, Santa Clara, Saint Mary's, etc., and many more too numerous to list. All the colleges students have been admitted to and those they will attend will be listed in the Commencement Program next month. **Parents, be sure to have your senior go to the CB Family Connection online (see the letter mailed home to senior parents for details) as soon as possible, but NO LATER than APRIL 12 for scholarships and awards and MAY 3 for college admittance. Students need to list ALL colleges to which they have been admitted and ALL scholarships, awards, etc. We must have this information in order to accurately recognize your child at the Senior Family Liturgy on May 2 and at graduation on May 28.**

Our two informative college information evenings were very well attended by Juniors and their parents in January and March. Seniors, please mark your calendars for **Wednesday, April 28 at 7 PM in the CB Cafeteria**. We will hold one last meeting for the class of 2010. The topic will be transitioning to college. There will be general information about the practical issues related to going off to college, as well as breakout sessions. One breakout session will be for parents with a panel of CB parents of college students discussing "Letting Go" of your college-bound child; the other will be for students and consist of a student panel of CB alumni currently attending college who will share "What I wish I had known" before heading off to college.

SUMMER PROGRAMS -- DO SOMETHING EXTRAORDINARY THIS SUMMER!

Summer will be here before we know it! Summer is a wonderful time for students to expand their horizons, enrich their lives with fascinating experiences, and improve their readiness for college through academic pursuits. There are many **summer opportunities** for high school students: classes, camps, travel study, volunteer service, and employment. Opportunities exist locally as well as across the country and abroad. Check out the CB Family Connection site for details and contact information.

We hope you will continue to use two valuable tools for help with college planning: **the CB website** (www.cbhs-sacramento.org, click on Guidance/College Center under Popular Links in the middle of the page) ... **a wealth of great information;** and **the CB Family Connection** (<https://connection.naviance.com/cbhs>).

Sophomores and Juniors: This spring is a good time to take the **SAT** and **ACT** exams! Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take an SAT Subject exam, be sure to register to take the June 5 SAT Subject Exams (the registration deadline is **May 1**; go to www.collegeboard.com to register). Juniors, if you did not register to take the **May 1 SAT Reasoning exam** by the March 31 deadline, you may still register late until **April 15** (there is a late registration fee). Be sure to register for either the **SAT Reasoning or SAT Subject June 5** date by **May 5**. The next ACT exam is June 12 - the registration deadline is **May 7**. Go to www.act.org to register.

CBHS Auction --- A Rousing Success !!!!

Thanks to the incredible efforts of our auction volunteer co-chairs, Sally Sylva and Elizabeth Belme, this year's auction will net the school +/- \$190,000, a new record, and a 27.5% increase over Auction 2009. It took the dedicated efforts of many in the CB community to pull off this major effort. So to Sally and Elizabeth, all the parents, faculty/staff, alumni and students who volunteered in any way,

THANK YOU VERY MUCH for your assistance.

And thank you as well to everyone in the CB community who donated items, purchased golden raffle tickets, attended the event, and bid on and/or purchased items. It was a great event and a major revenue producer for the school.

Thanks again, Paul Rieschick, Director of Advancement

CB SUMMER SCHOOL

Summer School registration is underway! Classes begin Monday, June 21. For course offerings, including Pre-High and Jump Start, as well as registration information, please check out the CBHS website. In particular, if your son or daughter is planning on taking the Mastering the Essay course this year, please know that we cannot guarantee a spot in a class after May 1st.

CAMPUS MINISTRY



Easter Prayer

Heavenly Father and God of mercy,
we no longer look for Jesus among the dead,
for he is alive
and has become the Lord of life.
From the waters of death you raise us with
him and renew your gift of life within us.
Increase in our minds and hearts
the risen life we share with Christ
and help us to grow as your people
toward the fullness of eternal life with you.

We ask this through Christ our Lord.
Amen.

WORDS OF ST. JOHN BAPTIST DE LA SALLE

Jesus Christ, entering a soul,
raises it so far above all human sentiments
through the faith which enlivens it that it
sees nothing except by the light of faith.
No matter what anyone does to such a soul,
nothing can disturb its constancy,
make it abandon God's service, or even
diminish in the least degree the ardor it feels
for him, because the darkness which
previously blinded its spirit is changed into
an admirable light, as a result of which the
soul no longer sees anything
except by the eyes of faith.
Do you feel that you have this disposition?
Pray to the risen Christ to give it to you.

- Meditation 32.2

Retreats: There are two **Junior Retreats** left - **April 13 and 27**. Space is still available on these retreats - encourage your son or daughter to sign up in the Campus Ministry office.

Attention Junior Parents! Kairos 32 takes place June 1-4 at Christ the King Retreat Center in Citrus Heights. This four-day retreat is for current juniors only - it will be their first opportunity to participate in their senior Kairos retreat program. This is an ideal opportunity for those students who want to make this retreat but are concerned about missing three days of school or have other school activity commitments (e.g. sports, drama, band, choir) that make attending a Kairos retreat during the school year difficult. In addition, the students who attend this retreat will be eligible to lead the other Kairos retreats during the 2010-2011 school year. Please encourage your son or daughter to sign up in the Campus Ministry office.

There are two **Sophomore Retreats** left - **April 20 and 23**. Please note that the **Sophomore Retreat originally scheduled for April 16 has been moved to April 20 due to a scheduling conflict. All sophomores who signed up for the April 16 retreat will now attend on April 20**. Space is still available on these retreats - encourage your son or daughter to sign up in the Campus Ministry office.

Liturgies: **Jacob and Matthew**, a nationally acclaimed Catholic Christian contemporary music group from Los Angeles, will lead our students in praise and worship at an **Easter Celebration Prayer Service on Friday, April 16 at 9:30 a.m.** in the gym. Join us for this celebration of our being an Easter people!

All family members and alumni are invited to the **St. La Salle Liturgy**, which is our last school-wide mass. This special mass honors both our founder, St. John Baptist de La Salle, and the Christian Brothers who reside in our community. The liturgy will be in the gym on **Wednesday, May 19, at 9:30 a.m.** It is the centerpiece of the activities that take place during **De La Salle Week (May 17-21)**.

The **Senior Family Liturgy** will take place **Sunday, May 2, at 9:30 a.m.** in the gym. We look forward to celebrating with seniors and their family members as their journey through Christian Brothers draws to a close. The presider will be Fr. David Colhout, CP, who has been a retreat leader and liturgy presider for most of the senior Kairos retreats this year. The liturgy will be followed by an awards ceremony and a breakfast.

Italian students looking for host families:

Would you like to have an Italian student live with your family next year? For the past eight years Sacro Cuore High School has sent students to CBHS for a year of English immersion. Presently we are looking for 5 host families for the 2010-2011 academic year.

The Italian exchange students have been near the top of their class academically every year and have involved themselves fully in the life of the school. They are highly motivated and excited to know the "American experience." A host family should be willing to welcome a student as a member of their family for the academic year, beginning in mid-August and ending at the end of the school year. A host family is not responsible for financially supporting the student and is paid a cost of living stipend monthly. If you are interested in exploring the idea of hosting a student please contact Holly Peterson at CBHS (733-3600, ext. 1086).

CHRISTIAN SERVICE

Christian Service-Learning in the Art Department... Empty Bowls Project -

For the fourth year in a row, Mr. Boriskin's Ceramics classes participated in the 7th Annual Empty Bowls Project to benefit River City Community Services (RCCS). Empty Bowls is RCCS's way of "fighting hunger one bowl at a time by raising hunger awareness and donations to alleviate hunger in the Sacramento area." Local artists are asked to donate hand-made ceramic bowls which are given out to participants who buy a \$25.00 lunch ticket. A simple lunch of soup, bread, and cookies, is donated and prepared by Sacramento area chefs and restaurants. Our students donated 430 beautiful bowls, which entailed throwing, decorating, glazing and firing the bowls. Mr. Boriskin proudly announced that Christian Brothers donated the most bowls of any other school in the area. Our students raised \$11,000 to benefit the clients of RCCS, without ever leaving their classroom chair. Eight students and six staff members were able to attend the Empty Bowls luncheon. It was a great opportunity for our students to meet the recipients of their bowls, to be inspired by the design work of other sculptors, and to see other Sacramento area artists.



CBHS Falcons Team raised over \$1,500

The CBHS Falcons Team raised over \$1,500 in the fight against childhood cancer at the Annual St. Baldrick's Event on March 15, 2010 at de Vere's Irish Pub. These boys were selfless and gave up their vanity to help a child. The following students participated in this event: Anthony Ferrigno, Rodney Bridges, Sean Dunston, Bradley Wullenwaber, Tanner Jarich, and Alex Ennis.



More students taking on the fight against cancer

Senior Robby Mulligan, sophomore Samantha Mulligan, and freshmen Cory Lutz are sponsoring a team of Christian Brother's students and their families to join the "Relay for Life" and raise money for cancer research. Come out and join them on Saturday, May 22nd at 9:00 a.m. at Consumnes River College for a 24 hour relay. If you are interested in signing up please go to www.relayforlife.org/skgsoreca. Make sure to specify that you want to be part of the Christian Brothers Team.

Seniors Donate CB Gear Are you graduating and can't wait to get rid of your CB gear? Well bring it to Christian Service. We are asking all graduating seniors to donate their unwanted, gently used CB gear, including CB T-shirts, CB polos, CB dress sweaters, CB jackets, CB fleece sweaters, CB sweatshirts, long pants, capri pants, walking shorts, and shoes. In addition, we are collecting any clothing that meets our professional dress code or dance dress code including slacks, women's dress shirts, men's dress shirts, ties, dress shoes, and homecoming or prom dresses. You can bring your donations by the Christian Service Center. All donations will go to other CB students who are in need.

Freshmen, sophomore, and junior Service Hours

If you want to be considered for a Christian Service Award for 2009-2010, please turn in your service hours during De La Salle week. If you plan on doing service over the summer, you may turn those hours in on August 17, 2010. The requirements for Christian Service Awards are: Freshmen - 25 hours; Sophomores - 50 hours; Juniors - 75 hours. These service hours are cumulative and can be tracked from the first day of freshmen year until the present.

Arthritis Walk Volunteers are needed to help out at the Arthritis Walk in William Land Park on Saturday, May 1, 2010. Volunteers are needed for event set up/tear down, water stations, kids' zone, and dogs' zone. For more information please call 916-368-5599 or www.sacramentowalk2010.org.

VENAVER

Applications for VENAVER 2010-2011 are available in Christian Service. All sophomores and juniors are encouraged to apply. We will be going to Salinas, CA, on October 19-23, 2010 and to New Orleans, LA, on January 10-16, 2011. The VENAVER program encompasses six components and learning goals: faith, community, Christian Service-Learning, social justice, immersion, and simple living. This is an intense immersion experience in which students have the opportunity to see, experience, and live for 5-7 days in a setting unlike any other. VENAVER provides the participants with a cultural experience that invites students and teachers to affirm a common bond among all people as children of God. It also challenges perceived boundaries between oneself and others, as well as oneself and God. For an application, please sign up on the bulletin board outside the Christian Service Center in the main hallway.

Tour De Cure This annual cycling event aims to raise awareness & research money for Diabetes and will take place on May 1st at Hewlett Packard in Roseville. Volunteers are needed for event set up/tear down, registration, rest stops, parking, traffic, and active kids' area. For more information visit www.diabetes.org/rosevilletour.

Annual Shred Recycling Day St. Mel's Parish in Fair Oaks is sponsoring their annual fundraiser to benefit St. Vincent de Paul, "Shred & E-Waste Recycling Day" on April 17th. You can shred old checks, bank statements, old tax records, convenience checks, old client files, and business records, 9:00 am - 1:00 p.m. at St. Mel's Parish lower parking lot. A large shopping bag is \$5.00 and a file box is \$10.

Summer Opportunities

Camp ReCreation is looking for volunteers counselor one-on-one with a camper with a develop July 3rd - July 10th, 2010. For more information please see Ms. DeBenedetti-Emanuel for more details.

Our Lady of the Assumption (OLA) Summer School

OLA is looking for high school volunteers to work thru 6. They need two volunteers per classroom and a ment is required for this summer program, unless a student call Pat Friesen at 737-6026 or pat@mercyeducation.org.

St. Mary's Summer School

St. Mary's is looking for high school volunteers to work directly with students in various classes include. They also assist in the extension program and leading years or older and be available during the weeks of J DeBenedetti-Emanuel in Christian Service or see the

ATHLETICS

SPORTING NEWS to Report...

BASEBALL

The **Varsity** is struggling early in the season. We have played a demanding non-league schedule which is helping us get ready for the tough SVC schedule. Seniors Ryan Pratt and Matt Caselli and junior Rob Link are leading the team in hitting at this time. We are looking for a good year and a spot in the playoffs.

JV Baseball is seeing some early success this season, now standing at 5 wins and 2 losses due to good pitching and clutch hitting. Every one of our players has contributed to our positive momentum. We are excited about our season so far and are 2-0 in league. Our team will continue to improve at every game and practice as well as in the classroom.

The **Freshman Baseball** team is off to a tough start. They are still looking for their first victory but remain very optimistic about a successful season. We are focusing on learning the game and instilling fundamentals in the players. Baseball is a hard game to learn and the kids seem to understand it better with each practice and game we have.

DIVING

The **Diving team** has had several meets and the four girls are improving with each one. Nicole Martin and Jamie Ralph lead the team and continue to flip between 1st and 2nd place. Genny Balagot adds much enthusiasm to our group and has improved her score considerably over last season. Our newcomer to the sport, Melissa Farmer, just recently learned her six dives and has started competing. All four girls should place in their league competition next month.

MEN'S GOLF

The **Varsity Men's Golf** Team has had some major successes to start off what should be a promising season. They have played in four major tournaments, winning the St. Mary's Kickoff Classic and the Joe Barry Junior Masters, showing that they can compete against all teams in the Sacramento and Stockton areas. They finished tied for 4th at the De La Salle Invitational against the best of the Bay Area teams and took 3rd in the Rocklin Invitational Tournament. The team is young and has been paced by a couple of freshmen, Andrej Bevins and Hunter Rapplyis. They have also shown their depth with excellent play from seniors Jarrett Link and Joey Dolan, sophomore Kit Carson and junior Dylan Fuller. Senior Robby Mulligan and juniors Michael Signorotti and Thomas Nguyen have contributed to the team's early success. The team has now started SVC league play and they hope to defend their league championship and win the SVC title for the 5th consecutive year.

Men's JV Golf (Varsity B Team): Currently 4-1, some of the consistent scorers are Brandon Munro, Kevin Penfold, Andrew Stoltenberg, Alex Contreras, Aaron Asbury; those most improved: Tuimane McGhee and Brandon Schultz; and others contributing to the team: Christian Meng, Luke Fornalski, Ethan Schamberger and Jeremy Wong. Almost at the halfway point, to date the kids have done a great job!

RUGBY

After losing to De La Salle in the last minute, the Varsity Rugby team has played well the last three games, scoring 147 points and holding the opposition to 17. They are currently in 2nd place in the Sacramento Valley East Division.

SWIMMING

Though it was cold and dark, a huge number of Falcons came out to swim in early February. With nearly 50 swimmers, one of the largest teams in recent years, this year's swim team has started the season strong. In every race our swimmers have shown immense improvement; times have been consistently dropping, and technique has improved dramatically. The time change and warm weather has invigorated our swimmers and the historic CBHS "swim swagger" has once again emerged. Be sure to come out and support your Falcons on April 7th, our last home meet.

MEN'S TENNIS

With the early match postponements due to rain, the Falcons Tennis team once again starts its season with the two toughest opponents. A closely contested match-up against Ponderosa concluded with a 4-5 loss, while a good showing against Oak Ridge led to a respectable 2-7 loss. With those two experiences in the book, the Falcons traveled to a 9-0 win at Liberty Ranch followed by an 8-1 win at Union Mine. As the weather clears, the Brothers seek new horizons as their flight to a playoff run unfolds.

TRACK

The 2010 Track season has gotten off to a slow start this year due to inclement weather at various invitationals. Asante Cleveland had good marks in the discus to qualify for the Woody Wilson Invitational. Sam McKibbin, Megan Engstrom, Lauren Smolich and Emily Giorgi have been making improvements each week. Sophomore Anthony Castaneda has been running varsity and placed 1st against Ponderosa in 110 high hurdles. Pole vaulters Lauren Dahl and Jake Waltrich have cleared 7' 6" and 10' 6" respectively. Many on the team are just getting used to the training and will be dropping their times or lengthening their throws or jumps in the second half of our season.

WOMEN'S SOCCER

Varsity Soccer: The CB Varsity Women's Soccer team's season is in full swing and the Lady Falcons are proving to be one of the top teams in the area. After a slow start to their season at the St. Mary's tournament, the team has picked up their play and won 4 out of their last 5 games. The team is developing a reputation for having a stingy defense and a crafty offense. The defense is anchored by senior goalkeeper Katie Schilling, who was voted to the All-Tournament team at St. Mary's. Also holding down the back line are seniors Bianca Galvez, Megan Walters, Zena Kiooki and juniors Zoe Earl-Lynn, Haley Hatfield, and Sam Dobrev. The CB offense has been giving opponents fits with crafty play from senior midfielders Jen Ericson and Natalie Dryer, as well as juniors Elissa "Buzzy" Munoz, Ashley DiLunzio and Kyla McCormick. Other players who have contributed to the CB offense are seniors Rachel Cheney and Alex Strick, as well as super-sophomore Maddy Walsh. While the soccer season is at the mid-way point, SVC league play is just getting under way. Currently, CB is 1-1 in league, with two more league games before Easter break. The Falcons then have a non-league match vs. cross-town rival St. Francis on 3/31 on the CB soccer field. This is sure to be a hot match-up of two of the top teams in the area.

The **JV women's soccer** team has had a strong start to the 2010 season, opening with a 5-0-1 record. The team is evenly split with 9 freshmen and 9 sophomores, all of whom offer great depth to the squad. They were plagued by injuries early on, but have overcome those set-backs and are developing into a cohesive team. As league play begins, the team expects continued growth and progress toward a winning season.

SOFTBALL

Varsity - After a slow 0-4 start, the Falcons have bounced back, losing only twice in their last eight games. In two rain shortened tournaments, we won 5 games, going 2-1 in the Natoma tournament and 3-1 at the Elk Grove/Victory tournament. Our hitting improved greatly during that time, with 16 doubles and 9 triples. Seniors Carly Classen and Sara Wagner each hit a home run in that stretch and junior Maddy Grover has two. Pitchers Lisa McMonagle (junior) and Cydney Chilisidos (freshman) are doing very well and senior Carly Classen is pitching again after having rotator-cuff surgery last summer. Our fielding has had consistency issues at times, but improving. With illness, injuries, mid-term testing, SAT's and family travel, it has been difficult setting a firm starting line-up. Hopefully, we will be more settled now and become more consistent. Participation is up this year, making for a pleasant problem of deciding who plays where and when.

The **JV Softball team** has begun the 2010 season with an impressive start. The team is currently 8-2 and hitting just under .300 as a squad. In the ten games played thus far, the Lady Falcons have scored 133 runs in just 54 innings. On the mound are Julia Granados and Taryn Sigl who have been dominating with a combined 76 strikeouts.

Go Falcons!

VISUAL AND PERFORMING ARTS

Why I love the arts at Christian Brothers...

If you recall, in December 2007 Sacramento had two very heavy winter storms within a couple weeks of each other, leaving many with trees down, power out, homes damaged and spirits wounded. One of our own in the community, St. Joseph Elementary School ended up with a roof that blew off part of the school. Sadly, one of the rooms that lost all of its equipment was the music room. In true CB fashion, the students in our choral department decided that the \$1,000 SKIPS music gift certificate CB City Rhythm had just won in the KNCI radio competition "Choral Idol" would make a much stronger impact in the hands of the music teacher at St. Joseph School. So it was presented to the school and was humbly and graciously accepted.

Well, in late February this year, St. Joseph School participated in the Diocesan Choral festival, and accompanying their wonderful choir, was a ten piece instrumental ensemble. All of the instruments that they were playing were purchased with the gift certificate from Christian Brothers. Seeing the gift we had given come full circle was a magical moment that brought me to tears.

Just two weeks later, I received a call from Jeff von Kaenel, founder of the Sacramento News and Review. Since Honors Chorale was performing in the SN&R sponsored JAMMIES concert at Mondavi Center, he was hoping that I might know of a school that would benefit from some complimentary tickets to the performance. I suggested St. Joseph School, as it is just a few blocks from the new News and Review office complex. He was thrilled and took 100 tickets to the school!

This all took place while our Ceramics students, under the leadership of our amazing Ceramics instructor Rob Boriskin, doubled the number of bowls made in 2009 for the Sacramento Empty Bowls Project to make up for the loss of bowls that had been provided by the Loretto High School art program last year. CB students made nearly 450 bowls for this event with each bowl selling for \$25. All proceeds benefit Sacramento's River City Community Services. This means that the bowls made by our students raised over \$11,000 for the organization.

I can certainly talk about the accomplishments of our programs. KBFT came back from the Student Network Television National Competition recognized as one of the finest in the nation once again. CB City Rhythm was considered a "Command Performance" ensemble at the Santa Cruz Jazz Festival, receiving straight 1's for their set. Our artists continue to bring home awards from the 20th Street Art Gallery Self-Portrait show.

But it is the spirit of selflessness, the spirit of giving, and the spirit of service that is instilled in every fiber of the Christian Brothers student that gives me the greatest sense of pride. It is amazing what can happen when one uses his or her gift for the greater good. It is what our artists do every day. It is why we are Christian Brothers, and it is why I love the arts at CB.

Ron Slabbinck
Director of Visual and Performing Arts

ATHLETICS (CONTINUED)

Spring Scholar Athletes:

It is time again to recognize the academic excellence our athletes have demonstrated while being committed to countless hours of practice and competitions this spring. The following teams achieved a 3.0 or better team grade point average at the posting of third quarter grades in March:

JV Baseball 3.17	Varsity Baseball 3.24	Diving 3.49	Varsity Golf 3.79
JV Golf 3.25	Varsity Rugby 3.0	Women's Varsity Soccer 3.5	Women's JV Soccer 3.05
Varsity Softball 3.45	Swimming 3.3	Men's Tennis 3.48	Track 3.29
	Men's Varsity Volleyball 3.58	Women's Lacrosse 3.91	

As well, the following athletes have earned the title of scholar-athletes by achieving a 3.5 grade point average or better the third quarter:

Baseball: (Fresh) Matthew Okl, Michael Carroll, Richard William, (JV) Shane Brennan, Eamon Smith-Fagan, John Hallsten, Bradley Petkus (Var.) Matthew Caselli, Reeve Avelgard, Chris Kunz, Paul Droad, Zach Anderson, Travis Hart, Chris Hill, Connor Lee; **Diving:** Melissa Farmer, Genevieve Balagot, Jamie Ralph; **Men's Golf:** Andrew Stoltenberg, Brandon Schultz, Jeremy Wong, Alexander Contreras, Hunter Rappleye, Christopher Carson, Dylan Fuller, Robert Mulligan Jr., Michael Signorotti, Jarrett Link; **Women's Lacrosse:** Megan Perry, Megan Carmazzi, Deleen Breedlove, Maria Castro, Erin Kennedy, Misa Mulheim, Iris Perez, Rachel Pittman, Mary Mooney, Morgan Murphy, Stephanie Brazier, Nysa Muhlein, Marina Hernandez, Melissa Huang, Kelsey McNamara; **Men's Rugby:** (Fresh-Soph) John Bresnahan, Kyle Castaneda, Carter Hafter, Nathaniel Kauffman, Reggie Smith, Kostal Johal, Daniel Lewis, (Var.) Joel Demianew, James Reedy Jr., Chris Venegas, Julian Rosario, Jordan Sipes, Vito Tullio, Kevin Hua; **Women's Soccer:** (JV) Dalila Arbizu, Gabrielle Patterson, Margaret Dillon, Yasmine Puentes, (Var.) Bianca Galvez, Jennifer Ericson, Ashlee Difuntorum, Madeline Walsh, Katie Schilling, Sarah Long, Rebecca Reyes, Rachel Cheney, Kyla McCormick, Natalie Dreyer, Alex Schrick, Megan Walters; **Softball:** (JV) Elena Peterson, Lauren Kwok, Lindsay Otto, (Var.) Macey Palermo, Cassie Drysdale, Sara Wagner, Cydney Chilesidos, Maddie Grover, Candace Guthmiller, Marissa Gutierrez, Sarah Woolston, Cecilia Crotti; **Swimming:** Gabriela Michel, Jacob Waite, Clara Johnson, Hyuncheol Kim, Jacob Lemire, Nicole Leonel-Motta, Victoria Rosas, Jordan Reza, Dylan Taboc, Diego Garcia, Michael Gonzales, Jessica Greisen, Ryan Kinlock, Timothy O'Connor, Kathleen Schiavenza, Nicole Skow, Dominique Bennett, Alanna Anderson, Brittany Belme, Devyn Comer, Tanner Jarich, Hannah O'Hearn, Grady Pierroz; **Men's Tennis:** Patrick Donovan, Jamison Kato, Michael Cohen, David Dalisay*, Connor Santana, Jonathan Limhengco, Ryan Peabody*; **Track and Field:** Samantha McKibben, Ajjalon Range, Amanda Al Jishi, Lauren Dahl, Maria Lepore, Shannon McNamee, Andrew Stoltenberg, Kely Wong, Lauren Smolich, Jourdan Messick, Carlana D'Ninni, Maria Maciga, Jimmy Barnes, Tarajana Bowman, Dawn Fleming, Joe Hill, Victoria Jimenez, Margaret Taylor, Korbinian Thalhammer, Allison Backers, Marie Balbuena, Emily Giorgi, Nick Domek, Megan Engstrom, Cameron Goodman, Ade Jackson, Robbie Templeton, Abigail Williams; **Men's Volleyball:** Nathan Goncalves, Patrick Price, David Dalisay*, Ryan Peabody*

* dual sport athletes

Congratulations Falcons!

ATHLETICS

SPORTING NEWS to Report...

BASEBALL

The **Varsity** is struggling early in the season. We have played a demanding non-league schedule which is helping us get ready for the tough SVC schedule. Seniors Ryan Pratt and Matt Caselli and junior Rob Link are leading the team in hitting at this time. We are looking for a good year and a spot in the playoffs.

JV Baseball is seeing some early success this season, now standing at 5 wins and 2 losses due to good pitching and clutch hitting. Every one of our players has contributed to our positive momentum. We are excited about our season so far and are 2-0 in league. Our team will continue to improve at every game and practice as well as in the classroom.

The **Freshman Baseball** team is off to a tough start. They are still looking for their first victory but remain very optimistic about a successful season. We are focusing on learning the game and instilling fundamentals in the players. Baseball is a hard game to learn and the kids seem to understand it better with each practice and game we have.

DIVING

The **Diving team** has had several meets and the four girls are improving with each one. Nicole Martin and Jamie Ralph lead the team and continue to flip between 1st and 2nd place. Gerry Balagot adds much enthusiasm to our group and has improved her score considerably over last season. Our newcomer to the sport, Melissa Farmer, just recently learned her six dives and has started competing. All four girls should place in their league competition next month.

MEN'S GOLF

The **Varsity Men's Golf Team** has had some major successes to start off what should be a promising season. They have played in four major tournaments, winning the St. Mary's Kickoff Classic and the Joe Barry Junior Masters, showing that they can compete against all teams in the Sacramento and Stockton areas. They finished tied for 4th at the De La Salle Invitational against the best of the Bay Area teams and took 3rd in the Rocklin Invitational Tournament. The team is young and has been paced by a couple of freshmen, Andrej Bevins and Hunter Rappleye. They have also shown their depth with excellent play from seniors Jarrett Link and Joey Dolan, sophomore Kit Carson and junior Dylan Fuller. Senior Robby Mulligan and junior Michael Signorotti and Thomas Nguyen have contributed to the team's early success. The team has now started SVC league play and they hope to defend their league championship and win the SVC title for the 5th consecutive year.

Men's JV Golf (Varsity B Team): Currently 4-1, some of the consistent scorers are Brandon Munoz, Kevin Penfold, Andrew Stoltenberg, Alex Contreras, Aaron Asbury; those most improved: Tuimane McGhee and Brandon Schultz; and others contributing to the team: Christian Meng, Luke Fornalski, Ethan Schanberger and Jeremy Wong. Almost at the halfway point, to date the kids have done a great job!

RUGBY

After losing to De La Salle in the last minute, the Varsity Rugby team has played well the last three games, scoring 147 points and holding the opposition to 17. They are currently in 2nd place in the Sacramento Valley East Division.

SWIMMING

Though it was cold and dark, a huge number of Falcons came out to swim in early February. With nearly 50 swimmers, one of the largest teams in recent years, this year's swim team has started the season strong. In every race our swimmers have shown immense improvement, times have been consistently dropping, and technique has improved dramatically. The time change and warm weather has invigorated our swimmers and the historic CBHS "swim swagger" has once again emerged. Be sure to come out and support your Falcons on April 7th, our last home meet.

MEN'S TENNIS

With the early match postponements due to rain, the Falcons Tennis team once again starts its season with the two toughest opponents. A closely contested match-up against Ponderosa concluded with a 4-5 loss, while a good showing against Oak Ridge led to a respectable 2-7 loss. With those two experiences in the book, the Falcons traveled to a 9-0 win at Liberty Ranch followed by an 8-1 win at Union Mine. As the weather clears, the Brothers seek new horizons as their fight to a playoff run unfolds.

TRACK

The 2010 Track season has gotten off to a slow start this year due to inclement weather at various invitationals. Asante Cleveland had good marks in the discus to qualify for the Woody Wilson Invitational. Sam McKibbin, Megan Engstrom, Lauren Smolch and Emily Giorgi have been making improvements each week. Sophomore Anthony Castaneda has been running varsity and placed 1st against Ponderosa in 110 high hurdles. Pole vaulters Lauren Dahl and Jake Wallich have cleared 7' 6" and 10' 6" respectively. Many on the team are just getting used to the training and will be dropping their times or lengthening their throws or jumps in the second half of our season.

WOMEN'S SOCCER

Varsity Soccer: The CB Varsity Women's Soccer team's season is in full-swing and the Lady Falcons are proving to be one of the top teams in the area. After a slow start to their season at the St. Mary's tournament, the team has picked up their play and won 4 out of their last 5 games. The team is developing a reputation for having a stingy defense and a crafty offense. The defense is anchored by senior goalkeeper Katie Schilling, who was voted to the All-Tournament team at St. Mary's. Also holding down the back line are seniors Bianca Galvez, Megan Walters, Zena Khoki and juniors Zoe Earl-Lynn, Haley Hatfield, and Sam Dobrev. The CB offense has been giving opponents fits with crafty play from senior midfielders Jan Ericson and Natalie Dryer, as well as juniors Ellisa "Buzzy" Munoz, Ashley Difuntorum and Kyla McCormick. Other players who have contributed to the CB offense are seniors Rachel Cheney and Alex Shrick, as well as super-sophomore Maddy Walsh. While the soccer season is at the mid-way point, SVC league play is just getting under way. Currently, CB is 1-1 in league, with two more league games before Easter break. The Falcons then have a non-league match vs. cross-town rival St. Francis on 3/31 on the CB soccer field. This is sure to be a hot match-up of two of the top teams in the area.

The **JV women's soccer team** has had a strong start to the 2010 season, opening with a 5-0-1 record. The team is evenly split with 9 freshmen and 9 sophomores, all of whom offer great depth to the squad. They were plagued by injuries early on, but have overcome those set-backs and are developing into a cohesive team. As league play begins, the team expects continued growth and progress toward a winning season.

SOFTBALL

Varsity - After a slow 0 - 4 start, the Falcons have bounced back, losing only twice in their last eight games. In two rain shortened tournaments, we won 5 games, going 2-1 in the Natomas tournament and 3-1 at the Elk Grove/Victory tournament. Our hitting improved greatly during that time, with 16 doubles and 9 triples. Seniors Carly Classen and Sara Wagner each hit a home run in that stretch and junior Maddy Grover has two. Pitchers Lisa McMonagle (junior) and Cydney Chlensidos (freshman) are doing very well and senior Carly Classen is pitching again after having rotator-cuff surgery last summer. Our fielding has had consistency issues at times, but improving. With illness, injuries, mid-term testing, SAT's and family travel, it has been difficult setting a firm starting line-up. Hopefully, we will be more settled now and become more consistent. Participation is up this year, making for a pleasant problem of deciding who plays where and when.

The **JV Softball team** has begun the 2010 season with an impressive start. The team is currently 8-2 and hitting just under .300 as a squad. In the ten games played thus far, the Lady Falcons have scored 133 runs in just 54 innings. On the mound are Julia Granadoz and Taryn Sigl who have been dominating with a combined 76 strikeouts.

Go Falcons!

VISUAL AND PERFORMING ARTS

Why I love the arts at Christian Brothers...

If you recall, in December 2007 Sacramento had two very heavy winter storms within a couple weeks of each other, leaving many with trees down, power out, homes damaged and spirits wounded. One of our own in the community, St. Joseph Elementary School ended up with a roof that blew off part of the school. Sadly, one of the rooms that lost all of its equipment was the music room. In true CB fashion, the students in our choral department decided that the \$1,000 SKIP'S music gift certificate CB City Rhythm had just won in the KNO radio competition "Choral Idol" would make a much stronger impact in the hands of the music teacher at St. Joseph School. So it was presented to the school and was humbly and graciously accepted.

Well, in late February this year, St. Joseph School participated in the Diocesan Choral festival, and accompanying their wonderful choir, was a ten piece instrumental ensemble. All of the instruments that they were playing were purchased with the gift certificate from Christian Brothers. Seeing the gift we had given come full circle was a magical moment that brought me to tears.

Just two weeks later, I received a call from Jeff von Kaenel, founder of the Sacramento News and Review. Since Honors Chorale was performing in the SN&R sponsored JAMMIES concert at Mondavi Center, he was hoping that I might know of a school that would benefit from some complimentary tickets to the performance. I suggested St. Joseph School, as it is just a few blocks from the new News and Review office complex. He was thrilled and took 100 tickets to the school!

This all took place while our Ceramics students, under the leadership of our amazing Ceramics instructor Rob Boriskin, doubled the number of bowls made in 2009 for the Sacramento Empty Bowls Project to make up for the loss of bowls that had been provided by the Loretto High School art program last year. CB students made nearly 450 bowls for this event with each bowl selling for \$25. All proceeds benefit Sacramento's River City Community Services. This means that the bowls made by our students raised over \$11,000 for the organization.

I can certainly talk about the accomplishments of our programs. KBFT came back from the Student Network Television National Competition recognized as one of the finest in the nation once again. CB City Rhythm was considered a "Command Performance" ensemble at the Santa Cruz Jazz Festival, receiving straight 1's for their set. Our artists continue to bring home awards from the 20th Street Art Gallery Self-Portrait show.

But it is the spirit of selflessness, the spirit of giving, and the spirit of service that is instilled in every fiber of the Christian Brothers student that gives me the greatest sense of pride. It is amazing what can happen when one uses his or her gift for the greater good. It is what our artists do every day. It is why we are Christian Brothers, and it is why I love the arts at CB.

Ron Slabbinck
Director of Visual and Performing Arts

ATHLETICS (CONTINUED)

Spring Scholar Athletes:

It is time again to recognize the academic excellence our athletes have demonstrated while being committed to countless hours of practice and competitions this spring. The following teams achieved a 3.0 or better team grade point average at the posting of third quarter grades in March:

JV Baseball 3.17	Varsity Baseball 3.24	Diving 3.49	Varsity Golf 3.79
JV Golf 3.25	Varsity Rugby 3.0	Women's Varsity Soccer 3.5	Women's JV Soccer 3.05
Varsity Softball 3.45	Swimming 3.3	Men's Tennis 3.48	Track 3.29
	Men's Varsity Volleyball 3.38	Women's Lacrosse 3.91	

As well, the following athletes have earned the title of scholar-athletes by achieving a 3.5 grade point average or better the third quarter:

Baseball: (Frosh) Matthew Oki, Michael Carroll, Richard William, (JV) Shane Brennan, Eamon Smith-Fagan, John Hallsten, Bradley Perkus (Var) Matthew Caselli, Reeve Axelgard, Chris Kunz, Paul Droad, Zach Anderson, Travis Hart, Chris Iff, Connor Lee; **Diving:** Melissa Farmer, Genevieve Balagot, Jamie Ralph; **Men's Golf:** Andrew Stoltenberg, Brandon Schultz, Jeremy Wong, Alexander Contreras, Hunter Rappleye, Christopher Carson, Dylan Fuller, Robert Mulligan Jr., Michael Signorotti, Jarrett Link; **Women's Lacrosse:** Megan Perry, Megan Carmazzi, Deleen Breedlove, Maria Castro, Erin Kennedy, Misa Mulhern, Iris Perez, Rachel Pittman, Mary Mooney, Morgan Murphy, Stephanie Brazil, Nysa Muheim, Marina Hernandez, Melissa Huang, Kehey McNamara; **Men's Rugby:** (Frosh-Soph) John Bresnahan, Kyle Castaneda, Carter Hafter, Nathaniel Kauffman, Reggie Smith, Kostal Johal, Daniel Lewis, (Var) Joel Demianew, James Reedy Jr., Chris Venegas, Julian Rosario, Jordan Sipes, Vito Tulfo, Kevin Hua; **Women's Soccer:** (JV) Dalila Arbizu, Gabrielle Patterson, Margaret Dillon, Yasmine Puentes, (Var) Blanca Galvez, Jennifer Ericson, Ashlee Difuntorum, Madeline Walsh, Katie Schilling, Sarah Long, Rebeca Reyes, Rachel Cheney, Kyla McCormick, Natalie Dreyer, Alex Schrick, Megan Walters; **Softball:** (JV) Elena Peterson, Lauren Kiwok, Lindsay Otto, (Var) Macey Palermo, Cassie Drysdale, Sara Wagner, Cydney Chilmidos, Maddie Grover, Candace Guthmiller, Marissa Gutierrez, Sarah Woolston, Cecilia Crott; **Swimming:** Gabriela Michel, Jacob Waite, Clara Johnson, Hyunchool Kim, Jacob Lemire, Nicole Leonel-Motta, Victoria Rosas, Jordan Reza, Dylan Tabor, Diego Garcia, Michael Gonzales, Jessica Greisen, Ryan Kinlock, Timothy O'Connor, Kathleen Schiavenza, Nicole Skow, Dominique Bennett, Alarna Anderson, Brittany Belme, Devyn Cotto, Tanner Jarich, Hannah O'Heam, Grady Pienoz; **Men's Tennis:** Patrick Donovan, Jamison Kato, Michael Cohen, David Dalsay*, Connor Santana, Jonathan Limhengco, Ryan Peabody*; **Track and Field:** Samantha McKibben, Aijalon Range, Amanda Al Jishi, Lauren Dahl, Maria Lepore, Shannon McNamee, Andrew Stotenberg, Kelly Wong, Lauren Smolich, Jourdan Messick, Carlana DiNinni, Maria Maciga, Jimmy Barnes, Tatjana Bowman, Dawn Fleming, Joe Hill, Victoria Jimenez, Margaret Taylor, Korbinian Thalhammer, Allison Backers, Mariel Balbuena, Emily Giorgi, Nick Dornik, Megan Engstrom, Cameron Goodman, Ade Jackson, Robbie Templeton, Abigail Williams; **Men's Volleyball:** Nathan Goncalves, Patrick Price, David Dalsay*, Ryan Peabody*

* dual sport athletes

Congratulations Falcons!

FALCON FAMILY FACES



CHRISTIAN BROTHERS HIGH SCHOOL
4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95820-2727

PSRT
First-Class
U.S. Postage
PAID
Permit # 1277
Sacramento, CA

FALCON FAMILY NEWS

PRINCIPAL SHARING *A GREAT PLACE TO BE*

There are four Gospels in the bible. Each offers a distinct portrait of one unique life - Jesus of Nazareth. Each has a powerful message on its own. Yet, taken together, we gain full appreciation for the exceptional personality and ministry of our Lord.

In just this past month we too can look at four snapshots of events that, when seen together, tell a complete story of why Christian Brothers is "A GREAT PLACE TO BE":



CB welcomes each year a wide range of students to be educated together on the same bench, as we did during our Fresh Enrollment Night for the Class of '14.



CB students are rigorously challenged to excel in their college prep studies, as with this AP student preparing for a College Board Exam.



CB inspires students to embrace their faith journey from daily religious studies to spiritual retreats to our most recent Easter Praise Service.



CB students don't just go to school—they belong to a community that enjoys each others' friendships, as apparent during our Spirit Rally.

It's our community that makes CB a great place to be; to be welcomed, to be challenged, to be inspired, to belong. And, because of that, our students enjoy a college preparatory, Catholic education where their gifts thrive.

Live Jesus in our hearts, forever!

Raymond Burnell
Principal

MAY '10
SPRING SEMESTER

SCHOOL CALENDAR - MAY '10

ENTER TO LEARN. LEAVE TO SERVE

May 1 SAT @ CB
May 2 Senior Family Library 9:30 a.m.
May 3-13 AP Exams
May 3-7 Class Council Campaign Week
May 3 Beehive Club Mtg. 9:00 p.m.
May 4 Open Mic Auditions after school
May 5 Professional Advice Day for Students
Open Mic Auditions after school
Friends of the Arts Mtg. 9:30 p.m.
Alumni Mtg. 7:00 p.m.
May 6 Classes begin 9:00 a.m.
Class Council Speeches - Falcon Flex

May 7 Fast Friday Vacation Awareness Day
Staff Appreciation Day
Class Council Elections
Instrumental Concert 7:00 p.m.
May 12 Luncheon Parent Club Mtg. 6:30 p.m.
May 13 Classes begin 9:00 a.m.
Athletic Student Council Mtg. @ lunch
May 14 Open Mic Night 7:00 p.m.
May 17-21 De La Salle Week
May 17-20 Oakridge Clothing Drive
May 17-18 Picture Days
May 19-20 Review Days

May 19-20 Review Days
May 19 Classes begin 9:00 a.m.; St. La Salle Library 9:30 a.m.
Scholars Dinner
May 20 Senior Spirit Day
May 21 Founder's Day - Special Schedule
May 21 Hollywood Bowl Concert 7:30 p.m.
May 22 Finals Study Day 9:00 a.m. - noon
May 24-27 Semester Exams - Special Schedule
May 28 Baccalaureate & Graduation

INSIDE:

Guidance
Campus Ministry
Christian Service
Student Activities
Athletics
Visual & Performing Arts
Falcon Family Faces

GUIDANCE DEPARTMENT NEWS

GEAR UP FOR SUMMER!

The counselors would like to remind students and parents that summertime is a good time to continue college planning and academic preparation. Parents: studies have shown that students who suffer from the dreaded "B" word (boredom) in the summer are more likely to engage in at-risk behavior with drugs, alcohol, early sexual activity, and "partying" than those students who are involved in structured, productive activities. Busy, involved students who are working on academic pursuits, a summer job, or enrichment activities are better prepared for the rest of high school and for college. In addition to the many outside summer program opportunities available as well as CB's own Summer School Program (check out the link on CB's homepage for our summer programs), there are several other things that students should be doing this summer:

All underclassmen, remember to spend time this summer completing your summer reading assignments!

Sophomores: consider taking the SAT Subject Exam on **June 5** in a subject area you just completed (for example, AP World History or Chemistry)

Juniors: A checklist of reminders:

MAY

- Take SAT or SAT Subject Exams May 1.
- Register for the **June 12** ACT Exam by **May 7**. Go to www.actstudent.org to register
- If enrolled in AP classes, take Advanced Placement Exams
- Plan for a challenging senior year
- Start checking out financial aid and scholarship resources. Try www.fastweb.com or www.finaid.com
- Study hard for your finals

JUNE

- Take the SAT or SAT Subject Exams **June 5** (the requirement for UC is any two Subject Exams of your choice as long as they are not in the same curriculum area). It is a good idea to take an SAT subject area test in a curriculum area you've just completed, for example, US History or Chemistry
- Take the ACT **June 12**

SUMMER

- Complete summer "homework" for college admission (distributed by Mrs. Hesser to all juniors in May - **this is due the first day of school in August!**)
- Send for college applications or check out www.commonapp.org
- Study for SAT/ACT
- Begin drafting college essay
- Do something extraordinary! Try a summer program on a college campus, work at a summer job, or travel.

Seniors: A checklist of reminders:

MAY

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend by **MAY 1!**
- Congratulate yourself (focus on finals!) You did it!
- Go to Naviance Family Connection by **May 3** and list you were admitted and where you have decided to enroll.
- Advanced Placement Exams for AP students
- Fill out college housing forms and pay careful attention to deadlines concerning housing deposits, etc.
- Write "Thanks but no thanks" letters to colleges you will not attend
- Take the Analytical Writing Requirement (previously known as the Subject A Requirement) test for UC-bound students or the ELM & EPT for CSU-bound students
- Enjoy your graduation and begin your college journey!

JUNE

- Make sure you have responded to all requests from your college
- **Have the CB Registrar send your final transcript to college no later than JUNE 15** - and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

CLASS OF 2010 COLLEGE and UNIVERSITY ACCEPTANCES

We are proud to announce that members of the Class of 2010 have been offered admission at the following colleges and universities. Congratulations Class of 2010!

Amherst College	Loyola University, Chicago	UC Santa Cruz
Boston College	Chicago	University of Arizona
Boston University	New York University	University of Florida
Brown University	Notre Dame University	University of Miami
Cal Poly Pomona	Princeton University	University of Montana
Cal Poly	Saint Mary's College of California	University of Nevada
San Luis Obispo	San Diego State University	University of Oregon
Cornell University	San Francisco State University	University of Pennsylvania
CSU Bakersfield	University of San Francisco	University of Portland
CSU Channel Islands	University of San Jose State	University of San Diego
CSU East Bay	San Jose State University	University of San Francisco
CSU Fresno	Santa Clara University	University of Southern California
CSU Fullerton	Seattle University	University of Washington
CSU Long Beach	Sonoma State University	University of Wisconsin
CSU Monterey Bay	University of Southern Oregon	St. Andrews (Scotland)
CSU Northridge	University of Stanford	University of the Pacific
CSU Sacramento	Stanford University	University of Washington
CSU Stanislaus	Tulane University	Washington University in St. Louis
Duke University	UC Berkeley	Wellesley University
Fordham University	UC Davis	Wesleyan University
Georgetown University	UC Irvine	Western Washington University
Genesee University	UC Los Angeles	Williams College
Harvard University	UC Merced	Winchester University (England)
Humboldt State University	UC Riverside	
Lewis & Clark College	UC San Diego	
Loyola Marymount University	UC San Francisco	
	UC Santa Barbara	

Finals Study Day:

All students looking for study partners, teachers and a quiet, serious place to prepare for Final Exams - the bi-annual Study Day, sponsored by the CB Communion & Liberation Club, will take place on Saturday, May 22 from 9:00 a.m.-noon in the CB Library. Students are invited to join teachers and classmates in helping one another prepare for exams. Following Study Day, all are invited to a free and delicious pasta lunch (12:00-1:00 p.m.) in the cafeteria provided by the CL Club. Advance sign-ups are necessary - please go to Room 206 or 207 to sign-up.

CAMPUS MINISTRY

Prayer of St. Bonaventure to the Holy Spirit

(The Feast of Pentecost is May 23)

Lord Jesus, as God's Spirit came down and rested upon you,
may the same Spirit rest on us,
bestowing His sevenfold gifts.

First, grant us the gift of understanding,
by which your precepts may enlighten our minds.
Second, grant us counsel, by which we may follow
in your footsteps on the path of righteousness.

Third, grant us courage,
by which we may ward off the enemy's attacks.

Fourth, grant us knowledge,
by which we can distinguish good from evil.

Fifth, grant us piety,
by which we may acquire compassionate hearts.

Sixth, grant us fear,
by which we may draw back from evil
and submit to what is good.

Seventh, grant us wisdom,
that we may taste fully the life-giving sweetness of your love.

Amen.

On behalf of the Campus Ministry team, I express our gratitude for being able to "pray and play" with your sons and daughters through our liturgies, prayer services, and retreat program this year. May your family be filled with the love and grace of God, and may your summer be a time of rest, renewal, and relaxation.

Susannah Nelson
Director of Campus Ministry

WORDS OF St. John Baptist de La Salle

You carry out a work that requires you to touch hearts,
but this you cannot do except by the Spirit of God.
Pray to him to give you today the same grace he gave the holy
apostles, and ask him that, after filling you with his Holy Spirit
to sanctify yourselves, he also communicate himself to you in
order to procure the salvation of others.

(Meditation 42.2)

Liturgies:

Our **St. La Salle Liturgy** in honor of our founder, **St. John Baptist de La Salle**, will be **Wednesday, May 19**, at 9:30 a.m. in the gym. **PARENTS ARE ALWAYS WELCOME AT OUR SCHOOL LITURGIES.** Please join us for this special piece of our De La Salle Week celebration. Most



Reverend Gordon D. Bennett, SJ, will be our presider. Bishop Bennett is the Peter Faber, SJ, Fellow in Pastoral Theology and Ignatian Spirituality at Loyola Marymount University and Bishop Emeritus of Mandeville, Jamaica.

The **Baccalaureate Liturgy** for the graduating Class of 2010 will be **Friday, May 28 at 9:00 a.m.** at the Cathedral of the Blessed Sacrament. Bishop Jaime Soto will be the presider.

All **current Juniors** who are practicing Catholics and would be interested in being a **Eucharistic Minister** at our liturgies next school year can sign up now for this ministry in the Campus Ministry office. The training session will occur in August when school resumes.

Retreats:

Many thanks to the **Senior Retreat Leadership Team** for their faith and leadership skills as they led 12 Frosh, Sophomore, and Junior retreats this year. The application and interview process for next year's team is underway. All current Juniors who are interested in being a Senior Retreat Leadership Team member next year should see Mrs. Nelson in Campus Ministry.

The next **Kairos** retreat is **June 1-4** at Christ the King Retreat Center and is for **current Juniors only**. See Mrs. Nelson in Campus Ministry for more information.

Final exams are coming up soon!

Final exam week is May 24 - 27th. Teachers and students will be reviewing for finals on May 19th & 20th. The following practices are in effect for our final examination preparation days.

1. No new major topics or units will be introduced and no tests or major examinations will be given. Minor quizzes may be given.
2. Review periods will assist students with organizing and synthesizing the course material.
3. A reasonable amount of homework may be given and will complement and assist the student's review.
4. The final examination will be comprehensive in nature for the semester.

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'C' set cannot take the final during 'C' set because they are free during that period).
2. The Handbook on page 8 states the following: "All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an "incomplete" for their final grade and will need to make up their final exam during the summer break. Upon correction of the final exam, the final grade will be entered into the student's transcript."
3. Students who are absent for one final during finals week may make up that exam after A set on Thursday, May 27th.

SPRING SEMESTER FINAL EXAMINATION SCHEDULE

Time	MON, May 24	TUES, May 25	WED, May 26	THUR, May 27
9:00 am - 10:20 am	B SET	D SET	F SET	A SET
10:35 am - 11:50 am	BREAK	BREAK	BREAK	
12:05 pm - 1:20 pm	C SET	E SET	G SET	

CHRISTIAN SERVICE

Congratulations Seniors

Christian Service Awards are announced and distributed at our Senior Family Liturgy on May 3rd, 2010. Students who receive an award also receive a pin to wear on their gowns at graduation. Congratulations to the class of 2010 for completing and documenting over 21,000 hours of service.

The following students of the Class of 2010 earned a Christian Service Award for completing 100 hours or more of service during their years at Christian Brothers.

Megan Anders, Julian Antunez, Carly Ayres, Allison Backers, Christopher Barthelow, Jena Blackwell, Mary Alexandra Calkin, Rachel Cheney, Mary Alice Curran, Cassandra Drysdale, Kimberly Fazio, Dawn Fleming, Bianca Galvez, Megan Graham, Matthew Griggs, Amanda Hahn, Xochitl Hermosillo, Molly Hopcraft, Christopher Jensen, Thomas Jungsten, Jamison Kato, Ryan Kinlock, Sofia Kozlowski, Leslie Lai, Cole Lancaster, James Ledesma, Joshua Lee, Jarrett Link, Ian McCormack, Kelsey McNamara, Anthony Miller, Morgan Murphy, (Luan) Louis Nguyen, Shelby Phillips, Madeline Porter, Patrick Price, Allison Pruitt, Sydney Rhoades, Jose Ruiz, Kevin Sargent, Katie Schilling, Alex Schrick, Samantha Schumann, Caitlin Schwartz, Taylor Shahbazian, Will Simmons, Chloe Skewis, Jeremy Spease, Brittany Sterba, Whitney Swain, Nathan Weisberg, Kevin Wong, Sarah Woolston, and Ryan Yamamura.

The following students of the Class of 2010 earned a Christian Service Award for completing 250 hours or more of service during their years at Christian Brothers.

Ekenna Arya-Gafu, Genevieve Balagot, Alexander Bayani, Paul Carmazzi, Claire Costa, Sydney Davis, Jaye Whitney Debber, Natalie Dreyer, Melissa Farmer, Halle Ferrante, Chanel Garcia, Matthew Havey, Kelsey Ito, Kate Kempton, Jonathan Laubacher, Austin Moore, Mercedes Oliva, Anne Peabody, Nicholas Perez, Natali Plasencia, Edward Ralph, and Faith Siler.

4 Congratulations to all of our students who strive to implement our school motto "Enter to Learn, Leave to Serve."

Lenten Almsgiving

Our Lenten Almsgiving project was sponsored by the Christian Service Corps (CSC) and the VENAVER Salinas students to benefit the LIFE Program in Salinas, Ca. LIFE is an after-school program that strives to create a "safe haven" for elementary and middle school students in the Salinas community. The VENAVER Salinas group was very touched by their experience volunteering at the LIFE Center. Thank you to everyone who contributed to the \$200 we raised.

Three Students taking on the fight against cancer

Senior Robby Mulligan, sophomore Samantha Mulligan, and freshmen Cory Lutz are sponsoring a team of Christian Brothers students and their families to join the "Relay for Life" and raise money for cancer research. Come out and join them on Saturday, May 22nd at 9:00 a.m. at Consumnes River College for a 24-hour relay. If you are interested in signing up, please go to www.relayforlife.org/relays/eveca. Make sure to specify that you want to be part of the Christian Brothers Team.

Seniors Donate CB Gear

Are you graduating and can't wait to get rid of your CB gear? Well bring it to Christian Service! We are asking all graduating seniors to donate their unwanted, gently used CB gear, including CB t-shirts, CB polos, CB dress sweaters, CB jackets, CB fleece sweaters, CB sweatshirts, long pants, capri pants, walking shorts, and shoes. In addition, we are collecting any clothing that meets our professional dress code or dance dress code including slacks, women's dress shirts, men's dress shirts, ties, dress shoes, and homecoming or prom dresses. You can bring your donations by the Christian Service Center. All donations will go to other CB students who are in need.

Freshman, Sophomore, and Junior Service Hours

If you want to be considered for a Christian Service Award for 2009-2010, please turn in your service hours during De La Salle week. If you plan on doing service over the summer, you may turn those hours in on August 17, 2010. The requirements for Christian Service Awards are: Freshmen - 25 hours; Sophomores - 50 hours; Juniors - 75 hours. These service hours are cumulative and can be tracked from the first day of freshman year until the present.

Summer Opportunities

Oak Park Farmers Market: Volunteers are needed to help out at the Oak Park Farmers Market on Saturdays from 9 a.m. - 1 p.m. from May 15th through October 10th. If you are interested in volunteering please contact Sharon Eghigian at 916-452-4356 ext. 271 or Sharon@nwsac.org for more information.

Muscular Dystrophy Association (MDA) Summer Camp: According to the MDA website, "MDA camp is a magical place offering a wide range of activities specially designed for young people who have limited mobility or use wheelchairs." MDA is looking for volunteers to help out at their annual summer camp which will take place August 8-13, 2010 at Sly Park. Application deadline for counselors is May 24th, 2010. Students will need to attend one of two training sessions on June 17 & July 12 to be held at UC Davis. If you would like more information, please contact Chelsey or Kindra at 916-921-9518 or cmadison@mdausa.org & karnstrong@mdausa.org.

Camp ReCreation: is looking for volunteers (minimum age of 16) to spend a week working as a cabin counselor one-on-one with a camper with a developmental disability. Camp sessions are June 26-July 3rd and July 3rd-July 10th, 2010. For more information please contact them at (916) 733-0136 or mail@camprec.org.

Our Lady of the Assumption (OLA) Summer School: OLA is looking for high school volunteers to provide academic assistance directly to the students in grades 1 thru 6. They need 2 volunteers per classroom and a minimum of 6 total for the summer. A two week commitment is required for this summer program, unless a student would like to do more. For further information, please call Pat Friesen at 737-6026 or pat@mercyeducation.org.

St. Mary's Summer School: St. Mary's is looking for high school volunteers to participate in their 7th annual summer school. Volunteers work directly with students in various classes including Kinder Camp, dance classes, reading, math, and cooking. They also assist in the extension program and lead theme related activities at recess. Volunteers must be 16 years or older and be available during the weeks of June 14 - July 23rd. For more information please see Ms. DeBenedetti-Emanuel in Christian Service or see the bulletin board in the main hallway.

AWARDS CONVOCATION

The Awards Convocation scheduled to take place on Wednesday, May 19th, has been postponed to the Fall 2010 semester. Early in the Fall semester, we will celebrate as a community the accomplishments of the 2009 - 2010 academic school year. If you have any questions regarding the Awards Convocation, please contact Mr. Schumann at 733-3620.

STUDENT ACTIVITIES

PROFESSIONAL ATTIRE DAY on Wednesday, May 5!!

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "Professional Dress Attire" on the First Wednesday of every month. When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on page 19 of our Parent-Student Handbook throughout the entire school day. Please note Professional Attire dress code distinctions between upper and lower division students (i.e. no skirts allowed for Freshman and Sophomore ladies). Our next "Professional Attire" day for all students will be on Wednesday, May 5. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Ms. Jan Warren, for assistance.

Congratulations to the ASB officers for 2010 - 2011

PRESIDENT: Taylor Valmores
VICE-PRESIDENT: Chris Wallace
SECRETARY: Sam Franzola
TREASURER: Chris Venegas
CHAIRS: Britney Belme and Rodney Bridges
PUBLICITY/HISTORIAN: Julia Hidalgo and Erin Wakabayashi

CB AUCTION SIGN-UP PARTIES!!!

There are still spots available at the sign-up parties from the 2010 CBHS Auction!

Spots are still available for the CB Coaches Beer & Brats party, An Evening of Jazz party, Margaritas with Moms party and A Day in the Delta party.

For additional information about the parties and to purchase a spot at a sign-up party on-line, go to:
<http://cbhs-sacramento.maestroweb.com>.

Click on Sign In on the home page. If you do not have a user name and password already set-up, you will need to create a new record. On the sign-in page, click on Create New Record. Fill out the information on the page and enter a password.

Once you are signed in, you will be returned to the home page. From the home page, click on the sign-up party you would like to attend. Select the name of the party from the Merchandise line. Enter the number of tickets you would like to purchase under Quantity. Enter the billing address of the credit card, credit card information, your telephone number and e-mail address. We accept Mastercard, Visa and American Express. Click on Submit Purchase. A confirmation of your purchase will automatically be sent to your e-mail address.

A party reminder, with directions to the event, will be sent to you.

If you have any problems with your on-line purchase or would like to pay by check, contact Sally Silva or Elizabeth Belme at (916) 733-3605.

Thank you for supporting Christian Brothers High School and we look forward to seeing you at the sign-up parties!

Sally Silva & Elizabeth Belme
2010 Auction Co-Chairs

MULTICULTURAL WEEK

Thank you to our multicultural clubs for an exciting week of fun, games, food and special entertainment including groups such as Kalpulli Xihuacoatl Dancers, Greek Dancers, Oom pah pah Band, and Monroe Howard.

SMILE on PICTURE DAZE

On May 17th and 18th all students (except seniors) will have their pictures taken. These pictures will be used for ID cards for the 2010-2011 school year, and will be the yearbook pictures for our underclassmen. Picture packages will be available.

SENIOR SPIRIT DAY

Senior Spirit Day is May 20th. The entire school needs to wear the senior color - orange- to support our Senior Class of 2010 as we bid them farewell. Goodbye Seniors! We will miss you!

FOUNDERS DAY

This year our students will commemorate Founders Day, May 21st. We will celebrate our inclusive community through games, signing of the yearbooks, and a barbeque. The BBQ lunch is \$1.00. Our students always look forward to this day as a way to join in fellowship on the feast day of St. John Baptist de la Salle with faculty and friends.

HEADS UP!

The QSP magazine drive begins very quickly after school starts in the fall. Be sure to save all your magazine orders for this important event, our only school-wide student fundraiser. Help support the co-curricular activities here at CB!

More students enjoying Upper Division Ball....



ATHLETICS

Baseball: The Varsity team currently holds the number 2 seed in league. With a league record of 6 - 4 they are looking to a successful playoff run.

The Junior Varsity team is having a really successful season so far with a record of 14 wins and only 3 losses. With only 3 weeks to go in the season, the hopes and hard work of the team will be looking for a league win this year to cap off an already successful program.

Men's Golf: The Varsity Men's Golf team remains in first place in SVC league play with a 10-1 record and recently won the first of two league tournaments, posting a score of 381 and finishing eight strokes ahead of runner-up Ponderosa. Senior Jamett Link tied for the best score in the tourney, posting a one-over par 73. Kit Carson also had a great day with a round of 75, while the freshman duo of Andrej Bevins and Hunter Rappleye shot 76 and 77 respectively. Junior Dylan Fuller rounded out the scoring with an 80. Recently, junior Michael Signorotti has also been contributing significantly to some of the winning matches. The team is very close to wrapping up a playoff berth and has an excellent chance to repeat as SVC champions again this year. They have set their goals very high for the remainder of the season and are working very hard to achieve them!

Diving: The divers have just finished their dual meet season with a perfect 1,2 finish in every league dual meet. We are heading to an invitational this weekend and then to league next week where we plan to go 1,2,3,4 at the Varsity level. The following week at Section trials, Jamie Ralph and Nicole Martin hope to qualify for Section finals at the frosh/soph level.

Rugby: The Varsity Rugby team begins the Northern California playoffs with a game against San Francisco Golden Gate. The frosh/soph team finishes the season in 2nd place.

Women's Soccer: The CB Women's Varsity Soccer team has been on a roll lately. After some impressive wins recently, the team currently sits atop the SVC standings with a record of 6 wins, 1 loss and 1 tie. Thanks to a stingy defense and a potent offense, the Lady Falcons have shown that they are the team to beat in the Sierra Valley Conference. As we enter the second half of league play, the team is looking to continue its recent success with a goal of reaching the Division II playoffs (which begin on May 14th). If you get an opportunity, come out and support the team in their quest for a Section title.



Softball: The Varsity team has had strong performances and struggled against tough league competition this season. However, we have a great bunch of girls playing this year and it has been fun working with them. I cannot thank Christian Brothers enough for giving me the opportunity to have so much fun and be around such smart kids. All of the seniors are going on to college and at least four of them will play softball at some level. - Coach Clay JV Softball has continued to put up outstanding numbers on the season. Averaging 12 runs a game, the Lady Falcons head into the final few games of the season with a 13-7 record. Great job girls!

Swimming: The CB Swimmers (well, coaches, parents, and swimmers) are beaming with Falcon pride!... The results of the Rio Linda Relay Invitational (April 17, 2010) are:

CB Girls JV - 1st Place; CB Girls Varsity - 2nd Place; CB Boys Varsity - 1st Place (all boys swim Varsity)

Men's Tennis: The Falcons Tennis Team continues to mature as it searches to distinguish itself from the rest of the pack. Consistency and mental toughness have been strengthened throughout the year as five of the team's losses ended in a 4-5 decision. The pressure seemed daunting for first or second year players to be the deciders of the match, but the experience was handled with professionalism. This program has the potential to perform at a high level of competition for a long time and produce student athletes that will excel on the courts as well as in the community.

SPECIAL RECOGNITIONS...

Tri - Sport Athletes: The following student-athletes have committed to playing three seasons of sports throughout the course of the 2009-10 school year.

Frosh: Angelica DeTuro, Annaliese Engelhardt, Jose Hernandez, Morgan Liu, Monica Rocco, Breanna Sharer, Nicole Skow, Kendall Williams

Soph: Aaron Asbury, Jimmy Barnes, Marisa Becerra, Lauren Dahl, Adella Fonseca, Michaela Millwood, Reggie Smith, Meg Taylor

Juniors: Anthony Ferrigno, Shannon McNamee, BriAnn Price, Maya Ramirez, Sean Steimel, Shelby Stewart, Andrew Stotenberg, Aaron Terrell-Byrd, Devin Wallner

Seniors: Asante Cleveland, Corey Crowder

Quad Sport Athlete: The following student-athlete competed on four teams over the three seasons of sport this year: **Ryan Peabody**

SVC Scholar - Athletes: Sports recognized by the Sierra Valley Conference and California Interscholastic Federation. Criteria: junior or senior; cumulative (weighted) g.p.a. 3.7 or greater; minimum 2 varsity letters; good citizenship.

The following SVC scholar-athletes are first year recipients and receive a patch: **Carly Ayres, Genevieve Balagot, Maribel Balbuena, Natalie Dreyer, Kim Fazio, Connor Gardner, Travis Hart, Matthew Hovey, Kim Hyuncheol, Christopher Kunz, Evan Lian, Jarrett Link, Jourdan Messick, Meghan Miletus, Nyssa Muhelm, Annie Peabody, Alexandria Schrick**

The following SVC schola-athletes are second year recipients and continued to compete in two sports their senior year; they will receive a certificate: **Cameron Goodman, Grady Pierroz, Megan Walters, Sarah Woolston, Devyn Cotter**

Summer Programs - please check the CB website for summer programs. Specific questions can be directed to the head coach of each program. The directory of head coaches can be found on the website under Athletics.

Men's Soccer: Conditioning for the upcoming 2010 season will begin in June. All players (both new and returning) are encouraged to attend the summer conditioning. Please check the Men's Soccer page on the CB website for the summer schedule and important announcements. Any questions, please contact Coach Hunley at jhunley@cbhs-sacramento.org

Men's Water Polo: All of those interested in information regarding CBHS Men's Water Polo please contact Coach Adam Donovan (adonovan@hotmail.com) for summer conditioning and practice information. Additional information will be posted on the web site as well. THANK YOU!

VISUAL AND PERFORMING ARTS

Passing on the torch...

Well, it has happened. Another school year is almost complete, and our graduating seniors will be leaving the tremendously successful visual and performing arts program in the capable hands of the next generation.

Last weekend we witnessed the final production of our theater season with an amazing performance of **"The Music Man."** The gymnasium was transformed into a proscenium stage with lights, sound, sets, costumes and a packed audience. And our students did not disappoint. Near capacity audiences left singing "Seventy-Six Trombones" as they basked in the glow of what was one of the finest musical theater productions seen on a CB stage. The cast consisted of a balance of freshmen, sophomores, juniors and seniors, ensuring that the future of theater at CB continues to be bright.

At the same time, our Video Production I class had its debut presentation of the **KBFT** news. This group of sophomores will soon be taking the reins of our award winning and nationally recognized student-run network television program. And they showed that they are ready and able to continue the high standards and reputation established over the past eight years.

On April 29, we celebrated the visual arts with our annual **La Salle Art Show.** Seniors led the way with Zach Anderson, Ryan Kinlock and Dominique Bennett all winning awards. Never fear however, "best in show" was taken by junior Marlon Rosas, leaving the leadership of our arts program in skilled hands once again.

Over the next three Fridays, you will have the opportunity to see the remaining performers take their final bows of the year as well. On May 7 our instrumental program will be presenting its spring **Instrumental Concert** at 7:00 p.m. On May 14, **Open Mic Night** presents its "Senior Night" in L1 with a show featuring the countless talented seniors on campus. And finally, on May 21 our choral program will be presenting its 8th annual **"Hollywood Bowl Concert"** under the stars. This standing-room-only event starts at 7:30 p.m. on the Mary Lawn, so show up early and bring your blankets and picnic baskets for a great night of music and fun.

Finally, if you have been to any of our theatrical, instrumental or choral productions this year, you are aware that Christian Brothers desperately needs a home for our artists. We are in the middle of a capital campaign to raise funds that will create a beautiful, state-of-the-art performance facility. This new facility will benefit the entire campus. It will not only provide a phenomenal workspace in which our artists can develop their skills, it will provide a performance venue worthy of our children's talents. It will also lessen the burden on our athletic and physical education departments which have accommodated our artists by adjusting game and practice schedules, and class locations so that we can present our performances on campus. If you or anyone you know has the means and would like to help to make this a reality, please contact school president, Lorcan James, at 733-3603.

Until next year... In Harmony.



CB presents The Music Man



MAY '10

7

SPRING SEMESTER

FALCON FAMILY FACES



SPRING SEMESTER
MAY '10



CHRISTIAN BROTHERS HIGH SCHOOL
4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95820-2727

PSRT
First-Class
U.S. Postage
PAID
Permit # 1277
Sacramento, CA