

FALCON FAMILY NEWS

CB IS *THE PLACE TO BE* AN ARTIST

DEAR FAMILIES:

As Technical Director of the George Cunningham '40 Performing Arts Center on campus, most of my time is spent in the theatre, watching students begin their journey in the audition process or taking their first theatre class. They are invariably nervous, excited and uncertain about what lies ahead. Over the course of a few months, a cast, orchestra and crew work together to create a high-level production, building friendships and confidence along the way. Everywhere I go on campus, I see the same passion and connection extending throughout the arts at CB. I see it in the instrumental students who pack their days with music, electing to play in the drumline at rallies or the pep band at basketball games, and consistently describing the band as a "family." It can be found in the choir students of De La Femme and De La Dudes who make time in their busy schedules to choose and rehearse music on their own, often squeezing in time during Falcon Flex or the morning break. The talent and hard work of students, past and present, are on display in the visual arts rooms and around campus in display boxes, the Senior Wall, show posters and more. Just stop a group of students on the way to the kilns, fresh ceramics projects in hand, and they'll talk about the frustration and joy of spinning clay or the much-needed stress release that art brings to their day. Check out the content produced by *The Talon*, KBFT, or the Talon Talk podcast and you will see media students fusing creativity with 21st century technology. Attend an Open Mic night and watch student talent that ranges from Taiko drumming, musical performances and stand up comedy, organized and hosted by a student-run club, with a supportive and enthusiastic audience.

Of course, the kids don't do it alone. Supporting them is a school administration with a strong commitment to funding and supporting arts programs, and teachers who are game for anything that encourages students to grow. A sports broadcasting class? Sounds great! You want to create a podcast? I'm in! You wrote an original one act play? Let's do it! Parent efforts complete the community by working as box office staff for arts events, volunteering with Friends of the Arts (FOTA),

building scenery alongside students on Saturdays, attending events and applauding the students' accomplishments.

When I reflect on the profound impact of the arts at CB, I often think first of my favorite theatre ritual: The closing night pre-show prayer at which each senior in the production offers a short message about what CB theatre has meant to them. They speak of finding a community – a place on campus where they fit. They speak about fun and joy, learning to push themselves and gain skills, or finding a new form of expression. Most of all, they speak about lasting bonds of friendship and the memories they will take with them. Five years ago, I returned to CB as a teacher, nervous, excited and uncertain of what lies ahead. What I found was a wonderful, thriving arts community and passionate, inspiring students. Every year, it keeps getting better. I hope this spring, you and your family will attend an arts event so you can see what makes CB *the place to be* an artist.

Best wishes,



Heather Christianson '01

Technical Director, George Cunningham '40 Performing Arts Center
Performing Arts Teacher

- Counseling
- Media, Visual and Performing Arts
- Campus Ministry
- Christian Service
- Athletics
- Student Activities
- 2019 Auction

Pre-Registration for 2019–2020 Classes

Current freshmen, sophomores and juniors will be working on pre-registration for the 2019–2020 school year with their counselors during February. **Online pre-registration will be open from February 25 to March 8, 2019.** This process allows assistant principal Mr. Dave Desmond '94 and the curriculum department chairs an opportunity to begin building the master teaching schedule with the appropriate number of course sections. Students should be looking ahead to their post-secondary plans when trying to decide which courses to take next year and beyond. The counselors encourage students to think about challenging themselves academically with courses in which they can be successful (C's or better). Teachers are also highly involved with the process of recommending the proper courses for students to take. Look for the pre-registration materials students will bring home from their classroom counselor visits, and use the updated [Pre-Registration](#) on our website as a reference. During the classroom visit, counselors will also be reviewing PSAT 8/9, Pre-ACT, and PSAT 11 results. They will discuss benchmarks and using the information for SAT and ACT preparation purposes.

Class of 2020 College Information

Juniors have begun meeting individually with college counselors, Ms. McClellan and Mrs. Melarkey, to learn more about the college planning process. They are reviewing their transcripts, discussing SAT and ACT tests, performing college searches, talking about summer programs and asking any other questions they have at this point. Juniors are also encouraged to update their resumé on [College Resumé](#), enter potential colleges into "Colleges I'm Thinking About" and complete the *College Advising Questionnaire* survey and *Do What You Are* personality profile.

Class of 2019 College News

Seniors are finishing college applications and are now in a "holding pattern," anxiously awaiting word on college admittances. If parents have any questions, they should contact the college counselors, [Mrs. Melarkey](#) or [Mr. Desmond](#), or [Mrs. Melarkey](#), grade level counselor for the Class of 2019. **Seniors should turn in any college acceptances and/or scholarships to the counselors by the April 8th deadline** for the Senior Family Liturgy and Awards Ceremony, as well as the graduation program.

Sophomore Academic Planning Night

Parents and students of the Class of 2021 are invited to the Sophomore Parent Academic Planning Night on Wednesday, February 20 from 6:00–8:00 p.m. in the George Cunningham '40 Performing Arts Center. Pre-registration and early college planning will be addressed.

There's plenty of art on the horizon at CB!

On February 4, CB will host K-8 choral students for the **Diocesan Choral Festival**, performing and receiving feedback from Mr. Christian Böhm and choral teachers from St. Francis and Jesuit High Schools. It's a great day full of excited kids and singing.

Theatre will be taking a full roster of students to the **Lenaea Festival**, a high school theatre festival in which participants from 60–70 high schools present monologues, songs, scenes and one acts. All entries are judged by theatre professionals who provide feedback and opportunities to workshop the performances. Lenaea takes place at Folsom Lake College's Three Stages facility February 1–3. **For your chance to see the material from Lenaea, including an original one act play, "Shattered Glass," written and directed by Nick Maricle '19, come to our Theatre Showcase on February 8 at 7:00 p.m. Tickets are \$5.**

for the spring play, Ray Bradbury's **"The Martian Chronicles"** are February 5–7 from 3:00–5:30 p.m. in the George Cunningham '40 Performing Arts Center. If you'd like to prepare ahead of time, join the Martian Chronicles Schoology group. Audition scenes, called "sides," are available in the Resources folder. We are looking for actors who can create three or four unique characters for this play in which 18 actors play 60 roles. Come on out!

for **Open Mic** are February 20–21 after school in the choir room (802). If you have a unique talent, get an act together and audition! Past performances have included student bands, singers, musicians, dancers, comedians and more. Don't miss your opportunity to get on the CB stage.



Arts Alumni News

- **James Snyder '99** was recently cast as Harry Potter on Broadway in *The Cursed Child*, Parts 1 and 2.
- **Allison Lian '14** is touring with the traveling production of *Finding Neverland*, rotating roles, including Peter Pan.
- **Regina Chapuis '18** wasted no time getting involved at Cal Poly, San Luis Obispo this fall, joining the Rose Parade float committee. With fellow students, she planned, built and decorated the float that took home the Extraordinaire Award.

For more details about these incredible alumni, check out the blog on the [Features](#) of our website!

Hello February

Reflections for February

As we begin this month, we join Catholic schools nationally in the celebration of Catholic Schools Week. As a Catholic school, Christian Brothers gives our students many opportunities to grow, learn and celebrate in their faith. Celebrating our faith is part of growing into our faith, a faith that connects us to others. In faith, we are the Body of Christ, united as one community in the mission of Jesus and our founder, St. John Baptist de La Salle. Faith in the presence of God is one of our core principles at CB, and what a gift it is to be able to share in something so beautiful. Faith is often described as "a free response," "active" and "communal." Our founder's mission was first and foremost a concern for the salvation of the souls of the students entrusted to his care. This mission continues on here at Christian Brothers today as we encounter many opportunities to experience the fully alive holy presence of God. The Catholic Bishops of Northern Ireland stated that "The ultimate aim of Catholic education is the full growth of the individual, a fully alive person for self and others, in communion with Christ." During this first week of February, let us give thanks for the gift of Catholic education and the Lasallian Catholic community of Christian Brothers. Blessings!

— Jen Yearwood, Director of Campus Ministry

Retreats

REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS COMPLETE! Thank you to all who registered early for our overnight retreats! If you missed the deadline, there may be limited spots open on the remaining retreats. Please contact Ms. Yearwood immediately (yearwoodj@cbhs.edu) to register for:

- **February 25-26** (limited space), April 1-2 (open)
- **March 19-22**

The Class of 2021 gathered for a day-long retreat at CSU Sacramento on Friday, January 11. Thank you so much to our student leaders and staff who worked hard to make the day a success! Thank you, parents, for your flexibility and support of this important event!

Mark Your Calendars!

- **February 14** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium. "Choose Love!" Please join us in prayer on Thursday, February 14 at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.
- **Wednesday, March 6** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium
- **Sunday, March 10** at 9:30 a.m. in the George Cunningham '40 Performing Arts Center
- **Thursday, April 4** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium, followed by an opportunity for the Sacrament of Reconciliation from 11:30 a.m. – 2:00 p.m. in the Chapel of St. Joseph
- **Thursday, April 25** at 7:45 a.m. in the Chapel of St. Joseph



Like & Follow



Enter to Learn, Leave to Serve

It's Baby Bottles Time!

Sacramento Life Center

This month, we have the opportunity to support and promote families and life, and to focus on celebrating the National Marriage Week and World Marriage Day!

In the month of February, the Heartbeats Pro-Life Club, with moderators Ms. Mary Bowers and Ms. Courtney Hendry, will be handing out baby bottles to students and families to raise money for disadvantaged pregnant mothers and their unborn babies. These bottles are to be filled with cash, checks and coin donations. This is a fantastic way to assist others in need this month.

Donations Needed for Maryhouse

Maryhouse is a daytime hospitality shelter for homeless women and children that provides support and personal attention to each woman to help her identify challenges and take the next steps to overcoming them. Women come to Maryhouse in crisis; some receive short-term help while others may require help for a longer period.

If you have any gently used or new sweatpants, sweatshirts, tennis shoes, backpacks and jeans for women and children, please donate them to the LSLO between February 11-15. Christian Brothers' Christian Service is deeply grateful for your generosity!

Interfaith Build for Unity Day

Habitat for Humanity of Greater Sacramento

As a Christian Ecumenical Ministry, Habitat for Humanity of Greater Sacramento's mission is to put God's love into action to help build hope, homes and community.

The *Build for Unity* campaign was piloted in 2016 in Sacramento by the local organization as an opportunity to bring people of different backgrounds and faiths together to put differences aside and build homes and unity in our community. The first *Build for Unity* project brought over 1,000 volunteers from across the Catholic, Lutheran, Episcopalian, Presbyterian, Methodist, Muslim, Jewish, Buddhist, Sikh, and other Christian and non-denominational faith communities together as a sign of interfaith unity and to build two homes side-by-side in Sacramento for hardworking, low-income families.

This month, our very own **Laine Himmelmann '06**, Director of Development for Habitat for Humanity of Greater Sacramento, invited CB students from engineering classes to participate.

Saturday, March 9 from 7:30 a.m. - 1:30 p.m.

3825 43rd Avenue (on 43rd and Martin Luther King, Jr. Blvd.)

If you are a CB engineering student and/or upper division student and are interested in this Interfaith Build for Unity Day, please contact Mrs. Grapé via Schoology or email at ggrape@cbhs-sacramento.org by February 15.

VENAVER Thank You!

VENAVER El Otro Lado



Pictured: VENAVER attendees at Sonora Border

From January 20-25, CB students went on an immersion trip to learn another perspective of what's happening in the Borderlands. The trip impacted and left an impression in the students' hearts; this trip will always be remembered.

Coat Drive

Thank you for the Coat Drive donations! St. Thomas More Parish in Paradise, CA, and the Sacramento Food Bank and Family Services greatly appreciate the new and gently used winter coats, scarves and gloves.

thank you

For questions about Christian Service, please contact Mrs. Grapé at ggrape@cbhs-sacramento.org.

Christian Brothers' athletes focus on performing the best in their sport and work hard for their academic success.

Of the winter sports, the top six teams with the highest cumulative GPA are **Women's Varsity Soccer** (3.45), **Women's JV Basketball** (3.37), **Women's JV Soccer** (3.31), **Men's JV Basketball** (3.30), **Women's JV Soccer** (3.31) and **Women's Freshman Basketball** (3.29). Many athletes on the other winter sports teams have also worked diligently to achieve this award.

Here are the athletes in the Christian Brothers community who earned a 3.5 GPA or higher for the first semester of the 2018-19 school year:

WOMEN'S VARSITY SOCCER: Claire LaRocca '22, Lillian Smith '22, Jordan Pieretti '21, Isabella Pond '21, Lexi Rakela '21, Ainsley Carroll '20, Mariah Hudnut '20, Kathryn Maebori '20, Lauren Towne '20, Annemarie Barbour '19, Dior Dupavillon '19, Taylor Hammond '19, Sophia Mattos '19, Annabella Rollerl '19

WOMEN'S JV SOCCER: Gwyneth Culleton '22, Jaden Herne '22, Simone LeForestier '22, Peyton Selby '22, Vivienne Lau '21, Caroline Duncan '20, Mariah Escobar '20, Haily Holston '20

BOYS' VARSITY SOCCER: Cole Mellor '21, Scott Cotter '20, Richard Dore '20, Clark Jacobson '20, Lars Jensen '20, Caleb Quinn '20, Colin Quinn '20, Jackson Ryan '20, Declan Simonovich '20, Chace Gallup '19, Benjamin Kessler '19, Dominick Poletti '19

MEN'S JV SOCCER: Ryan Clark '22, Miguel Cornejo '22, Andre Martin Tabunda '22, Jake Young '22, Benjamin Delfino '21, Desmond Greer '21, Nicholas Hanna '21, Adan Rodriguez '22

MEN'S FRESHMAN BASKETBALL: Jake Elorduy '22, Devin Johnson '22, John Marengo '22, Ryan Rodriguez '22, Parker Spellacy '22, Jacob Tandy '22, Andre Verspieren '22, Michael Anthony Wiggin '22

MEN'S FRESHMAN SOCCER: John Michael Berger '21, Preston Briggs '21, Dylan Delucchi '21, Christopher DeShong '21, Wesley Howell '21, Thomas Milton '21

William Carrey '20, Shahkai Nichols '20, Brett Petkus '20, Kevin Rios '20, Brandon Wiggin '19, Anthony Zavala '19

Olivia Cepeda '22,
Columba Effiong '22

WOMEN'S JV BASKETBALL: Kendyl Chin '22, Abigail Fox '22, Carley Hunt '22, Julia White '22

WOMEN'S VARSITY BASKETBALL: Janelle Chin '21, Faith Mucheru '21, Bria Shine '20, Isabella Warford '20, Chance Sims '19

Capital Athletic League Scholar-Athlete Award

ELIGIBILITY: Athletes who are members of a Capital Athletic League recognized varsity team are eligible for this award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing. They must have a cumulative 3.50 (or above) weighted grade point average as well as a current 3.50 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

The following athletes are being recognized as Capital Athletic League Scholar Athletes:

WOMEN'S VARSITY SOCCER: Isabella Pond '21, Lexi Rakela '21, Ainsley Carroll '20, Mariah Hudnut '20, Kathryn Maebori '20, Lauren Towne '20, Annemarie Barbour '19, Dior Dupavillon '19, Taylor Hammond '19, Annabella Rollerl '19

MEN'S VARSITY SOCCER: Cole Mellor '21, Scott Cotter '20, Richard Dore '20, Clark Jacobson '20, Lars Jensen '20, Caleb Quinn '20, Colin Quinn '20, Jackson Ryan '20, Declan Simonovich '20, Chace Gallup '19, Benjamin Kessler '19, Dominick Poletti '19

MEN'S VARSITY BASKETBALL: William Carrey '20, Shahkai Nichols '20, Brett Petkus '20

WOMEN'S VARSITY BASKETBALL: Janelle Chin '21, Faith Mucheru '21, Bria Shine '20, Chance Sims '19



Take me OUT to the Ballgame

CB Family Dance

The CB Family Dance will be held on Saturday, February 2 in the Ron Limeberger '53 Gymnasium. This classic CB dance is lots of fun and brings the whole family together for a night of costumes, dancing and desserts. The theme is "Take Me Out to the Ballgame." Families are encouraged to dress in sports-related costumes. A costume contest will be held for the most spirited family on the dance floor! Desserts from Ettore's and Freeport Bakery will be available in the cafeteria beginning at 7:00 p.m., with dancing starting at 7:30 p.m. in the gym.

Tickets are available on the CB [Ticket Hub](#) now until 6:00 p.m. on that Saturday evening, and may also be purchased at the Student Activities window on campus during lunch. A couple's ticket is \$30, with each additional ticket being \$10. Proceeds from the Family Dance help support our sister school, St. John Baptist de La Salle School in Addis Ababa, Ethiopia.

Lunar New Year Celebration

The Asian Cultural Alliance is hosting a Lunar New Year Celebration during all-school lunch on Thursday, February 7. Activities will include Asian roulette (Is it Coca-Cola? Is it soy sauce? Only one way to find out!), a Taiko drum performance by a CB student and a hula performance from the Polynesian Club. Fire noodles will also be available to taste. *Xin Nián Kuài Lè*, CB!



Valentine's Day Spirit Day

Valentine's Spirit Day will be held on Thursday, February 14. Candy grams will be available for sale at the Student Activities window during all lunches February 5-8. The modified dress code will be posted on the [Student Activities page](#) on the CB website.



ASB Council Applications

Applications will be available for all candidates interested in running for ASB Council for the 2019-2020 school year in the LSLO beginning Tuesday, February 19. An optional meeting will be held Thursday, February 21 for all students interested in learning about ASB positions and for a Q&A session with the current ASB Council. The application deadline will be in early March.



CB Winter Dance

The Senior Class Council presents the CB Winter Dance on Friday, February 22. This year's theme, "Safari," is sure to be a "panda-monium!" This casual dance will be held in the cafeteria from 7:30-10:30p.m.

Students are welcome to bring a guest from another school. Passes for non-Catholic school guests are due no later than Friday, February 8 to the LSLO. CB hosts may not purchase a guest ticket unless a guest pass has been submitted and approved.

Tickets are \$10 per person and will be available on the [Ticket Hub](#) beginning February 11 and at the Student Activities window during lunch beginning February 18. Proceeds for the dance help support Senior Grad Night festivities. Come dance the night away one last time with our graduating class!

Purchase Tickets to the Auction at

www.CBAuction.givesmart.com

Get the sweet deal before prices go up February 16th. Limited seating, this event does sell out.

One Night In Casablanca

MARCH 16 2019



Christian Brothers High School
2019 AUCTION

Please Join Us For An Auction Gift Gathering

Party to benefit Christian Brothers High School. Enjoy and evening out with other CB parents, while supporting our school. Bring an item to donate to CB's upcoming Auction "One Night In Casablanca" and help make a great event even better!

East Sac

Date: **February 8th**
Hosts: Roberts, Ketcher, Greenburg, McMullen and Youker Families
Address: 1320 46th St, Sacramento, 95819
Time: 6:00 p.m. to 8:00 p.m.

Arden Arcade/ Carmichael

Date: **February 22nd**
Hosts: Nick & Michele Witry, Mike & Michelle Phipps
Address: 4009 Ramel Way, Sacramento, 95864
Time: 6:00 p.m. to 8:00 p.m.

Pocket/Greenhaven

Date: **February 23rd**
Hosts: Rachel and Stephen Genus, Dee Dee and Rob Dong, Mieke and Steve San Julian, Claudia and Tom Briggs and Rachelle & Marty Delucchi
Address: 14 Bajja Ct. Sacramento, 95831
Time: 6:00 p.m. to 8:00 p.m.

RSVP to jmcshane@cbhs-sacramento.org

What We Would Love!

Please complete a donation form and bring it, along with your gift, to the gift gathering party that you are attending.

Need ideas of what to donate? Consider the following suggestions:

- Dinners / hosted parties
- Restaurant certificates
- Computers, iPads, etc.
- Vacation home stays
- Home Décor Items
- Sporting event tickets, e.g. Kings, Sac Republic, SF Giants, 49ers, Warriors, etc.
- Fine wine
- Airline mileage
- Golf packages
- Jewelry
- Cash donations
- Spa Gift Certificates
- A special item or package that no one else has or can get!

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

The District of San Francisco New Orleans (SFNO) is hosting a special celebration of the sesquicentennial anniversary of the arrival of the Christian Brothers in California on Saturday, March 16, 2019 in San Francisco. The celebration begins with Mass at 11 a.m. at the Cathedral of Saint Mary of the Assumption. Presiding will be His Excellency, the Most Reverend Salvatore J. Cordileone, Archbishop of San Francisco. Most Reverend Thomas Daly, Bishop of Spokane, will be concelebrant and homilist. This will be followed by a reception in the Cathedral hall at 12:30 p.m. All families, present, past and future are welcome to attend!

One hundred-fifty years of Lasallian Catholic education in California is a remarkable accomplishment. This spring also marks the 300th anniversary of St. John Baptist de La Salle's entering into eternal rest. We are blessed to be a part of his incredible legacy that now extends to 80 countries, educating nearly 1 million students.

At Christian Brothers High School in Sacramento, we remain committed to providing quality education through the Lasallian Catholic tradition. The challenge we face is balancing mission-centered excellence with affordability and long-term sustainability. We recognize that you make tremendous sacrifices to send your children to CB. Recently, the Board of Trustees approved an increase in tuition and fees by a total of 4 percent. **Tuition for 2019-20 will be \$14,060 and the registration fee is \$700 for a total of \$14,760.** I'm pleased to say that our tuition remains below the average for Catholic high schools throughout the region.

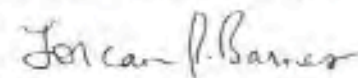
We recognize our tuition is a significant sacrifice for most families. We also recognize that it is prohibitive for some families. Our Lasallian Catholic mission calls for us to serve

the poor and we embrace this opportunity. In 2018-19, we are distributing \$2.7 million in need-based tuition assistance to 405 students. That is more than one-third of our student body. We expect these numbers to be similar in 2019-20. Tuition assistance comes from three sources: endowment earnings, fundraising efforts and the operating budget. We are grateful to all of our parents, alumni and friends who support our fundraising activities. Your ongoing support is critical to our mission!

In terms of practical matters, there has been a slight adjustment to the school calendar for the following academic year. **In 2020, we will be concluding school on Thursday, May 28, and celebrate commencement on Friday, May 29, the week following Memorial Day. We have extended the Easter break period.** The academic calendar will be posted on our website by mid-March.

Thank you for entrusting us with the gift of your children. We are working diligently to ensure that the sacrifices you are making for your children today – tuition, time and example – will reap rewards long into the future.

Live Jesus in our hearts,



Lorcan P. Barnes
President

INSIDE THIS ISSUE

- Counseling
- Athletics
- Campus Ministry
- Christian Service
- Student Activities
- Media, Visual and Performing Arts
- 2019 Auction

Hello March!

Highlighting our Wellness Program

At Christian Brothers High School, we have been very fortunate to have a dedicated wellness counselor in our department for over a decade to better serve the emotional needs of our students. Mrs. Emily McDougall, in her fourth year at CB, sees many students across all grade levels who seek help in everything from anxiety and depression to substance use, eating issues, coping with stress and grief. She also goes into the classrooms throughout the year making presentations about wellness, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Mrs. McDougall covers topics including self-care, social media, substance use and abuse, and transitioning to adulthood. Each month, there is a wellness theme including compassion, awareness, gratitude, motivation and inclusion. She is a licensed Marriage and Family Therapist (MFT) who has been in private practice for many years working with teens and parents. We feel very blessed to have her. If you have any questions for Mrs. McDougall, she can be reached at (916) 733-3688 or emcdougall@cbhs-sacramento.org.



Pre-Registration for 2019–20

Parents: Please review your student's 2019-20 course selections with them before the pre-registration period closes on March 8. This will ensure everyone is on the same page and fewer class changes over the summer. Counselors have finished meeting with students in the classroom and they have received a Class Registration Planning Sheet. **Current freshman, sophomore and junior students will be completing pre-registration through PowerSchool from Monday, February 25 through Friday, March 8.** They may log in to make changes as many times as necessary during that time period. Specific instructions for the pre-reg process will be sent to students via Schoology. Juniors who are required to take the Mastering the Essay course may take it at any point before graduation. The Course Catalog is available on the CB website and summer school information will be available in early March. Questions may be directed to the appropriate grade-level counselors or the college counselors.

Letter of Intent Signing Day

Our second Letter of Intent Signing Day of the school year took place in the George Cunningham '40 Performing Arts Center on Thursday, February 7. The following student-athletes signed:

- **Andrew Dettling '19:** University of San Diego for football
- **Freddie Fiske '19:** University of San Diego for football
- **Tyler Green '19:** Cal Poly, San Luis Obispo for football
- **John Isaiah Jimenez '19:** St. Mary's College for cross country
- **Samuel Korbs '19:** Lindenwood University for shotgun sports



Football Honorees

Congratulations to two CB football players, **Chace Gallup '19** and **Andrew Dettling '19**, who will be honored at our [National Football Foundation Scholar-Athlete Banquet](#) on Thursday, March 7, 2019. The honor is for grades, community service and overall performance on the football field.

Winter sports playoffs began in the last three weeks of February.

Our **varsity women's basketball** team was the number two seed in the Division III playoffs and the Division III Section runner up. The team also qualified for the number one seed in the NorCal playoffs. This is the fourth consecutive year that the women's basketball team has been in the Division III Section championship game.

The **men's soccer** team was the sixth seed in Division III playoffs.

The **women's soccer** team was the third seed in Division III playoffs.

Congratulations to the **JV women's basketball** team who ended their season with a 19-7 overall record and 9-1 record in league. The team was a Co-Cal League champion.

Congratulations to the **freshmen men's basketball** team who ended their season with a 23-5 overall record and 11-1 league record. They were the Cal League champions.

Reflections for March

How To Find Time In The Day For Lent

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of spiritual awareness and service into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day. The three foundational practices of Lent are prayer, fasting and almsgiving. Here's how to think about them in a new way:

Praying Daily

Make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic or makes life difficult. If you also say a prayer when you experience great and friendly service, someone does you a favor or when something joyful happens to you, you will soon find yourself praying your way through the day. When you see a first responder in action, take a moment to pray for him/her and for the victims they are helping. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, yourself more centered and your spirit more aware of God's presence.

A Different Type Of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes yourself to be silenced so you can be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call by fasting and abstinence. In the book, "Praying Lent," the authors offer suggestions on different ways to fast during Lent.

Give Of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend and offer a word of thanks to those whose service to others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles —give them freely to everyone you meet. And most importantly, give your love to those close to you. Hug them, hold them and tell them what they mean to you. In this way, you open your heart to God and others.

So, no matter how busy you are in life, with some greater

awareness and new perspectives, you can consciously pray, fast and give of yourself this Lent and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning. *(Article from Living Lent, Loyola Press)*

On Ash Wednesday and throughout the next six weeks, our CB community will be invited to pray with the theme "Show Us the Way Through the Desert." Each of us, as we journey through life, will go through "desert times" where we may find ourselves wandering and weary. We know that we can turn to Christ, who experienced his own time in the desert and certainly walked a difficult way, as our source of strength and inspiration.

Blessings along your Lenten journey,
Jen Yearwood, Director of Campus Ministry



Mark Your Calendars!

- **ASH WEDNESDAY** - **Wednesday, March 6** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium
- **SHROUVE TUESDAY** - **Sunday, March 10** at 9:30 a.m. in the George Cunningham '40 Performing Arts Center
- **THURSDAY OF THE LENTEN SEASON** - **Thursday, April 4** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium, followed by an opportunity for the Sacrament of Reconciliation from 11:30 a.m.–2:00 p.m. in the Chapel of St. Joseph
- **THURSDAY OF THE LENTEN SEASON** - **Thursday, April 25** at 7:45 a.m. in the Chapel of St. Joseph



PEACE, LOVE & BUNCO

Thursday, May 2 | 6:30–8:30 p.m.

Family Bunco Night will be held on campus on Thursday, May 2 from 6:30–8:30 p.m. Please mark your calendar and plan to join us for a fun-filled evening! Don't worry if you have never played bunco. Come dressed in your favorite tie-dye clothing and accessories! Don't miss out on this evening of good ol' family fun, snacks and prizes. The cost is \$10 per family. **Please sign up now in the [link below](#) on the CB website to reserve your spot.**

Enter to Learn, Leave to Serve

VENAVER Yakima, WA

Congratulations to the following 12 students for their upcoming VENAVER service immersion trip to Yakima, WA: **Rafael Burgos '20, Carmen**



Ceja '19, Abigail Chapuis '20, Melenaite Fetuu '19, Daniel Larsen-Anderson '20, William Liu '20, Kathryn Maebori '20, Cristal Ramirez '20, Bria Shine '20, Chloe Splinter '20, Emelia Sprott '20, and Lilly Witry '20. Ms. Grapé and Mr. Delgado '79 will accompany them on the trip. Students will be traveling to Yakima to serve those in need and gain a better understanding of the environment, Native American culture, wildlife projects, tribal schools and the history of the Yakima Nation. Please pray for them as they prepare to embark on this week-long service immersion.

Lenten Almsgiving - Please choose one from the list:

Baby Bottles for Sacramento Life Center

From **Wednesday, March 6 - Wednesday, April 17**, we can support and promote families and life. The **Heartbeats For Life Club** will be handing out baby bottles for students and families to raise money for disadvantaged mothers and their unborn babies. These bottles are to be filled with cash, checks and coin donations. This is a fantastic way to assist others in need this Lenten season. Baby bottles are in various classrooms, offices on campus and in room 106.



Catholic Relief Services (CRS) Rice Bowl



CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official relief and development agency of the United States Conference of Catholic Bishops. Through CRS Rice Bowl, faith communities in every diocese throughout

the United States put their faith into action through prayer, fasting and almsgiving.

Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 different countries each year, 25% of all donations to CRS Rice Bowl stay in the local diocese, supporting hunger and poverty alleviation efforts. Since

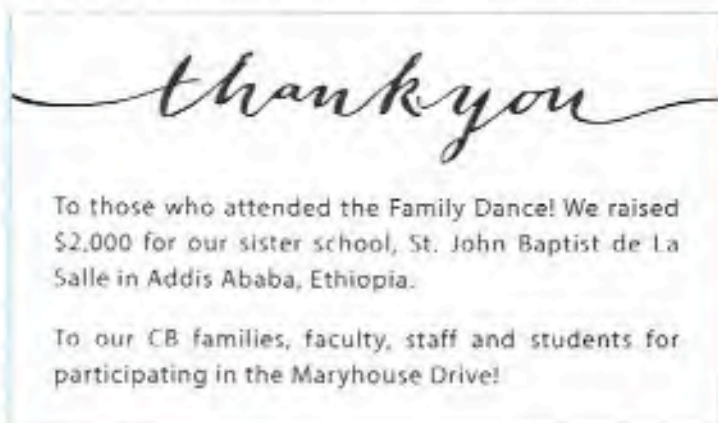
its inception in 1975, CRS Rice Bowl has raised nearly \$300 million.

This simple cardboard box "rice bowl" is a tool for collecting Lenten alms and comes with a Lenten calendar that guides families through the 40 days of Lent with activities, reflections and stories. CRS rice bowls are available at the front office, in room 106 and various classrooms on campus.

Donations Needed for Lasallian Service Week

We are asking for donations of the following new, travel-sized items in their original packaging for blessing bags for the homeless: Tissues or wipes, dental items (floss, toothbrushes, toothpaste), hand-wipes, socks, lotion, chapstick, health bars, Q-tips, Cheese-its, band aids, deodorant, sunscreen, feminine hygiene products, socks and small water bottles.

Please drop all items off to room 106 by March 31.



Service Opportunities

For a list of service opportunities, log in to [Family Connection](#). Click the [x2Vol Tab](#) to see a list of non-profit organizations.

SCHOOL SCHEDULE REMINDER

Be sure to keep track of 3-block day start and dismissal times!

• **Wednesday, March 6** – 8:00 a.m. start, 2:50 p.m. dismissal (Ash Wednesday Liturgy)

• **Thursday, March 14** – 9:00 a.m. start, 2:25 p.m. dismissal (Falcon Flex)

• **Thursday, March 21** – 9:00 a.m. start, 3:00 p.m. dismissal (ASL speeches, senior class meeting)

• **Wednesday, March 27** – 8:00 a.m. start, 1:25 p.m. dismissal (B-3 accreditation visit)

Student Council

• Students interested in running for **ASB Council** for the 2019-2020 academic year can pick up an application in the LSLO. **Completed applications are due to Mrs. Holmes, student activities director, at a required lunchtime meeting in room 105 on Wednesday, March 6.** Questions can be directed to Mrs. Holmes or Ms. Roybal in the LSLO.

• Applications for all students interested in running for **Class Councils** will be available Wednesday, March 6 in the LSLO. **Completed applications are due to Mrs. Holmes, student activities director, at a required lunchtime meeting in room 105 on Wednesday, March 27.** Any student running for ASB Council who would also like to be considered for Class Council may use their ASB Council application as their Class Council application—there will be no need to complete both applications. However, students must attend both lunchtime meetings. See Mrs. Holmes or Ms. Roybal in the LSLO with questions.

• **ASB Campaign Week will take place from Monday, March 18 through Friday March 22.** All publicity must be approved by the Director or Assistant Director of Student Activities (Mrs. Holmes or Ms. Roybal) prior to being displayed around campus **no later than Friday, March 15.** Speeches will be held during Falcon Flex on **Thursday, March 14.** All students may cast their votes online immediately following speeches through lunch time on Friday, March 15. Any student having difficulty accessing the voting portal should see Ms. Roybal in the LSLO. Good luck, candidates!

Junior Family Mass



• The **Junior Class Council** cordially invites all families, faculty, and staff attending the **Junior Family Mass on Sunday, March 10** to join them in the cafeteria for a continental breakfast immediately following Mass.

Luau

• The **Polynesian Club** and **Asian Cultural Alliance** proudly present the **2nd Annual Luau on Wednesday, March 27** during all-school lunch. Join our students in the Ron Limeberger '53 Gymnasium as they celebrate with food, dance and music. A traditional spread of whole roasted pork, spam musubi, lumpia, Chamorro red rice, macaroni salad, and more will be available for free. There will also be a spirit dress code so all can join in the fun!



Ordering Class Rings

Sophomores and Juniors are invited to consider ordering class rings. *Jostens* will be on campus on **Thursday, March 7** during lunch to assist with ordering class rings.

Complete ordering packets with information on designing and ordering all Christian Brothers class rings are available in the front office and room 106. More information about class rings can be found at www.cbhs-sacramento.org/wp-content/uploads/Ring-Cover-Sheet-CB.pdf. Students and families can also design and order their rings at www.jostens.com.

All class rings must be ordered by March 7 as these rings will be presented at the Ring Blessing Ceremony on Thursday, April 25 at 7:45 a.m. in the Chapel. Those purchasing class rings may invite family and guests to attend the ceremony and a brief reception following the ceremony.



Open Mic Night

Open Mic CBHS proudly presents Open Mic Night, featuring CB's community of multi-talented performers. The show is on **Friday, March 1** at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Tickets will be available for purchase at the door.

Visual Arts

March is a busy month for Visual Arts. This year marks the *11th Annual Bowl A Thon*. Student and parent volunteers can come to CB from 5:30-9:00 a.m. on **Thursday, March 14** to decorate bowls in rooms 305 and 306. These decorated bowls are the centerpiece of River City Food Bank's Empty Bowls event to combat hunger in the Sacramento area. For more information about volunteering, contact [Mr. Boriskin](#), or learn more about Empty Bowls (March 25 and 26) at rivercityfoodbank.org/events/empty-bowls.

Our Introduction to Art students will be exchanging drawings with our sister school in Ethiopia, a great opportunity to build bridges with their artwork.

Artistic students should also be preparing their best works for the *27th Annual La Salle Art Show* on **Friday, April 26** at 6:00 p.m. **Students may submit up to three works in any medium by Friday, March 8 to rooms 104 or 305.**

Performing Arts

Choir students from Chamber Choir and Honors Chorale will be participating in the *Catholic School Choral Festival* on **Friday, March 1** at St. Ignatius Loyola Parish at 7:00 p.m.

Choir and theatre students will be at **Disneyland March 14-17** to participate in a recording workshop at Disney Studios.

Media Arts

KBFT students will be attending the *16th Annual Student Television Network (STN) Convention* in Seattle, Washington **March 26-31.**

Theatre Arts

"The Martian Chronicles" opens on Friday, March 29! You won't want to miss Ray Bradbury's adaptation of his own short stories in which 16 actors portray more than 60 characters. Show dates are **March 29-31** and **April 5-7**, Fridays and Saturdays at 7:00 p.m. and Sunday matinees at 2:00 p.m. Tickets are \$10 for general admission and \$5 for students and children. Advance tickets are on sale now in the Ticket Hub on the CB website.



One Night In Casablanca

AUCTION & DINNER

MARCH 16, 2019

Our event is currently SOLD OUT!

It is not too late to participate in this fun evening in support of tuition assistance!

VOLUNTEER

[Sign up](#) to help us make the event even more spectacular!

PURCHASE A GOLDEN RAFFLE TICKET

There are only a few left. Call (916) 733-3633 to purchase yours today! No need to be present to win. Choose from all the Live Auction items listed on the [event website](#).

TICKET WAITING LIST

Please email jmcshane@cbhs-sacramento.org to be added to the waiting list for event tickets.

For more information on events in March, please follow the [daily bulletin](#), [weekly update](#) and the [online school calendar](#).



FOR MORE EVENT PHOTOS AND TO KEEP UP WITH ALL THE FUN AT CB, LIKE US ON FACEBOOK!

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF COLLEGE COUNSELING

DEAR FAMILIES:

Last month, the U.S. Attorney unveiled a nationwide conspiracy to illicitly gain admission to top colleges and universities. Fraudulent test taking, manufactured disabilities, bribes of up to \$6.5 million and even some Hollywood intrigue are at the crux of what is likely to be the nation's largest ever college admissions scandal. The inequities of the college admissions system are on display for the world to see and when I think of the deserving students who were denied admission to make room for frauds, I am infuriated.

However, I am also grateful and blessed to be working for an organization that values the importance of ethical college admissions and invests in two full-time college counselors whose sole focus is assisting families and students through this oftentimes daunting process. As CB's College Counselors, April Melarkey and I work diligently to ensure that our students meet course requirements necessary for college admission, help students navigate the process for getting letters of recommendation from teachers, write unique and personalized counselor recommendations, send official transcripts, advise on co-curricular activities, assist in researching colleges and drafting the college list, answer financial aid questions, relay local scholarship opportunities, review applications and edit college essays before submission, evaluate transcripts for athletic recruiting purposes, and much more!

During this time, we are mindful of the moral and ethical guidelines we follow, the hours of professional development time we spend annually to stay up to date on the latest trends, new majors, financial aid opportunities and finding the right "fit" for our students. We are proud that we have built current, informative and personal connections with colleges and the representatives reading our students' applications.

Between our college fairs, college nights featuring college representatives, testing day (free offering of the PSAT 8/9, Pre-ACT, and PSAT/NMSQT), mock exams, test prep classes and hosting the SAT and ACT on campus four times throughout the year, we are focused on what is best for our students and preparing them as much as possible to apply to a well-rounded list of college options.

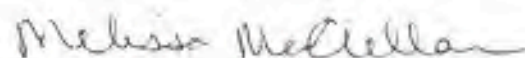
In addition, April and I attend grade-level and Kairos retreats, field trips, sporting events, performing arts concerts, lead college tours across the country and join summer enrichment programs to have

the opportunity to get to know your students on a deeper and more personal level – and therefore, better advise them in their college search and applications.

In collaboration with our grade-level counselors, wellness counselor and the support of our teachers and administrators, I cannot be prouder of the resources and guidance we offer our students. Our department prides itself on collaboration, communication and serving the specific and unique needs of each student at Christian Brothers. A phenomenal 99 percent of students typically enroll in college immediately following graduation. The Class of 2018 went off to colleges and universities in 24 states and two foreign countries. Members of the Class of 2019 have earned admission to Notre Dame, Columbia, MIT, and St. Mary's College of California, with more letters arriving daily.

While a small percentage of Christian Brothers families opt to work with independent counselors, we urge caution when a counselor promises admission to a selective college. That raises red flags on so many levels. After all, it is the *high school counselor* that is able to call or write to a college representative to advocate for the student. It is the *college counselor* who writes a personalized letter of recommendation. It is the *college counselor* who transcript requests must go through.

We care about our students, and our vocation is helping them find the best personal and academic fit. Please feel free to contact us at any time about how we can assist your student in reaching his/her potential and being prepared for an exciting future once they graduate from Christian Brothers High School.



Melissa McClellan

Director of College Counseling & Counseling Department Coordinator

INSIDE THIS ISSUE

- Counseling
- Athletics
- Campus Ministry
- Christian Service
- Student Activities
- Media, Visual and Performing Arts

What role do your college counselors at Christian Brothers play in the college search? We stay on top of class selection and graduation requirements, help students navigate the process for getting letters of recommendation from teachers, write our own unique and personalized counselor recommendations, send official transcripts, advise on co-curricular activities, assist in researching colleges and drafting the college list, answer financial aid questions, relay local scholarship opportunities, review applications and college essays before submission, and much, much more!

Now Christian Brothers has two full-time college counselors to support our students at every grade level. It is my great pleasure to introduce April Melarkey, the latest edition to the Counseling Department. April initially came on board during Mrs. Blaire Moskat's maternity leave in the fall of 2016. Based on our increasing enrollment and the American School Counselor Association's recommendation of a 250:1 ratio, we were able to offer her a full-time position this fall.

April has a bachelor's degree in psychology and two master's degrees in counseling psychology and educational psychology. She has worked as a school psychologist and social worker, and is the mother of four daughters, two of whom are part of our CB community.

We now feel our department is complete, with four specific grade level counselors, our full-time wellness counselor, Mrs. Emily McDougall – with her background as an MFT and private practice therapist – and now on the college counseling side in our ability to meet the needs of the whole student as he/she progresses through these important and sometimes stressful and difficult years.

As Director of College Counseling and the Counseling Department Coordinator, I am thrilled that we are now able to even better serve our students and families. April and I are meeting individually with every junior this semester. We continue to meet with families at all grade levels to talk about college, course planning, co-curricular activities, internships and jobs. We also host numerous evening college presentations, case studies, college fairs and application workshops.

Our department prides itself on collaboration, communication and serving the specific and unique needs of each student at Christian Brothers. Please feel free to contact us at any time about how we can assist your student in reaching his/her potential and being prepared for an exciting future upon graduation from Christian Brothers High School.

– Melissa McClellan, Director of College Counseling & Counseling Department Coordinator

Capital Athletic League Scholar-Athlete Award

Eligibility: Athletes who are members of a Capital Athletic League recognized varsity team are eligible for this award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing and have a cumulative 3.50 or above GPA (weighted grade point average) as well as a current 3.50 or above weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

The following athletes are recognized as Capital Athletic League Scholar Athletes:

Varsity Baseball: Samuel Copley '19, Reed Mercer '20, Lars Jensen '20, Cooper Williams '20, Spencer Lozano '19, Frederick Fiske '19

Varsity Basketball: Jacey Greco '20, Hannah Gruber '19, Karina Brouwer '19, Jessica Hennelly '19, Cecelia Sidley '19, Viviana Dazo '19, Gina Matista '19, Grace Tangen '20

Gymnastics: Sara Littlejohn '19, Marisa Cabrera '21, Shannon Shaw '21, Simone Gandy '21

Men's Varsity Golf: Hunter Leong '20, Leland Munn '20

Varsity Track and Field: Wyatt Greco '20, Emily Hancock '20, Mariah Escobar '20, Clayton Ketcher '21, Annie Charleboix '21, Chloe Splinter '20, Chloe Decker '21, Malia Gay '21, Raphael Matthew Lobo '21, Emma Fitzpatrick '20, Hally Holston '20, Alfonso Ruiz '20, James White '19, Miguel Menchaca '19, Jonathan Stenger '21, Jackson Ryan '20, Chance Sims '19, Elizabeth Blake '20, Brett Petkus '20, Ian Joshua Armada '19, Andrew Dettling '19, Aileen Fortin '19, Caroline Duncan '20, Nicolas Sanchez '19, Elizabeth Hinton '20, Anthony Martinez '20, Alberto Mujica '19, Enrique Verschorn '19

Men's Varsity Volleyball: Benjamin Anin '19, Anthony Sweha '19, Alonzo Aquillio '20, Daniel Larsen-Anderson '20, Thaddeus Nazzarini '19, Riley Piccione '20, Jack Milliken '19

Men's Tennis: Christopher Hoang '21, Lifu Liao '19, Anthony Tan Andia '21, Kai Hay '20, Christoffer Fong '20, Brandon Luong '19, Lin Jian (Leo) Yang '19, Andres Yalan '19

Women's Tennis: Hallie Mikacich '19, Emma Busch '20, Yu (Rain) Cheng '21, McKenna Purdy '20, Collin Quinn '20, Zixin (Liliana) Ma '19, Yihan Cao '20, Catherine Cordano '19, Callie Kendall '19, Sara Littlejohn '19, Claire Ramos '19, Carmen Singer '19, Caleb Quinn '20, Thomas Piper '21, Alexandra Roberts '19, Riley Vigil '20

Falcon Award

Women's Soccer: Katherine Gergen '20, Elizabeth Cotillo '21, Annabelle Horan '21, Ariana Castillo '19, Lindsey Cooper '20, Sydney Obmann '20, Ashlinn Phipps '19

Wrestling: Sawyer Hays '21, Jonathan Ferguson '21, Thomas Milton '21, Jared Hunter '21, Patrick Greiner '20, Frederick Stewart Jr. '21

Last month we began our Lenten Journey together. As we continue our journey, all are invited to pray with us the Stations of the Cross on Thursday, April 4 at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.

As we prepare to enter Holy Week at the middle of the month, I offer you these reflections to consider...

On Sunday, April 14, the Church will celebrate Palm Sunday to celebrate the occasion of Jesus' arrival in the city of Jerusalem. *What do I celebrate most about Christian Brothers and the experiences it has provided to me? To my family?*

During Holy Week we celebrate the Triduum...

On Holy Thursday, April 18, we celebrate the Institution of the Eucharist and we commemorate the Last Supper where Jesus became servant by washing the feet of his disciples. *How have I "washed the feet of others?" How have my feet been washed by members of this CB community?*

On Good Friday, April 19, we mark the final moments of Jesus' life through our recollection of the crucifixion. *What feelings of loss, sadness, worry or devastation am I feeling? How can I best acknowledge what crosses I am carrying?*

On Holy Saturday, April 20, we acknowledge the day that Jesus lay in the tomb. *Are there things I must let go of and prepare to leave behind?*

On Easter Sunday, April 21, we celebrate the Resurrection of Christ, Jesus' triumph over death and renewed hope for life in the Spirit. *What moments of grace have blessed me? What am I hopeful for in the future? What gifts of life, hope and renewal am I most thankful for?*

Blessings for a joyous Easter!

Jen Yearwood, Director of Campus Ministry

Retreats

The Summer Kairos (K76) available to current Juniors will be held at Zephyr Point Retreat Center in Lake Tahoe from May 28-31. Kairos 76 for members of the Class of 2020 will begin taking registrations on April 8. Registration will be available online via the [Ticket Hub](#) on the CB website and is first come, first served so be sure to secure your spot. The cost of the retreat is \$180 (\$90 deposit due at time of registration). This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. Please contact Ms. Yearwood if you have additional questions.



Are you a leader? Here's an exciting opportunity for Christian leadership here at CB...

Members of the Class of 2020 are invited to consider applying to be part of the [Senior Student Leadership Team \(SRLT\)](#) for next year. Applications for SRLT will be available via Schoology on **April 5**. This retreat team works closely with Ms. Yearwood and assists in leading the freshmen, sophomore and junior retreats. There will be a **mandatory SRLT Training Retreat for all team members July 22-25 in Lake Tahoe**. Interested students should message Ms. Yearwood!

Prayer & Worship

- In honor of the 300th anniversary of the passing of our founder, St. John Baptist de La Salle, we will celebrate **Mass on campus on Sunday, April 7 at 9:30 a.m.** **RSVPs for this event will be accepted through April 2.** [Click here to RSVP.](#)
- Sophomore and junior families who purchased CB class rings through Jostens are invited to attend a special **Ring Blessing Ceremony and Reception** on Thursday morning, April 25 at 7:45 a.m. in the Chapel. A separate invite with the RSVP link will be sent to all who purchased rings.
- The **Senior Family Liturgy & Awards Ceremony** will be held on Sunday, April 28 at 9:30 a.m. in the Ron Limeberger '53 Gymnasium. Breakfast will follow.
- Please join us for **Mass in honor of our founder, St. John Baptist de La Salle on Thursday, May 2** at 9:45 a.m.



PEACE, LOVE & BUNCO
Thursday, May 2 | 6:30-8:30 p.m.

Family Bunco Night will be held on campus on Thursday, May 2 from 6:30-8:30 p.m. Please mark your calendar and plan to join us for a fun-filled evening! Don't worry if you have never played bunco. Come dressed in your favorite tie-dye clothing and accessories! Don't miss out on this evening of good ol' family fun, snacks and prizes. The cost is \$10 per family. Registration is available now on the CB website via the [Ticket Hub](#). Please sign up no later than **April 24** to reserve your spot. Families that register by April 15 will receive an extra ticket for the door prize drawing!

Lasallian Service Week*

Sunday, April 7

Opening Liturgy: 300th Anniversary Celebration



Monday, April 8

Operation Gratitude is a letter writing activity to say "thank you" to active military, veterans, foster youth and retired Lasallian Christian Brothers in nursing homes. Each care package delivered includes a bundle of letters from Christian Brothers students, and faculty and staff.

Location: Main Lawn

Tuesday, April 9

Touching Hearts is the Ultimate Backpack Stop! This service project gives back by donating and assembling a backpack for elementary school students in need. What a great way to commemorate and follow in the footsteps of our founder Saint John Baptist de La Salle.

Location: Main Lawn

Wednesday, April 10

Friendship Park's Sack Lunches for the Homeless is a pure, real and compassionate preparation of lunches for the poorest of the poor in our community.

Location: Main Lawn

Thursday, April 11

Blessing Bags for the Homeless brings "Saint Nick" to Sacramento during Lent. Assemble a blessing bag for the homeless and give hope. Your help can make a difference.

Location: Main Lawn

Friday, April 12

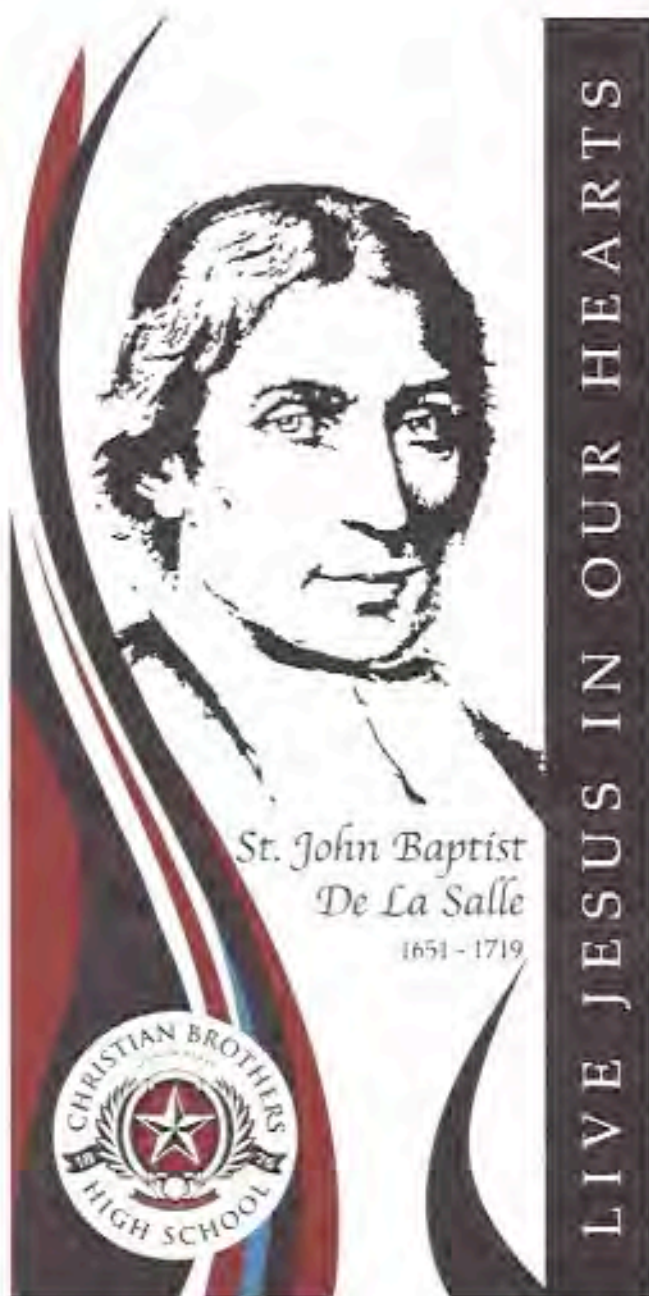
300th Anniversary Celebration and Twinning Program, with a sponsored free lunch! The day features: Twinning "pen-pal," karaoke and more! On the menu is: French crepes and Ethiopian samplers.

Location: Ron Limeberger '53 Gymnasium

Saturday, April 13

Bishop Gallagos Maternity Home: The painting and art students will be creating two mural artworks painted directly in two bedrooms to provide a joyful presence in the community of women at BGMH.

*Each class will have a service assignment where they will be expected to participate at lunch and bring students from the other classes to also participate: April 8: Freshmen, April 9: Sophomores, April 10 Juniors, and April 11 Seniors.



Sunday, April 14 – Thursday, April 18

VENAVER: Paradise, CA

Congratulations to the 14 students for their upcoming service to VENAVER Paradise. Students will be traveling to Paradise, CA to serve survivors of the camp fire, gain a better understanding of recovery efforts and community building. Please pray for the following students as they prepare in this service immersion: Haylee Adams '19, Carson Becker '20, Elizabeth Blake '20, Isabella Coleman '20, Scott Cotter '20, John Duncan '19, Gabriella Koebnick '20, Andrew McElvy '21, Alberto Mujica '19, Maria Murinova '21, Solomon Orr '20, Alana Padilla Abad '21, Stephanie Stevens '19, and Melenait Fetuu '19. Adults: Ms. Grapè and Mr. Havey '81.

Senior Service Hours

Please have your senior Christian Service hours logged in by **Friday, April 5** in x2vol.

- **How students log hours in Family Connection (x2VOL Tab) video**
- **Access x2VOL via Naviance Student [PowerPoint](#)**

Lenten Almsgiving

To those who have not chosen their Lenten Almsgiving in March, please continue to support our Baby Bottle Project, Catholic Relief Services Rice Bowl, and donations for Lasallian Service Week. Thank you!

Service Opportunities

For a list of service opportunities, log in to Family Connection. Click the x2Vol tab to see a list of non-profit organizations.

VENAVER Pre-Registration

If you are interested in participating in VENAVER, please [pre-register](#) beginning on April 24.

thank you

VENAVER: Yakima, WA

From March 16-23, CB students went on an immersion trip to learn from Native Americans from the Yakima Nation and Valley. Thank you to these 12 students for their service during the immersion trip to VENAVER Yakima, WA: Alaine Blasé '20, Rafael Burgos '20, Carmen Ceja '19, Abigail Chapuis '20, Daniel Larsen-Anderson '20, Mia Garner '20, William Liu '20, Kathryn Maebori '20, Cristal Ramirez '20, Chloe Splinter '20, Emelia Sprott '20, Lily Witry '20. Adults; Ms. Grapé, Mr. Delgado '79



Photo: Reservation day of service with Catholic Charities Washington, Yakima, WA

Habitat for Humanity Inter-Faith Build Day

Blessed to have our Falcons participating in Habitat for Humanity Inter-Faith Build Day!

Thank you to CB students and teachers, Ms. Thayer, Mr. Grow, and Dr. Illiff '76.



Photo: In front of Habitat for Humanity home on Dedication Day

SCHOOL SCHEDULE REMINDER

Be sure to keep track of 3-block day start and dismissal times!

April Schedule

- **Thursday, April 4** – 8:00 a.m. start, 2:50 p.m. dismissal (Stations of the Cross)
- **Thursday, April 11** – 9:00 a.m. start, 3:00 p.m. dismissal (Class Council Speeches, Senior Class Meeting)
- **Thursday, April 18** – Easter Break
- **Thursday, April 25** – 9:00 a.m. start, 2:25 p.m. dismissal (Falcon Flex)

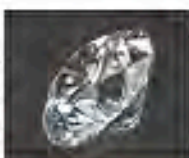
EASTER RECESS

Monday, April 15 - Wednesday, April 23



Upper Division Ball - "Diamond Daze"

The CB [Environmental Club](#) cordially invites the Classes of 2019 and 2020 to the **Upper Division Ball**. This year's theme is "Diamond Daze." Upper Division Ball is a formal dance with a formal dress code. Please see the Parent-Student Handbook on page 35 for specific details. Tickets go on sale online beginning **Monday, April 1** on the [Ticket Hub](#) for \$70 each, \$140 for a couple. Students who plan to bring a guest from a non-Catholic school must complete a guest pass and bring it to the LSLO no later than **Friday, April 12**. Freshmen are not permitted guests. Tickets may be purchased with cash or check at the LSLO window **Wednesday, April 24-Friday April 26** at lunch. Sales will close **Friday, April 26** in order to submit our head count to the DoubleTree by this date. Please see Mrs. Holmes with any questions.



Class Councils

Class Council Campaign Week will be April 8-12. Class Council officers act as student representatives of their class, oversee the organization of all class activities and serve as liaisons between their class and the ASB Council to support schoolwide activities. Each class council, sophomore, junior, and senior, is made up of 6-7 representatives who have applied, given a speech and been elected by their class peers. Speeches are open only to members of the class and will be held in various locations on campus on **Thursday, April 11**. Students will have the opportunity to vote electronically **Thursday, April 11 at 3:00 p.m.-Friday, April 12 at 1:15 p.m.** Candidates will be alerted to the results of the election at the end of the school day on Friday, April 12.

Twin Day Spirit Day - April 12

Friday, April 12 is a spirit day in celebration of Diversity & Inclusion Week. In support of our Twinning School in Addis Ababa, Ethiopia, the Twinning Club is sponsoring a twin day. Students can pair up with two or more of their friends and wear matching outfits. See the [Student Activities](#) page of the CB website for more details on the day's modified dress.



Falcon Force

Interviews for the 2019-2020 [Falcon Force](#) will be held after school on **Thursday, April 25**. Students interested in running rallies and the student cheering section at big games will interview and audition for spots. Only candidates who have completed an application may interview and audition. Falcon Force is open to all ages, but limited spaces are available.

Earth Fest - April 25

Join the [Environmental Club](#) for **Earth Fest** during all-school lunch on **Thursday, April 25**. There will be a special spirit day with modified dress for the celebration. Students can join in the fun by shopping at the Thrift Store on the lawn, eating Vallejo's tacos, making friendship bracelets and even hugging a tree and the Lorax! All items in the Thrift Store will cost 50 cents and proceeds will be donated to the Consumnes River Preserve. If you have gently used items to donate for the Thrift Store, please drop them off in Room 610 before **Wednesday, April 24**. Live music provided by two CB bands, Kiwi and Kaveh, will be helping get us in the mood for our new **Green Waste, Organics Program**, which also launches on Thursday. This new program will help cut back on the amount of garbage we produce on campus!

Senior Family Mass & Breakfast

The [Senior Class Council](#) cordially invites its families to attend the Senior Family Mass and Breakfast **Sunday, April 28**. Following the Mass and the Awards Ceremony, this full breakfast will begin the festivities toward graduation.

FALCON RUN



Saturday, April 6 | William Land Park
7:30 a.m. Registration & Packet Pick Up, 9:00 a.m. Start

Join the Student Council for a fun day of running on **Saturday, April 6** as CB hosts its annual Falcon Run at Land Park. The race begins at 9:00 a.m. This student-led fundraiser supports all Student Activities events, including club and organization activities throughout the school year. Register for the race or join us as a virtual runner at [www.cbhs.org](#). Don't forget to support your favorite Super Group and join in the fun with our [#CBHS](#) [#FalconRun](#)

MEDIA, VISUAL AND PERFORMING ARTS

Don't miss your chance to catch our student artists in action!

Theatre Arts

If you missed the opening weekend of "The Martian Chronicles," you have a few more chances the weekend of April 5-7 to catch Ray Bradbury's wildly imaginative play performed by the award-winning CB Theatre department. Shows are at 7:00 p.m. on Friday and Saturday and 2:00 p.m. on Sunday. Tickets are \$10 for general admission and \$5 for kids and students. Tickets can be purchased at the door or online at www.tinyurl.com/CBMartian.



Photo: Scene from Ray Bradbury's "The Martian Chronicles"

Visual Arts

The 27th annual [La Salle Art Show](#), featuring the best work of our talented visual artists, is **Friday, April 26 at 7:00 p.m.** in the George Cunningham '40 Performing Arts Center. Entrance is free. Come see the talent and variety that makes up CB's vibrant Visual Arts program.

Media Arts

Don't forget to subscribe to the [Talon Talk podcast](#) and read our CB newspaper, *The Talon*, at www.cbtaion.com for all the latest in CB sports, events and culture.

Congratulations to the students who attended the [Student Television Network \(STN\)](#) in Seattle, Washington. The team competed well in 10 competitions and took home second place in the Podcasting category. Our Talon Talk creator, **Jack Milliken '19**, recorded, mixed and submitted his four-minute story form podcast by himself.

Open Mic Night

Have you always wanted to perform for [Open Mic](#) but never found the time or courage to audition? Your final chance of the year is coming up **April 30 and May 1 after school** in the theatre. Prepare your act and come on out to auditions!



SUMMER SCHOOL & SUMMER FUN!
JUNE 17-JULY 26, 2019

Enriching Summer Activities
for Students 2nd Grade
Through 11th Grade



High School Courses

High School Review Courses

Arts Camps (Grades 2-8)

Choral Camps (Grades 2-9)

Coding & App Development (Grades 4-6)

Leadership Camp (Grades 6-8)

Middle School Advantage (Grades 6-8)

Robotics Camps (Grades 3-8)

Science Camps (Grades 2-5)

Theatre Camp (Grades 4-8)

TV News & Video Production Camp (Grades 6-8)

More information available at:

CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM

For more information on events in April, please follow the [daily bulletin](#), [weekly update](#) and the [online school calendar](#).



**FOR MORE EVENT PHOTOS AND TO
KEEP UP WITH ALL THE FUN AT CB,**

LIKE US ON FACEBOOK!

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

DEAR FAMILIES:

In the fall of 2017, we publicly announced that Christian Brothers High School had embarked upon the *Securing the Future Campaign*, a fundraising endeavor focused on raising \$11.8 million to construct a synthetic turf field and all-weather track, grow the endowment and improve campus infrastructure. To date, alumni, families and friends have committed an impressive \$9.2 million in gifts and pledges.

This campaign has two primary areas of focus – tuition assistance, endowment growth and facilities enhancements including:

- Lighted all-weather track and synthetic turf field with grandstands, a press box, and a scoreboard
- Re-grading the adjacent practice field to improve drainage
- New batting cages and bullpens for softball and baseball
- New parking facilities

The cost of this phase of construction is \$6.7 million, toward which we have already secured \$6.2 million in gifts and pledges. This generous support has given us the confidence to move ahead with reasonable assurance that we will meet our construction fundraising goals. Construction plans were submitted to the City Planning Department in November. We have begun meeting regularly with our construction partner and architects, who are in the process of preparing construction documents. If all goes well, we hope to get a green light this summer.

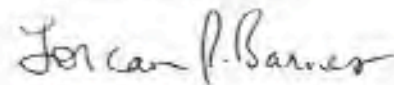
I'm pleased to share that there has been a change to our original parking plan, which involved building a new parking lot across the street from the school. We have, instead, entered into a long-term lease with the church next door to develop a shared parking lot on their land, adjacent to our existing parking lot. This new strategy allows for earlier construction at a lower cost. Most importantly, this improves safety as our students, faculty and staff will not have to cross Martin Luther King, Jr. Blvd. to get to school. Completion of the new parking lot is a critical first step prior to beginning construction of the new track and field. Barring any unforeseen issues, we plan to break ground shortly after obtaining City permission.

An essential component of the Lasallian mission is its insistence on education for all, regardless of their ability to pay. The District of San Francisco New Orleans places a priority on service to the poor and emphasizes outreach to the most socioeconomically disadvantaged in our community. CB proudly leads the region in tuition assistance. More than seven percent of our families live below the federal poverty level. This year, 405 students received \$2.7 million in need-based financial aid. Of that amount, approximately \$425,000 comes from endowment earnings. We have secured \$1.9 million in gifts and pledges toward a \$2.5 million goal.

An innovator in education, St. John Baptist de La Salle recognized the critical importance of meeting student needs. As such, our Lasallian mission calls us to continually ask the question, "What do students need?" Moving forward, this new vision allows Christian Brothers' students to thrive in a vibrant, first-class campus, with the best available spiritual, academic and co-curricular education.

We invite all families to learn more about the campaign and join us in securing the future of Christian Brothers High School. Please contact our Director of Advancement, Nancy Smith-Fagan, at nsmithfagan@cbhs-sacramento.org or by phone at (916) 733-3647 to learn more.

Live Jesus in our hearts!



Lorcan P. Barnes
President

INSIDE THIS ISSUE

- Counseling
- Student Activities
- Christian Service
- Campus Ministry
- Athletics
- Media, Visual and Performing Arts
- Spring Review/Exam Schedule

Summer is still a time for action: Summertime is a good time to continue college planning and academic preparation. Studies show that students who are involved in structured, productive activities in the summer are less likely to engage in at-risk behaviors. Busy, involved and goal-oriented students working on academic pursuits, athletics, a summer job, community service or enrichment activities are better prepared for the rest of high school and college. In addition to the many outside summer program opportunities available, consider CB's [Summer School & Summer Fun Program](#), and several other things that students should be doing this summer:

All Students: Remember to spend time this summer completing your [summer reading assignments!](#)

Freshmen: Update your **resumé** and finish your **MI Advantage** on [Family Connection](#) if you haven't already.

Sophomores: Consider taking the **SAT Subject Exam on May 4 or June 1** in a subject area you just completed (for example, World History or Chemistry). Update your **resumé** and complete any other activities that are suggested on [Family Connection](#). Utilize [Khan Academy's online SAT prep](#) to start preparing for the **PSAT/NMSQT**, which will be given in October. See the [Counseling page](#) on our website to find out about **college summer programs**.

Juniors: May/June

- Take **SAT or SAT Subject Exams May 4 or June 1**. You may submit Subject Test scores of your choice to the UC's even though they are **not required**. Some private colleges do require them.

- Register for the **June 8 ACT Exam by May 3** at www.actstudent.org to register.

- Register for the **June 1 SAT by May 3** at www.sat.org.

- Start prepping for the SAT by utilizing [Khan Academy's online SAT prep](#) and for the ACT with [ACT Online Prep](#).

- Plan for a challenging senior year. If you want to make course changes other than what you pre-registered for, please see Mr. Diaz '94.

- Update your **resumé** on [Family Connection](#) and finish any other suggested activities.

- Think about signing up for the **summer Kairos retreat (May 28-31)**, especially if you have a lot of activities going on next year and don't want to miss three days of school.

Summer

- Complete summer "homework" for college admission (distributed by Ms. McClellan and Mrs. Melarkey in your English classes and available on the Class of 2020 Schoology page) – **This is due the first day of school in August!**

- Check commonapp.org and other college admissions websites for dates when colleges begin accepting applications (the Common Application opens over the summer and the UC Application will open August 1).

- Check out **financial aid and scholarship resources**

throughout the summer. Try www.fastweb.com or www.finaid.com as well as the **Scholarship Search** and **Scholarship Match** on [Family Connection](#). Next fall will be very busy with your classes, college applications and other activities that you are participating in, so downtime in the summer is the perfect time to seek out these opportunities.

- Begin drafting your college essay (part of your summer "homework").

- Log in to [Family Connection](#) to research colleges and career opportunities and visit colleges.

- Do something extraordinary! Try a summer program on a college campus (we have a list on the Counseling website), work at a job or travel.

Seniors: May

- You must submit your acceptance ("Statement of Intent to Register") to the college you chose to attend by **MAY 1!**

- Congratulate yourself, stay focused and finish strong!

- Go to [Family Connection](#) by **May 2** and list the colleges you were admitted to and where you have decided to enroll.

- 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. Emailing them is okay. See Ms. McClellan or Mrs. Melarkey on how to do that if you don't already know.

- Take the **Analytical Writing Requirement test for UC-bound students (May 11)** if you are required to do so and are not exempt. Take any required placement tests for the college you will be attending.

- Enjoy your graduation and begin your next journey!

June

- Respond to all requests from your college of choice.

- **Have CB Registrar, Mrs. Woods '02, send your final transcript to your college of attendance no later than JUNE 15 (fill out a form and pay \$5)** – and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

Important reminder for students who receive a "D" or "F" semester grades:

- All semester F's must be remediated during the summer in our CB Summer School & Summer Fun Program.

- Any semester F's by seniors will result in not receiving the CB diploma that you have worked for over the past four years.

- Semester D's could put a student in jeopardy of not being eligible for four-year colleges and universities immediately after high school. We strongly suggest that D's be remediated in the summer! (If you have any questions regarding the need for taking these courses or the consequences of not taking them, please see the [CB Course Catalog](#) on the school website and/or contact your child's grade-level counselor).

Summer School & Summer Fun 2019

CB's [Summer School & Summer Fun Program](#) provides excellence options for students. Our summer program at CB provides excellent opportunities to accelerate a student's curriculum goals or to provide schedule relief the following year and allow for a study hall one or both semesters. Please view the courses that will be offered this summer on the school website or see your counselor to discuss your options.

Counseling issues arising over the summer

All counselors (grade-level, college and wellness) will be accessible by email should any issues arise that require counseling and/or an outside referral. Feel free to reach out to us. We want to continue to help our students and parents during the summer break.

STUDENT ACTIVITIES

Freshman Class Council

Applications for Freshman Class Council are due **Wednesday, May 1** online through the [Incoming Freshmen page](#) on the CB website. Students should also submit a letter of recommendation from a teacher, moderator or program leader who can speak to their leadership style and skills. Interviews will be held in mid-June and will be scheduled after the May 1 deadline.

Upper Division Ball - "Diamond Daze"

Christian Brothers High School Leadership Class cordially invites the Classes of 2019 and 2020 to the **Upper Division Ball on Saturday, May 4**. This year's theme is "Diamond Daze." Doors open at 6:00 p.m. at the DoubleTree Hotel in Sacramento. Dinner begins at 7:00 p.m. with dancing until 11:00 p.m. Doors reopen for guests to leave at 10:30 p.m. Upper Division Ball is a formal dance with a formal dress code. All non-Catholic school guests must have a guest pass to attend. Freshmen guests are not permitted. More information can be found on the [Student Activities](#) section of the CB website.

Adopt-a-Senior

Adopt-a-Senior will be held on Thursday, May 9. Seniors willing to be adopted by other non-senior "parents" should register through the link on Schoology no later than lunchtime on **Friday, May 3**. Adopted seniors may be asked to dress in costume, walk their "parent" to class and provide lunch for them. Be sure to join in the fun for our last all-school lunch of the school year! Non-senior "parents" may adopt their seniors during lunch on **May 3, 6, and 7** at the LSLO window.

Red Ribbon Days






Red Ribbon Days will be May 9 and 10 to bring awareness to the perils of drunk driving. Students can sign a pledge against drunk driving on that Wednesday and Thursday in front of the Learning Commons. Any student making the pledge will receive a bracelet and be allowed to wear jeans on **Friday, May 10** with either a solid red or solid black shirt (The modified dress code will be posted on Schoology and on the CB website). Friday will also be a chance to hug a pug!

Founder's Day

Friday, May 17 marks our annual Founder's Day celebration. Our community will continue to celebrate 300 years of the Lasallian tradition! All students should report to B set at 9:00 a.m. where they will receive their yearbooks and a ticket for a treat. Then, the fun begins with bounce houses, music, food trucks and a dunk tank! Students will be dismissed at 11:35 a.m. Be sure to bring pens for yearbook signing and money for lunch. A modified dress code will be posted on Schoology.

Congratulations to the newly elected 2019-2020 Student Council:

ASB Council

-  Alonzo Aguillio '20
-  Haily Holston '20
-  Bella Barbosa '21
-  John Bonini '21
-  Asher Bloom '20 & Rafael Fernandez '20

Senior Class Council

Samantha Lingao '20 (Senior Class President), Daniel Buckner '20, Mikaela Dacanay '20, Christoffer Fong '20, Daniel Larsen-Anderson '20, Jackson Ryan '20, Samuel Schlenker '20

Junior Class Council

Chloe Decker '21, Rubi Fernandez '21, Desmond Greer '21, Chet Hewitt '21, Clayton Ketcher '21, Bill Rockas '21, William Tuschinski '21

Sophomore Class Council

Yvette Castellanos '22, Cooper Davey '22, Marcos Galvan '22, James Kubish '22, Maya Sharma '22, Miles Tibon '22, Mitchell Youker '22

Enter to Learn, Leave to Serve

VENAVER Pre-Registration

If you are interested in participating in VENAVER next academic school year 2019-2020, please [pre-register](#) now!

Christian Service Student Team Pre-Registration

Be part of a team of students that fosters and promotes our mission to *Enter to Learn, Leave to Serve*. [Click here](#) to pre-register to be a member of the Christian Service student team in the next academic school year 2019-2020!

VENAVER Summer 2019

Congratulations to the students listed below for their upcoming service to VENAVER Memphis, TN and Denver, CO. Students will be participating in Catholic HEART Workcamp, a national organization that organizes camps all over the United States. Please pray for the following students and adults as they prepare for this service immersion:

VENAVER: Memphis, TN

Carly Krause '20, Owen Larson '20, Sage Ness '20, Grace Paterson '20, Grace Ramirez '20, Samantha Lingao '20, Priya Sharma '20, Elizabeth Shyer '20, Emily Sperring '20, Emelle Thomas '20, Dylan Tibon '20, and Emma Wood '20. Adults: Mr. & Mrs. Smith-Fagan

VENAVER: Denver, CO

Alonzo Aguillo '20, Caroline Duncan '20, Mariah Escobar '20, Katherine Gergen '20, Samantha Guerrero '20, Mierra Haroldson '20, Elizabeth Hinton '20, Tyler Luong '20, Brianna McCarley '20, Margaret Melarkey '21, Raquel Morris '20, Racine Strong '21. Adults: Mr. Solander and Ms. Neff

Thank You!

Lasallian Service Week was a busy and fun-filled week!

Sunday Opening Liturgy (300th anniversary celebration)

Monday Operation Gratitude (letter writing to active military, veterans and retired Lasallian Christian Brothers in nursing homes)

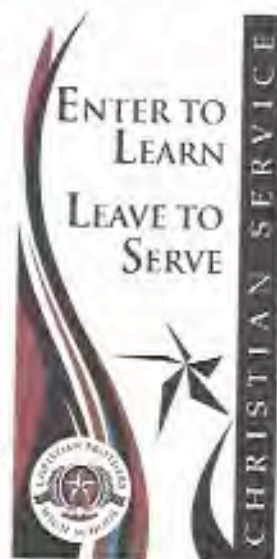
Tuesday Touching Hearts (donating and assembling backpacks for elementary school students in need)

Wednesday Friendship Park's Sack Lunches for the Homeless

Thursday Blessing Bags for the Homeless

Friday 300th Anniversary Celebration and Twinning Program

Saturday Bishop Gallegos Maternity Home (painting and art students created murals in two bedrooms)



300th Anniversary Celebration & Twinning Spirit Day

Thank you to the Twinning Program presidents, Samantha Lingao '20, Caroline Duncan '20, Alaine Blasé '20 and Mariah Escobar '20, for putting on the 300th Anniversary Celebration for the school, and countless students and parents for helping with the event.



#300LaSalle

Bishop Gallegos Maternity Home Mural Painting

The murals were designed by Allyson Ing '21 and Victoria Palomares '21. The ladies at the home were incredibly grateful and impressed. We feel truly blessed to have such hard-working and talented students. Our amazing student volunteers were: Alonzo Aguillo '20, Allyson Ing '21, Kalimantan Mullinax '21, Manuel Ortega-Cano '21, Victoria Palomares '21, Mikayla Ramos '21, Andres Sanchez '21, Alyssa Traina '21, and Katie Williams '19.



VENAVER: Paradise, CA

Thank you to 12 students for their service during the immersion trip to VENAVER Paradise, CA: Haylee Adams '19, Elizabeth Blake '20, Isabella Coleman '20, Scott Cotter '20, John Duncan '19, Gabriella Koebnick '20, Andrew McElvy '21, Alberto Mujica '19, Maria Murinova '21, Solomon Orr '20, Alana Padilla Abad '21, Stephanie Stevens '19, and Melenaitte Fetuu '12. Adults: Mr. Havey '81 and Mrs. Grapé



Photo: Resting after a long day of work - Bidwell Park (Chico, CA)
[Click here](#) to see the highlights of the week.

Reflections for May

As we enter the month of May we have the opportunity to celebrate mothers. As a woman who endured five years of infertility and suffered multiple miscarriages, I am so thankful for the blessing of motherhood that I was blessed with in the year 2000. I'm sure most mothers can relate to the immense love and fullness of heart that comes from being someone's mom. Those of us whose moms are no longer with us can also remember the gifts of love and joy that these important women in our lives shared with us. During this special month, let us be thankful for all the wonderful ways in which moms bless our lives.

- Jen Yearwood, Director of Campus Ministry

A
mother's
Love
is the
Heart
of a family.

Dear Lord, today I turn to you to give you thanks for my mother. With your own gift of life, she bore me in her womb and gave me life. She tenderly and patiently cared for me, and taught me to walk and talk. She read to me and made me laugh. No one delighted in my successes more; no

one could comfort me better in my failures. I am so grateful for how she mothered me and mentored me, and even disciplined me. Please bless her, Lord, and comfort her. Help her loving heart to continue to love and give of herself to others. Strengthen her when she is down and give her hope when she is discouraged. Most of all, Lord, on this Mother's Day, give my mother the graces she most needs and desires today. I ask you this, in the name of Jesus, our Lord and Savior forever and ever. Amen.

Retreats

The **Summer Kairos** (K76) is available to current juniors and will be held at Zephyr Point Retreat Center in Lake Tahoe May 28-31. Spaces are first come, first served. We have been taking registrations [online](#) for a couple of weeks now and [limited space remains](#) on this upcoming retreat. This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. The cost of the retreat is \$180 (\$90 deposit due by May 4) to secure your spot. Students who sign up after the retreat is at full capacity will be notified on Schoology and will be invited to attend a future Kairos retreat. More information about the Kairos retreat theme and focus can be found on the [Campus Ministry webpage](#). Registration for subsequent Kairos retreats for the Class of 2020 will open later this month. Please contact Ms. Yearwood if you have additional questions.

Are you a servant leader?

Members of the Class of 2020 are invited to consider applying to be part of the Senior Retreat Leadership Team (SRLT) for

next school year. Applications for SRLT have been made available via Schoology to current juniors. This retreat team will work closely with Ms. Yearwood and assist in leading the freshmen, sophomore, and junior retreats. There will be a SRLT training retreat for all team members July 22-25, 2019 in Lake Tahoe. Applications are due May 6.

Prayer and Worship

Founder's Day Liturgy: All members of the CB community are invited to join us for this special mass in honor of our founder, St. John Baptist de La Salle. Mass will be at Christian Brothers on Thursday, May 2 at 9:45 a.m.

Baccalaureate Liturgy: This special mass for our seniors and their families will be held at the Cathedral of the Blessed Sacrament on Friday, May 24 at 9:00 a.m. Due to limited space, attendance at this mass is by ticket only. Please pray for the graduates of the Class of 2019 as they look forward to new adventures!

Looking for Talent! CB Praise & Worship Group is looking for strong voices and instrumentalists to join the team that leads music for our CB masses and prayer services. Mr. Bohm and Ms. Yearwood invite you to consider sharing your gifts with our community in this way! Please contact Ms. Yearwood for more information.

Special thanks to this year's SRLT for their work and ministry throughout this year: Haylee Adams '19, Clare Agustin '19, Eva Anders '19, Alexi Angel '19, Isabel Arellano '19, Annemarie Barbour '19, Karina Brouwer '19, Isa Carrillo '19, Angel Castillo '19, Kelsie Cooper '19, Caty Cordano '19, Izzy de Mattos '19, John Duncan '19, Dior Dupavillon '19, Kennedy Earley '19, Rebecca Fiffick '19, Hannah Gruber '19, Giana Hays '19, Jessica Hennelly '19, Allie Hock '19, Hannah Holtzman '19, Kate Janicki '19, Victoria Jimenez '19, Nick Kennedy '19, Callie Kendall '19, Casey Koenig '19, Elise Ledesma '19, Emmanuel Moyo '19, Berto Mujica '19, Alyce Muñoz '19, Thadd Nazareno '19, Aidan O'Malley '19, Claire Ramos '19, Grace Rapaski '19, Evan Recanzone '19, Macy Richey '19, Annabella Roller '19, Mina Sheikh '19, Mason Sheya '19, Cece Sidley '19, Carmen Singer '19, Ben Sneed '19, Haley Strack '19, Anthony Sweya '19, Tyra Thompson '19, Anissa Torres '19, Elias Vallejo '19, Isabella Walsh '19, and Kat Wong '19. You are all amazing!

Special thank you to this year's Student Campus Ministry Team, "The God Squad" for their wonderful work on our prayer and worship celebrations (this year! I am so thankful to work with an amazing team of students on fire for their faith! The "God Squad" is open to faith-filled students of all grade levels. If you would like to join the team for next school year, please contact Ms. Yearwood immediately by email at yearwood@bls-sacramento.org.

ATHLETICS

Congratulations to all our winter athletes who were selected as Cal 88 League Athletes.

Women's Basketball:

Demetri Miller '22, Bria Shine '20, Chance Sims '19

Men's Soccer:

Cal League: Thomas Pineda of the Top - Hunter Dierham '20

88 League: Ben Hester '19, Zach Martin '19, Colin Quinn '20

Women's Soccer:

Cal League: Most Valuable Player - Levi Rakela '21

88 League: Annemarie Barbour '19, Ainsley Carroll '20,

Lauren Toomey '20

Congratulations to the **women's basketball team** for ranking sixth among 20 teams in the Sacramento Bee's final top 20 rankings, capping a fantastic season. Bria Shine '20 and Chance Sims '19 were selected to be on the All-Metro teams.

Congratulations to our 2019 CB SportStars All-City Awardees! SportStars is super excited to be celebrating their 10th anniversary. This year, All-City Awards will be held on Sunday, May 12 at Raley Field.

Here is a list of our student athletes from CB that have been nominated: Tyler Green '19 (Football), Sam Noonan '20 and Luc Verspieren '20 (Men's Water Polo), Hailey Naldoza '19 (Women's Volleyball), Nevin Afong '19 (Men's Cross Country), Bria Shine '20 (Women's Basketball), Columba Effiong '22 (Women's Track and Field)

SCHOOL SCHEDULE REMINDER

Be sure to keep track of three-block day start and dismissal times!

- **Thursday, May 2** - 8:00 a.m. start, 2:50 p.m. dismissal (Founder's Day Liturgy)
- **Thursday, May 9** - 9:00 a.m. start, 2:25 p.m. dismissal (Falcon Flex)
- **Monday, May 13** - Thursday, May 16 - 9:00 a.m. start, 12:25 dismissal (Finals Review and Exam)
- **Friday, May 17** - 9:00 a.m. start, 11:35 a.m. dismissal (Founder's Day)
- **Monday, May 20** - Tuesday, May 21 - 9:00 a.m. start, 12:25 p.m. dismissal (Finals Review and Exams)
- **Wednesday, May 22** - 9:00 a.m. start, 11:30 a.m. dismissal (Final Review, Prayer Service)
- **Thursday, May 23** - 9:00 a.m. start, 10:30 a.m. dismissal (Final Exam)

MEDIA, VISUAL AND PERFORMING ARTS

End your year with The Arts!

A few of our **visual arts** students recently volunteered over their spring break to paint murals at the Bishop Gallegos Retirement Home. With only one day to accomplish this massive task, the kids jumped right in and left beautiful, cheery artwork for the residents to enjoy.



Media arts students recently traveled to Seattle for the annual Student Television Network (STN) convention and competition. The trip was a great success and learning opportunity, with CB competing in the challenging Crazy 8's competition in which they have eight hours to conceive, shoot and edit an eight-minute show on a given topic. This year's topic was Native American Culture. CB also took second place in the Podcast category, so if you haven't been listening to our award-winning Podcast, *Talon Talk*, subscribe now with your podcast provider.



The **Spring Instrumental Concert** will be held Friday, May 3 at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Our student musicians have been working hard all year, so come hear the fruits of their labors. Admission is \$5 and free for children and CB students, faculty and staff. Tickets are available online at the Ticket Hub or at the door.

The final **Open Mic Night** of the year is Friday, May 10 at 7:00 p.m. This night features our graduating senior performers, so come on out to see them on the CB stage one more time. Admission is \$2 at the door.

Hollywood Bowl, featuring the pop stylings of our **choral** students, is coming up Saturday, May 11 at 6:00 p.m. Admission is free to this event held outdoors on the Main Lawn. Bring a blanket and picnic, and be entertained by our dynamic choirs!



A huge THANK YOU to everyone who attended, sponsored, volunteered and supported **One Night In Casablanca** this year! Your support is what makes CB *the place to be!*

Like us on **Facebook**

FOR MORE EVENT PHOTOS AND TO KEEP UP WITH ALL THE FUN AT CB,

www.cbhs.org



SUMMER SCHOOL & SUMMER FUN!
JUNE 17-JULY 26, 2019

Enriching Summer Activities
for Students 2nd Grade
Through High School



SPRING SEMESTER REVIEW/EXAMINATION SCHEDULE

TIME	Monday 5/13/19	Tuesday 5/14/19	Wednesday 5/15/19	Thursday 5/16/19	Friday 5/17/19
9:00 a.m. - 10:30 a.m.	A Set Review	A Set Final	B Set Review	B Set Final	Founder's Day 9:00 a.m. start
10:30 a.m. - 10:35 a.m.	Announcements	BREAK	Announcements	BREAK	
10:35 a.m. - 10:50 a.m.	BREAK		BREAK		
10:55 a.m. - 12:25 p.m.	E Set Review	E Set Final	D Set Review	D Set Final	
Faculty Office Hours	12:30 p.m. - 2:00 p.m.	12:30 p.m. - 1:15 p.m.	12:30 p.m. - 2:00 p.m.		Dismissal @ 11:35 a.m.

TIME	Monday 5/20/19	Tuesday 5/21/19	Wednesday 5/22/19	Thursday 5/23/19
9:00 a.m. - 10:30 a.m.	C Set Review	C Set Final	F Set Review	F Set Final
10:30 a.m. - 10:35 a.m.	Announcements	BREAK	Prayer Service 10:30 a.m. - 11:15 a.m.	
10:35 a.m. - 10:50 a.m.	BREAK			
10:55 a.m. - 12:25 p.m.	G Set Review	G Set Final	Leave to Serve at 11:15 a.m. Dismissal at 11:30 a.m.	Make Up Final
Faculty Office Hours	12:30 p.m. - 2:00 p.m.	12:30 p.m. - 1:15 p.m.		