

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

Dear Families:

Welcome to the 2016-17 school year. My name is John O'Connor and I am honored and blessed to serve as the 47<sup>th</sup> Principal of Christian Brothers High School. To say that this new opportunity is humbling is an understatement, particularly when I look on the school's 140-year history and rich tradition of serving the young people of the Sacramento area.


Although I am new to the area, I have already heard from many students, parents, faculty, staff and alumni who have shared personal stories about their time at CB. I continue to hear words like "family," "friendly," "safe," "awesome," "prayerful," "academic," "amazing" when talking about their individual experiences. Over the past few months, I have witnessed these things and so much more. Our excellent faculty and staff are dedicated professionals who strive to make each student's experience one of personal growth, academic excellence, spiritual development, and service to others. Our students stand out as dedicated scholars and extraordinary leaders poised to make our world a better place.

On a personal level, I am thrilled to continue my educational ministry which is very much grounded in Lasallian Catholic values. I served as principal of a Lasallian Catholic high school for the past five years in Kansas City, Missouri. I have worked in education for the past 22 years serving as teacher, coach, and administrator in both public and private schools around the Kansas City area. I have

a wonderful wife and two beautiful daughters joining me on this new journey. My wife, Kelly, is an elementary school teacher and also works with students with dyslexia. My oldest daughter, Emma, will be joining me this fall as a freshman at CB and my younger daughter, Zoe, is a rising sixth grader. We all feel very blessed to be part of this incredible community.

Each morning as I drive up to the school, I gaze upon the words "Enter to Learn, Leave to Serve" displayed so proudly on the tower and thank God that I am in an environment that not only provides students with academic knowledge, but also prepares them for the life God wants us to live day in and day out. We are all so fortunate to be in an atmosphere in which we can be ourselves, feel safe and loved, and learn what it means to be a son or daughter of our Heavenly Father. As we begin this sacred journey together, I very much look forward to meeting each and every one of you in person.

Leave Jesus in our hearts!



John O'Connor  
Principal



**AUGUST 2016**  
**FALL SEMESTER**

Christian Brothers High School Monthly Newsletter  
[www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)

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# Counseling And Guidance

## WELCOME TO THE 2016-17 SCHOOL YEAR!

The CB Counseling Department is preparing to welcome your student to a new year full of exciting opportunities! The counselors will visit classrooms and share important academic and college information with your son/daughter soon after school begins. Additionally, each student will have a meeting with his/her grade level counselor during the fall semester. Counselors will provide Academic, Personal and College Counseling. Students may request a counseling appointment at any time by filling out a **green "Counseling Request" form** and parents may make a request by phone or through an e-mail. We would also like to inform you of several upcoming events sponsored by our department that will assist us in supporting your son/daughter.

## UPCOMING FIRST SEMESTER COUNSELING & GUIDANCE EVENTS

**Saturday, August 27 - SAT Prep Class for seniors begins (in preparation for the October 1 SAT Exam): Four weeks: Saturdays 8/27, 9/3, 9/17, and 9/24** from 9:00 a.m. – 1:00 p.m. in the STEM Building. Registration forms will be available in the Counseling Center and on the CB website (We will not hold a class on 9/10, the day of the ACT test and the Holy Bowl).

**Monday, August 29 – Coffee with the College Counselor for Senior Parents** from 7:30-8:30a.m. in the Br. Bertram Hall Living Room.

**Wednesday, September 7 - College Night for Seniors and Their Parents:** from 6:00-8:00 p.m. in the George Cunningham '40 Performing Arts Center.

**Monday, September 12 – Jesuit Excellence Tour College Fair** (reps from many Jesuit colleges will be at Jesuit High School from 7:00-9:00 p.m. to speak with students and parents).

**Wednesday, September 14 - Frosh Parents Guidance Night & Athletics Orientation** at 6:00-8:00 p.m. in the George Cunningham '40 Performing Arts Center, parents only.

**Thursday, September 15 – College Application Workshops** before school and at Falcon Flex; **"Screenagers" Parent/Family viewing** at 6:30 p.m. in the George Cunningham '40 Performing Arts Center.

**Thursday, September 22 – College Application Workshops** before school and at Falcon Flex; **Private/Parochial College Fair** (reps from over 100 colleges will be at Christian Brothers in the Ron Limeberger '53 Gym and Jack Witry Fieldhouse from 6:30-8:30 pm to meet with students and parents).

**Thursday, September 29 – College Application Workshops** before school and at Falcon Flex.

**Saturday, October 1 – SAT @ CB** from 8:00 a.m.-1:00 p.m. in the STEM classrooms.

**Wednesday, October 12 – TESTING DAY: PSAT 8/9 for freshmen, PreACT for sophomores and PSAT/NMSQT for juniors** (9:00 a.m. start). Seniors are encouraged to visit local colleges on this day.

**Thursday, October 13 – College Application Workshops** before school and at Falcon Flex.

**Saturday, October 22 – ACT @ CB** from 8:00 a.m.-1:00 p.m. in the STEM classrooms.

**Wednesday, November 2 – Getting Noticed, Getting In: Athletics/Guidance Night** from 6:00-9:00 p.m. in the George Cunningham '40 Performing Arts Center.

**Thursday, November 3 – College Application Workshops** before school and at Falcon Flex.

**Thursday, November 10 – College Application Workshops** before school and Falcon Flex.

**Monday, November 14 – Coffee with the College Counselor for Junior Parents** from 7:30-8:30 a.m. in the Br. Bertram Hall Living Room.

**Thursday, November 17 – College Application Workshops** before school and Falcon Flex.

**Tuesday, December 6 - College Financial Aid Night for Seniors and Parents** from 6:00-8:00 p.m. in the George Cunningham '40 Performing Arts Center.

## MEET OUR COUNSELING AND STUDENT SUPPORT TEAM:

Counselors are available for consultation if needed. Please contact your child's grade-level counselor to make an appointment. **Mr. Armando Diaz ('94)** will be the counselor for the freshmen (Class of 2020). **Mr. Kirk Purdy** and **Ms. Emily McDougall** will be the sophomore counselors (Class of 2019). Mr. Purdy will again have the students whose last names begin with A-M and Ms. McDougall will have the students whose last names begin with N-Z. **Ms. Blaire Moskat** will be the junior class counselor (Class of 2018), and **Mr. John Riley-Portal** will be the counselor for the seniors (Class of 2017).

In addition, **Mr. Purdy** is the Director of Counseling and Guidance, **Mr. Diaz** is the Co-Director of the Foundational College Prep Program (FCP) and **Ms. McDougall** will serve as the school's Wellness Counselor, doing prevention presentations and seeing students for more long-term counseling across all grade levels. **Ms. Melissa McClellan** is the Director of College Counseling. **Ms. Margaret Buggy** is Co-Director of the FCP Program, and is the Coordinator of Academic Student Support, and will work closely with the counselors. **Ms. Cynthia Grajeda** is the Administrative Assistant to the Counseling Department and a valuable member of our team. **PLEASE LET US KNOW IF WE CAN ASSIST YOU IN ANY WAY!**

**NAVIANCE/FAMILY CONNECTION** - The Counseling & Guidance Department encourages all students and parents to utilize the many facets of our web-based tool for personal, career and college planning! You may click on the link on the home page of the school website in order to access Family Connection. Right now is a great time for students to update their resume, explore careers and colleges, research scholarships and finish any activity that your counselor has asked you to complete. If you have forgotten your username (which is your e-mail address) or your password (one you have chosen on your own), please contact your grade-level counselor or Ms. Cynthia Grajeda (Administrative Assistant) in the CB Counseling Center, located in Br. Bertram Hall.

**SAT PREP CLASS** – Christian Brothers is once again offering a four-week SAT exam preparation course for the Class of 2017 students. The class will be taught by our own English and Mathematics teachers and will be held on four Saturdays beginning August 27. The class starts at 9:00 a.m. and ends at 1:00 p.m. The cost of the course is \$200 and soon you may print the Registration Form from the school website. This course will conclude shortly before the October 1st SAT. Students must register for the exam by going to the CollegeBoard website at [www.collegeboard.com](http://www.collegeboard.com)

# Lasallian Student Life

## Christian Service News

**Welcome back to the new school year and welcome Class of 2020!**

### Frosh Lock-In:

Each year we ask that incoming freshmen donate one or two items to kick off our **Wellspring Breakfast Club Drive**. We ask for donations of the following: *water-based only pancake mix, foil, peanut butter, jelly, vegetable oil, and maple syrup*. There will be a table set up at the **Ice Cream Social** prior to **Lock-in on Friday, August 12** outside the Learning Commons for drop off donations.

The **Wellspring Breakfast Club** makes hot pancakes and eggs each Friday morning at 6:00 a.m. beginning in late September. The breakfast, as well as peanut butter and jelly sandwiches, are made for the women and their children who frequent the **Wellspring Women's Center in Oak Park**.

For further information contact [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).

### Wellspring Breakfast Drive:

The all-school drive officially **begins August 18** and **ends August 30**. Please drop off all donations in your B set classes. Donation boxes will be available in the main office as well. Remember that we will need: *water-based only pancake mix, foil, peanut butter, jelly, vegetable oil, and maple syrup*. Please drop off cash donations in the LSLO, room 106, Ms. Lystrup's office. The cash donations are used to purchase eggs and bread supplies for the Wellspring Breakfast Club.

### Incoming Freshmen and Service Hours:

Service hours begin for all incoming freshmen when they begin their four years at Christian Brothers High School. All freshmen will be given an orientation on how to submit their hours online. The presentations will be given in their Religious Studies classes in September. Their instructors will let them know the date and what information they will need for the process. **Service hours are documented online only.** For further information contact [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).

### Service Hours Reminder:

Make sure service hours are documented by the end of each semester. Hours that are turned in later than those periods will not be accepted. Also, please remember that your supervisor must verify the hours - a contact name does not suffice for approval. Please refer to the **Parent/Student Handbook**, page 36, for those activities that do not count toward service hours.

**Seniors:** If you want your 100+ service hours to appear on your transcript, please make sure you get them in by September 30, 2016. Please contact Ms. Lystrup if you need further information.

### Ven-a-Ver Los Angeles: October 16-22, 2016

This is just a reminder that there is a **mandatory Parent Meeting on August 23 at 6:00 p.m.** in Room 105 for parents of students participating in Ven-a-Ver Los Angeles this October. Please be sure to **bring the following to the meeting:** *student I. D., two color copies of government issued I.D. - driver's license, CA I.D., or Passport, two copies of proof of tetanus shot, and two copies of medical insurance card.*

Field trip permission and medical information forms will be given out at the meeting and will need signatures. It is critical for the adult leaders to have on file any student participant food allergies, or any other allergies or medical concerns. If your son or daughter carries an EpiPen please let us know at the meeting.

Also, please note that payment in full or the 1st installment payment is due August 23, 2016 - **please pay online**. Final payment is due September 16, 2016. Payments are made through the Christian Service webpage: [Ven-a-Ver, Acceptiva](#).

If you have any questions please contact Director of Christian Service, Ms. Jennifer Lystrup [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).

## Campus Ministry News...

*Continued from page 3*

**RETREAT REGISTRATION:** Registration for the **Senior Kairos** retreats is open online NOW. You will find registration information, a form, and payment link on the school website in the Campus Ministry section. ALL RETREAT REGISTRATIONS must be completed by October 30! The first Senior Kairos of the school year has **limited space** so please sign up early!

**MARK YOUR CALENDARS!** **The Frosh Retreat** (all class-mandatory) will be held at the Scottish Rite Temple on Friday, September 16 from 8:30 a.m.-2:30 p.m. Parents will be required to drop off/pick up students at the retreat location. **The Sophomore Retreat** (all class-mandatory) will be held at the CSU Alumni Center on Friday, January 13 from 8:30 a.m.-2:30 p.m. Parents will be required to drop off/pick up students at the retreat location.

**PRAYER & WORSHIP: First Day of School Prayer Service** - Christian Brothers High School will kick off the school year in a spirit of faith and community on Wednesday, August 17 with an all-school prayer service on the first day of school. This prayer service will take place at 9:30 a.m. Parents are welcome to remain on campus following the Welcome Back Coffee gathering and join us for the prayer service.

### Praise & Worship Singers and Band Members wanted....

CB Campus Ministry is looking for help! We are looking for **accomplished musicians (drums, guitar, piano) and confident singers who may have some experience with leading praise and worship in their church communities.** We also welcome any parents or alumni who may feel called to this new ministry at Christian Brothers. If you are interested or would like to learn more please contact Ms. Jen Yearwood (916) 733-5276 or email [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

### Answer the call to serve....

We are putting together a list of students who are willing to share their gifts with our CB community at our prayer services and liturgies this year. We are looking for student readers, altar servers, dancers, and artists. Please contact Ms. Yearwood by September 1 if you would like to participate!

**Campus Ministry News...**



**That all may know....**

"After listening to the king, they went on their way. And behold, the star that they had seen when it rose went before them until it came to rest over the place where the child was." (Matthew 2:9)

While we know very little of the magi who were led by a star to the birthplace of Christ, we do that they took a leap of faith to make such a journey. When learning of the star, these wise men did not simply study "the star" or discuss all there might be to know about "the star". Instead, they were moved to action- to follow the star! In Pope Francis' homily on the feast of the Epiphany this year he tells us "It is the Holy Spirit who called them and prompted them to set out; during their journey they were also to have a personal encounter with the true God." I believe we as people of faith we might learn a thing or two from their example. For this new school year our Campus Ministry Team has chosen the theme "Let the Star shine bright in you!" As Lasallians, we have a star that we are called to follow as well. In the radiance of this star we find the Lasallian core principles of: Faith in the Presence of God, Respect for All, Quality Education, Service to the Poor, and Inclusive Community. It is not enough for us to be able to merely recite these principles from memory or simply learn about them as part of our curriculum. As a Christian Brothers community we must embrace and live out these values and principles and thus, in essence, choose, like the magi, to follow the star. The Lasallian Star not only illuminates all that we are called to live out in mission and spirit, but also invites us to actively follow its way. This year, our hope is that every member of our CB community will accept the challenge to let the light of Christ and the Lasallian Star shine brightly in their lives! I hope that our CB families have enjoyed some wonderful rest, recreation, and relaxation this summer.

**May the star may shine brightly in each of us,  
- Jen Yearwood, Director of Campus Ministry**

**Prayer for the Beginning of the School Year**

*Loving God,  
Our creator, our savior, our companion, bless this journey of a new school year that we are about to begin. Refresh our souls and renew our spirits as we embrace the wonderful opportunities for learning and sharing that are ahead of us. We welcome those who are new to this community and ask that you strengthen them to share the wonderful gifts you have given them.  
Lord, make our hearts pure as we return to our school, and please guide our steps along the way.  
We ask this in Your name, Amen.*

**RETREATS:** The Summer Kairos (K61) was held at Christ the King Retreat Center in Citrus Heights and was a wonderful time of retreat, reflection and rejuvenation for all who attended! Thank you to our dedicated members from the Class of 2016 who gave up time during their summer vacation to serve as student leaders: Elmer Lizarde, Maliah Haroldson, Erika Bolen, Molly Hallsten, Ben Brouwer, Brittany Leek, Efrain Vallejo, and Daniel McCarthy!



**Senior Retreat Leadership Team (SRLT).....**

Last week, 33 senior students attended a leadership training retreat at the beautiful Zephyr Point Retreat & Conference center in South Lake Tahoe. This group of awesome and amazing students are the ones who will assist Mrs. Yearwood in the leading of the Frosh All Class Retreat, Sophomore All Class Retreat, and Junior Overnight retreats. Last week's retreat provided the team opportunities for bonding, faith sharing, discovering their gifts, and developing the necessary skills for Christian retreat leadership! These students will serve as retreat leaders for the Frosh, Sophomore, and Junior Retreats for CB this year. Accompanying Ms. Yearwood on the SRLT



Leadership Retreat were Mr. Purdy, Ms. Gallagher, Ms. Hendry, and Ms. Warmerdam. Our retreat leaders were commissioned at our closing mass, lakeside with Fr. Bill Nadeau.



Members of the 2016-2017 SRLT team are: Raul Arambula, Mackenzie Brown, Mitchell Cabral, Marcus Cepeda, Alex Cerezo, Erin Clark, Selena Connell, Beah Cruz, Cole Cunningham, Justin Decaney,

Dave Del Rosario, Sam Dixon, Sophie Emerson, Laura Gorry, Julia Ha, Makena Haroldson, Katie Harrington, Nick Hilton, Dominic Hinton, Hailey Hunt, Angie Inclan, Maddy Kenshol, Russell Lee, Marina Lemus, Carissa Loftus, Lexi MacDonald, Kenji Matsuno, Rebecca Mazur, Kacey McCarley, Teyha Moisa, Victoria Moyo, Jackie Ocampo, Nico Orr, Morgan Price, Lauren Regino, Julia Rinaldo, Mindy Rocas, David Rosas, Maile Shelley, Ben Slakey, Chris Tak, Monica Thayer, Emma Tillman, Bridget White, Nicole Wong, and Will Yuponce. I am so blessed to share this year's retreat journey with such a great team of student leaders!

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**Student Activities**

*Let's Get It Started at  
Christian Brothers High School!*

2016 – 2017 promises to be incredible! Your Student Council is excited to begin planning and working with our student community as we venture into a brand new school year. As we navigate our journey through the year, we begin with one of our most popular events – **LOCK-IN 2020!** Student Council and our seniors are most excited to get to know the freshman class of 2020 and welcome them to our campus with an All Night Party! The frosh will experience their first CB rally and CB dance, which is amazing because it happens in the middle of the night. We also introduce them to the campus and teachers, but most importantly, they will meet new friends with whom they will travel on this road for the next four years.

**WINE, BEER & FOOD  
Extravaganza**



**FOR TICKETS:** [www.cbhswinetasting.com](http://www.cbhswinetasting.com)

**Call for Event Volunteers**

On **Friday, September 16** at CBHS

It takes a lot of people to make this fundraiser happen and we need YOU.

Volunteer information and forms are available online at

[www.cbhswinetasting.com](http://www.cbhswinetasting.com).

**Volunteer positions are filled on a first-come, first-served basis.**

A mandatory **volunteer orientation** will be held on **Thursday, September 15** at CBHS from 6:15 - 7:15 p.m. Even if you've volunteered in the past, you'll still need to attend. Please add that date to your calendar! **Questions?** Contact Yolanda Torrecillas at (916)733-3608 or [ytorrecillas@cbhs-sacramento.org](mailto:ytorrecillas@cbhs-sacramento.org).

**Activities on the "Fall" road:**

**Make Up Picture Day – Friday, August 19, 2016**

*If you weren't able to be photographed in the spring, or if you don't have a Student Body Card, please make sure you take a picture to get one on Friday.*

**Holy Court Volleyball @ St. Francis High School – Tuesday, August 30, 2016.** *We need the Force of the Falcon to be with us to cheer on our Lady Falcons!*

**Holy Bowl Spirit Day and Rally – Friday, September 9, 2016.** *Wear Blue! Think Blue! Be Blue! More information will follow in the Daily Bulletin regarding dress code and rally times.*

**Holy Bowl – Saturday, September 10, 2016.** *Wear Blue! Think Blue! Be Blue! And come out to the game at Hughes Stadium – We NEED the FORCE of the Mighty FALCONS!*

**CB Open Dance – Friday, September 23, 2016.** *The first Open Dance for freshmen and sophomores from the four Catholic schools will be held on the Mary Lawn from 7:30 – 10:30 p.m. Tickets will go on sale at the Student Activities window on September 19 for \$10 each.*

**Frosh Family Liturgy – Sunday, September 25, 2016.**

*It is important that each journey at CB begins with fellowship and prayer. Christian Brothers High School is about community. We begin our Family Liturgies with the freshman class. Please join us in the George Cunningham '40 Performing Arts Center. A continental breakfast will be offered in the Cafeteria immediately following.*

**Club Day – Thursday, September 29, 2016.** *Begin the road to May 2017 and step up and join a new club. Clubs provide a detour from long hours of homework and drive us to enjoy the company of new friends with similar interests. Signups for clubs will be at lunch on the Main Lawn. Come out to meet and support our numerous clubs at lunch. There is something to interest everyone!*

**As we approach the middle of our Fall semester, please note these upcoming events along the way and post them on your calendar:**

- **Homecoming Festivities** take place October 23 – 29
- **Homecoming Rally** and **special schedule** on October 28
- **Homecoming Game** is October 28
- **Homecoming Dance** is October 29
- **Christmas Spirit Day** happens December 9

**Voluntary Student Accident Insurance**

Each year, CB purchases insurance to cover school-time accidents. The plan also allows parents to purchase voluntary insurance coverage for accidents and/or illness to cover their children. For more information, please visit the Information & Forms page under the "PARENTS" tab of the CB website.

## Athletics

### It has been a busy summer for our athletes and coaches. Here are some highlights:

**BASEBALL:** In a six week span during the early part of the summer, the CB baseball program was able to get a peek into the future. A team was put together with incoming freshmen baseball players who played against other schools from Elk Grove. The team finished the summer with an 8-2 record. This is the sixth year the CB program has taken part in a summer league of this kind. With a baseball program steeped in tradition and reputation it was an amazing opportunity to introduce a new group of players to CB. The future without a doubt looks bright.

**WOMEN'S BASKETBALL:** The Women's basketball program had a great summer. All levels participated in summer league and played in the Oakridge High School Tournament. The varsity team also attended the Sacramento State team camp.

**FOOTBALL:** This offseason has been very productive for the Christian Brothers football program. The Varsity, JV and freshman teams trained in June and July for the upcoming season. After a successful spring and summer in the weight room, the varsity Falcons are working hard to challenge for a CAL league championship and a return to postseason play. Coming off a 9-3 record in 2015, Christian Brothers faces a challenging schedule both in and out of league. New opponents include perennial playoff contenders Manteca, Stagg and Winters, in addition to traditional rivals McClatchy and Jesuit. This year's varsity squad returns four All League players and head coach Dan Carmazzi is ably assisted by an outstanding varsity staff. The JVs performed well in the weight room and in a number of passing league contests. The freshman squad welcomed over 30 players in June workouts. Players and coaches look forward to seeing the Christian Brothers community at the games.

The Christian Brothers **Junior Falcons** football program recently began its fifth season and will field four teams from ages 6-14 years old. Our high school players and coaches put on a three-day camp for the Junior Falcons in late July. Over 25 athletes volunteered to help train and coach these future Brothers players. We would like to encourage Christian Brother families to get involved in the program and help young athletes learn football fundamentals and brotherhood at an early age.

**MEN'S BASKETBALL:** Student-athletes and coaches from the Men's basketball program continue to embrace the process of working hard in the summer to improve individually and as a team. The varsity team participated in the Florin Summer League, St. Mary's College Team Camp, the South Lake Tahoe Shootout, and the De La Salle Greenline Tournament. Players enjoyed competing against other good programs including Folsom, De La Salle, Berkeley, Granite Bay, St. Mary's of Stockton, Cardinal Newman, Judge Memorial (Utah) and Miramonte. In addition to a competitive summer schedule, the team continued to dedicate themselves in the weight room and in on-court workout sessions two times a week throughout the summer. They also assisted with the Christian Brothers Men's Basketball Summer Camp during July.

**WOMEN'S GOLF:** We have many new faces this year and five returning players. It should be a great season with so much talent. Good luck Falcons!!

**WOMEN'S VOLLEYBALL:** Coaches and players are very optimistic for the 2016-2017 season. With a cast of returners, we will be able to compete at a high level this year. We will not be one of the bigger team's height-wise, but we will be one of the scrappiest teams in the section. The sky is the limit for this team, and we look forward to the upcoming season. Go Falcons!!!

**WOMEN'S WATER POLO:** Women's water polo is off to a great start with off-season conditioning. Athletes woke up very early this summer twice a week, and increased their strength and fitness levels. The women's teams look ready for another strong and deep run into the season!

### Please note the following important information concerning the upcoming athletic year:

- All athletes must have the [Appryse athletic medical clearance](#) prior to any participation or tryouts for athletics.
- **Fall tryouts** officially begin **Monday, August 8**. To obtain specific tryout / practice information contact the head coach directly.

### CB Falcon Athletic Volunteers (FAV)

would like to extend an invitation to you and your family to become active volunteers in support of CB athletics. If you are a parent of a current CB athlete, you understand the importance of volunteering to assist athletic events. Your participation is essential to your child having a positive experience in our CB sports program. Whatever your strength or talent, we have a place for you. Events include: Fall Sports BBQ, Spring Sports BBQ, La Salle Club Coaches and Baseball Hall of Fame events, the Christian Brothers Athletic Hall of Fame banquet, and CB home contests. Generally FAV meets the second Wednesday of each month but please check the CB school calendar for dates and times. If interested in joining FAV please contact Gloria Bauer, Athletic Administrative Assistant, at 916 733-3610 or [gbauer@cbhs-sacramento.org](mailto:gbauer@cbhs-sacramento.org)

### UPCOMING EVENTS:

- Sunday, August 7, 1:00pm-3:00pm**  
**Coaches and Leaders Workshop** in the George Cunningham '40 Performing Arts Center
- Monday, August 8**  
Fall Sports Begin
- Monday, August 22, 3:00 p.m.**  
Fall Sports BBQ and Picture Day
- Wednesday, August 30, 4:30-9:00 p.m.**  
Holy Court at St. Francis
- Saturday, September 10,**  
**2:00 p.m., 4:00 p.m., 7:00 p.m.**  
Holy Bowl @ Hughes Stadium
- Wednesday, September 14, 6:00 p.m.**  
New Parent Athletic Orientation in the George Cunningham '40 Performing Arts Center





**“And so with the sunshine and the great bursts of leaves growing on the trees,  
and just as things grow in fast movies, I had that familiar conviction  
that life was beginning over again with summer.”**

- F. Scott Fitzgerald *The Great Gatsby*

One of the great gifts about being in education is having summers off. We don't really deserve it, or certainly not any more than many hard-working people. Medical personnel, policemen, soldiers, salesmen with quotas to meet, and many, many others equally deserve an extended period of time to enjoy their families, run their toes through the sand, plant a garden, or visit the world's largest ball of string in Nebraska. Teachers, however, can look forward to almost ten weeks in the summer to spend how they wish. Conventional thinking tells us that this summer off tradition is a remnant from a time when our labor was needed on the farm during summer. That may be how it started, but most of us left the farm a long time ago. My guess is that it has remained because most urban schools were built before air conditioning was so prevalent. As fascinating as it may be to hear a lecture about the difference between contour and gesture lines in drawing, to have to listen to it in a sweltering classroom does not make for good learning. And so students and teachers close the books and get to go outside and listen to the birds sing. It is not fair, and I am humbled by this enormous gift of time. Perhaps as more and more schools have air conditioning installed, talk of a year-round school year will gain momentum, but that is a discussion for another time.

One activity going on this summer is an encaustic workshop for Christian Brothers students generously put on by Jaya King. Jaya was our featured artist for the spring art show at the B Street Theater. She was so impressed with our students and community that she donated her studio and time to teach our kids about this ancient art of painting with hot wax. Our parent support group, FOTA (Friends of the Arts), helped underwrite the cost of the workshop so that it was affordable for our families. I can't wait to see what they create.

I encourage you to get involved with the arts at Christian Brothers this coming school year. It is a great way to make memories with your child. FOTA meets the first Thursday of every month in Room 305 at 6:30 p.m. These parents do so much for us: they usher performances, make sets, sew costumes, hang artwork, raise money, and assist teachers, to name a few of their many tasks. They are also smart and attractive people. Surely you have a gift to share that will continue to make our art program the best in Sacramento. As an added bonus, all members of FOTA enjoy a family pass to all art events held on campus. The pass allows you four tickets to all plays, concerts, Open Mic Nights, and the One Act Plays. I look forward to seeing you this fall.

Thank you for your continued support of our art program and school. I hope that this time is filled with all the magic that is summer.

God bless you,  
Findlay McIntosh  
Director of the Media, Visual, and Performing Arts

**“Rest is not idleness, and to lie sometimes on the grass under trees on a summer day,  
listening to the murmur of the water, or watch the clouds float across the sky,  
is by no means a waste of time.”**

- John Lubbock, *The Use of Life*



## International Student Program



### **“A smile is the universal welcome.” -Max Eastman**

A smile is enough, in any language, to say “Welcome, we are happy to see you. Welcome, we are happy to have you here.” We don’t have to speak all languages to communicate with our international students – the smile alone goes far enough to say “Welcome to Christian Brothers”

It is a new beginning, again, at Christian Brothers High School. This year we have twenty ISP students returning to CB and six new international students joining us. Twenty-six international students will be living here in Sacramento, attending CB, and sharing their talents and gifts with us. We, in turn, will be helping them immerse in our language, our customs, our communities,

and our CB families.

I hope that you will have an opportunity to smile and welcome our returning and new international students.

Max, a freshman, is from China. Max has been at St. John Vianney for the past year and a half so he’s had some time to enculturate into our American lifestyle.

Angel, a freshman, is from China. Angel spent last year in New Jersey studying at a boarding school. She’s anxious to live on the West Coast and attend CB.

Blake, a sophomore, is from China. Blake is passionate about science and fixing global pollution. Despite the fact that Blake is new to the United States, he will willingly converse about science, music and sports.

Linn, a freshman, is coming from China. Linn is a great conversationalist who is interested in business. He wants to focus on better communication with all (but mostly students and their parents).

Amy, a junior from China, is transferring from Vermont. Amy is returning to California to seek our sunshine and CB’s academic excellence.

Ensuring that our students at CB have a global view of the world, the ISP program allows our American and our international students to learn from one another, and gives our students an opportunity to make the world a little smaller and friendlier.

A hearty “welcome” to our returning and our new International students! May they see many smiles from our CB community to welcome them.

**Patti Gallagher, International Student Program Director**

## Auction Fun Never Ends!

**There is still room for a sign-up party!**

### **CB Moms Back-to-School Lunch - \$45 per person**

Enjoy a delightful afternoon at the home of CB grandparent Jay Byers on August 26 beginning at 11:30 a.m. Socialize with other CB moms and savor a delicious lunch amidst a beautiful home setting. Hosted by current parents: Dawn Byers, Kelley Downey, Cynthia Martin and Tammy Wilcox. Contact Joanne McShane at [jmchshane@cbhs-sacramento.org](mailto:jmchshane@cbhs-sacramento.org) or 916-733-3643. All proceeds go to support the school. Limited availability!

Contact Joanne McShane  
at [jmeshane@cbhs-sacramento.org](mailto:jmeshane@cbhs-sacramento.org) or 916-733-3643.

### Volunteer Opportunities!

*Come join the 2017  
Auction Committee!*

*Come join the 2016/2017  
Auction Committee!*

*Our kick-off meeting will be Tuesday  
August 30 at 6:00 p.m. in Bertram Hall.  
Snacks and beverages will be served.*

*This is a great opportunity to meet  
other parents and be a part of the CB  
community. We are a fun and welcoming  
group of volunteers!*

*For more information contact Joanne McShane  
at 733-3643 or [jmchshane@cbhs-sacramento.org](mailto:jmchshane@cbhs-sacramento.org)*



## CBHS VOLUNTEER OPPORTUNITIES 2016-2017

Parents are invited and encouraged to sign up for these organizations and opportunities to become actively involved in the CB community by volunteering to support the many events and activities taking place on campus. Simply click on the [Get Involved](#) link on the CB website to send an email message to the coordinator for the event(s) of your choice.

**Lasallian Parent Ambassadors:** **Lasallian Parent Ambassadors** are a parent volunteer group that helps with hospitality and organization of parent volunteer efforts for student and school-wide events, including dances, blood drives, class family Liturgies, and Graduation day events. LPA parents also welcome new and prospective families as hospitality ambassadors at the Ice Cream Social, Open House, Placement Indicator exam, and Frosh Welcome Night. The Lasallian Parent Ambassadors extend an open invitation to all CBHS parents to become involved by volunteering to help make CB...the place to be.

**Falcon Athletic Volunteers (FAV):** The CB **Falcon Athletic Volunteers** invite CB parents and families to become active volunteers to support CB athletics. Parents of CB athletes play a vital role in the athletic program and their participation is essential to the continued success of the CB sports program and its many related functions. Whatever your strength or talent, we have a place for you.

**Friends of the Arts:** The **Friends of the Arts (FOTA)** is a volunteer organization that gives parents and supporters an opportunity to support the Media, Visual and Performing Arts at Christian Brothers High School. Members can serve as volunteers for events, as donors, and/or provide assistance with the promotion of events throughout the school and the local community.

**Alumni Association:** The Christian Brothers High School **Alumni Association** is the vehicle for alums to stay connected to the school. All graduates of Christian Brothers, Bishop Armstrong and Bishop Manogue High Schools, and St. Joseph's Academy are considered alumni of Christian Brothers. Alumni support the school by raising funds for tuition assistance, special wish list projects and capital projects, and by volunteering their time and talents for key CB activities and events, including the annual Alumni Dinner and the Wine, Beer and Food Extravaganza.

**CBHS Open House October 2, 2016 (11:00am – 2:00pm):** The **CB Open House** welcomes prospective CB freshmen (parents and middle school students) to visit our campus and discover why CB is the place to be for exceptional academic programs, the arts, athletics and more – all in a faith-filled, nurturing community. Highlights of the day include campus tours, an art exhibit, performances by the band and choir ensembles, demonstrations, academic and athletic information tables, and more. Volunteers are needed in many areas to welcome the guests.

**Auction Committee - March 25, 2017:** Christian Brothers High School's **Annual Auction** includes a gala dinner for over 400 attendees and features a silent and live auction. This major fundraising event is tremendously exciting and the committee (made up largely of parents) has fun making it all happen. Committee meetings begin in September and there is a volunteer task to match every interest and personality. All are welcome.

**The Falcon 5K is a run to benefit student clubs and programs at** The **Falcon 5K** is a run to benefit student clubs and programs at CBHS. It is professionally timed for serious runners, but walkers and recreational runners are welcome! The event is scheduled for Saturday, April 1 in Land Park, and includes a fun run, awards ceremony, and a finish line festival. Volunteers can help with pre-race planning, registration and packet pickup, set up and race management on race day.

**Grad Night - May 26, 2017:** Traditionally all grade level parents are invited to volunteer on the **Grad Night** committee to help plan and organize the all night celebration after graduation. Junior, sophomore and frosh parents run the event which is a supervised, fun, safe and sober environment for the graduating class. Grad Night meetings will be during the school year.



## Holy Bowl Kick Off Reception for Alumni and Parents

*Join hosts Lon Burford (CB Class of '73) and Kelly Brothers (Jesuit Class of '82) along with alumni and supporters of both schools for this evening of camaraderie and spirited rivalry on September 8, 2016.*

*In the tradition of other great football rivalries, you are invited to attend a pre-game reception the Thursday evening before the Holy Bowl. Think of it as a pep rally for the grownups! Guests will enjoy heavy appetizers, cocktails, greetings from both school's head coaches, rousing music, cheers and fun!*

*This year, the event celebrates coaches and teams from the first five years of the Holy Bowl.*

***Thursday, September 8, 2016***

*5:00 p.m. to 7:00 p.m. at the Croatian American Cultural Center  
3730 Auburn Blvd.  
Sacramento, CA 95821*

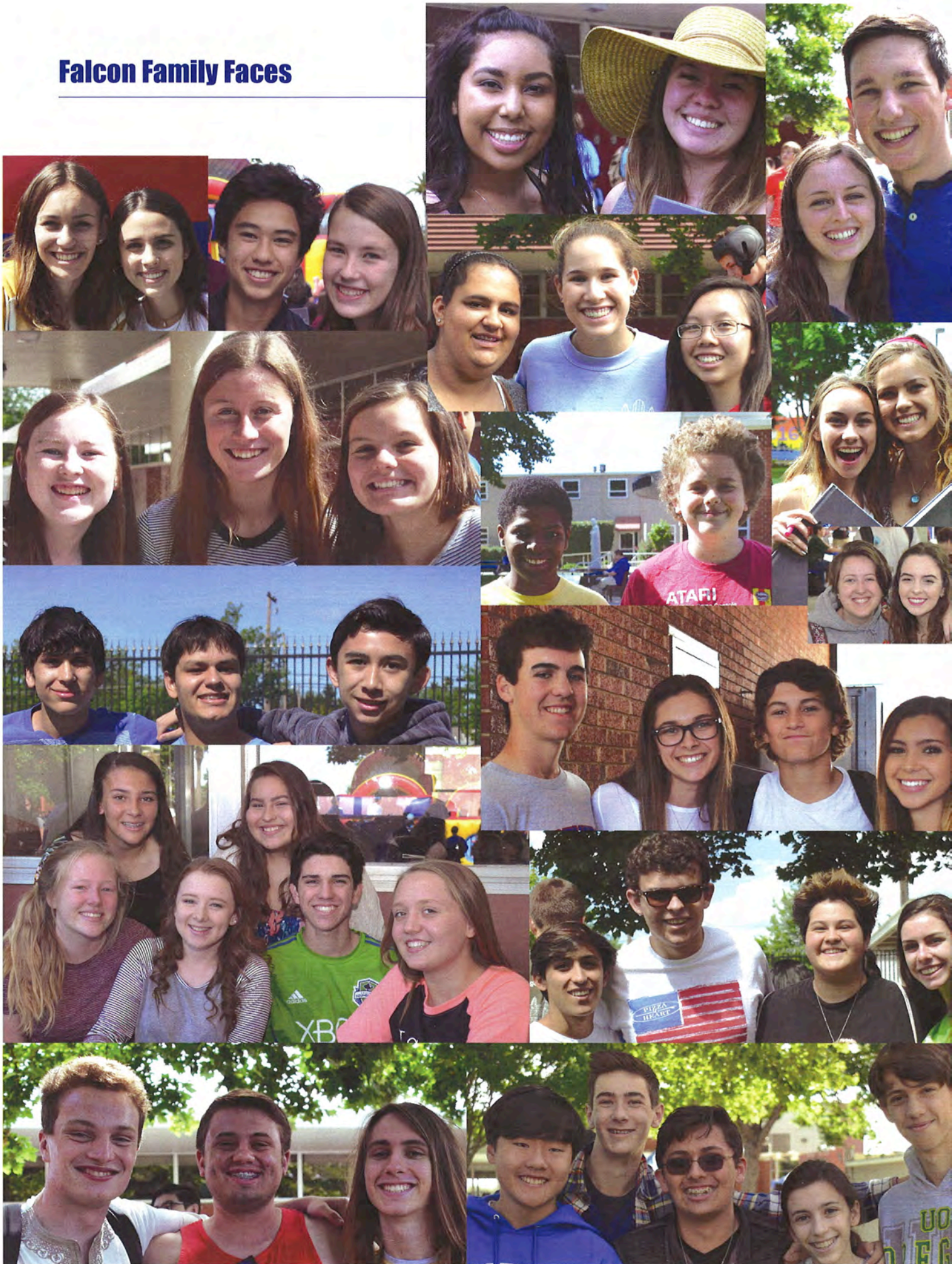
*Tickets \$40 per person  
This is a 21 and over event.*

*For tickets click here: <https://secure.acceptiva.com/?cst=0425d2>*

***Thank you to the event organizers and sponsors,  
Genovese Burford & Brothers.***



# Falcon Family Faces



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DEANS OF STUDENTS

Dear CB Families:

Welcome to the fall semester 2016! No doubt by now your student is busy managing homework, co-curricular activities and family commitments. The new school year brings the excitement of new life, reinvigorated energy and boundless opportunities. It is our mission to help every student feel welcomed, connected and ensure they are a contributing member of the CB community.

In *The Twelve Virtues of a Good Teacher* (1785), Brother Agathon wrote, "Vigilance is the virtue that makes us diligent and painstaking in fulfilling all our duties." He went on to say that teachers must first "watch over themselves" so that they do not "jeopardize the education of the students"; and "teachers should also be vigilant over their students" because teachers are "their guardian angels." In our experience, the teachers, and administrators at Christian Brothers High School take this challenge to be our students' guardian angels very seriously. We recognize the incredible trust that families have placed in our ability to educate their children, and embrace our mission and partnership to work with parents and families to the best of our ability for the benefit of our students.

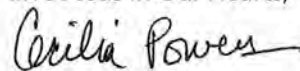
Vigilance is the guiding virtue for the work that we share in the Deans' Office. Daily, we have the privilege of providing a ministry of presence to the students of Christian Brothers and endeavor to act as their guardian angels. Brother Agathon's advice to his teachers in 1785 rings true for us every day when he says, "A good teacher watches over the general behavior of the students everywhere that he finds himself among them; acting with prudence, however, in order to prevent their noticing that they are being studied." Our presence among students in the hallways, in the cafeteria, on the main lawn and everywhere that we "find ourselves among them" presents continual opportunities for vigilance and high

expectations for their attire, behavior and attitude which are well-beyond the rigorous academic curriculum of the classroom. It is this so-called unwritten curriculum that allows our students to be prepared for the challenges they will face in adulthood.

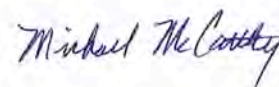
The partnership between CB families and the school helps to develop mature, confident young adults who are well-prepared for their academic and personal futures. When we work together to address issues such as following dress code or being on time to class, we are preparing our students for the world of higher education and the work place where there are clear expectations of timeliness and decorum. When we collaborate and are vigilant about promoting academic and personal integrity, we send the message to our children that integrity, honesty and respect are the building blocks of a mature, Christian, character-filled life.

Indeed, the journey through high school goes quickly and there is much beyond the academic curriculum to learn. It is a privilege to partner with families who make sacrifices of time and treasure so that their children may have the very best opportunities for their future. This fall semester presents the perfect opportunity to embrace a fresh start in partnership and with vigilance.

Live Jesus in Our Hearts,



Cecilia Powers  
Dean of Students



Michael McCarthy '80  
Dean of Students

SEPTEMBER 2016  
FALL SEMESTER

Christian Brothers High School Monthly Newsletter  
[www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)

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# Counseling and Guidance

## News

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**Welcome to Christian Brothers**, all new and returning families! Counselors are busy helping students plan strategies for academic success and distributing a substantial amount of college planning information. Each grade-level counselor is scheduling **individual and/or small group conferences** with each of his/her students, so all students will be seen by their counselor this semester.

**FRESHMEN:** On Wednesday, September 14 (at 6:00 p.m. in the George Cunningham '40 Performing Arts Center) **the counselors will be hosting the Frosh Parents Guidance Night & Athletic Orientation.** We will give parents a preview of what to expect from the Counseling Department over the next four years and discuss important issues concerning academics, personal wellness and college counseling.

Mr. Armando Diaz (Class of 2020 Counselor) will have all freshmen complete the **"Learning Styles Inventory"** on Naviance/Family Connection by mid-September. The freshmen will then be able to access this very important website for college and career planning and personal awareness. Parents may view the results of this learning-style tool by having their sons and daughters log on to their **Family Connection** page. Mr. Diaz will also be handing out a packet of helpful information to the frosh regarding how to be successful at CB and how to utilize their counselors. This will take place during their pre-scheduled small-group conference.

**SOPHOMORES:** Mr. Kirk Purdy (Class of 2019 Counselor A-M) and Ms. Emily McDougall (Class of 2019 Counselor N-Z) will have the sophomores doing **"Do What You Are"**, a personality profile/career interest survey on **Family Connection**. They will also be handing out the **Student Guide to the PreACT** for the October 12 test. It will include sample questions and a practice test that will help students prepare for this exam, and provide them a preview of the full-length ACT.

**JUNIORS:** Ms. Blaire Moskat (Class of 2018 counselor) will be visiting junior English classes along with Ms. Melissa McClellan (College Counselor) to discuss college planning and resources available to students in our college center, on Family Connection and on our school website. Juniors will have many college planning tasks to do on Family Connection this year and will be asked to complete the **"Career Interest Inventory"** on Family Connection. They will be receiving their **Official Guide to the PSAT/NMSQT** so they can prepare for this October 12 test.

**SENIORS:** Mr. John Riley-Portal (Class of 2017 Counselor) and Ms. Melissa McClellan (College Counselor) have already started visiting all of the senior English classes to distribute very specific information on how counselors will assist them in the college application process. The department will be hosting **"College Night for Seniors and Parents"** on **Wednesday, September 7 (6:00 p.m. in the George Cunningham '40 Performing Arts Center)** to present important and timely college information to seniors and their parents.

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## College Exploration for Seniors

The early weeks of the senior year are a time when college exploration will continue and it is time to narrow down a "short list" of those colleges and universities that match up with desired characteristics identified by your son or daughter. This year is one that will be influenced by **deadline dates** and other milestones when tasks must be completed. The soundest piece of advice you can give your senior student is to create a "to do" list as the new school year begins, to see their counselor(s) and to utilize **Family Connection**. An orderly approach to all of the admission and financial aid application tasks will ensure they do not become a distraction to the vital things that must continue to happen in the classroom.

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## Other Reminders:

Monitor these early weeks of school and make certain your son or daughter attends to the following tasks:

- **All students:** Launch the year determined to be as **successful** as possible. Help them to set short-term and long-term goals and to limit distractions to their academics.
- **Juniors and seniors** should consider **scheduling visits** to the colleges they haven't seen to this point. They are each allowed two excused days to visit colleges, but must complete the proper paperwork in advance. Seniors will soon be refining their list of "target", "reach" and "safety" colleges and initiating the application process.

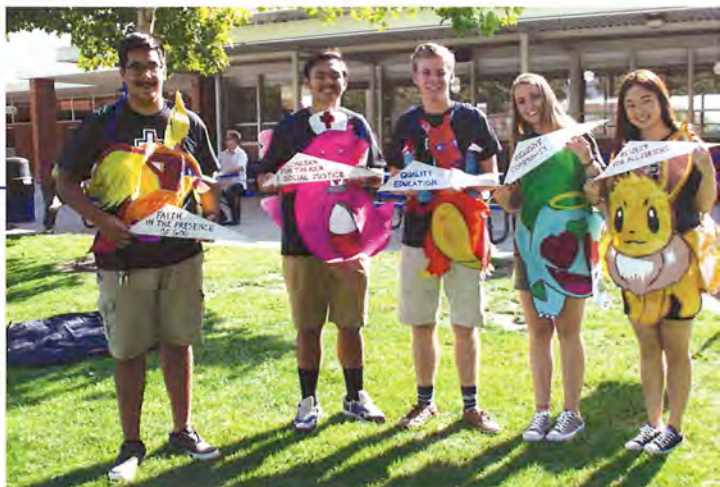
• Make sure your student **listens to and reads the daily announcements, watches KBFT, and checks the CB website** to hear about all events including college events presented by specific colleges/universities and the dates and times for our **college application workshops**. Remind them to sign up on **Family Connection** for any of the many college rep visits that will be held on our campus and to **attend the Private and Parochial College Fair at CB on Thursday, September 22, from 6:30 p.m. to 8:30 p.m.** Jesuit will also be hosting a smaller college fair with Jesuit colleges only on **Monday, September 12 from 7:00 p.m. to 9:00 p.m.**

# Campus Ministry

## Let the Light of the Star Shine Brightly in You

This year our school theme focuses on the light of our Lasallian, Catholic faith as each member of our CB community is called to let this light shine! As our new school year begins, I pray many wonderful blessings of light will be shown to you.

–Jen Yearwood, Director of Campus Ministry



## Welcome to the new school year....Campus Ministry is off and running!

Christian Brothers kicked off its new school year with a wonderful "Lasallian Go!" theme. Many thanks to the God Squad for its energy, creativity and planning of our first day of school prayer service.

### TEST PREP FOR SAT AND ACT:

There are several ways to do test preparation prior to taking college entrance exams.

- Saturday on-campus SAT prep class with CB English and Math teachers. .
- Saturday/Sunday on-campus ACT Boot Camp by Tried and True Tutoring.
- Use the free test prep materials provided by the test company (including a "question of the day" e mail).
- Purchase prep books printed by the test company or other test-prep companies.
- Take off-campus courses or tutoring, or do online courses or tutoring (for a list, please contact the Counseling Department).

If you have any questions, please feel free to contact anyone in the Counseling Department!

#### SAT Test Date

October 1 (@CB)  
November 5  
December 3

#### Deadline to Register

September 1  
October 7  
November 3

#### ACT Test Date

October 22 (@CB)  
December 10

#### Deadline to Register

September 16  
November 4

## PRAYER & WORSHIP

- **Please join us on Wednesday, September 7** at 9:45 a.m. for our school liturgy. The theme will be "Falling into Place."
- Our wonderful freshmen are holding their first **Frosh Family Liturgy** of the year. Freshmen and their parents are invited to attend the liturgy at 9:30 a.m. on September 25 in the Ron Limeberger '53 Gymnasium. We will serve a continental breakfast in the cafeteria immediately following. We hope to see you there.
- We invite all students, staff, and parents to join us for **See You at the Pole on September 28**. See You at the Pole™, a global day of student prayer, began in 1990 as a grass roots movement with ten students praying at their school. Twenty five years later, millions pray on their campuses on the fourth Wednesday in September. It is simply a short time of prayer before school to lift up our friends, families, teachers, school, and nation to God. We will begin our prayer service at 7:30 a.m. on Wednesday, September 28. Please consider starting off your morning by joining us for this special time of prayer!

## RETREATS

- **Retreat registration is happening NOW for Juniors and Seniors.**

**Register Now:** Click [here](#) to find Kairos permission forms and a registration link with the option to pay entire fee or partial now/balance at time of retreat.

**The first Fall Kairos** will be held at Zephyr Point in Tahoe (October 11-14) and this retreat is full. There are plenty of spots available in the November, January and March Kairos Retreats.

The first Junior Overnight Retreat will be held November 28-29 at Christ the King Retreat Center in Citrus Heights. Please contact Ms. Jennifer Yearwood at [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) with questions.

# Holy Bowl Parking Lot Party

JOIN US BEFORE, DURING AND AFTER  
THE FROSH & JV GAMES



FREE FOOD,  
FRIENDS,  
FUN AND  
OF  
COURSE,

**CB**  
SPIRIT!

## Saturday, September 10, 2016

1:00 p.m. to 6:00 p.m.

Sac City College Parking Lot, just outside of Hughes Stadium  
Look for the blue and white tents!

Games: 2:00 p.m. (Frosh); 4:30 p.m. (JV); 7:00 p.m. (Varsity)

Free BBQ hotdogs and hamburgers will be provided. In the spirit of sharing and inclusivity, please bring a food item with you to the event (enough for 10 people). Food item ideas include: chips, cookies, salad, sodas, rolls, or a side dish.

Questions? Please contact Natalie Reyes '09 at  
[nreyes@cbhs-sacramento.org](mailto:nreyes@cbhs-sacramento.org).

## Attendance Office Communication

*Student home sick or out for family matter?*  
Call 733-3625 and let us know.

*Student coming in late and driving him/herself?*  
Call 733-3625 and let us know or send him/her with a note.

*Student needs to leave school early?*  
Bring note to Attendance Office before school if possible and student is given an Early Dismissal slip to present to teacher.

*Forgot to send the note?*  
Call 733-3625 and let us know ASAP!

*Student parking on campus?*  
All cars parked on campus during the day must have a student parking permit. Please see Ms. Pierson in the Attendance Office to purchase a permit.

## School Schedule Reminder:

Be sure to keep track of Thursday start times and minimum days in September!

September 1- 8:00 a.m.    September 8- 8:00 a.m.    September 15- 9:00 a.m.

September 22- 9:00 a.m.    September 29- 9:00 a.m.

**Friday, September 16 is a minimum day, with school dismissal at 12:20 p.m.**

## Christian Service:

*Enter to Learn, Leave to Serve*

### Freshman Service-Learning

This month Mr. Havey and Mr. Symkowick-Rose will take their freshman Religious Studies (RS) classes to the Sacramento Food Bank and Family Services Clothes Closet to carry out their service-learning project.

**Parents:** Please make sure permission slips are signed and that you have filled out the Appryse information online database to provide your student's medical history. You will also receive an informational letter from your child's RS teacher two weeks before the field trip. If you have any questions, please email your child's RS teacher or the Christian Service Program Director Jennifer Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org)

### Social Justice Week- October 17-21

Each year, Christian Brothers High School students learn about a justice issue that concerns young people. This year the Social Justice Week theme is the Juvenile Justice System and Restorative Justice.

### Service Clubs

With Club Day approaching we offer several on campus service clubs for all students, including Lasallian Youth, kids4kids, Red Cross, Wellspring Breakfast Club, Heartbeats, Interact Club, Best of Friends (Camp Recreation), and the Super Blankets Club.



# Student Activities

## FALCONS SHINE!

**BLUE OUT WEEK** begins September 6, which leads up to the peak of the rivalry against the Catholic school across the river, Holy Bowl. Student Council is preparing for Holy Bowl with a **huge lunch party** on Wednesday, September 7. Students will participate in games, music, face painting and more. On Friday, we have our first **All School Rally** in the Ron Limeberger '53 Gymnasium. Jeans and a blue shirt may be worn. Pump it up, CB! THEN, on September 10 come out and cheer on our football team as they head into this annual athletic event. Cheer on our football teams as they head into this annual athletic battle. **Falcon Force** has some amazing spirit and cheers planned for Holy Bowl this year, so plan now to attend. [Tickets and more information are available on the CB website.](#)



### SWINTER (summer & winter) is upon us!

Our **Frosh/Soph Open Dance** by the theme of SWINTER that is. Our first dance of the year is an Open Dance on September 23 from 7:30 p.m. to 10:30 p.m. This means we invite the other three Catholic High Schools in the area to join us on the Mary Lawn for a jammin' time with DJ HighTop.

It's a rush to **Club Day** on Thursday, September 29. We have approximately 30 clubs at CB, ranging from Red Cross Club to Anime Club to Ukulele Club to Robotics and more, and they will all be represented at their information booths during lunch on the Main Lawn. The clubs will advertise their function on campus and where and when they meet. Any student wishing to join a club should be able to find a club to match his/her interests.

**For more information on the events in September, please follow the daily bulletin and check on the school calendar located on the CB website.**

## Athletics

Congratulations to **Ron Gully, Jorge Valdez '94,** and **Danny Delgado '79** who were selected as the IHE (*Integrity • Honor • Excellence*) Coaches of the Year for the 2015-16 season.

### Upcoming Events

*The next few weeks have some big events on tap:*

#### September 6 Women's Golf

vs. Mira Loma at Haggin Oaks (3:30 p.m.)

#### September 10 Football: Holy Bowl

at Hughes Stadium – (Frosh- 2:00 p.m./JV-4:30/Varsity-7:00 p.m.)

#### September 14 Cross Country

League Meet at Granite Regional- (3:30 p.m.)

#### September 17 Women's Water Polo

at Sierra College

#### September 22 Men's Water Polo

at Sacramento City College vs. Bear River (5:30 p.m.)

#### September 27 Women's Tennis

vs. Mira Loma at Laguna Racquet Club (3:30 p.m.)

### Announcements

#### Sport Passes are now on sale

You may purchase a sport pass through the CB Athletics Website under the FAV and Sport pass tab.

**The first FAV meeting will take place on Wednesday, September 7 at 5:00 p.m. in the Athletic Department Conference Room.**

#### Frosh Parents Guidance Night & Athletic Orientation

will take place on September 14 from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center

## Holy Bowl

The 45th annual Holy Bowl football game against Jesuit is on Saturday, September 10 at Hughes Stadium. Freshmen play at 2:00 p.m., followed by JV at 4:30 p.m. and Varsity at 7:00 p.m. Holy Bowl [tickets are on sale now](#) on the CB website. The Athletic department will also be selling Holy Bowl tickets on September 7, 8, and 9 during lunch and after school in the Ron Limeberger '53 Gymnasium ticket booth. Get to the games early to enjoy the Holy Bowl Parking Lot Party just outside of the stadium entrance. Face painting, corn hole, music, CB spirit wear and free food will be available and all are welcome to attend. In the spirit of sharing and inclusivity, please plan to bring a side dish for 10 people such as chips, salad, cookies, etc.



**For team highlights, spotlights and news, please visit the new CB Athletics website [www.cbathletics.org](http://www.cbathletics.org) and click on the "Sports News" link at the top.** Stories and content from this page are produced by students in the new Sports Broadcasting class.



# MVPA

## Media Visual and Performing Arts

*"Red onions and new school years have much in common, they both peel away to reveal new vibrancy."* -Alex Morrirt

Welcome to the new school year. As grateful as we are for the summer, it feels good to be back in the classroom. There is no time in the school year more optimistic than in the beginning; there is nothing but hope for all the plays, concerts, art shows, and films we will create this year. Veteran teachers make small adjustments to their curriculum that make huge differences in how kids learn, and students are excited to see old friends, meet new ones, and are certain this year they are going to stay on top of all their assignments. So with this good feeling let the school year begin...

**Friends of the Arts (FOTA)** will meet the first Thursday of every month at 6:30 p.m. in room 305. **FOTA** is a parent group that helps support the arts at Christian Brother. They help usher plays and concerts, build sets, collect tickets, offer scholarships for summer programs, and publicize coming art events at school. FOTA is free to join and all members earn the FOTA Family Pass. The pass allows you and three guests to come to any art event on campus for free. Our first meeting is September 1, at 6:30 p.m. in room 305. All the cool parents join **FOTA**.



### THE ROYAL FAMILY

Our fall play is **"The Royal Family"**, a parody about the theatrical Barrymore family. The play was written by George S. Kaufman and Edna Ferber in 1927. The authors take particular aim at John and his sister Ethel Barrymore. The humor has endured well over the 89 years since it was first written. Auditions will be held in the

George Cunningham '40 Performing Arts Center after school on September 13 and 14. Call backs will be on September 15. There is no need to prepare anything as the auditions will be a cold reading. Join the Schoology group Royal Family to get updates.

This year the visual art students will pay tribute to local artist Patris for the fifth B Street Theater Show. Patris is a long time Sacramento resident who has had her work shown in many Sacramento galleries. She is known for her plein air paintings of the Oak Park community. Show dates are yet to be determined.

I encourage you all to get involved with this vibrant community. It is a great way to further bond with your child and to meet other like-minded parents. There is a place in this community that only you can fill.

God bless you and your family,

Findlay McIntosh  
Director of the Media Visual and Performing Arts

# Vocations

This year, the Religious Studies Department welcomes **Dr. David Gides**. Dr. Gides was introduced to Lasallian education at Manhattan College in the Bronx. There his interactions with the Christian Brothers fueled his interest in becoming an educator. He says, "I admired the way the Christian Brothers manifested their faith in the way they treated students and colleagues."

His first teaching job was at Queen of Peace High School, a Lasallian school in New Jersey. He went on to teach college level courses at Manhattan College, Christian Brothers University (Memphis, TN), and other universities. He has taught a variety of courses including Old and New Testament, World Religions, Catholic Theology and directed the Master of Arts in Catholic Studies Program at CBU.

In the classroom, he says, "my teaching style is unabashedly Socratic, wherein I continually ask questions as a way to get students to 'become aware' of ideas or concepts they, theoretically, already know. It is a very relational style and one that helps students make the material 'their own.'"

This summer, Dr. Gides moved to Davis with his family. He is the proud father of two girls, ages 12 and 7, and he works hard to teach them both good Catholic values. Describing his interests, he says, "being from New York, and attending college in the Bronx, I am naturally an avid and passionate fan of the unprecedented 27-time world champion New York Yankees. I also write songs and play a few instruments."





## International Student Program

### English Proficiency Tests with iTEP

In August 2015, Christian Brothers administered its first round of English Proficiency Tests to International Student Program (ISP) students using the iTEP (International Test of English Proficiency). We learned much about our international students and their English ability. The data we received reflected their grammar, listening, writing, reading and speaking skills. These skills are ranked from Beginner, Elementary, Intermediate, Upper Intermediate and Advanced. The tests also record the students' proficiency in subcategories. In grammar, a sampling of the subcategories are conjunctions, pronouns, and parts of speech. In Listening, a different sampling of the subcategories includes catching details, main idea, and connecting concepts. We continue to and track the improvement in their English proficiency during their time at Christian Brothers. We hope to see all of our students get to the top number of six (or close to it) with the help of the community that supports them. Thanks to the teachers, host families, friends and immersion, our data indicates what we wanted to know – our ISP students are improving leaps and bounds in all categories.

## Parent Pledge Program

# 100% is our goal!

*Please Send in Your Completed Form or Make your Online Gift*

The Parent Pledge Program is essential to the CB experience. All students benefit from the Parent Pledge Program through student co-curricular programs, faculty development, service learning opportunities, expanded program opportunities and modern facilities. Parents are asked to make a tax-deductible pledge for their students attending CB. 100% Parent Participation is our goal. Forms are [available here](#) or email Joanne McShane, Director of Parent Giving, at [jmcshane@cbhs-sacramento.org](mailto:jmcshane@cbhs-sacramento.org). Thanks to all those who have already pledged!

## Auction Committee Meeting

**Thursday, September 27**

6:00 p.m. in Bertram Hall

*Come join in on the fun! There are plenty of volunteer positions available.*

For more photos and to keep up with all the fun at CB, like us on [Facebook!](#)



Find us on:  
**facebook®**



# Falcon Family Faces



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF ADMISSIONS & COMMUNICATIONS

### DEAR CB FAMILIES:

I absolutely love Club Day! Each September during a community lunch, every one of our more than 40 student-run clubs sets up a display on the main lawn while enthusiastic members encourage students to join. Academic, service and social clubs compete for attention and work to attract members who share their interests and enthusiasm. Whether their passion is robotics, politics, sailing, the environment, movies, or the art of grilling the perfect steak, there really is something for everyone. On the rare occasion that there isn't, students are encouraged to create a club and share their interests and ideas with others.

This day, to me, highlights the joys of CB's inclusive community and commitment to educating the whole person. Our dedicated faculty, administrators and staff create an environment that allows every student to thrive. Students at CB are valued for exactly who they are and encouraged to find and foster their God-given gifts. They are encouraged to share their gifts with others in the classroom, through clubs, Christian service, as athletes, artists and members of the community.

Today, CB is the largest Catholic high school in the region with students joining us from 76 zip codes and three foreign countries. The academic programs have never been better as evidenced by four consecutive years on the *Washington Post's* list of "America's Most Challenging Private High Schools." While many schools boast exclusivity, Christian Brothers High School boasts inclusivity. A 2016 list from "Niche Rankings" identifies the Most Diverse Private High Schools in America. According to "Niche," CB ranks number one locally and in the top 100 nationally based on ethnic, economic and cultural diversity statistics and opinions from both students and parents. "Niche" describes a high ranking as an indication "that the school is extremely diverse and fosters a community that accepts and promotes a diversity of viewpoints, backgrounds, religious beliefs etc."

Over the past four weeks, the Admissions team visited more than 30 parochial and private schools. On these visits, we have been joined by our phenomenal Lasallian Student Ambassadors. Each day, I marvel at their intelligence, commitment and enthusiasm as they share their love of CB while encouraging prospective students to attend Open House and schedule shadow visits. Each day, they affirm for me that there is not a better place for young people as they prepare for success in college and in life.

As we prepare for Open House on Sunday, October 2, and our upcoming Shadow Days, you as CB parents and families are vital partners in telling our story. Prospective students and parents tell us that the positive stories shared with them by dedicated, enthusiastic CB parents, students and alumni have inspired them to consider CB as they evaluate their high school options. Thank you to all the teachers, staff, students, parents and families who help us to ensure that in its 141st year in Sacramento, Christian Brothers High School is still *the place to be*.

*Live Jesus in Our Hearts,*



*Kristen McCarthy*

*Director of Admissions & Communications*

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## COUNSELING AND GUIDANCE

**Wednesday, October 19, is a very important day for students at Christian Brothers. Testing Day is a late start/minimum day for freshmen, sophomores and juniors to take part in preliminary college entrance testing. The exams will begin at 9:00 a.m. and will be dismissed at 12:45 p.m. after all grade-levels have completed their tests. Coordinated by the counselors, teachers administer the following assessments to students:**

**FRESHMEN** will be taking the **PSAT 8/9**, which will give us an excellent baseline score early on in high school and will allow us to make statistical comparisons when the students take the PSAT/NMSQT and the SAT later on.

**SOPHOMORES** will be taking the new **PreACT**. This test will be excellent, low-risk practice for the ACT exam, which has gained in popularity both locally and nationwide.

**JUNIORS** will take the **PSAT/NMSQT Exam (preliminary SAT)**. This test is great practice for the SAT and also allows high achieving students to qualify for participation in the *National Merit Scholarship Program, National Hispanic Scholars Program and the National Achievement Scholarship Program for Black American high school students.*

**SENIORS** will not attend school – however, this day is a great opportunity for visiting local colleges. If seniors have not yet visited local or regional colleges, this mid-week day is a perfect time to schedule a tour and find out more about a college while it is in full-swing.

In addition, remember that **seniors are allowed two days per year for college visits** and the process to request the day(s) as excused must be completed in advance of the visit (forms are available in the CB Counseling Center or may be [downloaded from the CB website](#).) There is no need to fill out this form for October 19 since it is not considered a regular school day. **It is also important to note that the Dean of Admissions for our Lasallian sister-school, St. Mary's College in Moraga, will be here on 10/19 to interview a limited number of seniors who have applied to SMC.** These appointments will begin at 11:00 a.m. and will run throughout the day. A signup sheet is posted in the Counseling Center.



## Upcoming Counseling & Guidance Dates

**October 1-** SAT Exam (CB is a test center for this exam)

**October 6-** "[College Financial Aid Night for Seniors and Parents](#)"

**October 7-** [SAT Regular Registration Deadline for Nov. 5 exam](#)

**October 19-** Testing Day / Senior local college visits / SMC admissions interviews

**October 22-** ACT Exam (CB is a test center for this exam)

**October 27-** College Application Workshops (before school and Falcon Flex, Rm. 207)

## New Test Prep Option for the SAT and PSAT

Last year, College Board entered into an agreement with Khan Academy to provide free online test prep for the current version of the SAT. Juniors may want to wait until the March test date to take it for the first time. This will allow them to use the results of their October PSAT to help prepare for the test. [Students may also go to the Khan Academy website to prepare for the PSAT.](#)

## SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and special schedules in October!

- October 3- No School
- October 6- 8:00 a.m. Start
- October 13- 9:00 a.m. Start
- October 19- 12:45 p.m. Dismissal
- October 20- 8:00 a.m. Start
- October 27- 9:00 a.m. Start

**Do you know a prospective CB student?** Encourage current 8th graders to sign up for a Shadow Day by visiting the CB website.

Applications for the Class of 2021 are due Thursday, January 19! The High School Placement Test will take place at CB on Saturday, January 21.



# Enter to Learn, Leave to Serve

## Freshman Service-Learning

We continue our Religious Studies Service-Learning activity in partnership with the Sacramento Food Bank and Family Services during October. This month, Mr. Thomas Guro's classes will participate on October 5 & 6 and Mr. McIntosh's class will participate on October 11.



## Social Justice Week- October 17 - 21

This year's Social Justice theme is Restorative Justice and the Juvenile Justice System. Our CB all-school assembly is at 9:45 a.m. on October 20. Our guest speakers are from the District Attorney's Office and will address Juvenile Justice Advocacy as well as Victims Rights Advocacy.

## Ven-a-Ver: Los Angeles- October 16 - 22

The following students will be participating in the Ven-a-Ver trip to Los Angeles: Ahlayjah Dahl, Rachel Li, Emma Mathison, Matthew Miles, Camilla Patterson, Mark Powers, Stephen Smith, Aidan Smith-Fagan, Katherine Stiplosek and Jesse Yearwood; Adults: Ms. Cheryl Flaherty & Ms. Amy Neff. Please keep them all in your prayers.

## Breast Cancer Awareness Drive- Oct. 4 - 7

The Interact Club will hold their annual Breast Cancer Awareness Ribbon Drive during the first week of October. Club members will have an informational table and ribbons out during break and both lunches. For further information, please contact Ms. Thayer at [cthayer@cbhs-sacramento.org](mailto:cthayer@cbhs-sacramento.org).

## Prayer & Worship

- **School Wide Prayer Service:** Please join us on Thursday, October 6 at 9:45 a.m. for a prayer service celebrating diversity and peace!
- **Morning Mass:** All parents, student, and staff are invited to celebrate mass every Wednesday and Thursday morning at 7:00 a.m. in the Chapel with Fr. Murin.
- **November 1 is a Holy day of Obligation (opportunity)!** We will celebrate All Saints Day with an all-school mass. At this celebration, we will also remember loved ones who have died. All students, families, staff, and alumni are invited to submit photos of loved ones who have died. Please email photos to Jennifer Yearwood ([jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org)) in jpg. format no later than October 19.

## Retreats

- The Frosh All-Class Retreat was held on Friday, September 16! Thank you to the Class of 2020 for a great day and to the Senior Retreat Leadership Team for helping to lead this retreat!
- **Junior Overnight-** All Juniors are invited to attend one of four overnight retreats being offered this year. The Junior Overnight retreat is a wonderful stepping stone to the Senior Kairos Retreat. Students leave after school on a Monday and are back on campus by the end of the school day on Tuesday. Fees include retreat materials, lodging, meals, transportation and snacks. All registrations for Junior Overnight retreats must be completed by November 1. **Dates for Junior Overnight Retreats:** November 28-29, January 30-31, February 27-28, April 3-4. [Registrations and fee payments are made on the CB website.](#)
- **SENIOR KAIROS-** All Seniors are encouraged to attend one of the remaining three Kairos retreats for this school year. Kairos has been regularly described as one of the most significant parts of not only Senior year, but of the overall CB experience, by those who have attended. Please don't miss out on this opportunity. Space is limited for each retreat so [please sign up early online!](#) **All Kairos registrations must be completed by November 1!**



## STUDENT ACTIVITIES

# Homecoming Week: October 23 - 29

Student Council has set the theme of this year's Homecoming Week as "Home Sweet Homecoming." Each day we will have a special spirit day where students may dress to the theme. Jeans may be worn if students are dressing to the daily theme.

### Monday - "Motherland":

Wear the colors of the flag of your origin.



### Tuesday - "Land of the Free":

Wear items representing the U.S.A.

### Wednesday - "California Dreamin'":

Wear something specific to California.



### Thursday - "Sacramento Proud":

Wear items particular to Sacramento.

### Friday - "Brotherly Blue":

Blue Out Day to show CB pride!



## Homecoming Football

The Lady Falcons are pumped up for our annual Powder Puff games. The Championship game will be held during lunch on Thursday, October 27. "Work Hard, Play Hard, Fight On!"

Our Homecoming varsity football game against Casa Roble is on Friday, October 28. Watch the Homecoming Parade and crowning of the 2016-2017 King and Queen of CBHS at half-time.

## Celebrate!

**Student Council is holding its annual Homecoming Dance on Saturday, October 29.** DJ Hightop from San Francisco will provide the music. The royal court will be announced and bring us home with their dance moves. The CBHS Homecoming Dance is a semi-formal dance with a dance dress code to encourage students to make appropriate choices and represent themselves well. We ask all students and parents to support and follow the dance dress code located [on the CB website](#). Tickets will be available online the week of October 10 and for sale at the SAC window October 24-28.

**Students inviting a date from a school other than one of the three local Catholic high schools MUST fill out and submit a guest pass for approval by October 21.** [Guest passes can be found online](#) and in the LSLO. Do not purchase tickets until your guest pass is approved by the Deans or Mrs. Vanenburg.

**And ladies, if you want to be sure your dress is appropriate for a CB dance, remember to send a picture of your dress for pre-approval to Mrs. Powers at [cpowers@cbhs-sacramento.org](mailto:cpowers@cbhs-sacramento.org).**

## ATHLETICS

Homecoming football games vs. Casa Roble will take place on Friday, October 28, with JV at 5:00 p.m. and Varsity at 7:00 p.m. @ Hughes Stadium. Please make sure to wear your class spirit shirt to the game and represent that great CB pride!

### Upcoming Events

Come out and support our senior fall athletes at the following senior night games or matches:

- Water Polo vs. Casa Roble – October 13 at 4:00 p.m. & 5:00 p.m., Sacramento City College.
- Women's Golf vs. Vista del Lago – October 6 at 3:00 p.m., Bartley Cavanaugh.
- Tennis vs. El Camino – October 20 at 3:00 p.m., Laguna Racquet Club.
- Football vs. Vista del Lago – November 4 at 7:00 p.m., Hughes Stadium.
- Volleyball vs. Rio Americano – October 25 at 6:15 p.m., Ron Limeberger '53 Gymnasium.
- Cross Country will honor their seniors at their end-of-season banquet.

### Announcements

- The Athletic Department is seeking parents and athletes to help volunteer at the **Christian Brothers Coaches and Officials Hall of Fame Dinner** on Saturday, October 15 at 5:00 p.m. Please contact Gloria Bauer if you are interested in helping out ([gbauer@cbhs-sacramento.org](mailto:gbauer@cbhs-sacramento.org) or (916) 733-3610).



FALCON FAMILY FACES





**Fall is always a busy season in the Counseling Department!**



In the past six weeks we've held our annual "College Night for Seniors and Parents" and "Frosh Parents Counseling Night" events, hosted 110 college reps and over 1,000 students and parents for a college fair, coordinated "Testing Day" for our freshmen, sophomore and junior students, hosted the most recent ACT and SAT exams and conducted numerous staffing meetings with students, parents and teachers. We are also in the midst of a very busy college application period with our seniors. Our staff continues to provide personal and academic counseling, along with extensive college planning performed by Ms. Melissa McClellan, Director of College Counseling, and Mr. John Riley-Portal, Class of 2017 Counselor.

**2016 ADVANCED PLACEMENT TESTS**

As you may know, Christian Brothers provides one of the most comprehensive programs of Advanced Placement course offerings in the region. We currently offer fifteen Advanced Placement courses and have about 500 AP exams scheduled to be taken by our students in May. We are very pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2016 exam results.

**AP Scholar** [granted to students who receive scores of 3 or higher on three or more AP Exams on full-year courses (or the equivalent)]:

- Valente Araiza '16
- Makenna Chapman '17
- Brandon D'Cruz '16
- McKenna Decker '16
- Natalie Flynn '16
- Jaela Harding '17
- John Jedryzski '16
- Jessica Kever '17
- Peter Levis '17
- Madeleine Mason '16
- Maci Meyer '16
- Erika Robles '16
- Elizabeth Sparks '17
- Jeremy Wackman '16
- Samuel Woolledge '16

- Marcela Bandala '16
- Samuel Clark '17
- Harrison Daly '17
- Jane Ferguson '16
- Kirsten Gruber '16
- Conor Hassett '16
- Chaila Johnson '16
- Brittany Leek '16
- Casey Loftus '17
- Daniel McCarthy '16
- Taylor Morris '16
- Emily Simi '16
- Reagan Tweedy '16
- Wei Wang '16

**AP Scholar With Honor** [granted to students who receive an average score of at least 3.25 on all AP exams taken, and scores of 3 or higher on four or more of these exams on full-year courses (or the equivalent)]:

- Irianna Agnew '17
- Matthew Bell '17
- Benjamin Brouwer '16
- Marley Downey '17
- Austin Greiner '16
- Lindsay Hewitt '17
- Joseph Nazareno '17
- Benjamin Slakey '17
- Max Verspieren '17

- Michael Angeles '17
- Erica Bolen '16
- Jonathan Claridad '17
- James Ghilardi '17
- Maliah Haroldson '16
- Rebecca Mazur '17
- Matthew Signorotti '17
- Ceyenna Tillman '17
- Eleanor Weber '16

**AP Scholar with Distinction** [granted to students who receive an average score of at least 3.5 on all AP exams taken, and scores of 3 or higher on five or more of these exams on full-year courses (or the equivalent)]:

- Henry Agnew '16
- Adriana Alvarado '16
- Sophia Bell '16
- Colin Campbell '16
- Mary Hallsten '16
- Aidan Hunter '16
- William Legrand '16
- Christopher Martin '16
- Maria Pearson '16
- Michael Sparks '16
- Natalie Tobin '16
- Nicolette Washburn '16
- Bridget White '17
- Skyler Zapata '17

- Mary Jo Ajiduah '17
- Isabella Bagatelos '16
- Joshua Brouwer '16
- Giselle Cantiller '16
- Seamus Hudnut '16
- Anysia Lee '16
- Elmer Lizarde '16
- Thomas Payne '16
- Steven Schneider '16
- Mackenzie Starnes '16
- Andrew Warner '16
- Ayana Watkins '17
- Adam Wong '17

**National AP Scholar** [granted to students in the United States who receive an average score of at least 4 on all AP Exams taken, and scores of 4 or higher on eight or more of these exams]:

- Henry Agnew '16
- Christopher Martin '16

- Anysia Lee '16

**CONGRATULATIONS TO THESE CURRENT AND FORMER STUDENTS!**



# Enter to Learn, Leave to Serve

## Yes We Can! Canned Food Drive

The Thanksgiving Yes We Can! food drive begins Tuesday, November 1 and ends Thursday, November 17. Donated boxed and canned food items will be taken to our partners at Williams Memorial Parish in Oak Park to be distributed to local families in need. Last year, our students donated 2,000 items of boxed and canned foods to accompany the parish-donated turkeys and ham. Pastor Larry Meeks, the parish minister, has challenged the Christian Brothers community to increase our donations by 20%. The need in Oak Park is great!

This year the frosh, soph, junior and senior classes will once again compete against each other to see who brings in the most food donations. Please drop all donated foods to these classrooms:

- Freshmen:** Mr. Caselli's classroom (room 707)
- Sophomores:** Ms. Fernandez's classroom (room 703)
- Juniors:** Ms. Williams in the Learning Commons
- Seniors:** Mr. English's classroom (room 402)

The winning class will be given a shooting star trophy engraved with their graduating class year. Last year the seniors won over the freshmen by a slight margin. Let's get this friendly competition started and help our Oak Park community have a wonderful Thanksgiving!

**ITEMS NEEDED:**  
Boxed dressing, stuffing, gravy mix, canned fruit, candied yams, canned vegetables of any type, canned pureed pumpkin pie filling, boxed jello and pudding mixes. Please make sure every item is canned or boxed and not expired.



## VENAVER LOS ANGELES

Ten student participants recently returned from their service immersion in Los Angeles, California. Here are what a couple of students had to say:

Camilla Patterson '18 on serving the poor at Midnight Mission on Skid Row: "I learned that everyone has their struggles and what defines us is how so many of those we served come back from their struggles. God has made an impact in their lives. So many had deep faith in God."

Steven Smith '18 on Homeboy/Homegirl Industries: "Second chances. Homeboy Industries gives those who have served time in prison or who have been in the gangs a second chance. It's a great service."

Matthew Miles '18 on the impact of the immersion: "I realized how much I love to help and to do service. I didn't think about it so much before but I love to help and want to continue to serve."



## SCHOOL SCHEDULE REMINDER

Be sure to keep track of start times and school closure days in November:

- Thursday, November 3- 9:00 a.m. start
- Wednesday, November 9- 9:00 a.m. start
- Friday, November 11- No School
- Thursday, November 17- 9:00 a.m. start
- November 23-25- No School

## Homecoming Royalty

Christian Brother students celebrated "Home Sweet Homecoming" the last week of October with spirit days, football games and crowning of our homecoming royalty.

### Class of 2020

Princess & Prince: **Mikaela Dacanay** and **David Pearson**

### Class of 2019

Princess & Prince: **Dior Dupavillon** and **Jacomo Latino**

### Class of 2018

Princess & Prince: **Paulina Crum** and **Jacob Cherry**

### Class of 2017

Princesses: **Alexandria Cerezo** and **Julia Rinaldo**

Princes: **Taquizz McAvoy-Jensen**, **Patrick Barnes** and **Sam Dixon**

**The 2017 Homecoming Queen and King: Amanda McAdam & Marcus Cepeda**



## Blood Drive

Our fall blood drive takes place on November 4 in the Ron Limeberger '53 Gymnasium. Students must be in good health and at least 16 years old to participate. Sixteen and seventeen year old students must have parental consent. All students must have their photo ID. Students donating blood are advised to eat breakfast and lunch (if they donate after lunch) and drink plenty of fluids prior to donating.

**Student Council wishes you a wonderful and blessed Thanksgiving!**

For more information on the events in November, please follow the daily bulletin and check on the school calendar located on the CB website.

### Congrats to our Cal-Scholar Athlete Awardees!

Athletes who are members of a CAL 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 have a cumulative 3.5 (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. The following athletes are being recognized as CAL scholar athletes for the fall season:

**Cross Country:** Joseph Archer '18, Samuel Copley '19, Aileen Fortin '19, Alberto Mujica '19, Julia Padilla '18, Amelia Poroli '18, Bridget White '17, Patrick Wiseman '18, Will Yuponce '17

**Football:** Patrick Barnes '17, Mitchell Berger '18, Matthew DeSimone '17, Jeremy Fernandez '18, James Ghilardi '17, Michael Grandstaff Jr. '18, Christopher Milton '17, Christian Montanez '17, John O'Hearn '18, Trey Price '18, Jake Regino '18, Daniel Simoes '18, Tyler Vander Waal '17, Spencer Webb '18

**Women's Golf:** Karina Brouwer '19, Beah Cruz '17, Sarah Donovan '18, Cianna Hamilton '18, Morgan Jones '18, Melissa Konig '18, Shatara Mouton '18, Elizabeth Sperring '18

**Women's Tennis:** Gabrielle Downey '19, Sophia Graham '17, Karly Kiefer '18, Natalia Kimmelshue '19, Remington Kirrene '17, Bailey Leek '18, Amanda McAdam '17, Julia Rinaldo '17, Emma Tillman '17

**Women's Volleyball:** Paloma Bowman '17, Erin Clark '17, Amelia Conaghan '18, Catherine Cordano '19, Aeron Davies '18, Marley Downey '17, Mackenzie Lusich '17, Ceyenna Tillman '17, Madeline Yeager '18

**Men's Water Polo:** Zachary Byrne '18, Hongyou (Andy) Chen '18, Owen Clark '19, Nicholas Cunningham '17, Mark Powers '18, Richard Robak III '17, Nicholas Smith '18, Stephen Smith '18, Max Verspieren '17

**Women's Water Polo:** Olivia Busch '18, Julia Dudensing '18, Makena Haroldson '17, Rachel Li '18, Kalani Mark '17, Sierra Martin '18, Madeline Mercer '18

[To view a full list of sports teams and student-athletes receiving academic recognition for the fall season, please visit www.cbathletics.org.](http://www.cbathletics.org)

### Announcements

- **Winter sports and tryouts begin Monday, November 7.** All prospective athletes must have completed the online Appryse medical form system and have an updated physical before attending any practices or tryouts.
- **Wednesday, November 2 is the annual "Getting Noticed Getting In" presentation** on college athletics and the recruiting process. The presentation begins at 6:00 p.m. in the George Cunningham '40 Performing Arts Center.

**“A creative person is motivated by the desire to achieve, not by the desire to beat others.” -Ayn Rand**

The motivation to achieve something new is the heart of the creative process. Our only competition is with ourselves. When the ideas come to us, often in the most unusual ways or in the strangest places, the artist seeks to take their imagination and make a song, deliver a line, paint a landscape, use a camera angle or hit a note in just a way that makes it original and unique. Even if their source is retro and they dip into the past for their inspiration, the creation will have a freshness and reflect their achievement. We are blessed in the art department to make stuff every day and with the most creative people on the planet: teenagers. Come join us and be a part of this amazing process.

**In November, it starts with our fun filled FOTA meeting on Thursday, November 3 in room 305 at 6:30 p.m.** Members of FOTA are the backbone of the arts at CB. All members get to enjoy the FOTA Family Pass: four free tickets to any art event on campus.

**The Fall play, “The Royal Family,” opens on Friday, November 11 at 7:00 p.m. in the George Cunningham ‘40 Performance Arts Center.** The play will run on November 11, 12, and 13. It picks up again on the following weekend, November 18 and 19, closing on November 20. The play is about the famous acting Barrymore family; Ethel and her brother John Barrymore. Ethel is professional, dignified, and cares deeply

about her family’s legacy. John, on the other hand, is none of those things. It was written by one of the great wits of the 20th century, George S. Kaufman and Edna Ferber. It premiered on Broadway in 1927. The play has held up well over the years.

[Tickets and showtimes are available on the CB website.](#)

Our visual art students will be paying tribute to local artist, Patris. Patris has been a long-time resident of Oak Park. In addition to her beautiful paintings she is an activist for revitalizing the Oak Park community. Much of her work is plein air paintings of the Oak Park community. The show, which usually is held at the B Street Theater, may be held at Patris’s studio in Oak Park. More information to follow.

Much thanks to FOTA and Travis Maslen for another wonderful Jazz Desserts this past month. The music, confections and weather were perfect. Thank you!

God bless you and your family,

*Findlay McIntosh*

*Director of the Media, Visual, and Performing Arts*



VOCATIONS

**Mr. Michael Grow**

A native of Wisconsin and oldest of three brothers, Mike Grow was born to a family with strong Catholic roots. “We regularly attended mass growing up,” he said reflecting on his youth. Besides being a big brother, Mike does not describe himself as one who had a vocational calling early in life. Undecided on careers choices in high school, but having a passion for math and science, Mike began his college experience at the University of Notre Dame as an applied math major. His first vocational recollection is that he needed a path that was more hands-on, so he transferred to the engineering department after one quarter and graduated with a degree in mechanical engineering.

After graduation, Mike applied to several engineering firms but again was called towards more practical jobs, moving back to Wisconsin to work at a construction company. A year later Mike moved to Chicago to join some college friends and began tutoring students in math at North Lawndale College Preparatory, a charter school serving an under-resourced neighborhood. Tutoring led to teaching two classes at the

school, which led to a full-time teaching position and now a vocation in education.

Mike met his future wife and California native, Laura, in the Windy City. She soon left Chicago to pursue an MBA from UC Davis. After a year of long-distance courtship, Mike made the move to the left coast to join her. With Laura working for Intel in Folsom, Mike looked to his Catholic education roots for a teaching job and was thrilled to join the CB staff.

Today you’ll find him teaching a full load of math courses and coaching boys’ water polo. When asked about his years here at CB, Mike said, “I love it because the students are great, supportive and positive. The atmosphere here is focused on learning.”



FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF CAMPUS MINISTRY

### DEAR CB FAMILIES:

As the holiday season begins to kick into full gear, I am challenged to take pause and reflect on the gift of Advent, meaning "coming" or "arrival" in Latin. For Christians, Advent is the four-week period of preparation before Christmas. So often we tend to want to jump ahead to the celebration of Christmas, rather than simply being present in the season of Advent. Advent invites us to slow down, reflect, quiet ourselves and to patiently wait. All of these things, it would seem, stand in direct opposition to the world in which we live. As we begin this Advent season, I'd like to invite all of you to join me in considering two important elements of Advent--waiting and preparing.

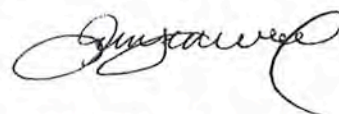
Let's start with waiting.....we all do it but few of us do it well and without angst. Waiting well is a lost art in the fast-paced, instantaneous lifestyle we are so accustomed to. Having to wait in the line at the supermarket, for a file to download, or for a red light to change can all be sources of major irritation. By and large, we do not like to wait. Of course, there are some things we must wait for that are beyond our control. In our own Christian Brothers community, we have those who wait for the arrival of a new baby, who wait for a medical diagnosis, who have applied to college and now must await decisions. All of us must wait, but we all have the ability to choose whether we will wait in hope or in dread and frustration. Perhaps the season of Advent is inviting us to find blessing in the waiting.

This brings us to the second primary element of Advent-preparing. At this time of year we busy ourselves with making preparations for our Christmas celebrations. We prepare travel itineraries and reservations, lists for finding that perfect gift, homes with Christmas decorations and favorite holiday dishes and desserts to share. These preparations are important and good, but Advent calls us to focus on another equally important and necessary preparation- the preparation of our hearts. Advent allows

us time to pray and reflect on the place we are preparing for the Christ child to once again enter our lives. We are invited to journey with Mary as she prepares to birth the greatest gift of the season, Jesus. We are invited to journey with Joseph as he prepares to accept God's will for his life. We are invited to journey with the magi who followed the star to the humble stable where the real journey of faith begins.

The journey we are called to is not a hurried journey, meant for us to merely "make it through" until next time. It is, instead, an intentional journey, made step by step, drawing ever closer to a personal encounter with Christ. My prayer for us all is that Advent will not be lost for us in the rush to bring on Christmas. Somewhere in the midst of the mad shopping rushes, bright flickering lights and Santa sightings, may we find moments to pause, to breathe, to prepare, to wait... and to remember the real reason for the season. May your Advent time of waiting and preparing be rooted in hope and may your Christmas season be filled with blessings of peace and love!

*Sincerely,*



*Jennifer Yearwood*  
Director of Campus Ministry

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**Winter is here! It's time to break down the basics of the tests students may need to take as they consider their college options.**

Most four-year colleges and universities require a college entrance test score as part of the application process. The two national tests are the **ACT (American College Test)** and the **SAT (Scholastic Aptitude Test)**, given by the CollegeBoard. All colleges and universities will accept either score. Both tests are offered at local high schools six to seven times throughout the year. Christian Brothers is a test center for both the ACT and SAT – we administer both exams on dates in the fall and spring. We also offer an on-campus SAT prep class and have recently added an on-campus ACT Boot Camp. Research nationally (and with our own students) indicates students often perform differently on the ACT and SAT. Below are some basic facts about each test:

### ACT (AMERICAN COLLEGE TEST)

- Has four content areas – English, Math, Reading and Science Reasoning.
- Measures academic achievement in the four areas and contains analytical and problem-solving exercises related to what has been learned in the classroom.
- Offers an optional Writing Section, which must be taken if applying to the University of California (UC) system.

### SAT (SCHOLASTIC APTITUDE TEST)

- A new format of this test was rolled out in March 2016.
- Tests Reading & Writing, as well as Mathematics.
- Has an optional written essay (which we recommend).
- Focuses on problem-solving, data-analysis, evidence-based Reading & Writing, writing and analyzing Literature, Social Studies and Science passages.
- Some parts of the math test eliminate the use of calculators.

### SAT SUBJECT TESTS

- Subject area tests are recommend or required by UC and a few selective colleges (it will depend on the schools and the major areas of study; check each school's website).
- Should be taken by the fall of senior year, but can be taken after sophomore or junior year in May or June, following the completion of the last course in that subject or after an AP course is completed.



Though the trend seems to be to take college entrance exams earlier and earlier in a student's high school career, we do not see any significant benefit to this for most students. There is never a penalty for taking a test early or for taking a test more than once. Colleges will see every SAT score (unless a student chooses SAT score choice, which we do not recommend), but they always take the highest score. The UC system takes the best score from one sitting. Many private colleges and all CSU schools will take a student's highest score from each section during different sittings and combine them into the highest possible score (called the "super-score"). **Since colleges will accept either the SAT or ACT and take the highest score, we recommend that students consider taking both tests at least once.**

Registration for the ACT is done on the ACT website ([www.actstudent.org](http://www.actstudent.org)).

Registration for the SAT is done on the SAT website ([www.collegeboard.com](http://www.collegeboard.com)). **KHAN ACADEMY** has made an agreement with CollegeBoard to do free online test prep for the SAT. You may view details of that program at the website listed above.

### TESTING DAY RESULTS FOR JUNIORS, SOPHOMORES AND FRESHMEN:

Counselors will be returning score reports from the SAT and ACT practice tests that were taken on October 19. We will let parents know when that process begins.

### CHRISTIAN BROTHERS SAT PREP CLASS FOR JUNIORS:

CB is once again offering an SAT Prep course for Class of 2018 students planning to take the SAT on March 11 or May 6, 2017. The class will be taught by our own Math and English teachers and will be held from 9:00 a.m. to 1:00 p.m. on four Saturdays (February 4, 18, 25 and March 4). Look for specific information on how to register in early 2017 on the CB website.

### THERE ARE MANY OTHER OPTIONS FOR ACT AND SAT PREP:

Check with Ms. Melissa McClellan, Director of College Counseling, if you have any questions or seek guidance on the many options that are available. She may be reached at (916) 733-3679 or [mmccllellan@cbhs-sacramento.org](mailto:mmccllellan@cbhs-sacramento.org).

### Retreats

**Registration for Junior Overnight and Senior Kairos retreats is now complete!** If for some reason you did not register for a Junior Overnight or a Kairos retreat, please contact Ms. Yearwood immediately via email with your inquiries. Information about the retreats, as well as links to register, are on the [Campus Ministry page](#).

**On Friday, January 13, the Class of 2019 will gather for a mandatory day of retreat.** The retreat will be held at the [CSUS Alumni Center](#) from 8:30 a.m. to 2:30 p.m. **Students should be dropped off and picked up from the Alumni Center.** Please do not drop them off at Christian Brothers, as there will be no transportation to the retreat site. The theme of the retreat will focus on "Values and Choices" and further developing class unity. *Sophomores are asked to bring a lunch (nothing that requires microwaving) and to wear their yellow class spirit shirt.* Our day will be facilitated by Ms. Yearwood and the Senior Retreat Leadership Team. If you have questions, please contact Ms. Yearwood at [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).



### Prayer & Worship

Please join us for our **celebration of the Immaculate Conception on Thursday, December 8 at 9:45 a.m. in the Ron Limeberger '53 Gymnasium.** Did you know that this holy day is often subject to a great deal of "misconception"? Often worshippers think that this Holy Day is all about Jesus and his miraculous conception. Actually, the feast is all about Mary and her being conceived full of grace, holiness and purity. Please join us for this holy day of obligation opportunity in honor of Mary, Mother of God.

### Campus Ministry Volunteer Opportunity

The Diocesan Confirmation Conference, "Fired Up," will be held at Christian Brothers High School on Saturday March 4 and Sunday, March 5, 2017. We are forming a student leadership team to help with this important event. **If you are interested in volunteering or would like more information, please contact Ms. Yearwood by Thursday, December 15.**

## Enter to Learn, Leave to Serve

Thanks to all of you who participated in the Yes We Can! Thanksgiving food drive. We donated a little over 4,000 boxed and canned food items to Williams Memorial Parish. Parish secretary, Tiny Nash, stated that they were "blessed with abundance" this year and "truly grateful" to the CB community and our partnership. The seniors won the canned food competition by bringing in over 1,000 cans! The trophy is once again theirs.



### Advent Almsgiving

This year we are in need of new toys for first and second graders for our Lasallian Youth Christmas Party at Oakridge Elementary School. **We need gifts for ten boys and ten girls in the first grade and eight boys and eleven girls in the second grade.** Our goal is to give each student two gifts. For any questions, contact Ms. Amy Neff at [aneff@cbhs-sacramento.org](mailto:aneff@cbhs-sacramento.org) or Jennifer Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).



### Service Hours

Just a reminder to make sure all service hours are verified online by a supervisor with their email address included. [Log on to Family Connection and then click on the x2vol tab to begin online submission of service hours.](#) For any questions about service, please contact Jennifer Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).



## It's Christmas Time at CB!

To get into the Christmas spirit, Student Council will once again offer a Spirit Day, which means pictures with Santa and hot cocoa at break. This warm, toasty and festive day takes place on Friday, December 9. Students are encouraged to wear green and/or red colors and Christmas hats, AND if they are very brave – ugly Christmas sweaters. And of course, jeans may be worn if in spirit wear.



## Magazine Fundraiser Replaced with Falcon Run

Student Council would like to thank everyone who participated in our Falcon 5K Fun Run last spring. The proceeds are allocated to many student groups on campus, from clubs to visual and performing arts to athletics. ASB has completed the allocation of funds available. Again, thank you for supporting the students here at CB. **Please consider supporting our students at our next Fun Run, which will be held in William Land Park on Saturday.**

**CBHS**   
**FALCON 5K FUN RUN**

**Merry Christmas and Happy New Year from Student Council!**

Merry  
Christmas

## Winter Sports Update

Basketball games began on Monday, November 28 at Oakridge High School. Women's soccer began their season at Hughes Stadium on November 29. The men's soccer team will play their first home game at 7:00 p.m. on Tuesday, December 13 at Hughes Stadium.

### A Banner Season for CB Fall Sports

Please join the entire CB community as we celebrate the accomplishments and support the success of our fall sports teams as they advanced to end-of-season competition and playoffs!

- Kudos to our varsity football team, the 2016 Capital Athletic League champions, earning them not just the coveted league title, but a number three seed in the Division III playoffs. [The team competes against No. 1 Oakdale in the section championship game at 7:00 p.m. on Friday, December 2 at Lincoln High School in Stockton.](#)



- Congratulations to our cross country team who won a Division IV section championship at Willow Hills Reservoir on Saturday, November 12. The men's varsity cross country team took 16th at the state cross country championship at Woodward Regional Park on November 26.

- Congratulations to our men's varsity water polo team who won a Division III section championship on Saturday, November 12 against Sonora, the number one seed, at Woodcreek High School.

- Beah Cruz '17 traveled to Los Angeles on Tuesday, November 15 to compete in the 2016 CIF State Girls' Golf Championship. The Christian Brothers community is excited for her and proud of her accomplishments this year.



- Congratulations to our women's varsity volleyball team for winning a section championship and being ranked as the eighth school in Northern California for all divisions.



## MEDIA VISUAL AND PERFORMING ARTS

**"The angel said to them, 'Do not be afraid; for behold, I proclaim to you good news. For today in the city of David, a savior has been born for you who is Messiah and Lord.'"- Luke 2:10**

For many, their annual crowning artistic achievement is the decoration of the family Christmas tree. Lights are strung and ornaments made by children in the first grade are carefully placed in just the right spot. Not many people know the religious origins of this tradition. The Christmas tree represents the tree of knowledge of good and evil from the garden of Eden, and the fall of humanity. The birth of Jesus is our hope that despite our flawed nature we are given the gift of salvation; our Father continues to love us and provide for our needs. It is appropriate that gifts we don't entirely deserve should be placed under the tree that represents our sinful nature. For Christians, the birth of Jesus means that God has come to redeem us from the sins made in the garden of Eden. It is time to rejoice.

### **Come join us for these MVPA events in December:**

- FOTA will meet on Thursday, December 1, at 6:30 p.m. in room 305. Come and join this dynamic group of parents. All FOTA member get four free tickets to all art events on campus
- The [Instrumental Christmas Concert](#) will be played in the George Cunningham '40 Performance Art Center on Friday, December 2 at 7:00 p.m.

## VOCATIONS

### **Carla Albright '04**

For many, finding one's vocation is a life-long journey. Watching role models like her grandparents, both teachers, allowed Carla Albright '04 to discover her passion for teaching as a child.

While attending Christian Brothers as a student, she found inspiration in some of her own teachers: Mrs. Makol, Mr. Donch and Mr. McClure. Whether it was dancing around a room to teach literature, pushing a car to demonstrate a scientific law or maintaining a regimented classroom, each teacher had a unique teaching style. Yet all three made their passion for teaching and love for students known, providing inspiration for Carla. Her parents also had a huge impact on Carla's decision to teach. She recalls, "My mom never made math a scary subject. She probably tutored every child in the neighborhood in math, and so in my world women were great at math, and I could be too. My father knew the importance of a Lasallian education. When I was offered this position at CB, he was the first person I called because I knew he would understand how meaningful it was to be back 'home.'"

For Carla, vocation means happiness with a lifelong dedication to learning. She sees her vocation as having a dual purpose: as a math teacher and a role model, "I want to be that reason students

- Honors Chorale will perform at the Sacramento Cathedral Festival of Trees and Lights Auction on Saturday, December 3.

- The [Christmas Choral Concert](#) is on Saturday, December 10, with performances at 2:00 p.m. and 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Special guests include St. Patrick Academy Concert Choir and St. Francis Parish School Choir.

- Open Mic auditions will begin after school in the George Cunningham '40 Performance Arts Center on December 6 and 7. The Open Mic show will be held on Friday, December 16 at 7:00 p.m. One dollar admission for a most entertaining evening.

- The B Street Tribute Show will have an artist reception on Friday, December 9 from 5:00 p.m. to 6:30 p.m. Christian Brothers' visual art students pay tribute to local artist, Patris. Their work is for sale for \$60 (\$50 going to the artist and \$10 going to the B Street Children's Theatre program).

*Merry Christmas and a Happy New Year,*

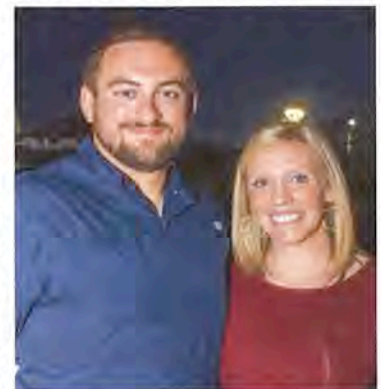
*Findlay McIntosh*

*Director of the Media Visual and Performing Arts*



enjoy school, even if some days it is because of my humor and not the information taught." However, she recognizes that fulfilling a vocation still requires continuous work and dedication to your craft, motivating her to always be a better teacher.

Carla hopes her students discover their vocations and sense of fulfillment like she has. For students in search of their calling, she recommends thinking of three to five adults they look up to in their life the most, and figure out why and what makes them such great role models. Is it their profession? Their attitude? Their dedication? She continues, "I have learned that the people I most looked up to (or still look up to) helped to create the pieces of the person I am today, or who I still strive to be in the future. Something worked because this is the happiest I have ever been."



## CB Wows European Visitors!

Our ISP program works with Educatius, a global student placement company, to connect with students from around the world. On November 14, European liaisons from nine countries visited Christian Brothers with their American guide from San Francisco. Our visitors arrived in time to see our students at sports practices all over campus, walk on the set of the "Royal Family" in the Thea Stidum Theatre, view various classrooms and converse with students as we toured the campus. We followed up with a Q&A session with members of the administration and teachers. We hope their visit to CB will continue to develop more global relationships for years to come.

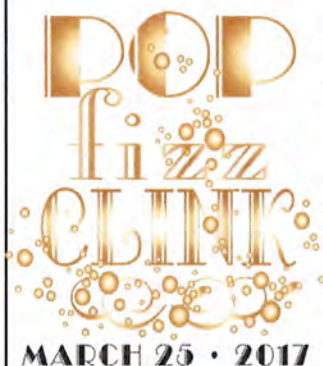


### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closures in December!

- Thursday, December 1- 9:00 a.m. start
- Thursday, December 8- 8:00 a.m. start
- Final Review and Exams Days (December 12-20)- 9:00 a.m. start
- Christmas Break- December 21 to January 4, Class resumes on Thursday, January 5 at 8:00 a.m.

### This year at the CB Auction...



Christian Brothers will celebrate the exuberant style, culture and jazz of this roaring decade at our annual auction on March 25, 2017.

Don't miss out on the 1920s fun where the Jack Witry Field House will become a silent auction Speakeasy, followed by a dinner soiree and live auction.

#### There are four ways you can help:

- **Volunteer** – All are welcome.
- **Sponsor and Donate** – [Our donor and sponsor forms can be found on the school website.](#)
- **Host** – a Gift Gathering or Theme Party.
- **Attend** – Save the date for March 25, 2017!

***In the season of giving, consider a tax-deductible sponsorship before you "clink" to 2017.***

Our parent committee, led by chairperson Anne Chapuis '83, is already at work planning a wonderful evening for all our guests, with the goal of raising \$300,000 for our students.



Find us on  
**Facebook**

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

**Please remember Christian Brothers High School in your end of year giving.**

**Your donation to the Parent Pledge Program and Auction benefit students now and those students who need financial help to attend CB.**

**You can make your gift online at**

[www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)



# ***FINALS ARE COMING!!!!***

**Final exams are coming up soon!** Finals Review/Exam week is **December 12-20**.

The following practices are in effect for review days:

1. No new major topics or units will be introduced and no assessments of any kind will be given.
2. Review days are scheduled to assist students with organizing and synthesizing the course material.
3. All classes will meet on review days.
4. The final examination will be comprehensive in nature for the semester.

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The **Parent/Student Handbook** on page 12 states the following:  
**'FINAL EXAMS:** All students are required to take comprehensive final exams during the designated final examination period. Students who are unable to take a final exam will receive an "Incomplete" for their final grade and will need to make up their final exam on a later date to be determined by the Assistant Principal. Upon correction of the final exam, the final grade will be entered into the student's transcript.' For the 2016-17 first semester finals, students will need to make up their final exam(s) **on January 5 and 6, 2017** after school.
3. Students who are absent for **one** final during finals week may make up that exam after A set on Tuesday, December 20.

## **FALL SEMESTER EXAMINATION/REVIEW SCHEDULE**

<b>TIME</b>	<b>Monday 12/12</b>	<b>Tuesday 12/13</b>	<b>Wednesday 12/14</b>	<b>Thursday 12/15</b>	<b>Friday 12/16</b>
9:00 a.m. – 10:30 a.m.	B Set Review	<b>B Set Final</b>	D Set Review	<b>D Set Final</b>	F Set Review
10:30 a.m.– 10:35 a.m.	Announcements	BREAK	Announcements	BREAK	Announcements
10:35 a.m.– 10:50 a.m.	BREAK	BREAK	BREAK	BREAK	BREAK
10:55 a.m.– 12:25 p.m.	C Set Review	<b>C Set Final</b>	E Set Review	<b>E Set Final</b>	G Set Review
12:25 p.m.- 12:55 p.m.					LUNCH
1:00 p.m. – 2:30 p.m.					A Set Review

<b>TIME</b>	<b>Monday 12/19</b>	<b>Tuesday 12/20</b>
9:00 a.m. – 10:30 a.m.	<b>F Set Final</b>	<b>A Set Final</b>
10:30 a.m. – 10:50 a.m.	BREAK	
10:55 a.m. – 12:25 p.m.	<b>G Set Final</b>	

FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

### DEAR CB FAMILIES:

Happy New Year! I pray you all enjoyed a restful and blessed Christmas break. Though not entirely restful, my family and I returned to Missouri where we celebrated the holidays with family and friends. As we boarded the plane to return to Sacramento, I was struck by the feeling that I was ready to be "home." In just these past six months, I have come to know and love the CB community. All of you have truly welcomed my wife Kelly, our daughters and me as members of this incredible "family." I am proud and humbled to be the 47th principal of Christian Brothers High School-*the place to be.*

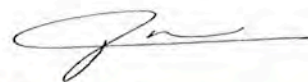
The fall semester was certainly one for the record books! We hosted our largest-ever Open House and have already welcomed more than 800 eighth graders for shadow day visits. Our student-athletes brought home three Capital Athletic League titles and four CIF Sac-Joaquin Section championship banners. Christian Service is thriving. Students, faculty and staff donated 4,000 food items to our neighbors at Williams Memorial Church who provide Thanksgiving meals to Oak Park residents in need. CB's vibrant arts program is flourishing. Student-artists brought an impressive production of "The Royal Family" to the stage, a festive instrumental Christmas concert and a sold-out choral production to the George Cunningham '40 Performing Arts Center. Media arts is on full display as this year's newly launched Sports Broadcasting class allows fans to watch home games from the comfort of their homes and mobile devices. Academics are strong and members of our senior class are beginning to hear from their dream schools, including two of our young women who have been offered early admission to Harvard!

Every day I walk around campus and witness amazing acts of kindness, caring, loving of neighbor and social justice that are preached daily by our amazing faculty and staff. Our teachers and staff truly love young people and have dedicated their lives to making a difference. They believe in the mission of the school and of our founder, living it every day.

CB has known for years that people don't buy "what" we do, but "why" we do it. Our school attracts families driven by the same goals and ideals that CB has been living out for over 140 years. Faculty and staff are drawn to working here because they believe in the mission. We provide an outstanding education, a safe place for students, a space where students can practice their faith, a safe-haven where students can express their opinions and ideas, a home where everyone can get involved. All these things are the outstanding "what" factors we offer families, but it is the "why", the story of CB, that keeps families coming back. The principles of our founder, the "why", make us who we are.

This is an exciting time to be a Falcon. Over the past several years we have launched programs and initiatives that have helped us stand above the other high schools in Sacramento. I look forward to building on these programs and identifying new opportunities for learning that stimulate the mind and energize the spirit. Please pray for our students and staff as they begin this new semester and continue their journey to find their unique gifts and talents. We are committed, we are passionate, we are Falcons!

God Bless,



John O'Connor  
Principal

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## COUNSELING AND GUIDANCE

### Parents, if your student has Ds or Fs on their semester report card, PLEASE READ THIS!

As page 13 of the [Parent/Student Handbook](#) emphasizes, semester Ds and Fs are bad news! It is important for you and your student to understand that neither Ds nor Fs are acceptable. "F" grades must be repeated (or "validated" second semester in Math or Foreign Language classes with a "C" or better) to count toward graduation credits from Christian Brothers High School. "D" grades, though worth 5 credits toward graduation, must also be repeated (or "validated" second semester in Math and Foreign Language classes with a "C" or better) to meet requirements for four-year colleges and universities. **All California State University campuses, University of California campuses and most private institutions require a "C" or better in all core courses** (otherwise known as the a-g list of approved courses). If students have Ds on their transcript in any a-g courses and do not remediate them, they are **not eligible** to apply for admission to CSU and UC schools, and therefore are seriously limiting their choices for college.

If your child would like to keep his/her options open and remain eligible to apply to four-year colleges, the Counseling Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in a-g approved courses. **Students may enroll in a variety of classes during CBHS Summer School in 2017 to remediate a grade.** While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new credits and the new grade will be used when calculating the grade point average.

**Please contact your child's grade-level counselor if you have questions about remediating grades.** If you intend to register for summer school, dates and information will be made available online in early March on the CB website.

If you wish to view the approved a-g course list for Christian Brothers, [please see the Christian Brothers Course Catalog.](#)

### ATTENTION PARENTS OF JUNIOR STUDENTS:

"College Night for Juniors and Parents" will be held on **Wednesday, January 11 at 6:00 p.m. in the George Cunningham '40 Performing Arts Center.** Important information regarding the college planning process will be presented by Melissa McClellan, Director of College Counseling, and Blaire Moskat, Class of 2018 Counselor.



### STANDARDIZED TEST SCORES:

PSAT 8/9 (grade 9), PreACT (grade 10) and PSAT/NMSQT (grade 11) test results will be returned to students during classroom visits in January and February. Counselors will go over results with students by explaining and analyzing their scores. Until that time, scores may be viewed on [Family Connection](#). Counselors will also be assisting students with **pre-registration for classes in the 2017-18 school year.** Look for a mailing in early February regarding pre-registration.

### ON-CAMPUS SAT PREP:

An on-campus SAT prep course will be offered this spring to help juniors prepare for the exam. Our Saturday morning classes (9:00 a.m. to 1:00 p.m.), taught by Ms. Safford (Math) and Mr. Anderson (English), will begin on February 4, leading up to the March 11 SAT exam. [Registration information is available on the school website.](#)



### Sophomore Family Liturgy

**Sunday, January 8 at 9:30 a.m. in the George Cunningham '40 Performing Arts Center**

All Sophomore families are invited to join us for a special mass & light breakfast to follow at Christian Brothers.

**[Please RSVP here by Monday, January 2.](#)**

### Other Family Liturgy Dates for the Spring:

Junior Family Mass March 19 9:30 a.m.

Senior Family Mass April 30 9:30 a.m.

### Save the Date...

**Family Bunco Night** will be held on campus on **Thursday, April 27, from 6:00 p.m. to 8:30 p.m.** Please mark your calendar and plan to join us for a fun-filled evening! More info will be included in February's Falcon Family News.

## Blessings for the New Year!

Happy New Year and may you be blessed with God's abundant goodness as we journey into 2017! Here is a simple prayer for you as you begin the new year.... *Lord, At the beginning of this new year, I offer you my life. Come take my voice, may the words I speak be filled with encouragement and goodness. Come take my hands, may the work they create be generous and giving. Come take my feet, may the journeys I walk be led by your Spirit within. Come take my life Lord, for I love your goodness, your kindness and your leading. Amen.* May you and yours be filled with blessings of peace!  
-Jen Yearwood, Director of Campus Ministry

### Retreats

- Registrations for Junior Overnight and Senior Kairos retreats is now complete. Thank you to all those who registered for our overnight retreats! **There are a few spots available on the Junior retreat on April 3-4. Email Jen Yearwood to sign up.**
- **Sophomore All Class Retreat.... "Quest". On Friday, January 13, the Class of 2019 will come together to further build and strengthen class bonds and unity, and reflect on the very important theme of Values and Choices.** Retreatants will begin their day together at 8:30 a.m. at the [CSUS Alumni Center](#) (on the back side of the Sacramento State University Campus. Parents are responsible for bringing students to the retreat by 8:15 a.m. and picking them up from the retreat at 2:30 p.m. **There is no transportation from Christian Brothers to the retreat.** Students are to bring a lunch (non-microwaveable) and a drink. Students should wear dress code pants and their yellow class shirt. The retreat will be led by Ms. Yearwood and the members of the Senior Retreat Leadership Team (SRLT). An email with the retreat day information and directions to the retreat was sent out on December 19. If you did not receive this communication, please contact Ms. Yearwood.
- **The annual Parent-Teen Mini Retreat will be held on campus this year on Sunday, February 12, from 1:30 p.m. to 4:30 p.m.** Students from all classes (fresh-senior) are encouraged to attend with one or both parents. Please join us as we share time together, work to break down barriers and strengthen relationships. Our time will include fun, prayer, discussion and sharing. Please make plans to join us for this special time for family! [You must pre-register here no later than January 15.](#) There is \$10 fee per family for this event. Looking forward to sharing this time with you all!



## Enter to Learn, Leave to Serve

### Seniors

An early reminder, as graduation approaches in May please document and verify all service hours online by Tuesday, April 25, 2017. Service hours will be accepted only from the previous semester.

### Venaver

**Memphis participants:** There will be a mandatory parent-only meeting on Tuesday, January 10, 2017 in room 105 at 6:00 p.m. *Parents will need to bring two colored copies of their son or daughter's government issued CA I.D., driver's license, or passport.* Forms will need to be signed as well.

**Yakima participants:** There will be a mandatory parent-only meeting on Tuesday, January 17, 2017 in room 105 at 6:00 p.m. *Parents will need to bring two colored copies of their son or daughter's government issued CA I.D., driver's license, or passport.* Forms will need to be signed as well.

### Coat Drive

**Our annual coat drive takes place January 9-20. Please donate gently used or new mittens, jackets, or winter beanies in room 201.** For further information please see Mr. Havey.



**Thank you to all who donated to the Lasallian Youth Toy Drive for Oak Ridge Elementary School!**





## STUDENT ACTIVITIES

# Happy New Year! Student Council wishes you a fantastic 2017!

### Holy Court Rally

The Holy Court Rally will be held on Thursday, January 12 during Falcon Flex. Pump up the spirit for our basketball games against Jesuit on Saturday, January 14 in the Ron Limeberger '53 Gymnasium. School will be dismissed at 3:00 p.m.



### Blue Out Spirit Days

There are TWO Blue Out spirit days this month: Friday, January 13 and Thursday, January 26. Student are encouraged to wear a blue shirt with jeans or all blue attire in support of our Falcons as they take on Jesuit and St. Francis in the "holy" basketball games.



### Family Dance

The day we wait for all year – The CB Family Dance. Invite your family to the best dance of the school year on Saturday, January 21! Dress up in your costumes and groove to the music with your family and friends. This is a no stress, bond with the family night where everyone always has a great time. This event is sponsored by the Junior Class Council. [Tickets may be purchased online](#) now or at the SAC window beginning January 17.

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

### CB FAMILY DANCE



Saturday, January 21, 2017  
7:00 p.m. at Christian Brothers

Think back to your childhood dreams about what you wanted to be when you grew up (or would still like to be) and dress to the theme. It can be your dream come true for one night!

Costumes are encouraged, but not required. DJ Hightop will be spinning the dancing tunes for you all night long. Delicious desserts will also be served.

Tickets are \$30 per couple and \$10 for each additional family member. [Tickets may be purchased online here](#) or at the SAC Window beginning January 17.



### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in January!

- January 1- 4: Christmas Break
- Thursday, January 12- 9:00 a.m. Start
- Monday, January 16- School Closed
- Thursday, January 19- 9:00 a.m. Start
- Wednesday, January 25- 9:00 a.m. Start
- Friday, January 27- No Classes, Offices Open

**PRESENTING SPONSOR**

DR. AND MRS. RAVINDER KHAIRA  
Capital Pediatrics

Christian  
Brothers  
High  
School  
Auction



**MARCH 25 SATURDAY**  
**5:00 PM SPEAKEASY**  
JACK WITRY FIELD HOUSE  
Check In, Hosted Cocktails & Appetizers, Silent Auction

**7:00 PM DINNER SOIREE**  
RON LIMEBERGER '53 GYMNASIUM  
Golden Raffle, Dinner, Live Auction

**TICKET PRICES** ARE AS FOLLOWS  
Table of 10: \$950  
Tickets on or before February 25, 2017: \$105  
Per person after February 25, 2017: \$125

RSVP online [www.cbhs-sacramento.org/events](http://www.cbhs-sacramento.org/events)

**SPONSORSHIPS**

**\$5,000 DIAMOND SPONSOR**  
Table for 10 with preferred placement, full-page color auction catalog ad, 5 golden raffle tickets, and membership in the Ambassadors' Club

**\$2,500 GOLD SPONSOR**  
10 auction tickets, half-page ad in auction catalog, membership in the Ambassadors' Club

**\$1,000 SILVER SPONSOR**  
4 auction tickets, quarter-page ad in the auction catalog

**\$500 BRONZE SPONSOR**  
2 auction tickets, acknowledgement

Contact the auction committee at 916-733-3643  
All proceeds benefit the students and programs of Christian Brothers High School.

**"Holy" Basketball Games Ahead**

The Holy Court basketball games against Jesuit are scheduled for **Saturday, January 14** at **Christian Brothers High School**. Game times are 2:30 p.m. (F), 4:00 p.m. (JV) and 5:30 p.m. (V). Tickets are \$6 each plus a \$1 service charge. Tickets must be shown at the door for scanning. **A passcode and ticket sales link will be sent to CB families and staff in the Weekly Update email on Friday, January 6.**

Mark your calendars for Holy Hoops basketball games against **St. Francis**. Games will happen at St. Francis High School on Saturday, January 28. Game times are 2:00 p.m. (F), 3:30 p.m. (JV) and 5:00 p.m. (V). Ticket information will be posted in the Daily Bulletin.

**2016 CAL All-League Athletes**

**Cross Country - Men**

John Isaiah Jimenez '19

**Football**

Connor Capewell '17  
Anthony Davis '17  
Matt DeSimone '17  
Aarmon Euwing '17-  
*Defensive Player of the Year*  
Tyler Green '19  
Jamarri Jackson '17  
Bryan Lucas '17  
Matt Marengo '17  
Joe McCarley '17  
Jack O'Hearn '18  
Trey Price '18  
Jake Regino '18  
Daniel Simoes '18  
Tyler Vander Waal '17-  
*Offensive Player of the Year*  
Spencer Webb '18

**Women's Volleyball**

James Todd- *Coach of the Year*  
Paloma Bowman '17-  
*Most Valuable Player*  
Erin Chellini '17  
Erin Clark '17  
Ryann Thomison '17  
Ceyenna Tillman '17

**Men's Water Polo**

Nicholas Cunningham '17  
Luc Verspieren '19 Max  
Verspieren '17

**Women's Water Polo**

Kalani Mark '17  
Maddie Mercer '18  
Esperanza Razo '18

**Women's Golf**

Beah Cruz '17  
Sarah Donovan '18  
Courtney Krause '20  
Grace Paterson '20

**Women's Tennis**

Remington Kirrene '17  
Julia Rinaldo '17



## MEDIA VISUAL AND PERFORMING ARTS

**"For last year's words belong to last year's language  
And next year's words await another voice.  
And to make an end is to make a beginning."  
-T. S. Eliot**

Welcome to the new year and a new beginning. We face the new year with all the anticipation of the gift of time laid out before us, a gift to make of it what we will. **In 2017 we look forward to the spring musical, "Sweet Charity," the Self-Portrait Show at the Crocker Art Museum and Open Mic Nights.** The spring concert and La Salle Art Show will combine this year, and as always there will be music under the stars. The Paper Mill will conduct a workshop on paper-making in early spring for art students, KBFT will inform and entertain us with daily newscasts and the Empty Bowls Fundraiser will again raise funds to feed the poor in Sacramento with ceramic work by our students. These and other art events will unfold and reveal the special gift of 2017. Come join us and begin your new year with the best high school arts program in Sacramento.

As we anticipate our busy upcoming year, January is a time to prepare. **There will be no FOTA meeting this January; instead we will come together on February 2 at 6:30 p.m. in room 305.** All active members of FOTA receive a family pass, good for four free tickets to any art event on campus.

**On Friday January 6 at 2:00 p.m. in the George Cunningham '40 Performing Art Center, Jacob Montoya will bring his dance troupe to campus in a one-time performance for students and faculty.** Seating is limited; please [contact me](#) if you are interested in attending.

We wish you and your family all the best in the new year.

*God bless you,*

*Findlay McIntosh*

*Director of the Media Visual and Performing Arts*

## VOCATIONS

### A New Year's Vocations Reflection

In his Meditation 93.3 for the New Year, St. John Baptist de La Salle had the Brothers reflect, *"Do you instruct those for whom you are responsible with the attention and the zeal God asks of you in so holy a work? By your good conduct, be worthy of this distinguished role. Act in such a way that your life may begin today to be holy and edifying and continue to be such in the future."* Along with "faith," the other charism De La Salle bestowed upon the Brothers was "zeal." Zeal has synonyms such as passion and enthusiasm. De La Salle called the Brothers to have this driving zeal for their vocation as an instructor and in the community with their fellow teaching "brothers." In fulfilling their brotherly vocation, they would be fulfilling God's call for them to conduct "holy and edifying" lives.

Not only is this a great New Year's reminder from De La Salle to the Brothers, but for all of us in the Lasallian family. Whether it is our vocational job or our vocation as parents and students, we are all reminded to fulfill our vocational roles in life with zeal. May the zeal we have for our vocations and resolutions at the beginning of 2017 continue to fuel us throughout the remainder of the year!



FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF COUNSELING

### DEAR CB FAMILIES:

Recently, I read two articles about the increasing number of students with overwhelming feelings of stress, anxiety and depression seeking professional counseling. In a *Time Magazine* article entitled, "Teen Depression and Anxiety: Why the Kids Are Not Alright," the author wrote, "anxiety and depression in high school kids have been on the rise since 2012 after several years of stability. Experts suspect that these statistics are on the low end of what's really happening, since many people do not seek out help for anxiety and depression." It's a phenomenon that cuts across all demographics—suburban, urban and rural; those who are college bound and those that aren't.

In a recent article in *The American School Counselor Association Journal*, Mary E. McCormac stated, "there is currently a stress and anxiety crisis in our schools..." The article, "Address Student Anxiety", discusses early intervention and multitiered systems of support for students. Experts can't seem to agree on a specific reason why this increase has occurred; there are, of course, many causes and all individuals' experiences contribute to their own distress. These causes could include: pressure and high expectations to achieve (from internal and external forces), jam-packed schedules, stress from the digital world, lack of adequate sleep, and social pressures.

The CB Counseling Department has always prided itself on being a safe and supportive place for students to share their worry, sadness and other feelings. Overwhelming stress can sometimes disrupt our lives, making day-to-day coping very difficult and taking away some of the pleasure of living. Adolescents benefit from having a strong support system of caring adults and peers who listen and encourage positive change, while teaching important life-long coping skills. That has always been, and continues to be, a major strength of our CB community.

**February 6-10 is National School Counselor Week and this year's theme is "Helping Students Reach Their**

**Potential."** As a 20-year member of our department, I am happy to say that our school leadership has continuously valued and supported the quality time we spend with students. We see students for personal, academic, career, college and wellness counseling and are a resource for helping families find referrals in the community.

**I would like to invite all parents to our annual Wellness Parent Evening, on Wednesday, February 15, from 7:00 p.m. to 8:30 p.m. in the George Cunningham '40 Performing Arts Center.** Our topic this year is "Mental Health for Teens." We will have our counseling staff, as well as a panel of other mental health professionals, on hand to present helpful information, create dialogue and answer your questions. We hope that you will be able to join us. The next day, February 16, we will have a student assembly on the same topic. Parents, please let us know how our school counselors can assist your student in reaching their potential and the exciting future that we know God has planned for them.

Sincerely,



Kirk Purdy  
Director of Counseling

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- Auction 2017
- Athletics
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## COUNSELING AND GUIDANCE

### PRE-REGISTRATION FOR 2017-18 SCHOOL YEAR CLASSES

Freshmen, sophomores and juniors will work with their class counselors during the month of February to prepare for pre-registration. Students should be looking ahead to their post-secondary plans when trying to decide which courses to take next school year and beyond. Counselors encourage students to think about challenging themselves academically while ensuring their course load is still manageable. Teachers are also highly involved with the process of recommending the proper courses for students to take the following year.

**Students will pre-register for their 2017-18 school year classes at the end of February.** Look for the pre-registration materials, which will be sent to you via e-mail this month, and use the [Course Catalog](#) to assist your student with course planning. Please refer to **page 7** for more pre-registration information.

### CLASS OF 2018 COUNSELOR INFORMATION

We are excited for the return of **Ms. Blaire Moskat** from maternity leave at the beginning of this month. She will be here Monday through Thursday for the remainder of the school year. **Ms. April Melarkey**, who has done a phenomenal job of filling in as the 2018 counselor over the past three months, will continue to work with juniors on Fridays.

Juniors have been meeting in small groups with Ms. McClellan, Director of College Counseling, to begin learning about the college planning process. They are looking over their transcripts, talking about SAT and ACT tests, learning how to do a college search and exploring summer programs.

### CLASS OF 2017 COLLEGE NEWS

Seniors are finishing college applications and are anxiously awaiting word on whether they have been accepted to the colleges where they have applied. If parents have any questions, they should contact Ms. Melissa McClellan, Director of College Counseling, or Mr. John Riley-Portal, Class of 2017 Counselor. Seniors should make sure that they turn in any college acceptance and/or scholarship letters to the counselors by the May 1 deadline.



### SOPHOMORE ACADEMIC PLANNING NIGHT

Class of 2019 parents and students are invited to attend **"Sophomore Parent Academic Planning Night"** on Wednesday, February 22, from 6:00 p.m. to 8:00 p.m. in the George Cunningham '40 Performing Arts Center. Pre-registration and early college planning are two topics that will be addressed.



### PARENT WELLNESS EVENING

As previously mentioned in the cover page article, the Counseling Department will be hosting parents on Wednesday, February 15, for a presentation and discussion on Teen Mental Health. It will be held in the George Cunningham '40 Performing Arts Center and will begin at 7:00 p.m. We hope to see you there!



## Summer School & Summer Fun!



**June 19 - July 28, 2017**

Enriching Summer Activities for Students  
3rd Grade through High School

High School Courses  
High School Review Courses  
Arts Camps (Grades 3-8)  
Engineering Camp (Grades 5-6)  
Leadership Camp (Grades 6-8)  
Middle School Advantage (Grades 7-8)

Music Camps (Grades 6-9)  
Robotics Camps (Grades 4-8)  
Science Camps (Grades 3-8)  
Sports Camps (Grades 3-10)  
TV News & Production Camp (Grades 6-8)

More information available at:

[WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM](http://WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM)

**PRESENTING SPONSOR**  
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Capital Pediatrics

Christian  
Brothers  
High  
School  
Auction



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Check In, Hosted Cocktails & Appetizers, Silent Auction

**7:00 PM DINNER SOIRÉE**

RON LIMEBERGER '53 GYMNASIUM

Golden Raffle, Dinner, Live Auction

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4 auction tickets, quarter-page ad in the auction catalog

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2 auction tickets, acknowledgment

Contact the auction committee at 916-733-3643

All proceeds benefit the students and programs of Christian Brothers High School.

## ATHLETICS

### Congratulations to our CAL Scholar-Athlete Awardees!

Athletes who are members of a CAL-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 have a cumulative 3.5 (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. The following athletes are being recognized as CAL scholar athletes for the fall season:

**Men's Basketball:** Casey James Loftus '17, Everett Perrot '18

**Women's Basketball:** Jessica Cooper '17, Ahlayjah Dahl '18, Kalani Mark '17, Anna Clare Nelson '18, Chance Sims '19, Jamie Sunada '19, Alice Wong '18

**Men's Soccer:** Lucca Batturaro '18, Jarod Enos '18, Chace Donovan Gallup '19, Benjamin Kessler '19, Zachary Lau '18, Dominick Poletti '19, William Saalsaa '18

**Women's Soccer:** Donya Airola '17, Julia Atlee '18, Annemarie Barbour '19, Hannah Kaplon '18, Olivia Ledesma '18, Olivia Ortiz '18, Grace Rapaski '19, Kayla Stephens '18, Juliet Tochterman '18, Nicole Wong '17

**Wrestling:** Mary-Jo Ajiduah '17, Saej Awa '18, Owen Hunt '18, Jackson Lyman '18, Marliiss Neal '18

[To view a full list of sports teams and student-athletes receiving academic recognition for the winter season, please visit www.cbathletics.org.](http://www.cbathletics.org)

### Announcements

**Spring Sports begin Monday, February 6.** All prospective spring athletes must have completed the [online Appryse medical form system](#) before participating in any practices or competitions.



## MEDIA VISUAL AND PERFORMING ARTS

**"Love is our true destiny. We do not find the meaning of life by ourselves alone- we find it with another." -Thomas Merton**

We do need each other. In the arts, we are reminded of this daily. While it is obvious that actors and musicians are practically the definition of collaboration, upon closer examination, even the more solitary arts still need others to give the work to the public. There is no such thing as a "one man show." Forget the romantic notion of a solitary artist working late into the night bringing inspiration to a material form. Their effort is brought about by years of workshops, classes, practice, and allowing others to influence them and show them the path. We need each other to be artists and this month, we send out a big Valentine to all the parents, teachers, and mentors who made us who we are today. Happy Valentine's Day and Thank you!

### Here is what is going on in Media, Visual, and Performing Arts in February:

- Friends of the Arts (FOTA) will meet on Thursday, February 2, at 6:30 p.m. in room 305. All members of FOTA receive the FOTA Family Pass: four free tickets to any art event on campus.
- The Lenaea Theater Festival will take place at Folsom Lake College on February 10, 11, and 12. This festival gives our students important exposure to audiences beyond the Christian Brothers community. Students will be submitting their original plays to the festival.
- One Acts will be performed in the George Cunningham '40 Performing Arts Center on February 17 and 18 at 7:00 p.m. and a Sunday matinee at 2:00 p.m. on February 19. These are original

plays written, directed and produced by our students. Come see our talented and dedicated artists who make their visions come to life. This is a must for all theater aficionados.

- Open Mic auditions will be held after school in the theater on February 22 and 23. All acts are encouraged to try out. Bands, singers, comedians, dancers, dramatists, poets, and magicians make this one of the most fun events of the school year.
- Visual Art students are working on a self-portrait for possible showing at the Crocker High School Self-Portrait Show in May. This show began with Christian Brothers back in 2001 and has grown into the "Super Bowl" of high school visual artists in the Sacramento area.

We wish you and your family all the best in the new year.

*God bless you,*

*Findlay McIntosh*

*Director of the Media Visual and Performing Arts*



## VOCATIONS

### Chris Thayer

Raised in a strong Catholic family by parents who were both educators, Chris Thayer's vocational path might seem somehow preordained, but her journey to Lasallian education was blessed with many diverse life experiences.

After attending a Catholic K-8 grammar school, she found herself excelling in math and sciences at Livermore High School. Chris had plenty of encouragement from her teachers and other adults, "It seemed like everyone's parents worked at the lab. There were a lot of highly educated people around me." After high school graduation, she attended at Cal Poly, San Luis Obispo to pursue an engineering degree. "I always tell my students, the one thing I was not going to be was a teacher," she said with a smile of wisdom.

A degree in mechanical engineering landed her a sought after job with Hewlett Packard and a move to Corvallis, Oregon. Her twenties were a time of soul searching and more changes. After five years in industry and marriage to a fellow Cal Poly alumnus, she found herself in Stockton, CA. The move back to California provided an opportunity for a career change. That, with the realization that she was often drawn to activities involving kids, led to accepting a position as a physics teacher at St. Mary's High School in Stockton and another vocation was born. In 2012, Chris made the move to teach science at Christian Brothers.

Chris has music talents too; you can find her "rocking out" on Sunday evenings at Good Shepherd Catholic Church in Elk Grove.





## Pre-Registration 2017-2018

Once again it is time for our students to start planning their schedule for next year. Beginning in early February, counselors will be meeting with the students to discuss their schedule for 2017-18. Also in early February, pre-registration materials will be sent to students and parents via email. The email will include a cover letter, a pre-registration worksheet and FAQ's. The 2017-18 course catalog is **not being sent to you**; it will be posted on the CB website under 'Academics'. Please take some time to sit down and discuss with your child his/her schedule for next year. Pre-registration is very important to you and to the school. From the results of this day we will decide whether a course will be offered and determine the number of sections for each course.

On Tuesday, February 21, students will be given additional registration materials in their B set. Throughout the week of February 21-24, students will meet with their teachers to get placement signatures for the classes they plan to take next year. Teachers will advise students based upon current grades and the required **pre-requisites for each course**. If students improve their grades, teachers can still move them to a higher level at the end of April when teachers review all course level placements again.

During Pre-registration week (February 27 – March 3), school will be dismissed at 2:15 p.m. daily. Students will pre-register in the Learning Commons according to the following schedule:

Monday, February 27	Juniors (A – M)	2:20 – 3:20 p.m.
Tuesday, February 28	Juniors (N – Z)	2:20 – 3:20 p.m.
Wednesday, March 1	Sophomores (A – M)	2:20 – 3:20 p.m.
Thursday, March 2	Sophomores (N – Z)	2:20 – 3:20 p.m.
Friday, March 3	Make-up pre-registration	2:20 – 3:00 p.m.

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

**IMPORTANT: Current Freshmen (rising sophomores)** will be registering for classes online on PowerSchool from Monday, February 27 – Monday, March 13. This process will be explained by their counselor, Mr. Armando Diaz.

If you have any further questions regarding pre-registration, please contact Mr. David Desmond '94, Assistant Principal, at 733-3620, or Mr. Armando Diaz '94, Class of 2020 Counselor, at 733-3692.

FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

### DEAR CB FAMILIES:

We know you have many choices for your children's high school experience and recognize the tremendous sacrifices you make to send them to Christian Brothers High School. Our constant challenge is balancing mission-centered excellence with affordability. Recently, the Board of Trustees approved a tuition increase of 2.5% percent (\$320). **Tuition for 2017-18 will be \$13,065 and the registration fee will remain \$625 for a total of \$13,690.**

Our tuition remains below the average for Catholic high schools in Northern California. Over the past eight years, the average tuition cost increase in the region is 4.1 percent. At Christian Brothers, our average has been 1.8 percent over that same eight-year period.

Please know that we work hard to invest your resources well in your children's education and continually strive to improve efficiency, maintain distinction and control costs. This increase allows us to attract, retain and compensate the best educators while providing our students with an effective learning environment and outstanding programs.

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 must also ensure that CB is accessible to modest and middle income families. In 2016-17, we are distributing \$2.6 million in need-based tuition assistance to 435 students. That is roughly two out of five students. We expect these numbers to be similar in 2017-18. 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, we will again be facilitating student registration online and coordinating all tuition payments through SMART Tuition. Later this month, you will receive an email that will include instructions on accessing the registration website and completing the process.

Thank you for entrusting us with your sons and daughters. 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*

Lorcan Barnes  
President

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## COUNSELING AND GUIDANCE

### WELLNESS PROGRAM

At Christian Brothers, we are fortunate to have a wellness counselor in our department to better serve the emotional needs of our students. Ms. Emily McDougall is in her second year serving in this capacity. Although she is the grade-level counselor for the Class of 2019 (N-Z), she also sees many students across all grade levels who seek out help in everything from anxiety and depression to substance use, eating issues, and coping with stress and grief. She visits classrooms periodically to present on comprehensive wellness and health (including physical, emotional, academic, social, intellectual, environmental, and of course, spiritual well-being). Ms. McDougall is a licensed MFT (Marriage and Family Therapist) who has been in private practice for many years working with teens and parents. We feel very blessed to have her at CB. If you have any questions for Ms. McDougall, she can be reached at 733-3688 or [emcdougall@cbhs-sacramento.org](mailto:emcdougall@cbhs-sacramento.org).

Very recently, the counselors hosted CB parents for our annual wellness evening and followed up the next day with a powerful assembly for the students. This year's topic was overall student mental health. We will continue to address these issues that affect our students outside of the academic arena, because they influence academic performance. What we learn about our students during our parent evenings and assemblies helps us to understand more about our school culture and how we are addressing the needs of our families. This benefits all our counselors as we look at ways to assist our students. If you have any concerns about the health and wellness of your child, please contact Emily McDougall or your student's grade-level counselor. We are here to help!

### SENIORS: COLLEGE ACCEPTANCES AND SCHOLARSHIPS

Seniors are reminded to please get all scholarship offers, awards and college acceptance letters to Ms. Melissa McClellan, director of college counseling, Mr. John Riley-Portal, class of 2017 counselor, or Ms. Cynthia Grajeda, administrative assistant, in the CB Counseling Center.

Seniors should also update their admission status to all colleges on Family Connection.

### JUNIORS: INDIVIDUAL/FAMILY COLLEGE PLANNING

Junior parents may contact Ms. Melissa McClellan, director of college counseling, at 733-3679 or [mmcclellan@cbhs-sacramento.org](mailto:mmcclellan@cbhs-sacramento.org), or Ms. Blaire Moskat, class of 2018 counselor, at 733-3613 or [bmoskat@cbhs-sacramento.org](mailto:bmoskat@cbhs-sacramento.org), if you would like to set up an individual college planning appointment this spring or summer.



"Exploring Colleges for Juniors and Their Parents" will be held at 6:00 p.m. on Wednesday, March 15, in the George Cunningham '40 Performing Arts Center. Representatives from different college systems will be on hand to present some general information and will answer more specific questions during the break-out sessions. This is always a very informative event!

### SOPHOMORES: PRE-REGISTRATION 2017/18

Current sophomores will be completing pre-registration on Wednesday, March 1, (last names A-M) and Thursday, March 2, (N-Z) at 2:20 p.m. There are new options for completing the **Mastering the Essay** course if students are required to take it. They may take it in Summer School 2017, either semester of their junior year, Summer School 2018, or the first semester of their senior year. Questions may be directed to the grade-level counselors, Mr. Kirk Purdy at 733-3686 ([kpurdy@cbhs-sacramento.org](mailto:kpurdy@cbhs-sacramento.org)) or Ms. Emily McDougall at 733-3688 ([emcdougall@cbhs-sacramento.org](mailto:emcdougall@cbhs-sacramento.org)).

### FRESHMEN: PRE-REGISTRATION 2017/18

The freshmen are completing their pre-registration on PowerSchool between February 27 and March 13. If you have any questions, please contact Mr. Armando Diaz '94, class of 2020 counselor, at 733-3692 or [adiaz@cbhs-sacramento.org](mailto:adiaz@cbhs-sacramento.org).

### COLLEGE ENTRANCE EXAMS

If parents or students have any questions regarding the ACT, SAT or test preparation options for these exams, they are urged to contact their grade-level counselor or Ms. Melissa McClellan, director of college counseling.



## Summer School & Summer Fun!



June 19 - July 28, 2017

Enriching Summer Activities for Students  
3rd Grade through High School

High School Courses  
High School Review Courses  
Arts Camps (Grades 5-8)  
Engineering Camp (Grades 5-6)  
Leadership Camp (Grades 6-8)  
Middle School Advantage (Grades 7-8)

Music Camps (Grades 6-9)  
Robotics Camps (Grades 4-8)  
Science Camps (Grades 5-8)  
Sports Camps (Grades 3-10)  
TV News & Production Camp (Grades 6-8)

More information available at:  
[WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM](http://WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM)

## CAMPUS MINISTRY

### Lenten Reflections for March

On March 1 we begin our Lenten journey with our celebration of Ash Wednesday. On this important day, we recall our humanity and our sinfulness to better examine our spiritual hearts and minds. This 40-day journey invites us to examine how we are living our lives relative to the Gospel message of Christ. God is inviting us on a journey...a journey to the cross...a journey to return home. Our acceptance of this call, this appeal to our hearts, is simple. All we have to do is say to our Lord, "I'm here. Where do I start? Yes, I want to be with you." Our hearts have to be opened and ready. So what's the next step on our journey home? We could take the earliest moments of our day, before we have gotten out of bed, to thank God for such a loving invitation, and ask for help in opening our hearts to it. We could remember throughout the day the invitation that has moved our hearts: come back to me, with all of your heart. And we can rejoice along with God. We could take a moment at the end of each day to reflect on how well we journeyed with Jesus that day. This is the invitation of each day of Lent. Today is the day to accept it. *[Reflection from [www.creighton.edu](http://www.creighton.edu)]*

So many times during Lent we hear about "giving something up." If you are interested, here are a couple of websites that offer some new ideas for how to "live Lent" ([Catholic Exchange](#) and [Catholic All Year](#)). Blessings along your journey to the cross!

-Jen Yearwood, Director of Campus Ministry

### Prayer & Worship

• Please join us on Wednesday, March 1, for our **Ash Wednesday liturgy** at 9:45 a.m. in the Ron Limeberger '53 Gymnasium. Our Lenten theme will be "Journey to the Cross."

• **The Junior Family Liturgy, Ring Ceremony & Breakfast** will be held on Sunday, March 19, at 9:30 a.m. in the George Cunningham '40 Performing Arts Center. All junior families will receive an email with specific information about the event and how to RSVP.

• The Sacrament of Reconciliation will be available **on campus for our staff and students on Wednesday, March 29, from 11:30 a.m. to 1:30 p.m.**

### PEACE, LOVE & BUNCO

Save the Date... **FAMILY BUNCO NIGHT** will be held on campus on Thursday, April 27, from 6:00 p.m. to 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; and dads, you can get in on the fun too. Come dressed in your favorite tie-dye clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$10 per family.



[Click here to register by March 31!](#)

## CHRISTIAN SERVICE

### Enter to Learn, Leave to Serve

#### Lenten Almsgiving: March 1- April 5, 2017

Thank you to all who attended the Family Dance! Proceeds from the event totaling \$2,000 have been donated to our sister school in Addis Ababa, Ethiopia. **We will now be collecting household items for Sacramento's incoming refugee population in partnership with the [Sacramento Food Bank and Family Services](#).** We are not asking for donated foods, but for items such as new brooms, mops, buckets, dishtowels, sheets, linens etc. Each B set class will decide on what household basket they would like to put together for donation. *Check Schoology and the Daily Bulletin as we move through the Lenten season.*



#### Ven-A-Ver

##### Memphis (March 5-11, 2017)

Please pray for the following students and adults as they travel to Memphis, Tennessee for a week of service: Jordan Aceves, JR Aguirre, Jennifer Austin, Katherine Harris, Caira Johnson, Jacob Jones, Morgan Jones, Navneet Khaira, Jack O'Hearn, Bobby Paterson, Carmen Shimizu and Matthew Thomas. Adults: Mr. Thomas Guro '03 and Ms. Annie Vanenburg.

##### Yakima (March 26- April 1, 2017)

Please pray for the following students and adults as they travel to Yakima, Washington for a week of service: Julia Atlee, Luca Batturaro, Regina Chapuis, Caitlin Duncan, Jarod Enos, Maybelline Hinlo, Katherine Holt, Meera Khaira, Julia Padilla, Jake Regino, Emily Shepard and Natalie Toth. Adults: Mr. Danny Delgado '79 and Ms. Anna Fernandez.

### Sacramento Life Center: The Annual Baby Bottle Project (March 1-10)

Empty baby bottles will be placed in religious studies classrooms beginning March 1. Students are encouraged to drop a small donation in the baby bottle in support of the Sacramento Life Center. The Sacramento Life Center offers free medical services to women and men facing an unplanned or unsupported pregnancy in the greater Sacramento area.



### Sweatshirt and Pants Donation

Thank you to all who donated new or gently used sweatshirts and sweat pants for the women at Loaves and Fishes Mary House. The clothing was a real gift for the women who utilize the shelter. A change of clothing, especially during this rainy weather, is greatly needed and appreciated. Thank you all!

## STUDENT ACTIVITIES

### ASB Elections

It's time to start thinking about Associated Student Body Elections! If you have a junior who would like to get involved in planning activities and leading the student body, please have him/her pick up an application and turn it into the LSLO by Monday, March 13. Campaign Week for ASB will be the week of March 20 through March 24.



### Student Council Campaign Week

Looking ahead, Student Council Campaign Week will be held April 3 through April 6. All students interested in representing their class should think about running for a position on Student Council. More information will be coming your way.

### Upper Division Ball

Upper Division Ball guest contracts will be available in the LSLO beginning Monday, March 6. Tickets will go on sale Monday, March 27. [More information will be available on the CB website.](#) **UD Ball will be at The Hyatt in Sacramento on Saturday, April 22.**

### FALCON 5K 2017

**Ready, Set, Go! B Set Classes are Competing to Collect the Most Race Registrations!**

1. Get out your running shoes and get ready to run, walk, trot, hop or skip in the second annual Falcon 5K on April 1!
2. Instant Collection Day Prizes– Prizes are given on Collection days. The first is Thursday, March 9. Registrations are collected in B set classrooms.
3. You can register as an individual, or as a team. But don't forget – your team registration also makes you eligible for special team prizes and more raffle prizes on Race Day!
4. Visit [www.falcon5k.org](http://www.falcon5k.org) to register, or see Ms. Holmes or Ms. Vanenburg in room 106 if you have any questions or need a new packet.
5. **Please join us for the race! We hope you will join our CB community to come out and run!**

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

## FALCON 5K



### Run, Walk or Jog to the Falcon 5K on Saturday, April 1, in William Land Park!

This festive, family-friendly event is raising funds for Student Activities and Clubs – as well as need-based scholarships. Last year, 700 members of the CB community turned out for the run. Join us and make this year's race even bigger and better! The race will be professionally timed for the serious runner, but recreational runners or walkers are welcome too! Visit [www.falcon5k.org](http://www.falcon5k.org) for more information and to register.

**Not able to attend? Help our student teams raise funds at <https://www.crowdrise.com/falcon-5k1>.**



### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in March!

- Wednesday, March 1- 8:00 a.m. start, Liturgy Day
- Thursday, March 9- 9:00 a.m. start
- Wednesday, March 15- 9:00 a.m. start
- Friday, March 17- School Closed
- Thursday, March 23- 9:00 a.m. start
- Thursday, March 30- 9:00 a.m. start

**PRESENTING SPONSOR**  
 DR. AND MRS. RAVINDER KHAIRA  
 Capital Pediatrics

Christian  
 Brothers  
 High  
 School  
 Auction



**MARCH 25 SATURDAY**

**5:00 PM SPEAKEASY**

JACK WITRY FIELD HOUSE

**Check In, Hosted Cocktails & Appetizers, Silent Auction**

**7:00 PM DINNER SOIRÉE**

RON LIMEBERGER '53 GYMNASIUM

**Golden Raffle, Dinner, Live Auction**

**TICKET PRICES ARE AS FOLLOWS**

Table of 10: \$950

Per person after February 25, 2017: \$125

RSVP online

[www.cbhs-sacramento.org/events](http://www.cbhs-sacramento.org/events)

### SPONSORSHIPS

#### \$5,000 DIAMOND SPONSOR

Table for 10 with preferred placement, full-page color auction catalog ad, 5 golden raffle tickets, and membership in the Ambassadors' Club

#### \$2,500 GOLD SPONSOR

10 auction tickets, half-page ad in auction catalog, membership in the Ambassadors' Club

#### \$1,000 SILVER SPONSOR

4 auction tickets, quarter-page ad in the auction catalog

#### \$500 BRONZE SPONSOR

2 auction tickets, acknowledgment

Contact the auction committee at 916-733-3643

All proceeds benefit the students and programs of Christian Brothers High School

## ATHLETICS

**Congratulations to CB football players, Matt Marengo '17 and Joseph McCarley '17, on their recognition as National Football Foundation Scholar-Athletes. They will be honored at a banquet on Thursday, March 9. Scholar-Athletes are chosen based on grades, community service and overall performance on the football field.**



### Winter Sports Update

All winter sports teams have made the Division 3 playoffs, which began the last week in February. Saej Awa '18 and Jack Lyman '18 will both represent the men's wrestling team at divisions. The men's basketball team earned the No. 8 seed. The women's basketball team began playoffs with the No. 9 seed. The men's soccer team was the No. 14 seed and the women's soccer team was the No. 17 seed.

**Congratulations to the Men's freshman basketball team, who ended their season with a 24 – 2 record and an undefeated 10 – 0 league record, earning them the CAL League Championship title.**



**Congratulations to the Women's JV basketball team who earned the CAL League Championship this season. The Falcons fought fearlessly, finishing with an overall record**



## MEDIA VISUAL AND PERFORMING ARTS

**“It was one of those March days when the sun shines hot and the wind blows cold; when it is summer in the light, and winter in the shade.” -Charles Dickens, Great Expectations**

That is the best description of March I have ever read, although a close second would be my wife Carole’s comment that “March needs mood swing medication.” One moment it is warm and the flowers feel like a fixed feature of the landscape, and the next clouds quickly roll in bringing rain so hard you wonder how a floating cloud could possibly hold that much water. As we get ready for the spring shows and concerts, the arts feels that way too. Will our simple line drawings bloom into a self-portrait? Will we ever deliver our lines with conviction when they seem so difficult to memorize now? Will we even hit that high C, let alone hold it for a few seconds? Somehow the seedlings of our effort will grow and the show will go on.

### In March, we look forward to the following events:

- FOTA will meet on Thursday, March 2, at 6:30 p.m. in room 305. All members of FOTA receive the FOTA Family Pass: four free tickets to any art event on campus.
- Open Mic Night will happen on Friday, March 10, at 7:00 p.m., in the George Cunningham '40 Performance Center. Open Mic is family friendly and maybe the best date night ever. Your entertainment is guaranteed!
- The Diocesan Choral Festival will once again be held at Christian Brothers all day on Friday, March 17. For many grammar school kids this is their first time on our beautiful campus to experience the amazing spirit that is CB.

- Thirty-three students will attend the STN (Student Television Network) Convention trip to Anaheim, California. They leave on March 27 and return on March 31. This is a wonderful opportunity for our video artists to meet others from around the country to compare notes and learn new techniques.
- The Spring Choir Tour to Southern California leaves on Friday, March 30, and returns on Sunday, April 2. Another fantastic opportunity for students to learn, bond and enjoy the beauty of our state.

We are looking forward to spring after all this moisture that has fallen from the heavens. It promises to be a wondrous spring and we in the arts will be another flower in glory of God’s creation.

God Bless you and your family,

*Findlay McIntosh*

*Director of the Media Visual and Performing Arts*



## VOCATIONS

### Vocation Retreats

Every year, the District of San Francisco New Orleans hosts a series of vocation retreats for young men and women to discern the calls in their lives. Students who attend sacrifice a three-day weekend of sleeping in and hanging with friends to meet other young Lasallians from around the District and hear the vocation stories of their teachers and other Lasallian educators. This year’s student participants, Ben Slakey '17, Makena Haroldson '17, and Grace Bunting '18, shared with me some of what they learned through their retreat experiences.

“I learned that my vocation can change at any time,” says Haroldson '17. She also adds, “What I do, such as a job, is never permanent and it’s okay to change.” This experience came from hearing vocation stories of women who talked about how their journeys have gone in various directions and how they have met the world’s needs in the process. “I must not aim for success, but find something I enjoy and trust God. Success will follow.”

“I feel like I can see how God works in my life better because I understand that he works in all aspects,” explains Bunting '18. As part of the retreat, students get the chance to reflect in journals on their gifts and talents, and on how they are honoring them. This allows them to see the role God plays in their lives, even in the smallest of ways.

Slakey '17 now defines vocation as “a combination of everything we are called to be and do. This includes our occupation, marital status, and any hopes and dreams we might have.” In the end, this retreat awakens our students to become more aware of how they can answer the needs of the world with the gifts God has given to them and to watch for the supports in their communities to guide them along their own journeys.





FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE MVPA DIRECTOR

### DEAR CB FAMILIES:

Could I have a better vocation? I come to work every day and work with adolescents, the most creative people on the planet. Most innovative ideas that shape the future come from the young: Albert Einstein was 19 when he developed the Theory of Relativity, new music is mostly written and performed by people under 21, and the fashion industry regularly copies what kids wear, just to cite a few examples.

The world needs new doctors, business leaders, engineers, public servants, and they do not have to know how to sing or draw to perform these vital tasks. So, what is the role of art in education? If you compare a quality educational curriculum to a beautiful meal, then certainly the arts are the dessert. It is the part you can skip the easiest, yet it is often what people remember the most.

It is significant that students take away from their education the ability to write well, have a grasp of math, enjoy a good measure of physical fitness, understand history, cultures from around the world, and a desire to serve others. At Christian Brothers, it is important for our students to spend time exploring their talents and creativity within the arts to enhance their college prep curriculum.

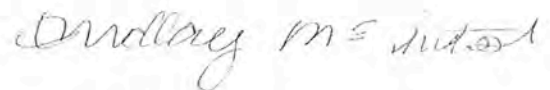
Research indicates that exposure to the arts in school helps develop creativity, problem solving, collaboration, and builds confidence. For these reasons, many colleges and universities require at least a year of the arts for admission to their institutions. I fondly remember an alumnus majoring in engineering telling me he uses two-point linear

perspective in many of his classes; a lesson he learned in Intro to Art class his freshman year at CB.

Art education may be a treat for a school, but it does not mean it is easy to produce. Students work hard to paint a self-portrait, learn dance steps for a musical, practice for a trumpet solo, or spend hours editing their film. Not to mention the courage it takes to offer their work with all the imperfections to the public.

We are so grateful for the support Christian Brothers High School continues to give our student artists and their work. I invite you to come to one of our many shows and enjoy the dessert that is our arts program.

God bless you and your family,



*Findlay McIntosh*

*Director of the Media Visual and Performing Arts*

### INSIDE THIS ISSUE

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- Campus Ministry
- Christian Service
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## College News

Graduating seniors have been receiving letters of acceptance to colleges and universities across the country. **Congratulations to the Class of 2017!**

If any seniors are still grappling with final decisions or waitlist concerns, remember that Mr. Riley-Portal and Ms. McClellan are available to assist and support you. Seniors who will be attending community college should be applying and visiting the school to take their placement tests. Students who will be attending a CSU should be registering for ELM/EPT tests on the [CSU website](#) (see Testing Center) if they are required to take them. Students attending a UC (and need to satisfy the Entry Level Writing Requirement) should be receiving information on the May 13 Analytical Writing Placement Examination (AWPE).

**Parents, be sure to have your senior go to the [Family Connection](#) website as soon as possible, but NO LATER than APRIL 5 for scholarships and awards and by MAY 2 for college admittance.** Students need to list ALL colleges to which they have been admitted and ALL scholarships, awards, etc. We must have this information to accurately recognize your child at the Senior Family Liturgy on April 30 and at graduation on May 26.

Seniors and parents, please mark your calendars for Wednesday, May 3, at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. We will hold one last guidance event for the class of 2017. The topic will be "Transitioning to College" and our guest speakers will discuss assault and physical safety on college campuses.

## SUMMER PROGRAMS- DO SOMETHING EXTRAORDINARY THIS SUMMER!

Summer will be here before we know it! Summer break is a wonderful time for students to expand their horizons, enrich their lives with fascinating experiences, and improve their readiness for college through academic pursuits. There are many summer opportunities for high school students: classes, camps, travel study, volunteer service, and employment. Opportunities exist locally, across the country and abroad. Check out [Family Connection](#) for details and contact information or see your grade-level counselor.

Signup information for the CB College Boot Camp for rising juniors and seniors will be sent home via [Family Connection](#) on May 1. Register online early for guaranteed seating! Space is limited.



## Speaking of Summer Programs...

CB's Summer School & Summer Fun program is a great opportunity to remediate any D or F grades students may have received so that they can maintain college eligibility. It is also an excellent opportunity to move further ahead in the curriculum or to allow you to fit in a study hall next year. Please visit the [Summer School & Summer Fun website](#) or contact the student's grade level counselor if you have any questions.



## Summer School & Summer Fun!



June 19 - July 28, 2017

Enriching Summer Activities for Students  
3rd Grade through High School

High School Courses  
High School Review Courses  
Arts Camps (Grades 3-8)  
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Science Camps (Grades 3-8)  
Sports Camps (Grades 3-10)  
TV News & Production Camp (Grades 6-8)

More information available at:

[WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM](http://WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM)

## Sophomores and Juniors

This spring is a great time to take the SAT and ACT exams! Be sure to check out a FREE personalized SAT program on [Khan Academy](#) to help you prepare for both exams. Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take an SAT Subject exam, be sure to register to take the June 3 SAT Subject Exams (the registration deadline is May 9; go to [www.collegeboard.com](http://www.collegeboard.com) to register). Juniors, if you did not yet register to take the May 6 SAT Reasoning exam, the regular registration deadline is April 7. The next ACT exam is June 10 and the registration deadline is May 5. Go to [www.act.org](http://www.act.org) to register.

## CAMPUS MINISTRY

### Easter Reflection

Last month we began our Lenten journey together. As we prepare to embark on the journey of Holy Week, I offer you these reflections to consider:

**On Sunday, April 9, 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?* **On Holy Thursday, April 13, 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 14, 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 15, 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 16, 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*

### Prayer & Worship

The **Senior Family Liturgy & Awards Ceremony** will be held on Sunday, April 30, at 9:30 a.m. in the Ron Limeberger '53 Gymnasium. Breakfast will follow. All seniors and their families should have received an email with information about the event and how to RSVP.

### Retreats

The **summer Kairos (K66)** for rising seniors (Class of 2018) will be held at Zephyr Point Retreat Center in Lake Tahoe on June 4-7, 2017. Information for this retreat will be provided during classroom visits to juniors the first week of April. Cost of the retreat is \$160 (an \$80 deposit due no later than April 17 to secure your student's spot). 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.

Members of the Class of 2018 are invited to consider applying to be part of the **Senior Retreat Leadership Team (SRLT)** for next year. Applications for SRLT will be available on Tuesday, April 6, in the Campus Ministry Office. This retreat team will work closely with Ms. Yearwood and will assist in leading the frosh, sophomore, and junior retreats. There will be a mandatory SRLT Training Retreat for all team members on July 23-26, 2017.

## CHRISTIAN SERVICE

### Enter to Learn, Leave to Serve

#### Lenten Almsgiving End Friday, April 7

Lenten Almsgiving ends Friday, April 7. *The donated items must be new and will be given to the Refugee Resettlement Program here in Sacramento.*

**Frosh:** Tea kettles, dish towels, and dish supplies (dish soap, scouring pads and kitchen sponges), kitchen garbage cans with garbage bags, small/large skillet, and pans. Drop all donations in Mr. Caselli's classroom.

**Sophomores:** Bath towels, hand towels, wash rags, cleanser, toilet bowl cleaner, toilet brushes, soap (not small travel size), glass cleaner, and toilet paper. Drop all donations in Ms. Fernandez's classroom.

**Juniors:** Mops, brooms, rakes, laundry detergent, dryer sheets, family size shampoos and conditioners, hoses, dustpans, and laundry baskets. Drop donations in Ms. Williams' office in the Learning Commons.

**Seniors:** Bed sheets (queen or twin), pillow cases, pillows, comforters, blankets, and bed spreads. Drop donations in Mr. English's classroom.

#### Ven-A-Ver Fall 2017

Interviews for Ven-a-Ver Fall 2017 will be held in April. Please watch for Schoology, bulletin and KBFT announcements with more details.

#### Ven-a-Ver Memphis- March 2017



#### Senior Service Hours

Seniors please make sure you log all of your service hours in by Friday, April 7. **Be sure to have the hours electronically verified by the supervisor.** *A contact name will not suffice. The supervisor must verify the exact hours you submit.*

**Seniors who participated in Ven-a-Ver, please come to the LSLO and pick up your pins. You may wear them on your graduation gown.**

## STUDENT ACTIVITIES

### ASB Election Results

Spring has sprung and that means elections were held on Friday, March 24, to elect new ASB officers for the 2017-2018 school year. We are pleased to announce and congratulate our new ASB Council:

ASB President – **Zachary Lau**

ASB Vice President – **J.R. Aguirre**

Treasurer – **Camilla Patterson**

Secretary – **Anna Clare Nelson**

Publicity/Historians – **Claire Martin and Lauren Loyola**

**Student Council Elections are held on Friday, April 7.**

### Senior Spirit Day

All students should wear teal on Thursday, April 27, to show support for the seniors. It is also "Rent a Senior Day"; students will have the opportunity to spend their lunch hour with a favorite senior. More information will be announced on Schoology.

### Upper Division Ball

**UD Ball will be at The Hyatt in Sacramento on Saturday, April 22.** Students may arrive at 6:30 p.m. for photos and dinner is at 7:00 p.m. The theme this year is "A Starry Night."



### FALCON 5K 2017

**Thank you for supporting the Falcon 5K! Your support help make student activities possible!**



### Grad Night Planning Committee Volunteers Needed!

The Grad Night Party Planning Committee is a wonderful group of parent volunteers dedicated to providing Christian Brothers High School seniors a safe, fun, all-night party the evening of their graduation. Students are treated to an all-inclusive event including dinner, snacks, bowling, magic tricks, card games, laser tag, world-class stage entertainment and a D.J. The parent committee includes a representative from every class that meets once a month to plan different components of the event. With a faculty representative assisting, the committee arranges for food, entertainment, invitations, decorations, raffle prizes, publicity and more. The time commitment is modest to be a part of a terrific parent/teacher group. All parents are welcome to join the Grad Night committee in service of one last, great lock-in bonding experience for our graduating seniors.

9th-11th grade parent volunteers are always welcome and needed for the planning stages as well as for the night of the event. Please contact Maureen Wanket at [mwanket@cbhs-sacramento.org](mailto:mwanket@cbhs-sacramento.org) for more information and to get involved!



### GRAD NIGHT

Christian Brothers High School's famous Grad Night Party provides CB seniors a safe, fun, all-night party the evening of their graduation ceremony. Right after graduation, seniors head to Country Club Lanes, where a group of parents and teachers have organized an all-inclusive event including dinner, snacks, soft drinks, bowling, magic tricks, card games, laser tag, karaoke, world-class stage entertainment and a D.J. Grad Night is the time for the entire senior class to end their CB career the same way they began: In fellowship with their classmates in an epic night of fun.

Senior families, be sure to turn your permission form to the front office. Please contact Maureen Wanket at [mwanket@cbhs-sacramento.org](mailto:mwanket@cbhs-sacramento.org) for questions or more information.

## THANK YOU FOR SUPPORTING POP, FIZZ, CLINK!

*This year's auction raised \$145,000 for tuition assistance and a net total of \$440,000 for Christian Brothers High School!*



**A BIG THANKS to Brianna Sanchez '17 for sharing her artistic talent to help make this year's auction BEAUTIFUL!**

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

### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in April!

- Wednesday, April 5- 9:00 a.m. start
- Friday, April 7, through Tuesday, April 18- Easter Break
- Friday, April 21- 8:00 a.m. start, Liturgy Day
- Thursday, April 27- 9:00 a.m. start

## ATHLETICS

**Congratulations to our varsity women's basketball team on earning the Sac-Joaquin division three section championship this past month! This also marks coach Ron Gully's third section championship during his time at Christian Brothers High School.**

### Capital Athletic League Scholar-Athlete Award

**ELIGIBILITY:** Athletes who are members of a Capital Athletic League recognized varsity team are eligible for the 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.

Athletes must have a cumulative 3.5 GPA (or above) weighted grade point average as well as a current 3.5 (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.

**Baseball:** Michael Ingram '18, Rudolph Mendoza '17, Jason Oki '18, Mark Powers '18, Noah Pyles '18, Lincoln Tadewald '18, Andrew Taylor '18

**Dive:** Maria Gonzalez '17, Owen Hunt '18, Poppy Ruyak '19, Elizabeth Sparks '17

**Men's Golf:** Whitney Davis '18, Matthew Signorotti '17, Benjamin Slakey '17

**Swimming:** Jordan Aceves '18, JR Aguirre '18, Olivia Busch '18, Zachary Byrne '18, Sydney Carlson '19, Andy Chen '18, Lana Jan '19, Callie Kendall '19, Meera Khaira '18, Rachel Li '18, Cesar Lopez '18, Lilliana Ma '19, Kalani Mark '17, Sierra Martin '18, Madeline Mercer '18, Hallie Mikacich '19, Kristina Murphy '18, Nicholas Smith '18, Stephen Smith '18, Tyra Thompson '19

**Men's Tennis:** Fernando Gil '17, Russell Lee '17, Brandon Luong '19, Noah Opada '19, Marvin Shi '19, Noah Wadhvani '17

**Track and Field:** Nevin Afong '19, Raul Arambula III '17, Joseph Archer '18, Garrett Cappello '17, Jessie Chen '18, Samuel Copley '19, Matthew DeSimone '17, Jeremy Fernandez '18, Aileen Fortin '19, Gabriella Geach '18, Mary Claire Hancock '17, Lindsay Hewitt '17, Nicholas Kennedy '19, Emma Mathison '18, Colin McCarley '18, Miguel Menchaca '19, Saray Mejia '18, Jelani Morton '19, Alberto Mujica '19, Jacob Narciso '18, Amelia Poroli '18, Noemi Rodriguez '17, Brendan Sample '19, Lee Shi '18, Katherine Stenger '18, Kasen Taylor '17, Enrique Verschoor '19, Bridget White '17, James White '19, Patrick Wiseman '18, Andres Yalan '19,

**Softball:** Abby Burkholder '18, Hannah Gruber '19, Jessica Hennelly '19, Amanda Ledesma '18, Morgan Price '17, Emily Shepard '18, Cecelia Sidley '19

**Men's Volleyball:** Matthew Bell '17, Cesar Borrego '18, Mitchell Cabral '17, Sergio Castillo '17, Marcus Cepeda '17, Justin Dacanay '17, Adolfo Herrera '17, Nickolas Hilton '17, Erik Ma '17, Jeremy Mekker '18, Joseph Nazareno '17

**“Spring has returned. The earth is like a child that knows poems.”**

**-Rainer Maria Rilke**

**In April, we look forward to the following MVPA events:**

- The Spring Choir Tour will be leaving CB on Thursday, March 30, after school to drive down to southern California for workshops, fellowship, and a trip to Disneyland. The Choral group returns Sunday evening, April 2,
- On April 6 at 6:30 p.m. in room 305, FOTA (Friends of the Arts) will meet for the penultimate time of the school year. All members of FOTA receive a family pass, good for four free tickets to any art event on campus.
- Submissions to the La Salle Art Show are due on Thursday, April 6. Students and faculty can submit up to three works of art to their art teacher or drop them off in room 305. This year's judge is former CB teacher Kevin Haag. This will be the La Salle show's 25th anniversary.
- Finally, on April 6, the High School Self-Portrait Show opens at the Crocker Art Museum and will run through May 28. The artists' reception will be at the Crocker on Sunday, April 23, at 1:00 p.m.

- Our spring musical, “Sweet Charity” opens on Friday, April 28, at 7:00 p.m., with a Saturday show also at 7:00 p.m., and a Sunday matinee at 2:00 p.m. Performances on following weekend are May 5 and 6 at 7:00 p.m. and 2:00 p.m. on Sunday, May 7. All shows are in the George Cunningham '40 Performing Arts Center. “Sweet Charity” was written by Neil Simon and was a Broadway hit in 1966 before being made into a popular movie in 1969.



## VOCATIONS

### A Reflection on Vocation from Lisa Bronson, Literature Teacher

**“Above all, let your love for one another be intense, because love covers a multitude of sins. Be hospitable to one another without complaining. As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.”**

**- 1 Peter 4:8-10**

I suppose I wasn’t bold enough to go directly into teaching. It may have taken me so long because to become a teacher was too obvious. I come from a family of educators: my father, Dr. Louis H. Bronson, was a professor at Sac State, his sister, Dr. Vivian B. Hatcher, was an elementary principal, and his two brothers are educators in the San Jose area. I attended public schools in Sacramento and always had great teachers, but I must call the names of Juna Roy and Elaine Swanson, an English and social studies tag team. Mrs. Roy caused me to love words with vocabulary lists and color-coded grammar, and these two ladies made teaching look effortless.

At Hiram Johnson High School, I mused about being a school counselor and at Spelman College, I believed that I would go to law or journalism school. In his poem, “The Road Less Traveled”, Robert Frost wrote, “knowing how way leads on to way”; after college I worked as a flight attendant and a postal worker, one job for the glamour, the other for the money. In each of those positions, my gift was dormant and I grew weary. And, it is at that time in my life that I asked God to show me the path. A career switcher program at The George Washington University led to my master’s degree in Secondary Education and my vocation.

Having taught for eighteen years in mostly urban schools in Washington DC, Maryland and Virginia, I have been privileged to serve students of varying socio-economic levels. Because I am an info junkie, teaching feeds me daily. Teaching English, especially literature, is my instrument to encourage personal growth, increase cultural understanding, and strengthen relationships. It is a tiring, mind-altering, life-changing act of selflessness and love. God blesses the English classroom with insights, affirmations, and revelations that increase brotherhood. In the passionate exchange, our profession is made worthwhile and valuable for all involved.

We learn from one another and prayerfully young people are inspired toward their calling. I would direct young people to a quote by Dr. Martin Luther King, Jr., “Life’s most urgent question is what are you doing for others?” When considering the gift that God has instilled in you, how is it that you can use your gift to fill a need and help others? Your vocation may not be glamorous or exponentially increase your bank account, but it will enrich your daily life, nourish your spirit and improve your recognition of the presence of God. Saint John Baptist de la Salle inspires us to “Fulfill your ministry with all the affection of your heart.” It is in the performance of your call that God will be visible to others.

God is asking you to do something special with your life. Being faithful, I am a lifelong learner with many opportunities to serve others. Through Providence, I find myself at Christian Brothers answering the call of my vocation.





# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

### DEAR CB FAMILIES:

As I put these words to paper, I reflect on one of my favorite quotes from the Founder, St. John Baptist de La Salle, who wrote in a meditation "The goodness of God has provided children with teachers." I have been incredibly blessed to spend this past school year at Christian Brothers High School in the presence of skilled and loving educators. The teachers and staff truly love young people and dedicate their lives to making a difference. They wholeheartedly believe in the mission of the school and of the Founder, living it every day. In them, I truly see the goodness of God.

It is with a heavy and hopeful heart that I return to Missouri to serve as President of Cristo Rey Kansas City. While I did not seek out this opportunity, going home to Missouri allows me to care for my aging parents who are facing some health challenges, while also allowing me to continue serving our Catholic educational mission.

I know that I leave you in wonderful hands with the incoming Principal, Chris Orr, who has 15 years of experience in education and has served as a teacher, coach, dean of students, athletic director, assistant principal and principal. His connection to this incredible school runs deep as his wife Tashia '90, brother Mark '94, and sister Tia '95, are graduates. His sons, Nicolas '17 and Solomon '20, are current students.

With just a few weeks remaining in the school year, I am enjoying every moment and look forward to sharing Baccalaureate Mass and graduation festivities with the phenomenal Class of 2017. I will deeply miss the students, families, faculty and staff of CB.

I have loved my time in Sacramento. Kelly, Emma, Zoe and I will forever be grateful for your kindness and the warm welcome you extended to each of us. I take with me many of the lessons learned as I leave to serve the students of Cristo Rey. I am truly humbled, blessed and thankful to have served as the 47th Principal of Christian Brothers High School.

Live Jesus in our hearts!



*John O'Connor*  
Principal

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## COUNSELING AND GUIDANCE

### Summer is Still a Time for Action!

Studies have continually shown that students who are involved in structured, productive activities in the summer are less likely to engage in at-risk behaviors. Busy, goal-oriented students who are working on academic pursuits, athletics, a summer job, community service or enrichment activities are better prepared for the rest of high school and for college. In addition to the many summer program opportunities available, including [Summer School & Summer Fun](#) at CB, there are several other tasks students should complete this summer to prepare for college:

**ALL STUDENTS:** *Remember to spend time this summer completing your summer reading assignments!*

**FRESHMEN:** Update your resume and finish your MI Advantage on [Family Connection](#), if you have not already done so.

**SOPHOMORES:** Consider taking the SAT Subject Exam on June 3 in a subject area you just completed (for example, world history or chemistry). • Update your resume and complete any other suggested activities on Family Connection. • Utilize [Khan Academy's](#) online SAT prep to start preparing for the PSAT/NMSQT, which will be given in October. • See your counselor to check out college summer programs.

**JUNIORS:** Beginning in **May/June-** Take SAT or SAT Subject Exams on May 6 or June 3. You may submit Subject Test scores of your choice to UC schools even though they are not required. Some private colleges do require them. • [Register](#) for the June 10 ACT Exam by May 5. [Register](#) for the June 3 SAT by May 9. Start prepping for the SAT by utilizing [Khan Academy's](#) online test prep and for the ACT by utilizing [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 Ms. Moskat or Ms. Melarkey. • Update your resume on Family Connection and finish any other suggested activities. • Think about signing up for the [summer Kairos retreat](#) (June 4-7), especially if you have a full schedule next year and don't want to miss three days of school. **Over the Summer-** Complete summer "homework" for college admission (distributed in your English classes and available on the Class of 2018 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 App and UC App both open August 1, 2017). • Start checking out financial aid and scholarship resources. Try [Fastweb](#) or [Fin Aid](#) as well as the Scholarship Search and Scholarship Match on Family Connection. • Begin drafting your college essay. • Log on to [Family Connection](#) to research colleges and career opportunities and visit colleges if you can. • Do something extraordinary! Try a summer program on a college campus (we have a list on Family Connection), work, or travel.

**SENIORS:** Be sure to complete the following during the month of **May-** You must submit your *Statement of Intent to Register* to the college you have chosen to attend by **Monday, May 1!** • Congratulate yourself but stay focused on finals and finish strong! • Go to [Family Connection](#) by Tuesday, May 2, and list the colleges where you were admitted 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. E-mailing them is OK. See Ms. McClellan on how to do that if you don't already know. • Take the Analytical Writing Requirement test for UC-bound students (May 14) or the ELM & EPT for CSU-bound students if you are required to do so and are not exempt. Take the placement tests for the community college you will be attending and meet with a counselor at the college to plan your courses. • Enjoy your graduation and begin your next journey! **In June-** Make sure you have responded to all requests from your college of choice. • **Have the CB Registrar Mrs. Becky Woods '02 send your final transcript to your college of attendance no later than Thursday, June 15** (there is a form that you fill out and you must pay \$2 for an official transcript)-- and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

### Important Reminders for Students Receiving D or F Grades

- All semester Fs must be remediated during the summer in our Christian Brothers Summer School.
- Any seniors with semester Fs will not receive the CB diploma that they have worked for over four years.
- Semester Ds could put a student in jeopardy of being uneligible for four-year colleges and universities immediately after high school. We strongly suggest that Ds 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 student's grade-level counselor.

### Counseling Issues Arising Over Summer

Kirk Purdy, director of counseling, will be on campus part-time over the summer AND all counselors (grade-level, college and wellness) will be accessible by e-mail, 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!



## CAMPUS MINISTRY

### A Mother's Day Prayer

This month we celebrate the gift of mothers. During this special month, let us be thankful for all the wonderful ways in which moms bless our lives. We offer this special prayer for motherhood: *Loving God, we ask your blessing on all those to whom You have entrusted motherhood. May Your Holy Spirit constantly inspire and strengthen them. May they ever follow the example of Mary, mother of Our Lord, and imitate her fidelity, her humility, and her self-giving love. May all mothers receive Your Grace abundantly in this earthly life, and may they look forward to eternal joy in Your presence in the life to come. Amen.*



### Prayer & Worship

All members of the CB community are invited to join us for the **End of the Year Prayer Service** planned by the Student Campus Ministry Team. We will celebrate the culmination of a wonderful school year on Wednesday, May 24, at 10:30 a.m. in the Ron Limeberger '53 Gymnasium.

**Baccalaureate Liturgy**...This special mass for our Seniors and their families will be held at the Cathedral of the Blessed Sacrament on Friday, May 26, at 9:00 a.m. Because of limited space, a special ticket is required for entrance. Please pray for the graduates of the Class of 2017 as they look forward to new horizons!

### Retreats

Registration for all **Kairos retreats** for the Class of 2018 is now open. An email was sent to all parents of current juniors in April with information about the retreat and how to register. [Registrations can be made on the CB website](#). The summer Kairos (June 4-7) at Zephyr Point in Lake Tahoe has just a few spots left. Dates for next year's Kairos retreats are: October 10-13 in Lake Tahoe, and in Applegate on November 6-9, January 16-19, and March 20-23, 2018. Please contact Ms. Yearwood if you have additional questions.

Senior students are encouraged to apply for the **Senior Retreat Leadership Team** for the 2017-2018 school year! Members of this team will assist with the spiritual life of our school community and will work with Ms. Yearwood in the leading of the Frosh and Soph All Class Retreats and the Junior Overnight Retreats. We are looking for faith-filled students who are responsible, strong leaders. Applications are available via the Schoology posting in the Class of 2018 group. Applications are due no later than Tuesday, May 2. If you have questions, please contact [Ms. Yearwood](#).

**Special Thanks to this year's SRLT (Senior Retreat Leadership Team) for their hard work and ministry throughout this year!**

## CHRISTIAN SERVICE

### Enter to Learn, Leave to Serve

#### Lenten Almsgiving Thank You!

Thank you CB for giving new household items to the Sacramento Food Bank and Family Services Refugee Resettlement Program. Your generosity is deeply appreciated! If you would like to continue to help with the refugee program please visit the [Sacramento Food Bank & Family Services website](#).

thank you!

#### Ven-A-Ver Fall 2017

Ven-a-Ver applications will be available online in May. If you are a rising junior and interested in participating in Ven-a-Ver watch for the link on Schoology in May.

#### Ven-a-Ver Yakima- March 2017



#### Senior Service Hours

Don't forget to document your service hours online by May 15, 2017. All service hours must be verified online by your supervisor.

#### MAKING A DIFFERENCE IN PERU

We are still very excited about being able to offer an educational trip called "Making a Difference in Peru" for the students and families at Christian Brothers High School. Ms. Tracy Chadbourne and Mr. Paul Havey '81 will be leading the trip and our college counselor, Ms. Melissa McClellan, will also be attending. Spend eight days in Peru exploring the country and volunteering at an ecological site.

We are up to 15 students so far and look forward to more students traveling with us. We also will have graduated seniors traveling with us. Visit the [trip website](#) for more information and watch a [student trip video](#) to see the experience for yourself! Please reach out to [Mr. Havey](#) for more information.



## Summer School & Summer Fun!



**June 19 - July 28, 2017**

Enriching Summer Activities for Students  
3rd Grade through High School

High School Courses  
High School Review Courses  
Arts Camps (Grades 3-8)  
Engineering Camp (Grades 5-6)  
Leadership Camp (Grades 6-8)  
Middle School Advantage (Grades 7-8)

Music Camps (Grades 6-9)  
Robotics Camps (Grades 4-8)  
Science Camps (Grades 3-8)  
Sports Camps (Grades 3-10)  
TV News & Production Camp (Grades 6-8)

More information available at:

[WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM](http://WWW.CBHS-SACRAMENTO.ORG/SUMMER-PROGRAM)

### SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start times and school closure days in May! [Visit the School Calendar for more details.](#)

- Thursday, May 4- 9:00 a.m. start
- Thursday, May 11- 9:00 a.m. start
- Monday, May 15, through Thursday, May 25- Review/Exam Days
- Friday, May 19- 9:00 a.m. start, Founder's Day

### National Letter of Intent Signing Day- April

Our final letter of intent signing day of 2017 took place on Thursday, April 20, in the George Cunningham '40 Performing Arts Center. The following students participated in the signing: Claire Carlton '17 for crew at St. Mary's College, Beah Cruz '17 for golf at University of Northern Colorado, Erin Chelini '17 for both volleyball and track & field at William Jessup University, Charlie Hewell '17 for track & field at Concordia University of Nebraska, Alex LeForestier '17 for baseball at University of the Pacific, and Morgan Price '17 for softball at Ottawa University of Kansas. Congratulations to our student-athletes!



## ATHLETICS

### All-Capital Athletic League Recognitions

The winter sports season was another successful campaign for Christian Brothers, as the teams captured many accolades. All season long, our Falcons worked hard in practice to represent CB athletics at the top tier of competition. Both men's and women's soccer made a strong run in playoffs before falling short of a section championship. Our men's basketball team finished their season in the first round of playoffs with a 7-3 league record. Adding to the dominant reputation of Christian Brothers athletics, our women's basketball team finished their season by bringing home the fifth section banner of the year.

**Congratulations to these teams and all our Falcons who were selected to All-Capital Athletic League teams!**

**Men's Basketball:** Andre Albason '18 (*Honorable Mention*), Jamarri Jackson '17, Elias King '18 (*MVP*), Everett Perrot '18 (*Honorable Mention*), Will Warner '18 (*Honorable Mention*)

**Women's Basketball:** Brianna Juniel '19, Kalani Mark '17

**Men's Soccer:** Keith Dell '17, Zachary Martin '19, Francisco Mejia '17, Kieran Nieves '17

**Women's Soccer:** Donya Airola '17, Julia Atlee '18, Maci Bakarich '19, Sophia Lewis '17

Congratulations to Falcons Basketball for making the All-Metro selections. Sophomore Brianna Juniel '19 and junior Elias King '18 were both selected to the second team All-City squads, and senior Jamarri Jackson '17 was an honorable mention. This caps a fantastic season for Brothers basketball, as both teams made the playoffs: the men's team finished Top 20 in The Sac Bee final rankings and the women's team finished Top 10 in addition to another section title for the Falcons.

### Wadhvani Receives Scholar Athlete Award

Congratulations to Noah Wadhvani '17 on being selected as a recipient of a Sac-Joaquin Section Scholar Athlete Award! He received the Dale Lackey Scholarship in recognition of his accomplishments in the athletic arena, scholastic achievements, and community service involvement. Wadhvani received his award on Tuesday, April 25, at Hutchins Square in Lodi.



## MEDIA VISUAL AND PERFORMING ARTS

### **“Life is either a daring adventure or nothing at all.” -Helen Keller**

As the year ends, we reflect on how grateful we are to guide the extraordinary talent and passion of our student artists. We profoundly express our gratitude to everyone who makes the arts at Christian Brothers an amazing adventure. First, we thank the administrators who provide the infrastructure to make the arts possible. Next the teachers who coax, cajole, and direct their students to push themselves and discover what they have inside of themselves. Where would we be without the dedication of FOTA? These enthusiastic parents add the little touches that make our art programs sparkle like a diamond, whether it be welcoming the public to our events, giving out scholarships to student artists, or decorating events to give it that certain something. We must also give our security and custodial staff a shout out. They work in the shadows and make sure we are safe and that everything is cleaned up and ready for school the next day. Last, and certainly not least, we thank our student artists! With their creative work, they provide a beacon to the future.

We have some great events to end the year; come and see us shine! Don't forget to use your FOTA family pass to enjoy all art performances on campus for free.

- Students will shine in “Sweet Charity” on Friday and Saturday, May 5 and 6, at 7:00 p.m. with a final matinee on Sunday, May 7, at 2:00 p.m. All performances will be in the George Cunningham '40 Performing Arts Center.

- The La Salle Art Show and Spring Instrumental Concert will combine in the George Cunningham '40 Performing Arts Center on Friday, May 12. The art show will begin at 5:00 p.m. and the concert will begin at 7:00 p.m. This is the first time these two events are held together to make a double treat of art in one evening.

- Hollywood Bowl will be on the main lawn, Saturday, May 13, at 6:00 p.m. Bring a lawn chair and enjoy the choir's angelic voices under the stars.

- Open Mic will dazzle on the main lawn on Friday, May 19, at 7:00 p.m., featuring the talents of our seniors. Don't miss your last chance to be entertained by an exceptionally talented class of students!

Thank you and God bless you and your family,

Findlay McIntosh

Director of the Media, Visual, and Performing Arts



## VOCATIONS

### **OJ Solander, Literature Teacher**

*Written by Tracy Chabourne*

As a child, there were a number of things I wanted to be when I grew up. A policeman, a fireman, a firstbaseman for the Pittsburgh Pirates (a dream I still cling to, just a little bit). Growing older, I thought of being a writer. Teachers told me I could write well, so I focused my energy on making that happen. I even got so far as taking a job as a newspaper reporter - of actually being paid money to put words on paper in some (more or less) logical order.

However, for all the energy I put into writing, I rarely got any energy back. And so at the advice of a friend, I joined the Jesuit Volunteer Corps and started teaching.

My first classroom wasn't traditional - I taught reading and math skills to a group of eight to ten adults, only two of whom attended class regularly. But it was enough for me to know I had found a calling, a *vocation*.

I had been familiar with the term *vocation* from my time as a Catholic school student, but I believed the term only applied to priests and nuns. When they talked about being “called” to do their work, I thought that maybe they got an actual call - something audible. I didn't think the phone rang with God on the other end, but neither did I feel comfortable ruling it out.

My time as a volunteer showed me that a vocation is more than just a call to religious life. Now I think of a vocation as any job that a person feels particularly well-suited for. Teaching isn't just the job I do - it helps to define who I am, which helps me find energy that other jobs never supplied. I'm very fortunate to have found teaching, and to be able to live my vocation at Christian Brothers.

Also, the Pirates don't need a firstbaseman. Not this year, anyway...



# ***FINALS ARE COMING!!!!***

**Final exams are coming up soon!** Finals Review/Exam week is **May 15 – 25.**

The following practices are in effect for review days:

1. No new major topics or units will be introduced and no assessments of any kind will be given.
2. Review days are scheduled to assist students with organizing and synthesizing the course material.
3. All classes will meet on review days with the exception of AP courses.
4. The final examination will be comprehensive in nature for the semester.

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The **Parent/Student Handbook** (p. 12) states the following:  
**"FINAL EXAMS:** All students are required to take comprehensive final exams during the designated final examination period. Students who are unable to take a final exam will receive an "Incomplete" for their final grade and will need to make up their final exam at a later date to be determined by the Assistant Principal. Upon correction of the final exam, the final grade will be entered into the student's transcript." For the 2016-17 spring semester finals, students will make up their final exam(s) on Thursday, May 25, 2017 after 'G' set and/or by arrangement with the Assistant Principal.
3. Incomplete grades must be changed to a letter grade upon completion of the final exam, but no later than June 30, 2017.

## **SPRING SEMESTER EXAMINATION/REVIEW SCHEDULE**

<b>TIME</b>	<b>Monday 5/15</b>	<b>Tuesday 5/16</b>	<b>Wednesday 5/17</b>	<b>Thursday 5/18</b>	<b>Friday 5/19</b>
9:00 a.m. – 10:30 a.m.	A Set Review	A Set Final	C Set Review	C Set Final	Founder's Day 9:00 a.m. start
10:30 a.m.– 10:50 a.m.	BREAK	BREAK	BREAK	BREAK	
10:55 a.m.– 12:25 p.m.	B Set Review	B Set Final	D Set Review	D Set Final	Dismissal at 11:30 a.m.

<b>TIME</b>	<b>Monday 5/22</b>	<b>Tuesday 5/23</b>	<b>Wednesday 5/24</b>	<b>Thursday 5/25</b>
9:00 a.m. – 10:30 a.m.	E Set Review	E Set Final	G Set Review	G Set Final
10:30 a.m.– 10:50 a.m.	BREAK	BREAK	Prayer Service 10:30-11:15 a.m.	
10:55 a.m.– 12:25 p.m.	F Set Review	F Set Final	Leave to Serve 11:15 a.m. Dismissal at 11:30	Make-up Exam Final (as needed)

FALCON FAMILY FACES

