

# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

*“Take even more care of the education of the young people entrusted to you than if they were the children of a king.”*

– St. John Baptist de La Salle

On behalf of the Christian Brothers High School community, it is my pleasure to extend a warm and heartfelt welcome as we begin the 2014-15 school year. Our faculty and staff are energized and eager to embark on our 139th year of Catholic, Lasallian education in Sacramento and grateful for the trust you have placed in us as your partners in preparing your sons and daughters for success in college and beyond.

As we prepare to welcome our largest freshman class in ten years, we are proud of the fact that the school continues to thrive. This is no accident. Since 1876, the commitment and zeal of the Brothers and Lay Partners to the young people of Sacramento has not wavered. Our Catholic, Lasallian spirit calls us to challenge the varying needs and abilities of every student, develop innovative curriculum that adapts to current times and conditions, and celebrate our community of faith in all that we do. Put simply, we must give our students the tools they need in an environment that nurtures their spirits and develops their gifts.

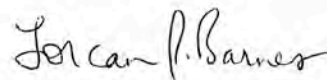
To that end, it has been a very busy and productive summer at CB. We are welcoming a number of excellent, new faculty members to campus. Principal Mary Hesser, our assistant principals, and department chairs have been busy interviewing candidates to ensure that the newest members of our community embrace our Catholic, Lasallian mission and are dedicated in their service to our students.

As I write this, we are nearing completion of the engineering laboratory. Science, technology, engineering and math (STEM) are critical skills greatly needed in America’s workforce and highly position our students for success. Christian Brothers has outstanding programs in science, technology and math. This year, we begin the Pathway to Engineering Program. While we could not predict the level of student interest, we are pleased that 100 freshmen and sophomores signed up for engineering classes.

We are also relocating the library and recreating it as a “Learning Commons” in the centrally-located space that housed the music classrooms from 2006-2014. We believe this new facility will provide a space that is optimal for both learning and community.

While facilities are an important ingredient, excellent teachers, dedicated parents and conscientious students are the most important ingredients. Catholic education is a three-way partnership between parents, students and the school. As parents, you are the primary educators. As professional educators, we are proud to work with you in this sacred role and are committed to preparing your sons and daughters with the knowledge, skills and integrity to meet the challenges ahead in college and beyond. We look forward to another great year of partnership.

God bless,



Lorcan P. Barnes  
President  
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**AUGUST 2014**  
**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 2014-15 SCHOOL YEAR!

The Guidance Department is busy preparing to welcome your student to a new year full of opportunities! The counselors will visit classrooms to share important academic and college information with your son/daughter soon after school begins. Additionally, each student will have a pre-scheduled meeting with his/her grade level counselor during the fall semester. Students may request a counseling appointment at any time, when needed. 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:

**Thursday, August 14 – Mini-College Boot Camp for juniors.**

**Thursday, September 4 – Common Application Workshop** from 7:00-8:00 a.m.

**Saturday, September 6 - SAT Preparation Class for seniors begins (in preparation for the October 11 SAT Exam): Four Weeks, Saturdays 9/6, 9/20, 9/27, and 10/4 from 9:00 am – 1:00 pm.** Please see the CB website for details and registration form. (We will not hold a class on 9/13, the day of the ACT test and the Holy Bowl).

**Monday, September 8 - Jesuit Excellence Tour College Fair** (reps from many Jesuit colleges will be at Jesuit HS from 7-9 p.m. to meet with students and parents).

**Tuesday, September 9 - College Night for Seniors and Their Parents** at 7:00 p.m. (location TBA)

**Tuesday, September 16 - Frosh Parents Guidance Night** at 7:00 p.m. in the CB Cafeteria (parents only).

**Thursday, September 25 – UC Application Workshop** from 8:00-9:00 a.m.

**Thursday, September 25 – Private/Parochial College Fair** at Jesuit High School (6:30 -8:30 p.m.)

**Thursday, October 2 – CSU Application Workshop** for Seniors from 8:00-9:00 a.m.

**Thursday, October 9 - UC Application Workshop** for Seniors from 8:00-9:00 a.m.

**Wednesday, October 15 - Testing Day: ACT ASPIRE** for sophomores **and PSAT** for juniors. (9 a.m. – noon)

**Wednesday and Thursday, October 22 & 23 - Staffing Days: (minimum school days, see calendar for dismissal times)**

**Thursday, October 23 – Common Application Workshop** for Seniors (time TBA)

**Wednesday, November 5 – All-College Application Workshops for Seniors** from 8:00-9:00 a.m.

**Wednesday, November 5 – Getting Noticed, Getting In: Athletics/Guidance Night** from 7:00-8:30 p.m.

**Thursday, November 20 – All College Application Workshop** for Seniors from 8:00-9:00 a.m.

**Tuesday, December 9 - College Financial Aid Night** for Seniors and Parents from 7:00-9:00 p.m.

Counselors are available for consultation if needed. Please contact your child's grade-level counselor to make an appointment.

**Ms. Blaire Moskat** will be the freshman class counselor (Class of 2018), **Mr. John Riley-Portal** will be the counselor for the sophomores (Class of 2017), **Mr. Armando Diaz** ('94) will be the counselor for the juniors (Class of 2016) and **Mr. Kirk Purdy** (last names A-L) and **Ms. Melissa McClellan** (last names M-Z) will have the seniors (Class of 2015). In addition, **Mr. Kent Morrison** will once again serve as the school's Wellness Counselor. **Ms. Diane Heine** ('71) is the Administrative Assistant to the Counseling Department. **Mr. Purdy** is the Director of Counseling & Guidance and **Ms. McClellan** is the Director of College Counseling.

**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 front page of the school website in order to access Family Connection. Right now is a great time to update your resume, explore careers and colleges 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 counselor or Ms. Diane Heine (Administrative Assistant) in the Counseling Center in Br. Bertram Hall.

**SAT PREP CLASS – Christian Brothers is once again offering a four-week SAT exam preparation course for the Class of 2015 students.** The class will be taught by our own English and Mathematics teachers and will be held on four Saturdays beginning September 6. The class begins at 9:00 a.m. and ends at 1:00 p.m. The cost of the course is \$200 and you may print the Registration Form from the school website. This course will conclude shortly before the October 11th SAT. Students must register for the exam by going to the College Board website at [www.collegeboard.com](http://www.collegeboard.com)

A similar course will be taught for the juniors (Class of 2016) and will conclude shortly before the March 14 sitting of the SAT. Specific details will be forthcoming. For more information, please contact Diane Heine at 733-3680 or [dheine@cbhs-sacramento.org](mailto:dheine@cbhs-sacramento.org).



## "The Ultimate Survey" Says...

*A vital means of ensuring that CB identifies and meets the needs of students and families is listening. In the spring, the school asked parents of freshmen and seniors to complete a short survey that included the question (based on the 2006 book, The Ultimate Survey by Fred Reichheld): How likely is it that you would recommend attending Christian Brothers High School to a younger child or another parent? While the results of survey offer just a snapshot, it helps identify a "loyalty metric." Based on a 1 through 100 scale, freshman class parents scored 68 and senior class parents 78. To put the score in context, companies with the most efficient growth operate with a score of between 50 and 80, although the average firm scores between 5 and 10. So, the feedback looks good and CB is healthy.*

*Strengths repeatedly cited by CB parents include academic excellence; quality faculty and staff; and the strong sense of community among the students, faculty and staff. The survey also provided us with feedback on areas of improvement. The administration values this feedback and has discussed how the school can continually improve on its services.*

*As the year progresses, faculty and staff will continue to listen. Faculty members maintain regular office hours and are available to students by appointment at other times. Teachers, counselors, administrators and staff are committed to responding to your e-mails and voice mail messages in a within one school day. Further, our website is now hosted on a mobile-friendly platform to improve communication and enhance the availability of information.*

*Please know that the school is listening and welcomes your feedback at all times.*

## iPad Program – What is Next?

by Christopher Symkowick-Rose, Assistant Principal for Curriculum & Instruction

Year one of CB's student iPad program was one of discovery and learning. In the spring, school leaders conducted a survey of parents, students and faculty to gather data regarding the ways in which the device was used and ideas for enhancing the student experience in the future. These survey results affirmed that the device was used across the curriculum in varying capacities.

A significant benefit cited by all groups was the integration of the learning management system, Schoology, which provides students and teachers a common platform on which to communicate. Schoology enabled teachers to share assignments and resources digitally. Further, it was used by clubs, departments, Lasallian Student Life, admissions and administration to efficiently communicate with student groups and minimize classrooms disruptions. The parent feature provides a window into the day-to-day activities of their student(s) that complements the grading information available in PowerSchool.

Students reported that the iPad was an excellent tool for taking and organizing notes, conducting research, collaborating with classmates and managing their course loads. Parents were pleased with the lighter backpacks thanks to electronic books and also lower book bills. Easier access to resources and practical life exposure to technology also surfaced as parental favorites. Parents did, however, ask for additional help in managing the device at home to limit distractions and for an increase in the use of electronic books.

Mathematics, religious studies, science and social studies have all increased their use of digital text books for the 2014-15 school year. On average, College Prep students will use the following number of digital texts\*: Freshman: 7; Sophomore: 6; Junior: 4; Senior: 3.

CB is offering training sessions for all incoming families prior to the start of school, and for existing families in September, while simultaneously improving our online resources for all constituent groups. Academic departments have been instructed to direct additional effort into finding viable digital resources and electronic books to further these benefits of the program.

Like parents, a number of our faculty members have requested assistance in limiting distractions in the classroom. The school will provide ongoing training throughout the year to further faculty comfort and creativity in utilizing technology as a pedagogical tool.

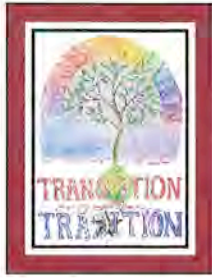
We are pleased to welcome Educational Technology Specialist, Brittany Williams, to our staff. Ms. Williams will be working with students, teachers and parents to ensure continued improvements in the program.

Together we will make year two of our iPad implementation even more successful by partnering with families and continuing to engage in the best teaching practices both with and without the iPad. Our goal is to ensure that our students are well prepared to be successful in 21st century learning and working environments.

\*This number will vary according to class selection and assignment.



## Campus Ministry News...



### Reflections for the End of Summer...

*Did any of you just shudder as you read the above tag-line? Where did the summer break go? While I am looking forward to a return to the regular rhythm of a new spirit-filled school year, I wonder how these summer days passed by so quickly! My hope for all our CB families is that your summer break provided ample opportunities for some rest, relaxation, and good ole family fun! While our small family enjoyed many great times over the past two months, we look forward to the new school year as our daughter prepares to begin her high school journey at CB in just a couple of weeks. As we welcome our CB families back to campus, I'd like to say a few words about the theme that we have chosen for this new school year: "Tradition, Transition & Transformation."*

*Our school leadership and campus ministry teams feel this is a wonderful encapsulation of where Christian Brothers is at this point in time. We celebrate with great pride all that is foundational to us as a Lasallian school, those rites and rituals that make CB who we are! We welcome much change to our physical plant, as well as many new faculty and staff members who bring an abundance of gifts to share within our CB community. Finally, we look forward in hope to the opportunities for growth and change that are before us. Each of these is necessary for us to fully become all that we are called to be as a living, breathing, dynamic witness to the Gospel of Christ and the Lasallian core values of our founder, St. John Baptist de la Salle. So as we may say "Farewell" to summer with some hesitancy, let us remember that a GREAT journey lies ahead! Blessings to all and welcome to our new CB families!*

*-Ms. Jen Yearwood, Director of Campus Ministry*

### Retreats...

**The Summer Kairos (K51)** was held at Christ the King Retreat Center on June 2-5, 2014. Kairos 51 was a wonderful time of retreat, reflection and rejuvenation for all who attended! Thank you to our dedicated members from the Class of 2014 who gave up time during their summer vacation to serve as student leaders: **Jordyn Strack, Megan Lee, Jacob Cervantes, Megan O'Hearn, Lauren Adams, Austin Brown, Hannah Richardson, and Julia Rosas.**

**SRLT....**Last week, 40 senior students spent three days at the beautiful Zephyr Point Retreat & Conference center in South Lake Tahoe. This group of awesome and amazing students are part of **SRLT-Senior Retreat Leadership Team** for the **2014-2015 school year.** Last week's retreat provided the team opportunities for bonding, faith sharing, discovering their gifts, and developing the necessary skills for Christian retreat and youth leadership! These students will serve as retreat leaders for the Frosh, Sophomore, and Junior Retreats for CB this year. Members of the 2014-2015 SRLT team are: **Adriana Inclan, Alejandra Chacon, Alex Glaude, Andrea Gil, Anna Dahl, AnnaMarie Carmazzi, Anthony Macy, Brodrick Price, Carly Mayer, Chris Pfeifer, Claire Jones-Ruman, Daniel Walton, David Manzo, Elizabeth Dewey, Emery Cline, Emma O'Malley, Erin Donovan, Ethan Enos, Gaby Osborn, Hanna Green, Hannah Schanberger, Izzy Lambert, Jack Fondale, Julia Ruiz, Justin Baker, Kendall Johnson, Kristen Geibel, Kristen Richardsdon, Lindsey Doll, Lizzy Havey, Madison Winn, Marissa Lopez-Alvarez, Matthew Pale, Matthew Spain, Matthew Willis, Miranda Mulligan, Natalie Wiseman, Rosey Kenshol, Sarah Posluszny, Vicki Moore, Vince Villegas, and Yesenia Lopez.** I am so blessed to share this year's retreat journey with such a great team of student leaders!

### MARK YOUR CALENDARS!

**Frosh Retreat** (all class-mandatory) will be held on campus on Wednesday, October 15 from 9:00 a.m. - 2:00 p.m.

**Sophomore Retreat** (all class-mandatory) will be held at the CSU Alumni Center on Friday, January 9 from 8:30 a.m. - 2:30 p.m. Parents will be required to drop off/pick up students at the retreat location.

**RETREAT REGISTRATION...** Registration for the Junior Overnights and the Senior Kairos retreats will be done online this year. Beginning August 15, on the school website, you will find dates, descriptions, and details on specific retreats. ALL RETREAT REGISTRATIONS must be completed by NOVEMBER 1st! The first Senior Kairos of the school year has limited space so please sign up early!

### PRAYER & WORSHIP

**Opening School Prayer Service** - Christian Brothers High School will kick off the school year in a spirit of faith and community with an all a school prayer service on the first day of school. Parents are welcome to remain on campus following the "welcome back coffee gathering" and join us for the prayer service. All students are asked to wear a CB polo for the prayer service on the first day of school. We will begin our new school year together celebrating who we are as a community as we ask God's blessing upon all that we will share and experience together!

**Praise & Worship Singers and Band Members wanted...** CB Campus Ministry is interested in putting together a praise and worship band this year. 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 (733-3600 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!



**Christian Service**

**Welcome back to the new school year!**

**As we begin the fall semester here are a few reminders from Christian Service:**

**Wellspring Drive:**

The Wellspring/ Breakfast Club drive takes place August 18-29. We need the following: vegetable oil, water-based pancake mix, syrup, foil, peanut butter, jelly, bread, and cash donations for the purchase of eggs. Please make donation checks out to CBHS and put Wellspring in the memo field. Students can drop their donations off in their B set classes. All Incoming Freshmen: Bring your donations to LOCK IN! Tables will be set up for drop off.

**Service Hours:**

**Incoming Freshmen:** An orientation and registration on how to input online service hours will take place in August/September through the Religious Studies Department. Students will need their Family Connection I.D. number to register. Freshmen will also learn how to navigate and input their service hours, reflection, and supervisor contact online via x2vol. This process will begin in August/September and their Religious Studies Instructors will let them know when to bring their I.D. information to class. Please note that all incoming freshmen service hours begin with their tenure at Christian Brothers. See the Parent Student Handbook 2014/2015 for information on service hours.  
**Seniors:** If you want your service hours to appear on your transcript please make sure you have completed the mandatory 100 hours by October 1, 2014. For any questions please contact Ms. Jennifer Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org)

**The following is a list of Service Clubs:**

- **Lasallian Youth:** Moderators, Dr. Peterson and Father Murin
- **Red Cross Club:** Moderator, Ms. Lystrup
- **Kids4Kids:** Moderator, Mr. Havey
- **Wellspring Breakfast Club:** Moderator, Mr. Delgado
- **Christian Service Corps:** Moderator, Ms. Lystrup
- **Environment Club:** Moderator, Ms. Safford
- **Communion and Liberation:** Moderator, Dr. Peterson
- **Heartbeats-Respect for Life Club:** Moderator, Mr. Levasseur
- **Interact Club:** Moderator, Ms. Thayer
- **Social Justice Club:** Moderators Ms. Lystrup and Ms. Fernandez

*The following are camps that take place during the summer. Please see Ms. Lystrup in room 106 for further information:*

- **Camp Pendola:** <http://pendola.org/>
- **Best of Friends/Camp Recreation:** Registration for this camp begins in February at CBHS, so students must listen to the announcements for meeting times. <http://camprecreation.org/>



**Senior Retreat Leadership Team 2014-15**

**Ven-a-Ver Montana Participants:**

There will be a mandatory meeting for the parents of the Ven-a-Ver Browning, Montana participants. This meeting will take place **Tuesday August 26, in room 105 at 6:00 p.m.** We will go over and sign the permission forms, discuss the agenda for the trip and what your son or daughter will need to take. If your son or daughter has their CA ID, CA license or passport please bring two copies to the meeting. Also, students need their tetanus shots so please bring two copies of proof. Finally, you may pay online with Acceptiva. Simply go to the CB website and click on the Christian Service tab, then go to Ven-a-Ver and you will find the information. **All payments are due by September 26.** If you pay by check, please make the check out to CBHS and in the memo field write Venaver Montana. Mandatory weekly meetings for students begin the week of September 22. Readings, discussions, and team building exercises will be ongoing as we prepare for our immersion. Check our Browning Schoology group for announcements. **Please make sure you have a CA ID, CA License, or Passport by September 25.** Student I.D.'s do not work for flight purposes.



# Lasallian Student Life

## Student Activities



### LOCK-IN 2014!!!

Student Council is enormously excited to welcome the Class of 2018 to Christian Brothers High School. As we do each year we look forward to an entire night of games, rallies, dances, entertainment and FOOD at our annual Lock-In. August 15-16 is the date and our seniors and student council will spend the entire night making sure the freshmen feel part of our CB community. Activities will be held in the gym, field house, main lawn, Mary lawn and classrooms. The rally chairs will put on a celebration rally and DJ HighTop will have the students 'groovin' to the music at the dance. Students will also meet many new teachers and program directors, so they may feel more comfortable on their first days at school. And, as always, there will be food, food! Frosh will end the night with hot chocolate and donuts as they watch the sun rise on their first year at Christian Brothers High School.

### WELCOME FROSH!

### MAGAZINE SALE KICK-OFF!

Reach out to family and friends to renew or purchase magazines for next school year. We have magazines on-line as well as hard copy. Did you know, you can purchase gifts and gift wrap through our magazine sale as well? You can purchase magazine subscriptions as gifts for friends and family, or purchase them for the elementary students at our neighborhood school who do not have the funds to buy magazines.

The profits from our magazine sale go to support clubs, sports, music and much more at Christian Brothers. This is the only Student Council school-wide fundraiser we have all year, so please be sure to look for information on the website and from your students. August 29 is our Kick-off Day and our first collection day is September 9.

### 2014 – 2015 STUDENT COUNCIL OFFICERS

ASB Officers

**Annie Hoekman-Veldstra** and **Rose Ann Holmes**  
Co-Student Activities Directors

PRESIDENT: Victoria Linares  
 VICE PRESIDENT: Justin Baker  
 SECRETARY: Kevin Stenvick and Madison Winn  
 TREASURER: Vincent Chandra and Connor Swan  
 RALLY CHAIRS: Quentin Barbosa and Nick Garcia  
 PUBLICITY/HISTORIAN: Daniel Lee and Ritam Sarmah

#### SENIOR CLASS COUNCIL

**Tom English**  
**Marian Shackel**  
 Jack Barnes  
 Joe Delgadillo  
 Liwen Luo  
 Dante Mazza  
 Dominic Smith  
 Vince Villegas

#### SOPHOMORE CLASS COUNCIL

**Anna Fernandez**  
**Thomas Guro**  
 Patrick Barnes  
 Justin Dacanay  
 Makena Haroldson  
 Allison "Moe" McGovern  
 Chase Mehlhop  
 Tudhvir Sekhon

#### JUNIOR CLASS COUNCIL

**Annie Hoekman-Veldstra**  
**Michael Hood**  
 Valente Araiza  
 Katelyn Bates  
 Victoria Burbridge  
 Maliah Haroldson  
 Luke Harris  
 Efrain Vallejo

#### FRESHMAN CLASS COUNCIL

**Anthony Caselli**  
**Stephanie Roybal**  
 Julianne Downing  
 Navneet Khaira  
 Zachary Lau  
 Sofia Linares  
 Anna Claire Nelson  
 Camilla Patterson  
 Nick Smith



Keep up with our community and follow the fun at [www.facebook.com/CBSacramento](http://www.facebook.com/CBSacramento)

# Wine, Beer & Food Extravaganza!

On **Friday, September 5** at Christian Brothers High School

To make your reservation visit [www.cbhswinetasting.com](http://www.cbhswinetasting.com).

A festival of food, fun, beer, wine and live music. Parents, alumni, friends and guests will enjoy open tastings from area vintners and craft breweries – along with ample foods and desserts provided by local dining establishments and caterers. Setting this event apart is its festive atmosphere, with live bands in two venues – a beer garden and wine tasting area. The wine tasting is a party with a purpose, to help provide tuition assistance to our students.

**This event drew a sell-out crowd of over 1,800 guests last year.**  
 If you plan to attend, please make your reservations now, before ticket sales are closed.



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

**BASEBALL** – The baseball program had over 60 participants in our summer Falcons program. This included incoming freshmen as well as current CB players. Teams played tournaments and games in June and July, with a group of players competing in Los Angeles during the July 4th weekend. CB players (Joe McNamara'16, Jim McCauley'15, Anthony Calderon'15, and Colton Wackman'15) also competed for high profile SSC Cats team coached by Sacramento City College Head Baseball Coach Derek Sullivan.

**BOYS BASKETBALL** – Student-Athletes and coaches from the Men's Basketball program continued to embrace the process of working hard in the summer to improve individually and as a team. The Varsity team participated in the long running Florin Summer League, the Sacramento State team camp, the Cosumnes River College-Elk Grove High School Summer Challenge, and others. 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. Members of the team also assisted with the CB Basketball Summer Camp during the week of July 7th. Lending a hand were Matt Marengo'17, Madison Winn'15, Carter Melhop'15, Taylor Ross'15, Jack Barnes'15 & Chris Milton'17.

**GIRLS BASKETBALL** – The women's basketball program attended the Chico State team basketball camp this summer and played in the William Jessup University summer league. The coaching staff is very excited about the future of the program! The Lady Falcons will return several talented players along with a super incoming freshman class.

**FOOTBALL** – This summer has been very productive for the Christian Brothers football program. The Varsity, JV and freshman teams have been training for the upcoming season. Players and coaches look forward to seeing the Christian Brothers community at the games. The Christian Brothers Junior Falcons football program recently began its third year and will field four teams from age 6-14 years old. Our high school players and coaches put on a three day camp for the Junior Falcons in late July. Over 30 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 encourage young athletes to learn football fundamentals and brotherhood at an early age.

**SWIMMING** – Matthew Lemire '15 and Ashley Madrigal-Geary '16 both qualified for Junior Olympics (July 18-20) with their respective USA Swimming clubs. They will continue to compete in August as both have qualified for USA Western Zones in Fresno. Western Zones is a high quality meet, featuring athletes from California, Arizona, New Mexico, and Nevada. Competing at Western Zones pushes the athletes one step closer to the Junior National Championships.

**SOFTBALL** – Christian Brother's shortstop Anissa Maldonado'15 has been offered an athletic scholarship to attend Cal-State East Bay.

**TRACK AND FIELD** – Danielle Jackson '15 participated in the USA Track & Field National Junior Olympic Championships in Houston Texas and took 10th in the nation for discus 120'9".

**BOYS' WATER POLO** – A few select Christian Brothers water polo athletes competed at the club nationals in San Jose, CA. These athletes were handpicked to represent the Sacramento area and Christian Brothers at the national level playing for Capitol Premier including sophomore Max Verspieren '17, senior Kyle Smith'15, graduating seniors Zane Janich'14, Austen Takahashi'14, and Spencer Tibbitts'14.

## ALL LEAGUE: The following spring sports athletes earned All-League recognition from the Capital Valley Conference (CVC):

### Baseball

Zachary Balantac'14  
Anthony Calderon'15  
Zachary Ewertsen'14  
Brendan Gormley'14  
**Most Valuable Player**  
Lucas Still'14  
Steven Talbert'14  
**Defensive Player of the Year**

### Swimming

Matthew Lemire'15  
Ashley Madrigal-Geary'16

### Track & Field

Erik Bloomquist'14  
Eric Domek'14  
Jamarri Jackson'17  
Tariq Richardson'15  
Connor Gutman'14  
Danielle Jackson'15  
Lauren Adams'14  
Natalia Gonzales-Smith'14  
Dominique McNeely'16  
Kara Romani'15

### Men's Volleyball

Diego Breedlove'14  
Duncan Breedlove'14  
Jordan Broadhead'14  
Ben Taylor'14

### Golf

Jackson McMullen'15  
Michael Perez'14

### Women's Soccer

Alexia De La Paz'15  
Andrea Martinez'15  
Kayla Thompson'14  
Lindsay Pope'14

### Softball

Anissa Maldonado'15  
Kira McKechnie'15  
Carleigh Nivens'14

## Become active volunteers in support of CB athletics.

### CB Falcon Athletic Volunteers (FAV)

We 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: Blue/Red Scrimmage, Spring Sports BBQ, La Salle Club Coaches and Baseball Hall of Fame events, the inaugural 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 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.

### UPCOMING EVENTS

- **Coaches and Captains Workshop**, Sunday, August 10  
1:00-3:00 p.m., George Cunningham'40 Performing Arts Center
- **Fall Sports begin**, Monday, August 11
- **New Parent Athletic Orientation**, Thursday, August 12  
6:30 p.m., Cafeteria
- **Blue-Red Scrimmage & Sports Picture Day** Saturday, August 23  
9:00 a.m.-12:00 p.m.  
Volleyball – Ron Limeberger Gym, Soccer Varsity – Soccer Field

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

- **All athletes must have the athletic packet completed** and turned in to their coach prior to any participation or tryouts for athletics. To download the packet, please go to the CB website / Athletics / Home / under 'Announcements & Events'
- **Fall tryouts officially begin Monday, August 11.** To obtain specific tryout / practice information contact the head coach directly. The head coach directory is available on the main page of the 'Athletics' page under 'Announcements and Events'



## Media, Visual & Performing Arts

### What a time to be involved with the arts at Christian Brothers High School!

The high-tech **George Cunningham '40 Performing Arts Center** is now open. On the very day the builders turned the keys over to us, students were using the space practicing their various arts. It is only a few months old, and has already hosted the **La Salle Art show**, the spring musical **The Drowsy Chaperone**, concerts, and shown films. We look forward to many years of the theater serving our students and community in ways that are only limited by our imagination. The building and courtyard fits in on our campus as if it was always meant to be here. As you stroll through the grounds of Christian Brothers you have to wonder: is there a more beautiful high school campus? Anywhere? We are so grateful.

Our Church has always recognized the importance of art in our spiritual growth, and the new theater is another tool to carry on God's work. Perhaps no other academic subject affords us the opportunity to empathize with our fellow human beings like the arts. Whether we study the lines on someone's face for a portrait, play music to express the joy and pain of the human experience, or become another person in a play or film, art helps us to walk in someone else's shoes and experience their story. Art makes us more compassionate and broadens our understanding of our and others' time here on earth. For this reason art will always play an important role in a well-rounded Catholic education. **I invite you to get involved this year in any of our many art programs at Christian Brothers, and grow with us.**

Thank you.  
Findlay McIntosh  
Director of Media, Visual & Performing Arts



### The International Student Program

It's the beginning of year three for Christian Brother's International Student Program. In August, thirty-three international students begin the new school year at Christian Brothers High School. We have fourteen returning students and nineteen new students from various countries around the world. As we welcome our new and returning students, we wish them the best in their academic and extra-curricular endeavors.

For some of us, it's easy to understand why students come to the United States to study. First of all, we love our school and know that our teachers, administrators and staff are 100% committed to doing all that they can to provide our students with the best education possible. We also know that CB offers so much more than just strong academics. That knowledge is evident in the myriad of successful programs on campus.

On the other hand, it's difficult to fathom how these brave, young, yet mature students manage the change of language, home, culture, friends, teachers, customs, food, etc. so easily. The answer to that is rather simple...they make up their minds early in life to come to the U.S. and they just do it. Whatever the avenue, the journey, or the origin, they are all here with us to be part of the community we know and love. We welcome all thirty-three of them just as we welcome every single student at CB each year because of the dedicated teachers, administrators and staff that are on hand to make this a great year for all of our students. Additionally, many CB families have offered to host these students and are committed to support them this next school year. The commitment they offer is nothing less than extraordinary.

The flags from China, Colombia, Equatorial Guinea, France, Italy, Japan, New Zealand, Sierra Leone, Singapore, South Korea, Spain, Sweden, Venezuela, and Vietnam will be out front the first day of school to represent former, new, and returning international students at CB. We embrace the diversity and look forward to all the lessons we will learn from these young global citizens as members of our CB community.

### DRIVERS ED OPEN FOR ENROLLMENT!!!

*Students may sign up now for Drivers Ed which is offered in the mornings before school each quarter. The first class begins on Monday, August 18. Students must be 15 years of age by October 3, 2014 for this session. No academic credits are earned. There is a \$100 fee for the course which consists of 30 hours of classroom instruction in the rules and regulations of driving and meets State of California requirements to obtain a driving permit. Please look for the registration form on the CB website under the Parents tab, Information and Forms, or contact Rona Gordon, Administrative Assistant to the Principal, [rgordon@cbhs-sacramento.org](mailto:rgordon@cbhs-sacramento.org) or 916-733-3674 with questions.*





## CHRISTIAN BROTHERS HIGH SCHOOL **SCRIP** PROGRAMS!

Help **support** CBHS with your everyday shopping!

Register online or pick-up a grocery store card in the Main Office.

Select Christian Brothers High School as your school choice!



ShopWithScrip™ families place their orders online, anytime day or night, and pay with the convenient PrestoPay™ service. **Log on to** <http://www.shopwithscrip.com/> Click PrestoPay and follow prompts. The **CBHS Group ID** is # LAD4DFC331629



AmazonSmile is the same Amazon you know. You can use your existing **Amazon.com** account on AmazonSmile! The only difference is the web address. You will now log on at: <https://smile.amazon.com/>. On your first visit to AmazonSmile, select **CBHS** to receive donations from eligible purchases before you begin shopping. Every eligible purchase you make on AmazonSmile will result in a donation. **Click the GET STARTED button**. Search and select Christian Brothers High School. It's that easy!



**Log on to** <http://www.escrip.com/> and go to "sign up". Designate **CBHS** to receive contributions. Register your debit/credit cards and your **SAFeway** club card. **CBHS Group ID** is #6617319.



Visit [http://www.raleys.com/www/scrip\\_home](http://www.raleys.com/www/scrip_home)

Support **CB** with the electronic scrip program at Raley's. Sign up (or sign in) for the Something Extra program **first!** Then click the Get Started button to support education by selecting **CBHS** as your school of choice.



<http://www.nuggetmarket.com/community/>

Pick up (or we will mail) the Nugget Scrip Card from **CBHS Main Office**. Go online to create a **Nugget Market scrip account**. Designate **CBHS** as the beneficiary. **Present the card** each time you shop at all Nugget stores and the school will receive a donation from Nugget.



### **SAVE MART/FOOD MAXX**

Present your card each time you shop at Save Mart and **CBHS** will receive a check for the qualified purchases! Pick up a card in the school's **Main Office** or request a card to be mailed to you. The card is registered to the school so you can begin shopping immediately to support **CBHS**.



### **TARGET**

Visit <https://www-secure.target.com/redcard/tcoe/home>

Click on the link to designate **Christian Brothers** as your school. Target will donate 1% of your REDcard (debit or credit card) purchases made at Target and Target.com to **CBHS**. The school ID# is 3197.

TAKE CHARGE OF EDUCATION™

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# Register TODAY!

Contact Donna Adam at Christian Brothers High School for cards or to answer your questions.  
Email: [dadam@cbhs-sacramento.org](mailto:dadam@cbhs-sacramento.org) or call: 916-733-3662

Thank-you for your support!



# Facilities Face Lifts – Summer Construction Projects on Campus



**Cafeteria gets a makeover!**

**Updating the front of our school!**



**Building a lab  
for future engineers!**

**Learning Commons  
taking shape!**





# CHRISTIAN BROTHERS DINING



FALL 2014

## Parents



Providing a nutritious, well-balanced meal while your student is in school is what sets our dining program apart from the rest. Whether a hot entrée, fresh-prepared sandwich using local ingredients, or a tasty snack for your student – you deserve the peace and mind a SoGo Card will offer.

Sodexo, the on-site provider of meals offers a secure and convenient method of payment that can only be spent on food and beverages. SoGo Card works just like a debit card, without any fees. Add funds to your student's SoGo Card and the card is swiped at the time of purchase. It's just that easy.

Your student's dining experience will be faster and easier when SoGo is used. It's even convenient to monitor and add funds throughout the school year.

## SoGo. CASH WITHOUT CONSTRAINTS

- Convenience- Guests never have to worry about having cash for on-site purchases.
- Security- Guests may register their card on our secure website and protect the values on their cards.
- Savings- Guests save 10% as well as tax on all food purchased with the SoGo card.



**ADD LUNCH  
AND SNACK MONEY:  
[WWW.SOGOCASHCARD.COM](http://WWW.SOGOCASHCARD.COM)**

OR

**CONTACT**  
LISA GIAMPIETRO 916.733.3681  
LISA.GIAMPIETRO@SODEXO.COM



# Falcon Family Faces





# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL



*An invitation  
to relationships,  
transformation, and to  
seeing the extraordinary  
in the ordinary!*

Dear Parents,

The 2014-15 academic year at Christian Brothers High School is off to a splendid start! We are delighted to share another year of excellence in teaching and learning, partnering together with you in providing a human and Christian education for your children. This year brings many new and exciting innovations to our rigorous college preparatory curriculum.

I have mentioned before the importance of RIGOR, RELEVANCE, and RELATIONSHIPS. We continue to focus on these themes and we pride ourselves on being the place to be for rigor (students graduate college-ready); relevance (students learn 21st century skills that prepare them for careers not even invented yet); but most especially relationships. Our Founder, St. John Baptist De La Salle, shared with teachers that "To touch the hearts of your students is the greatest miracle you can perform." We are committed to touching the hearts of the students entrusted to our care – your children.

Along with these three R's, we are focusing as a community this year on three T's: TRADITION, TRANSITION, and TRANSFORMATION. This theme is illustrated as an image of a tree that shows how we can build on our Lasallian tradition and CB's legacy as we transition to new ways of being that result in transformation. You may have noticed the national Lasallian logo added to our signatures in emails and in other places. It reads: "Transforming Lives since 1680." That's true and we can say of CB, transforming lives in Sacramento since 1876!

As we consider these two unified themes of the three R's and three T's, it is clear that once again relationships are the foundation and underpinning of where transformation happens. And that begins with

recognizing that each of us has a choice: to live with gratitude and see each other and all of life as extraordinary – or not.

Writer Ann Voskamp tells this story: "Marjorie Knight told me when I was nine. She turned to me while we were hulling a heap of strawberries over her sink, and her white hair caught all this afternoon light and her gravelly voice rolled over those words like smoothed stones: 'Running hard after an extraordinary life turns out to be chasing a lie. The realest extraordinary is always found in the ordinary. The extra everyone's looking for — it's found in ordinary.' She didn't say much after that, but I tasted her words in the strawberries, in the swallowing down of the rubies, the juice of them running out the side of the mouth. . . Everyone gets to accept the invite to extraordinary or not . . . the ordinary is the everyday container that holds the realest extraordinary. That every single one of us gets eyes to look into, to smile into, to witness glimmers of souls right here. The ordinary becomes the extraordinary when the eyes see the extra glory here. That's a life equation, take it or leave it. There's nothing in this world that's normal — there's only growing blind to the glory."

As we here at school cultivate relationships that support and affirm your precious children, we ask that you join us in trading out those worn out phrases: "I'm stressed" - for "I'm grateful..." and "I'm overwhelmed" - for "I'm wowed." And that together we notice the extraordinary in our youngsters. The day-to-day rhythm of school and family - the ordinary - becomes extraordinary when we mindfully say the words out loud - "Yes, I'm wowed... Yes, I'm grateful" - so that the eyes see what is right in front of us. The transformation everyone's looking for - it's found in the ordinary. More ordinary awakenings to the common extraordinary, to the God-glory hidden in plain sight. As we pursue strong relationships and extraordinary transformation with our children, let's join in reminding each other that CB is the place to be because Grace is here. The Extraordinary is here, God, is here. And we can see Him in our students!

Live Jesus in our hearts,

Mary Hesser  
Principal  
Domine Opus Tuum

SEPTEMBER 2014  
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 Christian Brothers**, all new and returning families! Counselors are busy assisting students with resolving personal issues, helping them plan strategies for academic success and also distributing a substantial amount of college planning information. Each grade-level counselor in grades 9-12 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:** Ms. Blaire Moskat (Class of 2018 Counselor) will be having all freshmen complete the **"Learning Styles Inventory"** on Naviance/Family Connection during visits to their Religious Studies classes. The freshmen will soon 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. Ms. Moskat will also be giving them a packet of helpful information during their pre-scheduled visit regarding how to be successful at CB. On **Tuesday, September 16 (7:00 p.m. in the George Cunningham '40 Performing Arts Center) the counselors will be hosting all freshmen parents for "Frosh Parents Guidance Night"**. We will provide parents with a preview of what to expect from the Counseling & Guidance Department over the next four years and will discuss important issues concerning Academic, Personal and College Counseling. **Ms. Lorie Frias**, the Mathematics Department Chair will be on hand to address the new Common Core curriculum and the iPads as they relate to math.

**SOPHOMORES:** Mr. John Riley-Portal (Class of 2017 Counselor) is assisting sophomores in completing **"Do What You Are"**, a personality profile/career interest survey on Family Connection.

**JUNIORS:** Mr. Armando Diaz (Class of 2016 counselor) is visiting junior English classes along with our College Counselor (Ms. Melissa McClellan) to discuss college planning and the 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.

**SENIORS:** Ms. McClellan and Mr. Kirk Purdy (the Class of 2015 counselors) have already visited all of the senior English classes to discuss very specific information on how the counselors will assist them this year in the college application process. The department will be hosting **"College Night for Seniors and Their Parents"** on **Tuesday, September 9 (7:00 p.m. in the Thea Stidum Theatre)** to present important and timely college information to seniors and parents.

### 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 as important to their educational ambitions and needs. Unlike the junior year and earlier, this year is one that will be influenced by **deadline dates** and other milestones when tasks must be completed. The soundest piece of guidance you can give your senior student is to create a **"things 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 applications tasks will ensure they do not become a distraction to the important things that must continue to happen in the classroom.

### Reminders for everyone:

**School is in full swing! Monitor these early weeks of school and make certain your son or daughter attends to the following tasks:**

- Launch the year determined to be as **successful** as possible. **Set goals**. Don't allow the college exploration, decision-making or application process to become a distraction.
- **Review the courses** on your child's current schedule and make certain they are pointing toward her or his college goals. Plan ahead for next year's classes. Also look at upcoming testing dates and their registration deadlines.
- **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 beforehand. Revisit those schools where unanswered questions exist. Seniors will soon be refining their list of "target," "reach" and "safety" colleges and initiating the application process.
- Make sure your child **listens to and reads the daily announcements, watches KBFT, and checks the CB website** in order to hear about college evenings 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 30-40 **college rep visits** that will be held on our campus and to **attend the College Fair** that CB co-hosts with the other Catholic high schools. This year, it will be held at **Jesuit High School on Thursday, September 25, from 6:30-8:30 p.m.** Jesuit will also be hosting a smaller college fair with Jesuit colleges only on **Monday, September 8** from 7:00-9:00 p.m.
- **Juniors** should begin to **map out a long-range strategy** for college exploration. Sometime soon, each student must identify those characteristics that she or he is looking for in a college and now is the time to begin thinking about those criteria. Initial exploration can involve general college guides and videos or the more specific information presented by colleges on their websites. **Juniors should plan on taking the SAT or ACT in March or later of the 2014-2015 academic year.** Each junior has received information that allows them to log on at our college planning website, **CB's Family Connection**. If they have not already done so, juniors should complete **"Do What You Are"** and the **"Career Interest Profiler"**.
- Some eager **sophomores** may want to become more engaged in the high school-to-college transition, but this is a time for them to **concentrate on the classroom** and do the best job they can do to bring home **good grades in challenging college prep classes**.

#### SAT Test Date

October 11 (@CB)  
November 8  
December 6

#### Deadline to Register

September 12  
October 9  
November 6

#### ACT Test Date

September 13  
October 25 (@CB)  
December 13

#### Deadline to Register

August 8 (already passed)  
September 19  
November 7

*...Continued*



### TEST PREP FOR SAT AND ACT:

There are several ways at Christian Brothers to do test preparation prior to taking the SAT exam.

- **Saturday on-campus SAT prep class** with our own English and Math teachers (9:00 a.m.-1:00 p.m. on four non-consecutive Saturdays beginning September 6). Cost of the course is \$200.
- **PrepMe** on CB's Family Connection can prepare a student for either the SAT or the ACT exam. This is free of charge to all CB students. Juniors may also use this to **prepare for the PSAT, which will be given on October 15.**
- Take off-campus courses or do online courses or tutoring (for a list, please contact the Counseling Department).

We feel that this offers distinct choices that will fit every family budget and provide vital and timely preparation for these important tests.

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

### Family Technology Night

Did you know the average American child between the ages of 8 and 18 spends 53 hours per week with media and technology?

This is digital media time spent outside of school. Kids spend more time online with their phones, watching TV or playing video games than they do in school or with their parents!

**Please join us for a Family Technology Night on Monday, September 22, 2014, from 6:30 to 7:30 p.m. in the Studium Theatre**

for tips on managing your student's iPad use both at school and at home. Parents, please remember that there is an iPad Help Desk for half an hour before school, after school, and during break and lunch to help your student.

A special thank you to all the freshman and transfer parents that attended the three new Parent/Student technology workshops. Materials from the workshops are posted on the school's website <http://media.wix.com/ugd/eddff5688e062dac1246a79f87cdbe8e644ff6.pdf>.

## Come join the Auction Committee!

**Our kick-off meeting will be**

**Tuesday September 16th**

**in the Brother Bertram Hall Living Room.**

**Snacks and beverages at 5:45 p.m. and meeting to begin at 6 p.m.**

**We are a fun and welcoming group of volunteers!**

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



### Campus Ministry News...

## Reflections at the beginning of a new school year...

*At the start of this new school year let us look to the tree as a symbol of strength and support. Each one of us is a special part of the CB Family Tree. We recall the 3T's of tradition (its roots), transition (its growth and change) and transformation (its gifts of good fruit). Every day we are challenged to stretch, and grow, and bend, and learn, and discover, and share. As members of our CB Family Tree, we are also called to pray and to work for peace and justice in our world. During these early days of a new school year let us commit together to actively pursuing peace- in our hearts, in our families, in our communities, and in our world. This month we have some special opportunities to help us in keeping peace and justice at the forefront of our hearts and minds. These are outlined below.*

*Continued blessings for a peace filled school year-  
Jen Yearwood, Director of Campus Ministry*

**On September 11**, our Nation will once more remember the tragic events of this terrorist attack, those who lost their lives, and those who have been forever affected by the events of this day. We should also take pause to recall the countless ways in which people from all walks of life came together to rescue and serve, to risk their own lives for others, to offer aid and comfort for the afflicted, and to join with one voice in prayer, in hope, and in healing. Christian Brothers will take a few minutes at the beginning of the day on September 11 to commemorate this important day in the history of our country. On September 11, let us all take pause to remember, to reflect, and to recommit ourselves to working for peace.

**On September 17**, our CB community will share in an all school liturgy focused on the theme of peace. Our celebration will mark the kickoff of the International Lasallian Days of Peace, whose 2014 theme will be "Breaking the Cycle of Poverty to Build Peace". Pope Francis offers us the following words to help guide our hearts toward peace...*"The quest for peace also represents a challenge for each of us. It is the perennial challenge of breaking down the walls of distrust and hatred by promoting a culture of reconciliation and solidarity. Peace is not simply the absence of war, but is, 'the work of righteousness' (Isaiah 32:17). Justice as a virtue calls for the discipline of forbearance. It demands that we not forget past injustices but overcome them through forgiveness, tolerance and cooperation. It demands the willingness to discern and attain mutually beneficial goals, building foundations of mutual respect, understanding and reconciliation."* All are invited to join us for Mass on 9/17 at 9:30 a.m. in the gym.

**On September 24**, we invite all students, staff, and parents to join us for See You at the Pole. 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 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. In conjunction with the International Days of Peace, we will gather **around the Peace Pole on the main lawn** for our prayer service. We will begin at 7:40am on the 24th. Please consider starting off your morning by joining us for this special time of prayer!

#### Prayer for Peace

**God of peace**, bring your peace to our violent world:  
peace in the hearts of all men and women  
and peace among the nations of the earth.

Turn to your way of love to those whose hearts and minds  
are consumed with hatred.

**God of understanding**, overwhelmed by the magnitude  
of violence, we seek your light and guidance  
as we confront such terrible events of war and terrorism.  
Grant that those whose lives are affected daily by hatred  
and darkness may find hope for peaceful resolution.

**God of Strength**, comfort and console us,  
strengthen us in hope, and give us the wisdom and courage  
to work tirelessly for a world where true peace and love  
reign among nations and in the hearts of all.

#### Campus Ministry is off and running!

- **Christian Brothers kicked off its new school year with a wonderful opening day of school prayer service!** Thanks to members of the SRLT team who worked to plan and lead our community in prayer! Their high energy gifts and talents helped us all to embrace our school theme and remember that "Today is the Day!"
- **Retreat registration is happening NOW for Seniors!** How to register via the CB webpage: Select "Student Life". Select "Campus Ministry". Select from the right menu: "Student Retreats". Scroll to bottom of page for Senior Retreat info. Here you will see the link for permission forms and also a link for "Pay Now" using credit/debit card with the option to pay the entire fee or partial payment now/balance at time of the retreat. *\*Please note the Sept.30-Oct. 3 Kairos is filled. Please register for one of the other 3 remaining Kairos dates (November 11-14, January 20-23, or March 24-27).*
- **SAVE THE DATE---**The Frosh retreat will be held at Christian Brothers on Wednesday, October 15 from 9:00 a.m.-2:00 p.m. This is a mandatory, all-class event. More info will be shared in the Freshmen Religious Studies classes in September and an email will be sent to parents with additional details.

If you have questions or concerns about the retreat program, please contact Ms. Jen Yearwood.



## **Christian Service**

### **Wellspring Drive:**

Thanks to all who donated to the Wellspring Breakfast Club. Moderator Mr. Delgado and the Breakfast Club students appreciate your support. Thank you.

### **International Lasallian Days of Peace September 21-October 21:**

The Lasallian Days of Peace initiative focuses on breaking the cycle of poverty. The ILDP theme aligns brilliantly with our school Social Justice theme: The Rights of the Child. Students will learn more about the ethics of consumerism, food deserts and hunger in impoverished communities, and other justice issues.

### **Service Hours:**

**Incoming Freshmen:** An orientation and registration on how to input online service hours will take place in September through the Religious Studies Department. Students will need their Family Connection I.D. number to register. Freshmen will also learn how to navigate and input their service hours, reflection, and supervisor contacts online via x2vol. This process will begin in August/September and their Religious Studies instructors will let them know when to bring their I.D. to class. Please note that all incoming freshmen service hours begin with their tenure at Christian Brothers. See the Parent Student Handbook 2014/2015 for information on service hours.

**Seniors:** If you want your service hours to appear on your transcript please make sure you have completed the mandatory 100 hours by October 1, 2014.

For any questions please contact Ms. Jennifer Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org)

### **Service Clubs:**

**Club Day is September 25.**

**If you are interested in service consider these clubs:**

**Lasallian Youth:** Moderators, Ms. Peterson and Father Murin

**Red Cross Club:** Moderator, Ms. Lystrup

**Kids4Kids:** Moderator, Mr. Havey

**Wellspring Breakfast Club:** Moderator, Mr. Delgado

**Christian Service Corps:** Moderator, Ms. Lystrup

**Environment Club:** Moderator, Ms. Safford

**Communion and Liberation:** Moderator, Ms. Peterson

**Heartbeats-Respect for Life Club:** Moderator, Mr. Levasseur

**Interact Club:** Moderator, Ms. Thayer

**Social Justice Club:** Moderators Ms. Lystrup and Ms. Fernandez

**The following are camps that take place during the summer. Please see Ms. Lystrup in Room 106 for further information:**

**Camp Pendola:** <http://pendola.org/>

**Best of Friends/Camp Recreation:** Registration for this camp begins in February at CBHS so students must listen to the announcements for meeting times. <http://camprecreation.org/>

## **Need Assistance with Smart Tuition?**

You may access your Smart Tuition account by logging onto [www.parent.smarttuition.com](http://www.parent.smarttuition.com) and entering your family ID number.

You may make online payments, view your account transactions, or update your personal information. You may also make a telephone payment by calling 888-868-8828. If you have any questions regarding your Smart Tuition account, please contact Susie Griffin, Student Account manager at Christian Brothers High School at 916-733-3644.



## Lasallian Student Life

### Student Activities

#### 'May the Force be with You' as in the FALCON FORCE Welcome Back To School!

Student Activities is enthusiastically working to make our **Magazine Drive** the most exciting and challenging yet. And by challenging we mean "Teacher Challenging." For example, our expert in Television Production of fundraisers, Mr. Hogan, has challenged our expert in Shakespearean fundraisers, Ms. Bowers, as well as our expert in the History of fundraisers, Mr. English, to determine whose class will earn the most sales in the entire school. Our resident Statistician Ms. Holmes has challenged our resident Musician Mr. Maslen, with the loser in sales giving a "kazoo concert" to the winner in sales. With our teachers actively involved in supporting the magazine drive we WILL make our goal of \$97,000. The Magazine Drive will run from August 29 through October 9, during which time our students will be working diligently to sell subscriptions. Please be sure to save all magazine orders and renewals for the CBHS student of your choice. Gift items and gift wrap may also be purchased. You may also order online through our website.

Magazine sales benefit all students and their co-curricular activities. Among the groups who benefit from the sales are the Athletic Department, the Music/Drama Department, Clubs, etc. As an added incentive, the students who complete the postcard and turn in any multiple of six orders will receive a raffle ticket for a trip, and those who complete the postcards and turn in any multiple of four orders will receive a raffle ticket for a free month of tuition. The entire school will earn a day off for all their hard work IF we meet the goal. Please encourage your student to sell, sell, sell.

#### **GOOD WORK CB FROSH!** Congratulations to freshmen

**Delaney Bird** and **Bellissima Arriaga-Patillo**  
who are recipients of the

#### **Computer Explorers Scholarship** for their superior work in

**Integrated Technology Education**  
classes at their respective elementary schools.  
The technology skills they mastered will serve them  
well in their high school years at  
Christian Brothers and beyond.

*Congratulations Delaney and Bellissima on  
your outstanding accomplishments!*

#### FUN ACTIVITIES THIS FALL

Our first **Open Dance** of the year is **Friday, September 19**, from 7:30 – 10:30 p.m. Students from all four Catholic high schools will be dancing under the stars on our own Mary Lawn. The DJ for this dance is a former graduate of Christian Brothers High School, Logan Aguirre.

**Club Day** sign-ups will be held during lunch on the main lawn September 25. We have approximately 30 clubs here at CBHS and they will all be represented with information booths on that day. Students should be able to find a club to match his/her interest/s. See you on the LAWN!

**ARE YOU READY FOR SOME FOOTBALL?** That's right – **Holy Bowl** is just around the corner and the Falcon Force is planning a Football Kickin' Rally. Holy Bowl is September 13 and the rally will be held on Friday. The Drum Line and Captain Falcon and the Blue Falcon are sure to make an appearance.

This is also **Blue Out Week**. Students should show their spirit by dressing in blue the entire week and attend the **BLOCK PARTY** on the main lawn. Classes will be judged on spirit so make sure to come dressed in BLUE the entire week. GO FALCONS

#### LET'S GET PUMPED!!

JOIN THE CB COMMUNITY

#### **Pre-Game Pep Rally in the Hughes Stadium Parking Lot**

2:00 pm to 6:30 pm, but drop in anytime.

- Face Painting
- DJ
- Temporary Tattoos
- Spirit Giveaways (wear Falcons Blue to receive a giveaway)
- Food
- Photo Booth

**Show your SPIRIT and stop by the CB tent in the stadium parking lot.**



#### SAVE THE DATE:

The **Freshman Family Liturgy** will be held October 26. All parents and family members of freshman students are invited to attend. It will be held at 9:30 p.m. in the Limeberger Gym. The Frosh class council looks forward to greeting you. Please plan to stay for a continental breakfast in the cafeteria following Mass.



# CBHS 2014 Homecoming Dance Dress Code

HOMEcomings DANCE Saturday, November 1, 2014

Christian Brothers High School has a **Homecoming Dance Dress code** to **encourage students to make appropriate choices and represent themselves well**. Any student, including dates from another school, not following the Homecoming Dance Dress Code WILL NOT be allowed to enter the dance.

## FOR GIRLS:

- Semi-formal dresses are allowed and must meet the following regulations:
  - Dresses should be modest and appropriate in style and fit for the CBHS setting.
  - Dresses must have **one or more straps**. No strapless dresses are allowed.
  - Dress/skirt length must come within approximately **two inches** of the knee.
  - Dress back may not be open lower than the bottom of the shoulder blades.
  - Dresses may not have "cut outs" exposing skin on the bodice.
  - Dresses should NOT be excessively tight.
- 
- **To ensure approval of dresses, digital photos of girls wearing their dress must be emailed to Mrs. Powers, Dean of Students, as soon as possible and no later than October 27. Emailed photos should include a front and back picture of the student wearing the dress and the photos should be taken from the same elevation as the student. In some cases, students may be asked to bring the dress in to try it on. Girls whose dresses are not pre-approved by Mrs. Powers may be turned away at the door. To ensure dress approval please email a photo of the student wearing the dress to [dressphoto@cbhs-sacramento.org](mailto:dressphoto@cbhs-sacramento.org)**

## FOR BOYS:

- **Semi-formal dress for boys includes dress pants or slacks, dress shirt and tie, sweaters or jackets as needed. Dress shoes and dark socks are encouraged.**

## FOR ALL: Students wearing the following items will not be admitted to the dance:

- Clothing that sags, bags, or is low-cut that exposes undergarments or excessive skin
- Glow, strobe, flashing, or light accessories of any kind

**ANY student, including dates from another school, not following the Homecoming Dance Dress Code WILL NOT be allowed to enter the dance.** CBHS staff makes the final decision regarding appropriateness of student dress.



# Athletics

## Congratulations to **Brian Chavez and Jake Hunley '96** who were selected the IHE (Integrity • Honor • Excellence) Coaches of the Year for 2013-14

### Upcoming Events:

During the next few weeks we have some big events coming up:

- September 3 - Women's Volleyball @ St. Francis  
(Frosh 4:00 pm, JV and Varsity to follow)
- September 9 - Men's Soccer @ Jesuit  
(Varsity 3:30 pm, JV to follow)
- September 11 - Women's Golf v. Vista Del Lago  
at Bartley Cavanaugh (3:15 pm)
- September 12, 13 Men's Water Polo @ Merced High School
- September 12, 13 Women's Water Polo Tournament  
at Sierra College
- September 13 Football: Holy Bowl @ Hughes Stadium  
(Frosh 2:00 pm/JV 4:30 pm/Varsity 7:00pm)
- September 17 Cross Country League Meet  
at Granite Regional (3:30 pm)

September 23 Women's Tennis @ Vista Del Lago (3:30 pm)

### Fall Sports are off and running. Here are some highlights:

**FRESHMAN VOLLEYBALL:** The freshman team has taken on sixteen hardworking, enthusiastic players. Focusing on discipline, commitment, intensity, and team pride, the freshmen are looking forward to a successful season.

**JV VOLLEYBALL:** The girls have been working very hard since the start of the season, which was reflected at the Blue & Red scrimmage, playing as a cohesive unit, bringing all of their individual talent into a concerted effort in games. As they get more experience playing with each other, the team will only get better!

**VARSITY VOLLEYBALL:** The varsity team has set some high expectations as a team and are working very diligently towards their goals. They have a tough, competitive schedule ahead of them and are welcoming the challenge of some spirited matches. Assistants at the varsity level this season are returning Coach Leah Klemenhausen and new assistant Bobby Fresques.

**FRESHMEN FOOTBALL:** The 2014 Freshman Football team has 32 players this year coached by Rolf Schumann, Dave Desmond '94, Darin Stahl '94, Mike Rose '13 and Skip Gonsalves. The Frosh Falcons

started off last Saturday against Pioneer very quickly by scoring on the second play of offense. Nine different players scored on offense as the team scored 15 TDs. The defense shined as well, only giving up one first down and one TD on the last play of the scrimmage.

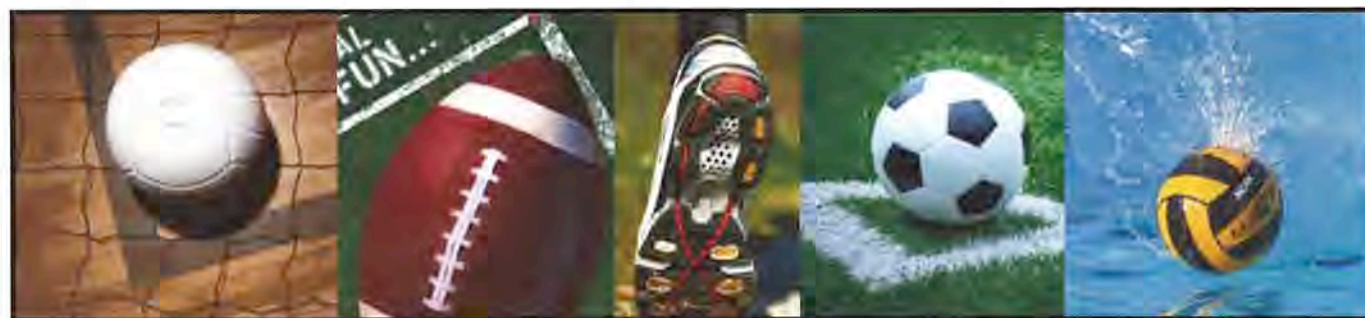
**JV FOOTBALL:** The JV football team is off to great start to the 2014 season. We have 33 players and all of them are working hard to improve on the field. The team is coached by Jim Ghilardi, Evan Robinson, Ron Kerekes, and CB graduates Jon Ward '08, Eddie Ralph '10, and Danny Sotto '83.

**VARSITY FOOTBALL:** The varsity football season began with 44 athletes reporting for fall camp. Competition is keen for a number of positions on both offense and defense. The Falcons start their first year in the Capital Athletic League where they resume a rivalry with the El Camino Eagles. The season begins with two road games against River City and Laguna Creek in preparation for the Holy Bowl against Jesuit.

**CROSS COUNTRY:** CBXC is off and running, having just come back from our yearly foray to Middletown, CA and the beautiful Hoodoo Creek Ranch. This year 41 runners made the trip where mountain running, rock diving, kayaking and eating are the preferred activities. It was a difficult but fun weekend that allowed veterans and newcomers to get to know each other as we embark on another successful season of Cross Country running. This year's team is heavy on lower division athletes but that should not hamper growth of the seeds that were set last season when the varsity boys finished 17th at the California State Championships.

**MEN'S SOCCER:** The 2014 edition of CB Soccer enters this season with high expectations. Coming off a Division III Section Championship in 2013, the team hopes to duplicate the fast-paced, possession-oriented style of play that helped CB win the Capital Valley Conference last season. The team hopes to regain their form of 2013 early in the season as their schedule is one of the toughest in the area. Pre-season games against Granite Bay, Capital Christian and Jesuit, along with two games in Portland, Oregon against Jesuit (Portland) and De La Salle North H.S. will surely test the Falcons and prepare them for another run at a section title. Come out and support your CB Soccer program this year, as this season is guaranteed to be exciting and entertaining.

**MEN'S WATER POLO:** Christian Brothers Men's Water polo enters a new era in water polo, competing in the CAL league for the first time, a league known for being one of the best. All though the Falcons are a young team they have high expectation for a strong finish, partly due to the great work put in by many over the summer. The team has a tough schedule this fall with matches against Rio Americano, Jesuit HS, and Granite Bay among many other quality teams. There is no doubt they will be tested this fall, but all the members of the team are up for the challenge.





### We are off to another great year at Christian Brothers.

The campus has been transformed since leaving last May. In addition to the spectacular George Cunningham '40 Performance Arts Center there is the new Learning Commons, the STEM wing, a makeover for the cafeteria, and new office space in the Athletic Department, Administration wing, and Bertram Hall. All this done with such attention to detail and thoughtful design that by the power vested in me as head of the MVPA at CB I am giving Mr. Steve Barsanti, Director of Facilities, and his crew honorary degrees in the arts. **Great job!**

We have six new teachers in the MVPA Department this year. Let us introduce them to you:

- **Anthony Lien, Choir Director.** Tony has extensive teaching experience including tenure at Loretto High School. He has earned a doctorate in music and a masters' degree in theology.
- **Heather Christianson '01, theatre manager and teacher.** Since graduating from CB in 2001 Heather has worked in professional theater in Southern California.
- **Donna Adams, AP Art History.** Donna loves showing students how to look at art and analyze its deeper meaning. She is the proud mother of three children and Nana to three grandsons.
- **Gaw Vang Williams, Jazz Choir.** Gaw came highly recommended to us from the former CB teachers Ron and Holly Slabbinck. She is currently teaching at Sac State.
- **Christine Kerr, visual art.** Christine has taught at Mira Loma High School and St. John of Vianney. She is the proud mother of two.
- **Michael D. Jackson, theater director.** Michael is a native of Sacramento and earned his master's degree in theater arts from Sac State. He has spent time in New York City writing and directing plays.

This fall we will be presenting the drama **"Street Scene"** by Elmer Rice. It opened on Broadway in 1929 and deals with the melting pot of America on a single day in a single apartment building. Rice won a *Pulitzer Prize* for this play. It was made into a movie in 1931. **Auditions for "Street Scene" will be held September 9, 10, and 11 from 3:30 to 5:30 p.m.;** rehearsals begin the following week Monday through Thursday.

The CB production of **"The Drowsy Chaperone"** last spring was nominated for eight **Elly Awards!** What a way to open our new theatre.

**Mark your calendars for October 17 as Open Mic Night** will kick off its season in the theatre.

On **Friday, September 26, Real Men Sing** will have a performance at Sac State.

Our **band/drum line ensembles** are gearing up for the **Holy Bowl** rally and football game, while our orchestra is preparing for this year's first school Liturgy and our annual performance in Clarksburg on September 21.

We encourage you to get involved in the arts; contact **Mr. Findlay McIntosh, Director of Media, Visual & Performing Arts**, to see how you can.

*"Art enables us to find ourselves and lose ourselves at the same time"*

-Thomas Merton

## VOCATIONS

Since his time as a student at Christian Brothers High School, **Junior Class Counselor and FCP Program Director Armando Diaz '94** has felt called to serve the youth and help usher them into adulthood. "I felt a sense of brotherhood and passion at CB," said Mr. Diaz. "My dad would take me to games [in the sixth or seventh grade] and it struck me how passionate and loyal the students were. I wanted to be a part of that." One of the most formative experiences he had as a CB student was as a member of the Big Brothers-Big Sisters program, which worked first-hand with underprivileged youth in the Sacramento area. Mr. Diaz credits Dr. Holly Peterson's social justice class as "probably the most eye opening class I've ever taken. When your eyes are opened wide for the first time, you never forget that experience. Dr. Peterson was very gracious with the students and didn't condemn us for not knowing about social injustice. She showed us much patience." These experiences sparked his interest in working with youth, and after Mr. Diaz graduated from CB, he attended UC Davis.

UC Davis gave Mr. Diaz the opportunity to have the widest experience possible in college. He said, "I wanted to be close to home, but also wanted to meet new people, so UC Davis was the best of both worlds. The campus was its own universe, but still close to home for me." After graduating from UC Davis, Mr. Diaz felt a desire to continue his collegiate education at a Lasallian institution, and so received a teaching credential from St. Mary's College of California. On the eve of his graduation, Mr. Diaz stopped by his supervisor's office—ironically another Dr. Peterson—to return books and outside the door, on a box that read "Please Take" was a book called Introduction to Counseling. Mr. Diaz took the book and the rest is history. While teaching English at CB, he returned to SMC to receive his Masters degree in School Counseling and PPS Credential. Introduction to Counseling remains on a shelf in his office today.

Mr. Diaz believes his vocation includes aligning the fullness of who he is with serving young people. Working in smaller, more intimate interactions with students is what he believes he does best. When asked how he lives out his vocation, Mr. Diaz believes that his roles as father, teacher, and counselor have all helped him to serve young people by validating their inherent dignity and concerns. "These are things that I want my own kids to recognize as Catholic Christians," he said, "that they are born with dignity and should have their own dignity recognized." Having the vocation of family has shaped Mr. Diaz's other vocations by teaching him to be flexible, forgiving, and patient. "Having three young children makes you necessarily ready to accept the challenges of the day, and has hopefully made me a better counselor," he states. "Seeing CB as a teacher validated what I was seeing as a student. Working with this boy is a form of social justice; working with this student is a form of social justice. Now as a faculty member who has seen multiple sides, that passion and commitment for this community is everything I thought it was and more."



## International Student Program



Our international students began to arrive one by one as early as July 22 through August 20. There are 31 international students now on the CB campus representing eight countries. As they arrived, they had to quickly adapt to English, our California lifestyle, and our American diet. Our students, their host families, some parents from abroad, as well as some CB administrators attended a barbecue on August 14 to get acquainted and share their stories. Seeing the various flags from all the countries represented in this program waving in the evening Delta breeze was a reminder of how far they've all come to be here with us at CB. To watch our international students and their parents eat hamburgers and hot dogs hot off the grill, cold sliced watermelon, and jump up to seize some cookies and ice cream ensured that they enjoy what we enjoy.

Now that our students are here at CB, they are acclimating to the CB classroom, their classmates, and their teachers. Their faces are a little less worried and their conversations a little more relaxed. It's fascinating to see our international students already making progress in English as they try to make sense of their curriculum. It's difficult to understand all the English they read but they persevere, class by class every day. They are using iPads (but in English), reading text with a plethora of new vocabulary, and they continue to work long hours to get their assigned homework done.

As we begin our third year of this International Student Program here at CB, it's important to recognize that without the support of our Board of Trustees, Administrators, Teachers, Staff and Host Families, this program would not exist nor continue to expand. I want to extend my gratitude to everyone sharing a part of themselves either through their support or in one to one assistance to make each and every international student feel that they belong. Our host families are incredibly helpful and generous. Our new and returning international students are happy, healthy, and learning much every day.

Lastly, our American CB students deserve a thank you for their welcoming spirit for our international students. Our American students are quick to introduce themselves, offer help and extend gracious hospitality at every turn. They are all immersed in the lessons of a compassionate global society each day. May these relationships last a lifetime!

*Patti Gallagher, International Student Program Director*





# Falcon Family Faces





# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF ADMISSIONS

Dear Parents,

WHAT a difference seven years have made since I left the classroom to assume the position of Director of Admissions at Christian Brothers High School. What a difference from how we used to conduct and run tours at Open House those many Sundays ago. Certainly we had the Science, Math & Technology (SMAT) wing with its science and math labs, and KBFT was always a destination to showcase. However in most other areas of the campus, doors were shut and shades were drawn as our guests would not be too interested in white boards or air-conditioning. During that first year, Gloria Bauer and I could run tours in under ten minutes as the shortest distance between two points is a straight line, and that line ran directly from the area outside the former band room to SMAT and back. In fact, the campus that Mr. Barsanti and I knew as seniors in 1978 was not too dissimilar from the one we toured in early October of 2007.

Yes, what a difference seven years make. In Admissions, Kelly Harrington, Cynthia Grajeda, and I now have a logistical challenge that even the most diva-ish of event planners would find taxing. Our tours are no longer linear and short, but circuitous and long. Instead of a single point of destination we now have many, instead of a few minutes of travel, dozens. Our points of destination lie on every part of the campus compass, from east to west, north to south. Tangible evidence of construction and growth exits in the many signs placed strategically across the campus, like signposts guiding travelers along the trade roads of old. Anchoring the north and south eastern corners of the campus are the George Cunningham '40 Performing Arts Center and the Jack Witry Field House, securely linked by new athletic offices, a training room, and the Vesci Fitness Center. Stationed along the south and north western perimeters of the campus are the Guidance Center and the Engineering Lab, which is now housed in our Science, Technology, Engineering & Math (STEM) wing. The path between these two destinations is lined with stops at the Falcon's Eye, the International Student Program and Admissions offices, and the classrooms housing our International

Languages. Within the interior of the campus sit the Lasallian Student Life offices, the Falcon's Nest, the Learning Commons, and the iPad/Tech Support suites. A modernization of the cafeteria continues the diffusion of the campus grid.

As our community begins the logistics for Open House 2014, we indeed have much for which to prepare. As our leadership continues to secure a stable and prosperous future, as our teachers and coaches continue to garner academic, artistic and athletic successes, and as our staff continues to deliver customer service second to none, families interested in a Lasallian education continue to multiply. Yes, what a difference seven years make ☺.

*Kenny Kirrene*  
Kenny Kirrene '78  
Director of Admissions

*The PLACE TO BE...*



**Join us for  
Open House**  
Sunday, October 5, 2014  
11 a.m. to 2 p.m.



**Register online at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)**  
4315 Martin Luther King, Jr. Blvd.  
Sacramento, CA 95820

**OCTOBER 2014  
FALL SEMESTER**

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

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## Counseling And Guidance

### TESTING DAY:

**Wednesday, October 15**, is an important day for students at CB. Testing Day is a **half-day of school** that involves the sophomores and juniors in college admission testing. **School will begin at 9:00 a.m. on October 15** and will be **dismissed no later than 12:00 p.m.** Coordinated by the counselors, the teachers administer the following assessments to students:

- **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 and the National Hispanic Scholars Program*.
- **Sophomores will also be taking the PSAT, however, it will not be a National Merit test for them.**
- **Most seniors will be given the day off (some will be on campus facilitating the Freshman Retreat); however, this day is a great opportunity for local college visits.** Each senior should be ready to begin applying to college in October and if he/she has not visited local or regional colleges yet, 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, but the procedure to request the day(s) as excused must be done in advance of the visit (forms are available in the CB Counseling Center or may be downloaded at the CB website – go to the Student Forms folder in the Guidance/College section and you will find the “Request to Visit a College” form). There is no need to fill out this form for October 15. **It is also important to note that the Dean of Admissions of St. Mary’s College in Moraga will be here on October 15 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 was posted in the Counseling Center and is now full, however there is a waiting list just in case students cancel their interview.**

**Please mark your calendars for this important day! Here are some tips to help students do their best on the exams:**

- Remind your child to get **plenty of rest** the night before the test.
- Students should **eat a nutritious breakfast** the morning of the test. Food and drink (including water) are prohibited during the test. **(The cafeteria will not be open that day, so students who are staying on campus for sports practices, etc. may want to bring a snack or sack lunch.)**
- Juniors already received information and materials about the PSAT from their counselor in September. This included a **PSAT Official Student Guide** with a **practice exam**. Please encourage your son/daughter to prepare for the test by taking the practice exam at home before Testing Day. Sophomores will receive this information soon in the classroom. Students may also prepare for the exams by utilizing the **PrepMe program** on their Family Connection. This program can be used on a PC but not on iPads.
- Remind your child to **bring two sharpened #2 pencils** and his/her calculator.
- Encourage your child to **develop long-term ways to prepare for college admission exams**. These include **extensive reading and writing** (for pleasure, beyond homework) as much as possible, developing **strong study habits**, increasing **vocabulary**, and utilizing free **preparation materials**.

**Results of the exams will be returned to students by their counselor in January/February, 2015.** If you have any questions, please call the Counseling and Guidance Department at 733-3680.

### PSAT and NATIONAL MERIT SCHOLARSHIP PROGRAM

The **National Merit Scholarship Program** is conducted by the National Merit Scholarship Corporation in conjunction with the College Board, and is a competition open to all high school juniors who take the Preliminary SAT (PSAT) test. Winners of scholarships are chosen on the basis of their abilities, skills and accomplishments. In October of each year, approximately 1.5 million high school juniors in some 22,000 high schools take the PSAT/NMSQT. Of those, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the program. The Class of 2015 at Christian Brothers boasts nine students with National Merit Commended status. The commended students are:

<b>Patrick Bell</b>	<b>Kyle Cherry</b>
<b>Connor Gorry</b>	<b>Daniel Keever</b>
<b>Daniel Lee</b>	<b>Jack McHale</b>
<b>Madeline Nicolas</b>	<b>Kara Romani</b>
<b>Conner Swan</b>	

### Upcoming Student Assembly and Parent Night:

On **Monday, October 20** students will have an assembly presented by **Justin Fatica** and his team from **Hard as Nails Ministry**. The presentation is entitled **“Love No Matter What”** and will correspond to the message in the Gospel of Matthew that tells us, “You shall love the Lord, your God, with all your heart, with all your soul and with all your mind. This is the greatest and first commandment. The second is like it: you shall love your neighbor as yourself”. Justin will be addressing the “total wellness of the person” in his presentation. We will also be celebrating **Red Ribbon Week** during this assembly. It should have an impact on all CB students.

That evening from **6:30-8:00 p.m.**, Justin will address **Christian Brothers parents** regarding some very important issues related to being a Christian teenager in today’s society. His presentation will be held in the Thea Stidum Theatre in the George Cunningham ‘40 Performing Arts Center. Justin is a nationally-recognized speaker who has been featured on many television shows, including an HBO film focused on his life and ministry. He is an author of three books and has been endorsed by numerous priests and bishops. We look forward to having Justin at CB! More details about this evening will be forthcoming.



**Campus Ministry News...**



**Celebrate Life!**

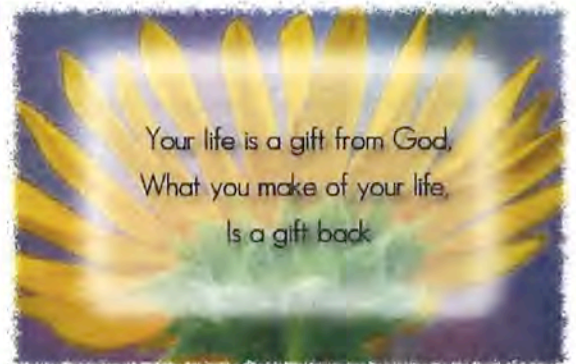
The month of October brings us many opportunities for continued prayer and reflection....In the Catholic Church, during the month of October, we celebrate Respect for Life and also the month of the Rosary. Through the 21st of October we also pray intentionally for peace during the International Lasallian Days for Peace. At the end of September, members of our CB community participated in the national "See You at the Pole" prayer movement. Together we offered our prayers for peace in our own hearts, our families, our school and our world.

**Prayer & Worship**

- **The Freshman Family Liturgy** will be celebrated **Sunday, October 26 at 9:30 a.m.** in the Limeberger Gym, followed by a continental breakfast in the cafeteria. Our presider will be Father LaSalle Hallissey from De La Salle High School in Concord. Information about registration for this event is on the school website. **Frosh families must RSVP online no later than October 17 by using the link via the Christian Brothers website (homepage, under "latest news").**

**Retreats**

- **The Frosh Retreat is October 15.** This is a mandatory retreat for all members of the freshman class. It will be held **on campus**. Frosh must **check in at the gym by 8:45 a.m.** The retreat will **end at 2:00 p.m. and lunch will be provided.** Information was emailed to all frosh parents on September 30. Frosh students may wear shorts or pants (dress code approved) and should wear their class spirit shirt (orange).
- **Overnight Retreat Registration...**all Junior and Senior retreat registration must be completed by October 30. All forms and payment information are on the school website. Once on the website, select "Student Life," then "Campus Ministry," then "Student Retreats." Here you will find permission forms to download and the option to pay by Visa/debit card. Even though students may desire to attend a retreat in the Spring, all registrations with at least a deposit must be completed by the above deadline! Here are the dates of the Overnight Retreats for the year:



Your life is a gift from God,  
What you make of your life,  
Is a gift back

*God of life and love,  
you created us in your image and  
sent your Son to bring us life.  
Instill in us a respect for all life,  
from conception to natural death.  
Empower us to work for justice for the poor.  
Nourish us that we may bring food to the hungry.  
Inspire us to cherish the fragile life of the unborn.  
Strengthen us to bring comfort to the chronically ill.  
Teach us to treat the aging with dignity and respect.  
Bring us one day into the glory of everlasting life.  
We ask through Christ our Lord.  
Amen.*

**Junior  
Retreat**

November 3-4  
December 1-2  
February 9-10  
March 9-10  
April 21-22

**Senior  
Kairos  
Retreat**

November 11-14  
January 20-23  
March 24-27



## Lasallian Student Life

### Christian Service

**Service-Learning:** This month Religious Studies instructors, Mr. Guro and Mr. Havey, will be walking with their freshman students to the Sacramento Food Bank and Family Services for their service-learning activity. All permission/medical and volunteer forms must be signed by parents. The mission of the Sacramento Food Bank and Family Services is dedicated to assisting those in need by alleviating their immediate pain and problems, and moving them toward self-sufficiency and financial independence. Christian Brothers High School is proud to have a committed strong service partnership with this organization. For further information about the freshman service-learning activity please contact Ms. Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).

**Ven-a-Ver Montana:** Participant mandatory meetings begin in October. We will meet in Room 106 during on Wednesdays after school at 3:15 p.m. Students should check the Schoology group for further information.

#### RED CROSS and Measles Awareness Week:

If you are interested joining the Christian Brothers Red Cross Club please come to the orientation on Thursday, October 2 at 3:15 p.m. in Room 105. Red Cross Volunteer Coordinator Heidi Elneil will give a presentation on who the Red Cross serves and how to volunteer. She will also distribute the necessary forms needed to volunteer.

The Red Cross club will also have a table set up during the week of October 27-31 at lunch and at break for Measles Awareness Week, and look for Red Cross club's public service announcements on KBFT. As Stephanie Jimenez, President of the Christian Brothers Red Cross club states, *"I am part of this club because it is essential to raise local and international awareness and give service to those in need. As Red Cross club members and Lasallian students we feel inspired to walk the school mission with this international humanitarian organization."*

**Service Clubs to Join:** Wellspring, Best of Friends (Camp Recreation), Heartbeats Club, Interact, Camp Pendola, Kids4Kids, Lasallian Youth, Super Blankets Club, Red Cross.

### Upcoming Counseling & Guidance Dates:

- October 2** - CSU Application Workshop (8:00 a.m. and Falcon Flex; Room 207)
- October 9** - UC Application Workshops (8:00 a.m. and Falcon Flex; Room 207)
- October 11** - SAT Exam: CB is a test center for this exam
- October 15** - Testing Day / Senior local college visits / SMC admissions interviews
- October 20** - Parent Evening - "Hard as Nails Ministry" (6:30 p.m. in Cunningham Center)
- October 23** - Common App Workshop (Room 207)
- October 25** - ACT Exam: ,CB is a test center for this exam
- November 5** - All-College Application Workshop (8:00 a.m. and Falcon Flex; Room 207)
- November 5** - "Getting Noticed, Getting In" Athletics Guidance Night (7:00 p.m. in Cunningham Center)
- November 8** - SAT  
Registration deadline October 9 – [www.collegeboard.com](http://www.collegeboard.com)
- December 6** - SAT  
Registration deadline November 6 – [www.collegeboard.com](http://www.collegeboard.com)
- December 9** - College Financial Aid Night (7:00 p.m. in Cunningham Center)
- December 13** - ACT  
Registration deadline November 7 – [www.actstudent.org](http://www.actstudent.org)

## AUCTION MEETING

*October 15 at 6:00 p.m. in Bertram Hall*

*Come join in on the fun!*

AUCTION  
CHRISTIAN BROTHERS



## **Student Activities**

### **CB SPIRIT IGNITED! WHO REMEMBERS THESE QUOTES FROM THE '90's?**

- "No Soup for You!"
- "Have Mercy."
- "How you doin'"
- "Did I Do That?"
- "Run, Forrest, Run"
- "To Infinity and Beyond!"
- "You Can't Handle the Truth"
- "My Mama Always Said, Life Is Like a Box of Chocolates;  
You Never Know What You're Gonna Get."

### **Homecoming Week is October 27 — November 1**

The Student Council is going "back to the future" (except the future is now) with **The End of the Millennium** as our Homecoming theme. Each day we will have a special spirit day where students may dress to the theme. For example we may have: 90's Cartoon Character Day, Plaid and Jean Day, Boy Band Day, 90's TV Show Day, etc. Please look for the finalized spirit days in the daily bulletin and on the CB website in a couple of weeks.

**AND...** the Lady Falcons are pumping up for our annual **Powder Puff** games. The Championship game has been against Lady Falcon Faculty the past couple of years. Who will be the champion this year? I believe! I believe that! I believe that Lady Falcon Football is mind-blowing! I believe that IT IS ON! LET'S DO IT!

**IN ADDITION...** Our **Homecoming Football game** against Casa Roble is on Friday, October 31. Watch for the Homecoming Parade and the crowning of the 2014-2015 King and Queen of CBHS, at half-time.

**MOREOVER...** Student Council is holding its annual **Homecoming Dance** on Saturday, November 1. DJ Hightop from San Francisco will be here with his astounding musical selection. The royal court will be announced and entertain us with their dancing moves as well. Remember! The theme for the week is The End of the Millennium. And ladies, remember to send a picture of your dress for pre-approval to Ms. Powers, Dean of Students, for prior approval before the dance. See Dress Guidelines in this newsletter.

### **CLUBS GALORE**

CB clubs are already active. **Club Day** was postponed due to rain (hooray!) and moved to October 2. While students were disappointed to have to wait, we really treasured the rain. This year we have some new clubs on campus: Computer Science Club, NextGenVest Club, Tie Dye Club, and Life Savers Club, to name a few. Students are making a strong showing from our many returning clubs as well.

### **FROSH FAMILY LITURGY**

Our Freshman Class is holding its annual **Frosh Family Liturgy** on Sunday, October 26. Families are invited to come out to enjoy a morning of worship and community at the liturgy, and a continental breakfast immediately following in the cafeteria. Please be sure to RSVP – information can be found on the CB website.

**ALL members of the CB community  
(and their families, friends, and neighbors)  
are invited to join CB's team at  
Run to Feed the Hungry on  
Thanksgiving Day morning,  
November 27, 2014.**

We want to exceed our record-breaking number of 300 + participants at last year's event. This 5K/10K walk and run directly supports the Sacramento Food Bank and Family Services. Look for the link on the homepage of the CB website to register online, and select "I'm on a team". You must register by midnight on November 4, 2014 to receive all the team benefits including a custom CB logo race shirt. Come out, have fun, and do something great for yourself and your community!!





# CBHS 2014 Homecoming Dance Dress Code

HOMECOMING DANCE Saturday, November 1, 2014

Christian Brothers High School has a **Homecoming Dance Dress code** to **encourage students to make appropriate choices and represent themselves well**. Any student, including dates from another school, not following the Homecoming Dance Dress Code **WILL NOT** be allowed to enter the dance.

## FOR GIRLS:

- Semi-formal dresses are allowed and must meet the following regulations:
- Dresses should be modest and appropriate in style and fit for the CBHS setting.
- Dresses must have **one or more straps**. No strapless dresses are allowed.
- Dress/skirt length must come within approximately **two inches** of the knee.
- Dress back may not be open lower than the bottom of the shoulder blades.
- Dresses may not have "cut outs" exposing skin on the bodice.
- Dresses should NOT be excessively tight.
  
- **To ensure approval of dresses, digital photos of girls wearing their dress must be emailed to Mrs. Powers, Dean of Students, as soon as possible and no later than October 27. Emailed photos should include a front and back picture of the student wearing the dress and the photos should be taken from the same elevation as the student. In some cases, students may be asked to bring the dress in to try it on. Girls whose dresses are not pre-approved by Mrs. Powers may be turned away at the door.** To ensure dress approval please email a photo of the student wearing the dress to [dressphoto@cbhs-sacramento.org](mailto:dressphoto@cbhs-sacramento.org)

## FOR BOYS:

- **Semi-formal dress for boys includes dress pants or slacks, dress shirt and tie, sweaters or jackets as needed. Dress shoes and dark socks are encouraged.**

## FOR ALL: Students wearing the following items will not be admitted to the dance:

- Clothing that sags, bags, or is low-cut that exposes undergarments or excessive skin
- Glow, strobe, flashing, or light accessories of any kind

**ANY student, including dates from another school, not following the Homecoming Dance Dress Code WILL NOT be allowed to enter the dance.** CBHS staff makes the final decision regarding appropriateness of student dress.



## Media, Visual & Performing Arts

*"The whole art business is largely a confidence trick.  
Half the battle in learning art is believing and knowing you can."*  
Rowland Hilder

**One of the unspoken benefits of studying art is the confidence it grows in the student.** Since so many believe that artistic ability is a God given talent, it is easy for the beginner to say they have not been blessed in this endeavor. One of the great joys in teaching art is showing students how to draw an object and then watching the delight of a "talentless" student discover that they indeed can create something they thought was impossible to them the day before.

We cannot discount talent; it is a real gift from God, and perhaps a greater gift is the perseverance to learn a new skill. I can think of no greater way to build confidence than acquiring a new skill through your own effort and determination. We encourage students and parents to get involved in the arts at Christian Brothers and see what it can do for you.

Congratulations to **Kyle Aparece '15** who designed the poster for the fall play "*Street Scene*": **Friends of the Arts (FOTA)** held a contest for a CB student to create the poster with a \$100 prize for the winner. When asked what he will do with his windfall Kyle responded, "I'll buy more art supplies."

Speaking of "*Street Scene*"; the play is cast and rehearsals are underway. It will be our first dramatic performance in the George Cunningham '40 Performing Arts Center. **The play will open on November 14 and run through November 23.** Should anyone like to get involved please email Heather Christianson '01 if you would like to help build the set on October 25 and 26; no "talent" is required. Also, the deadline for submissions for One Act plays is October 31.

Our **instrumental music bands** will be busy in October playing at Open House, at a Diocesan event on October 18, and for the Ambassador's Dinner on the 23rd. As always their presence can be heard at many sporting events throughout the month.

On **Friday, October 3 the Women's Choir** will perform at Sac State in the morning. All the choirs will perform at Open House and the Men's **Chorus and Women's Chorus** will sing at the *Freshman Family Liturgy* on October 26, at 9:30 a.m. on campus.

In the **Visual Arts**: *B Street Theater* has invited our painting classes to pay tribute to Wayne Thiebaud. They were asked to paint or draw a work that either copies or is inspired by Wayne Thiebaud's work. The paintings will be hung in the lobby of the theater and students will have the opportunity to sell their work. The date of the show will be later in October. Visual art students have also been asked to hang work at the Ambassador's Dinner on October 23.

In the Catechism of the Catholic Church we are taught: "created in the image of God, man also expresses the truth of his relationship with God the Creator by the beauty of his artistic works. Indeed, art is a distinctively human form of expression; beyond the search for the necessities of life which is common to all living creatures, art is a freely given superabundance of the human being's inner richness."

Thank you,  
Findlay McIntosh

## VOCATIONS

Frederick Buechner once said, "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." This quote encapsulates the vocation journey of **Heather Ruple**, a member of the Christian Brothers High School Board of Trustees. For over thirteen years, Ms. Ruple has dedicated herself to the Lasallian mission in a variety of roles across the Region. From student to teacher to administrator and beyond, Ms. Ruple's service to the Lasallian community has reached far and wide.

Being part of a community has always been important to Ms. Ruple. After attending Saint Mary's College of California and graduating with a BA in English, she joined the Lasallian Volunteers (LV) program. "I wanted to contribute something and be a part of something bigger than myself," she says. Ms. Ruple's LV experience was lived out at the San Miguel School of Providence in Rhode Island, a middle school for boys who come from families living below the poverty line. "I had little idea how the decision to attend a Lasallian institution would direct the path of my life and ultimately lead me to discover my vocation as a Lasallian educator," she shares of her experiences at SMC and San Miguel School. "San Miguel was a profound experience of service with the poor and demonstration of the Lasallian educational mission of breaking the cycle of poverty through education." After her two-year partnership as a Lasallian Volunteer, Ms. Ruple stayed on permanently as San Miguel and spent ten years both in and out of the classroom before returning home to California to continue her work with the Brothers through the District Office of Education.

Growing up, Ms. Ruple credits her parents, teachers and professors with helping her to listen for God's call in her life, especially her wonderful English teachers from high school: "I had teachers who pointed out my gifts and talents that I was unaware of, and their encouragement gave me the confidence I needed to be successful. They believed in me before I believed in myself." Being a Young Lasallian has had a profound impact on her vocational journey. Ms. Ruple feels blessed to have been inspired and guided by many Brothers and Lasallian Partners. Through working and living in community with the Lasallian Family, she has been touched by the lessons she has learned and experiences she has had in the Lasallian mission and charism.

When asked to define her vocation, Ms. Ruple says, "What sustains my vocation as a Lasallian educator is that I know I am where God wants and needs me to be because I am truly happy and fulfilled in the work I am doing." In her role as **Director of Young Lasallians for the Office of Education at Mont La Salle in Napa**, Ms. Ruple spends a significant amount of time with students from all over the San Francisco New Orleans District sharing in faith, service, and community, and encouraging them to listen for God's voice in their lives. "Walking with Young Lasallians (adolescents and young adults) as they discover their own vocation, and forming them in the Lasallian Mission provides me with great sense of purpose. Seeing the dedication of those of us in the Lasallian Family working together for one mission has fed my vocation." Ms. Ruple is thankful to have had the grace to discover a community that has allowed her to foster her gifts and talents, while fully living out her baptismal call. "I have found a 'home' in the Lasallian Family. My vocation as a Lasallian Educator brings me much happiness. I know that I have received much more than I have given in terms of my spiritual and professional growth. I feel very blessed that I have come to know my vocation as a Lasallian Educator."



## Fall Sports Updates

**CROSS COUNTRY** – Falcon XC is off to a very quick start. With four meets under our belts, the Falcon varsity boys, led by junior Mike Sparks, are proving themselves to be a force in the area. At the Jesuit/Davis Jamboree, the boys finished a respectable fourth against powerhouses Davis, Jesuit and Woodcreek. The following week at Frogtown, the boys finished second behind Dixon HS while two of our top varsity runners were busy in Portland taking care of both Jesuit, Portland and Della Salle, Portland. With no seniors on that varsity team, the remainder of the season should be fun to watch. On the girls side, sophomore Bridget While and Senior Maddie Murphy continue to improve week in and week out. These two should be instrumental in the women making a run toward Fresno in November. Coming up... Stanford Invitational (September 26), the Clovis Invitational (October 11), and the Falcon Middle School Invitational @ Granite Regional Park (October 18).

### WOMEN'S VOLLEYBALL

**VARSITY** – The team is currently 8-5, having had a fierce preseason facing some great competition with Oak Ridge, Rocklin and Granite Bay to get ready for league which starts October 1. The girls are looking forward to the 2nd Annual Serve It Up Founders Classic on September 26 and 27. The CB girls, joined by fellow Lasallian high school volleyball teams Justin-Siena, Sacred Heart Cathedral Prep, and St. Mary's of Berkeley, will provide an afternoon of community service in the Sacramento area on Friday, before meeting on the courts Saturday for some spirited competition in a round robin tournament.

**Frosh** – The freshmen team has had a challenging preseason. Taking on opponents such as Granite Bay and Rocklin, the team has gained invaluable court experience and is looking forward to league matches in October. Middle Hitter Maddie Yeager has this to say, "I've seen a lot of improvement from the beginning of the season. We've gotten closer as a team and work better because of it". League games start on Wednesday October 1 with a home match against Vista Del Lago. Come check out the action!

### MEN'S WATER POLO

**VARSITY** – The 2014 Falcons are off to a fast start this season. With the loss of many of last year's scorers, the 2014 Falcons were going to have to step up. Sophomores Max Verspieren and Cole Cunningham have helped fill the void. Both young men have emerged as the Brothers top scorers half way thru the season. Our mid-season MVP is senior goalie Kyle Smith who is averaging 7-9 blocks per game. The team is poised and ready to start league play in the tough CAL league. **JV** – There has been a lot of turnover from the last year's roster. Sophomore Gus Marcin leads the Falcons as both the primary defensive and offensive player. Newcomers Zack Byrnes and Stephen Smith have stepped up to play vital roles with the Falcons this year. The bulk of the JV schedule is in front of us with tournaments at Oakmont, Jesuit, and Dixon in the upcoming weeks. The JV continues to show improvement every week which is a great indicator of the attitude of the team.

**CHEERLEADING** – The biggest highlight in September was the cheer squads' appearance at the Holy Bowl. The girls performed during the games and halftimes as they worked hard to present a positive image for our school. The team is looking forward to the coming weeks to see what the different levels can accomplish.

**WOMEN'S TENNIS** – The team is excited about the 2014/2015 season. Although several players graduated last year, we have returning sophomore Julia Rinaldo and freshman Brittany Sekul playing number 1 singles and number 2 singles. This is definitely a growing season for us, with many young players that will gain experience and improve as they compete. The girls are working hard and look forward to our league matches.

**WOMEN'S GOLF** – Women's golf is off to a good start. The girls are 4-1 in league with half the season to go. The team is being led by Senior Marissa Lopez-Alvarez as team captain. Good luck girls!

### MEN'S SOCCER:

**VARSITY** – The 2014 soccer season is well underway, and the CB Falcons are continuing where they left off last season. After winning the 2013 D-3 Section title, the expectations for this season were set very high. Fortunately, this year's squad is prepared to do everything possible to meet and exceed the lofty expectations. Currently, the Falcons hold a 7-1-1 record and a #4 ranking by the Sac Bee. CB traveled to Portland, Oregon to face the defending state champion (Jesuit-Portland) and De La Salle North Catholic. The boys in blue came home with two wins after defeating Jesuit (1-0) and DLS-North (6-0). While gaining two wins in Oregon, the team also took a campus tour of University of Portland and attended a Portland Timbers match. The league schedule will be difficult, but the CB Soccer team will be ready for the challenge of defending their title.

**JV** – The JV Boys soccer team ended the pre-season with a 3-4 record, with tough losses to Lincoln of Stockton, Jesuit, West Campus and Granite Bay. The boys have worked very hard and have developed great team chemistry that will help us capture the Capital Athletic League championship. Leading the way for the JV soccer team with great goaltending play is Alex LeForestie. Helping Alex along the way with outstanding play are defender Jarred Hather, midfielder Peter Levis and forward Josh Whitfield. The JV boys are ready and up to the challenge.

### WOMEN'S WATER POLO

**VARSITY** – The team is now 8-2, with a 7-game win streak. During that streak they went 5-0 in the 20th Annual Chuck McCollum Sierra Shootout Invitational to take 1st place in the "Challenge" division. Junior Jane Ferguson and sophomore Kalani Mark have been a huge part of the early season success for the Varsity team!

**JV** – Women's Water Polo is off to a great start! The JV Women are undefeated, 4-0 with wins over Oakridge, Oakmont, Del Campo and Rio Americano. The team has seen outstanding play from sophomore Goalie Emily Feinstein and freshman Esperanza Razo!

### FOOTBALL

**VARSITY** – In preparation for a challenging league slate, the varsity football team began the season with a 3-1 record, claiming victories over River City, Laguna and McClatchy. In the Holy Bowl, the Falcons could not overcome a fast start by Jesuit but they rallied in the 2nd half with rushing TD's by senior QB Chris Guillen and sophomore RB Jamarri Jackson. Junior receiver Drue Goncalves rounded out the scoring with a 16 yard TD reception from senior QB Ryan McGee. This year's team displays an exciting, balanced offense. The defense continues to improve, as evidenced by a shutout over McClatchy. A number of different players have stepped up to make big plays. We look forward to a challenging and successful league season!

**JV** – We are off and running, well maybe not running but passing. Our group of fine young men are 2 and 2 for the season, with wins over Laguna Creek and McClatchy, and 2 losses against River City and Jesuit. With high hopes and determination, our JV Falcons are looking forward to league play. We invite you to come out and support our young men and watch them grow into better football players and a stronger team. In the last 4 games we have had great performances from a number of players, but if you asked each one of them they would say it was a team effort.

**FRESHMEN** – The freshman team fell short against Jesuit & Rio Linda with key turnovers deep in their opponent's territory, but have also had some successes with Tyler Hall and Jake Regino sharing the QB position and completing over 60% of their passes with 4 touchdowns & only 1 interception. Will Warner leads the team in receptions along with 2 touchdowns. Jaiden Green leads all scoring with 3 rushing touchdowns. Mitchell Berger and Daniel Simoes have been anchoring the defense, and Will Osen has been almost automatic missing only one PAT.

## Reminders:

1. Winter sports begin on Monday, November 10. All prospective athletes must turn in a completed athletic packet which can be downloaded from the school athletic website under Files and Links.
2. Don't forget the Homecoming football game on Friday, October 31 against Casa Roble at Hughes Stadium. Game times: 5:00 and 7:00 p.m.



## California Scholarship Federation - Christian Brothers High School

Spring 2014

### (10TH GRADE)

Beata Aks  
Garrett Cappello  
Marcus Cepeda  
Lidia Chacon  
McKenna Chapman  
Selena Connell  
Marley Downey  
Maria Andrea Gonzalez  
Mary Hancock  
Makena Haroldson  
Emily Hosoume  
Jessica Kever  
Remington Kirrene  
Grace Leu  
Peter Levis  
Rebecca Mazur  
Amanda McAdam  
Christian Montanez  
Brenna Patterson  
Richard Robak  
Noemi Rodriguez  
Matthew Signorotti  
Benjamin Slakey  
Elizabeth Sparks  
Ceyenna Tillman  
Maximilian Verspieren  
Ayana Watkins  
Nicole Wong  
Will Yuponce

### (11TH GRADE)

Henry Agnew  
Adriana Alvarado  
Valente Araiza  
Isabella Bagatelos  
Marcela Bandala  
Daniel Basso  
Sophia Bell  
Erika Bolen  
Braeden Bourke  
Benjamin Brouwer  
Joshua Brouwer  
Sarah Burbridge  
Victoria Burbridge  
Terise Camasura  
Giselle Cantiller  
Kourtney Clark  
McKenna Decker  
Sarah Driver  
Brandon D'Cruz  
Katie Enos  
Miranda Esquivel  
Natalie Flynn  
Ashlynn Fresques  
Kristen Gruber  
Mary Hallsten  
Maliah Haroldson

Conor Hassett  
Dain Hernandez  
Aidan Hunter  
Seamus Hudnut  
Mary Hynes  
John Jedrzynski  
Stephanie Jimenez  
Chaila Johnson  
Megan Klotz  
Anysia Lee  
Brittany Leek  
Maria Paula Linares  
Madeleine Mason  
Joseph McNamara  
Sophie Metzker  
Taylor Morris  
Audrey Nelson  
Thomas Payne  
Maria Pearson  
Aaron Pegany  
Erika Robles  
Daniel Sanders  
Carlos Serrano  
Emily Simi  
Anna Sorensen  
Michael Sparks  
Mackenzie Starnes  
Emily Taylor  
Reagan Tweedy  
Efrain Vallejo  
Jeremy Wackman  
Andrew Warner  
Nicolette Washburn  
Eleanor Weber  
Skyler Zapata

### (12TH GRADE)

Anna Abromova  
Adrian Avila  
Justin Baker  
Edwin Ballesteros  
Ryan Bandacarri  
Jack Barnes  
Saihej Basra  
Patrick Bell  
Sophia Bird  
Collin Chan  
Ameyalli Chavez  
Victoria Coleman  
Marcella Cuomo  
Anna Louise Dahl  
Elizabeth Dewey  
Ethan Enos  
Rio Fernandez  
Sean Fu  
Nicholas Garcia  
Kristen Geibel  
Andrea Gil

Isabella Granucci  
Anthony Guzzetta  
Spencer Hankey  
Jason Hao  
Spencer Hao  
Bailey Heng  
Daria Hoffman  
Brent Hosoume  
Kendall Johnson  
Patricia Kenshol  
Daniel Kever  
Jerrett Kirrene  
Ivy Kolb  
Isabelle Lambert  
Daniel Lee  
Matthew Lemire  
Shauna Leonardo  
Victoria Linares  
Alexandra Lloyd  
Yesenia Lopez-Ambriz  
Calilwn Luo  
Natalie Maas  
Isabella Manning  
Ally Mattos  
Carley Mayer  
Dante Mazza  
Robert McGlone  
Jackson McMullen  
Faye Messner  
Ryan Moore  
Elizabeth Moorhead  
Madison Murphy  
Madeleine Nicolas  
Emma O'Malley  
Carleigh Osen  
Lauren Overstreet  
Hannah Palmer  
Maria Angelina Pascual  
Daniela Pasillas  
Kristen Pineda  
Kristen Richardson  
Kara Romani  
Julia Ruiz  
Ritam Sarmah  
Hannah Schanberger  
Andrea Siller-Michel  
Dominic Smith  
Nemesia Steiner  
Miya Takahashi  
Jill Thomas  
Maura Tomassetti  
William Tracy  
Aleah Villarreal  
Vince Villegas  
Katherine Vrame  
Daniel Walton  
Madison Winn  
Jalen Yip

# WELL DONE!!

## TALON CORNER

### The Zero Period:

### Academic Decathlon

In order to win big, CB's Academic Decathlon team is taking the early approach.

By Nikki Washburn, CBTalon.com Staff Writer

Christian Brothers' Academic Decathlon team is taking great strides to achievement this year as they adjust their study schedule to gear toward a win. This year, the scholars of Academic Decathlon are meeting three times a week for a zero period class.

In the past, meeting during one lunch and Falcon Flex each week, the Academic Decathlon team "still did incredibly well," according to **Adriana Alvarado '16**. So why change their study schedule now?

"The only way to move up in the standings was to treat the Academic Decathlon meetings more like a class," says **Ms. Mary Bowers**, Academic Decathlon coach. "We're better than we reflect -- Christian Brothers belongs in the top three."

The coach and literature teacher is passionate about her team's potential to win. She believes that zero period meetings will be a revolutionary modification in the Academic Decathlon team's preparations.

"It has to have an impact -- it has to," she emphasizes. "I will be shocked if we don't move up in the standings."

Students on the team agree.

"I feel like we'll do a lot better than in past years," says **Andrew Warner '16**. "This year we're preparing a lot better than we did last year."

"The zero period will surely help us place higher," **Adriana** adds.

Everyone is of the same opinion about the trials of waking up so early in the morning.

Andrew admits, "I don't like getting up early."

"The zero period is challenging for us," **Adriana** adds. "But since it's only three times a week it is manageable."

Students have continued to show up, and their numbers are growing.

"We are at a solid 24 students right now, and more kids are asking about the team," says **Ms. Bowers**. "We are very committed."

While the Academic Decathlon team has to contend with challenges such as early mornings and rigorous studies, it is still an enriching experience.

"I like to meet new people and learn from instructors who are passionate about what they teach," **Adriana** says. "The zero period will definitely benefit us in the long run."





## CHRISTIAN BROTHERS HIGH SCHOOL **SCRIP** PROGRAMS!

Help **support** CBHS with your everyday shopping!

Register online or pick-up a grocery store card in the Main Office.

Select Christian Brothers High School as your school choice!



ShopWithScrip™ families place their orders online, anytime day or night, and pay with the convenient PrestoPay™ service. **Log on to <http://www.shopwithscrip.com/>** Click PrestoPay and follow prompts. The **CBHS Group ID is # LAD4DFC331629**



AmazonSmile is the same Amazon you know. You can use your existing **Amazon.com account on AmazonSmile!** The only difference is the web address. You will now log on at: **<https://smile.amazon.com/>**. On your first visit to AmazonSmile, select **CBHS** to receive donations from eligible purchases before you begin shopping. Every eligible purchase you make on AmazonSmile will result in a donation. **Click the GET STARTED button.** Search and select Christian Brothers High School. It's that easy!



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Support CB with the electronic scrip program at Raley's. Sign up (or sign in) for the Something Extra program first! Then click the Get Started button to support education by selecting **CBHS** as your school of choice.



**<http://www.nuggetmarket.com/community/>**

Pick up (or we will mail) the Nugget Scrip Card from **CBHS Main Office**. Go online to create a **Nugget Market scrip account**. Designate **CBHS as the beneficiary**. Present the card each time you shop at all Nugget stores and the school will receive a donation from Nugget.



### **SAVE MART/FOOD MAXX**

Present your card each time you shop at Save Mart and **CBHS** will receive a check for the qualified purchases! Pick up a card in the school's **Main Office** or request a card to be mailed to you. The card is registered to the school so you can begin shopping immediately to support **CBHS**.



### **TARGET**

Visit **<https://www.secure.target.com/redcard/tcoe/home>**

Click on the link to designate **Christian Brothers** as your school. Target will donate 1% of your REDcard (debit or credit card) purchases made at Target and Target.com to **CBHS**. The school ID# is 3197.

**TAKE CHARGE OF EDUCATION™**

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# Register TODAY!

Contact Donna Adam at Christian Brothers High School for cards or to answer your questions.

Email: [dadam@cbhs-sacramento.org](mailto:dadam@cbhs-sacramento.org) or call: 916-733-3662

Thank-you for your support!







# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

Dear Parents,

Most of us welcome the change of seasons in November; the crisp mornings, cool nights, and clear fall days signal the coming of the holidays replete with family feasts and celebrations. Autumn brings that special holiday, Thanksgiving. Giving thanks. What a concept!

For the past few months my mind has been focused on giving thanks in a new way - a deeper, more intentional approach to life with 'thanks giving' the central notion. In her book, *One Thousand Gifts: A Dare to Live Fully Right Where You Are*, Ann Voskamp uses the Greek word *eucharisteo*—it comes right out of the Gospel of Luke: "And he took bread, gave thanks and broke it, and gave it to them..." (Luke 22:19). In the original language, "he gave thanks" reads "*eucharisteo*." *Eucharisteo*, thanksgiving, envelopes the Greek word for grace, *charis*. But it also holds its derivative, the Greek word *chara*, meaning "joy." *Charis*. Grace. *Chara*. Joy. *Eucharisteo*. Thanksgiving. The Eucharist is the central symbol of Christianity. One of Christ's very last directives He offers to His disciples is to take the bread, the wine, and to remember. *Do this in remembrance of Me*. Remember and give thanks. This is the crux of Christianity: to remember and give thanks, *eucharisteo*.

Sometimes in our hurried schedules, full days, tired nights, we slip into automatic pilot and let the days rush by without stopping to give thanks or experience joy. We see it in ourselves as we struggle to meet deadlines at work, keep up with the daily demands of family, and try to squeeze out time for friends. We see it in our kids as they dash from school to practice to homework to activities. As Voskamp describes it, "Being in a hurry. Getting to the next thing without fully entering the thing in front of me. I cannot think of a single advantage I've ever gained from being in a hurry. But a thousand broken and missed things, tens of thousands, lie in the wake of all the rushing... Through all that haste I thought I was making up time. It turns out I was throwing it away. On every level of life, from housework to heights of prayer, in all judgment and effort to get things done, hurry and impatience are sure marks of the amateur."

At Christian Brothers we see the effects of hurry and over-scheduling on students. And we know you do, too. Working

together, we can promote balance and authentic success for our children, modeling *eucharisteo* by developing an attitude of gratitude and being mindful of the thousands of gifts daily given, first and foremost the Lasallian core principle of faith in the presence of God. Voskamp continues, "The practice of giving thanks...*eucharisteo*...**this is the way we practice the presence of God, stay present to His presence**, and it is always a practice of the eyes. We don't have to change what we see. Only the way we see."

My hope and prayer for you this Thanksgiving is that you and your family take the time, make the decision, and develop the discipline to see in ways that allow you to experience God's presence and His tremendous gifts that He showers on all of us each moment. For "*at the last, this is what will determine a fulfilling, meaningful life, a life that, behind all the facades, every one of us longs to live: gratitude for the blessings that expresses itself by becoming the blessing*" (Voskamp). Because when we give thanks every day, not just Thanksgiving Day, we experience joy - gratitude is the gateway to joy. And joy leads to service and passing the blessing to those in need.

Speaking of spreading that newfound joy, I invite you to join us on Thanksgiving morning in the *Run to Feed the Hungry* event - Christian Brother's team is one of the largest in the community, and wouldn't it be exciting to be even larger this year? Just go to our CB homepage and register by **November 4** - and proudly wear your RTFTH CB race shirt not only to spread thanks and joy, but to demonstrate once again why CB is *the place to be!*

With a truly grateful heart for each of you - *eucharisteo*,



Mary Hesser  
Principal

*Domine Opus Tuum*  
"Enter to Learn ... Leave to Serve"

**NOVEMBER 2014**  
**FALL SEMESTER**

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

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# Counseling And Guidance

Autumn is always a very busy time in the Counseling Department! We recently held our annual Frosh Parents Guidance Night, co-hosted a Parent Night, coordinated Testing Day for our sophomore and junior students, hosted the most recent ACT and SAT exams, and conducted numerous staffing meetings with students, parents and teachers for students who need some type of academic intervention. We are also in the midst of a very busy college application period with our seniors. We continue to provide personal counseling and academic guidance along with extensive college planning performed by our Director of College Counseling, Ms. Melissa McClellan and Mr. Kirk Purdy, our other counselor for the Class of 2015. Ms. McClellan and Mr. Purdy have also been writing letters of recommendation for many of the seniors whom they have gotten to know over the past three years.

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 approximately 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 2014 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)]:

Anna Abramova	Hannah Ahern	Agata Aks	Edwin Ballesteros
Prestin Barnett	Saihej Basra	Patrick Bell	Sean Bland
Emma Bradford	Jordan Broadhead	Kyle Cherry	Noah Christe
Victoria Coleman	Hamilton Connor	Carley Coopwood	Kristina Dovichi
Dustin Ficenec	Mary Fredericksen	Natalie Gonzalez-Smith	Connor Gorry
Zoe Haenggi-Wattenberg	Austin Hart	Nicholas Hedge	Brent Hosoume
Rosey Kenshol	Sarina Klein	Tomas Ledesma	Victoria Linares
Thomas Lipper	Holly Martin	Jack McHale	Carter Mehlhop
Inigo Nazareno	Madeline Nicolas	Elenamarie O'Malley	Carleigh Osen
Megan Perry	Trevor Pffirman	Kara Romani	Austin Ryu
Vincent Salazar	Ritam Sarmah	Cailin Simi	Nemesia Steiner
Jordyn Strack	Omar Sultan	Miya Takahashi	Benjamin Taylor
Stephen Thomas	Daija Tillman	Matthew Wong	Mary Zannetti

**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)]:

Colleen Brown	Katherine Chen	Elizabeth Dewey	Iris Fan
Suzanna Grigorian	Elena Groen	Catherine Karalli	Daniel Lee
Jackson Long	Dante Mazza	James Pedrotti	Sydney Rankin
Justin Tak	Kimberly Taketa	William Tracy	

**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)]:

Katherine Benson	Karla Bernardo	Duncan Breedlove	Austin Chan
Adam D'Elia	Nicholas Darosa	Eric Domek	Mateo Garnica
Laura Kalmanson	Daniel Kever	Dana Kimball	Sophie Lee
Madeline Macleod	Maret Marcin	Carleigh Nivens	Bryan Petkus
Matthew Reade	Joshua Stone	Conner Swan	Robert Tucker
Sergiy Vasylyev	Ciara Wanket	Zaria Watkins	

**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]:

Dana Kimball	Matthew Reade
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## CONGRATULATIONS TO THESE CURRENT AND GRADUATED STUDENTS!

### Upcoming Guidance Events:

**SAT Test Dates:** November 8 and December 6 (deadline to register is November 6)

**ACT Test Dates:** December 13 (deadline to register is November 7)

**"Getting Noticed-Getting In" Athletics/Guidance Night:** Wednesday, November 5 at 7:00 p.m. Cunningham Center

**College Application Workshops (general) for Seniors:** Thursday, November 6 and Thursday, November 20 before school and at Falcon Flex

**UC and CSU Application Deadline:** November 30

**College Financial Aid Night for Seniors and Parents:** Tuesday, December 9 at 7:00 p.m. in the Cunningham Center  
**PARENT EDUCATION NETWORK (PEN)** is a coalition of parents collaborating with educators, students and the community to empower and bring academic and life success to students with learning and attention differences. The parent group and high school student group meets on the third Tuesday of the month. For more information, see [www.pen-sacramento.org](http://www.pen-sacramento.org).

**Upcoming parent meetings and student meetings:** November 18, 2014, 7:00 p.m., Jesuit High School  
January 20, 2015, 7:00 p.m., Jesuit High School

**Lecture on Assistive Technology:** January 10, 2015, 10:00 a.m. – noon, Cunningham Center (CBHS)



# Lasallian Student Life

## Christian Service

### Ven-a-Ver: Browning, Montana: Nov. 9-15, 2014

The following students will be travelling to Browning, Montana to serve at our de LaSalle Blackfeet School: **Mary Hallsten, Chaila Johnson, Brittany Leek, Josh Brower, John Jedrzynski, Luke Harris, Christina Ramirez, Katelyn Bates, Davis Yasuda, Audrey Nelson, Maliah Haroldson, and Maria Pearson.** Adults: **Mr. Rolf Schumann** and **Ms. Jennifer Lystrup.** Please keep them in your thoughts and prayers.

### Christian Brothers Canned Food Drive:

Our annual canned food drive takes place **November 17-24.** Students can bring canned food or boxed food items such as Mac & Cheese to their B set classes. All goods will go to the *Sacramento Food Bank and Family Services.* The SFBFS provides free and emergency goods to over 45,000 people per month. Please support our canned food drive to help those in need.

### Ven-a-Ver: Tucson, AZ/Nogales, Mexico-Otro Lado

There is a mandatory meeting for parents of participants on November 17 at 6:00 p.m. in room 105. Parents will need to sign permission forms and be given an overview of the immersion. An email has been sent to parents but if there are further questions please contact Ms. Jennifer Lystrup.

**Service Clubs on Campus:** CB Red Cross Club, LifeSavers (addressing issues of human trafficking), Wellspring, Lasallian Youth, Kids4Kids, Oak Park Clean-Up, Social Justice Club, Heart Beats, Best of Friends (Camp Recreation). For information on any of these clubs see Ms. Lystrup in the LSLO.

**Congratulations to our Interact Club.** During Breast Cancer Awareness week students raised \$488.00. These proceeds will go to the Breast Cancer Research Foundation.

### Registration for Camps:

Students interested in registering for **Catholic Heart WorkCamp** must see Ms. Lystrup in the LSLO. This camp takes place over spring break.

**Camp Pendola:** Please see Ms. Lystrup in the LSLO for more information on this summer camp.

### Volunteer Opportunities:

**I Can Do That Foundation:** This foundation helps young people with disabilities. For more information go to <http://www.icandothat-arts4all.org/>

**Sharing God's Bounty:** They are now reopened. If you are interested in serving those in need please go to <http://www.stlaurence.org/>

**Loaves and Fishes:** If you are interested in serving those in need please go to <http://www.sacloaves.org/>

**American River Parkway Foundation:** Volunteers are needed each Saturday to help keep the trails clean, and to also remove invasive non-native plants. For more information: <http://www.arpf.org/volunteer-opportunities>

### Voices in Service: Senior Nia Hagelis

*"Participating in Ven-a-Ver [Browning, Montana] made an impact on me. I learned so much from the children at the de LaSalle Blackfeet School. I worked with the 5th graders. I read some of their papers on the classroom wall to get a sense of how the children were living. Though the kids didn't live in the best of circumstances they were trying and they had their goals. People hear a lot about issues but they often don't understand the deeper situation. On the reservation, drugs and alcohol are a huge problem. The number of deaths and funerals for the area was difficult to comprehend. It was inspiring to see that through all of those circumstances the Blackfeet community did not separate out those who were struggling from their larger community. Being able to serve gave me a larger perspective of what was going on. Christian Brothers has given me many opportunities and I know college will too so I want give back in service. Service has given me a more optimistic perspective on life."*

### PARENT PLEDGE FORM

#### Please Send In Your Completed Form.

The Parent Pledge Program is essential to the CBHS 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 CBHS. 100% Parent Participation is our goal. If you need another form please 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 MEETING

November 12, 2014 at 6:00 p.m.,

Brother Bertram Hall

*Come join in on the fun!*

AUCTION  
CHRISTIAN BROTHERS



**Student Activities**

**Homecoming Week  
October 27 -31**

The theme was "The End of a Millennium". Student Council braved the coming of the year 2000 with a time-defying Spirit Week!

The students were asked to dress in some "Fly" fashions from the 90's. Walking on campus was like stepping back in time when we saw The Spice Girls, Austin Powers, Beavis and Butthead and Mr. Sheffield's very own Fran Dreshier. AND on Thursday "Oh, Snap"! Did we see Steve Urkel EVERYWHERE? Needless to say, the students had an amazing week going back to the 90's.

Do I hear someone say "Get Jiggy Wit It?" Saturday night was the Homecoming Dance with our very own DJ Hightop. We aren't "trippin" when we say that he is an incredible DJ. The students looked fantastic in their beautiful attire. Student Council put up great decorations, even replicating the set for the hit TV show "Friends."

**Announcing Royalty**

From the Freshmen Class we have –  
**Princess Kayla Stephens**  
**Prince Jeremy Fernandez**

From the Sophomore Class we have –  
**Princess Hailey Hunt**  
**Prince Tudhvir Sekhon**

From the Junior Class we have –  
**Princess Maria Paula Linares**  
**Prince Jack Graham**

From the Senior Class we have –  
**Princess Nastassja Bowman**  
**Princess Victoria Linares**  
**Prince Joshua Abulencia**  
**Prince Madison Winn**

**AND da dada DAAAH**  
**Homecoming Queen – Sofia Cocke**  
**Homecoming King – Daniel Walton**

**MAGAZINE ALLOCATIONS**

ASB will be distributing the profits from the Magazine Sale shortly. Students participating in clubs, sports, visual & performing arts etc. will present their formal requests for funds to help support these activities. Former allocations include: publications, soccer benches, transportation, robotics and much more.

**BLOOD DRIVE**

Students will participate in the annual Blood Drive on November 21. Students may not participate if under 16 or have recently been ill. Please speak with your students regarding the importance of giving blood and giving it safely.

**FEATURED CLUBS**

This month we would like to feature three new clubs to our campus.

**The Badminton Club** is moderated by Mrs. Virk and run by Vanessa Wang, Ben Chen and Danny Huang. The International students wanted to share their spirit with us. Vanessa refers to it as Asian Sport Spirit. Please see Ms. Virk if you would like to learn how to play.

We also want to present **Mr. Eckel's Kitchen**. With Mr. Eckel as the moderator, students are sure to learn proper grilling techniques. The club is run by Valente Araiza and Riley Wong. Their purpose is to teach students a variety of ways to grill meat delicious meats and share them with the CB community as they are able.

**The Computer Science Club** is also new to CB this year. Mr. Coyner is the moderator for this club and it is run by Matthew Signorotti and Justin Dacaney. Their goal is to collaborate on programming projects. They will build websites and learn Javascript implementation to websites.

**ALL members of the CB community**

**(and their families, friends, and neighbors)**

are invited to join CB's team at

**Run to Feed the Hungry on Thanksgiving Day morning,  
November 27, 2014.**

We want to exceed our record-breaking number of 300 + participants at last year's event. This 5K/10K walk and run directly supports the Sacramento Food Bank and Family Services. Look for the link on the homepage of the CB website to register online, and select "I'm on a team". **You must register by midnight on November 4, 2014 to receive all the team benefits including a custom CB logo race shirt.** Come out, have fun, and do something great for yourself and your community!!





# Athletics

## Fall Sports Updates

**WOMEN'S GOLF:** The women's golf team is having a great season, finishing 7-3 in league and 2nd place overall. Recently they played in the first round of the playoffs in Manteca to win 2nd place, just missing 1st place by one stroke. CB also brought home the top medalist - Beah Cruz with a 74 and Katrina Jacinto for a 5th place medal. The team is now headed to the Masters. Congratulations!

**CROSS COUNTRY:** CBXC again hosted the Annual Falcon Middle School Invitational at Granite Regional Park on Saturday October 18 and it was a huge success. 300 runners from the region laced up their shoes to tackle the 1.25 and 1.50 courses. Winner for the 7-8th grade boys was Sam Copley from Holy Trinity and for the 7-8th grade girls was Emma Hollenbach from Kay Albiani Middle School in Elk Grove. At the High School level, CBXC enters the final push toward championships. The girls' team lost its #1 runner Maddy Murphy to a knee injury and will have to find a replacement as they keep their hopes alive for a section top 5 finish. For the varsity boys, although not a given, if they keep firing on all cylinders, the boys' team has a really good chance of making it back to Fresno at the end of November for the State Championships.

**WOMEN'S VOLLEYBALL:** Currently 6-1 in league and 18-9 overall, the team faced some of the best competition in Northern California at the Stockton Classic. After defeats to nationally ranked Archbishop Mitty and a 3 game thriller to Oak Ridge, the girls came back and beat Pleasant Grove and Maria Carillo of Santa Rosa. The team looks forward to this weekend's competition in the St. Francis Super 8 Tournament.

**WOMEN'S TENNIS:** Christian Brothers High School women's tennis has had a tremendous 2014 season on and off the courts. The team started slow, but fought hard all year to improve, taking 3rd place in our league. The team record for the season was 6 - 5. Our number 2 doubles team of Caitlan Berger and Rebecca Mazur went undefeated all season, with a record of 11-0! Cheer us on as we head to team playoffs Monday, November 3rd at Vanden High School in Fairfield. Even while working hard to improve all season, the girls found the time to come together to make blankets to donate to the Mustard Seed School at Loaves and Fishes.

**MEN'S WATER POLO:** As we near the end of the season, the Falcons will enter the CAL league tournament as the #2 seed, behind Rio Americano High school. The Falcons are looking for a strong playoff push but know the road ahead is not going to be easy. CB just finished the very competitive Falcon Fall Classic water polo tournament in 4th place out of 12 playoff teams. A big win over D1 opponent Del Oro was sweet as it avenged an early season loss. The Falcons played some of the area's top competition and fared very well in all areas. On October 22nd, the Falcons finished the home schedule with an undefeated record at home 5-0, while sending seniors Kyle Smith, Max Crimmins, & Edwin Ballesteros Jr. off in winning fashion.

**WOMEN'S WATER POLO:** The Varsity Water Polo Women head into CAL League Championships in 3rd place! They look to move up to the second seed with a re-match against El Camino. The team is 17-3 on the year. JV Women ended play with a 13-2 record on the year! Each Water Polo team has had a highly successful seasons, led by outstanding play from Jane Ferguson, Kalani Mark and Ashley Madrigal-Geary.

**FOOTBALL:** In contention for a league championship, the varsity football team's record stands at 7-1 after an exciting last-second victory over El Camino. Statistical leaders for the Falcons include:

Total Offense: QB Chris Guillen- 2,040 yards; Rushing: Jamarri Jackson- 879 yards, 16 TDs; Passing: Chris Guillen- 1,574 yards, 13 TDs; Receiving: Jalen Swanigan- 25 catches, 502 yards, 6 TDs, Tariq Richardson- 20 catches, 330 yards, Jonatan Gihl- 23.2 yards per catch ; Tackles: Kellen Ralph(37), Jalen Swanigan(33), Jared Burkholder(33), Miguel Ledesma(30), Braeden Bourke(26), Ryan Moore(24), Jack Fondale(22); Sacks: Kyle Cherry(3); PICs: Jamarri Jackson(5); OL/DL Standouts: Brodrick Price, Keoni Mark; Special Teams Standouts: Jake French, David Iniguez, Ben Brouwer, Josh Brouwer, Alec Edelman, Dominic Smith.

## Reminders:

- 1. Winter sports begin on Monday, November 10.** All prospective athletes must have completed the athletic packet which can be downloaded from the school athletic website under Files and Links.
- Be sure to check the athletic website for upcoming playoff contests involving our fall sports teams.
- 3. Wednesday, November 5** is the annual 'Getting Noticed Getting In' presentation on college athletics and the recruiting process. The presentation begins at 7:00 in the George Cunningham '40 Performing Arts Center.

**Athletics and Academic Achievement: As the fall sports season winds down, it is time to recognize the accomplishments of our student-athletes who succeed in their athletic endeavors while effectively balancing the demands of academics. The following teams achieved a GPA of 3.0 or above:**

Cross Country- JV	3.51	Cross Country- V	4.12
Women's Tennis	3.74	Women's Water Polo- V	3.71
Student Athletic Trainers	3.4	Women's Golf	3.5
Men's Soccer- V	3.18	Cheerleading- V	3.32
Volleyball- JV	3.61	Cross Country- Frosh	3.26
Volleyball- Frosh	3.37	Cheerleading- JV	3.01
Volleyball- V	3.53	Football- V	3.23
Women's Water Polo- JV	3.51	Football- JV	3.2
Men's Water Polo	3.19	Football- Frosh	3.16

**The following individuals earned a 3.5 or better in the first quarter while fulfilling their athletic commitments:**

**CHEER:** (F) Lyndsey Tillinghast, Gianna Ghilardi, Candace Gutierrez, Melissa Konig (JV) Gillian Meshot, Brenna Patterson (V) Isabelle Lambert, Madison Gudmann, Kristen Pineda, Maricruz Solano

**CROSS COUNTRY:** (Sub V) Nemesia Stenier, Kara Romani, Cornelius Kasbergen, Herbert Wang, Nicolas Garcia, Patrick Bell, Matthew Lemire, Lindsay Hewitt, Natalie Flynn, Rio Fernandez, Connor Gorry, Gabriel Neal, Alex Mantong, Justin Romani, Jonathan Claridad, Sean Baker, Joseph Archer, Samuel Dixon, Elizabeth Rivera, Desmond Dumonchelle, Amelia Poroli, Brandon Chan, Daniel Basso, McKenna Decker, Danielle Rodriguez, Nathaniel Lintz, Joshua Abulencia, Fallon McHahon, Sharif Morton, Donovan Rooney, Allyson Snyder, Hannah Delaney, Julia Ruiz (V) Patrick Wiseman, Adam Wong, Colin Campbell, Elmer Lizarde, Michael Sparks III, Natalie Wiseman, Nicholas McHale, Giselle Cantiller, Emily Simi, Anna Dahl, Madison Murphy, Bridget White, Reagan Tweedy, Vincent Villegas

**FOOTBALL:** (F) Mitchell Berger, Jeremy Fernandez, Saej Awa, John O'Hearn, Brennan Eckel, Michael Ingram, Trey Price, Daniel Simoes (JV) Raul Arambula III, Ben Slakey, Matt DeSimone, Jacob Esquivel, Pat Barnes, Christian Montanez, Nico Orr, Robert Ramirez, James Ghilardi, Rudolph Mendoza (V) Benjamin Brouwer, Joshua Brouwer, Kyle Cherry, Daniel McCarthy, Steven Schneider, Ryan Moore, Miguel Cruz Ledesma, Dominic Smith, Kellen Ralph, Keoni Mark, Ryan McGee, Conner Swan, Sean Olson, Braeden Bourke, Jarrod Burkholder, Cooper Murphy

**WOMEN'S GOLF:** (V) Natalie Nunes, Elizabeth Sperring, Marissa Lopez-Alvarez

**MEN'S SOCCER:** (JV) Jarod Enos, Zachary Lau, Bryant Dhaliwal, Jalen Suwa, Peter Levis (V) Seamus Hudnut, Camden Belliveau, Quentin Barbosa, Louis Heinzer, Jackson McMullen, Kristian Heptner, Elmer Lizarde, Joe Delgadillo, Roberto Carolos Plasencia

**WOMEN'S TENNIS:** (V) Kendall Johnson, Brittany Leek, Rebecca Mazur, Isabella Granucci, Faye Messner, Lindsay Doll, Julia Rinaldo, Remington Kirrene, Olivia Eliopoulos, Anna Messner, Brittany Sekul, Sophia Graham, Victoria Burbridge, Amanda McAdam

**WOMEN'S VOLLEYBALL:** (Fr) Madeline Mercer, Isabel Nguyen, Paulina Crum, Regan Lambeth, Camilla Patterson, Elina Vargas, Mary Monnat, Anna Rose, Madeline Yeager (JV) Makenna Chapman, Erin Clark, Ceyenna Tillman, Aeron Davis, Carissa Loftus, Anna Clare Nelson, Hailey Hunt, Katherine Harrington, Marley Downey (V) Darci Phenix, Megan Klotz, Lauren Overstreet, Jill Thomas, Mackenzie Lusich, Ryann Thomison

**MEN'S WATER POLO:** (JV) Cesar Lopez, Stephen Smith, Nicholas Smith, Augustin Marcin, Richard Robak III (V) Edwin Ballesteros, Max Verspieren, Nicholas Cunningham, Kyle Smith

*Continued on Page 9*



*"Gradualness, gradualness, gradualness. From the very beginning of your work, school yourself to severe gradualness in the accumulation of knowledge."*

-Ivan Pavlov

The making of art is a process, often a slow process, and to those who persist and consistently work at their craft good things happen. Since August our students have been singing scales, working on color wheels, memorizing lines, and attempting to hit a high C on the trumpet. And while the journey is far from over November will give us an opportunity to showcase what we are learning.

Before we go over events in November I have to give a shout out to Natalia Schorn '00 and Heather Christianson '01 who organized **Open Mic** in October. What a show! Our kids performed with such charm, grace, and good humor that you come away not only with a smile, but faith in the next generation. **Open Mic** was so impressive that I will guarantee another entertaining evening at the next Open Mic or I will personally refund the price of your admission, in fact I will double your money back.

On **November 6** students in our painting classes are invited to pay tribute to *Wayne Thiebaud* at the **B Street Theater**. They will either copy one of his paintings or be inspired by his work. The paintings will be for sale with most of the proceeds going to our artists and some to B Streets Building Fund. The artist reception will be on Thursday, November 6 at 5:30 p.m. B Street is located at 2711 B Street, Sacramento. This may be a wonderful opportunity for you to own a hand painted Thiebaudesque work.

We are so excited about the premier of **"Street Scene"**, our first dramatic performance in the *Cunningham Performing Arts Center*. The set will magically take you away to another place and time in America. Thank you to parents and students who gave up weekends building the set. **The show opens on Friday, November 14, and runs through November 23.** Specifically the play is about the melting pot that is America in a large city back east in the early 20th century, but generally speaks to the human condition and the quiet joys and tragedies that make the fabric of our daily lives.

**Our band and choirs are preparing for the Holiday concerts in December.**

We are so grateful to have the opportunity to be involved in the arts and for Christian Brothers High School that recognizes the importance of art in a student's development, both academically and spiritually. I close with a quote from the Catechism of the Catholic Church (2502) that teaches:

*"Genuine sacred art draws man to adoration. To prayer, and to the love of God, Creator and Savior, the Holy One and Sanctifier."*

## VOCATIONS

If you catch up to **Heather Christianson '01** somewhere within the inner workings of the George Cunningham '40 Performing Arts Center, she might be on the cat-walk tending to lighting, in the control room preparing sound cues, back stage constructing props or teaching a drama class, but you will definitely find her at-home in all aspects of theater production. She comes to CB with a rich and varied background.

Former CB choral and drama teacher Christian Bohm first saw Heather's potential for organization during her junior year, handing her the light and sound board with little more instruction than, "Please, make this work." By the time Heather left CB for the elite School of Theater at USC where she earned her BA degree, Heather had experience in several CB productions, an internship with Music Circus, and was the assistant stage manager for the River City Theatre Company. She will tell you the experience of being 17 and in-charge of all the sets for the RCTC productions, as well as all of the parents who operated them, was immeasurable.

After college Heather embarked on the gritty business of making a living in theater. To survive as a technical director in "Hollywood" meant taking on numerous challenges from many independent theater companies and always being available at a moment's notice. She admits having to sacrifice many family functions such as weddings, holidays and birthdays to nurture a career in such a competitive field. The economic downturn was a hard blow to small theater companies and had a defining impact on Heather's thoughts and plans. She was fortunate to have established herself working in retail, selling camping equipment, which allowed her to survive financially, but her dreams of theater life were being besieged by the self-doubts common to the millennial generation. "Why am I working in retail with an elite college degree?"

God works through adversity. As part of the ranks of people working hard at low paying jobs to make ends meet, Heather gained the deeper understanding that, "people in low paying jobs aren't necessarily less intelligent or less capable." She continued to do her best within the conditions that existed. Heather reasoned that her only chance for upward mobility would be a graduate degree so she applied to USC and the University of Washington's programs in Communications. Last December, while she was pondering an offer from USC, she received a call from CB, asking if she would be willing to act as a consultant for defining the qualifications and responsibilities of the George Cunningham '40 Performing Arts Center Theatre Manager.

Heather's background and dedication to her alma mater impressed the other members of the project team. When it came time to hire a theater manager and drama teacher, Heather was the obvious choice, the perfect fit. Heather will not only maximize the use of the performing arts center but protect and enhance it for future aspiring performers.



# International Student Program

Imagine: one household, three languages (at a minimum.) This year we have six families from Christian Brothers hosting two students. Of these six, four of the households are hosting students from two different countries with two separate languages. What do they all have in common? They all communicate in English to get through the day.

Living in one home are students from China and Sweden. Yueyou (goes by "Yoyo") is from China and Jonatan is from Sweden. The students and their host family communicate only in English so the students' English immersion accelerates fluency. Before arrival, Jonatan spoke with almost no accent and arrived with a high English proficiency score. By the time he leaves CB, he'll be speaking like a native. Yoyo is an outgoing freshman, quick to chat with anyone, so Yoyo's English improvement is evident.

Yuki from Japan and Mars from China also live with a CB family. Neither of the students can converse in their native tongue at home so they spend much of their evenings and weekends conversing in English. They watch movies in English to help them further comprehend the content in classes (English, Religion, History) and they play (they shoot baskets) as they remark about their skills in English. Both students demonstrate the motivation to succeed in English acquisition but both also demonstrate the drive to excel elsewhere (academics, friendships, activities, etc.) as well.

Though she's lived in Canada and the state of Washington, Julia hails from South Korea. Julia is fluent in English but her international house mate, Lisa, has some had some practice in English while attending and International school in China too. Both students spend time discussing topics in depth during meal time. They discuss things like "Would you rather have a job you love that doesn't pay well or a well-paying job you don't like" or "if you could go back and relive a part of your life, when would it be?" or "What would you like to do for someone else if you had the money and the time?" The conversations are interesting but the depth of the vocabulary and idiomatic expressions strengthen their English fluency.

Spencer is a senior from China and Andres is a sophomore from Colombia. Together, they share an American CB family that could speak more than English in their home if they chose to do so. The target language for all of them remains English. Listening to the family (along with the international students) speak of their cultural differences - not only in language - but in food, tradition, and travel makes for interesting conversations. Spencer and Andres are truly living in a global community in their American home.

All 31 of our international students are in great CB homes this year. Next year, there will be some changes with our seniors graduating and our Colombians returning home to finish high school. ISP is already working with students from other countries to discover a "fit" that works for all interested parties. Are you a possible host family for someone from another language, culture, or tradition? We are always seeking interested host families.

*Patti Gallagher, International Student Program Director*



Yueyou Aka Yoyo

Jonatan



Yuki and Mars



Spencer and Andres



## Athletics *continued*

**WOMEN'S WATER POLO:** (JV) Rachel Li, Olivia Busch, Madelyn Kenshol,

**The following individuals earned a 3.5 or better in the first quarter while fulfilling their athletic commitments:**

**WOMEN'S WATER POLO:** Danika Piotrowski, Sierra Martin, Makena Haroldson, Eden Kolb (V) Carleigh Osen, Ivy Kolb, Emma O'Malley, Allison Blake, Catherine Hallsten, Patricia Kenshol, Kalani Mark, Jane Ferguson, Anna Sorensen, Maliah Haroldson, Emily Taylor, Ysenia Lopez-Ambriz

**STUDENT ATHLETIC TRAINERS:** Nina Vitorelo, Grace Leu, Stephanie Jimenez, Maci Meyer, Caroline Stringer, Shelby Rodich, Julia Ruiz

### CAL SCHOLAR-ATHLETE AWARD

**ELIGIBILITY:** Athletes who are members of a CAL 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.

**GPA:** Athletes must have a cumulative 3.50 (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.

**AWARD:** Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

### THE FOLLOWING ATHLETES ARE BEING RECOGNIZED AS CAL SCHOLAR ATHLETES:

**CROSS COUNTRY:** Adam Wong, Colin Campbell, Elmer Lizarde, Michael Sparks III, Natalie Wiseman, Nicholas McHale, Giselle Cantiller, Emily Simi, Anna Dahl, Madison Murphy, Bridget White, Reagan Tweedy, Vincent Villegas

**FOOTBALL:** Benjamin Brouwer, Joshua Brouwer, Kyle Cherry, Daniel McCarthy, Steven Schneider, Dominic Smith, Kellen Ralph, Keoni Mark, Ryan McGee, Conner Swan, Braeden Bourke

**WOMEN'S GOLF:** (V) Natalie Nunes

**MEN'S SOCCER:** (V) Seamus Hudnut, Camden Belliveau, Quentin Barbosa, Louis Heinzer, Jackson McMullen, Elmer Lizarde, Joe Delgadillo,

**WOMEN'S TENNIS:** Kendall Johnson, Brittany Leek, Rebecca Mazur, Isabella Granucci, Faye Messner, Julia Rinaldo, Remington Kirrene, Victoria Burbridge, Amanda McAdam

**WOMEN'S VOLLEYBALL:** Megan Klotz, Mackenzie Lusich, Lauren Overstreet

**MEN'S WATER POLO:** Edwin Ballesteros, Max Verspieren

**WOMEN'S WATER POLO:** Carleigh Osen, Ivy Kolb, Emma O'Malley, Allison Blake, Catherine Hallsten, Patricia Kenshol, Kalani Mark, Jane Ferguson, Anna Sorensen, Maliah Haroldson, Emily Taylor, Ysenia Lopez-Ambriz

**BECAUSE CHEERLEADING AND STUDENT ATHLETIC TRAINERS ARE NOT PART OF CAL APPROVED SPORTS THEY DO NOT QUALIFY FOR THIS HONOR, HOWEVER, WE RECOGNIZE THE ADVANCED ACCOMPLISHMENTS OF THE FOLLOWING SCHOLAR-ATHLETES OF THESE TWO PROGRAMS WHO MEET THE SAME QUALIFICATIONS:**

**CHEERLEADING:** Isabelle Lambert, Madison Gudmann, Kristen Pineda, Maricruz Solano  
**STUDENT ATHLETIC TRAINERS:** Grace Leu, Stephanie Jimenez, Maci Meyer, Julia Ruiz

## TALON CORNER

### Mikey Sparks:

### *The Man, The Myth, The Legend*

By Ally Mattos – Talon Staff Writer

With his revealing blue shorts and flaming red hair, Michael Sparks ('16) has caught the eye of the CB community with his impressive finishes at his past few meets.

By coming in sixth and seventh overall in three of his last four meets, Michael has surpassed his personal best times from last season. He and his father trained hard all summer, putting Michael in better shape than he has ever been.

So far, his hard work and dedication has paid off, and his sights are set on going to the state finals.

"I have many goals set for this season," says Sparks. "I would love to continue running healthy, continue surpassing my times from last year, help the boys' varsity team be as competitive as possible at sections, and hopefully make it to state."

Sparks has not only beat his personal records, he has also set CB school records.

Not only has Michael set high records on the courses, but he also has shown impeccable leadership skills, according to Cross Country Head Coach Mr. Danny Delgado

"Michael Sparks is probably one of the most committed runners I've had — ever," Coach Delgado says. "We set some goals and core values this year: integrity and enthusiasm — that's Mikey in a nutshell."

Mr. Delgado explained how Michael's training this summer put him ahead of almost any other runner he has seen at Christian Brothers and that Michael went the extra mile to train and keep in shape in order to put himself a step ahead of the competition.

"I did a lot of trail running up at Tahoe this summer," Michael explains. "Even after a minor ankle injury, I jumped back and continued to train all throughout August."

Coach Delgado sees Michael prospering and setting all time records for the school.

"In my opinion, it is very likely that Mikey will supersede and take over the number one spot of all time here at CB with his times," says Mr. Delgado. "And we have had some very good runners."

As just a junior still in preseason, Michael still has a lot of runs left in store. The possibilities are endless for this talented athlete.





**Falcon Family Faces**









# Counseling And Guidance

**College Financial Aid Night for Seniors and Their Parents will be held Tuesday, December 9, 2014 at 7:00 pm in the Cunningham Center.** We will be going over the FAFSA, Cal Grant information, federal grants, loans and scholarships (including the new California Middle-Class Scholarship). We hope to see you there! Since this evening is primarily for parents, it is not necessary for students to attend.

## ABOUT COLLEGE ENTRANCE EXAMS

Most colleges and universities require a college entrance test score as part of the application process. The two national tests are the **ACT** (American College Test) and the **SAT** Reasoning Test (given by the College Board). ALL four-year colleges and universities will accept either score. Both tests are offered at local area high schools 6-7 times throughout the year. Christian Brothers is a test center for both the ACT and the SAT - we administer both exams on dates in the fall and the spring and have taught an on-campus SAT Prep Course for many years.

Research nationally and with our own CB students indicates that students often perform differently on the ACT and SAT. The tests, while considered equally for admission, are different in the material covered. The ACT test content has four areas: English, Math, Reading, and Science Reasoning. The goal of the ACT is to measure academic achievement in the four areas and contains analytical and problem-solving exercises related to what has been learned in class. In addition, the ACT offers an optional Writing section (which must be taken if applying to the University of California). The SAT determines critical reading, math, and writing skills, and is designed to measure academic aptitude in analytical skills, numeric reasoning, and writing. **Current juniors should use the next few months to prepare for the SAT and/or ACT and plan on taking it for the first time in the spring. This junior class will be the last to take the current version of the SAT. Members of the Class of 2017 will be taking the revised version of the SAT starting in the spring of 2016. College Board made the decision to re-design the test and it will more closely resemble the ACT.**

Though the trend seems to be to begin taking these tests earlier and earlier in a student's high school career, we do not see any significant benefit to this action for most students. There is never a penalty for taking a test early, however, or for taking a test more than once. Colleges will see every score (unless a student chooses SAT score choice, which we do not recommend), but always take the highest score. The UC system takes the best score from one sitting; many private colleges and the CSU system will take a student's highest score from each section from different sittings and combines them into the highest possible score (called the "superscore").

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. It will help juniors to compare results from their PLAN (practice ACT) taken during sophomore year and the PSAT taken this past fall and see which score is stronger. The counselors can help them with this comparison. By taking both exams, students increase their chances of achieving a successful score. For the Class of 2017, the PLAN was eliminated this year by ACT, so they only have their PSAT results. The CB Counseling and Guidance Department will continue to inform you of new trends.

**SAT Subject** tests are subject area tests that UC and a few selective private colleges either recommend or require. Currently, the UC system encourages taking tests in subject areas in which a student hopes to major in college, but these tests are not required. Students who plan to apply to highly selective colleges should check the school's website to see how many Subject Exams are required. It is important to register and take these exams by fall of the senior year. We recommend juniors take the tests in the spring of their junior year. They will then have time to take the tests again in the fall of their senior year if they wish to improve their scores. Current Seniors should not take the tests into 2015, as these test dates are too late to be submitted with other application materials. Students should register for the SAT test online at [www.collegeboard.com](http://www.collegeboard.com) and the ACT at [www.actstudent.org](http://www.actstudent.org).

**Admission test scores are only one piece of information a college looks at when considering applications.** A student's GPA, number and rigor of college prep courses completed, and other factors are also considered. These factors include co-curricular activities, the college essay, community service, and other aspects of the individual that make him/her distinctive. Teacher and counselor recommendations are also important when applying to private colleges.

## IMPORTANT SAT / ACT DATES TO REMEMBER:

<b>SAT:</b>	<b>Deadline to register:</b>	<b>ACT:</b>	<b>Deadline to register:</b>
January 24	December 29	February 7	January 9
March 14	February 13	April 18 (@CB)	March 13
May 2 (@CB)	April 6	June 13	May 5

**Grade-level counselors for the Class of 2016 and the Class of 2017 will visit classrooms in January and February to return PSAT results and prepare students for the 2015-16 Pre-Registration process!**

### **TIME TO GET READY FOR THE SAT! Christian Brothers SAT Prep**

Christian Brothers is offering an SAT exam preparation course for class of 2016 students planning to take the **March 14** sitting of the SAT. The class will be taught by our own English and Math teachers.

**WHEN:** February 14, 21, 28 and March 7 (9:00 am-1:00 pm)

**WHERE:** CB STEM BUILDING

**COST:** The cost is \$200 per student

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

**Registration information:** Look for specific details on how to register for this prep course. It will be announced on the school website and on KBFT!

**MANY OTHER PREP COURSE OPTIONS ARE OUT THERE! Check with College Counselor Ms. Melissa McClellan if you have any questions or seek guidance. Her number is 733-3679.**

**PrepMe on Family Connection:** All students at Christian Brothers have access to a program called PrepMe, which is a test prep program for both the ACT and SAT. Log on to Family Connection and click on PrepMe (which is in the upper left hand corner). If you have questions, please contact your son/daughter's grade-level counselor.



## Campus Ministry News...

### Prayer & Worship...

Please join us for our celebration of the Immaculate Conception, Monday, December 8 at 10:00 a.m. This is a holy day of obligation (OPPORTUNITY) so we look forward to seeing you there!



### Blessings of a Christmas Tree

Once the tree has been prepared, all gather around it. \*\*\*Lights are turned on at end of blessing.

**Introduction:** This tree is a blessing to our home. It reminds us of all that is beautiful, all that is filled with the gentleness and promise of God. It stands in our midst as a tree of light that we might promise such beauty and hope to one another and to our world. It stands like the tree of paradise that God made into the tree of life, the cross of Jesus.

**Scripture Reading:** Listen to the words of the apostle Paul to Titus: But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit, whom he richly poured out on us through Jesus Christ our savior, so that we might be justified by his grace and become heirs in hope of eternal life. Titus 3:4-7

**Shared Prayer:** Let us now pray for God's blessing upon all who gather around this tree as we offer any special prayer intentions:

**Closing Prayer:** God of all creation, we praise you for this tree which brings beauty and memories and the promise of life to our home. Let your blessing come upon us as we illuminate this tree. May the light and cheer it gives be a sign of the joy that fills our hearts (\*\*\*)pause for lighting of tree). We ask your blessing upon this tree that its ever-green branches be a sign in our lives of the hope of the Advent and Christmas season; its ornaments, a sign of joy; the gifts beneath it a sign of love and thanksgiving for our many blessings. We praise you for your Son, Jesus, who is Emmanuel, God With Us, the Prince of Peace, who fills us with the wonder of your love. Amen.

*(adapted from Catholic Household Blessings and Prayers)*

### Blessing for Christmas Dinner

God of all gifts, we thank you for the many ways you have blessed us this day. We are grateful each of those who are gathered around this table. We ask you to bless us and our food and to bless those we love who are not with us today. In our gratitude and love, we remember your humble birth into our lives and pray for those who are without enough to eat. We remember the stable in which you were born and pray for those who have no place to live. We remember your challenging message of caring and giving and we pray for peace in families and nations throughout the

world. We bless you and give you thanks in your Spirit who brings our hearts to life the Christmas Day and forever. Amen.

### Retreats

**REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS IN ITS FINAL DAYS!** We are registering for the remaining Jr. and Sr. retreats and would like to have all students interested in attending one of the upcoming retreats signed up, NO LATER THAN DECEMBER 15! This means even if a student plans to attend a retreat sometime between February and April, they must sign up NOW! This helps us in planning ahead for transportation and the retreat centers regarding food and lodging. The **January Kairos is NOW FULL** which leaves only one remaining Kairos for seniors! In addition, the December Junior Retreat is **also full!** PLEASE speak with your son/daughter and determine which retreat date will work best. Here they are again:

#### Junior Overnight:

February 9-10, March 9-10, and April 20-21

#### Senior Kairos:

March 24-27

Information about the retreats, as well as links to register online are on the CB webpage (tabs-Student Life, Campus Ministry, Student Retreats). \*\*\*All overnight retreats must be registered for by December 15.

### Sophomore All Class Retreat....

**On Friday, January 9**, the Class of 2017 will gather for a mandatory day of retreat. The retreat will be held at the CSUS Alumni Center from 8:30 a.m.-2:30 p.m. **It is your responsibility to drop off and pick up your student from the Alumni Center--their day begins at this location! Do not drop them off at Christian Brothers!** The theme of the retreat will focus on "Values & Choices" as well as further developing class unity. Our day will be facilitated by Ms. Yearwood and the Senior Retreat Leadership Team. If you have questions, please contact Ms. Yearwood via email [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

## Save the Date...

**Parent-Teen Mini Retreat** will be held on campus this year on February 6 from 6:00-9:00 p.m. Students from all classes (frosh-senior) are encouraged to attend with one or both parents. More info to come...

**Family Bunco Night** will be held on campus on Thursday, April 30 from 6:30-8:30 p.m. Please join us for a fun filled evening! More info in coming months...



## Lasallian Student Life

### Christian Service

**Christian Brothers Canned Food Drive:** The Canned Food Drive was a huge success. Students and teachers donated 2,255 pounds of food to the Sacramento Food Bank and Family Services! Much gratitude and thanks to the Christian Brothers community for their continued commitment to helping those in need and supporting our partners at the SFBFS.

**LaSallian Youth Advent Almsgiving:** It's time again for our Advent Almsgiving Drive December 1-10. Our CB tutors at St. Robert Catholic School and the students they tutor are joining together in an almsgiving drive that will benefit kindergarten and first grade students at Rosa Parks Elementary School. Details on how you can help support this effort will be forthcoming after Thanksgiving Break.

**Summer Camps:** Students interested in participating in Camp Pendola or Camp Recreation can get more information in room 106 in the LSLO.

#### Voices in Service: Spencer Hao '15

I am from Zhu Hai in China. My family lives close to the Red Cross orphanage. From the time my twin brother and I were eight years old our parents took us to the Red Cross orphanage to volunteer with them. My parents believed strongly in service and felt it was a necessary part of our development. It wasn't until middle school that I fully understood the work of helping the orphaned children. I helped many children with mental or learning disabilities. My brother and I helped them with basic skills such as combing their hair, sitting straight at the table; we also helped them with puzzles and some schoolwork. Of course we went outside to the playground with them too. I love working with little kids and I think working with the orphans has helped me to understand poverty and to recognize how many people are in need of help. If you have the opportunity to help you should. If you aren't sure how to get started I would say to do your research about the organization. Pay attention to those who work at the organization-what are their daily routines? Try to put yourself in their position. Try to think about different situations the organization addresses and also how to deal with everything that comes up there. If you have the time you can help others.



Venaver Montana November 2014

## TALON CORNER

### Who Runs The World? Moms!

By Julia Ruiz – Talon Staff Writer

Behind every team there's someone keeping the team together. People think of coaches and team managers, but for Christian Brothers cross country it's all about the moms — they keep the team running.

Mrs. Cathy DeVera and Mrs. Val Wong are two CB mothers that keep the cross country team on its feet. From providing snacks and organizing carpools to giving solid life advice, these moms do it all.

"They're my favorite people," says varsity runner **Nick McHale '17**. "They give so much to this team."

Both moms put countless hours into planning events and setting up the annual meet CBXC holds for middle schoolers. Mrs. DeVera is around more than her daughter who sadly is not on the team anymore.

"When I'm not at school she's at school. Every time I'm leaving she's pulling up to take all the kids to practice," shares **Lauren DeVera '15**. "If that's not real love I don't know what is."

It's not uncommon for members of the CB family to help out cross country even after they are off the team. On the yearly bonding trip the team takes to Middletown, many alumni parents volunteer to help.

Even though she has no current children as students, Mrs. Rochelle Kaye was a key part in planning Middletown this year. Her son, **Parker Kaye '14**, just graduated last school year, but Mrs. Kaye is still one of the most loved team moms in CBXC history.

"Mrs. Kaye even shows up to practice sometimes" says **Adam Wong '16**.

Adam Wong's mother is the much loved Val Wong. She can be found on social media under the popular hashtag #ValWongsLife.

Val is an immense help to the team; not only does she take care of the event planning aspects, she provides emotional support for the team. She can be heard giving academic advice and relationship tips.

"She shared with me that she and Mr. Wong were friends for a long time before they dated and that is why their relationship is so strong because they were friends first," says **Erin Donovan '15**.

Mrs. Wong is a central part of **CBXC**.

"I love her. I can't race without her. If she's not at my race I won't go," admits **Fallon McMahon '15**.

The team moms are core to keeping the team together. Their compassion for the team is felt by each runner. Without Mrs. DeVera and Mrs. Wong the team would be lost.

Nick sums up most Falcon runners' feelings by saying, "Without the team moms, I would not do cross country."





## Student Activities

# Merry Christmas

### from Christian Brothers Student Council!

We wish you all a blessed holiday with family and friends.

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 December 10. Students are also encouraged to wear green and/or red colors, AND if they are very brave – ugly Christmas sweaters. And of course, jeans may be worn if in ‘spirit wear’.

Also....

Student Council is excited to announce a **Locker Decorating Contest** for all students. Students will be judged on creativity and Christmas spirit. A little elf whispered secrets of donuts and candy prizes for best locker. Have a jolly time decorating students!

Teachers with B set classes will also get involved with a **Door Decorating Contest**. These classroom doors will be judged on December 5. Santa’s elves whispered more vague references to donuts and candy. We just don’t know.... Keep your elf toes crossed.

## CLUBS

The two clubs featured this month are:

**The Christmas Club** (of course, what else?). This club is moderated by French and Spanish teacher, Diane Tolomeo along with student leaders Madeline Brock, Emily Feinstein, and Bonnie Robbins-Jonas. This month members will make Christmas cards and distribute them to those in assisted-living facilities. *Joyeux Noel and Feliz Navidad*

**The Environmental Club.** This club is moderated by Kelly Safford, a teacher in the Math department. Her student leaders are Erin Donovan, Rio Fernandez, Isabelle Lambert, Gigi Lee, Taylor Morris, Julia Ruiz, Efrain Vallejo, and Herbert Wang. The Environmental Club just finished their Penny Drive with all proceeds going toward the Cosumnes River Preserve. They raised \$1,010. Great work! The club also works to remind our student body of the importance of conservation and taking care of our earth through recycling and appropriate water management.

# FINALS ARE COMING!!!!!!

### Final exams are coming up soon! Final Exam/Review week is December 11 – 19.

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 Handbook on pg. 9 states the following: All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an “Incomplete” for their final grade and will need to make up their final exam at the beginning of summer vacation. Upon correction of the final exam, the final grade will be entered into the student’s transcript.
3. Students who are absent for one final during finals week may make up that exam after A set on Friday, December 19.

### FALL SEMESTER EXAMINATION/REVIEW SCHEDULE

TIME	THURSDAY DEC 11	FRIDAY DEC 12	MONDAY DEC 15	TUESDAY DEC 16	WEDNESDAY DEC 17	THURSDAY DEC 18	FRIDAY DEC 19
9:00 - 10:30 am	B SET Review	B SET FINAL	D SET Review	D SET FINAL	F SET Review	F SET FINAL	A SET FINAL
10:30 - 10:35 am	Announcements	BREAK	Announcements	BREAK	Announcements	BREAK	Announcements
10:35 - 10:55 am	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
10:55 - 12:25 pm	C SET Review	C SET FINAL	E SET Review	E SET FINAL	G SET Review	G SET FINAL	
12:25 - 1:00 pm					LUNCH Available		
1:00 - 2:30 pm					A SET Review		



# Athletics

The following student athletes committed to the following colleges in November. Congratulations!

**Kira McKechnie**, Softball - Fresno State University  
**Katie Hallsten**, Fencing - University of California San Diego  
**Anissa Maldonado**, Softball - California State University East Bay  
**Annmarie Carmazzi**, Lacrosse - St. Mary's College

**CHEERLEADING:** While still busy supporting the fall teams, CBHS cheerleaders are in full swing learning basketball cheers. Year round, they are continually working to improve their skills and learn multiple cheers for the different sport seasons.

**FROSH MEN'S BASKETBALL:** The Frosh basketball team has been formed and we are excited about our season. Our first taste of competition will be Saturday, November 29 at Nevada Union High School. On December 2 we will play our first full game at home at 4:00 p.m. We are looking forward to seeing how this year's team comes together and the exciting moments and memories that will be made. Circle your calendar for Saturday, January 3 at CB in the Ron Limeberger Gym as we take on Jesuit. All three men's teams will be playing that day. Get your tickets early as this is always a sell out!

**JV MEN'S BASKETBALL:** JV basketball 2014-15. The JV Falcons are led once again by Coach Tim McGann '02 and Assistant Coach Marcos Pena '00. We are only 10 players strong this year and undersized. We will rely on our speed, sharp shooting, basketball IQ and hard work. The season is just around the corner so please come out and support the JV hoopsters.

**VARSITY MEN'S BASKETBALL:** Following a successful 2013-14 season which saw the team advance to the Nor Cal Quarterfinals, the 2014-15 team looks to build on the previous year's success and achieve their goals that they have set for their upcoming season. The team returns three key players from last year's team and will also feature the addition of talented underclassmen, combining their young talent with veteran senior leadership. The team will challenge for the Capital Athletic League Championship in advance of their anticipated playoff run in the Sac-Joaquin Division III playoffs.

**WRESTLING:** This season Christian Brothers' wrestling team is looking better than ever! With a full varsity lineup and 16 seniors on the team, CB is looking to turn some heads. This season we are competing in more team duals, as well as doing some traveling. Our varsity boys team will head north to compete in Modoc the weekend of December 12 and our girls team will make its way to Napa at the beginning of January. With a roster where anyone could be a standout, and with some experienced freshmen cracking the lineup, this is going to be an unforgettable season for the Falcons!

**FROSH WOMEN'S BASKETBALL:** The Frosh Women have a very competitive schedule and are looking forward to a fun and exciting 2014-2015 season.

**JV WOMEN'S BASKETBALL:** The JV Girls Basketball Season kicked off the season with a four-game scrimmage against Folsom and Cosumnes Oaks with some outstanding performances. Scores were not kept because it was a scrimmage but it became obvious that the Lady Falcons will be competitive throughout the 2014-2015 season.

**VARSITY WOMEN'S BASKETBALL:** The Lady Falcons look forward to the 2014-15 season with several returning starters. Once again they have a very competitive preseason schedule and are looking to make a deep run in the playoffs.

## CAL ALL LEAGUE FALL PLAYERS

**CROSS COUNTRY** Lizarde, Elmer  
McHale, Nick,  
Sparks, Mike  
Wiseman, Patrick  
**FOOTBALL** Burkholder, Jarrod  
Cherry, Kyle  
Gihl, Jonaton  
Jackson, Jamarri  
Ledesma, Miguel  
Mark, Keoni  
Price, Brodrick  
Ralph, Kellen  
Richardson, Tariq  
Swaningan, Jalen

**OFFENSIVE PLAYER OF THE YEAR - Chris Guillen**

**WOMEN'S GOLF** Cruz, Beah  
Jacinto, Karina  
Lopez Alvarez, Marissa

**MEN'S SOCCER** Buchmiller, Tomas  
Delgadillo, Joseph  
Heinzer, Louis  
Mestas, Spencer  
Placencia, Robert Carlos

**MOST VALUABLE PLAYER - Kristian Heptner**  
**COACHES OF THE YEAR - Jacob Hunley, Jorge Valdez**

**WOMEN'S TENNIS**  
Rinaldo, Julia  
Sekul, Brittany

**WOMEN'S VOLLEYBALL**  
Bowman, Nastassja  
Fresques, Ashlynn  
Phenix, Darci  
Robinson, Elizabeth

**MEN'S WATER POLO**  
Avila, Andres  
Cunningham, Cole  
Smith, Kyle  
Versperian, Max

**WOMEN'S WATER POLO**  
Blake, Allie  
Ferguson, Jane  
Madrigal Geary, Ashley  
Mark, Kalani

## CB's RUN TO FEED THE HUNGRY TEAM.... the biggest ever!!!

Thank you to the entire CB community – students, faculty, staff, families and friends – for making this our biggest team ever for Run to Feed the Hungry on Thanksgiving Day. Your support for this event and the Sacramento Food Bank and Family Services is truly appreciated! We hope you had a great time on a beautiful Thanksgiving morning. See you next year!





*"What makes a great artist? In the end, it is temperament, personality, and character that count the most. Some musicians are not great technicians, but they give you a rich point of view. In an increasingly mechanized, regulated, and computerized world, there is a need for the handcrafted thing. A reminder of man's ability to feel and communicate emotion, including his love of tools and material."*

-Nation Milstein

*"Clarity is the first aim, economy the second, grace the third"*

-Sheridan Baker

Art is a uniquely human experience. Often it is the very mistakes that gives a work its charm and grace. If it were "perfect" we would think it was made by a machine or it is some new technology downloaded from the cyber world. This is hard to teach students: imperfections can be your best mentor, and more importantly the quality that helps your audience connect with the work. It gives them the opportunity to ponder, ask, discuss, connect, and share. We encourage students to keep a sketchbook to use daily, and put pen to paper with any idea, recipe, joke, web address, sketch, map, to do list, and lyrics to a favorite song. Think of your sketchbook as your book of mistakes and watch your creativity grow.

### **December is going to be an amazing month for the arts at CB!**

Our painting students' **tribute to Wayne Thiebaud** are currently hanging at the B Street Theater until the second week of December. All works are for sale for \$75. A portion of the proceeds go to the B Street Theater's building fund.

The **Choir and Jazz Band** will be making a **tour of elementary schools** on December 2 to introduce to prospective CB students our incredible musical programs.

**December 5** will be another **Open Mic Night** at the Cunningham Performance Arts Center. Come see our amazing students sing, dance, tell jokes, play instruments, and perform monologues. You are guaranteed to be thoroughly entertained or double your money back!

The **Instrumental Christmas Concert** will be held in the Cunningham Performing Arts Center on **December 4**. There will be two shows; one at 4:00 p.m. and an evening show at 7:00 p.m. This will be the first time this year that the instrumental band under the direction of Mr. Travis Maslen will perform in the Cunningham Center.

**Honors Chorale** will perform at the **Dante Club** on December 8 starting at 6:30 p.m.

The Choral Christmas concert will have two shows on December 9 in the Cunningham Center; 2:00 p.m. and 7:00 p.m. The Choirs are under the direction of Dr. Antony Lien. Come hear the sacred music of the season with a little bit of fun thrown in.

And finally the **Vocal Jazz Choir** will be at Sacramento State on December 13 starting at 9:00 a.m. This choir is led by Ms. Gaw Vang.

If you have not yet seen a performance in the Cunningham Performing Arts Center, December provides you with several choice opportunities. Recently a group of visiting Chinese musicians played for our students, and after the performance their director commented that the acoustics in the Cunningham Center are as good as any theater they have played in, including the Mondavi Center in Davis. Wow!

We wish you all a beautiful and sacred holiday season. We celebrate the birth of our Savior, and enjoy time with family and friends. We hope that your time together is magical and we look forward to seeing you happy and healthy in the New Year.

### **This year at the CB Auction it is...**

Join us for an evening of casual elegance as we enjoy a delicious Mediterranean dinner and raise our paddles for adventures and experiences ultimately benefiting our CB students.

Our parent committee, led by chairperson Gina McAdam, is already at work planning a wonderful evening for all our guests, with the goal of raising \$250,000 for our kids. But it doesn't all happen on one night in March. Between now and then, many parent volunteers are needed to help. Come join the fun!

#### **Here are three ways you can help.**

- Volunteer – All are welcome. **Call 916-733-3643** for details.
- **Donate or Sponsor** – Our donor and sponsor forms can be found on the school website. Click "Support," "Auction"
- **Plan to Attend** – Save the Date **March 21, 2015 – An Evening on the Riviera...**





## VOCATIONS

Our featured faculty member this month is **David Desmond '94** of the Social Studies Department, who responded to the following interview questions.

### **What does vocation mean to you?**

Vocation means a calling to do something in your life that you enjoy. For me, I had a calling to become a teacher, although, this calling took several years and did not happen all at once. After my first year in education I realized that I liked doing what I did. I enjoyed interaction with the students both in the classroom and out on the field. I enjoyed the process of building upon that connection with each student and student athlete that I encountered. The more I enjoyed being around students the "louder" the calling became for me to make this my life long profession.

### **When in your life did you first consider your current vocation?**

On the eve of my graduation from college in 1998, Br. James Joost encouraged me to become a Lasallian Volunteer. I had no idea what it entailed, but I signed up and I was accepted. I was fortunate to have been placed at the L.E.O. center in Oakland. Before I could begin that journey, it was Br. James who asked if I could teach one summer school class at Christian Brothers High School in the summer of 1998. I at that time was a member of the contact program for the district, which essential means that I was in contact with the Brothers and I was exploring the idea of becoming a Brother. As part of the program, it was encouraged to live with a Brothers community and teach. I was fortunate enough to live in community with the Brothers during the summer of 1998 at Christian Brothers High School. I enjoyed teaching and enjoyed tutoring in Oakland the following year. I was then hired to teach summer school in the summer of 1999 at Cathedral High School before starting as a full time employee at La Salle High School in Pasadena. It was after my first year at La Salle that I realized how much I enjoyed being a part of the students' lives both in the classroom and out on the field. I reflected on the lives that my mother and father led as educators and realized how rewarding and fulfilling education was to them. I still had aspirations of attending law school, but thought that I would return for one more year to see if I still liked it. I liked it. The calling and desire to become a better teacher and coach grew stronger with each passing semester.

### **Tell about the people who helped guide you to your vocation.**

My time at Christian Brothers was important. I was surrounded by educators who cared. Who took the time to get to know me. Who put up with me. Who helped me succeed. Who cared and ultimately who loved me. Some of those teachers include Rolf Schumann, Tom English, Chrys Cassetta, Jill Bennett, Holly Peterson, and Chuck Zannetti. There are teachers who are no longer here that also had an impact on my life, including John Donch, Ron Limeberger, Joe Gill, George Smith, Mary Alice Delgado, Richie Simms, Bill Cerney, Br. Dan Fenton, Br. Jesus, and Br. Ricardo. Most importantly, my father. I had the great pleasure of riding to school and from school every day with my dad and then the even greater pleasure of being with him on campus at CB. I grew closer to my dad because of this experience. I saw firsthand how much my father loved what he did as a teacher. I saw his love for the students, his dedication to the school, and the sacrifices he made for me. Upon graduating from CB, I was ready. I was given a great academic foundation and a strong faith that would help me succeed as a college student. These Lasallian educators had shown me and taught me how to learn and how to serve. Finally, along with my father, my mother was also instrumental in helping me find my vocation. As an educator she showed me what it means to work hard and put forth your best. She did it every day and she loved being around teachers and students when she became an administrator. Both my mother and father taught me the value of hard work. They would never let me quit a sport or a job. They taught me how to handle my own problems. They taught me how to be independent. They did all of this by raising four children and teaching all of my siblings and I the value of education, faith, and service. My parents have shaped me to become an educator, they shaped me in helping me to answer the calling.

### **Do you think working hard and applying yourself have anything to do with vocation?**

Yes. I would not have the calling to become an educator if I did not work hard. Hard work has allowed me to further my education beyond my bachelors degree, it has allowed me to push myself and take risks as a teacher. These adventures (work) have clarified my understanding of my calling toward my vocation as an educator.

### **What do you recommend for young people who are trying to figure out what their vocation in life should be?**

Keep furthering your education. Challenge yourself. Leave home and live in another country. Take chances. Push yourself out of your comfort zone. Serve others. Volunteer. Finish what you start.

Find reasons why you can, not reasons why you can't.





### Give a Gift

The end of the year is simply a time of gift giving, including a gift to Christian Brothers High School.

Tax-deductible gifts to the Annual Fund directly benefit your child and all the students that need our help.

Go to  
[www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)  
and click on "Make a gift"

Call Joanne McShane at  
916-733-3643

or  
Mail your check to the  
Advancement Department  
at CBHS.

Thank you for your  
continued support!



Christian Brothers has some awesome families that host our international students. Conversations with these host families transpire more often at the beginning of the year when all is new. These CB host families offer much to the international student - a safe haven, respite from the daily noise, and a place for the students to recharge their batteries so that they can continue their successful journey. When hosting begins, the questions from the families are numerous and important. The families work with enthusiasm to help our international students move forward. I equate the number and importance of these conversations to good parenting - the families help manage the well-being of an international student much like that of their own children.

What our international students add to their repertoire is the family "fit" that is necessary to succeed. That means that the international students learn to adjust their style to their host family style. Our international students learn different household rules within this new and different culture. It is nothing less than courageous of our international students to do so much more than just show up for school every day. A predictability and routine with their host families is part of that success. Each family and international student(s) that live together work side by side for a successful exchange of cultural understanding. For some, that means exploring new activities and new recipes and for others, it means asking for help, offering a hand, or just working independently because that is what is necessary for the mixed cultures to live in harmony.

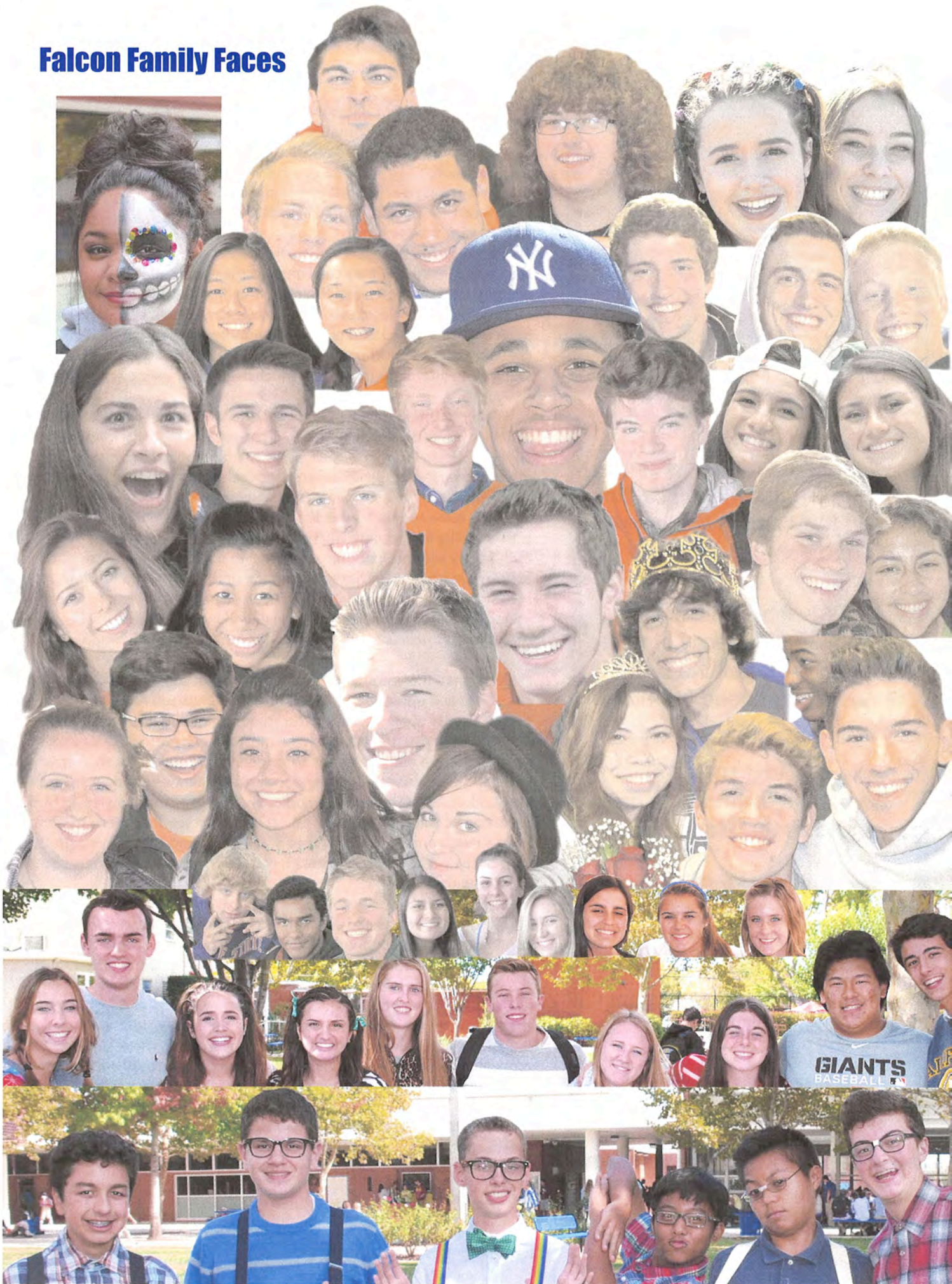
Now that the international students have been in the American classroom and immersed in our culture and language for three months, there is a sense of predictability. Our students find a rhythm in the routine. Our students have been through the most difficult part of the immersion process. They are beginning to understand English vocabulary and idiomatic expressions in greater depth now. Our international students also understand the rules, the codes, and the classroom styles as their American counterparts here at CB. It is easy to see that these students have a vision and they are on their way to realizing that vision with the help of their teachers, friends, staff, counselors and administrators who all work with them.

More work lies ahead for our international students. They must continue to climb the mountain of English language acquisition. For most, English language acquisition is a life-long climb but they've scaled the steepest part of that mountain now. It's a matter of time, more curriculum, continued understanding by others, and just keeping their eyes on the goal they've set for themselves until we may no longer remember how much they had to overcome. These students are motivated to meet their goals so they endeavor to succeed each day. It is inspiring to watch these young adults in their courageous quests.

If you have any interest in learning more about the ISP program, please contact [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org) or call 916/733-3640.



# Falcon Family Faces





# FALCON FAMILY NEWS

## A MESSAGE FROM THE DEANS' OFFICE...

Dear CB Families,

Happy New Year and welcome to spring semester 2015! While we may not see it outside the window in January, the spring semester brings the excitement of new life and reinvigorated energy. A new semester is always a chance for a clean slate and the beautiful opportunity of beginning anew. As parents and teachers, sometimes the best thing we can offer our children and students is a fresh start.

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 my 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.

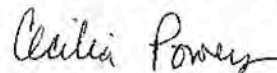
Vigilance is the guiding virtue for the work that Mr. Dave Levasseur and I share in the Deans' Office. Daily, we have the privilege of providing a ministry of presence to the students of Christian Brothers in an attempt to act as guardian angels. Brother Agathon's advice to his teachers in 1785 rings 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 continuous opportunities for vigilance and high expectations for their dress, 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 partner together 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 continuous sacrifices of time and treasure so that their children may have the very best opportunities for their future. The spring semester presents a perfect opportunity to embrace a fresh start in partnership and with vigilance.

Live Jesus in Our Hearts,



Cecilia Powers  
Dean of Students

**JANUARY 2015**  
**SPRING SEMESTER**

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

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# Counseling And Guidance

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

As pages 12 and 13 of the CB Parent/Student Handbook emphasize, "F's" and "D's" are bad news on report cards! It is important for you and your student to understand that neither "D's" nor "F's" are acceptable. "F" grades must be repeated for credit in order to graduate from Christian Brothers High School. "D" grades, though worth 5 credits towards graduation, are **NOT** accepted by four-year colleges and universities. **All California State University campuses, University of California campuses, and most private institutions require a "C" or above in ALL core courses** (core courses are approved History, English, Math, Lab Science, Foreign Language, Visual and Performing Art, and Elective courses - also known as the "a-g" list of approved courses - see below for a chart of these requirements). If students have "D's" on the transcript in any a-g courses and do not remediate them they are **not eligible** to apply for admission to CSU and UC, and therefore are seriously limiting their choices for college.

If your child would like to keep his/her options open and remain **eligible** to apply to a four-year college, the Counseling & Guidance Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in a-g approved courses. Students may enroll in a variety of classes during the 2015 CBHS summer school session in order to remediate a grade. While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new credits and the new grade will be used when calculating the grade point average.

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

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

One year of World History is the minimum requirement for eligibility, so students should be sure to have a "C" or above for at least two of the four semesters of Frosh/Soph World History. Any US History "D's" should also be remediated.

Please contact your child's counselor if you have questions about remediating grades. If you intend to register for summer school, registration forms will be available on-line. Check the CB website in February for further information.

If you wish to view the approved a-g course list for Christian Brothers, go to the CB website, click on ACADEMICS, then DEPARTMENT LISTING/ "Course Catalog" where you can view the CBHS CSU/UC a-g List and other important information.

### ATTENTION PARENTS OF JUNIOR STUDENTS:

College Night for Juniors and Parents will be held Wednesday, January 14 at 7:00 p.m. in the CB Cafeteria. Important information regarding the college planning process will be presented by Ms. McClellan (college counselor) and Mr. Diaz (grade-level counselor).

**PSAT Test Results** (10th and 11th grade) 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 and will also assist students with pre-registration for classes in the 2015-2016 school year. Please ask your son/daughter to see his/her exam results (you may also check the scores on Family Connection, as they have already been posted). Look for a mailing regarding pre-registration in early February.

**ATTENTION SENIORS AND PARENTS:** Please remember to turn in copies of your admission decisions and scholarship letters to Ms. Heine, Ms. McClellan or Mr. Purdy in the counseling office as you receive them. It is also very important that students update their "admission status" on Family Connection.

**SAT TEST PREP NEWS:** An on-campus SAT Prep course will be offered this spring in order to help juniors prepare for the exam. Our Saturday morning class (9:00 a.m.-1:00 p.m.) taught by Mr. Anderson and Ms. Safford, will begin on January 25 and will lead up to the March 14 SAT. Registration forms are available in the Counseling Center or on the school website and the cost is \$200. Please contact Melissa McClellan (733-3679) or Diane Heine (733-3680) with any questions.

### UPCOMING GUIDANCE AND COUNSELING

#### DEPARTMENT EVENTS:

##### Saturday, January 10

Parents Education Network (PEN) presentation on assistive technology for students with learning differences - in the Cunningham Center from 10:00 a.m.-12 noon. Free for PEN members and \$15 for non-members. More information regarding the PEN organization can be found on their website: <http://pen-sacramento.org/>. You may also contact Ms. Margaret Buggy (SAGES Director and Coordinator of Student Support Services at Christian Brothers) for more information (733-3685).

##### Wednesday, January 14

"College Night for Juniors and Parents" - 7:00 p.m.

##### Tuesday, January 20

Monthly PEN/SAFE meeting at Jesuit High School from 7:00-8:30 p.m. SAFE is the support group for students with learning differences and it is associated with PEN (which is for parents and educators).

##### Tuesday, February 17

"Sophomore Academic Planning Night" - 7:00 p.m.

##### Monday, March 9

"Exploring Colleges for Juniors and Parents" - 7:00 p.m.

##### Wednesday, March 18

RACC Mini-College Fair - On-campus during lunchtime

##### Wednesday, April 29

"Transition to College Night for Seniors and Parents" - 7:00 p.m.



## **Campus Ministry News...**

This January marks the beginning of the new year 2015. In other words, we begin a new journey and season of life. At the start of this new year let us once again reflect on a tree. The seasons can most certainly be witnessed in the growth of a tree. What once was full of vibrant leaves has now become barren and stark. But rest assured the trees are simply resting. Their state of dormancy in the winter months is necessary for the full and transformational growth that is sure to happen come springtime. Perhaps the same is true of us. Perhaps we too need quiet rest to bring forth growth, change, and true transformation in our lives. My challenge for us all as we begin this new year is to take time to slow down, to breathe, to reflect, and to simply be. Psalm 46:10 reminds us "Be still and know that I am God." May the peace of Christmas continue to fill your hearts well into 2015. I am including a prayer of blessing for the new year....

### *A New Year Blessing* *I hope for you in this new year of 2015*

*That the single, most significant dimension of life is your relationship with the Source of Goodness who never ceases to sing love songs to your soul*

*That you find meaning, purpose, and vitality in what you do daily*

*That you treasure your loved ones and let them know how dear they are to you*

*That you make choices and decisions that reflect your truest self*

*That you look in the mirror at least once a day and smile in happy amazement*

*That you remember relationships are what count above all else - more than work or money, or all the material things we spend so much time tending*

*That you live in an uncluttered manner, enjoying the freedom to be content*

*That you keep your sense of humor when things don't go the way you want*

*That you find adventure in each new day and marvel at the wonders of creation which constantly present themselves to you*

*That you never give up on yourself when others turn away or do not understand*

*That you are attentive to the health of your body, mind and spirit*

*That you take risks and accept the growth-full challenges that come to you*

*That you draw on your inner strength and resiliency when you are in need*

*That you carry peace within yourself, allowing it to slip into the hearts of others so our planet becomes a place where violence, division, and war are no more.*

© Joyce Rupp January 2004

In Christ,  
Jen Yearwood, Director of Campus Ministry

## **Retreats**

**\*\*\*Sophomore All-Class Retreat will be held Friday, January 9** at the Sacramento State Alumni Center. from 8:30 a.m.-2:30 p.m. Students are to be dropped off directly at the Alumni Center between 8:15-8:25 a.m. At the conclusion of the retreat, parents need to pick up students by 2:40 p.m. at the Alumni Center. There is no fee for the students. Students are to bring a sack lunch and a drink (do not bring food to be microwaved- there is no access to microwave). Sophomores should wear dress code bottoms and their teal spirit shirt. Information and directions to the CSU Alumni Center were emailed to parents in early December. Please direct questions via email to [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

**\*\*\*Registration is now complete** for all **Junior Overnight** and **Senior Kairos retreats**. If for some reason you missed the deadline please email me immediately!

**\*\*\*Family First....** All students and their parents are invited to join us for the annual **Parent-Teen Mini Retreat on Friday, February 6** from 6:00-9:30 p.m. at CB. We will share dinner together and then spend the evening reflecting and discussing how to strengthen family communication and relationships. We hope you'll join us for some good ole' family fun! We are asking all families to please register via the CB webpage link by January 30 so that we can accurately prepare for food. Looking forward to being with you!

## **Prayer & Worship**

**\*\*\*\*Sophomore Family Mass** will be held Sunday, January 11 at 9:30 a.m. in the CB Gym. A light breakfast will follow mass. If you plan to attend, please RSVP by January 5 via the CB homepage.



## Lasallian Student Life

### Christian Service

# Happy NEW YEAR!

**Advent Almsgiving:** Many thanks to Lasallian Youth and their moderators Dr. Holly Peterson and Father Fero Murin for their successful toy drive. The children at Rosa Parks Elementary School were all smiles when they received their presents from Santa. Also, thank you to all students, faculty, and staff who answered the children's letters to Santa and helped fulfill their wishes.



**Ven-a-Ver, Otro Lado:** A reminder that all participants must have their proper documentation turned into Ms. Anna Fernandez no later than January 6. Students, remember to check Schoology for mandatory meeting dates and times. Also, a reminder to parents that the **Otro Lado Parent Dinner is January 29**. Siblings are welcome too. We begin with a prayer service in the Chapel at 6:00 p.m., then dinner (prepared by your sons and daughters) at 6:30 p.m. in the Brother's living room. Please RSVP to Ms. Jennifer Lystrup at [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org). Please include the number in your party that will be attending.

### Volunteer Opportunities:

**American River Parkway** needs volunteers on Saturday, January 10 and January 24 to help plant sustainable vegetation along the Parkway. For further information email: [volunteer@arpf.org](mailto:volunteer@arpf.org).

**I Can Do That:** Arts for All Abilities needs help with Funshops. Volunteers would be helping children with their art and also helping the organization with: decorating festival and show grounds, setting up tables and artwork, clean up, and assisting in Funshops. Please see Ms. Lystrup in the LSLO (105) for further information.

**Camp Pendola:** This summer camp is run by the Diocese of Sacramento. If you are interested in volunteering for the summer of 2015 please complete the online application at [pendola.org/summer-programs](http://pendola.org/summer-programs).

**Camp Recreation:** Each year several students from Christian Brothers High School give up a week of their summer to assist in the camp program for individuals with disabilities. Camp Recreation is under the patronage of the Sacramento Diocese. Please see Ms. Lystrup in the LSLO (105) if you are interested.

### Service Clubs on Campus:

Super Blanket Club, Red Cross Club, Wellspring, Lasallian Youth, Christian Service Corps, Best of Friends (Camp Recreation), Social Justice Club, Heartbeats/Respect Life, Kids4Kids, Interact Club, and Life Savers.

### Voices in Service: Gordon Pershall '15

"A few years ago the Iceland Ice Skating Rink was burned down by an arsonist. I have been helping to rebuild it. The rebuilding has helped me to learn more about the people in the neighborhood and how much they enjoyed the rink. Rebuilding helped to rejuvenate the community and it's really nice to see a smile back on people's faces. Sacramento doesn't get snow so it's nice for people to have a place to go and have fun with their families and friends. It's also great to see clubs get stick time again. Though it was difficult, rebuilding and service to the community has been a real joy.

I also got involved with Wellspring this year. An enormous amount of people go hungry and I wanted to help-so making pancakes and eggs for the women of Wellspring is one way to do this. Wellspring has allowed me to help in a broader way.

My advice for people who want to help out their community is to just volunteer. If you're shy it helps to volunteer with friends. Service and helping out really does make a positive change in the community."

**As Martin Luther King Holiday approaches let us continue to work toward compassion and justice and recall his words: "An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."**



TALON CORNER

Karaoke Klub: Where Mirth Happens

You sing your favorite songs in the shower and in the car -- so why not sing them in a classroom with your friends!

By Hunter Hershey – Talon Staff Writer

Students at Christian Brothers High School are always finding new ways to express themselves, whether it be through clothing, music, or in this case, clubs.

Clubs are an old tradition on the CB campus and something that students look forward to every year. Students get a chance to sign up for clubs of their choosing during "Club Day" which takes place at a lunch toward the beginning of the year.

Christian Brothers is home to many original clubs such as the GQ club, which embraces the newest clothing trends, and the Frozen Banana Society, a club where students gather to laugh as much as possible.

Returning clubs usually get more attention and sign ups on Club Day on account of their rich histories and well kept reputations. However, this year a new club has taken the campus by storm and even though its existence has been brief, looks to rival the legacies of far more established clubs.

Ko-president **Dante Mazza ('15)** truly captures the essence of the fresh enigma that is...the Karaoke Klub.

"The Karaoke Klub is group of people who get together for one soul purpose: to have fun," Dante says.

Other clubs may present criteria and regulations for their members, but for the Karaoke Klub, that is not the case.

"Skill level does not matter, taste in music does not matter," Dante claims. "All you need to join is the ability to have fun."

This club embodies the power of music and companionship to create a place on campus where students can have a good time.

"People can have a good time through both music and each other -- so we provide that outlet on campus," said the opportunistic Dante.

Speaker of the House and Assistant Kustodian **Madison Winn ('15)** believes the Karaoke Klub ranks among the top in terms of popularity among students.

"I would absolutely say that this is the best club on campus," he says.

Every club on campus has a goal that they strive for, the Karaoke Klub's goal is quite unique.

"Our club's goal is to simply create an environment where mirth is always present," Madison says proudly. "Mirth is our goal, and we will achieve it in each and every meeting -- mirth is the Karaoke Klub."

Ko-president **Jack Barnes ('15)** adds, "the turnout of our next (Karaoke Klub) meeting will be around 300 students, so that's an important stat to know."

If you are wondering where you can experience mirth as it has been described here, the Karaoke Klub meets in Mr. Guro's room each week during Falcon Flex.

If you ever find yourself pondering why you should join the Karaoke Klub, Ko-president **Daniel Lee ('15)** already has the answer.

"Mirth, that is why".

Student Activities

Happy New Year from Student Council!

We hope you all had a fabulous Christmas time with friends and family.

Please mark your calendars for the **Family Dance** to be held **Saturday, January 24**. Desserts, by Ettore's will be served at 7:00 p.m. and the dance, featuring DJ Hightop, begins at 7:30 p.m. And don't forget to order your pictures with Studio Monet. The theme this year is "A Night at the Museum". So get creative with your "museum look" and come celebrate an evening with CB families. Tickets are available on line now and at the Student Activities window beginning January 20.

You are also invited to the Sophomore Family Liturgy on Sunday, January 11. Please stay for a continental breakfast following in the cafeteria.

ROBOTICS ON THE MOVE.....

In 2012 we re-launched the Robotics program here at CB because of a desire of some of the incoming 9th graders to be involved in the FIRST Robotics Program. That core group is now juniors and seniors and in just their third competition ever...they only participated in one each during the first two seasons... at INTEL, they finished 4th out of the 11 teams that were participating! They made it to the semi-finals, but some inadvertent trouble by our alliance's robot left us a bit short to qualify for the finals. It was definitely a long day, 7:30 a.m. to 7:00 p.m., but it was an exciting, anxiety-producing, and in the end a very successful day! We are appreciative of Henry Agnew's father and Matt LeGrand, father of Will LeGrand, who have been instrumental in supporting our efforts with their time and resources.

Our core team of Herbert Wang, Henry Agnew, Colin Campbell, James Casey, Aaron Cervantes, Jeremy Fernandez, Maddie Mercer and Alex Scordakis have each contributed to the overall success of the program. If you know any of these students, give them a high five for their efforts.



# Athletics

## Upcoming Events

**HOLY HOOPS:** The Holy Hoops game (Christian Brothers v. St. Francis) is scheduled for Saturday, January 10 at St. Francis High School. Game times are 2:30 (F), 4:00 (JV) and 5:30 p.m. (V). Holy Hoops tickets are available online for Christian Brothers basketball families, students and staff. Tickets are \$6 each with \$1 service charge and are print-at-home. Tickets must be shown at the door. Limit four tickets per person. PASSCODE: CBSTUDENT Website: <https://sfhstroubies.webconnex.com/holyhoops>

## Winter Sports Update

### MEN'S BASKETBALL:

**Varsity** - With a third of the season complete, the Brothers men's varsity basketball team is off to a promising start and continues to improve each game. The team is undefeated at home and will look to continue the defense of their home court on Saturday January 3 in the Holy Court game vs. Jesuit. As the team closes out the preseason and prepares for league they will continue to compete and prepare for a run at the Capital Athletic League Title.

**JV** - The JV current record is 6 - 4. The season began with three consecutive wins over River Valley, Natomas, and Rocklin High School, followed by four tough losses to Fairfield, Saint Mary's, Del Oro, and Laguna Creek by an average of 4 points. The team responded with strong wins over Rodriguez, Davis, and Bethel High schools to win the Championship of the Les Curry Davis Tournament. The entire team has made great progress in all aspects of the game. Every single player has improved on their individual skill level as well as their ability to play as a "team".

**Freshmen** - Freshman boys basketball tryouts started November 10, 2014. There were 26 players that were interested in making the freshman team. After 3 grueling days of tryouts the selection of the freshman team members was complete, and it was on to our season with 2 weeks to implement all of our program philosophies and game schemes. We played a scrimmage at Nevada Union and played well in our first competition, with all players making great contributions.

### WOMEN'S BASKETBALL:

**Varsity** - The varsity women's basketball team finds itself at 2 - 6 playing a very competitive preseason schedule. Injuries have also hampered the young Falcons. The team is improving and everybody is healthy again. Our team is competing and getting better with each practice. We will be ready as a team come playoffs!!!

**JV** - Our JV girls basketball team has had an outstanding start to the new season. They have gone 7-2 in the first 3 weeks of the season and have finished strong in all of their tournaments so far. Performances from key players have made the team very competitive in every game. Congrats to our girl's JV basketball team on a very productive December.

**Freshmen** - The Frosh women are off to a good start. We are about to hit the toughest 10 game stretch in Christian Brothers' history. We'll see if they are still standing when league begins next month!

### WRESTLING:

The **Varsity** wrestling season is well underway! The team started off with a team dual against Justin-Siena High School in the inaugural "Battle de la Salle Christian Brothers Cup". CB walked away with the win and some excellent momentum. Since then the team captured second place overall at the Granite Bay Invitational and loads of individual medals at Folsom, Inderkum, Granite Bay, and Bear Creek. After a memorable lock-in, this team is ready to work together and win some duals.

On the **Junior Varsity** side, the wrestlers are really starting to come into their own. After tournaments at Inderkum and a team dual meet at Woodcreek, the JVs are looking great! With many more tournaments in the New Year, the team is expected to continue the steep learning curve. Look for this team to continue to push and challenge the varsity wrestlers.

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

Join us for an evening of casual elegance as we enjoy a delicious Mediterranean dinner and raise our paddles for adventures and experiences ultimately benefiting our CB students.

Our parent committee, led by chairperson Gina McAdam, is already at work planning a wonderful evening for all our guests, with the goal of raising \$250,000 for our kids. But it doesn't all happen on one night in March. Between now and then, many parent volunteers are needed to help. Come join the fun!

### Here are three ways you can help.

- Volunteer - All are welcome. Call 916-733-3643 for details.
- Donate or Sponsor - Our donor and sponsor forms can be found on the school website. Click "Support," "Auction".
- Plan to Attend - Save the Date **March 21, 2015 - An Evening on the Riviera...**





*"All human error is impatience, a premature renunciation of method."*

Franz Kafka

*"If I learned anything in coaching, it's that you can't repeat things too often.  
You can't repeat things too often."*

-Chuck Daly

With the New Year comes the hope of dreams to be realized; this is the year it happens, and as if by magic it will all work out and be smooth sailing. If only it were so. For our dreams to bear fruit this year, it will be the result of habits formed in past years. The author of "Tiger Mom" relayed a story of a fight she had with her daughter about practicing the piano. Mom insisted; daughter resisted. Mom believed in her daughter and understood that only practice would bring out her natural innate talent. The daughter sat down at the piano fuming, angry at her mom, the piano, and the world in general. At some point as she pounded on the keys she had an epiphany: practice was the art. Performances were for the audience, but for her, practice was the lifestyle that made her a musician. Whatever you do, I wish for you that your lifestyle is artful this year, and you embrace the daily grind.

After the success of "Street Scene," Open Mic, the Christmas concerts, and the Wayne Thiebaud Tribute at the B Street Theater, we hit the ground running this January:

- Our **band** and **choir** members will be preparing for auditions and several performances throughout the month.
- Starting January 5 – January 22 the Cunningham Performing Arts Center will hold rehearsals for our **One Act Plays**. Heather Christianson and Michael Jackson will oversee these student-directed short plays. The plays will open on Friday, January 30 at 7:00 p.m. and will have matinee performances at 2:00 p.m. on January 31 and February 1. The following week the One Acts will show at 7:00 p.m. February 6-7, and 2:00 p.m. on February 8.
- In Visual Arts, Kevin McGovern, Christine Kerr, and Findlay McIntosh will have our students work on **Self-Portraits** for possible entry in the Crocker Art Museum's Annual High School Self-Portrait Show. It is worth noting that the Self-Portrait Show began with the partnership of Christian Brothers High School and the 20th Street Gallery in Midtown, Sacramento thirteen years ago.

Details are being worked out for another show at the B Street Theater this spring based on the high quality of work and the public enthusiasm for the Thiebaud show in the fall.

Our ceramic guru, Rob Boriskin, has been throwing pots and having students decorate them to be sold as a fund raiser for the Empty Bowls Project, an organization that helps feed the hungry in our Sacramento community.

Congratulations to **Camille Moniz '16** for having her art work chosen from over one hundred entries for this year's Christmas card!

***We look forward to another blessed year full of the challenges and rewards of practicing our craft day after day.***



## VOCATIONS



In his second year as a CB teacher, **Father Frantisek Murin** has many layers to his vocational story. His vocation story starts in communist Slovakia. In grade school, his teachers mocked religion and punished him for attending Church and Catechism classes. Growing up, he thought about being a policeman, professional soccer player, zookeeper or farmer. However, when he was 16, Fr. Murin remembers, "I was utterly captivated by the life of my parish priest, who was truly a great man, quite hidden, but I saw his great desire to help the needy, to teach us, to help us love God." So after high school, he went to the seminary for five years where he took classes in philosophy, education, and Catholic theology. It would take him another five years after graduation before becoming

an ordained Catholic priest. In those five years before ordination, he studied English, continued taking theology classes, got married and had his first child. That's right, Fr. Murin is a Catholic priest and follows the church in full communion with the Pope, but is also married and has children.

While most Catholics in America would identify with the Roman Catholic Church (or Latin Rite), there are a number of Catholics in America and around the world who identify with other Eastern Rite Catholic Churches. Due to different cultures, languages, and customs, various liturgical rites developed in the Catholic Church. As Fr. Murin explains it, "Imagine a garden full of different colors, plants and flowers, some native, others from far away. They each have a story. They grow at a different pace, blossom at various times, smell differently. The garden is the Church, and the flower patches are various Rites." Fr. Murin comes from the Eastern side of the Church, or particularly the Byzantine-Ruthenian Catholic Church from the Carpathian Mountains region of Europe (including parts of Slovakia, Poland, Hungary, and Ukraine). Some Ruthenian Catholic traditions include the Liturgy being said in Church Slavonic (a Slavic liturgical language) and the ancient custom of priests being able to marry.

In his family life, Fr. Murin is married with six daughters and serves as the pastor of a parish, St. Philip the Apostle Byzantine Catholic Church. He wishes for 40-hour days and says, "My family life is rich; never an idle moment!" When asked to reflect on his experience as a CB teacher he explained, "I have to say I consider it a privilege to be here, with these young people, to witness their lives, to see their great hopes and their energy to live. I so much cheer for all of you, I hope you become great persons, to God's glory, to your parents' joy, and to your own happiness."





## CHRISTIAN BROTHERS HIGH SCHOOL **SCRIP** PROGRAMS!

Help **support** CBHS with your everyday shopping!

Register online or pick-up a grocery store card in the Main Office.

Select Christian Brothers High School as your school choice!



ShopWithScrip™ families place their orders online, anytime day or night, and pay with the convenient PrestoPay™ service. Log on to <http://www.shopwithscrip.com/> Click PrestoPay and follow prompts. The **CBHS Group ID** is # LAD4DFC331629



AmazonSmile is the same Amazon you know. You can use your existing **Amazon.com** account on AmazonSmile! The only difference is the web address. You will now log on at: <https://smile.amazon.com/>. On your first visit to AmazonSmile, select **CBHS** to receive donations from eligible purchases before you begin shopping. Every eligible purchase you make on AmazonSmile will result in a donation. Click the **GET STARTED** button. Search and select Christian Brothers High School. It's that easy!



Log on to <http://www.escrip.com/> and go to "sign up". Designate **CBHS** to receive contributions. Register your debit/credit cards and your **SAFeway** club card. **CBHS Group ID** is #6617319.



Visit [http://www.raleys.com/www/scrip\\_home](http://www.raleys.com/www/scrip_home)

Support **CB** with the electronic scrip program at Raley's. Sign up (or sign in) for the Something Extra program first! Then click the Get Started button to support education by selecting **CBHS** as your school of choice.



<http://www.nuggetmarket.com/community/>

Pick up (or we will mail) the Nugget Scrip Card from **CBHS Main Office**. Go online to create a **Nugget Market scrip** account. Designate **CBHS** as the beneficiary. Present the card each time you shop at all Nugget stores and the school will receive a donation from Nugget.



### **SAVE MART/FOOD MAXX**

Present your card each time you shop at Save Mart and **CBHS** will receive a check for the qualified purchases! Pick up a card in the school's **Main Office** or request a card to be mailed to you. The card is registered to the school so you can begin shopping immediately to support **CBHS**.



### **TARGET**

Visit <https://www-secure.target.com/redcard/tcoe/home>

Click on the link to designate **Christian Brothers** as your school. Target will donate 1% of your REDcard (debit or credit card) purchases made at Target and Target.com to **CBHS**. The school ID# is 3197.

TAKE CHARGE OF EDUCATION

# Register TODAY!

Contact Donna Adam at Christian Brothers High School for cards or to answer your questions.

Email: [dadam@cbhs-sacramento.org](mailto:dadam@cbhs-sacramento.org) or call: 916-733-3662

Thank-you for your support!



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DEANS' OFFICE...

Dear Parents:

We recognize that you make tremendous sacrifices to send your children 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 percent (\$245). **Tuition for 2015-16 will be \$12,495 and the registration fee will remain \$625 for a total of \$13,120.**

Our tuition remains below the average for Catholic high schools in Northern California. Over the past five years, the average tuition cost increase in the region is 4 percent. At Christian Brothers, our average has been 2.1 percent over that same five-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.

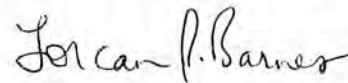
We understand that our tuition is a significant sacrifice for most families. We also realize that it is prohibitive for some families. Our Catholic, Lasallian mission calls for us to serve the poor and we must also ensure that CB is accessible to modest and middle income families. In 2014-15, we are distributing \$2.3 million in need-based tuition

assistance to 421 students. That is 39 percent of our student body. We expect these numbers to be similar in 2015-16. 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. In March, 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  
President



**FEBRUARY 2015**  
**SPRING SEMESTER**

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

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## Counseling and Guidance

### PRE-REGISTRATION FOR 2015-16 CLASSES

Freshmen, sophomores and juniors will continue to work on their pre-registration for next school year's classes during the month of February. Pre-registration will take place during the last week of the month and allows Mr. Schumann (Assistant Principal for Student Life) and the department chairs an opportunity to begin building the schedule with the proper number of course sections. Students should be looking ahead to their post-secondary plans when trying to decide which courses to take next year and beyond. The counselors encourage students to think about challenging themselves academically, but with courses in which they can succeed (meaning C's or better). Teachers are also highly-involved with the process of recommending the proper courses for students to take.

\*Look for the Pre-Registration materials, which will be sent to you via e-mail in early February!

### COLLEGE APPLICATIONS

**Seniors** are finishing college applications and sending schools their 7th semester transcripts. Many have heard back from some of their colleges and most are now in the "waiting process," anxiously anticipating word on whether or not they have been admitted to the schools that they applied to. They are also applying for financial aid, including scholarships. Many colleges have a **March 1st deadline for submission of the FAFSA (Federal financial aid form)**, so parents should be working on completing it even if they haven't completed their taxes. If parents or students have any questions, they should contact Ms. Melissa McClellan (College Counselor and Class of 2015 Counselor M-Z) or Mr. Kirk Purdy (Grade-Level Counselor for the Class of 2015 A-L).

**Juniors** have been meeting in small groups with Ms. McClellan and Mr. Diaz (Class of 2016 Counselor) to begin learning about what is involved in the college planning process. They are reviewing their transcripts, talking about SAT and ACT tests, looking at how to do a college search and talking about summer programs, in addition to getting answers to other questions that they may have at this point.

### Several Myths About College Admission – advice for students and parents

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

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

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

solely dedicated yearbook editor rather than the student who dashed in and out of ten activities. They call this "productive follow-through."

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

**Myth #5: "Ivy League colleges are the only ones worth applying to."** Fact: This is another cliché. The Ivy League colleges (Brown, Columbia, Cornell, Dartmouth, Harvard, University of Pennsylvania, Princeton, and Yale) are among the most selective in the nation, but they may not offer what you want; besides, did you know that the Ivy League is simply an athletic league, like the Big 10 or Pac-12? Certainly the Ivy League is known for its academic quality, but it does not have a monopoly on academic excellence! It is worthwhile to explore other areas of the country and to remember that many prominent men and women have graduated from non-Ivy League schools. There are many books that you can purchase that highlight some of the lesser-known "gems" that are out there. St. Mary's College is one of 40 schools named last year in "*Colleges That Change Lives*," authored by Loren Pope, who is also the author of the book "*Looking Beyond the Ivy League*."

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

**Myth #7: "If I make the wrong decision about college, my life will be ruined."** Fact: While it is important to realize the significance of your college choice, you should remember that if you find, in spite of an informed choice, that you are not well-suited to your college, you can transfer to another college. So be conscientious, but don't feel that there is one and only one place where you can find college success and happiness.

### Upcoming Guidance & Counseling Events:

Counselors will continue to visit classrooms to return PSAT Score Reports and conduct Pre-Registration advising for the 2015-16 school year.

**Early February** ~ Pre-Registration information mailed to parents

**February 17** ~ Sophomore Parent Academic Planning Night, 7-8:30 p.m.

**February 23 – 27** ~ Pre-Registration week (special schedule, early dismissal)

**March 9** ~ Exploring Colleges for Juniors and Their Parents 7-8:30 p.m.

**March 18** ~ Mini-College Fair @ lunchtime in the Jack Witry Field House

**April 29** ~ Transition to College for Seniors – "*Letting Go*" and "*What I Wish I Had Known*," 7-8:30 p.m.

### SAT/ACT regular registration deadlines:

**FEBRUARY 13** for the **March 14** SAT exam – go to [www.collegeboard.com](http://www.collegeboard.com) to register

**MARCH 13** for the **April 18** ACT exam – go to [www.actstudent.org](http://www.actstudent.org) to register

### SAT/ACT Prep:

All Christian Brothers students may utilize **PrepMe** through their Family Connection account to prepare for both the SAT and ACT. The on-campus SAT Prep Class starting in February is full but there are many options available for test prep in the Sacramento area. Please see Ms. McClellan (Director of College Counseling) to find out what some of these options are.



## Campus Ministry News...

As we prepare to begin our journey through Lent on February 18, I invite you to reflect upon the traditional folklore of the three trees...

Once there were three trees on a hill in the woods. They were discussing their hopes and dreams when the first tree said, "Someday I hope to be a treasure chest. I could be filled with gold, silver and precious gems. I could be decorated with intricate carving and everyone would see the beauty." Then the second tree said, "Someday I will be a mighty ship. I will take kings and queens across the waters and sail to the corners of the world. Everyone will feel safe in me because of the strength of my hull." Finally the third tree said, "I want to grow to be the tallest and straightest tree in the forest. People will see me on top of the hill and look up to my branches, and think of the heavens and God and how close to them I am reaching. I will be the greatest tree of all time and people will always remember me."

After a few years of praying that their dreams would come true, a group of woodsmen came upon the trees. When one came to the first tree he said, "This looks like a strong tree, I think I should be able to sell the wood to a carpenter," and he began cutting it down. The tree was happy, because he knew that the carpenter would make him into a treasure chest. At the second tree the woodsman said, "This looks like a strong tree, I should be able to sell it to the shipyard." The second tree was happy because he knew he was on his way to becoming a mighty ship. When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down his dreams would not come true. One of the woodsmen said, "I don't need anything special from my tree, so I'll take this one", and he cut it down. When the first tree arrived at the carpenters, he was made into a feed box for animals. He was then placed in a barn and filled with hay. This was not at all what he had prayed for. The second tree was cut and made into a small fishing boat. His dreams of being a mighty ship and carrying kings had come to an end. The third tree was cut into large pieces and left alone in the dark.

The years went by, and the trees forgot about their dreams. Then one day, a man and woman came to the barn. She gave birth and they placed the baby in the hay in the feed box that was made from the first tree. The man wished that he could have made a crib for the baby, but this manger would have to do. The tree could feel the importance of this event and knew that it had held the greatest treasure of all time. Years later, a group of men got in the fishing boat made from the second tree. One of them was tired and went to sleep. While they were out on the water, a great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man, and He stood and said "Peace" and the storm stopped. At this time, the tree knew that it had carried the King of Kings in its boat. Finally, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. When they came to a stop, the man was nailed to the tree and raised in the air to die at the top of a hill. When Sunday came, the tree came to realize that it was strong enough to stand at the top of the hill and be as close to God as was possible, because Jesus had been crucified on it.

The moral of this story is that when things don't seem to be going your way, always know that God has a plan for you. If you place your trust in Him, He will give you great gifts. Each of the trees got what they wanted, just not in the way they had imagined. We don't always know what God's plans are for us. We just know that His ways are not our ways, but His ways are always best. *Blessings! - Jen Yearwood, Director of Campus Ministry*

## Retreats...

**REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS NOW COMPLETED!** Thank you to all those who registered for our overnight retreats!

**Sophomore Retreat....**The Class of 2017 gathered for a day-long retreat at CSU Sacramento on Friday, January 9! Thank you so much to our student leaders and staff who worked hard to make the day a success! Thank you parents for your flexibility and support of this important event! Here is a group photo of the class:



## It's All About Family....

**THERE IS STILL TIME TO REGISTER** FOR the annual Parent-Teen Mini Retreat which will be held on campus Friday, February 6, from 6-9:30pm. Students from all classes (fresh-senior) are encouraged to attend with one or both parents. Dinner will be served. Please join us as we break bread together and work to break down some of the barriers that may be affecting the relationships we have within the family. Our evening will include fun, prayer, discussion and sharing! Please make plans to join us for this special time for family! In order to plan ahead for food and seating, you must register via the CB website homepage by **FEBRUARY 2** (click 'Parent-Teen Mini Retreat' under the announcements section). Cost is \$10 per family. Families who have attended in the past are encouraged to spread the word about this wonderful event! Please email questions to [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org). Looking forward to sharing this time with you all!

## CB delegation to see Pope Francis....


In the fall, Pope Francis will make his way to the United States for the World Meeting of Families in Philadelphia. Ms. Jen Yearwood and Ms. Holly Peterson will lead this pilgrimage of faith to see the Holy Father on September 23-27. Cost and trip details are still being finalized but interested students should see Ms. Yearwood immediately to pick up an application packet. Applications and recommendations are due by Friday. Estimated cost of this trip is \$1,000 per person. Questions should be directed to [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).



# Lasallian Student Life

## Praise & Worship

- Our Lenten Journey begins on February 18 with our **Ash Wednesday liturgy**. Please join us for mass and the distribution of ashes in the Gym at 10:00 a.m.
- **Junior Family Mass, Ring Ceremony & Breakfast** will be held Sunday, February 22 at 9:30 a.m. in the Gym. Families are asked to RSVP to this event no later than February 15. Details and the link to register will be emailed to Junior Families on February 5.



**PEACE, LOVE & BUNCO**  
Save the Date...

**FAMILY BUNCO NIGHT** will be held on campus on Thursday, April 30, from 6:00-8:00. 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 TYE-DYE clothing and accessories! Don't miss out on this evening of good ole' family fun, snacks, and prizes! Cost is \$10 per family! Please sign up NOW to reserve your spot! Send a check or cash (attention Campus Ministry) along with the number of people in your family who will attend to:  
Christian Brothers, 4315 Martin Luther King Blvd,  
Sacramento, CA 95820

## Christian Service

### Ven-a-Ver Otro Lado:

The following students will be participating in Ven-a-Ver Otro Lado in Tucson, AZ and Nogales, Mexico February 1-7. Please hold these students and adults in your thoughts and prayers: Ben Brouwer, Jack Noonan, Tommy Payne, Aiden Smith, Nick Heller, Jeremy Wackman, Erika Bolen, Ashlynn Fresques, Reagan Tweedy, Raquel Cornejo, Amanda Sandoval, Emily Simi and adults: Ms. Anna Fernandez and Mr. Danny Delgado.

**Lenten Almsgiving:** Lent begins Ash Wednesday, February 18 and ends March 27. Our almsgiving will go to our sister school, St Joseph in Addis Ababa, Ethiopia. This year their school is in need of science and math books. Christian Brothers Karaoke Club will be singing on Thursday lunches for donations so get those dollar bills ready! If you are interested in donating via check please make the check out to Christian Brothers High School and in the memo field: Lenten Almsgiving Twinning. Your support is deeply appreciated.

**Empty Bowls:** On March 9 and 10, the River City Food Bank will have its annual Empty Bowls Fundraising Event. For the last 7 years CBHS has helped support this event by having a Bowl-a-thon a few weeks before the Empty Bowls Dinner/Lunch. The Bowl-a-thon is an early morning gathering (usually from 5:30 to 8:00 a.m.) of our students who make ceramic bowls for the upcoming event. We are so proud of Mr. Boriskin and the students who get up early and contribute to this worthwhile fundraiser. The Bowl-a-thon will take place on February 19. You might see our CB students on the evening news!



JV Basketball Team joins in Oak Park Cleanup

### Voices In Service: Victoria Linares' 15

"I've always been taught that service is an important aspect of life. My mother influenced me. The first time I ever participated in service was when I was seven years old. We went to an adoption center. We brought food and toys for the children. We went several times. Looking back, that early exposure made an impact on me. Service is a crucial way to help and give back. It's a way to learn and connect to communities we might not know about.

The other two areas of service that I have been grateful for are volunteering at the Food Bank and Ven-a-Ver Los Angeles. I volunteered at the SFBFS from my freshman year to my junior year. Walking through the Oak Park neighborhood to the Food Bank was a positive experience. It was good to have a better look at the area our school is located in. Through my years of volunteering there I have met nice people and enjoyed helping bag groceries or help someone pick out an article of clothing. It felt good to help in little ways. The other experience was Ven-a-Ver Los Angeles. We stayed in the Mission Dolores area. I learned a lot serving the homeless men and listening to their stories. Also, helping the young students in the area reminded me that though we all live in California, educational circumstances are different for everyone. Father Greg Boyle was amazing too. He is a strong example of what one person can accomplish. Homeboy/Homegirl industries have helped hundreds of at risk young people. The Ven-a-Ver experience has stayed with me.

Many CB students are reading "I Am Malala" by Malala Yousafzai. I do admire Malala and her bravery. It takes great courage to speak up for girls and the right to education. She continues to speak up for those young girls who can't. She's amazing. I want to continue participating in service at college. I applied to Catholic colleges because they do much more service for those in great need. School shouldn't be only about studying, there needs to be a balance. So I hope to do much more when I go to college next year."



**Student Activities**

With the start of spring semester

**CB SPIRIT ENERGIZED!**

**CB FAMILY DANCE "A Night at the Museum"**

We were rockin' the house at our annual dance on Saturday, January 24. DJ Hightop once again entertained the crowd with his great music selection and invitation to various groups to hop on stage and show us their moves. As always this event is much more than just a dance. It is a time of celebrating family and our Christian Brothers community. Add on the delicious Ettore's desserts and Mrs. Holmes' sherbet party punch and we have a night to remember. For those of you who missed it - we hope to see you there next year.

**CLUBS GALORE** - CB clubs are remaining active. Here are two clubs in the spotlight:

- **Intramural Basketball** meets on Thursdays at lunch for friendly competition and a good workout. Mr. Armando Diaz and Ms. Brittany Williams are the moderators for this club.
- **Science Olympiad** is run by Mr. Kevin Van den Bogart and Mr. Dave Levasseur. It is a national non-profit organization that works to improve the quality of K-12 science education among all students.

All CB clubs are open to all students. Students should check the Student Activities bulletin board CB TODAY, or in Room 106 for information on club meeting times and locations.

**VALENTINE CELEBRATIONS**

The traditional **Sadie's Dance** will be held on Saturday, February 14 with the theme "Hollywood Couple Characters in the Movies". Ladies - ask your Rhett Butler or your Jack Dawson to the dance soon. Costumes to the theme of Hollywood characters may be worn. Casual dress is encouraged. Ladies, if you choose a costume that requires a gown, be sure your gown comes to the floor and is modest in every respect! Watch for dress guidelines advertised next week.

**Valentines Day is February 14. Candy grams** will go on sale the week before and we will have spirit dress that day as well.

**Let's keep that CB Spirit burning!!!!**

**ASB OFFICERS NEEDED**

Parents - It is time for your student to consider running for **Associated Student Body** officers. The applications will be available in Room 106 beginning February 23 and they are due back on March 10. The offices available are Student Body President, Vice President, Secretary, Treasurer, Rally Chairs, and Publicity Historian. Please encourage your student to run for office. It's a time and work commitment, but they will also have loads of fun, including camp experiences during the summer. Many students choose not to run because they are required to speak in front of their peers. All public speakers are nervous, that is normal. Please help your student understand that they should not be afraid to step up to the plate. They should not miss out on a great and rewarding opportunity to plan and coordinate school activities and develop important leadership skills.

**Pre-Registration 2015-2016**

Once again it is time for our students to start planning their schedule for next year. Counselors have already been meeting with the students to discuss their schedule for 2015-16. 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 2015-16 course catalog is not being sent to you; it can be found 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 17, students will be given additional registration materials in homeroom. Throughout the week of February 17-20, 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 23 - February 27), school will be dismissed at 2:15 p.m. daily, except on Thursday when dismissal will be at 2:25 p.m. as normal. Students will pre-register in the Learning Commons according to the following schedule:

Monday, February 23	Juniors (A - M)	2:20 - 3:20 p.m.
Tuesday, February 24	Juniors (N - Z)	2:20 - 3:20 p.m.
Wednesday, February 25	Sophomores (A - Z)	2:20 - 3:20 p.m.
Thursday, February 26	Freshmen (A - Z)	2:30 - 3:30 p.m.
Friday, February 27	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.** If you have any further questions regarding pre-registration, please contact Mr. Schumann at 733-3620.



# Athletics

## Upcoming Events

Monday, February 9	Spring Sports Begin
Monday, February 2	Wrestling Senior Night v. Casa Roble (H) 6:00 p.m.
Tuesday, February 10	Senior Night-Men's Basketball v. Rio Americano (H) 7:00 p.m.
Tuesday, February 17	Senior Night- Women's Basketball v. Casa Roble. (H) 7:00 p.m.

## Winter Sports Update

**WRESTLING:** January has been a busy month for the CB wrestling team! In League duals we are 2-2 with Zach Steving going undefeated. On the tournament circuit the JV team competed at the Foothill invitational and came away with some hardware! The girls competed in the largest all girls tournament in the country, the Napa Girls Open. Over the two days all 10 girls had tons of matches with big wins, including Alex Glaudé who took first place winning her final by a score of 15-2 with a pin. The Varsity boys competed at the prestigious Tim Brown Memorial tournament which is the largest wrestling tournament in Northern California. CB's top finisher was Mike Maboutakh who earned 3rd place. Next up the varsity team has its last League dual at home February 2 against rival Casa Roble. February will be packed with championships, State qualifying meets and the girls' State Championship!! Look for these CB wrestlers to make some headlines!

### MEN'S BASKETBALL

**Freshmen:** The freshman boys basketball team finished December with the Jesuit Freshman Tournament. We beat our first round opponent, Granite Bay, by a score of 57-31. Although we lost to Jesuit in the semi-final round, we were able to continue with our style of play and won the 3rd place trophy against Rocklin. After a loss to Jesuit in the Holy Court game, our current record is 14-5 and we are 2-1 in league play. One of our great moments happened recently when we played Mira Loma and every player on the roster had at least one assist in the game. It was an incredible feat for this to happen and we are very proud of all of the players on this team.

**JV:** The 2014-2015 season is in full swing for the boys JV team. So far this season their overall record is 14 - 6 with a league record of 3 - 0. League play began with a win against Vista Del Lago followed by a win over Mira Loma and a tough fought one point victory against Rio Americano with 6 seconds remaining in the game. Every single player has made great gains in their individual skill level as well as their understanding of the game and their ability to play as a team. This past weekend in lieu of practice the JV team participated in a neighborhood cleanup near our campus with Mr. Havey. Job well done, guys.

**Varsity:** Following a successful non-conference schedule, finishing 11-6 in non-league contests, the Men's varsity basketball team has gotten off to a great start in league play. Entering their game on January 28 vs. El Camino, the Falcons were 3-0 in league including two decisive road wins over Vista del Lago and Rio Americano. The strong efforts of players on defense and firepower on the offensive side have helped the team get off to a great start in league. With seven games remaining in league the Varsity basketball team looks to make a push for a league title and a run at the Division III Sac-Joaquin Section Championship.

### WOMEN'S BASKETBALL

**Freshmen:** The Frosh girls have shown a great deal of resilience this season. Despite several players missing games due to injury and illness, the team is riding a five game winning streak and is looking forward to a strong finish to the season.

**JV:** Coming off 3 tournaments with 2nd place finishes, the JV began their season league play with a record of 2-1, after a disappointing home loss to Rio Americano. Outstanding performances occur in every game.

**Varsity:** Women's varsity basketball is on a four game winning streak! The Lady Falcons had a strong win over Lynwood of Los Angeles at the St. Mary's of Stockton Martin Luther King Jr. Showcase event. Currently they are 3-0 in League play. Coach Gully states "the team is really coming together and getting in condition for a playoff run"!

**As the fall sports season winds down, it is time to recognize the accomplishments of our student-athletes who succeed in their athletic endeavors while effectively balancing the demands of academics. The following teams achieved a GPA of 3.0 or above:**

Men's Basketball- V	3.43	Men's Wrestling -V	3.65
Men's Basketball- JV	3.39	Men's Wrestling- JV	3.1
Men's Basketball- Frosh	3.52	Women's Wrestling- V	3.4
Women's Basketball- V	3.62	Cheerleading- V	3.43
Women's Basketball- JV	3.75	Cheerleading- JV	3.41
Women's Basketball - Frosh	3.1	Cheerleading- Frosh	3.23
Student Athletic Trainers	3.4		

**The following individuals earned a 3.5 GPA or better in the first semester while fulfilling their athletic commitments:**

**Cheer: (F)** Emma Mathison, Gianna Ghilardi, Candace Gutierrez, Lyndsey Tillinghast, Grace Nolan

**Cheer: (JV)** Gillian Meshot, Brenna Patterson  
**Cheer: (V)** Isabelle Lambert, Madison Gudmann, Kristen Pineda,

**Men's basketball: (V)** Christopher Martin, Joseph Delgadillo, Jack Barnes, Carter Mehlhop, Madison Winn, Taylor Ross, Finn Whetstone

**Men's Basketball: (JV)** Garrett Cappello, Mason Muzzi, Christopher Milton, Patrick Barnes, Peter Levis, Casey Loftus

**Men's Basketball: (F)** Mitchell Berger, Zachary Lau, Matthew Dunn, John O'Hearn, Jarod Enos, Everett Perrot, Stephen Smith, Andrew Taylor

**Women's Basketball: (V)** Giselle Cantiller, Kalani Mark, Samantha Earley, Maliah Haroldson, Anna Clare Nelson, Lauren Overstreet

**Women's Basketball: (JV)** Ayana Watkins, Emily Hosoume, Alice Wong, Lidia Chacon, Emily Shepard, Makena Haroldson, Olivia Webber, Bridget White

**Women's Basketball: (F)** Kayla Stephens, Sarah Donovan, Jessica Yearwood, Isabella Baraza, Courtney Krause

**Women's Wrestling: (V)** Remington Kirrene, McKenna Decker, Alexandria Glaude, Danielle Rodriguez, Julia Ruiz

**Men's Wrestling: (V)** John McHale, Daniel McCarthy, Christopher Tak, Jalen Yip, Saej Awa, Ryan Moore, Mikhail Maboutakh, Owen Hunt Men's

**Wrestling: (JV)** Aidan Smith-Fagan, Justin Dacanay, Bryant Valadez Delacruz, Robert Pamatian

**Student Athletic Trainers:** Nina Vitorelo, Grace Leu, Stephanie Jimenez, Maci Meyer, Caroline Stringer, Shelby Rodich, Julia Ruiz, Allison Cedros



## CAL SCHOLAR-ATHLETE AWARD

**ELIGIBILITY:** Athletes who are members of a CAL 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.

**GPA:** Athletes must have a cumulative 3.50 (or above) weighted grade point average as well as a current 3.50 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward.

**AWARD:** Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

**The following athletes are being recognized as CAL scholar athletes:**

**Men's Basketball:** Christopher Martin, Joseph Delgadillo, Jack Barnes, Carter Mehlhop, Madison Winn, Taylor Ross, Finn Whetstone

**Women's basketball:** Giselle Cantiller, Kalani Mark, Samantha Earley, Maliah Haroldson, Lauren Overstreet

**Women's Wrestling:** Remington Kirrene, McKenna Decker, Danielle Rodriguez, Julia Ruiz

**Men's Wrestling:** John McHale, Daniel McCarthy, Christopher Tak, Jalen Yip, Mikhail Maboutakh,

Because Cheerleading and Student Athletic Trainers are not part of CAL approved sports they do not qualify for this honor, however, we recognize the advanced accomplishments of the following scholar-athletes of these two programs who meet the same qualifications:

**Cheerleading:** Isabelle Lambert, Madison Gudmann

**Student Athletic Trainers:** Grace Leu, Stephanie Jimenez, Maci Meyer, Julia Ruiz

## GO FALCONS!

## Media, Visual & Performing Arts

*"In art what appears simplest and least demonstrably good is often the most enduring...does a flower, a bird, a river have to 'prove' itself?" -Harold Clurman*

Here is a lesson for the ages. Simple ideas often make the best art. Frequently students want to create elaborate pictures, take on complicated pieces of music, or perform soliloquies with hidden nuances. Artists often believe that complexity is what it means to be creative; but the real doorway to our creativity is doing well what we already know how to do. The familiar becomes the springboard for new ways of seeing, hearing, tasting, and feeling what surrounds us every day. During an interview, the famous chef Julia Child was asked what someone could possibly make her if she came over for dinner. She replied without hesitation, "I would love a good hamburger."

The **One Act Plays** return this month in the Cunningham Performing Arts Center on February 6 and 7 at 7:00 p.m., and on Sunday, February 8 for a matinee performance at 2:00 p.m. These are student-produced plays: they direct, choreograph, sometimes write, and act from plays of their own choosing. Come out and watch the cream of CB talent perform from their favorite plays.

Also in the theater world, auditions for the **Spring Musical** "How to Succeed in Business Without Really Trying" will be held from February 3-6 after school in the theater. We need a good sized cast and all are welcome to try out for the show. This is a fun and lighthearted satire about the business world and the self-improvement movement during the 1960s. The story revolves around J. Pierrepont Finch, a window washer who rises to the top of the World Wide Wicket Company after reading a self-help book by the same name. The play won seven Tony Awards, the New York Drama Critics Circle award and the Pulitzer Prize in 1962.

Visual Art students are working on creating their **Self-Portraits** for the Crocker Museum's 13th annual High School Self-Portrait Show. Schools from all over the Sacramento area submit their best students' portraits to hang in the Crocker. This is one of the most talked about art shows on the Crocker's schedule. Using any medium students can render their face or they may create a more abstract version of who they are; the show opens on April 9, and you will be amazed by the diversity of styles and the remarkable level of talent and skill displayed by teenagers. It is in keeping with Sacramento's reputation for being a mid-sized city with a large visual art tradition. More to come.....

The **Chamber Chorus** will be part of the celebration for the Junior Family Liturgy on Sunday, February 22 at 9:30 a.m. Come worship with us and honor the class of 2016.

On Ash Wednesday, February 18, the **String Orchestra** will help perform for the liturgy. And if you like noise, competitive sports, and more noise the **Pep Band** will boots spirits on February 10 during the Boys Basketball "Senior Night" at CB. Game time starts at 7:00 p.m. One week later on February 17 the Pep Band will rev up spirits for the Girls Basketball "Senior Night" in the gym starting at 6:00 p.m.

**Friends of the Arts**, or FOTA, is offering ten scholarships for students wishing to take their art skills to another level this summer; all current juniors, sophomores, and freshmen are encouraged to apply. This could include a class, workshop, or private tutoring. See any teacher in the MVPA department for more information. If you would like to get involved in the arts at CB you are invited to attend the FOTA meeting on February 11, at 6:30 p.m. in the Choir Room. We hope to see you there.



### *Brothers On & Off The Field*

**Football season may be over, but the gridiron bond between Jalen Swanigan and Jamarri Jackson is only getting stronger.**

By Julia Ruiz – Talon Staff Writer

While everyone hears about Jalen Swanigan's '15 impact on the football field, not everyone gets to witness his impact on his teammates. One teammate in particular who he has impacted is sophomore Jamarri Jackson '17 -- they have a bond stronger than most. While there are BFFs and bromances, none of those can measure up to the bond between these two. What they have is closer to family.

Both players see themselves as brothers and it's a bond even the coaches notice.

"They encourage each other, they challenge each other, they tease each other. It's great to see how well they support each other," Coach Dan Carmazzi '71 says. "I think that bond was really a strength for our team this year"

Together and individually, Jalen and Jamarri are a strength for the team. Jalen Swanigan is a well-known name at CB. His skill on the football field and charismatic personality hasn't gone unnoticed in his four years.

When Jamarri was asked about Jalen, he replied wistfully.

"Jalen Swanigan, I could go on forever," the sophomore says in awe.

Jalen's skill is a combination of his natural talent and his dedication to the sport he's been playing for 12 years, and is still getting better each day. He has worked hard on the field and in track to be the best athlete he can. His effort has paid off and he has made an impression.

"I've been impressed and proud of all he's done to get better," Coach Carmazzi says. "He's not short of words. He plays with a lot of enthusiasm, a lot of energy, a lot of emotion, and that's good - we need that."

"He has so much drive that what he does will be something great because of how much drive he has to be a great person," adds Jamarri.

Jalen and Jamarri played on the same team years ago as Sacramento Raiders. Football is what brought them together once again when they came to Christian Brothers.

"[Playing together] meant a lot especially because it was his last year before college," Jamarri explains. "He just kind of took me under his wing and it all worked out."

Jalen reciprocates the importance of being able to play football with Jamarri.

"Football with him was much needed," the senior explains. "It's just really something you can't really explain. When you got a brother on the field with you it's different."

Now, Jamarri's talent is something to take notice of as well.

"Jamarri had a fantastic sophomore year, one of the best sophomore years I've seen at any school," Coach Carmazzi says. "Offensively, defensively he's made plays all year. He's an exciting player to watch."

Jamarri has worked hard since his Pee-Wee football years to become better at his passion. It shows through his seasons with CB and he hopes to continue improving using what Jalen has taught him.

"As an athlete if I'm doing something wrong, he'll always correct me, he'll never tell me anything bad," Jamarri shares.

Jalen has become aware of his influence on Jamarri.

"I know that he looks up to me and asks me for advice and it has helped me grow as a leader," Jalen claims.

It has definitely paid off and Jamarri has learned plenty to continue to help him improve. Even when graduation comes around, Jalen's lessons will not be forgotten.

"I will use everything that he has taught me to my advantage to be good," promises the sophomore.





## International Student Program

Learning a new language, traveling to a new country, immersing oneself in the language and the culture can be exhilarating for some and terrifying for others. I belong to the first group. Early on in school, I started learning Spanish, then French, then a little German and now I dabble in any language I meet for a while. Am I fluent in any foreign language? Unfortunately, I can claim fluency in only one foreign language besides English. For most of my adult years, I've been immersed in the Francophone world and I've enjoyed every minute of it. I've many French speaking countries to still visit, but it is my hope to get to all of them on my list someday.



Our students at Christian Brothers High School are learning languages. Some say it's easy, some say it's difficult. Some are learning Spanish, some are learning Chinese. We've a few still working in the German language and then those that choose French. No matter the choice, they are all good choices. We live in a world that shrinks each day thanks to modern transportation and the internet. With this smaller world comes challenges for us. Most of the world does know some English but there are places everywhere in the world where no one understands English. Here at CB, we've got Americans and foreigners all working in the same tongue. It's easier for some than for others depending on many factors. The bottom line here is that all of the students at CB are exposed to another language whether it is at home, in the classroom, on our campus or, eventually, in their future travel.

Today, we have students from Vietnam, Singapore, Japan, Korea, Colombia, Equatorial Guinea, Sweden, and China; how many more languages can we expose to our students at Christian Brothers? Next year, there is a new list of potential students coming to CB from countries not yet represented on our campus. Whether they speak Spanish, German, Russian, French or even English with an accent, future international students will be immersed with our CB community, contributing to classroom discussions and, hopefully, sharing their language and culture as well.

For those of you that may think it's too difficult to learn a second language as an adult, consider reading the report from **Science World** (noted below with link to article) about the benefits of learning a second language at any age. The summary below may prompt you to consider studying a foreign language of choice as you watch your own child work through the intricacies of language acquisition here at Christian Brothers High School.

From the **Science World Report**: "Learning a second language, even in adulthood, may slow the aging process of the human brain, improve problem solving and boost performance on intelligence tests, according to a recent study about bilingualism's effect on cognitive aging. Researchers studied data for more than 800 native English speakers who were given an intelligence test at age 11 in 1947 and again between 2008 and 2010, when participants were in their 70s. Bilingual speakers showed higher scores on intelligence tests, researchers found."

<http://www.scienceworldreport.com/articles/15126/20140602/language-adulthood.htm>

**Interested in getting involved in the International Student Program at Christian Brothers High School? Please contact [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org) or call 916/733-3640.**

## VOCATIONS

Having taught at three Sacramento area Catholic elementary schools and Loretto high school, **Courtney Hendry** has seen the wide world of Catholic education in Sacramento and brings a wealth of insight to the faculty at Christian Brothers. An alumnae of Loretto, Courtney headed to Oregon State University after graduation. While in college, she had not considered teaching as a career and admits to have teased her friends in college who were pursuing teaching credentials about their low earning potential and other challenges they would face. However, she discovered the seeds of teaching were already planted within and were beginning to grow.

Courtney's first job growing-up was as a courtesy clerk at Safeway on nearby Alhambra Blvd. As she gained seniority she began to train other young adults in the various skills of customer service. When reflecting upon the experience she realized that job was the beginning of a pattern in her work life. During and after college more jobs would follow; bank teller, department manager at Macy's, where she took on roles training other employees. Slowly she realized that this was her favorite aspect of work. Several years after college Courtney volunteered to chaperone a group of 8th graders on their "rite of passage" D.C. trip. That experience sealed the deal. Courtney was determined to teach and entered a credentialing program through the University of Phoenix.

Her road to Christian Brothers is full of the twists and turn of life including having two children, staff realignments and school closures. Most recently Courtney was working as an 8th grade teacher at Holy Family School when our own Jennifer Yearwood, a colleague of Courtney's from Loretto, encouraged her to apply at Christian Brothers. Referring to her vocation and new teaching position at Christian Brothers she said, "Each move brought me one step closer to where I was meant to be."

When she is not in the mathematics classroom helping students, or at home parenting her two children, you will find Courtney helping with the Robotics Club or assisting with the school Liturgies. We are happy she found her place here at CB, and grateful for her many talents and contributions.



# HELP NEEDED FOR A NEW RECYCLING EFFORT TO SUPPORT STUDENT STUDY TRIP

This coming summer Science instructor Mr. Danny Delgado is taking eight students on a Biodiversity study trip to Honduras. Although it is supported by the school, it will not be funded by the school. To help finance this effort, we are participating in a new fundraising recycling program on a trial basis. Over the next several months, the students and Mr. Delgado will be collecting toner cartridges and ink cartridges to submit for recycling. It is not a new concept but it is new on the scale we are attempting to do it here at CB. This time we will be engaged in a Funding Rumble in an attempt to collect the most cartridges within the Funding Factory's data base.

## Here is where you come in...

### **We are asking you, along with family members and businesses for used cartridges.**

We, as a group, will collect them here at CB and then pack and ship these cartridges to Funding Factory. In mid-April, collection data will be tallied and a winner will be announced. If we are one of the top 3 collectors, CB students could earn up to \$1000 to go towards their Honduras trip.

**We are a pilot program to see if this method is feasible and worthy of both time and effort.** If you can help we would appreciate it immensely. If any CB community member can contribute either as an individual, family or business, we would be appreciative. Attendees are willing and able to drive to pick up cartridges if needed. We want to make it as easy as possible on you and your friends in terms of collection. Even if you choose to ship these yourselves, we will provide the shipping label. It will be painless!

Any questions, please feel free to contact Mr. Delgado at [ddelgado@cbhs-sacramento.org](mailto:ddelgado@cbhs-sacramento.org). Thanks in advance for any support you can offer these kids as we try something new en route to Honduras.

Here is a link for more information: <http://fundingfactory.com/admin/participant/promotions/recycling-rumble.aspx>





# AUCTION

CHRISTIAN BROTHERS PRESENTS

AN EVENING ON

# the Riviera

## SPONSORSHIP

### **\$5,000** DIAMOND SPONSOR

Table for 10 with preferred placement, full-page color auction catalog ad, membership in the Ambassadors' Club.

### **\$2,500** GOLD SPONSOR

6 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 in the auction catalog.

**Saturday, March 21, 2015**

5:30 PM JACK WITRY FIELD HOUSE

Check In, Hosted Cocktails & Appetizers, Silent Auction

7:30 PM RON LIMEBERGER '53 GYMNASIUM

Golden Raffle, Dinner, Live Auction

TICKET PRICES ARE AS FOLLOWS

Full Table of 10: \$800

Discounted advance tickets on or before February 28: \$85

Per person after February 28: \$100

## RSVP - ON LINE NOW

[www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) by February 28.

Or use the reply reservation form.

Contact the auction committee at 916-733-3643

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









# FALCON FAMILY NEWS

FROM THE DIRECTOR OF COUNSELING AND GUIDANCE

## *"The Delicate Dance We Call Balance"*

Living in a society that at times can be obsessed with "excess" and an "all or nothing mentality," I am finding myself, lately, fixated on the concept of creating BALANCE in all that is going on in my world. My two pre-teen daughters have heard me and my wife talking incessantly about balancing the family budget or bringing more balance into our daily diets, balancing our use of technology with actual face-to-face conversations and reading (yes...reading). Also high on that list is balancing "friend-time" with "family-time" and "work-time" with "play-time". Recent research is pointing to sleep deprivation as a growing problem in our society, especially with teens, and doctors point out that having a proper balance of activities and sleep is vital in bringing some equilibrium to our bodies and brains, thus allowing us to function at a higher level.

The dictionary definitions of the word BALANCE brings us both nouns and verbs. The noun version tells us that it is "an even distribution of weight enabling someone or something to remain upright and steady" and "a condition in which different elements are equal or in the correct proportion". The verb definition is "to keep or put something in a steady position so that it does not fall" and "to offset or compare the value of one thing with another". I feel that all of these can be applied to us in some way.

In my work as a school counselor for over thirty years, I have found myself sitting across from a countless number of young men and women who have needed some guidance on how to try to balance being a good student with being able to enjoy high school life and all of its exciting social, artistic, athletic and at Christian Brothers, spiritual opportunities. I hope and pray that I have been helpful to them, but it is a delicate dance to counsel, mentor or parent someone in a way that is "not creating them in your own image, but giving them the opportunity to create themselves" as the famous movie director Steven Spielberg has been quoted as saying.

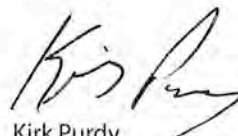
At CB, the philosophy of our Counseling and Guidance Department is to provide quality academic, college and personal counseling to our students who have important decisions to make on a daily basis. The entire counseling team wants to help students to create their best-selves and to build the coping skills necessary for continued success in high school and as life-long learners. Sometimes, this might mean helping

students with lower motivational levels to create attainable goals and teaching them how to be successful at achieving these goals, while maintaining their social needs (which may be their greatest strength). At other times, we are working with students who have absolutely no problems with the motivation to succeed academically; who, in fact, need to learn how to make decisions to take better care of themselves emotionally and physically and to create that needed "harmony" that is healthy and that colleges look for. The author Simon Sinek said that "there is no decision that we can make that doesn't come with some sort of balance or sacrifice." Sometimes, that sacrifice part can be particularly difficult to accept. But, as we all know, it is often times worth it.

With the New Year now in full swing and the recent beginning of our Lenten journey, we have no doubt been looking at the resolutions that we have made and are trying to keep. Most of these resolutions reflect an effort to make a readjustment to our lives and bring them more into balance. If we have vowed to exercise more, eat healthier foods and lose weight, then we probably feel that there is a reason for this. If we are cutting back on the use of social media, television viewing or video games, then we must feel that we are out of balance in some way. If we are focusing on the way that we treat others, it is probably because we feel that this needs some work. Remaining "upright and steady with things in the proper proportion, so that we don't fall" and "comparing the value of one thing to another" satisfies those dictionary definitions that I cited earlier and can bring growth and happiness to our lives.

The scientist Maxwell Maltz said that "man maintains his balance, poise and sense of security only as he (or she) is moving forward". Here's to you and your efforts to find the proper balance for you and your family, as you continue to move forward this year!

Sincerely,



Kirk Purdy  
Director of Counseling and Guidance

**MARCH 2015**  
**SPRING SEMESTER**

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

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# Counseling and Guidance

## PSAT/NMSQT Achievements:

The National Merit Scholarship Program is conducted by the National Merit Scholarship Corporation in conjunction with the College Board, and is a competition open to all high school juniors who take the Preliminary SAT (PSAT) test. Winners of scholarships are chosen on the basis of their abilities, skills, and accomplishments. In October of each year, approximately 1.5 million high school juniors in some 22,000 high schools take the PSAT/NMSQT. Of those, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the program, and approximately 16,000 are named Semi-Finalists and 13,000 are named as Finalists. The Class of 2015 boasts nine students with National Merit Commended status. The commended students are:

Patrick Bell	Kyle Cherry	Connor Gorry
Daniel Keever	Daniel Lee	John (Jack) McHale
Madeleine Nicolas	Kara Romani	Conner Swan

The National Achievement Scholarship Program names 3,100 Outstanding Participants each year based on performance on the PSAT/NMSQT. These students represent the top 3% of the more than 160,000 Black Americans who requested consideration in the program in 2014-15. This year, Christian Brothers has one student who was named as an Outstanding Participant. That student is:

Maura Tomassetti

The National Hispanic Recognition Program identifies academically outstanding Hispanic/Latino High School students. Each year, the NHRP honors about 5,000 of the highest-scoring students from over 250,000 Hispanic/Latino Juniors who take the PSAT/NMSQT. This year, Christian Brothers has six students who were named to this program. They are:

Daniel Pearson	Ethan Enos	Isabelle Lambert
Julia Ruiz	Kyle Cherry	Nicolas Soria

**Congratulations, Falcons! We are very proud of you!**

## Reminders:

**Seniors are reminded to please get all scholarship offers, awards and college admissions acceptance letters to Ms. Heine, Mr. Purdy or Ms. McClellan in the CB Counseling Center. Seniors should also update their admission status to all colleges on their Family Connection.**

## Individual/Family College-Planning

### Appointments:

Junior parents may contact Ms. Melissa McClellan, Director of College Counseling (733-3679, [mmcclellan@cbhs-sacramento.org](mailto:mmcclellan@cbhs-sacramento.org)) or Mr. Armando Diaz, Class of 2016 grade-level counselor (733-3692, [adiaz@cbhs-sacramento.org](mailto:adiaz@cbhs-sacramento.org)) if they would like to set up an individual college planning appointment this spring or summer.

## Upcoming Counseling & Guidance Events:

- **Monday, March 9** ~ "Exploring Colleges for Juniors and Their Parents" will be held at 7:00 p.m. in the Cunningham Center Theatre. Representatives from different college systems will be on hand to present some general information and will answer more specific questions during break-out sessions.
- **Wednesday, March 18** ~ A Mini-College Fair will be held in the Jack Witry Field House at both lunches. All students will have the opportunity to talk briefly with college reps and pick up some literature about selected schools. A list of colleges in attendance will be posted before the event takes place.
- **Saturday, April 18** ~ The ACT exam will be held on the CB campus. The regular registration deadline is Friday, March 7. Students may register at [www.actstudent.org](http://www.actstudent.org).
- **Wednesday, April 29** ~ "Transition to College Night for Seniors and Their Parents" will be held at 7:00 p.m. in the Cunningham Center Theatre. Find out what parents and students can expect next year during the first year of college from our panel of parent and student experts in the CB community.
- **Saturday, May 2** ~ The SAT exam will be held on the CB campus. The regular registration deadline is Friday, April 6. Students may register at [www.collegeboard.com](http://www.collegeboard.com).

## 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 (College Counselor).

## Smart Tuition and Re-Enrollment for 2015-16

Re-Enrollment for current freshmen, sophomores and juniors for the 2015-2016 school year begins on March 2. You will receive an email from Jan Warren, Registrar, that links you to the InfoSnap website. Please complete the enrollment contract for the 2015-16 school year. The \$625 registration fee is due at the time you register, payable by credit card or electronic check. Please keep in mind that your student is not officially enrolled for the next school year until the registration fee is paid. If you have any questions regarding re-enrollment, your Smart Tuition account, the registration fee, OR if you do not receive an email to re-enroll, please contact Susie Griffin at 916-733-3644.



## Campus Ministry News...

### Reflections for March....

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

**Praying Daily** - *If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, yourself more centered, and your Spirit more aware of God's presence.*

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

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

So no matter how busy your are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning. (Article from "Living Lent"; Loyola Press)

**On Ash Wednesday, we asked our CB community** to reflect on the theme "The Crosses We Carry". Each of us, as we journey through life, will carry any number of crosses. Some of these are ones that we accept willingly into our lives; others are ones that may be suddenly imposed upon us. Whatever the daily crosses we carry, we know that we can turn to Christ as our source of strength. As you continue on your Lenten journey, offer up these crosses and find in God your greatest hope.

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

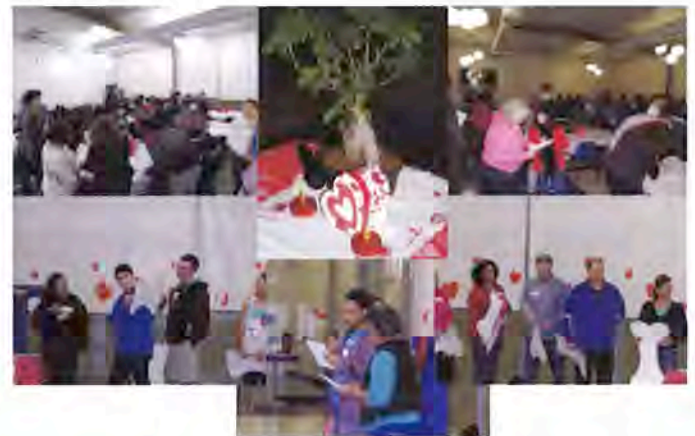


### PEACE, LOVE & BUNCO

Save the Date...FAMILY BUNCO NIGHT will be held on campus on Thursday, April 30 from 6:30-8:30 p.m. Please mark your calendar and plan to join us for a fun filled evening! Don't worry if you have never played bunco! And dads, you can get in on the fun too! Come dressed in your favorite TYE-DYE clothing and accessories! Don't miss out on this evening of good ole' family fun, snacks, and prizes! Cost is \$10 per family! Please sign up BY MARCH 27 to reserve your spot! Send a check or cash (attention Campus Ministry) along with the number of people in your family who will attend to:  
Christian Brothers High School  
4315 Martin Luther King Blvd  
Sacramento CA 95820

### It's All About Family....

On February 6 approximately 110 teens and parents gathered on campus for the annual Parent Teen Mini-Retreat. This was a beautiful evening that provided family members some solid, quality time together to share, play, and pray together. Thank you to all the families who carved out some time in their busy schedules to join us for this worthwhile event! If you participated in this retreat, please tell a friend so we can continue to grow our participation! We look forward to next year's family retreat day! If you would like a copy of the family picture that was taken at the retreat, please email Ms. Yearwood (jyearwood@cbhs-sacramento.net)!



### Praise & Worship

Please join us on Friday, March 27 for our Lenten prayer with the Stations of the Cross at 9:30 a.m. in the GYM.



## Lasallian Student Life

### Christian Service

**Lenten Almsgiving:** Christian Brothers Lenten Almsgiving continues. Each Thursday on our main lawn students "busk" for donations. We also have talented students rhythmically reading their poetry on faith, healing, and human rights. Our donations go to our sister school, St. Joseph, in Addis Ababa, Ethiopia. They are in need of a minibus so that they can transport students who live on the outer edges of the city. Please make your Lenten Almsgiving donations via check to Christian Brothers High School. Don't forget to put Lenten Almsgiving in the memo field.

**Baby Bottle Project:** Large baby bottles are currently in various classrooms for student donations. Student donations will go to the Sacramento Life Center (SLC). A huge thank you to JV Boys Basketball – their team donation to the SLC is greatly appreciated. The bottles will remain in the classroom throughout the Lenten season.

**Ven-a-Ver Applications** for Fall 2015-Spring 2016 will be available the second week in March. This is a junior immersion only. Presentations will be made in the sophomore religious studies classes about the immersion opportunities. The application includes: a student signoff, coach or co-curricular moderator's signoff, parent sign off, and two teacher recommendations. Applications will be available mid-March in Room 106, Ms. Lystrup's office.

### Voices in Service: Adriana Inclan '15

*"I started doing service in second grade. I helped my mom and my aunt work with children and also feeding the homeless. Around second grade I realized I had a special relationship with God. I went from a public school to a Catholic school and it was a new transition for me. I started to read children Bible stories and had dreams of the saints - there's something about being a kid, being loved and accepted by God, God was my go-to place. I continued in middle school to volunteer with the homeless. It became more direct. I also started to do things like baby-sit for free or helped teachers after school. I grew up in Oak Park and I've seen first-hand poverty. Some of my closest friends have not been able to afford things. I started the CB service club **Life Savers**. The club educates on human trafficking. I have seen young girls and women walking in Oak Park and people referred to them disrespectfully. They called them names and I knew that wasn't who those women were. I started reading more on what happens to girls in those situations. I had a cousin who was tricked into prostitution and then trafficked. So I started hosting bi-monthly youth group meetings for girls. We talk about a lot and the things they share – the worse things have happened to them but they don't feel like they are heard or believed. Service is so important. Think of a time when you needed help. Anything small or big is an act of service. Service is everywhere. The thought of "how can I help or change the world?" is scary. But honestly you meet so many people – you see so many people struggling and then, you know, you learn more about yourself. You make friends. There are so many different ways to approach service. Just think of your talents – that helps a lot."*

**Hey CB! It's coming in a little over three weeks. What?**

**St. Baldrick's at de Vere's Irish Pub, that's what!**

*This will be the 5th year shaving our heads to raise awareness about Childhood Cancers and the need for a cure. Last year 32 Falcons, along with our family members and friends, shaved our heads raising over \$7,000. Since we started supporting this cause in 2011, CB has raised nearly \$22,000 on behalf of the children and St. Baldrick's! You can help by volunteering as a shavee, supporting a shavee, donating in support of the event and on behalf of Team CB Baldies or recruiting friends and family members to do the same.*

*This year's event is scheduled for March 16 from 5:30 to 8:30 p.m. For more information see Mr. Delgado in room 108 or visit [www.stbaldricks.org](http://www.stbaldricks.org) and search for CB Baldies.*





**Student Activities**

**March 20 is the beginning of spring and also the time to elect**

**a new Student Council** for the next school year, 2015-2016. Associated Student Body or ASB Campaign Week begins March 16 – 20. Students will hear speeches on Thursday and elections will be held on Friday, March 20. Please encourage your students to stop by the LSLO and see Mrs. Holmes or Ms. Hoekman for a form and information. This is a great time to encourage leadership skills. ASB members become involved in affairs of the school as a student representative. They work in partnership with administration, staff, teachers and parents to benefit the student population. In addition, they participate in many exciting activities such as summer camp. New next year, we are excited to offer Student Council as a "For Credit" class for the students. Please encourage your student to see Ms. Hoekman for further information regarding this class.

**It's time for Upper Division Ball!**

This year our theme is "Phantom of the Opera". Once again we will enjoy the resplendent Arden Hills Country Club as our host. The Ball will be held April 11. Tickets go on sale March 16. Students may purchase tickets by going to our CB website. Please make sure all guest pass forms are filled out and turned in before purchasing your ticket. Guest passes are required for students attending schools other than Jesuit, St. Francis, and Christo Rey.

**Our Blood Drive** will be held on Friday, March 27.

If you are 16 years of age or older with no physical limitations, you are invited to participate.



**DYSLEXIA FOR A DAY**

**Upcoming event information:  
Dyslexia for a Day - A Simulation of Dyslexia**

Do you want to gain a whole new understanding of what a dyslexic child/student experiences every day? Dyslexia for a Day is a simulation which was published by the Dyslexia Training Institute of San Diego. The simulation consists of five activities; two reading, two writing, and processing. Its purpose is to help those who teach, love and live with dyslexic children and/or adults to better understand their daily struggles and help them learn more effective ways to cope with their reading struggles.

Esther Romero is a dyslexia specialist and mother of two, whom she homeschools. Her oldest was diagnosed with dyslexia in first grade, and the walls she encountered with the public school sparked her passion and desire to help other parents understand the world of dyslexia, and to bring a change to how our kids are educated. Esther holds a B.A in Liberal Studies from Concordia University, Irvine, is a Dyslexia Screener, LiPS tutor, Barton Reading and Spelling System tutor, and is on the Speaker's Bureau for Bright Solutions. As Board Member and Secretary of Dyslexia Alliance, a new non-profit in the Sacramento region providing resources, education, and advocacy for dyslexia, Esther also provides outreach projects which include Dyslexia for a Day-Simulations, Understanding Dyslexia presentations, and teacher in-service training.

**Audience:** Parents and educators.  
**Saturday, March 21, 2015. 10:00 a.m.-12:00 p.m.**  
**Location:** St Francis High School, 5900 Elvas Avenue Sacramento, CA 95819  
**Cost:** Free to PEN-Members. \$15 for Non-Members

**GRAD NIGHT 2015**

*Grad Night for the Class of 2015 is Friday, May 22 @ 10:00 p.m. to Saturday, May 23 @ 5:00 a.m.*

*Parents of seniors – invitations have gone out! Please visit the Grad Night Registration link on the CB webpage (under the Parents tab, select Information & Forms) for registration and payment. You can either pay in one \$100 payment or four \$25 installments.*

*Any parents who would like to donate towards scholarships for seniors in need, please make checks out to CBHS and leave in the front office for Ms. Wanket.*

*Parents of freshmen, sophomores, and juniors are asked to donate gift cards in \$10-\$20 value for places such as Jamba Juice, Starbuck's, etc., to be used as raffle prizes for the seniors at Grad Night. These can also be left in the front office for Ms. Wanket. Thank you for your support!*





## Athletics

### Our Athletic Department is very excited to announce the hiring of two new head coaches for the Fall 2015

**Women's Volleyball** – **Camille Gutierrez** played college volleyball at UC Davis under scholarship and has coached at the collegiate, high school and club levels.

**Men's Water Polo** – **Scott McCollum** played collegiate water polo at Chaminade University in Honolulu and has coached at the collegiate, high school and club levels, as well as being a top rated official.

Congratulations to our **Men's Frosh, JV and Varsity Basketball** teams who all captured league titles. JV and Varsity went undefeated.

Congratulations to our **Women's Frosh and Varsity Basketball** teams who also captured league titles with our Varsity going undefeated.

Good luck to:

- **Men's Basketball** who begin Division 3 playoffs as the #1 seed!
- **Women's Basketball** who begin Division 3 playoffs as the #8 seed!
- Our 11 **Varsity Wrestlers** who advance to the Masters Championships!
- **Alex Glauvé** who will compete for the state championship in **Women's Wrestling!**

### Upcoming Events and Reminders:

- **Spring Sports BBQ** will take place Tuesday, March 24 at 3:00pm.
- The Athletic Department is seeking parents to help volunteer for the **Albie Aware Softball BBQ** on Saturday, March 28. Please sign up on the Volunteer Spot link on the CB website under Falcon Athletic Volunteers.

Be sure to check the athletic website for upcoming playoff contests involving our winter sports teams and the complete schedules for our spring sports teams.

### Spring Sports Update

**Softball:** We are looking forward to having a very productive year and should compete well for the league championship. We will be anchored by six seniors, third year players, and players returning for their second season. This will be a strong team defensively that can also produce offensively with speed and power. There are very good players at the JV level this year as well.

**Diving:** The diving team, though small, is going to be mighty. We have experience on the women's side in Kourtney Clark, and on the men's side, we have our first Falcon male diver in 5 years! Travis Forrest has come out to try a new sport and though it is early in the season, with some dedication Travis could lead the swim team in points earned as male divers are scarce in the CAL league.

**Men's Golf:** The 2015 spring season is upon us and our Men's golf teams are ready to roll. We are looking forward to a wonderful season in our new league and are aiming for the same success as last year's run. Our home course is Bing Maloney, so come out and support us on Tuesdays and Thursdays. Our JV squad is one of largest in recent history with 12 players and have a good chance to compete for the league title.

**Swimming:** Swim is off to an awesome start! The team has seen an increase in numbers from all grades, and have a very

competitive freshman class! They should all blend in well to help round out the Varsity team, with the strong junior class that already exists! The Falcons Swim Team will open with the Jesuit Invitational on Feb. 27 and 28. GO FALCONS!!

**Wrestling:** Congratulations to the men's varsity wrestling team! This past weekend the boys competed at the Division Championships in Yuba City. CB placed 6th as a team! Top finishers were Mike Mabourakh who placed first and didn't allow any points to be scored against him, third place finishes came from Zach Steving and freshmen Owen Hunt, and a fourth place finish from Jalen Yip. All four of the boys advance to the Master Championships later this week in Stockton. Special mention goes out to Jaret Fiffick who went 4 and 2 over the two days, placing 5th and being named an alternate for Masters. Well done team!!

**Lacrosse:** The varsity lacrosse team is looking at a challenging schedule including eight games scheduled with top 20 teams. We will be depending on our strong returning midfield including high scoring seniors who will be supported with an athletic and fresh group of juniors who have moved up last year's talented JV team. Early scrimmages have shown a dedication to fast paced goal driving, quick transitions, and tough willed defense. Team pillars of positivity, hard work, and a team first mentality will help push the young Varsity team to succeed in many expected close games.

**Track:** The 2015 track season has started with two prominent seniors leading the way. Kara Romani, school record holder in 4 events, attempts to add a 5th record this year in the 400m. Danielle Jackson, school record holder in the disc, has her sights on the state meet this year. Juniors Michael Sparks, Colin Campbell and senior Adam Wong look to have an outstanding year in the distance races. Sophomores are showing great potential in the middle distances. Gifted freshman hurdlers are running both the long and shorts hurdles. We have the largest team in five years! There will be Falcons completing all events this year!

**Men's Volleyball:** The Varsity volleyball season is shaping up nicely. Senior Captains Jacob Chelini, Inigo Nazareno, and Pat Bell, are three of six returning varsity players along with promising talent from our junior players. A smaller and more selective squad this season, boys' volleyball has taken on a more rigorous training schedule in preparation for league action. Longer practices and extra conditioning will pay off when the team heads into its first competition. Players and coaching staff alike are excited to get the season started.

**Rugby: Varsity:** The rugby season is well under way! The Varsity team kicked off the season with the KOT Tournament where the team finished 1-2. League play started on the road with a tough loss to the Cordova Lancers and the team continued their road trip to Cameron Park to take on the mother lode. It was a hard fought match but our men came up short on the scoreboard. The Varsity team looks to get on track with their first home game against Sierra Foothill. Come out and support the club!

**JV:** The JV team started on the road as well and traveled up to Lincoln to take on Sierra Foothill. It was an exciting game as our men held the lead for most of the game only to see a late second-half try by Sierra hand them a 12-7 loss. Next, they joined the Varsity on the road to face a very strong club. Our men showed tenacity and endurance as our short-handed team suffered their second loss of the season. Up next, they look to even-up the series against Sierra Foothill at their first home game of the season.



### Signings and Commitments 2015

The following seniors committed to playing at a four year college on Signing Day, Wednesday, February 4. Congratulations to all!

**Leonicia Lopez** - Soccer, *University of Hawaii*  
**Kristian Heptner** - Soccer, *UC Davis*  
**Louis Heinzer** - Soccer, *Cal Poly*  
**Andrea Martinez** - Soccer, *CSU Stanislaus*  
**AnnaMarie Carmazzi** - Lacrosse, *St Mary's*  
**Alexia De La Paz** - Soccer, *William Jessup University*  
**Nastassja Bowman** - Volleyball, *Southern Methodist University*  
**Alexandria Glaude'** - Wrestling, *McKendree University*

# CONGRATULATIONS FALCONS!

## Media, Visual & Performing Arts

*"Exactly right is all wrong!"* -- Ed Whitney

We are rolling into our busy time. Students are getting portraits finished for several shows, actors are learning their lines for the spring musical, choir members can be heard singing lines in the Koppes Plaza in preparation for performances, and band members are making notes on their sheet music for the spring concert. With all of this preparation comes stage fright.....stage fright from wanting to "get it" exactly right. Indeed, it is a good thing that young artists care enough to want their work to be perfect, and sometimes there is a point when you take all the practice and throw your fate into the wind. When asked by a reporter one legendary singer claimed that facing a sold-out audience was no more important than singing to his parents with a wooden spoon for a microphone in the living room when he was a little boy.

Mark your calendars for March 14 at 7:00 p.m. in the Jack Witry Field House for **Jazz Desserts**. This is one of the most popular events in the Christian Brothers school year. Why, you may ask, would we have a concert in the Field House when the beautiful Cunningham Performing Arts Center is open and proven itself to being a superior place to enjoy music? After much discussion we chose the Field House for two reasons. One, it can accommodate the large crowds that Jazz Deserts usually draws, and secondly, we wanted audience members to enjoy their desserts while they listen to our students perform.

Visual art students have turned in posters for the spring musical **"How to Succeed in Business Without really Trying."** As with "Street Scene" in the fall, FOTA (Friends of the Arts) will pay the winning designer \$100. There are some amazing entries and they will be hanging in the lobby of the theater when the show opens. When you see them you will agree that they are clever enough for a Broadway production. At the end of the month, four Christian Brothers students will have their work hang in the Crocker Museum and be part of the 13th annual **High School Self-Portrait Show**, a city wide art show that show the very best visual art talent in the Sacramento area. The show began at the 20th Street Gallery and was picked up by the Crocker several years ago. Finally, sophomore Joy Wilcox has organized the **Courage Art Show** on March 22 and 29 at Good Shepard Lutheran Church. The show will raise money for Courage Worldwide, an organization that helps victims of sex trafficking.

FOTA is offering scholarships for summer classes, workshops, or tutoring. There are ten scholarships available with juniors given priority over underclassmen. Ask your student's art teacher for more information. Consider joining FOTA and get involved in the best art program in Northern California and just maybe the whole world.

*"To everything there is a season, and a time to every purpose under the heaven."*

- Ecclesiastes 3:1

**We hope that this Lent is a time for reflection and prayer.**



### *El Voce: Dante Mazza Expands Social Media Horizons*

**Newscaster, announcer, and singer — the voice of Dante Mazza has become well known throughout the halls and intercoms of Christian Brothers.**

By **Morgan McKibben** – Talon Staff Writer

Many have become accustomed to hearing **Dante Mazza '15**, host Open Mic nights, GQ fashion shows, and sporting events, including football and basketball. But he has recently made the decision that he wants to expand past the sports desk and the CB community.

On June 16, 2014, Dante fulfilled his aspiration of introducing his love for the news to the world of Twitter and a month later, Instagram.

"I wanted a slow rollout, you know, to maximize the buzz, but also to give myself time to adjust and find my footing in the social media world," says Dante.

Instead of jumping right in and posting selfies and countless gifs, he planned to use Twitter to its full potential.

"I had always envisioned my Twitter account as being sort of a breaking news feed for my life," explained Dante. "It is a service that has the ability to share information like never before, and I think that's what draws me to it."

His Twitter account provides his followers with national, political, and worldwide news. Aside from the news, on his page you can find sports updates, CB event news, and even track Santa during Christmas time.

The popularity of his page is steadily increasing due to students' enthusiastic responses to Dante's personal and humorous touches to today's news. Like his Twitter feed, Dante's Instagram caught on like wildfire.

Beautiful buildings, historical places, and monumental attractions are displayed every few days. Each post comes with the location and insightful history that inspires his viewers.

"The Instagram thing started as a place for me to share my vacation photos after the fact," the senior says. "As I started doing this, I realized that many of the places I visited had historical significance, and that even more of them had specific days when they were relevant."

All of the pictures that he posts are personally taken by himself and never taken from the internet. He only uses his phone, his iPad, and the Instagram editing to capture the moment and deliver it to us.

"His Instagram keeps me informed on the day to day happenings of the world," exclaims **Luke Harris '16**. "I'm a big fan."

"His Instagram is what every Instagram should be," says **Von Thompson '16**. "When they made Instagram, this is what they were thinking of."

In his senior year and graduating in just a few months, Dante will be going to Columbia University. But with this, many have wondered whether he will continue his social media sights even though he will be across the United States.

"Columbia and New York City are much bigger markets than CB and Sacramento. That doesn't discourage me though. I'm really excited to keep on doing what I'm doing on Twitter in New York," Dante replies. "All my followers will now have a man on the ground in the world's greatest city, which is pretty exciting in my eyes."

Dante has found a way to successfully incorporate the important things in life into our generation's social bubble. He brings awareness and knowledge in a way that connects with students and encourages us to pursue our passions. Follow Dante on Twitter and Instagram @mazzadante.





## International Student Program

There is no need to drastically alter what we are already doing well at CB to meet the needs of our international students but we do make some accommodations for international students depending on the curriculum and the student.

The first few weeks are difficult for every new student. Like our local students, hitting stride at CB takes some time, with most reaching a comfort zone within six weeks of the start of the school year. Now that we are into March, our international students look and feel more self-assured after a seven month commitment. They are comfortable with their improved English, their teachers, classes, friends, family and life here at CB.

We receive many international inquiries - especially at this time of year. Once a decision is made to apply to CB, a student sends transcripts and copies of paperwork that we will need in order to generate permission to enter and learn in the US. Once that paperwork is complete, there are interviews over Skype. These interviews are not long but they are important to us here at CB and equally important to the potential international student. Both the international student and the school are looking for a fit. These students are at a disadvantage - they only know CB on paper because they've not been to an Open House, had a school visit or even heard our rich traditional history. Imagine, most have not heard of De LaSalle before their arrival either. They read the reviews about our school and they search for pertinent information. Admittedly, the international students say that California, the warm weather, the Kings, the number of AP classes, the sports, the music and CB's academic record all play an important role in their decision to apply. In the end, each student chooses CB for personal reasons.

After the interview, and more conversation (usually via email to answer further questions) we tie up any loose ends and then make a decision - on both sides. The intent is to agree that it's going to be a good match for the student and the school. Thankfully, we have been successful in finding many students that envision CB as their place to be and we envision them as one of our CB graduates.

The ongoing commitment to help our international students excel comes from the heart of the students, the teachers, the staff, the counselors and the administrators. It also comes from you, the families that get involved through your own children here at CB. Rest assured, our international students are brave young men and women to leave it all behind to "fit" into CB, but it is the concern and care for them that keep them at CB.

The enrollment of our 2015-2016 students is in motion. We will be in need of homes for more male students this year, so please call or email if you think hosting might be an option for you and your family: 916/733-3640 or [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org).



### CB Auction

*An Evening on the Riviera*  
*Our event is currently Sold Out!*

**VOLUNTEER** - Call our auction office to sign up.

**PURCHASE A GOLDEN RAFFLE TICKET** - *The Golden Raffle Ticket is your chance to win one of our fabulous Live Auction Items. Choose your prize among all those listed in our Live Auction Presentation at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org).*

*The winning ticket will be pulled at the start of the Live Auction. You do not need to be present to win. We will contact you so you can make your choice in advance and call you when you win on Auction night. What will you choose? A vacation home, front row seats at Graduation, a fabulous dining experience, or one of our other live items??? Only 200 tickets will be sold. Do not miss out!*

### DONATE AN AUCTION ITEM

*There is still time to donate that perfect auction item! You can drop them off in the front office this week! Donations of home decor items, wine, airline miles, tickets to events and trips are always appreciated!*

**WAITING LIST** - *If you would like to attend the auction please call the auction office to have your name placed on the waiting list.*

To sign-up or for more information please call Joanne McShane at 916-768-0253.



**It is not too late  
to still  
participate!**



### Called and Chosen: A Vocation Retreat Reflection

For the past few years, I have had the privilege of accompanying female students on vocation retreats hosted by the District of San Francisco New Orleans at St. Joseph's Camp on the Russian River. Each year, two retreats are held—one for young men and another for young women. From the vocation of teaching, to the vocations of parenthood and marriage, to the vocation of the consecrated life, these young men and women have a weekend experience of living in community and reflecting on the supports in their home communities, their gifts and talents, and the Lasallian mission in their lives. This retreat has always blessed me with the chance to renew myself as a Lasallian educator, but more importantly, it gives me the chance to see my students stop to reflect on the lives they lead and where they feel God is calling them. This is one of those out-of-classroom experiences that I cherish annually.

"The one vocation that stood out to me was the married life," says **Aidan Smith '16**, who attended the retreat in January. "It stood out to me because I feel that is the best way I can serve God in my future." For many students, the term "vocation" makes them think of the job they will do or, more specifically, dedicating their lives to the church as a priest, nun, or brother. This retreat gives them the chance to consider the question: what if everything I do is a way to serve God? I love the "light bulb moments" that occur in the students when they recognize God's hand in everything they do their lives. Being a parent is a calling? Being a Lasallian is a calling? Yes and yes! Over the course of three days, students use talks, journaling, and small group work to help better define what vocation is and what their personal vocations are. "If you do what you like, God will lead you in the right direction," says **Maricruz Solano '16**, who attended the retreat in February. She continued by saying, "The most important experience I had was meeting in our small groups and sharing our stories. I loved that my small group leader shared miracle moments in her life and the other girls in the group were so open and willing to talk about their lives that it allowed me to have good reflection for myself." I notice every year that these stories and times for sharing are integral for the students to reflect on their own lives—this is not something many of them get to do on a regular basis in their busy daily lives.

I find a retreat like this gives students the gift of stopping and breathing for the first time in a long time. Listening to stories from brothers, sisters, and teachers, especially those stories that started in one place only to end somewhere completely different, showed the retreatants that they have a lot of life to live. They also learned that, even if they plan it all out, it may not end the way they expect. **Matthew Spain '15**, who attended the January retreat, reflected, "As a high school student, something about me tells me I need to have everything planned. College, career, life. Something solidified at the retreat for me was that vocation is something we need to be patient with. It isn't as easy as holy revelation. There were brothers [on the retreat] who found their vocation much later in life. For me, that gave me a sense of peace." In all my experiences on vocation retreats, I find that this is often the most important revelation students make. "All I need is trust," Spain continued, "my vocation may not be known at this point and time, but I came away with a much bigger sense of vocation, life, and a real sense of trust."

For many students, however, one of the most moving experiences on the retreat is seeing how much further the Lasallian charism expands outside the walls of Christian Brothers High School. Since the retreat encompasses the entire District, students come from as far north as Yakima, WA and as far east as New Orleans, LA to experience the retreat. Smith commented, "The most important experience I had on the retreat was getting to know the other Lasallian students from across the country. It was amazing during prayer when we would all respond loudly, 'St. John Baptist De La Salle ... Pray for us! Live Jesus in our hearts ... Forever!' How everyone said it so enthusiastically made me proud to be a Lasallian." Learning that the Five Core Principles and the themes of faith, service, and community are important aspects to the lives of many Lasallian educators was an experience of growth for many students in how they viewed the mission not only as a way of being educated, but also as a way of just being. This charism, which is so important to me and has shaped me both as an educator and as a Catholic, gives me hope that our future leaders—these students—will make life choices based on what they believe they have been given life to do. At the beginning of the retreat they were challenged with the question: what is it you plan to do with your one wild and precious life? I think this question is an important one for all of us to ponder.

—*Stephanie Roybal, Social Studies Instructor and Vocations Team Chair*



# Falcon Family Faces





# FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF MEDIA, VISUAL, AND PERFORMING ARTS...

***"ISN'T IT FUNNY HOW DAY BY DAY NOTHING CHANGES, BUT WHEN YOU LOOK BACK, EVERYTHING IS DIFFERENT."***

-C. S. LEWIS

It is not hard to believe teaching day after day that somehow you have been cast in the movie "Groundhog Day" and no one told you. The alarm goes off, you get to school, log on the computer, greet kids, and teach lessons that have been taught since De La Salle opened the first Brothers school in 1685. In the world of visual and performing arts, the routine is only broken by scheduled activities like Liturgies, Christmas concerts, auditions for a plays, or the La Salle Art Show. Even these events and many others that fill the calendar have the familiarity of repeated cyclical events we do every year. Day by day nothing changes.

At the start of every school year we meet new students who are full of hope, adolescent angst, good humor, and awkwardness. They are often determined that this year they will be on top of all their assignments, dutifully complete homework, and take notes in class like a medieval monk. Teachers also promise themselves that papers will be graded on time, lessons presented with charm and grace, and every email answered before they leave for the day. These noble ambitions may get mixed reviews at the end of the year, and while we are the same people; we are different. We have grown. Most of this growth comes in our relationships with our students. We know their struggles and the efforts they have made to complete the school year. They in turn have seen us stumble plenty of times.

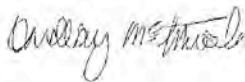
A short time before the members of the class of 2015 were born Christian Brothers was a very different place. If a parent wanted to contact a teacher, they would call the office and someone would answer the rotary dial phone and write down on a slip of paper the number to return the call. Teachers would then go to a phone booth in the main hallway and use an access code to call the parent back. Some parents found it more efficient to write a letter and have the post office deliver it. Before too long a few teachers were given 20 pound "laptops" to aid in their instruction. Guest speakers at in-services talked

about how computers and the internet would transform education. These visionaries talked about a day, maybe within our teaching career, where every classroom would have a computer to tap into the "web." Crazy talk.

If you knew the campus back in the day and just now walked on it for a tour you would practically need a map. The changes are so many and so significant that you would wonder if the old school was torn down and a modern school built in its place. Many of these changes are worth noting: the STEM building, The Witry Field House, the Learning Commons with kids on iPads, and of course the beautiful George Cunningham '40 Performing Arts Center, the most state-of-the-art theater in Northern California. The kids, by the way, are particularly fond of the new drinking fountains. Go figure.

Our faith tells us that these changes, often hidden day to day, are the Providence of God. We are given the opportunity to use these wonderful facilities to teach rigorous and relevant lessons, and most importantly build relationships with our students, preparing them for their future work. Only using the long arc of history do we see the dramatic and transformational nature of the path we are on today and that our work is blessed. We are so very grateful. The next time you are on campus take a walk around and see how much has changed. And don't forget to check out those drinking fountains. They are amazing.

Thank you,



Findlay McIntosh  
Director of Media, Visual & Performing Arts

**APRIL 2015**  
**SPRING SEMESTER**

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

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## Counseling and Guidance

### COLLEGE NEWS

**Graduating Seniors** have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2015! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2015 is one of the largest graduating classes in American history (over 3 million), the number of students applying to colleges has seen exponential growth.

In addition, a new trend has developed that has more seniors across the country applying to more colleges than ever in order to "hedge their bets." Many private colleges have reported that they have had a 30% increase in applications this year over last! This has resulted in record numbers of applicant pools. Since most campuses have from 45,000-65,000 applicants to fill freshman classes of approximately 4,500, one can see how difficult decisions have been for admission offices in 2015. In fact, for the fifth year in a row, many UCs have instituted a 'wait-list' for stellar students who were not admitted. It is difficult to know to what extent the wait-lists will be used and as a result, there have been disappointments - not only among our own students, but for tens of thousands of other California seniors.

Thankfully most of our seniors planned well and applied to not only 'reach' schools, but 'target' schools and 'safety' schools. As a result, CB students have options for next year and are able to begin their college careers at great schools. If any seniors are still grappling with final decisions, remember that Mr. Purdy and Ms. McClellan are available to assist and support you. Seniors who will be attending community college should be applying right now and visiting the school to take your placement tests. Students who will be attending a CSU should be registering for ELM/EPT tests on the CSUS website (see Testing Center) if they are required to take them. Students attending a UC (and needing to satisfy the Entry Level Writing Requirement) should be receiving information on the May 9 Analytical Writing Placement Examination (AWPE).

The good news is that many of our students have been admitted to several prestigious universities and programs, including Boston College, Columbia, Northeastern, Northwestern, UCLA, LMU, Santa Clara, Seattle University, Saint Mary's, etc., and many more too numerous to list. All of the colleges that our students have been admitted to will be listed in the graduation program.

**Parents, be sure to have your senior go to the CB Family Connection website (see the letter emailed home to senior parents for details) as soon as possible, but **NO LATER than APRIL 8 for scholarships and awards and by MAY 4 for college admittance**. Students need to list **ALL colleges to which they have been admitted and ALL scholarships, awards, etc.** We must have this information in order to accurately recognize your child at the Senior Family Liturgy on April 26 and at graduation on May 22.**

*Check out Ms. McClellan's new blog and Twitter account on the counseling website! It has articles, quotes, opportunities, and current events in the college world!*

Our two informative college information evenings were very well attended by Juniors and their parents in January and March. Seniors, please mark your calendars for **Wednesday, April 29 at 6:30 p.m. in the Cunningham Center Theatre**. We will hold one last meeting for the class of 2015. The topic will be transitioning to college. There will be general information about the practical issues related to going off to college, as well as break out sessions. One breakout session will be for parents with a panel of CB parents of college students discussing "Letting Go" of your college-bound child; the other will be for students and features a student panel of CB alumni currently attending college who will share "what I wish I had known" before heading off to college.

### SUMMER PROGRAMS -- DO SOMETHING EXTRAORDINARY THIS SUMMER!

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

We hope you will continue to use our most valuable tool for help with college planning, **the CB Family Connection site** <http://connection.naviance.com/cbhs>.

Sign up information for the CB College Boot Camp for incoming 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...

**Summer School** is a great opportunity for students to remediate any D's or F's students received so that they can maintain college eligibility. Please contact the student's grade level counselor if you have any questions. There is also a bulletin board in the Counseling Center with many summer opportunities at colleges and programs around the country.

**Sophomores and Juniors:** This spring is a good time to take the **SAT** and **ACT** exams! Be sure to check out our **FREE** personalized program, **Prep Me**, on **Family Connection** to help you prepare for both the SAT and ACT. 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 6 SAT Subject Exams** (the registration deadline is **May 8**; go to [www.collegeboard.com](http://www.collegeboard.com) to register). Juniors, if you are not yet registered to take the **May 2 SAT Reasoning exam**, please know that the **regular registration deadline is April 6**. After the April 18 test, the next next **ACT exam is June 13** - the registration deadline is May 8. Go to [www.act.org](http://www.act.org) to register.



**Campus Ministry News...**

**As we journey to the cross...**

*Just before Easter break our school community gathered together to pray the Stations of the Cross. At this moving service, we were all asked to consider how we could unite our life's journey to Christ's as he journeyed to the cross. As we reflect on the Way of the Cross we can recognize times in our lives when we have struggled with the weight of our personal crosses and when we have struggled and fallen. We can relate to the feeling of watching our loved ones suffer as Mary watched her son being led to his death. Our hearts feel sadness with the loss of our loved ones much like what the disciples felt as they watched their friend and teacher give up his life. In this ancient prayer, The Way of the Cross, we can find ourselves and our experiences. The good news is that for Jesus, death had no power over him. The same is true for us as believers. Our hope is found in the resurrection of Jesus which we will celebrate on Easter morning. In Christ we are renewed and we receive the gift of new and eternal life.*

*Blessings for a Joyous Easter Season-*

*Jen Yearwood, Director of Campus Ministry*



**PEACE, LOVE & BUNCO**

Save the Date...FAMILY BUNCO NIGHT will be held on campus on Thursday, April 30 from 6:30-8:30 p.m.

Please mark your calendar and plan to join us for a fun filled evening! Don't worry if you have never played bunco! And dads, you can get in on the fun too! **Come dressed in your favorite TYE-DYE clothing and accessories!**

Don't miss out on this evening of good ole' family fun, snacks, and prizes! Cost is \$10 per family!

Please sign up BY APRIL 10th to reserve your spot!

Registration will be available on the CB website beginning April 1 or you may send a check or cash (attention Campus Ministry) along with the number of people in your family who will attend to:

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

**RETREATS**

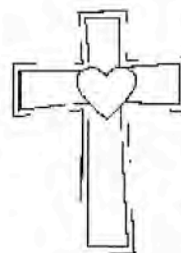
- **The final Junior Retreat** of the year will be held April 20 -21 at Mercy Center in Auburn.
- **The Summer Kairos (K56)** available to current Juniors will be held at Zephyr Point Retreat Center in Lake Tahoe from June 1-4. Kairos 56 for members of the Class of 2016 will begin taking registrations on April 8. Forms will be available online via the CB website. Cost of the retreat is \$160 (\$80 deposit due at time of registration) to secure your spot, first come, first served. This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. Please contact Ms. Yearwood if you have additional questions.

**Are you a Leader?**

**Here's two exciting opportunities for Christian Leadership here at CB...**

- Next school year we are excited to announce the formation of a new **Student Campus Ministry Team**. Members of this team will assist with the spiritual life of our school community and will assist with the planning of school prayer over the PA, school-wide prayer services, and the liturgies. We are looking for faith-filled students of **all grade levels** who are on fire in their faith and want to be involved! We know there are many of our students who are already very active in the church communities in which they worship so we are looking forward to them sharing their gifts in this way here at CB! More information will be shared in our Religious Studies classes when we return from Easter break. If you are interested in more information, please contact Ms. Yearwood!
- **Members of the Class of 2016** are invited to consider applying to be part of the **Senior Retreat Leadership Team (SRLT)** for next year. Applications for SRLT will be available via Schoology on April 1. 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 that will be held July 26-29 in Lake Tahoe.

**PRAYER & WORSHIP**



**The Senior Family Liturgy & Awards Ceremony will be held on Sunday, April 26 at 9:30 a.m. in the GYM.** Breakfast will follow. All Senior families are asked to RSVP to this event no later than April 15 (via the CB homepage - under Latest News).

- Please join us for a **liturgy in honor of our founder, St. John Baptist de la Salle** on Thursday, April 30 at 9:45am.



## Lasallian Student Life

### Christian Service

#### Enter to Learn Leave to Serve

**Ven-a-Ver Applications** will be given out when we return from spring break. Sophomores only can apply as the immersion will take place their junior year. Interviews will take place on April 20. Immersions for 2015-2016 school year are: **Otro Lado** Tucson, AZ and Nogales, Mexico, **Civil Rights**, Memphis, Tennessee, **Yakima Service**, Yakima, Washington.

If you have any questions about the Ven-a-Ver application or the immersion itself please email [jljstrup@cbhs-sacramento.org](mailto:jljstrup@cbhs-sacramento.org)

#### Our Lenten Almsgiving is completed.

We raised \$2,683 for our sister school St. Joseph in Addis Ababa, Ethiopia. The school is in need of a minibus to help transport those students who live on the outskirts of the three million plus city. Our Christian Brothers Community contributions most certainly have assisted them in achieving their goal. Thank you everyone for your support.

**Social Justice Week:** This year our Social Justice theme has been *The Rights of the Child*. All teachers were sent a copy of The United Nations Convention on The Rights of the Child to help students understand what the document is. School-wide both students and teachers focused on understanding six common vocabulary words: **Human Dignity, Solidarity, Inclusivity, Social Justice, Empathy, and Poverty**. The Leadership class put up posters of the words and definitions all over the campus. Freshman and Sophomore English classes read the following books: *I Am Malala, Warriors Don't Cry, and Lost Boy Lost Girl: Escaping Civil War in Sudan*. Students have also written social justice poetry in their English classes. Students in art classes are drawing what the six vocabulary words mean to them, and so many other classroom events are unfolding to help students better understand this important theme. Brother Ernest Miller will be our guest speaker for our all school assembly on Thursday, April 16. The *Rights of the Child* theme will carry over into our 2015-2016 school year as well.

Our CB  
St. Baldrick's  
'shavees'!



#### Voices in Service:

Madison Winn'15

"I became interested in service when I started playing basketball at the Salvation Army. I played for three years. Basketball is the love of my life. During my three years of playing at the Salvation Army I learned a lot from my coaches. Not just about basketball but also how to work and coach little kids, how to take pride in the area by keeping it clean. Just helping out with whatever was needed. When I played basketball at CB our varsity and junior varsity teams went out into Oak Park and began sweeping the streets, picking up trash. It's all team building/team bonding experience. It's service and our coaches encourage that.

My mother was adamant about helping those in need and so with all that I was doing at the Salvation Army it just clicked. Then in Morality class my teacher quoted, "If you want to find out who you really are, do service." That stuck with me too. I applied and interviewed for Ven-a-Ver Los Angeles. That immersion was another link. Los Angeles has one of the largest concentrated populations of homeless people in the United States. It was strange to walk about an area that was in great need and then see high end businesses and gentrification happening down the block. I thought how can people walk by this every day? Shelter facilities were minimal, the streets smelled like feces and urine. Families and people were struggling on the streets. It was really overwhelming. That experience helped me to really see the homeless. I don't see them as invisible people.

It's important for people to do service. It's part of bettering the world-helping others. Yes we have to take care of ourselves but we can't be selfish. We are all children of God and we need to help each other out. People shouldn't be afraid to step outside of their comfort zone. We all have them. But to make a mark in the world you have to step out of it. You don't have to flip the switch. It can be gradual. Educate yourself about an issue you're interested in. It's all a process.

Be kind to one another."



## Student Activities



### Student Council Elections

It's that time of year again. Yes, that's right, Student Council elections are upon us. Students have had the opportunity to throw their hat into the political ring beginning with a campaign week for positions on the Associated Student Body Council, which ran from March 16 through March 20. Elections for ASB Council were held on March 20. Those elected are:

**President:** Katelyn Bates

**Vice President:** Valente Araiza

**Secretary:** Luke Harris

**Treasurer:** Maliah Haroldson

**Publicity/Historian:** Bella Bagatelas and Marci Bandala

**Rally Chairs:** Thomas Payne and Ryan Perez

The political climate resumes with **Class Council** applications due on April 16. The election cycle continues with the beginning of **Class Council Campaign Week, April 20 - 24**. Speeches will be made by all the candidates on April 23, and elections will be held on April 24.

# GRAD NIGHT 2015

*Grad Night for the Class of 2015 is Friday, May 22 at 10:00 p.m. to Saturday, May 23 @ 5:00 a.m.*

*Parents of seniors – invitations have gone out! Please visit the Grad Night Registration link on the CB webpage (under the Parents tab, select Information & Forms) for registration and payment. You can either pay in one \$100 payment or four \$25 installments.*

*Any parents who would like to donate towards scholarships for seniors in need, please make checks out to CBHS and leave in the front office for Ms. Wanket.*

*Parents of freshmen, sophomores, and juniors are asked to donate gift cards in \$10-\$20 value for places such as Jamba Juice, Starbucks, etc., to be used as raffle prizes for the seniors at Grad Night. These can also be left in the front office for Ms. Wanket. Thank you for your support!*



### Upper Division Ball

Saturday, April 11 at Arden Hills Country Club. Students may arrive beginning at 6:30 p.m., with dinner served at 7:30 p.m. We look forward to an elegant evening of dining and dancing with "The Phantom of the Opera".

### The Senior Spirit Rally is on April 10.

Students should dress in BLUE for our annual Lip Dub and for an amazing rally honoring our 2015 Senior class.



**On April 26**, the Seniors will celebrate their **Senior Family Liturgy** at 9:30 a.m. The Senior Class Council spent many hours planning this liturgy and would like to invite you to attend. Breakfast will be served in the Cafeteria following the service.

**Last Open Mic Night!** For all of our talented artists and anyone else who would like to take to the stage, auditions for the last **Open Mic Night** of the year are scheduled for April 29 and 30. Open Mic Night itself will take place on Friday, May 8 at 7:00 p.m., so mark your calendars now.

*Finally, everyone in Student Activities would like to wish all of our community a Happy Easter and a joyous spring.*



## Athletics



**Our Spring Sport Program has arrived.** The program will be sold at games and at the Athletic offices for \$3.00, and is a great keepsake for parents and athletes.

### FALCON ATHLETIC VOLUNTEERS

Falcon Athletic Volunteers (FAV), our athletic parent support group, is seeking new members. Members actively support various athletic events, including the Blue-Red scrimmage, Holy Bowl, Hall of Fame dinners, Open House, etc. The Athletic Department is also looking for parents who are interested in helping with game management. If you are interested in joining FAV or have any questions, please contact Dale Milton (733-3672) or Gloria Bauer (733-3610). Regular meetings take place the second Wednesday of every month at 5:30 p.m. in the Athletic Conference Room.

### Spring Sports Update

**Diving:** The divers had their first meet this week against Vista Del Lago. CB was victorious in both the men's and women's events. On the women's side, **Kourtney Clark** pulled out a narrow win over the Vista girls, scoring 214 points. On the men's side, CB swept the field with a win from **Owen Hunt**, a new freshman, followed by **Travis Forrest** in 2nd, and **Jack Mc Hale** in 3rd. The depth on the men's side gave the swim team a 13 point advantage to start the swim meet.

**Men's Tennis:** Men's Tennis is 5 - 0 overall and 2 - 0 in league, with a 504 win over Vista del Lago, and an amazing 5-4 win on Wednesday over River City.

**Track:** Last weekend senior **Daniella Jackson** took first place in the discus, breaking the school record again, with a throw of 133' 8.0", and also took third in shot put with a throw of 30' 6.5". Sophomore **Erin Chelini** took first place in girl's frosh/soph shot put with a throw of 32' 07" and second in girl's frosh/soph discus with a throw of 87' 01". Freshman **Kathy Eke** took second in girl's frosh/soph shot put throwing 27' 07", and sophomore **Raul Arambula** took third in JV shot put throwing 37' 05".

#### Men's Golf

**Varsity:** Men's Varsity golfers are 2 - 2 overall and 2 - 1 in league competition.

**JV:** The Men's JV golfers are 0 - 2 in early season play. The team began their season against two of the strongest JV teams in our league, losing 257 to 204 against Davis High Schools and 256 to 190 against Jesuit. Standouts for CB were freshman **Matt Miles** with a 47 on Monday and sophomore **Matt Signorotti** with a 47 on Wednesday.

**Girls' Lacrosse:** The varsity team has had success in the early part of the season including winning a closely matched game by just a goal; they really showed how well they can dig in and control the pace of the game in a tough situation. The varsity team's record is 5-2, the week before heading to spring break. Major contributors on attack have been **AnnaMarie Carmazzi**, **Megan Walaitis**, and **Caitlin Berger**. The defense squad has been able to work together and perform exceptionally well as a unit, with the backing of goalie **Michelle Lee**. The young JV squad has shown much growth and progress over the first half of the season and they look forward to clinching their first win

after spring break.

**Varsity Softball:** Softball has its first league game on March 22 vs. Casa Roble followed by a non-league game vs. Granite Bay. The team hopes to see the whole Falcon community at the Albie Aware Breast Cancer Foundation softball games on Saturday, March 28 with teams participating: East Union v. Pioneer, Davis v. River City, and CB vs. St. Francis. Raffle prizes include a 2 1/2 hour ride along with the Sacramento Sheriff's Helicopter Patrol.

#### BASEBALL

**Varsity:** Varsity baseball is off to a 4-2 to start with a big win over Bella Vista. Seniors **Jim McCauley**, **Anthony Calderon**, and **Colton Wackman** are leading the way. Junior **Joe McNamara** is hitting 620 with 7 stolen bases.

**JV:** Our JV team is 5-2 with several key wins including a split with Elk Grove, a total team effort this early in the season. **Devon Paulding** ignited a comeback win against Bella Vista and sophomore **Bryan Lucas** come up big on the base paths to score the winning run in bottom of the 6th. Sophomores **Tanner Cunha** and **Ryan Murphy** assisted in relief of **David Hensley** and held Bella Vista to 1 run over 6 innings to support the win.

**Freshmen:** The team is off to a 5-2 start with their only losses coming to Elk Grove (5-3 and 8-6). The Falcons have wins over quality programs in defeating Del Campo 3-1, Bella Vista 9-3 and Vacaville 4-3. Their next action will be during Easter Break when they take part in the Del Campo Freshmen tournament. This will be a good test for the Falcons prior to entering Capital Athletic League play after the break.

#### RUGBY

**Varsity:** The team is 1 - 5 and recently played Jesuit for the first time this season. They played well against the rugby giant and fought hard the entire game. Juniors **Jackson Wells** and **Tyler Guillen**, and senior **Jacob Absher** all scored. Sophomore **Lance Asbill** and freshman **Mitchell Berger** each added a conversion but CB lost 24 - 32 to the hosting Marauders.

**JV:** The team squared off against rival Jesuit for the second time, playing their best rugby of the season, and got two scores from sophomore **Brian Jose**, and one from freshman **Mitchell Berger**. Despite an impressive performance, the team came up short on the scoreboard 22-32.

**Women's Soccer:** The team is currently 7-4-2 (1-1 in league play). The Falcons hosted the 4th annual CB Invitational on March 13-14 (a charity soccer tournament benefitting the Children's Cancer Society). In addition to hosting a great tournament, the lady Falcons came home with the Championship trophy. The team went undefeated (5-0) and only allowed one goal on their way to this victory.

**Swimming:** Congratulations to the Men and Women's Swim Teams as they both won in their first CAL League meet against Vista Del Lago. On the Women's side the final score was CB 110 - Vista Del Lago 75. Both the women's and the men's team swept all three relays!

**Boys Varsity Volleyball:** The program is off to a good start. March preseason matches provided great competition for our boys. Volleyball kicked off action with a win against West Campus (3-1) showcasing our big hitters: **Jacob Chelini** '15, **Kyle Lutz** '16 and **Cory Kasbergen** '15. The team also earned a pivotal victory against Rio Linda. Coaches, captains, players, and parents alike are excited to start league play with a home match against El Camino Wednesday, April 8.

SPRING STUDENT ATHLETES *Continued*





## SPRING STUDENT ATHLETES

Congratulations to the following teams that have achieved a GPA of 3.0 or above:

Frosh Baseball	3.07	Varsity Golf	3.07
JV Rugby	3.08	Varsity Baseball	3.26
JV Softball	3.26	Varsity Track	3.28
JV Soccer	3.33	Tennis	3.4
JV Volleyball	3.43	JV Track	3.44
JV Golf	3.49	Varsity Soccer	3.51
JV Swim	3.51	Varsity Softball	3.54
JV Lacrosse	3.55	Varsity Swim	3.55
Varsity Lacrosse	3.6	Dive	3.76
Varsity Volleyball	3.82		

## CAL Scholar-Athlete Award

**Eligibility:** Athletes who are members of a CAL recognized Varsity team are eligible. 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.

**GPA:** Athletes must have a cumulative 3.50 (or above) weighted grade point average as well as a current 3.50 (or above) weighted **GPA**. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward.

**Award:** Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

The following athletes are being recognized as spring 2015 CAL Scholar Athletes:

**Varsity Baseball:** Jeremy Wackman, Dominic Smith, Colton Wackman, Joseph McNamara, Keoni Mark

**Dive:** John McHale, Kourtney Clark

**Varsity Golf:** Jackson McMullen

**Varsity Soccer:** Adriana Alvarado, Camille Moniz, Katelyn Bates, Alexandra Mattos, Isabella Manning, Nicole Wong

**Softball:** Antonia Hagelis, Kirsten Gruber, Morgan Price

**Varsity Swim:** Junzhuo Hao, Ivy Kolb, Allison Blake, Maliah Haroldson, Mary Hynes, Junyi Hao, Matthew Lemire, Carleigh Osen, Efrain Vallejo, Kalani Mark, Max Verspiere

**Tennis:** Timothy Mendoza, Russell Lee, Noah Wadhvani, Collin Chan, Corey Louie, Fernando Gil

**Varsity Track:** Adam Wong, Colin Campbell, Michael Sparks III, Kara Romani, Braeden Bourke, McKenna Decker, Robert Pamatian, Geilang (Neil) Zhang, Jizelle Castaneda, Alexa Taylor, Julian Matocq, Ameyalli Chavez, Michayla Maboutakh, Natalie Wiseman



## Non-CAL Sports

**Varsity Lacrosse:** Sarah Burbridge, Natalie Flynn, Audrey Nelson, Victoria Burbridge, Stephanie Jimenez, Erika Robles, Miranda Esquivel, Jane Ferguson, Samantha Earley, Fallon McMahon

**Varsity Rugby:** Neal Gabriel, Conor Hassett, Ryan McGee, Thomas Chin II







### *The Curious Case of Mr. English*

*The beloved World History teacher opens up about the biggest myth on campus — the “natural” color of his hair.*

By **Dominic Smith** – CBTalon.com Staff Writer

There are few things that are still in place at Christian Brothers High School from the year 1979.

Can we even name any of them?

Let me think...What about those archaic tube televisions where most of us find ourselves watching mundane history documentaries on a subject we try to care about? That's probably it.

Or what about those desks in the 100's and 200's that were seemingly slapped together using an ordinary plastic chair, a slab of wood, and a couple pieces of metal? Getting colder.

This mystery isn't about a *what*, it's actually about a *who*.  
*\*audience gasps\**

That right, if you haven't already guessed, it's the treasured and considerably witty history teacher who hasn't parted with his cherished chalkboard since he started here in 1979. This man is **Mr. Tom English**.

Mr. English is embarking on his 36th year as an employee of CB. However, this is not an article about his storied history at Christian Brothers, praising his loyalty and fidelity towards our school complemented with the kudos of students and faculty.

Rather this is an article about his style. Yes, Mr. English's style.

But what about his style is so appealing? Is it his carefully hand picked cashmere sweaters that cover the whole spectrum of colors? Actually, it is his luscious mane of hair that sits atop his wonderfully astute cranium.

Have you ever actually noticed Mr. English's hair? Even at what **Ms. Marian Shackel** would call an “advanced age”, he still manages to show up to school every day with his forest black hair gently swept to the side with simple part on the left.

The *Talon* specifies it as styled to perfection.

However, this phenomena has not always been as you see it today. The *Talon* went to find out more.

“My hair used to be parted in the middle from college to my first couple years here”, says Mr. English.

Simply shocking. Could you even imagine him without his trademark hairstyle?! What a sight that must have been.

However, the *Talon* didn't stop there. We dug deeper to uncover the ancient mystery — does Mr. English dye his hair?

“I don't,” claims the AP World History teacher. “There gray in there, but it's just thick.”

“I have a brother who's a year and eleven days younger than me who has hair almost identical to mine, but he still parts his in the middle,” says the oldest sibling in the English family. “My little sister doesn't have gray hair and she'll be 56.”

“It's an English family genetic trait,” he declares, adding that “my other brothers are going bald and grey.”

Freshman **Nick Smith '18** testified to the myth made popular by a certain member of the English department.

“Ever since the first day of school, Ms. Shackel would always talk about how Mr. English was so old and his hair was fake because of his toupee,” Nick says.

Ms. Shackel had no comment on the subject to the *Talon*.

“He would never answer questions about his hair directly. So I guess it's a conspiracy,” Nick adds.

When asked what he thought about the urban legend, Nick says, “I'm not sure what to think because it looks real, but then again it might not be.”

“I'd have to touch it to find out,” answered the freshman.

Unfortunately, because Mr. English's hair is basically an artifact that really should belong in a museum, there will be no touching allowed (and flash photography).

But how can such a specimen stay looking so youthful and vibrant looking? He must have some tricks up his sleeve, right?

With a slight chuckle, the history teacher insists he is all natural, but adds, “The insides are old though.”

Whether you believe Mr. English is truly human or is of some intergalactic species that has great hair genes, we can all agree that we are happy to have such a man of great character (and hair) on campus.



# Falcon Family Faces





# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

***“Do not forget to thank God for all the blessings he bestows on you.”***

- St. John Baptist de La Salle

Dear Families,

As the 2015-16 school year comes to a close, I am grateful for the continued partnership of our families, impressed by the accomplishments of our students, and humbled by the support of our administration, faculty and staff during this year of unexpected challenges, changes and joys.

As you know, this past November we were faced with the sudden departure of Principal Mary Hesser as she found herself in the fight of her life battling leukemia. Shortly thereafter, in December, she announced that she would be retiring at the end of the school year. The assistant principals, faculty and staff all stepped in to help fill the void and ensure that our students were well served and supported throughout her absence.

Filling Principal Hesser’s shoes would be no small task, as this year marks her nineteenth year as a member of our Christian Brothers High School community. In that time, Mrs. Hesser has served as a classroom teacher, guidance counselor, director of counseling and guidance, and this was her sixth year as principal. She was named CB’s Lasallian Educator of the Year in 2008 and was honored as the Distinguished Lasallian Educator by the Christian Brothers District of San Francisco in 2009.

Professionally, Mrs. Hesser worked assiduously to enhance the counseling and guidance department, spearhead the school’s iPad and engineering programs, bolster student support services for our young men and women with learning differences, and created numerous initiatives geared toward improving the educational experience for all CB students. Her dedication, vision and commitment to our Lasallian Catholic mission are unmatched.

Now, as the Founder calls us to do, we thank God for Mrs. Hesser’s improving health and celebrate her most recent test results indicating that she is in remission. We thank her for her dedicated service, honor her many accomplishments, and pray for abundant blessings as she leaves us to focus on wellness and family.

We look forward to welcoming our new principal, Mr. John O’Connor, this summer. He will take over the operational reins at



a time when our school is in a strong position, thanks to the hard work and dedication of Mrs. Hesser and our outstanding faculty, staff, and administration.

On behalf of all of us at CB, thank you for a great school year. Have a safe and restful summer.

God bless,

Lorcan P. Barnes  
President  
(916) 733-3603  
lbarnes@cbhs-sacramento.org

**MAY 2016**  
**SPRING SEMESTER**

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

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## COLLEGE NEWS

### SUMMER IS STILL A TIME FOR ACTION:

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

1. **All** underclassmen, remember to spend time this summer completing your summer reading assignments!!!
2. **Freshmen:** Update your **resume** and finish your **MI Advantage on Family Connection** if you have not already done so.
3. **Sophomores:** Consider taking the **SAT Subject Exam on June 4** in a subject area you just completed (for example, AP World History or Chemistry). Update your **resume** and complete any other activities that are suggested on **Family Connection**. Utilize *Khan Academy’s* online SAT prep to start preparing for the **PSAT/NMSQT**, which will be given in October. See your counselor to check out **College Summer Programs** or check them out on **Family Connection**.

4. **Juniors:** A checklist of reminders:

#### May

- Take SAT or SAT Subject Exams **May 7 or June 4**.
- Register for the **June 11** ACT Exam by **May 6**. Go to [www.actstudent.org](http://www.actstudent.org) to register.
- Register for the **June 4** SAT by May 5 at [www.sat.org](http://www.sat.org).
- Start prepping for the SAT by utilizing *Khan Academy’s* online test prep.
- If enrolled in AP classes, take Advanced Placement Exams. They are **mandatory**, per school policy.
- Plan for a challenging senior year. If you want to make changes other than what you pre-registered for, please see Mr. Riley-Portal.
- Update your **resume** on **Family Connection** and finish any other suggested activities.
- Think about going on the summer Kairos retreat (May 31-June 3), especially if you have a lot of activities going on next year and don’t want to miss three days of school.

#### June

- Consider taking the SAT or SAT Subject Exams **June 4** (remember that you may submit to the UC’s any Subject Exams of your choice. They are **not** required). Some select private colleges do require them. It is a good idea to take a SAT subject area test in a curriculum area you’ve just completed, for example, US History or Chemistry.
- Take the ACT on **June 11**.

#### Summer

- Complete summer “homework” for college admission (distributed by Ms. McClellan and Mr. Riley-Portal in your English classes and available on **Family Connection** in the “document library” – **this is due the first day of school in August!**).
- Check [commonapp.org](http://commonapp.org) and other college admissions websites for dates when colleges begin accepting applications (**the Common App and UC App both open August 1st**).
- Study for SAT/ACT!
- Start checking out **financial aid and scholarship resources** and continue this throughout the summer. Try [www.fastweb.com](http://www.fastweb.com) or [www.finaid.com](http://www.finaid.com) as well as the Scholarship Search and Scholarship Match on **Family Connection**. Next fall will be very busy with your classes, college applications and other activities that you are participating in, so “down-time” in the summer is the perfect time to seek out these opportunities.
- Visit college campuses if possible. There are many “college tour” programs out there if you don’t want to plan it on your own (see our college counselor Ms. McClellan for more information).
- Begin drafting your **college essay** (part of your summer “homework”).
- Log on to **Family Connection** to research colleges and career opportunities.
- Do something extraordinary! Try a summer program on a college campus (we have a list on **Family Connection**), work at a job, or travel.

5. **Seniors:** A checklist of reminders:

#### May

- You must submit your acceptance (“Statement of Intent to Register”) to the college you have chosen to attend by **MAY 1!**
- Congratulate yourself (but stay focused on finals!)
- Go to **Naviance Family Connection** by **May 2** and list the colleges where you were admitted and where you have decided to enroll.
- Take your Advanced Placement Exams (for AP students). It is **MANDATORY** that all AP students take their exam(s). It is a school policy.
- 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 college journey!

#### June

- Make sure you have responded to all requests from your college of choice.
- **Have the CB Registrar (Mrs. Janet Warren) send your final transcript to your college of attendance no later than 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!

Continued to page 3



## Counseling and Guidance *Continued from page 2*

### IMPORTANT REMINDER FOR STUDENTS WHO RECEIVE "D" OR "F" SEMESTER GRADES:

- All semester F's must be remediated during the summer in our CB Summer School Program.
- Any semester F's by seniors will cause you to not receive the CB diploma that you have worked for over four years.
- Semester D's could put a student in jeopardy of not being eligible for 4-year colleges and universities immediately after high school. We strongly suggest that D's be remediated in the summer! (If you have any questions regarding the need for taking these courses or the consequences of not taking them, please see the "CB Course Catalog" on the school website and/or contact your grade-level counselor).

### CB'S SUMMER SCHOOL PROGRAM PROVIDES EXCELLENT OPTIONS FOR STUDENTS:

Our summer school program at CB provides excellent opportunities to accelerate a student's curriculum goals or to provide schedule relief next year and allow for a study hall one or both semesters. Please view the courses that will be offered this summer on the school website or see your counselor to discuss your options.

### PERSONAL ISSUES ARISING OVER THE SUMMER:

Kirk Purdy (Director of Counseling and Guidance) 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 guidance and/or referral. Feel free to reach out to them. We want to continue to help out our students and parents during the summer break.

### UPCOMING COUNSELING & GUIDANCE DATES:

**May 5 and May 6** – Regular registration deadline for both the June 4 SAT and the June 11 ACT, respectively.

## Christian Service

### Enter to Learn Leave to Serve

**Graduating Seniors:** Those seniors who participated in Ven-a-Ver as juniors can stop by the LSLO and ask Ms. Lystrup for their Ven-a-Ver pin. Pins may be worn on graduation gowns.

**Service Hours:** All service hours must be turned in at the end of the school year. Students may continue to input service hours over the summer; however the 2015-16 fall and spring semesters must be entered online via x2Vol by May 26, 2016.

**Summer Service Opportunities:** If you are interested in any summer service opportunities for a day or for a week, please see Ms. Lystrup in the LSLO before the end of the school year.

**Social Justice Service-Learning:** Students in their Social Justice class recently visited the Sacramento Shriners Hospital. Students learned about philanthropy and the Shriners organization. In class students are putting together gift boxes of crayons, paper, and coloring books for the children who stay at Shriners.

**Ven-a-Ver Yakima:** Students who participated in Ven-a-Ver Yakima had a wonderful immersion. They worked on the Yakima reservation doing yard work, painting homes, cleaning sheds, as well as working on creek restoration for the salmon run. Students planted 75 different species of trees all along the creek. Each day they worked under unusually hot weather. The students also had the opportunity to meet our fellow Lasallians at Yakima La Salle High School, as well as the Yakima Tribal Dance Nation at the Tribal Cultural Center, where they shared dancing and drumming. A huge thanks to Mr. Danny Delgado for his mentoring!

### Ven-a-Ver Interviews:

Interviews for Ven-a-Ver applicants are on the following dates:

Los Angeles:	May 2	3:15 p.m.	Room 105
Memphis:	May 3	3:15 p.m.	Room 105
Yakima:	May 4	3:15 p.m.	Room 105





## Lasallian Student Life

### Campus Ministry News...

#### Reflections for May...

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

- Jen Yearwood, Director of Campus Ministry

#### Retreats

On April 21, our CB Faculty and Staff spent a retreat day at Mont La Salle in Napa...it was a wonderful opportunity to learn so much of our Lasallian history and heritage and to spend a great day in community together!



**The Summer Kairos (K61), May 31-June 3**, is now available to current Juniors and we are accepting registrations via the CB website now (under Student Life, Campus Ministry). Last day to register for the Summer Kairos is May 8! We will begin accepting registrations for the other 2016-2017 Kairos retreats early this summer. It is preferred that registrations be handled online. Dates for next year's Kairos retreats are: October 11-14, November 7-10, January 17-20, and March 21-24. Cost is \$160 (includes transportation, food, lodging, and retreat materials). Please contact Ms. Yearwood if you have additional questions.

#### Senior Students encouraged to apply NOW for Senior Retreat Leadership Team for the 2016-2017 school year!

Members of this team will assist with the spiritual life of our school community and will work with Ms. Yearwood in leading 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 in room 106 outside of Ms. Yearwood's office door. Applications are due NO LATER than MAY 5. If you have questions, please contact Ms. Yearwood!

Dear Lord, today I turn to you to give you thanks for my mother. With your own gift of life, she bore me in her womb and gave me life. She tenderly, patiently cared for me and taught me to walk and talk. She read to me and made me laugh. No one delighted in my successes more; no one could comfort me better in my failures. I am so grateful for how she mothered me and mentored me, and even disciplined me. Please bless her, Lord, and comfort her. Help her loving heart to continue to love and give of herself to others. Strengthen her when she is down and give her hope when she is discouraged. Most of all, Lord, on this Mother's Day, give my mother the graces she most needs and desires today. I ask you this, in the name of Jesus, our Lord and Savior forever and ever. Amen.

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

#### Special THANK YOU to this year's Student Campus Ministry Team "The God Squad" for their wonderful work on our prayer and worship celebrations this year!

I am so thankful to work with an amazing team of students on fire for their faith! The "God Squad" is open to faith filled students of all grade levels...if you would like to join the team for next school year, please contact Ms. Yearwood immediately by email [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org)



#### Prayer & Worship

##### "You've Got a Friend In Me" End of Year Prayer Service"....

All members of the CB community are invited to join us for this special prayer service planned by the Student Campus Ministry Team. We will celebrate the culmination of a wonderful school year on Wednesday, May 25 at 10:30 a.m.

**Baccalaureate Liturgy....**This special mass for our Seniors and their families will be held at the Cathedral of the Blessed Sacrament on Friday, May 27 at 9:00 a.m. Because of limited space this liturgy is **NOT OPEN** to the general public and a special ticket is required for entrance. Please pray for the graduates of the Class of 2016 as they look forward to new horizons!

#### Special Thanks to this year's SRLT (Senior Retreat Leadership Team) for their work and ministry throughout this year! You are all amazing!

2015-16 team members were: Valente Araiza, Gabi Ayala, Marci Bandala, Katelyn Bates, Erika Bolen, Ben Brouwer, Josh Brouwer, Sarah Burbridge, Terise Camasura, Giselle Cantiller, Jizelle Castaneda, Raquel Cornejo, Sarah Driver, Samantha Earley, Vanessa Ellis, Katie Enos, Haley Grandchamp, Kirsten Gruber, Maliah Haroldson, Nicolas Heberger, Nick Heller, Lucas Hoffart, Mary Hynes, Kat Jacinto, Stephanie Jimenez, Chaila Johnson, Alyssa Landeros, Brittany Leek, Maria Paula Linares, Heather MacDonald, Camille Moniz, Jack Noonan, Beau Paulsen, Maria Pearson, Luci Plazibat, Tina Ramirez, Erika Robles, Emily Simi, Aidan Smith, Analisa Surita, Vivian Sweha, Alexa Taylor, Emily Taylor, Dani Toschi, Jennessa Vasquez, Alina Vera, Adam Wong, and Davis Yasuda.



## Student Activities

In just a few short weeks our Student Council seniors will walk across the stage and leave our school for new and exciting endeavors. While in the midst of essays, presentations, testing, Student Council meetings, planning for events, etc., the seniors at Christian Brothers High School may have thought it would never end. But now the conclusion to their high school career has finally arrived. Seniors, we hope you cherish your memories and carry with them the lessons learned here at CB. It's okay to feel sentimental. We who remain at CB will miss you, Senior Council and ASB. We enjoyed our time with you and hope you explore the world with enthusiasm and hope, and glean as much as possible from your professors and teachers in the future.

*However; before we say goodbye, we still have upcoming events to look forward to:*

**Upper Division Ball is May 7** at the Hyatt Regency in downtown Sacramento. Please see the CB website for further information.

**Senior Open Mic Night** will be held on the Main Lawn on Friday, May 20. Our seniors have outstanding talent!

### **The Grand Finale for the year is Founder's Day.**

This extraordinarily exciting and fantastically fun day also occurs on May 20, and it will be held throughout the campus. Activities include:

- Students receiving their year books. Don't forget to bring lots of pens.
- For the athletes – we are planning an obstacle course, jousting, sumo wrestling, dodgeball, and basketball.
- We have our own talented and amazing Beau Paulsen who will DJ the event.
- Any students out there who would just love to dunk a teacher will have the opportunity!
- And when you get hungry and thirsty, snacks and tacos are on the menu.

## **We also want to congratulate the following new members of the 2016-2017 Student Council:**

President: **Ayana Watkins**  
Vice President: **Sergio Castillo**  
Treasurer: **Kenji Matsuno**  
Rally Chairs:

**Ryan Murphy and Devon Paulding**  
Publicity/Historian:  
**Fernando Gil and Joseph Nazareno**

### Senior Class Council

**Makenna Chapman**  
**Justin Dacanay**  
**Julia Ha**  
**Makenna Haroldson**  
**Tudhvir Sekhon**  
**Wil Yuponce**

### Junior Class Council

**J.R. Aguirre**  
**Navneet Khaira**  
**Zac Lau**  
**Yeuyou Li**  
**Anna Clare Nelson**  
**Camilla Patterson**  
**Nick Smith**

### Sophomore Class Council

**Catherine Cordano**  
**Cheyenne Eanes-Curry**  
**Kennedy Earley**  
**Lizette Gonzalez-Gomez**  
**Natalia Kimmelshue**  
**Emmanuel Moyo**

**And finally, Student Council would like to wish you and your family a delightful and blessed summer.**



## A Word From Yo' Teacher

**The rap genre is widely popular among the younger generation. But is it possible that our very own CB teachers listen to rap?**

**By Jack Noonan** – CBTalon.com Staff Writer

What do our teachers listen to on a regular basis? Rock? Jazz? Alternative? 2Cellos? The last thing students would expect is that some of our very own teachers listen to rap. Crazy right? But it is true -- and they actually enjoy it.

Rap plays a very large role in youth culture and also played a role in our teacher's youth. While many teachers have forgotten about rap, some still listen to the wonderful genre.

Artists like Kendrick Lamar and Tupac portray more meaningful and thought provoking moods while artists like Future, Young Thug, and Migos put out more upbeat songs.

"I like a lot of the energy rap music puts out," Ms. Jennifer Lystrup says.

"I like that rap has got that driving beat," Ms. Tracy Chadbourne adds. "It gets me pumped for anything I need to be pumped for."

The musically sound Mr. Julian Elorduy '03 loves the idea of rap music and its beats, rather than the lyrical side of rap.

"I enjoy rap music because of the way a beat, melody, structure, or a sample will make me feel," the religion teacher says. "Also the aesthetic associated with the music, and the way you want to dance to it, or cruise down the freeway in the car."

But what rap artists do our teachers listen to?

"Well I listen to artists like Salt-n-Pepa and Sir Mix A Lot," Ms. Chadbourne says. "Mainly the one hit wonders."

Ms. Lystrup says that some of her favorite artists are Kanye West and Jay Z.

"I loved Jay-Z's song 'Already Home' and also Kanye's 'Runaway,'" she says.

"I enjoy the way Future articulates his vocals. I also like to listen to Drake and Nas' Illmatic has stuck with me for a very long time as well," says Mr. Elorduy. "I like some old school hip hop from back in the day like Curtis Blow. He's probably my first trip into original old school hip hop."

Rap music often supplies negative influences upon our current youth, which is seen as a constant issue. Ms. Lystrup talked about the influence of Kendrick Lamar and whether rap is headed in a negative or a positive direction.

"I'm worried about boundaries, objectification, the way sometimes people will internalize rap music," she says. "But if Kendrick Lamar is the go-to person, there probably will be more experimental rap."



Despite what students may think, teachers do listen to rap. The thought of one of your teachers listening to Future or Kanye my sound crazy but, in all reality it isn't. Just know that these teachers have a good appreciation for not only music, but all types of music.

## FINALS ARE COMING!!!!

**Final exams are coming up soon! Final Exam/ Review week is May 16 - 26.**

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 **Handbook** on pg. 9 states the following: "All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an **'Incomplete'** for their final grade and will need to make up their final exam at the beginning of summer vacation. Upon correction of the final exam, the final grade will be entered into the student's transcript." Students who are absent for one final during finals week may make up that exam after G set on Thursday, May 26.

### SPRING SEMESTER EXAMINATION/REVIEW SCHEDULE

TIME	MON MAY 16	TUES MAY 17	WED MAY 18	THURS MAY 19	FRIDAY MAY 20
9:00 - 10:30 am	A SET Review	A SET FINAL	C SET Review	C SET Final	Founders Day 9:00 am
10:30 - 10:55 am	BREAK	BREAK	BREAK	BREAK	BREAK
10:55 - 12:25 pm	B SET Review	B SET FINAL	D SET Review	D Set Final	Dismissal at 11:30 am

TIME	MON MAY 23	TUES MAY 24	TIME	WED MAY 25	THURS MAY 26
9:00 - 10:30 am	E SET Review	E SET FINAL	9:00 - 10:30 am	G SET Review	G SET FINAL
10:30 - 10:55 am	BREAK	BREAK	10:30 - 11:30 am	Prayer Service 10:30 - 11:30 am	BREAK
10:55 - 12:25 pm	F Set Review	F SET FINAL	11:30 - 12:00 pm	Leave to Serve Day Dismissal at noon	Make-up Exam Final (if needed) 10:55 am - 12:25 pm



## International Student Program

I received the following from English teacher Ms. Mary Bowers last month, after asking for her opinion of the ISP impact here at CB.

"The ISP Program has not only brought added diversity to our already diverse campus, it has brought us some of the best and brightest students from around the world. My first class with ISP students was Mastering the Essay a few years ago. I had two girls from China, and I was concerned about teaching essay writing to students for whom English was still a challenge. From the start, they set a new standard in diligence and effort. As I would go over a piece of writing with one of the girls, she took notes relating to grammar and usage, and then rewrote the paper with all the suggested changes. They both tended to struggle a bit with verb tenses, but kept working at it, until there was no problem at all. These girls also had (as do many of the Chinese students) the most exquisite handwriting I had ever seen. Their papers looked like works of art! And the content...well... I often had students read short essays out loud to the class, and when I convinced one of these girls to read hers, the class was stunned. Minor language flaws aside, it was poetic and beautiful and left an entire class of juniors in awe. After that, they always made a point to ask her to read. Both girls earned top grades in the class, and won me over to the possibilities of the ISP program in the classroom. This one class was not an aberration either. Last year, and again this year, there have been times when the highest grade given on a formal essay went to an ISP student. They are extraordinary gifts to us!"



Soon, five more ISP students will be graduating from CB. They, too, have been special gifts to us for as much as three years!

Originating from Singapore, **Grace Ho** will be heading back to Australia, attending the University of Tasmania. Grace has made so many friends and made such a positive impact at CB since her arrival as a sophomore. It's easy to find Grace in a crowd. Look for the crowd, but also look for her bright eyes and smile, she's always ready to get involved and help. We will miss her immensely.

Originating from Equatorial Guinea, **Marcelino Oyono-Nsuga** will be enrolling at CSU Sacramento. Marcelino has immersed himself in friends and our American culture. Marcelino came to CB as a junior and worked hard to speak English better and succeed at CB. He's proven that immersion can really improve language skills at lightning speed. We will miss seeing Marcelino at CB but having him here in Sacramento is a great option!

**Lisa Lu** came to us as a junior from China. Because she's had only two wonderful years at CB, it's taken a bit for her to acclimate to our culture. Thankfully, she's done her best to improve her English. Lisa is kind, helpful and still a little shy. Lisa will be heading off to the University of Connecticut in the fall. We will miss her and I know her sister in the host family will miss her too.

I met **Neil Zhang** at a recruitment fair in Southern China back in 2012. Today, he is here, ready to head off to Michigan State next fall. The day I met him, I knew he belonged here with us at CB, and it will soon be time to let go and wish him well. Luckily, he agreed that CB was the place for him too. Neil has worked diligently while at CB and he's made a positive impact with his friends, his host family and his teachers. We are going to miss him!

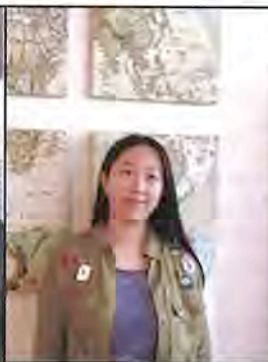
**Vivian Wang** was another student I met back in Xiamen, China in November of 2012. No one will ever forget her smile, her giggle, and her phenomenal work ethic while here at CB. I know her host sister (she's young) is going to struggle with her absence. Her host family said that they cannot take another international student because no one could match up to the expectations that Vivian established with them. Teachers are quick to tell me how much they enjoy having her in class. Vivian will be attending UC Irvine in the fall. We all will miss sweet Vivian.

Changing your perspective on other world cultures is as easy as contacting [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org) to find out more about hosting and getting involved with CB's International Student Program. We are making progress, but still need more families to help us host Chinese students (all male) for the 2016-17 school year. We always welcome new host families.

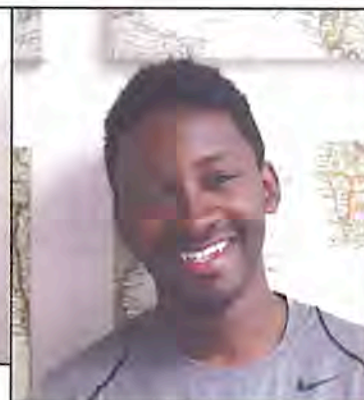
- Patti Gallagher, Director



Grace Ho



Lisa Lu



Marcelino Oyono-Nsuga



Vivian Wang and Neil Zhang



## Athletics

- **Congratulations to Michael Sparks** who has been selected as one of the recipients for the Dale Lackey Scholarship. He was chosen for his accomplishments in the athletic arena, scholastic achievements, and community service involvement. He received his award on Tuesday, April 19 at Hutchins Square in Lodi.
- **Congratulations to our Student Athlete Trainers** who placed 12th out of 23 schools in the small schools division! This qualified them for the National Competition in May.
- **Congratulations to Kourtney Clark, Ashley Madrigal-Geary, Mary Halsten, Daniella Toschi, and Elizabeth Robinson for signing athletic scholarships.** Kourtney will be attending UNLV for diving, Ashley will be attending Hartwick College for water polo. Mary will be attending University of Notre Dame for crew. Liz will be attending Western New Mexico University for volleyball, and Daniella Toschi will be attending San Francisco State for softball.

### **Congratulations to the following athletes who received the ALL-CITY HIGH SCHOOL SPORTS AWARDS**

**Beah Cruz – Golf**  
**Kalani Mark – Basketball**  
**Michael Sparks – Cross Country**  
**Jamarri Jackson – Football**  
**Paloma Bowman – Volleyball**  
**Elias King – Basketball**

### **Highlights to Date**

**Frosh Baseball** - With five games remaining in the season the freshmen baseball team is 12-1-1 and 5-0 in league play. The Falcons won the Oakmont Spring Tournament with a 3-0 record.

**JV Baseball** - The junior varsity baseball team is off to a great start. We have been fortunate to play two games this year at Raley Field, a nail biting 3-2 victory over Vista Del Lago and a 3-0 shutout of Capital Christian. As we enter league play the team is 4-2 and tied for the league lead. The squad looks forward to the challenge of playing 9 games in the next 18 days and achieving continued baseball growth and success.

**Varsity Baseball** - CB has rebounded with two wins over Mira Loma 22-1 and 11-1. Varsity baseball overall record this season is 11 - 3 - 1, and league 2 - 3.

**Diving** - With the dual meet season behind us, the divers are gearing up for their championship meets. Kourtney Clark set a new dual meet record for Christian Brothers. We are hopeful that our three new girls will bring the swim team many points at League championships.

**Men's JV Golf** - The Men's JV golf team has two matches left and a final tournament at Diamond Oaks in Roseville on May 2. The team was led by solid play from sophomores Matthew Miles and Bobby Paterson, and stellar play by freshman Jun Han Park.

**Men's Varsity Golf** - On Thursday afternoon, the Varsity golf team took on Rio Americano and lost in heartbreaking fashion 198-199. Tai Mamea led the CB team with a round of 38. Erik McMullen and Aaron Davis shot a 39. The Varsity golf record is 8 - 5, and league 6 - 4.

**Women's Varsity Lacrosse** - The varsity lacrosse team has experienced great success this season with a record of 10 - 3, and had the potential to make their first ever NCS lacrosse playoff appearance. The group truly works as a team on and off the field.

**Women's JV Soccer** - It was amazing how quickly the JV team came together this year. Every training session and every game was an opportunity to develop our soccer talents. This helps us to believe in each other and to play for the spirit of our school.

**Women's Varsity Soccer** - We beat Vista De Lago 2:1, and followed up by defeating Mira Loma 8:0. Overall record 4 - 8 - 3 and league 4 - 2.

**JV Softball** - JV Softball wraps up spring 2016 grateful for a fun season together. The season provided a great learning and growing experience for the team for first time players, and returning sophomores provided leadership along with a strong, consistent and advanced level of play. JV experienced challenging opponents this season but did enjoy favorable wins over Granite Bay and McClatchy. Fond memories were formed by all throughout the 2016 season.

**Varsity Softball** - Spring is in the air and CB varsity softball is on the move with a very young and promising varsity softball roster and an overall record of 10 - 6, league 1 - 2. The Falcons continue their drive to the playoffs. Impressive wins against St. Francis in the Albie Aware "Swing for the Cure" breast cancer tournament, and four wins in the Victory Tournament, were highlighted by exceptional defense, pitching and explosive offense. Consistency is their overall objective as the Falcons navigate a challenging schedule.

**Swimming** - The swim team has had a fantastic season and has competed at high levels among league opponents. The team competed at the Woodcreek Invitational in early March, performed a Service Day at Leataata Floyd Elementary School, and participated in team bonding with a Park Day at William Land Park. The varsity women earned victories over Vista Del Lago, Mira Loma, and Casa Roble. The varsity men were victorious over Vista Del Lago and Casa Roble.

**Men's Tennis** - Christian Brothers' tennis team has made it to playoffs. The team ended their season with 7 wins and 4 losses, and a third place finish in the CAL League.

**Men's JV Volleyball** - The JV boys' volleyball season was one full of improvement and growth. Although the season started with half of the team having never played volleyball, no one would be able to tell watching them play now. Their skills have grown immensely as individuals and as a team. Each player has kept the season interesting and fun, always working hard and open to learning new skills. Thanks for a great season boys!

**Men's Varsity Volleyball** - Boys' varsity volleyball has had a strong and successful season. From the first day of tryouts, this team has built and maintained undeniable team chemistry. Captains Kyle Lutz, Carlos Serrano, and Marcus Cepeda led their team both on and off the court and have created an environment that finds a balance between work and fun. With a current 15 - 8 record overall, the team will head to playoffs for the second time in Christian Brothers.

**Track** - The 2016 Falcon Track Team is moving towards league finals. This year has been led by a talented group of sophomores and many strong individual performances, and all look to advance from league finals to sections. Both boys and girls varsity 4x100m relay teams should be tops in the CAL league and move on to sections.

**Correction:** **Jacob Tucker** was inadvertently omitted from the JV baseball list of 3.5 and above GPA's and **Bridget White** from the Cal Scholars award for Track in the April 2016 newsletter.



*"Do not be prideful, and your work will endure."*

-Tao Te Ching

Teaching art is different from other classes. There are no long lectures, note taking, or tests. Students work on projects, many of which are their own ideas. We listen to music much of the time, and a grade is often not the biggest concern; the art will be in a show or a gift to a friend or family. To top it off, students can earn money with their art. I like to tell them they can't sell their math homework (legally), but what they create in the classroom is subject to free market forces. Even in one hundred years their art may well be in an antique store or gallery, still earning money for the current owner.

These are just some of the reasons teaching art is the best. And there is one more thing that can quickly deflate a teacher's ego: many students are better artists than their teachers. They are more creative, have stronger voices, can summon powerful emotions for a dramatic scene, can make sounds with a trumpet that haven't been heard before, or use a camera angle that sets the mood just right. So what is a teacher to do? For one thing, we can be students to our students. For another, we can give them opportunities to showcase their amazing talents: art shows, concerts, plays, film festivals, and art contests. Last, we can give them opinions, free advice, and remind them you get what you pay for.

The month of May is always big in the arts. For many of our artists this is the culmination of a year of work, and for some it is the swan song for their high school career. We offer you plenty of opportunities to be entertained and inspired this month.

**Animal Crackers** closed on **May 1** with a matinee in the George Cunningham '40 Performing Arts Center. The show was fast-paced and funny. The Marx Brothers would have been proud of this production.

**The Spring Instrumental Concert** takes place on **May 5** at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Come see the charming **Mr. Maslen** wave a stick in front of the kids.

The following day, **May 6**, the twenty-fourth annual **La Salle Art Show** is on exhibit in the Taylor Family Gallery inside the George Cunningham '40 Performing Arts Center. The show begins at 7:00 p.m. with the presentation of awards at 7:30 p.m. Much of the art is for sale and all proceeds go to the artist.

**Open Mic** happens on **Founder's Day, May 20** at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. This **Open Mic** is dedicated to our seniors and is your last chance to see members of the class of 2016 perform as CB students. In a few weeks they will join the alumni. **Open Mic Night** is always a guaranteed good time.

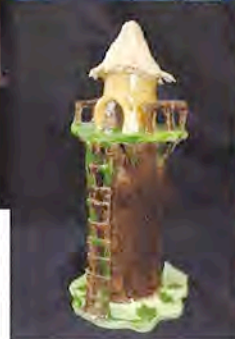
**Hollywood Bowl** will be presented on the main lawn on **May 21** at 7:00 p.m. Bring a blanket to sit out under the cool late spring sky and enjoy beautiful music. **Mr. Lien** proves once again that our choir program is the best in the city.

You are always welcome to join **FOTA**, the smartest and best-looking parent group on campus! We will be meeting on **May 5** at 6:30 p.m. in room 305. It is free to join and all FOTA members enjoy the family pass, four tickets to any art event on campus.

It has been a fabulous year and I have been grateful for every day of it. Many thanks to all of you. God bless you and your families.

Findlay McIntosh

Director of the Media, Visual and Performing Arts





## VOCATIONS

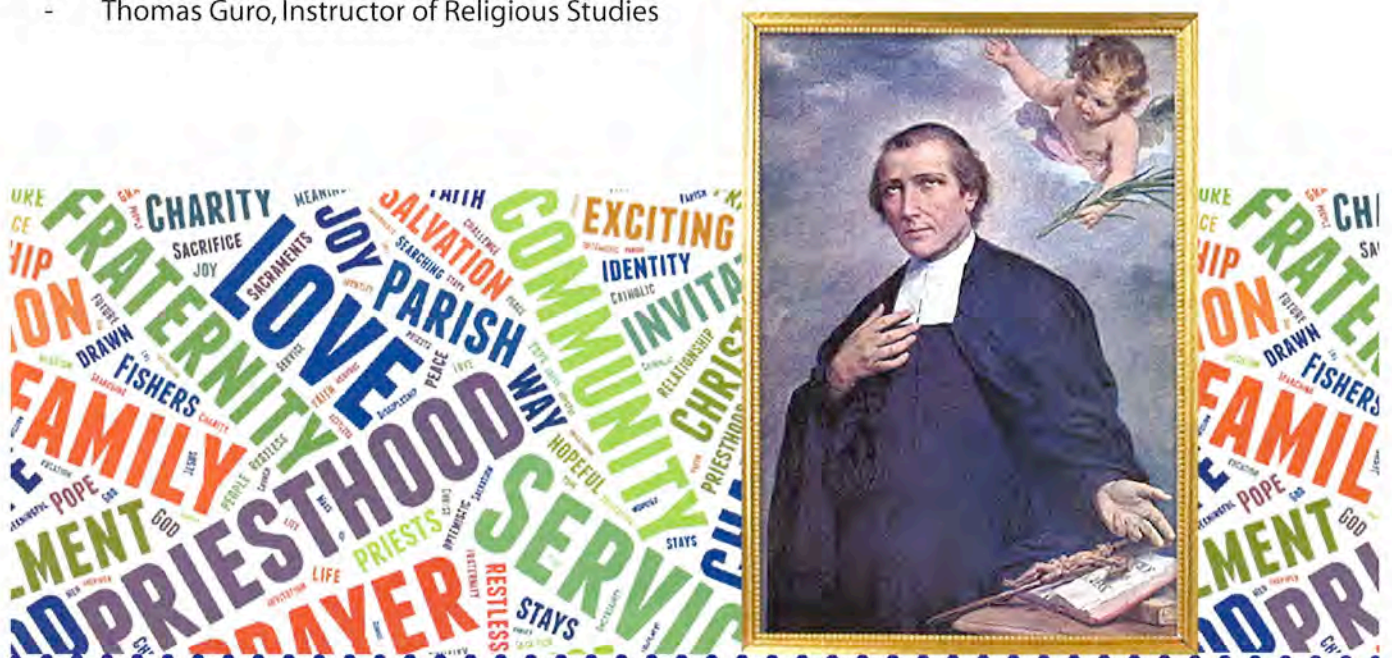
The Lasallian vocation takes many shapes and forms, from being a vowed Christian Brother, to being a lay partner as a teacher or staff member. We celebrate with the Christian Brothers on the recent news of Br. Solomon, who lived his vocation as a Christian educator even to the point of costing him his life. On March 3 of this year, the Congregation for the Causes of Saints cleared the way for the Canonization of Blessed Brother Solomon Leclercq, who was born in Boulogne France on November 14, 1745. The Congregation declared that a Venezuelan girl, who had been bitten by a venomous snake, had been miraculously cured through the intercession of Bl. Br. Solomon and without receiving medicine. This miracle is the last requirement needed to be canonized "Saint" in the Catholic Church. Lasallians hope to be celebrating his Canonization by the end of the year! He will become the 13th Brother to become recognized as a "Saint" in the Church. The following biography, offered by the international website for the Christian Brothers, gives us an insight to the dedication he had for his vowed vocation:

"Once the monarchy had been overthrown early in the French Revolution, the next target was the Church. In 1790 the Civil Constitution of the Clergy gave the state complete control over the Church in France. In order to continue to function, priests and religious were forced to take an oath to support the constitution. Most of the Brothers refused and so were forced gradually to abandon their schools and communities. Eventually the Institute was deprived altogether of legal status in France.

"Brother Solomon was secretary to Brother Agathon, the Superior General, after having been a teacher, director and bursar. He always showed a great love for people and a great attachment to his work. Having refused to take an oath, he lived alone in Paris in secrecy. We still have many of his letters to his family. The last one is dated August 15, 1792. That very day he was arrested and imprisoned in the Carmelite monastery, which had become a prison, together with several bishops and priests. On September 2, almost all the prisoners were killed by sword in the monastery garden. He was beatified on October 17, 1926, together with 188 of his fellow martyrs. He was the first one of our martyrs and also the first Brother to be beatified. His feast is celebrated on September 2 with the other Brother martyrs of the hulks of Rochefort, who died 2 or 3 years later."

<http://www.lasalle.org/en/who-are-we/lasallian-holiness/blessed-solomon-leclercq/>

- Thomas Guro, Instructor of Religious Studies





# The Ultimate Survey Says...

A vital means of ensuring that CB identifies and meets the needs of students and families is listening. In April, the school asked parents of freshmen and seniors to complete a short survey (based on the 2006 book, "The Ultimate Question" by Fred Reichheld) that included the question: Based on your experience at Christian Brothers High School (on a scale from 10 to 0, with 10 being very likely and 0 being not very likely), how likely is it that you would recommend CBHS to students entering high school?

An impressive 74 percent of freshman families and 69 percent of senior families participated. While the results of survey offer just a snapshot, it helps identify a "loyalty metric" called a Net Promoter Score. Based on a 1 through 100 scale, freshman class parents ranked CB 86 and senior class parents 82. To put the score in context, companies with the most efficient growth operate with a score of between 50 and 80, although the average firm scores between 5 and 10. Therefore, the feedback looks good and CB is healthy.

Strengths repeatedly cited by CB parents include academic excellence; quality faculty and staff; and the strong sense of community among the students, faculty and staff. The survey also provided us with feedback on areas of improvement. The administration values this feedback and will be discussing how the school can improve on its services and better meet student needs.

"I'm proud that we earned high Net Promoter Scores," says President Lorcan Barnes. "However, we will not rest on our laurels and will continue to look for ways to improve. I'm grateful to all of the families that participated. The positive and negative feedback is invaluable. Please know that we are listening."

# Wine Beer & Food Extravaganza

*Tickets are on sale now for this legendary event!*

Over 100 beer, wine and food purveyors! Live entertainment on three stages! A Private Reserve area with early entrance! And new this year, the swanky Speakeasy Lounge!

Find out more and purchase your tickets today at

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

This event sells out every year. So purchase your tickets early. You'll also get the Early Bird discount ticket price! All proceeds benefit CBHS. This "party with a purpose" is for guests 21 and over.



## MAIN EVENT ADMISSION Friday, September 16, 2016

- Early Bird discount now through July 15th . . . \$ 65
- July 16th to August 24th . . . . . \$ 85
- After August 24th. . . . . \$ 95
- Speakeasy Lounge . . . . . \$ 15
- Private Reserve (online purchase only). . . \$110

**TICKET Sales**  
Shuttles ■ Info & Event Perks  
[www.cbhswinetasting.com](http://www.cbhswinetasting.com)

MUST BE 21 OR OLDER TO ATTEND

### CLIP AND MAIL TO:

4315 Martin Luther King, Jr. Blvd.  
Sacramento, CA 95820-2727

Number of Tickets: \_\_\_\_\_ Number of Speakeasy Lounge \_\_\_\_\_

SORRY I CAN'T ATTEND, but here is my donation of \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

**TICKETS** are non-refundable.  
This event does SELL OUT

Checks can be made payable to  
Christian Brothers High School



# Falcon Family Faces

