

FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

Our 140th year begins strong, with a beautiful new chapel

Welcome back, and a special welcome to new CB families. We are honored to partner with you in the sacred responsibility of nurturing adolescents to become adults who are spiritually rich, morally courageous, and intellectually distinguished.

Our excellent faculty and staff are eager to greet your daughters and sons. We anticipate our starting enrollment will be at, or close to, an all-time high. We have planned staffing carefully in order to safeguard our close-knit community. Class sizes will still average 25 students. Once again, our student body will be enriched by the presence of international students ... 32 students from eight countries this year to date.

In addition to preparing for a great year on human and programmatic levels, we are making a few improvements to the campus. Our students return to a beautiful new second engineering lab to accommodate this growing program. We created wider parking spaces in the back school lot to make life a bit easier for our newer drivers. But the most exciting improvement is the Chapel of St. Joseph, which will open in September.

As a proud Lasallian Catholic community, we celebrate the Holy Presence of God in our students, our community and in our world. But until now, our school has not had a central gathering space for prayer and worship that properly reflects the central role of faith formation.

The old chapel, built in 1956, served as a worship space for the community of Brothers. As such, it was simply too small to meet the needs of students. Further, the entrance was oriented toward the former Brothers' residence in Br. Bertram Hall, providing no direct point of access for students.

The current renovation project expands the chapel to seat between 75 and 100. It is a larger space, but still intimate. The entrance opens to the main lawn while the front-facing exterior offers a significant symbol of our Catholic identity. The chapel's larger, light-filled interior will accommodate Mass, Lenten reconciliation, retreats, community prayer experiences, and

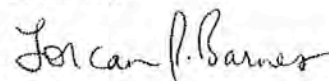
individual reflection. We are blessed to have a priest on staff, Fr. Francis Murin, who celebrates Mass in the chapel twice a week before school. Students and parents are always welcome.

The chapel will bear the name, 'Chapel of St. Joseph,' in honor of the patron saint of the De La Salle Christian Brothers. A statue of St. Joseph will be on the main lawn near the chapel entrance. Beautiful niches inside the chapel will feature small statues of St. John Baptist de La Salle and Our Lady of Guadalupe. The new altar will contain a reliquary containing sacred relics.

The \$850,000 chapel renovation project was made possible thanks to the generosity of donors to the Building on the Tradition Campaign – Phase II (2007-2014) and donors at the 2015 auction. No tuition dollars were used for this project. And, I am grateful to say that CB remains debt free.

Our mission – as it has been for 140 years – is to provide an outstanding Lasallian Catholic, college preparatory education in a faith-filled community. Our teachers and staff are energized. The second engineering lab is complete. Soon, our beautiful new chapel will provide our students with inspirational space for community worship and personal reflection. Thank you for entrusting us with your sons and daughters and for partnering with us in this shared sacred mission.

God bless,



Lorcan P. Barnes

President

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**AUGUST 2015
FALL SEMESTER**

Christian Brothers High School Monthly Newsletter
www.cbhs-sacramento.org

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Counseling And Guidance

WELCOME TO THE 2015-16 SCHOOL YEAR!

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

UPCOMING FIRST SEMESTER COUNSELING & GUIDANCE EVENTS:

Thursday, August 13 – Summer College Application Workshop for seniors from 9:00 a.m.-12:00 noon or 1:00-3:00 p.m. in the Learning Commons.

Tuesday, August 18 – College Boot Camp for Juniors

Saturday, August 29 - SAT Preparation Class for seniors begins (in preparation for the October 3 SAT Exam): Four weeks, Saturdays 8/29, 9/5, 9/19, and 9/26 from 9:00 am – 1:00 pm. Please see the CB website for details and registration form. (We will not hold a class on 9/12, the day of the ACT test and the Holy Bowl).

Wednesday, September 9 - College Night for Seniors and Their Parents: at 7:00 p.m. (Cunningham Center)

Monday, September 14 – Jesuit Excellence Tour College Fair (reps from many Jesuit colleges will be at Jesuit HS from 7:00-9:00 p.m. to meet with students and parents).

Wednesday, September 16 - Frosh Parents Guidance Night at 7:00 p.m. in the Cunningham Center (parents only).

Thursday, September 24 – UC Application Workshop before school and Falcon Flex

Thursday, September 24 – Private/Parochial College Fair at Jesuit High School (6:30 -8:30 p.m.)

Thursday, October 8 – CSU Application Workshop before school and Falcon Flex

Wednesday, October 14 - Testing Day: ACT ASPIRE for freshmen and PSAT for sophomores and juniors. (9:00 a.m. start)

Thursday, October 22 – Common App Workshop before school and Falcon Flex

Wednesday and Thursday, October 28 & 29 - Staffing Days: (before and after school)

Wednesday, November 4 – Getting Noticed, Getting In: Athletics/Guidance Night from 7:00-8:30 p.m.

Thursday, November 5 – All-College Application Workshop before school and Falcon Flex

Thursday, November 19 – All-College Application Workshop before school and Falcon Flex

Thursday, December 3 – All-College Application Workshop before school and Falcon Flex

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

MEET OUR COUNSELING AND STUDENT SUPPORT TEAM: Counselors are available for consultation if needed. Please contact your child's grade-level counselor to make an appointment. **Mr. Kirk Purdy** and **Ms. Emily McDougall** are the freshman counselors (Class of 2019). **Mr. Purdy** will have the students whose last names begin with A-M and **Ms. McDougall** will have the students whose last names begin with N-Z.

Ms. Blaire Moskat is the sophomore class counselor (Class of 2018), **Mr. John Riley-Portal** is the counselor for the juniors (Class of 2017), and **Mr. Armando Diaz ('94)** is the counselor for the seniors (Class of 2016). In addition, **Mr. Purdy** is the Director of Counseling and Guidance, **Mr. Diaz** is the Co-Director of the Foundational College Prep Program (FCP) and **Ms. McDougall** will serve as the school's Wellness Counselor, doing prevention classroom presentations and seeing students for more long-term counseling across all grade levels. **Ms. Melissa McClellan** is the Director of College Counseling. We are excited to have her doing college counseling full-time now to provide even better service to our CB families! **Ms. Margaret Buggy** is Co-Director of the FCP Program and the Coordinator of Academic Student Support and will work closely with the counselors. **Ms. Cynthia Grajeda** is the Administrative Assistant to the Counseling Department, coming over from the Admissions Office. **PLEASE LET US KNOW IF WE CAN ASSIST YOU IN ANY WAY!**

NAVIANCE/FAMILY CONNECTION - The Counseling & Guidance Department encourages all students and parents to utilize the many facets of our web-based tool for personal, career and college planning! You may click on the link on the home page of the school website in order to access Family Connection. Right now is a great time for students to update their resume, explore careers and colleges 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. Cynthia Grajeda (Administrative Assistant) in the Counseling Center, located in Br. Bertram Hall.

SAT PREP CLASS – Christian Brothers is once again offering a four-week SAT exam preparation course for the Class of 2016 students. The class will be taught by our own English and Mathematics teachers and will be held on four Saturdays beginning August 29. The class starts at 9:00 a.m. and ends at 1:00 p.m. The cost of the course is \$200 and soon you may print the Registration Form from the school website. This course will conclude shortly before the October 3rd SAT. Students must register for the exam by going to the CollegeBoard website at www.collegeboard.com

A similar course for the soon-to-be revised SAT will be taught for the juniors (Class of 2017) and will conclude shortly before the March 5 sitting of the SAT. More specific information will be forthcoming. For more information, please contact Cynthia Grajeda at 733-3680 (cgrajeda@cbhs-sacramento.org) or Melissa McClellan at 733-3679 (mmcclellan@cbhs-sacramento.org).

Campus Ministry News...

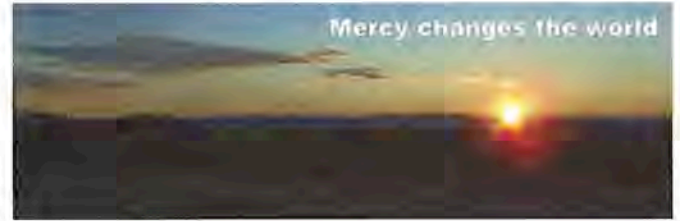
That all may know...

"God's mercy can make even the driest land become a garden, can restore life to dry bones." (Ezekiel 37: 1-14)... Perhaps this scripture is particularly appropriate for us in this time of physical drought that we are living with. But what of our spiritual lives? Are there circumstances or parts of our faith lives that are in need of replenishing and nourishment? This year our Campus Ministry Team will focus our attention on the theme "That All May Know God's Mercy." The importance of the message of mercy will be even further emphasized in the Catholic Church as Pope Francis has called for a jubilee year of mercy beginning this December. For our Christian Brothers community we will be able to express, live out and reflect further upon God's loving mercy given freely to us all. In turn, we will discover ways to share this gift of mercy with others through our Lasallian mission. Pope Francis' Easter message from 2013 speaks of the call to mercy in the following way....*"The Church is a mother, teaching her children the works of mercy. She has learned this path from Jesus; she has learned that this is essential for salvation. It is not enough to love those who love us. It is not enough to do good to those who do good to us in return. To change the world for the better is it necessary to do good to those who are not able to do the same for us, as our Father did for us, in giving us Jesus. How much have we paid for our redemption? Nothing. It was all free. Doing good without expecting anything in return - this is what our Father did for us and what we too must do."* The Holy father concludes, *"let us give thanks to the Lord, who has given us the grace of having the Church as a mother who teaches us the way of mercy, the way of life."* — Easter Urbi et Orbi message on March 31, 2013. It is my greatest hope that our CB families have enjoyed some wonderful rest, recreation, and relaxation this summer. While I am personally beginning to mourn the end of summer break, I am also excited for the beginning of a new school year!

That we may all know God's mercy- Jen Yearwood, Director of Campus Ministry

RETREATS: The **Summer Kairos (K56)** was held at Zephyr Point Retreat Center in Lake Tahoe, and was a wonderful time of retreat, reflection and rejuvenation for all who attended! Thank you to our dedicated members from the Class of 2015 who gave up time during their summer vacation to serve as student leaders: **Anna Abramova, Raquel Andrade, Justin Baker, Elizabeth Dewey, Nick Garcia** and **Matthew Pale**.

SRLT.: Last week, 46 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 2015-2016 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 2015-2016 SRLT team are: **Gabriella Ayala, Marci Bandela, Valente Araiza-Barba, Katelyn Bates, Erika Bolen, Ben Brouwer, Josh Brouwer, Sarah Burbridge, Terise Camasura,**



Giselle Cantiller, Jiselle Castaneda, Raquel Cornejo, Sarah Driver, Samantha Earley, Vanessa Ellis, Katie Enos, Haley Grandchamp, Kirsten Gruber, Maliah Haroldson, Nick Heberger, Nick Heller, Lucas Hoffart, Mary Hynes, Kat Jacinto, Stephanie Jimenez, Chaila Johnson, Alyssa Landeros, Brittney 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, Emily Taylor, Daniella Toschi, Jennessa Vasquez, Alina Vera, Adam Wong and Davis Yasuda.

I am so blessed to share this year's retreat journey with such a great team of student leaders!

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 in the Campus Ministry section, 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 school prayer service on the first day of school. We will use this opportunity to rededicate and bless our newly renovated chapel as a student body. This prayer service will take place at 9:30 a.m. on the main lawn. Parents are welcome to remain on campus following the "welcome back coffee gathering" and join us for the prayer service.

Praise & Worship Singers and Band

Members wanted....CB Campus Ministry is 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).

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!

Lasallian Student Life

Christian Service

Incoming Freshmen and Lock-In:

All incoming freshmen are asked to bring at least one of the following items to Lock-In: *vegetable oil, foil, water-based pancake mix, peanut butter, jelly, bread, or cash donation* for eggs. If you have a cash donation please drop the check off at the main office and ask that it be put in the Christian Service mailbox. At Lock-In look for the **Wellspring Donation** table. **Why do we ask incoming freshmen to donate?** Our motto is **Enter to Learn~Leave to Serve** and this donation is your first Christian Brothers act of service. Serving those in need falls under one of the Lasallian Five Core Principles: Social Justice and Service to the Poor.

The Wellspring Women's Center is located in Oak Park and serves over 200 impoverished women and children every weekday. Using the donated items Christian Brothers Breakfast Club volunteers generously give their time each Friday morning at 6:00 a.m. to prepare pancakes and eggs for the women and children at Wellspring. If you are interested in joining this popular service club please see Ms. Lystrup (after school begins) in Room 106.

All School Wellspring Drive:

Our all school Wellspring Drive begins August 14-28. Please donate the following: *vegetable oil, foil, water-based pancake mix, peanut butter, jelly, bread, or cash donation* for eggs. All donations will be dropped off in students' B set classes and cash donations can be dropped off in Room 106, Ms. Lystrup's office. Your donations are deeply appreciated. Thank you.

Social Justice Club

Each year Christian Brothers High School has a Lasallian Social Justice theme that falls under the umbrella of **The United Nations Convention on the Rights of the Child**. This year the theme is **Human Trafficking**. Over the course of the new school year students will learn more on this subject and each month the newsletter Christian Service page will post a link or fact(s) about the issue.

According to the FBI, Sacramento ranks number two nationwide in human trafficking.

- **Fact 1:** According to *The State of California Department of Justice, Office of the Attorney General*, "Human trafficking is a modern form of slavery. It involves controlling a person through force, fraud, or coercion to exploit the victim for forced labor, sexual exploitation, or both. Human trafficking strips victims of their freedom and violates our nation's promise that every person in the United States is guaranteed basic human rights. It is also a crime."
- **Fact 2: The California Legislature defines human trafficking as** "all acts involved in the recruitment, abduction, transport, harboring, transfer, sale or receipt of persons, within national or across international borders, through force, coercion, fraud or deception, to place persons in situations of slavery or slavery-like conditions, forced labor or services, such as forced prostitution or sexual services, domestic servitude, bonded sweatshop labor, or other debt bondage."

Any student that is interested in participating in the **Lasallian Social Justice Club** should see Ms. Lystrup in the LSLO Room 106. Those committed students will work with a committee of teachers to help form a culminating spring event based on our annual theme.

Auction Fun Never Ends!

There is still room for a sign-up party!

CB Moms Lunch – \$40 per person

Enjoy a delightful afternoon at the home of CB grandparent Jay Byers on September 10 from 11:30 a.m. to 1:30 p.m. Socialize with other CB moms and savor a delicious lunch amidst a beautiful home setting. Hosted by current parents: Dawn Byers, Kelly Downey, Cynthia Martin, Annie Kaplon and Tammy Wilcox.

Contact Joanne McShane at jmeshane@cbhs-sacramento.org or 916-733-3643.

Limited availability!

Volunteer Opportunities!

Come join the 2016 Auction Committee!

Our kick-off meeting will be Wednesday September 2 in the Brother Bertram Hall Living Room. Snacks and beverages at 5:45 p.m. meeting to begin at 6:00 p.m.

We are a fun and welcoming group of volunteers!

For more information contact Joanne McShane at 733-3643 or jmeshane@cbhs-sacramento.org

Magazine Drive Volunteers Needed!

Have fun tabulating the magazine sales that fund student activities. This is a great opportunity to meet other parents and be a part of the CB community! Collection days are September 8 from 10:00 a.m.-2:00 p.m., September 15, 22, 29 and October 1 at 10:00 a.m. until finished in Brother Bertram Hall. Contact jmeshane@cbhs-sacramento.org to assist.



Student Activities

Welcome Back to Christian Brothers High School for the 2015-2016 school year!

Student Activities is excited to begin a brand new year with many engaging and fun-filled events. As we know, co-curricular activities keep the students interested in school and help them grow physically, emotionally, and socially.

We begin the new school year with Christian Brothers traditional **Lock-In**, which welcomes our new freshmen with an all night extravaganza. The evening commences with an **Ice Cream Social** welcoming both students and their parents. The frosh will then participate in a rally and numerous games; they will attempt their skills on inflatable obstacle courses and at jousting, as well as many, many other activities. They will be entertained by Student Council and the ever popular DJ Hightop. The students will also become familiar with the campus and make new friends. Finally, they will enjoy hot cocoa and donuts as they watch the sun rise on their four years at Christian Brothers High School.

WELCOME TO CB, CLASS OF 2019!

Upcoming Activities:

The first Open Dance for freshmen and sophomores from the four Catholic high schools will be held at CB on the Mary Lawn on August 29 from 7:30-10:30 p.m.. Tickets are \$7.00. Once again, our famous DJ High Top will be in charge of one of the favorite dances of the year. Tickets will be available through the LSLO window during the week of August 24.

Our annual Magazine Drive will officially kick off on September 3. The proceeds for this fundraiser go to support the many activities on campus, such as clubs, sports, music, etc. Magazines may also be purchased by following the link on the school website.

Clubs are popular on the CB campus and a way for students to develop new interests and new friends. Students have the opportunity to shop for clubs they wish to join on Club Day, September 17 at lunch on the main lawn. The club representatives will be out and ready for your student to explore. See you on the green!

Homecoming is on October 23 and CB will be playing what is sure to be a very exciting football game, against El Camino High School. The following evening, October 24, Student Council will put on an amazing celebratory Homecoming Dance in the gym.

Before we begin our school year filled with many spectacular activities, the members of Student Council will head to camp in Lake Tahoe to plan, plan, and plan. We are all eager and energized to begin another fantastic year at CBHS!

2015 – 2016 STUDENT COUNCIL OFFICERS

ASB Officers

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

PRESIDENT: **Katelyn Bates**
VICE PRESIDENT: **Valente Araiza**
SECRETARY: **Luke Harris**
TREASURER: **Mallah Haroldson**
RALLY CHAIRS: **Thomas Payne and Ryan Perez**
PUBLICITY/HISTORIAN: **Bella Bagatelas and Marci Bandala**

SENIOR CLASS COUNCIL

Tom English and Marian Shackel
Victoria Burbridge
Mary Hallsten
Brittany Leek
Aiden Smith
Efrain Vallejo
Nicolette Washburn

SOPHOMORE CLASS COUNCIL

Anna Fernandez and Thomas Guro
J. R. Aguirre
Julianne Downing
Navneet Khaira
Sofia Linares
Anna Clare Nelson
Camilla Patterson
Nick Smith

JUNIOR CLASS COUNCIL

Annie Hoekman-Veldstra and
Brittany Williams
Pat Barnes
Makenna Chapman
Justin Dacanay
Sophie Emerson
Tudhvir Sekhon
Ayana Watkins

FRESHMAN CLASS COUNCIL

Anthony Caselli and Stephanie Roybal
Caty Cordano
Cheyenne Eanes-Curry
Kennedy Earley
Lizette Gonzalez-Gomez
Natalia Kimmelshue
Thomas Marcum
Katie Williams

facebook

**Keep up with our community
and follow the fun at
www.facebook.com/CBSacramento**

Wine, Beer & Food Extravaganza!

On **Friday, September 18** at CBHS

For tickets, visit www.cbhswinetasting.com.

Come join parents, alumni, friends and guests at this 28th annual outdoor festival of area vintners, craft breweries, restaurants and caterers. Setting our event apart is its festive atmosphere with live bands in two venues – the Wine Lawn and Beer Garden. **This event is a party with a purpose, to raise funds for tuition assistance for CB students.** This event drew a sell-out crowd of over 1,900 guests last year. If you plan to attend, please make your reservations now, before ticket sales are closed.

Athletics

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

BASEBALL – In a six week span during the early part of the summer, the CB baseball program was able to get a peek into the future. A team of incoming freshman baseball players came together and played against other schools from Elk Grove. This is the fifth year the CB program has taken part in a summer league of this kind. It was a great opportunity to introduce the class of 2019 to CB and its traditions. The boys learned how we run practices, pre-game, and how we play at CB. With a baseball program steeped in tradition and reputation, it was an amazing opportunity to develop a new group of players. The future without a doubt looks bright.

GIRLS BASKETBALL – The women's basketball program had a great summer. All levels participated in summer league and also played in the Oakridge High School Tournament. The varsity team attended the Chico State team camp, and ended summer play by winning the championship in a local AAU basketball tournament.

FOOTBALL – This offseason has been very productive for the Christian Brothers football program. The Varsity, JV and freshman teams have been training in June and July for the upcoming season. After a successful spring and summer in the weight room, the Varsity Falcons are working hard to challenge for a CAL league championship and return to past season play. Coming off an 8-3 record in 2014, Christian Brothers faces a challenging schedule both in and out of league. This year's varsity squad returns three All League players with Jarrod Burkholder (DL), Miguel Ledesma (LB) and Jamarri Jackson (RB), and starters Jaret Fiffick (OL), Aidan Smith (DL), Malcolm Anderson (DB), Matt Marengo (R) and Braeden Bourke (TE). Under the guidance of Head Coach Jim Ghilardi, the JVs performed well in the weight room and in a number of passing league contests. Freshman Coach Skip Gonsalves welcomed close to 30 players in June workouts.

Players and coaches look forward to seeing the Christian Brothers community at the games.

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

SOCCER - Men's Soccer: With pre-season conditioning underway, the CB soccer teams have been busy preparing for the 2015 season. The Soccer program hosted a Goal keeping and Goal scoring clinic in early July, with over 30 athletes participating. The camp was a huge success! The incoming talent for the Falcons looks very promising for the Soccer program. Keep an eye out for the 2015 Falcons, they will continue to be a top team in the area.

VOLLEYBALL: At the beginning of June we began working on fundamentals that all student-athletes can expect to perform at tryouts. We shared with the student-athletes the program's outlook for the upcoming season at each level, and immediately let them know what all coaches will be looking for in future Falcons volleyball teams. All the student-athletes that came consistently to open gym sessions and conditioning could see that their hard work was paying off and will definitely help them at tryout time. We are pleased with the attendance and effort by all student-athletes that came to the sessions. Once again the program was fortunate to participate in the All American Volleyball Sports Camp towards the end of the summer. All attendees were exposed to great skill instruction and a Q&A with the counselors, which included former Olympic Silver medalist Sue Woodstra. It was great for the campers to hear the stories of dedication and work it takes to play at a high level, but more importantly learning the balance needed to be

a student-athlete from people who have performed at a high level. Next up before tryouts is a four-day conditioning session to help get our student-athletes prepped for tryouts. All coaches are fired up and ready for the season!

WOMEN'S WATER POLO: Women's water polo is off to a great start with off-season conditioning. Athletes woke up very early this summer, two days a week, and increased their strength and fitness levels. We also welcome a new Assistant Coach, Ms. Staci Powell. Coach Powell teaches in the Sacramento City Unified School District and has considerable water polo and swimming knowledge!! The Women's teams look ready for another strong season, and a deep run into the playoffs.

Become active volunteers in support of CB athletics.

CB Falcon Athletic Volunteers (FAV)

FAV would like to extend an invitation to you and your family to become active volunteers in support of CB athletics. If you are a parent of a current CB athlete, you understand the importance of volunteering to assist athletic events. Your participation is essential to your child having a positive experience in our CB sports program. Whatever your strength or talent, we have a place for you. Events include: Blue/Red Scrimmage, Spring Sports BBQ, La Salle Club Coaches and Baseball Hall of Fame events, the Christian Brothers Athletic Hall of Fame banquet, and CB home contests. **Generally FAV meets the second Wednesday of each month but please check the CB 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:

- **Sunday, August 9, 9:00am-3:00pm**
Coaches and Captains Workshop in the George Cunningham'40 Performing Arts Center
- **Monday, August 10 - Fall Sports Begin**
- **Thursday, August 20, 6:00pm**
New Parent Athletic Orientation in the George Cunningham'40 Performing Arts Center
- **Saturday, August 22, 9:00am-1:00pm**
Blue-Red Scrimmage & Sports Picture Day
Volleyball - Ron Limeberger Gym
Soccer - Varsity Soccer Field
Football-Football Field

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

- [All athletes must have the Appryse athletic medical clearance prior to any participation or tryouts for athletics.](#) To find the Appryse link, please go to the CB website / Athletics / Game Summaries and Headlines
- [Fall tryouts officially begin Monday, August 10.](#) To obtain specific tryout/practice information contact the head coach directly. The head coach directory is available on the CB website Athletics page under Announcements and Events.

Sports Chalet Action Pass and Rewards Program

We are excited to announce that Sports Chalet has chosen Christian Brothers as one of the schools in the United States to offer a rewards program. There are two simple steps: (1) become a Sports Chalet Action Pass member and (2) enroll in the action pass rewards program. You earn 3.33% cash back on purchases in stores and online, AND Christian Brothers Athletics also earns 3.33%. Please pass this information along to your friends and family! The link and directions are on www.cbathletics.org under the Announcements and Events section of the website.

“And now we welcome the new year, full of things that have never been.”

- Rainer Maria Rilke

The new school year is full of hope. Every week the calendar is booked full with art shows, concerts, theater, and film. We are going to create things that have never been. I, for one, am really looking forward to meeting my art classes. We are a blessed community.

The whole MVPA Department have been honing their skills over the summer in anticipation of a great school year. Consider the following (I hope it makes you smile!) 😊

- Fine Arts instructor **Mr. McGovern** has painted a picture so bright you are well advised to wear sunscreen when viewing it.
- Ceramics instructor **Mr. Boriskin** threw a perfect bowl blindfolded and only used his feet.
- Fine Arts Instructor **Mrs. Kerr** has given motivational talks to Seal Team 6.
- Art History instructor **Mrs. Adams** broke up an art forgery ring. The story is being made into a movie.
- Theater Arts instructor **Ms. Christianson** is coaching Nathan Lane for his next performance on Broadway.
- Media instructor **Mr. Hogan** is in negotiations to host next year's Oscars.
- Choral instructor **Mr. Lien** is giving private singing lessons to the Dali Lama.
- Instrumental instructor **Mr. Maslen** is writing the music for the sequel to "Whiplash".
- Vocal Jazz instructor **Mrs. Williams** as taught a flock of seagulls to sing jazz.
- Theater Arts instructor **Mr. Jackson** is a script advisor for Downton Abby.
- **Friends of the Arts** are serving as the only Arts Advisory Board President Obama consults.
- And I have been working on my technology skills, I am proud to say I have gotten to level 4 on Angry Birds. I only had to go to You Tube three times.

With a lineup like that, how can you not be optimistic about the new things and memories we are going to make in 2015-2016? For incoming students, I advise that you get organized and put your best effort into your work; you will enjoy the new year much more than the stress of procrastination. For parents, there are numerous parents groups to join. Get involved with your student's school, you will enjoy even more this special time in your child's life. I want to particularly encourage joining Friends of the Arts, better known as FOTA. It is the parent group all the cool parents join.

Thank you,

Findlay McIntosh, Director of the MVPA

“The more we let God take us over, the more truly ourselves we become.”

C.S. Lewis

Helpful technology tips for parents and students preparing for the new school year...



- Make sure your student has an Apple ID and is using iCloud for backup
- Make sure your iCloud backup is turned on for Notability
- Limit the time your student is on the iPad
- Help your child develop a routine
- Look at the apps and programs on your student's iPad. Work with your student to minimize distracting apps on his/her device. Set up parental restrictions if needed.
- Set expectations for your student regarding appropriate use
- Put the iPad in a common place at night to charge, not in the bedroom

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

International Student Program



The International Student Program

This month, Christian Brothers High School begins the fourth year of our International Program. We began with thirteen students in August of 2012, and we've now enrolled thirty-two students for the 2015-16 school year. We have seventeen returning students hailing from China, Equatorial Guinea, Japan, Singapore and South Korea. This year we have fifteen new students coming from China, Germany, Russia, and Spain. Altogether we have six new freshmen, twelve sophomores, nine juniors and five seniors – eleven young women and twenty-one young men. We have had a surge of interest from host families in our CB community and we appreciate each and every one of our committed host families.

All of the students will arrive just a few days before school starts and new students will attend an Orientation. Orientation sessions will provide them with an overview of Christian Brothers including a campus tour, class schedules, iPad use, and information specific to our school that will help them navigate the campus and classrooms. Additionally, we will address cultural issues such as classroom procedures and expected outcomes regarding homework, tests, attendance, and the importance of participation in class discussions. Of course, we will also review topics related to living with the host family and possible solutions to adjusting to the many culture shifts they will encounter along the way. For the majority of American students who change schools, we know that they will adapt to the culture of a new school, but for our International students, there is a major cultural shift in the academic world. We want to prepare them in advance so their cultural and academic shock is lessened in the learning environment at CB.

In May 2015, we saw our first class of International students graduate. Teachers, administrators and staff contributed much to their success but we give credit to the achievements of our diligent, and hard-working international graduates. Hongyi, Katherine, Liwen, Chris, Herbert, Jason, Jonatan, and Spencer all walked across the stage at graduation knowing they had accomplished so much – academically, spiritually and emotionally – here at CB. These students are now off into the collegiate world about to embark on another new journey in another new place. They are ready for their new adventures. They learned so much about us and we learned so much about them. They will always be our first International group of CB alums, and they are leading the way for the current and subsequent seniors to follow.

On August 17, we will get our first glimpse of our new and returning students together in one place. We will see some of them with their families and host families together. It is a special time to see how far and wide our CB world is reaching. There will continue to be more students representing more countries to come as our program gains strength and maturity, but for now we are happy to have each and every International student that has accepted our invitation to join us and be part of our CB community in 2015-2016. May we continue to welcome them with open hearts and open arms, knowing that we are making the world a little smaller and kinder for us all.



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 24. Students must be 15 years of age by October 2, 2015 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 or 916-733-3674 with questions.

CBHS VOLUNTEER OPPORTUNITIES 2015-2016

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

- **Lasallian Parent Ambassadors:** Lasallian Parent Ambassadors are a parent volunteer group that helps with hospitality and organization of parent volunteer efforts for student and school-wide events, including dances, blood drives, class family Liturgies, and Graduation day events. LPA parents also welcome new and prospective families as hospitality ambassadors at the Ice Cream Social, Open House, Placement Indicator exam, and Frosh Welcome Night. The Lasallian Parent Ambassadors extend an open invitation to all CBHS parents to become involved by volunteering to help make CB...the place to be.
- **Falcon Athletic Volunteers (FAV):** The CB Falcon Athletic Volunteers invite CB parents and families to become active volunteers to support CB athletics. Parents of CB athletes play a vital role in the athletic program and their participation is essential to the continued success of the CB sports program and its many related functions. Whatever your strength or talent, we have a place for you.
- **Friends of the Arts:** The Friends of the Arts (FOTA) is a volunteer organization that gives parents and supporters an opportunity to support the Media, Visual and Performing Arts at Christian Brothers High School. Members can serve as volunteers for events, as donors, and/or provide assistance with the promotion of events throughout the school and the local community.
- **Alumni Association:** The Christian Brothers High School Alumni Association is the vehicle for alums to stay connected to the school. All graduates of Christian Brothers, Bishop Armstrong and Bishop Manogue High Schools, and St. Joseph's Academy are considered alumni of Christian Brothers. Alumni support the school by raising funds for tuition assistance, special wish list projects and capital projects, and by volunteering their time and talents for key CB activities and events, including the annual Alumni Dinner and the Wine, Beer and Food Extravaganza.
- **CBHS Open House October 4, 2015 (11:00am - 2:00pm):** The CB Open House welcomes prospective CB freshmen (parents and middle school students) to visit our campus and discover why CB is the place to be for exceptional academic programs, the arts, athletics and more - all in a faith-filled, nurturing community. Highlights of the day include campus tours, an art exhibit, performances by the band and choir ensembles, demonstrations, academic and athletic information tables, and more. Volunteers are needed in many areas to welcome the guests.
- **The Magazine Drive** - Late August through Early October: The Magazine Drive raises funds for our student clubs and organizations, and other specific student needs. Students do the selling; adult volunteers are needed to help collect and tabulate the magazine orders when students turn them in. Order collection days are Tuesdays in September and October during the school day.
- **Auction Committee** - March 12, 2016: The Christian Brothers High School's auction includes a gala dinner for over 400 attendees and features a silent and live auction. This major fundraising event is tremendously exciting and the committee (made up largely of parents) has fun making it all happen. Committee meetings begin in September and there is a volunteer task to match every interest and personality. All are welcome.
- **Grad Night - May 27, 2016:** Traditionally all grade level parents are invited to volunteer on the Grad Night committee to help plan and organize the all night celebration after graduation. Junior, sophomore and frosh parents run the event which is a supervised, fun, safe and sober environment for the graduating class. Grad Night meetings will be during the school year.

SAVE ALL YOUR MAGAZINE ORDERS!

Please make sure to save all your Magazine orders for our fall 2015 sale! This is our main fundraiser and EVERY ORDER COUNTS! Your support is crucial as it drives the programs that enrich our student experience here at CB. Place new orders or renew your existing subscriptions through the upcoming drive!



The CB fundraiser will begin Thurs. September 3rd

WHAT IF I WANT TO RENEW OR BUY EARLY?

Renew a current magazine subscription or purchase a new one for a family member or friend or even a treat yourself!

SIMPLY GO TO gaschoolstore.com and use our school code: 2640282



WILL MY STUDENT GET CREDIT?

Even if you place an order now your student WILL get credit for prizes when the sale comes in the fall!!

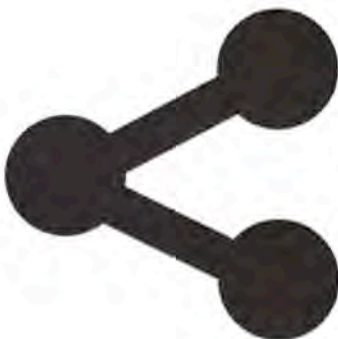
The school ALWAYS makes profit on your order no matter when you place it!



CAN I SHARE THIS LINK?

You make the difference! We want to get the word out so our family and friends can support us as well!

JUST USE THE SAME CODE/LOGIN PROCESS ABOVE!



Coming soon... More Fall 2015 Sale Options...

Nationwide Savings App

NATIONWIDE SAVINGS
AS CLOSE AS YOUR PHONE!

Great American OPPORTUNITIES powered by Entertainment® \$20

Save at hundreds of restaurants and attractions near you!
Plus enjoy savings at businesses like these and many more.

Great American OPPORTUNITIES
DIGITAL SAVINGS MEMBERSHIP™
powered by Entertainment®

AVIS enterprise Payless
OfficeMax AÉROPOSTALE claire's
Michaels carter's Party City
babies and kids
FAMILY DOLLAR HOT TOPIC

- App Cost: \$20...School retains 50% of your purchase!
- Huge local and national savings...
- Entertainment books across the country at your fingertips in one GPS driven app...
- Pull up discounts around your current location...
- Show merchant discount on your phone and redeem immediately!

Kids Helping Kids Is Back!!!

Give the gift of reading to a student in need. We are committed to being an educational leader in the region and to building a better community. Simply let the student know you would like to give this gift and they will write it down on the order form accordingly. Your \$20 contribution will go towards a kids magazine for a local student.



Purchase of either of above options will count 1 for 1 towards prizes during sale...

Falcon Family Faces



FALCON FAMILY NEWS

A MESSAGE FROM THE PRINCIPAL

Dear Parents,

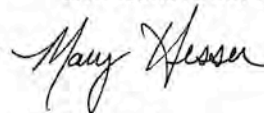
Welcome to all our new families and welcome back to all of our returning families! 2015-16 has begun and it has been a fabulous start to the school year. The excitement, the energy, the terrific positive momentum around campus is palpable. Walking around campus, one can feel the wonder of relationships renewed and newly formed, and the presence of a delightful atmosphere spreading contagiously. Whether at Freshman Lock-in or the opening day prayer service; whether in the classroom or on the lawn at lunch; with parents at Back-to-School night or peering into the almost finished Chapel; watching action on the practice fields and courts or listening to the laughter in the faculty lounge, this new school year brings a magical dynamism that delights. As we are with our students, the enjoyment of overhearing hallway chatter sharing celebratory moments such as, "I got my license," and "I love my classes," warms the hearts of faculty and staff and gives meaning to our days, as we partner with you in this Lasallian mission of a "human and Christian education."

On a personal level, all of this feels even sweeter as my husband and I mark a new milestone in our lives – not only are we "empty-nesters," something we've been experiencing since our youngest left for college in fall 2006, but by this time next month we will be, in some ways, officially "done" with the parenting journey. Our children, CBHS classes of '99, '02, and '06, will all be well and truly adults – finished with college, both undergraduate and graduate, gainfully employed, and married. Our son was married in June and our youngest daughter will be wed at the end of this month (the middle daughter has been married for 8 years now, and given us three beautiful

grandchildren). So I can honestly share it is a bittersweet feeling to know that our job is done – not that any of us ever stop being parents, but the roles have shifted and left us wondering "What next?" Coming into this season of my life causes me to remember the significant responsibility each of you is experiencing as the parent of a teenager – probably one of the most difficult jobs in the world! The good news I can share with you is that it is all worth it – the time, effort, resources, and great love you invest in your children now, in spite of the challenges and sometimes heartache of navigating with them the choppy waters of adolescence, will result in tremendous dividends as you observe them mature and grow into capable, successful adults.

We here at Christian Brothers view it a privilege to walk with you on this journey. We hope that this year gives you time to savor the high school years with your child. As the late comedian George Carlin wrote, "Give time to love. . . And always remember, life is not measured by the number of breaths we take, but by those moments that take our breath away." Knowing we are all in God's holy presence, we look to Him to guide us in developing strong values and character in our students – your children – united with you in our desire to serve them and prepare them well for the future. But we know that, as Mother Teresa said, "Yesterday is gone, tomorrow has not yet come. We have only today. Let us begin." Here's to a great beginning!

Live Jesus in our hearts,



Principal

Domine Opus Tuum

SEPTEMBER 2015
FALL SEMESTER

Christian Brothers High School Monthly Newsletter
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: Mr. Kirk Purdy (Class of 2019 Counselor for students whose last names begin with A-M) and Mrs. Emily McDougall (Class of 2019 Counselor for students whose last names begin with N-Z) will be having all freshmen complete the **"Learning Styles Inventory"** on **Naviance/Family Connection** during the first week of September. The freshmen will then be able to access this very important website for college and career planning and personal awareness. Parents may view the results of this learning-style tool by having their sons and daughters log on to their **Family Connection** page. Mr. Purdy and Mrs. McDougall will also be handing out a packet of helpful information to the frosh regarding how to be successful at CB and how to utilize their counselors. This will take place during their pre-scheduled small-group conference. On **Wednesday, September 16 (7:00 p.m. in the George Cunningham '40 Performing Arts Center)** the counselors will host all freshmen parents for **"Frosh Parents Guidance Night"**. We will give parents a preview of what to expect from the Counseling & Guidance Department over the next four years and discuss important issues concerning academic, personal and college counseling.

SOPHOMORES: Ms. Blaire Moskat (Class of 2018 Counselor) will have the sophomores taking **"Do What You Are"**, a personality profile/career interest survey on **Family Connection**. She will also be handing out the **Official Student Guide to the PSAT** in mid-September. It will include a full-length practice test and will help sophomores to prepare for this newly redesigned exam.

JUNIORS: Mr. John Riley-Portal (Class of 2017 counselor) will be 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 and will be asked to complete the **"Career Interest Inventory"**. They too will be receiving their **Official Guide to the PSAT/NMSQT** so they can prepare for this test. They will be the first class to take the newly redesigned SAT in the spring.

SENIORS: Mr. Armando Diaz (Class of 2016 Counselor) and Ms. Melissa McClellan (College Counselor) have already started visiting all of the senior English classes to give out 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 **Wednesday, September 9 (6:00 p.m. in the Cunningham Center)** to present important and timely college information to seniors and parents.

College Exploration for Seniors

During 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 processes to become a distraction to their academics.
- **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 in advance to receive these days. 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** 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 24, from 6:30-8:30 p.m.** Jesuit will also be hosting a smaller college fair with Jesuit colleges only on **Monday, September 14** 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

...Continued

and videos or the more specific information presented by colleges on their websites. Juniors should plan on taking the SAT or ACT March or later of the 2015-2016 academic year. Each junior has received information that allows them to log on to our college planning website, **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**.

See below for fall college admission test dates:

| | |
|----------------------|-----------------------------|
| SAT Test Date | Deadline to Register |
| October 3 (@CB) | September 3 |
| November 7 | October 9 |
| December 5 | November 5 |
| ACT Test Date | Deadline to Register |
| September 12 | August 7 (already passed) |
| October 24 (@CB) | September 18 |
| December 12 | November 6 |

There are several options at Christian Brothers for test preparation prior to taking college entrance exams.

- Saturday on-campus SAT prep class with our own English and Math teachers (9:00 a.m. to 1:00 p.m. on four non-consecutive Saturdays. Cost of the course is \$200. The fall class for seniors has already begun. The courses for juniors will be in the winter and late spring.
- Use the free test prep materials provided by the test company.
- Purchase prep books printed by the test company or other test-prep companies.
- Take off-campus courses or do on-line 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!

HAVE A GREAT YEAR AND LET US KNOW HOW WE CAN BE OF SERVICE TO YOU.

Auction Fun Never Ends!

There is still room for a sign-up party!

CB Moms Lunch – \$40 per person

Enjoy a delightful afternoon at the home of CB grandparent Jay Byers on September 10 from 11:30 a.m. to 1:30 p.m. Socialize with other CB moms and savor a delicious lunch amidst a beautiful home setting. Hosted by current parents: Dawn Byers, Kelly Downey, Cynthia Martin, Annie Kaplon and Tammy Wilcox.

Contact Joanne McShane at jmcsbane@cbhs-sacramento.org or 916-733-3643.

Limited availability!

Volunteer Opportunities!

Come join the 2016 Auction Committee!

Our kick-off meeting will be

Wednesday September 2

in the Brother Bertram Hall Living Room.

Snacks and beverages at 5:45 p.m.

meeting to begin at 6:00 p.m.

We are a fun and welcoming group of volunteers!

For more information contact Joanne McShane

at 733-3643 or jmcsbane@cbhs-sacramento.org

Magazine Drive Volunteers Needed!

Have fun tabulating the magazine sales that fund student activities. This is a great opportunity to

meet other parents and be a part of the CB

community! Collection days are September 8 from

10:00 a.m.-2:00 p.m., September 15, 22, 29 and

October 1 at 10:00 a.m. until finished in Brother

Bertram Hall. Contact

jmcsbane@cbhs-sacramento.org to assist.

Lasallian Student Life

Campus Ministry News...

"Come to the Well"....This year our school theme focuses on the notion "that all will know God's mercy." The well is a wonderful image for us as we recall Christ's invitation to come and be filled by the living water that only He provides. The well of God's love and mercy is unending and abundant. My prayer is that each one of us will accept the invitation to meet Jesus at the well like the woman of Samaria. In doing so, we can receive limitless supply of God's grace and mercy, especially during those times of drought in our lives. As our new school year begins, I pray many wonderful and life-giving blessings will be shown to you. –Jen Yearwood, Director of Campus Ministry!

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

Christian Brothers kicked off its new school year with a wonderful "Wizard of Oz" themed prayer service. Our community was invited to journey down the yellow brick road to the Emerald City (our newly renovated Chapel of St. Joseph)! The prayer service was a wonderful way to begin our new school year together as a community! Thank you to the Campus Ministry Student Team for their gifts of creativity! Thank you also to Ms. Wanket for her always inspiring words and to Fr. Murin for his help in blessing the Chapel and Statue of St. Joseph.

We're Off to See the Pope!



Later this month, 23 members of our CB community (12 students, 4 staff, and 7 parents) will journey to Philadelphia for the World Meeting of Families Celebration. Our journey will include the WMOF conference (parent attendees), a visit and tour of La Salle University in Philadelphia, the

Festival of Families, and mass with Pope Francis. Please pray for our pilgrims as we journey to Philadelphia for this once in a lifetime experience!

PRAYER & WORSHIP

On Thursday, September 10 at 9:55 a.m. join us for a short prayer service held in conjunction with our Social Justice Assembly. The theme of this year's Social Justice Week is Human Trafficking, and our prayer service will call and challenge us to put into practice the important virtues of solidarity, empathy, respect for the dignity of every individual, and mercy. Parents and guests are welcome to stay for the presentation following the prayer service in the gym.

On September 23, 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 five years later, millions pray on their campuses on the fourth Wednesday in September. It is simply a short time of prayer before school to lift up our friends, families, teachers, school, and nation to God. In conjunction with the International Day of Peace (held earlier that week), we will gather around the Peace Pole on the main lawn for our prayer service. We will begin at 7:30 a.m. on the 23rd. Please consider starting off your morning by joining us for this special time of prayer!



RETREATS

Retreat registration is happening NOW for Juniors and Seniors.

There are 2 ways to register:

Via CB webpage. Select "Student Life". Select "Campus Ministry". Select from the right side menu: "Student Retreats". Scroll to bottom of page for Junior or 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 entire fee or partial now/balance at time of retreat.

The first Fall Kairos will be held at Zephyr Point in Tahoe (October 13-16) and all spaces are filled. There are plenty of spots available in the November, January and March Kairos Retreats.

The first Junior Overnight Retreat will be held November 16-17 at Mercy Center in Auburn. Please contact Ms. Yearwood at jyearwood@cbhs-sacramento.org with questions.

Christian Service...

Social Justice Week

This year our Social Justice Theme is Human Trafficking.

Sacramento has the unfortunate distinction of being one of the top five cities in the country that serve as a human trafficking hub. According to the California Department of Justice, Office of the Attorney General, "Human trafficking is the world's fastest growing criminal enterprise and is an estimated \$32 billion-a-year global industry. It is a form of modern day slavery that profits from the exploitation of our most vulnerable populations."

Our all school assembly will take place September 10 at 10:00a.m. A prayer service will precede the guest speakers from the District Attorney's Office. We are also emphasizing the following words that align with our theme:

Human Dignity: Each life is sacred and worthy of protection

Empathy: Putting oneself in another's shoes to understand what s/he feels

Solidarity: Individuals uniting in feeling or action

Mercy: Charitable actions aimed at meeting the physical and spiritual needs of others

If you are interested in what constitutes trafficking please follow these links:

<https://oag.ca.gov/human-trafficking/what-is>
<http://www.state.gov/j/tip/id/index.htm>

Christian Service

Beginning in September all freshmen will be tutored in how to register online service hours through Family Connection. Registration will take place in Religious Studies classes. Students will need an email address and their Student I.D. number. Once registered through Family Connection, students will be able to input their service hours online via X2vol. It is important for students to make sure that their supervisor verifies the amount of time the students volunteered. A contact name alone does not suffice. Verification must be submitted by the supervisor for student hours to be approved.

Venaver

The following dates are mandatory meetings for Venaver participants' parents. Please make sure you bring 2 copies of the following: A verification of good health from your child's doctor, proof of tetanus immunization, health insurance, passport, and CA I.D. Payment is due online at the Christian Service website. Go to the Venaver tab and pay online via Acceptiva.

- **Otro Lado:** Tucson & Mexico: Tuesday, September 8, 2015 Room 105, 6:00 p.m.
- **Civil Rights:** Memphis, TN: Tuesday, September 15, 2015 Room 105, 6:00 p.m.
- **Caring for our Lasallian Friends:** Yakima Washington: Tuesday, September 29 Room 105, 6:00 p.m.

Service Clubs

ClubDay is September 17. Here is a list of service clubs your son or daughter might be interested in joining: *Lasallian Youth, Red Cross Club, Best of Friends (Camp Recreation), Heartbeats, Kids4Kids, Breakfast Club (Wellspring), Camp Pendola, Interact Club, and Super Blanket Club.*

Voices in Service

- Jessie Yearwood '18

I like to do service because it is a way that I can live out my faith. I also believe helping others shapes who you are as a person. When I participate in service projects I feel better about myself and it helps me to have a more positive attitude. I have a lot to be thankful for and by working with others who are less fortunate, I am more grateful for all the blessings I do have. I have been doing service (along with my parents) since I was probably two years old. Every year, on the day after Thanksgiving and Christmas, we do a project called "the Sandwich Drive" with my Church, Holy Family Parish in Citrus Heights. This project was started by my Godfather, John Wihl and has been going on since 1989. We gather together in the morning to make bagged lunches for the homeless. After all the lunches are made (which is usually between 100-250 lunches), we drive throughout downtown and give them out to the hungry. It can be sad to see the homeless, especially kids on the street, but it makes me feel happy that I can make a little bit of difference in their lives. I hope to get more involved with service opportunities at CB as well.

Lasallian Student Life

Student Activities

May the Force be with you—the **FALCON FORCE** that is.

Welcome back from Student Activities, which sponsors: the Magazine Drive, Student Council, rallies, dances, spirit days, club activities and much more!

Magazine Drive

The annual **Magazine Drive** fundraiser will blast into high gear on September 3. From September 3 through September 29, our students will be working diligently to sell magazine subscriptions. Please be sure to save all magazine orders and renewals for the CBHS student(s) from whom you purchase. Orders may also be placed online. Go to our school website and click on the Magazine link: www.gaschoolstore.com. **School ID: 2640282**. Online orders placed during the drive will help earn prizes for the student of your choice.

The magazine drive benefits all students and their activities. All organized groups of students involved in activities on campus are eligible to request funds earned from the drive to support their goals. Last year, the student council heard many proposals from their peers. Among the groups who benefited from magazine sales were athletics, the arts, and clubs. Clubs that received much needed funds last year included Engineering and Robotics, Literary Arts Journal, French Club, and Wellspring.

CLUB Day activities will be held during lunch on September 17. We have approximately 30 clubs at CBHS and they will all be represented with information booths. Any student should be able to find a club to match his/her interests. The clubs will advertise their function on campus and where and when they meet.

DRUM LINE

sets the beat and each class earns spirit points for those wearing the most BLUE at Holy Bowl on September 12 and at our school rally on September 11. Each class earns spirit points for who can chant the best cheer! That's right—time for a RALLY! The Fall Spirit Rally and Blue-Out Day are scheduled for September 11. All students who wear a BLUE shirt may wear blue jeans.



HOLY BOWL XLV

Holy Bowl is September 12. To fire up for this cross town challenge we will participate in the tailgate party in the parking lot at Hughes Stadium with our students prior to the game. This is a school-sponsored alcohol-free event. Come on out and get your face painted, cheer on our football team and show your support as they head into this annual athletic battle. Our club, the Falcon Force, has some amazing spirit and cheers planned for Holy Bowl this year, so plan now to attend.

LOCK-IN 2019

Over 90 percent of our incoming freshmen class enjoyed an exciting Lasallian welcome when Student Council members and senior student volunteers hosted them at Lock-In 2019. Activities included a dance, ice breakers, rally, all night activities, and an early morning prayer service complete with a slide show. The freshmen saw the sun rise on the football field while they enjoyed donuts and cocoa and embraced their new experience as members of this Christian Brothers community. They had a fantastic and memorable night and look forward to a great four years here at Christian Brothers High School.

Congratulations to Stefanie Howorun and Brian Peck '98 who were selected the IHE (Integrity Honor Excellence) Coaches of the Year for 2014-15.

Upcoming Events: The next few weeks in Athletics have some big events on tap:

- September 3 Women's Volleyball** v. St. Francis at CB – Frosh (4:00 p.m.), JV and Varsity to follow
- September 8 Men's Soccer** v. Jesuit at CB- Varsity (3:30 p.m.), JV to follow
- September 10 Women's Golf** v. Vista Del Lago at Empire Ranch (3:30 p.m.)
- September 12 Football:** Holy Bowl at Hughes Stadium – (Frosh- 2:00/JV-4:30/Varsity-7:00 p.m.)
- September 14 Men's Water Polo** at Granite Bay
- September 14 Women's Water Polo** at Granite Bay
- September 16 Cross Country** League Meet at Granite Regional (3:30 p.m.)
- September 24 Women's Tennis** v. Mira Loma at Laguna Racquet Club (3:30 p.m.)

Fall Sports highlights:

FRESHMAN VOLLEYBALL: The freshman team has taken on thirteen hardworking, enthusiastic players. After working out the kinks at the Blue & Red Scrimmage, the freshman girls came back and defeated Monterrey Trail in two sets. Focusing on discipline, commitment, intensity, and team pride, these freshmen are looking forward to a successful season. Come check us out!

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

VARSITY VOLLEYBALL: The 2015 Girls Varsity volleyball team is looking forward to a promising season. We just had a wonderful showing at the Blue & Red scrimmage. It was fun to see the spirited competition between the teams and seeing the players enjoy one another. This team is ready to compete and work hard for each other on the court in practice and matches. The season is fast approaching with our first match on August 31 vs. Folsom High School for the Foundation game. Next up on September 3 is Holy Court and as always it will be a battle with energetic cheering! This year the match is at CB so come out and support the Falcons on to victory!!

FRESHMAN FOOTBALL: The 2015 Freshman football team started off with a scrimmage against Pioneer High School on August 22. The young Falcons were excited and nervous but got off to a great start with Tyler Green's 34 yard touchdown run on the second offensive play of the scrimmage. Players on both the offense and the defense showed strength and made stellar plays.

JV FOOTBALL: Welcome to the 2015 JV football season. 31 young men make up this year's team. Leading the way are Drew Taylor and Jacob Tucker, returners from last year's JV team. We also have a large group of talented sophomores from last year's championship freshman team. We are expecting exciting play from this group in the weeks ahead.

VARSITY FOOTBALL: Thirty six athletes reported to fall camp to begin the 2015 season. Competition is keen for a number of positions on both offense and defense as both returning seniors and upcoming juniors vie for playing time. Starting their second year in the Capital Athletic League, the Falcons want to challenge for a league title after a 2nd place finish in 2014. At the season opening scrimmage against Pioneer, the Falcons showed impressive offensive action with QB Braeden Bourke throwing six touchdown passes. Defensively, the Falcons used a swarming, attacking front and outstanding defensive performances to hold Pioneer in check.

CROSS COUNTRY: Christian Brothers XC is off and running as we embark on our quest for another State Meet berth and for a potential boys' top ten finish. With a varsity team that is returning six of seven runners on the boys' side and with the return of junior, Bridgette White and senior Giselle Cantiller, both teams should do well in our league and our section. We have 54 runners out, which is lower than last season, but the good news is we have increased the number of lower division runners and they are a talented bunch! We welcome Coach Levasseur back after a one year hiatus and we will finally have a third on-campus coach with the addition of our assistant Larry Reel to our teaching faculty. 2015 should be another successful year for Falcon cross country. Our annual Middletown retreat was a blast with lots of high altitude running, swimming and team bonding. We begin the season this coming Friday as the varsity team heads off to Lodi for the Lodi Flame Invitational. The rest of the team will start their season next Saturday in Vacaville at the Lagoon Valley Classic.

MEN'S SOCCER: The opening weekend of the season started off with a BANG! The CB Soccer program had their first action of the season during the Blue & Red scrimmage. The JV and Varsity began the day with a competitive scrimmage, followed by our annual CB Soccer Alumni Game. With over 25 soccer Alumni returning to challenge the current Falcons (with alumni from classes of '78-'15 representing), we had a great day, and some impressive showings from this year's crop of soccer players as well as our former Falcons showing their stuff. This scrimmage allowed us to get a preview of things to come. Look out for the 2015 Falcons... they will be a very competitive and exciting team to follow.

MEN'S WATER POLO: Christian Brothers Men's Water Polo enters a new era in water polo. Although the Falcons are a young team they have high expectations for a strong finish, partially due to the great work put in by many over the summer. The Falcons are led by Juniors Max Versperian and Cole Cunningham. The Falcon team has a tough schedule this fall with matches against Rio Americano, Jesuit, 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.

WOMEN'S GOLF: We are off to a good start with so many new faces, beginning with a scrimmage match against Bella Vista High School at Northridge Country Club. **Go Falcons!**

Media, Visual & Performing Arts

"This is a new year. A new beginning. And things will change."

-Taylor Swift

Welcome to the new school year. We are hardly a week into school and students in the arts programs are getting their instruments ready, their voices in proper pitch, actors are looking for poems to recite at Open Mic, and the visual arts kids have decorated their sketchbooks and will fill them with some really exceptional work. There is no time in the year quite like the beginning of the school year. Optimism is abundant. Kids look forward to coming to class (mostly) and they even find teacher's jokes funny. On the other end, teachers and administrators over the summer have read insightful articles on education and we have new tricks to make learning more efficient, fair, and fun. It is a blank canvas and we can choose just what we do with it. Not to mention that the new year also means new school supplies, stylish clothes, novel haircuts and colors, and another year closer to being grown up. What is not to love about a new school year?

I want to encourage all parents, grandparents, aunts, and uncles to consider joining **Friends of the Arts (FOTA)**. Our first meeting will be on Thursday, September 3 in room 305 at 6:30 p.m. FOTA is one of the cornerstones to the arts at Christian Brothers. The members help build sets, run the box office, sew costumes, curate art shows, make pizza runs, design posters, give out scholarships, answer questions at Open House, raise funds for art supplies, and a host of many other things essential to making the arts successful at CB. FOTA is the effort that makes performances and art shows seem effortless. This year all members of FOTA will receive a family pass that will allow you and three members of your family to attend any performance or show for free. We want you to be involved with your child's artistic pursuits, and your attendance at these events means so much to them and to us, the teachers of your children. Thank you for your consideration.

Our annual **Jazz Desserts** event is going through a big change. Traditionally this popular evening takes place in early spring in the Witry Field House. For a number of reasons we are moving it to the fall - Friday, October 9 in the Cunningham Center Theatre, with desserts to follow in the Koppes Plaza. We want to use our magnificent theater every chance we get, and the Koppes Plaza will be a perfect place to enjoy a confection and fellowship with other lovers of jazz in the cool autumn air. I would like to thank the Athletic Department who graciously allowed us to host Jazz Desserts in the Field House all these years when it could have been used for sporting events and/or practice.

Our **fall play** will be an adaptation of William Shakespeare's "The Tempest". All we will say at this point is that it has a sci-fi angle. However, we can tell you that last year's theater productions were nominated for 17 Elly Awards! "How to Succeed in Business Without Really Trying" was nominated for 11 awards and "Street Scene" was nominate for 6 awards. SARTA is an independent organization that recognizes excellence in High School productions. The award ceremony will be held in mid-September. We are understandably proud of our theater students, parents, and faculty for this outstanding accomplishment.

In **Visual Arts** we will continue our partnership with B Street Theater in Sacramento. Last year our painting classes were invited to pay tribute to regional area artists Wayne Thiebaud in the fall and Gregory Kondos in the spring. Our students' work was hung in the lobby of the theater and priced by gallery owner Jim Ferry at fair market value. A third of any sales went to the B Street Children's Theater Program. We were pleasantly surprised to see many of the art works sold, and theater goers could enjoy the talent and dedication of our students. Our reputation as one of the premier art programs in the area continues to grow. This fall our students will pay tribute to local artist Tim Collom; he plans on stopping by the painting classes to give them advice and pointers. Another great opportunity for our kids!

As the new school year unfolds, I want to express my gratitude to be a part of this exceptional school. Working with your children comforts me in feeling that the generation that will in time replace us is dedicated, caring, and hard working. To teach art at this school where we can pray before every class, the facilities are state of the art and safe, and the faculty and staff are dedicated to providing a quality education is a privilege that I am grateful for every day.

Thank you,

-Findlay McIntosh, Director of the Visual and Performing Arts

"Toto, I have a feeling we're not in Kanas anymore"

-L. Frank Baum



Exciting times for CB Theatre!

SARTA, an organization that awards excellence in community, youth, and high school theatre, recently announced their list of nominees for Elly Awards. Christian Brothers High School was honored with 17 nominations between our two productions. To give you an idea of the level of this achievement, our musical, *How To Succeed in Business without Really Trying*, was the most nominated production in the Education division with 11 nominations. The nominees are listed below. The awards ceremony takes place in mid-September. Please congratulate these students if and when you see them on campus for this extraordinary achievement.

How To Succeed In Business Without Really Trying

- 11 nominations

Best Overall Production

Direction- Michael D. Jackson

Musical Direction- Graham Sobelman

Leading Actor (Male)- Justin Baker '15

Leading Actor (Female)-

Jennifer Roberts '18

Supporting Actor (Male)-

Garrick Sigl '15

Supporting Actor (Female)-

Bella Bagatelos '16

Choreography- Michael D. Jackson

Set Design- Heather Christianson '01

Costume Design- Linda Christianson

and Jennifer Rustad '16

Sound Design- Gray Schubert '17

Street Scene

- 6 nominations

Leading Actor (Male)- Garrick Sigl '15

Supporting Actor (Female)-

Marliss Neal '18

Supporting Actor (Male)- Eric Pytel '16

Supporting Actor (Male)-

LJ Johnson '15

Set Design- Heather Christianson '01

Costume Design- Jennifer Rustad '16

and Monica Thayer '16

It is also worth noting that Ian Ferrell

'17 was nominated in the Lead Actor

(Male) category for his performance

of the title role in *You're A Good Man*

Charlie Brown with *Flying Monkey*

Productions.

Congratulations to all of our wonderful CB talent!!

The International Student Program



Most of us know that our intuition is a good thing to follow. For the past three years, meetings, interviews on Skype, interviews in person, reading files, travel to foreign lands, and filtering through a myriad of information helped us with our decision to enroll our International students. Sometimes, that decision involved some intuition of their English Language skills. After teaching a foreign language over 25 years to American and French students alike, I've had some practice in this arena. To be fair, as the decision to enroll or not enroll a student lay in question, language ability was never an exact science or true answer to that decision. There is a need to rely heavily on educational formation, experience, paperwork, and intuition that some are and some are not ready to make the commitment to the rigor of Christian Brothers High School.

Last week, our International students, new and returning, took an English assessment test. Taking this test now gives us raw data on their English skills in the areas of grammar, listening, reading, writing and speaking. I am happy to report that the results of this test have been shared with their teachers. Additionally, each student will have an opportunity to look over their individual results and share their thoughts with their teachers, the International Student program director, their parents and their host families. Having this raw data will help encourage the international students to focus on improving their weak links in the English language and also celebrate their strengths. This data will also give their hardworking and patient teachers an opportunity to understand why some aspects of learning in a particular subject area are easier or more difficult than others. The data will help us all understand where our students will excel and where our students can use more help.

Results of this English assessment can show that our students are good at listening but need some help with their reading. The test can indicate that our students can read well but that building vocabulary would help even more. The test can demonstrate that a student can write well but has difficulty with using conjunctions. In short, it gives something that will guide us as we continue to steer our students' language acquisition to where they need to go. Language learning can be tricky. Using the same book, same amount of time, same teacher, same place, students will learn aspects of English differently. It's good to know that we have data to support us in doing something that we do well even better.

Additionally, our students will now be able to take this information about nouns, sequences, main ideas, vocabulary and other aspects of grammar to give themselves room to breathe and room to grow in their English competence, and our Christian Brothers faculty intends to assist them every step of the way.

So wouldn't it be interesting for you to take an assessment of the one or two foreign languages you may have studied? Wouldn't it be informative to see the breakdown of your skills and know which direction you need to take to improve? It's fascinating to consider – yet our students are living it here at Christian Brothers High School.

If you are interested in hosting an ISP student in the future or want to find out more about our International program, please contact Patti Gallagher, ISP Program Director, at pgallagher@cbhs-sacramento.org.

Falcon Family Faces



FALCON FAMILY NEWS

FROM THE DIRECTOR OF ADMISSIONS AND COMMUNICATIONS

Dear Parents and Families:

As the Director of Communications since 2007, people have asked me over the years to tell them what I think is the best thing about Christian Brothers High School. My immediate answer is always "the kids!" There is just something special about the students who choose CB. But, I realize it is so much more than that.

The dedicated faculty, administrators and staff create an environment that allows every student to thrive. It is amazing to watch the transformation that occurs between the first day of freshman year and the hard-earned walk across the stage at graduation. Students at CB are valued for exactly who they are and encouraged to find and foster their God-given gifts. They are encouraged to share their gifts with others in the classroom, through Christian service, as athletes, artists, and members of the community.

This spring, I was honored to be named the Director of Admissions and Communications. It is humbling, to say the least, to be entrusted with this vital role of furthering the 140-year legacy of this great school. If you were to ask me the best part of this job, again I would say "the kids!"

Over the past four weeks, the Admissions team visited 35 parochial, private and public schools. On these visits, we have been joined by our phenomenal Lasallian Student Ambassadors. Each day, I marvel at their intelligence, dedication and enthusiasm as they share their love of CB while encouraging prospective students to attend Open House and schedule shadow visits. Each day, they remind me why Christian Brothers High School is *the place to be!*

CB is the place to:

Be challenged by teachers who embody the Lasallian tradition of inspiring students to meet their full, God-given potential. CB's core curriculum and wide variety of elective courses prepare students for the academic rigors of college and for a lifetime of learning.

Be artistic as part of CB's vibrant media, visual and performing arts program. Currently, more than 600 students participate in one or more of the school's eight choral groups, six instrumental performance groups, numerous arts courses, and KBFT television station.

Be athletic in one or more of CB's 28 sports. With sports at the freshmen, junior varsity and varsity level, students are able to develop skills and discover talent in areas they may not have anticipated prior to attending high school.

Be inspired to explore, embrace and celebrate faith and service in a Lasallian, Catholic community dedicated to touching the hearts and minds of students.

Be part of our community dedicated to developing the "whole" child with a variety of outstanding co-curricular programs that allow students to fully engage as valued members of our campus life.

When I first joined the staff at CB, I was told that "CB was the best kept secret in Sacramento." While that was not exactly encouraging news, school administrators, enthusiastic parents, proud alumni, the admissions team and most importantly, our amazing students, set about changing that perception. Today, CB is the largest Catholic high school in the region with students joining us from 77 zip codes and nine foreign countries. The academic programs have never been stronger as evidenced by three consecutive years on the *Washington Post's* list of "America's Most Challenging Private High Schools."

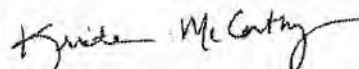
And, while many schools boast exclusivity, Christian Brothers High School boasts inclusivity. A recent list from "Niche Rankings" identifies the *Most Diverse Private High Schools in America*.

According to "Niche," CB ranks 43 out of 532 high schools based on diversity statistics and opinions from both students and parents. "Niche" describes a high ranking as an indication "that the school is extremely diverse and fosters a community that accepts and promotes a diversity of viewpoints, backgrounds, religious beliefs etc."

You, as CB parents and families, are vital partners in telling our story. Prospective students and parents tell us that the positive stories shared with them by enthusiastic CB parents, students and alumni have inspired them to consider CB as they evaluate their high school options.

I am grateful to all the teachers, staff, students, parents and families who help us to ensure that in its 140th year in Sacramento, Christian Brothers High School is still *the place to be*.

Sincerely,



Kristen McCarthy
Director of Admissions and Communications

October 2015
FALL SEMESTER

Christian Brothers High School Monthly Newsletter
www.cbhs-sacramento.org

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Counseling And Guidance

TESTING DAY: Wednesday, October 14 is a very important day for students at Christian Brothers. Testing Day is a **late start/minimum day** that involves the freshmen, sophomores and juniors in preliminary college entrance testing. **School will begin at 9:00 a.m. on October 14 and will be dismissed earlier than usual.** Sophomores and juniors should finish by about 12:15 p.m. and freshmen should complete their exam by approximately 1:15 p.m., however, **we cannot guarantee an exact time of dismissal due to un-timed test administration directives.** 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 newly-revised version of the SAT and also allows high achieving students to qualify for participation in the **National Merit Scholarship Program, National Hispanic Scholars Program and the National Achievement Scholarship Program for Black American high school students.**
- **Sophomores will also be taking the new PSAT, however, it will not be a National Merit test for them.** It is a practice test and will give the sophomores excellent feedback for how to prepare for the PSAT/NMSQT and SAT later on.
- **Freshmen will be taking the ACT Aspire,** a preliminary ACT practice test. They will be a part of a pilot program, where they will be taking their exams on their iPads.
- **Seniors will be given the day off – however, this day is a great opportunity for visiting local colleges.** Seniors may be ready to begin applying to colleges in October and if they have 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 and 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 14 only (since it is not considered a regular school day). **It is also important to note that the Dean of Admissions for our Lasallian sister-school, St. Mary’s College in Moraga, will be here on the 14th to interview a limited number of seniors who have applied to SMC. These appointments will begin at 11:00 a.m. and will run throughout the day. A signup sheet is posted in the Counseling Center.**

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, except during breaks. **(The cafeteria will not be open that day, so students who will be staying on campus for sports practices, etc. may want to bring a snack or bag lunch).**
- Juniors and sophomores 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.
- Remind your student to bring **two sharpened #2 pencils** and his/her **calculator.**
- Freshmen should bring a **fully-charged iPad** and a charger (just in case).
- 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 sophomore and junior students by their counselor in **January/February, 2016.** Freshmen scores will be reported online, with print-on-demand PDFs. If you have any questions, please call the Counseling and Guidance Department at 733-3680.

Upcoming Counseling & Guidance Dates:

| | |
|--------------------|--|
| October 3 | SAT Exam (CB is a test center for this exam) |
| October 8 | CSU Application Workshops (8:00-9:00 a.m. and Falcon Flex; Room 207) |
| October 9 | SAT Regular Registration Deadline for Nov. 7 exam – www.collegeboard.com |
| October 14 | Testing Day / Senior local college visits / SMC admissions interviews |
| October 24 | ACT Exam (CB is a test center for this exam) |
| November 4 | “Getting Noticed, Getting In” Athletics/Guidance Night (7:00 p.m. in Theatre) |
| November 5 | All-college Application Workshop (8:00-9:00 a.m. and Falcon Flex; Room 207) |
| November 5 | SAT Regular Registration deadline for Dec. 5 exam – www.collegeboard.com |
| November 6 | ACT Regular Registration deadline for Dec. 12 exam – www.actstudent.org |
| November 7 | SAT Exam (not at CB) |
| December 5 | SAT Exam (not at CB) |
| December 9 | College Financial Aid Night (6:00 p.m. in the Theatre) |
| December 12 | ACT Exam (not at CB) |

...Continued on page 3

Christian Service...

Valley and Butte Fire Donations:

Thank you to all in the Christian Brothers community who donated to our fire relief donation for the Valley and Butte fires. The donation turnout was phenomenal - a stellar response from all of you. Thank you to Mr. Danny Delgado '79 who drove a van full of donations to Middletown and to Ms. Jennifer Lystrup who took several bags to the Mokelumne Hill and Amador area.



Breast Cancer Awareness:

October 6-9 is the Interact Club's Breast Cancer Awareness Week donation drive. Interact members will have a jar for donations during break and lunch. Donations will go to Breast Cancer research at UCD.

Senior Christian Service:

All seniors must get their service hours turned in to Ms. Lystrup by October 6 for their transcript. Seniors must have 100+ hours for service to be listed on the transcript.

Service Opportunities:

- The **Salvation Army** needs female students to help with their October 17 Helping Handbags auction. If you are interested email: niki.fay@usw.salvationarmy.org. The deadline for paperwork is October 9.
- **St. Rose** on Franklin Blvd needs help with their Fall Festival October 11; please see Ms. Lystrup in the LSLO.
- **The American River Parkway** needs volunteers to help at Discovery Park to clean debris and improve infrastructure. If you are interested email: www.arpf.org

Voices in Service:

Tudhvir Sekhon '17

When I first started doing service I was only thinking about the hours. But one day I was in Mr. Havey's class and he was talking to us about understanding, togetherness, and inclusivity in the community. I wasn't really familiar with Oak Park. I had stereotypical ideas that changed when I did the Food Bank walk freshman year and when I volunteered for Oak Park clean ups. People in the neighborhood honked and smiled and thanked us. I felt like part of the community.

I recently started peer tutoring. Someone asked me to help him with his Algebra I. I thought since I was already here after school anyway I could help fellow students with Algebra I & II and Geometry.

Helping out others is good to do, some people need help. But it also helped me. I have a lot of gratitude. I might not be a big part of the Oak Park community but every small thing can make a big difference in a community.

...Continued from page 2

New Test Prep Option for the SAT:

CollegeBoard has entered into an agreement with Khan Academy to provide free test prep for the SAT. They have on-line practice tests for the current version of the SAT (which will continue through the January exam) and for the newly-designed SAT (which will begin in March 2016). Juniors may want to wait until the March test to take it for the first time. This will allow them the opportunity to use the results of their October PSAT to help prepare for the test. Students may also go to the Khan Academy website to prepare for the PSAT. Here is the link: <https://www.khanacademy.org/test-prep/sat>.

Kaplan is also conducting free on-line "cram sessions" for students who want to prepare before the October 14 PSAT. This link has been sent to sophomores and juniors via Schoology but we are also including it below. We recommend that students register right away because space is limited. Log on to: www.kaptest.com/psatcram to access these tests.

Lasallian Student Life

Campus Ministry News...

God's boundless mercy has become a reoccurring theme of Pope Francis' preaching and teaching. In the words of Pope Francis, "Returning to Galilee means treasuring in my heart the living memory of that call, when Jesus passed my way, and gazed at me with mercy and asked me to follow him." (Homily at St. Peter's Basilica, Easter Vigil, 2014) I now have a much more profound understanding of what the early followers of Jesus must have felt any time they learned that Jesus, the promised Messiah, was to be in their midst. A little over a week ago, a delegation from our Christian Brothers community headed to Philadelphia for the Papal Visit to the United States. Our delegation included 7 adults (Josh Berkley, Norman Berkley, Troy & Kris Bird, Bob Toschi, and Nick & Laurie Vargas), 4 chaperones (Courtney Hendry, Thomas Guro, Scot Yearwood, and myself) and 12 students (J.R. Aguirre, Audrey Baier, Jon Berkley, Delaney Bird, Katie Enos, David Garza, Maria Paula Linares, Camilla Patterson, Christian Placet, Kendall Ralph, Eliana Vargas, and Jessie Yearwood). This wonderful group of individuals was blessed to share an amazing journey of faith and fellowship filled with countless spirit filled moments. Some highlights of our journey included a visit and tour of La Salle University, some historical sightseeing, and shared prayer with reflection. On one evening of our journey, our group was fortunate to be able to collaborate with CRS and the Helping Hands organization to create bagged meals for the hungry. Working alongside nearly 150 other volunteers, we collectively created some 40,000 meal bags in the time span of about 1.5 hours. As our journey continued, our excitements were awakened on the two weekend days when we traveled into the city to await the arrival of Pope Francis' motorcade. The energy and presence of the Holy Spirit was palpable as innumerable numbers of the faithful gathered to catch a glimpse of "the People's pope". The beautiful smile and compassionate ways of Pope Francis, along with the now infamous "thumbs up" to the crowd, touched the hearts of all who gathered. I know for me personally, to simply be in the presence of this holy man, this living witness to the truest nature of Christ, was something that words can hardly describe. To sit at the feet of this teacher, even if through the modern day technology of a Jumbotron, was a gift. The Pope's words of challenge and hope called all of us to be better people and to live lives rooted in the Gospel message. At the Papal mass, the culminating event of our journey, our CB group was nourished at the Table of the Lord, even though we were over a mile away. The presence of Christ was made real in the breaking of the bread with one million strong and it is something I will never forget. My greatest prayer is that each member of our CB student delegation, through the gift of this amazing experience, will more fully appreciate the love of God that dwells within each one of them, and that they will become the disciples of love that Pope Francis, our world, community, and families need them to be.



Thank you for the many prayers you sent throughout our journey!
-Jen Yearwood, Director of Campus Ministry

PRAYER & WORSHIP

Homecoming Prayer Service....Please join us on Thursday, October 22 at 9:45 a.m. as we honor our Veterans and those who are currently serving in the Armed Forces. If you would like to submit a photo of a military veteran or an active duty service member, to be included in our prayer service, please email the photo to jyearwood@cbhs-sacramento.org **NO LATER THAN OCTOBER 12!** We'd also like to extend an invitation to veterans or active duty members to join us for our prayer service. If you have a guest who would like to attend, please RSVP to the email above no later than October 16.

RETREATS: Retreat registration is happening **NOW** for Juniors and Seniors via the CB webpage. Select "Student Life." Select "Campus Ministry." Select from the right side menu: "Student Retreats." Scroll to bottom of page for Junior or Senior retreat info. Here you will see the link for permission forms and also a link for "Pay Now" using credit/debit card with options to pay the entire fee or partial now/balance at time of retreat. The first Fall Kairos to be held at Zephyr Point in Tahoe (October 13-16) is full! There are plenty of spots available in the November, January and March Kairos Retreats. The first Junior Overnight Retreat will be held November 16-17 at Mercy Center in Auburn. Please contact Ms. Yearwood at jyearwood@cbhs-sacramento.org with questions.

Student Activities

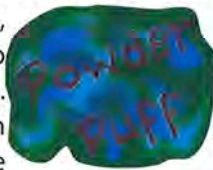
**Homecoming Week is
October 19 – 24.....**



Student Council is celebrating the U.S.A. during this year's Homecoming Week. Our Homecoming theme is "God Bless the U.S.A." Each day we will have a special spirit day where students may dress according to the theme within specified guidelines. For example, we may have 'Touring the U.S.A.' Day and 'Honor Our Military' Day. Please look for the finalized spirit day themes in the daily bulletin and on the website within the next couple of weeks.

Also a part of our traditional Homecoming Week,

the Lady Falcons are pumping up for our annual **Powder Puff** games. The Championship game will be on Thursday, October 22. 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 El Camino is on **Friday, October 23**. Watch for the Homecoming Parade and the crowning of the 2015-2016 King and Queen of CBHS, at half-time.



MOREOVER,

Student Council is holding its annual **Homecoming Dance on Saturday, October 24th**. DJ Hightop from San Francisco will be here with his "patriotic" musical selections. The royal court will be announced and entertain us with their dancing moves as well. Remember! The theme for the week is **God Bless the U.S.A.**

The **dance dress code** can be found on the CB website under the Student Life tab, Student Activities. **Tickets** will be available online beginning the week of October 5, and for sale at the SAC window from October 19-23.

Students inviting a date from a school other than one of the Catholic schools in the area, **MUST** fill out a **guest pass** and submit it for approval by October 16. Guest passes can be found online and in the LSLO, Room 106. Do not purchase tickets until your guest pass is approved by the Deans or Ms. Hoekman.

And ladies, if you want to be sure your dress is appropriate for a CB dance, remember to send a picture of your dress for pre-approval to Ms. Powers before the dance.

CLUBS GALORE

Our CB clubs are already active. Club Day was held September 17. This year we have some new clubs on campus including the Dance Club, Fitness Club, Intramural Soccer and Intramural Flag-Football, and the Rowing Club. We also have wonderful returning clubs such as Computer Science Club, BSU, La Raza, Tie Dye Club and Open Mic, to name just a few. Students are making a strong showing from our many returning clubs.

A HUGE Thank You to all those who helped with our Magazine Drive Fundraiser!!

News from the ADVANCEMENT OFFICE

Auction Committee Meeting

Thursday, October 8
5:30 pm in Bertram Hall
Come Join in on the Fun!
There are plenty of jobs in need of volunteers!

Parent Pledge Program – 100% is our goal!

Please Send In Your Completed Form or Make your Online Gift
The Parent Pledge Program is essential to the 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. Giving options and forms are online at www.cbhs-sacramento.org and click SUPPORT or email Joanne McShane, Director of Parent Giving, at jmcsbane@cbhs-sacramento.org. Thanks to all those who have already pledged!

FALL SPORT UPDATES

Cross Country: Lagoon Valley was a very successful meet with these results: the Frosh team came in 2nd overall; sophomore boys came in 10th place; junior boys came in 19th place; varsity girls came in 3rd place; varsity boys came in 1st in their race. CB had a great day at Granite Regional. 53 runners toed the line and of these, 28 Falcons ran personal best times! Our varsity boys' team finished 3rd overall while our girls' varsity finished 4th overall. Frosh/soph teams both finished 3rd as well. Congratulations to whole team for their success versus very strong league opponents.

Women's Volleyball – Varsity: The season is underway for Volleyball and it started with a bang!! The first match of the season was the CIF Foundation game vs Folsom (won 3-1) and it was a great opportunity to get game play under our belt before matches that count start. The first test of the season was immediate as we faced St. Francis in the Holy Court at home in our first match. It was a 5 set victory for the Falcons that was made possible by every single member of the team and Falcon community that was present.

We finished the last weekend of September at the 3rd Annual Serve It Up tournament at Sacred Heart Cathedral Prep. This is a unique tournament composed of all Lasallian schools where teams participate in service to the community at various projects and then gather to reflect on the experience. The following day is filled with competition and developing the new friendships made through service. This tournament is so much more than competing in volleyball, it's an opportunity to live out the Lasallian core values as well.

Come out to support CB volleyball. Save the date for **Senior Night, October 26** against Rio Americano.

JV: The JV women's volleyball team has been battling through a competitive preseason, but had a fantastic showing at the Carmichael Invitational tournament where they took 2nd place! The girls won five straight matches before just coming up short in the three set championship match. All twelve girls have been working hard across the board to improve both individually and as a team, and are very excited about opening up league competition at Vista Del Lago this coming week!

Frosh: Frosh volleyball is off to a good start. Although 2-3 in preseason action, our ladies have battled against some tough competition and taken their past four matches to a tie-breaking third set. A great accomplishment for the freshmen team was their performance in the CIVT JV Tournament this past month.

Men's Water Polo – Varsity: Men's water polo has a current record of 2-12. All though the Falcons are a young team they have high expectations for a strong finish. The Falcons are led by Juniors Max Versperian and Cole Cunningham. The team has a tough schedule this year and the strength of schedule will make the team stronger for league play which starts this week.

JV: The JV Water Polo team's record is 1 – 5 to date. The team is looking forward to the Jesuit tournament where all the players will get more experience against strong competition.

Cheerleading: We are very excited about the growth of our Cheerleading program and our new season together. Our new and returning cheerleaders made a choice to work hard to become members of this fantastic squad. This year all 3 teams attended UCA cheer camp and each team won Top Performance awards and the highly regarded Spirit Stick. Our JV team was invited to the NFL Pro Bowl in Honolulu, Hawaii. Another highlight of the season was our halftime performance at Holy Bowl.

Women's Tennis: The Women's Tennis team is 2 – 0 in league action. They had a great win this week over Vista del Lago with a 6-3 overall score, and followed up with a 9 – 0 win over Mira Loma.

Women's Golf: The girl's golf team is off to a great start going 5-0 in the first half of the season. Monday, September 28 was our first league tournament.

Men's Soccer – Varsity: The varsity soccer record is 1 – 5 – 1 to date.

JV: Heading into league play this week, the JV Men's soccer team has a very respectable 4-3 record through preseason. The entire team has played great team ball. The boys have shown great skills, effort and toughness. Leading the way are sophomores Jarod Enos, Jesus Cedillo, Ryan Heffernan, Zach Lau and freshmen David Smiley and Alberto Mujica.

Women's Water Polo – Varsity: The team is off to a 6-4 start and 1-0 in league play. CB upset longtime champions Rio Americano 14-8, for the first time in varsity water polo history. The varsity women finished 10th overall in the Sierra Shootout Tournament Championship Bracket. We have had a tough early schedule, playing 4 different D-1 Schools in very close games.

JV: JV Women are off to a great start, with victories over D-1 powerhouses Del Oro and Rio Americano!!

Football – Varsity: The Varsity Football team is 3 – 1 to date and posted a convincing win over neighborhood rival McClatchy. Braeden Bourke threw 4 TDs to 3 different players, Malcolm Anderson, Jamarri Jackson and Matt Marengo, who led all receivers with 7 receptions.

JV: September was a good month for our JV football, going 3 and 1, bringing our record to 3 and 2 overall. Our offense is over 1500 total yards and has 21 touchdowns at the midway point. Our defense is coming together, holding our last two opponents under 200 yards a game. We are looking forward to the start of league.

Freshmen: The Frosh football team is 2-2 after playing the most difficult part of their schedule the last three weeks. With league quickly approaching the Falcons hope to get more consistency in their play to defend their league title.

Reminders:

1. **Winter sports begin on Monday, November 9.** All prospective athletes must have completed the online Appryse medical form system which can be located on the school athletic website homepage.
2. **Don't forget the Homecoming football game on Friday, October 23** against El Camino at Hughes Stadium. Game times: 5:00 & 7:00 p.m.

TALON CORNER:

Molding the Minds of Millions

Trying to find the right way to give back to CB? Interested in earning some service hours in the process? The Talon delves into the counseling center's peer tutoring program.

By Matt Bell '17 – Talon Staff Writer

The 2015-16 Christian Brothers High School academic year is off to a roaring start as the fall semester enters its fourth week of progress. And once again, the high academic demands of seven classes have already begun to challenge students of all grades and course levels. Difficult classes and heavy loads of homework on a nightly basis can seem overwhelming, and many students have already begun to wonder: "how will I be able to manage it?"

The CB counseling center offers the perfect solution to such common problems: the student peer tutoring program.

"The **peer tutoring program** is a great way for students who need extra help in understanding a particular subject to come in and learn from a fellow student who is advanced in that area" says peer tutoring coordinator Ms. **Blaire Moskat**.

Students who sign up to be peer tutors give back to the school and also earn CB approved service hours in the process. Ms. Moskat says signing up is simple and could be the way for you to give your time and talent back to the school.

"It's a very easy process, students can just come into the counseling center and pick up a peer tutoring sign up sheet, and then sign up with their name, what subjects they feel comfortable tutoring, what levels, and then what times they are available," describes the Class of 2018 counselor.

Tutoring is a two-sided program that benefits tutor and learner equally. "It's a win-win situation," says Ms. Moskat, "students who are tutoring are obviously helping another peer, and they can acquire service hours for that at the same time."

Another plus of the counseling center's program is that it is a completely free way for high schoolers to receive one-on-one, individual help compared to the often expensive prices of hiring a professional tutor. Tutors and their students meet on a regular basis, depending on the need for frequent sessions and the amount of time that each can find in their schedule to convene.

Emily Taylor ('16) has amassed about 20 hours over the past year from volunteering her time in the program. "I did it for 45 minutes, twice a week last year," Emily says when describing the flexibility of scheduling tutor sessions.

This year, there is a large need for tutors in the area of foreign language, particularly Spanish. Students like Emily have given their time in foreign language help, and also learned the languages better in the process. "Tutoring students in Spanish actually helps me with my Spanish because I get more practice and I learn better if I teach it to someone else, plus I get service hours," the senior adds with a smile.

Beyond talking to their foreign language teachers, students may need extra help in the language, so the counseling center encourages someone who wants to be a tutor and is able in a foreign language to help someone else understand the language better.

For anyone who is either looking for a way to help out a fellow CB student or aiming to log some quality service hours in the process of doing a good deed, peer tutoring may be your way to become involved in the vibrant CB community.



Media, Visual & Performing Arts

"Nice work if you can get it, and you can get it if you try."

-Ira Gershwin

A little over a month into the school year and the work has begun in earnest. Walking around the campus and into the classrooms, you can see the dedication our students have to their craft. Whether students are learning lines for **The Tempest** or painting a still life of white objects in Room 305, they want to be creative and are willing to put in the practice to fine tune their skills. There is **Melissa Kong's** collage of a city scape from **Mrs. Kerr's** Intro to Art class hanging in room 104, or **Matthew Miles'** dedication to learning stage lighting. He has come after school twice a week and on weekends to discover the secrets of stage lighting. Then there is the **Jam Band** firing up the crowd at all our home football games. I hope you get to see **Micah Jordan's** acrylic portrait of comedian Robin Williams; she captured his warmth and good humor all in a single expression. Studio Art is making ceramic hands so that by modeling one in three dimensions, hands will be easier to draw and paint in later works. **Honors Painting and Drawing** students are busy designing the poster for the fall play "**The Tempest**". The kids of **KBFT** have created funny videos to inspire students to sell magazine subscriptions. Much of the money raised goes directly back to student clubs.

This year we are trying something new; all members of **Friends of the Arts** or **FOTA**, a parent group that helps support the arts at Christian Brothers, will be given a **family pass** for all art events at CB. This means that every **FOTA** member gets four free tickets to any art event on campus. Show your **FOTA** name tag and you and three others get to enjoy the performances for free. You can reserve tickets in advance by emailing **Heather Christianson '01** with your ticket requests. We want the whole family to spend time together and enjoy the plays, concerts, and Open Mic shows. I invite you to consider joining **FOTA** and making the arts part of your life. **FOTA** is, by the way, the best-looking parent organization!

On Friday, **October 2** at 7:00 p.m. our first show of the year will be in the **George Cunningham '40 Center Theatre**. **Open Mic** is back and better than ever. This show is always magical; students sing, dance, tell jokes, play musical instruments, and give dramatic monologues. They pour their hearts and souls into their moment in the sun. It is the best date night ever and I personally guarantee that you will be thoroughly entertained or double your money back. If you are using the **FOTA Family Pass** I will triple your money back.

Sunday, **October 4** is **Open House** from 11:00 a.m. to 2:00 p.m. It is a day that the school becomes an open book for families considering sending their children to **Christian Brothers**. All the academic programs will be there to showcase their curriculum, and of course the arts will show just how good we are. There will be artists painting, singers singing, and musicians playing their instruments on the main lawn. **Mr. Boriskin** and his ceramics crew will give demonstrations in throwing a pot, as well as kids working in their sketchbooks. **George Cunningham '40 Center Theatre** will be open for tours and prospective students can walk on the empty stage and feel the awe of our theater. Tell anyone you know who is searching for a school that reflects their family values, a rigorous curriculum, and relationships that **Christian Brothers High School** is clearly the place to be.

Jazz Desserts will be on held Friday, **October 9**. In order to use our magnificent theatre we moved this popular event to the fall and will have desserts served in the **Koppes Family Plaza**. Desserts will be available at 6:30 p.m. and the show begins at 7:00 p.m. Please remember that no food or drinks are allowed in the theatre. This show often sells out so to get tickets go to the **Christian Brothers** web page and click News and Events. This will lead you to the payment page; for those using the **FOTA Family Pass** email **Heather Christianson** to reserve your tickets. It will be a wonderful evening of music and confections to satisfy all tastes.

It has been as good a start to a school year that I can remember. **Christian Brothers** is blossoming in so many ways. The arts are thriving, the campus should be showcased in Architectural Digest Magazine, we offer so many opportunities for students, parents, and faculty to grow, and a curriculum that prepares for college and beyond. We are grateful.

Thank you,

- Findlay McIntosh, Director of the Visual and Performing Arts

VOCATIONS

In the Lasallian world, we often see the mission lived out in the work of our educators and students, but we often forget that the mission of St. John Baptist de la Salle can live on in all of us no matter the work we do. Such has been the vocation story of Mr. **Mike McCarthy '80**, Christian Brothers High School Co-Dean of Students. A graduate of CBHS, the school's reputation helped Mr. McCarthy's parents make the decision to send him to the Lasallian community. He began attending school here in his sophomore year of high school. "Even back then, CB was known as a safe place, with supportive, dedicated teachers and excellent academics," Mr. McCarthy remembers. "It was a place I could excel and begin to figure out who I was going to be." While attending CBHS, Mr. McCarthy was a member of the JV and varsity basketball teams, played baritone in the school band, and enjoyed going to dances and football games. "I also enjoyed working on my car and representing CB at the High School Drags—yes, this was an actual event at Sacramento Raceway," he proudly recounts. Among other important events in Mr. McCarthy's CB student career, he was also selected as one of a small group of students to meet Bishop Francis Quinn and guide him on a tour during his very first visit to CB.

After graduating high school, Mr. McCarthy attended CSU Sacramento for its proximity to home and for its excellent engineering program. "I had my sights set on a career as an electrical engineer," he states, "the School of Engineering was just rolling out computer-aided drafting software for creating blueprints—this was an early version of Auto CAD." Outside of school, Mr. McCarthy worked as a restaurant manager at a neighborhood-friendly Burger King and also went to music concerts whenever possible!

Though Mr. McCarthy began his collegiate career with the intention of becoming an electrical engineer, he changed his major to criminal justice in his second year, after one of his high school best friends mentioned his own plans to apply for a job with the Sacramento Police Department. He also convinced Mr. McCarthy to use the application process as an opportunity to practice for interviews. "I also researched the job as I did not want to embarrass myself during the interview. I went on a police ride-along with a veteran police officer and was immediately impressed by the officer's professionalism, the excitement of the different calls and his ability to interact with so many different types of people. To say I was drawn to the profession is an understatement." All of his school activities taught values and developed attributes that helped his first career as a law enforcement official: "team work and collaboration, the benefit of effort and preparation, the ability to negotiate and find compromise, loyalty and honesty, accountability to self and others, courage and perseverance, the need to treat others with respect and the need to build in some time for rest and relaxation." Each of these values is in unison with the Lasallian mission, particularly the five core principles. "I feel I was called to law enforcement... to make my own community a safer place as well as have a positive impact in so many peoples' lives," he says. "I was always challenged to look for solutions to the underlying causes of crime and social disorder, to help make neighborhoods stronger, and to improve the quality of life for all persons in our community."

This past spring, Mr. McCarthy retired from the Sacramento Police Department and has begun a new way to live his vocation as the Co-Dean of Students at his alma mater: "As a graduate of CB and a parent of [two CBHS students], I understand and appreciate the commitment that is required of the CBHS faculty and administration, when parents and guardians entrust their students to the school's care. I am thrilled by the opportunity as a Dean of Students to model and teach the honor code of Reverence, Respect, and Responsibility." Mr. McCarthy sees a number of parallels in his careers, especially service to others; maintaining order; and supporting students, teachers and staff to meet their respective goals. He affirms, "In its simplest form, I believe my overriding purpose and mission in life is to help others be in the best position possible to pursue their own vocation." What a lucky community we are to have an administrator so inherently vested in our Lasallian mission.

Mr. McCarthy is married to Mrs. Kristen McCarthy, CBHS Director of Communications and Admissions, and they are the parents of Matthew '09 and Daniel '16.

The International Student Program



I recently read an article written by Robyn Jackson. She often writes thought-provoking articles for educators. This particular article challenged the teacher to look at the classroom through the eyes of a student. I must admit, after 25+ years in the classroom, the challenge resonates with me. I've sat in the student's chair in the French classroom and acknowledged the details they needed to hear and see in order to succeed throughout my teaching years. All educators take the time to watch the students as they work, take tests, and cooperate with their peers in the classroom. Trying to imagine high school through the student's perspective was not uncommon for me. I wanted the students to have all the tools to succeed and it was up to me to assure everything was in place for them. I think we all wonder at times what it would be like to spend time in their shoes and see what their high school experience looks like.

So it made me think, "What does the U.S., CB, and our culture look like through the eyes of an International student? How do they perceive this challenge of attending school at CB?" With that, I've imagined some steps we can try to put ourselves in their place, living here in Sacramento and attending Christian Brothers High School. Imagine yourself in the following situations; how would you respond, act or feel?

- If you already have learned a foreign language, imagine yourself in a country that speaks that language. Would you have the basic skills to get by? Would you be able to ask for the most basic needs (food, shelter, and clothing) to survive?
- In the same country, imagine yourself back at school. What would it be like to step on a school campus, find your way to the proper classes, wear the proper clothes, understand all the rules, listen intently to the teacher, follow along, understand, take notes, do the homework, study and understand the notes and then take (and pass) a test? Can you imagine how scary those textbooks seem in a foreign language? You must read and understand the content – no easy feat for sure.
- Imagine what it would be like to see the sports program, the art program, the classrooms and campus equipped with tools needed to succeed and want to be a part of it. How would you find your way into any of it if you are new to the culture?
- Now imagine the time out of classroom, in a cafeteria or at the snack bar, going through the line, looking at the food and trying to decide what you want to eat. The currency is different, you have to figure out quickly how to pay. Are you uncomfortable holding up the line as you try to understand the general questions they are asking? All the while you are trying to keep up with the multi-tasking. It's daunting.
- Imagine you have to be somewhere at a particular time for pickup by your host family or carpool. Unless you know by example, you must keep track of the time (that's easy unless a teacher or friend is trying to help you and they don't know your time constraints.) And then you have to hear and understand the "where" part. I think even we Americans get confused on this topic of where and when to meet, and we speak the same language.
- Now imagine living with a family you've just met. They eat different foods, they have different customs than your family, they decorate the house differently, and the rules at home may be different than anything you've ever known. The expectation is for you to manage your workload at school, get along with the family, and do everything within your ability to be the best you can be, despite all the differences you must overcome.

Our CB students work hard to do well. Our International students also work hard to do well. I invite you to imagine any of our students, but especially our International students, as they do what they need to do to succeed at CB. To all of you supporting our CB students as they manage the path to success here, thank you for assisting them with your gentleness, patience, and perseverance to make their daily challenges just a little easier for them.

Patti Gallagher, Director
International Student Program



Falcon Family Faces



FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CAMPUS MINISTRY

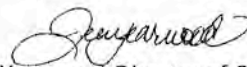
Dear Parents and Families,

At a mass in St. Peter's Square on October 13, 2013, Pope Francis preached about the importance of gratitude and thankfulness. "If we can realize that everything is God's gift, how happy will our hearts be! Everything is his gift. He is our strength!" As I reflect on the theme of thankfulness that abounds every November, I am challenged by our Holy Father's words. How often do we really receive all things as God's gift to us? Herein lies the challenge... everything is a gift, even those very things that cause us pain, struggle, or hardship. Perhaps the lesson is that our gratitude may not come as a result of "a thing" but in the experience of living with or growing through it. Perhaps we may also find a lesson in humility as our reliance on God and his faithful providence is affirmed. I know we have likely all heard the phrase "attitude of gratitude" expressed here and there. Until a few years ago, I'm not sure I fully understood the importance of such a notion. Just about 4 years ago, my husband, who was 41 at the time, had a heart attack on our return trip home from a family vacation. Needless to say, our lives were sent into a whirlwind resulting in a real realignment of our priorities as a family. In an instant, we were forced to take stock of our many blessings, a good number of which we had long been taking for granted. For the first time in my life I understood the importance of being grateful for not only the big things in life, but most certainly, the small ones as well. I had to pause to ask myself, "Why would it take a life crisis for me to become mindful?" The answer still escapes me but I can now say with confidence that an "attitude of gratitude" is something I strive for daily. This attitude of gratitude is not merely something to "put on" during the month of November when our celebration of Thanksgiving falls. I have come to learn that it is a stance or an approach to living that requires practice. A lot of practice. I will be the first to admit that when hardship or trials come my way, my immediate response is rarely one of gratitude. In fact, it often would resemble something completely the opposite. I suppose what matters is taking the time to pause, reflect and try to see the gift in whatever comes my way. This is where having an open, faithful and humble heart can help. Recognizing God's hand and holy presence in all things helps me find reassurance in his great love and care for me. This recognition allows me to also appreciate the simple blessings that are constantly all around me, even those that can so easily

be passed by or overlooked. Beyond the God-given blessings of family, friends, pets, food, shelter, modern conveniences of life, majestic sunsets, and the boundless beauty of nature, I am reminded of the countless blessings that are CB to me. So as I practice my attitude of gratitude, here are some gifts that I am thankful for, not only this November, but throughout the year.

- The gift of being able to work and minister at Christian Brothers in an environment where faith in the presence of God is not only valued but expressed daily!
- The gift of wonderfully committed colleagues who serve our school community every day and who make a significant difference in the hearts and lives of the students they serve!
- The gift and privilege of being able to share my daughter's high school journey each day with her (and in thanks that she isn't annoyed by attending the same school where her mom works)!
- The gift of a school like Christian Brothers where young people are both challenged and encouraged to grow emotionally, spiritually, physically, artistically, and academically, while being supported every step of the way!
- The gift of a bountifully diverse student body with an energy that helps keep me young!
- The gift of two amazing teams of students, SRLT (senior retreat leadership team) and the Student Campus Ministry Team (now officially known as "The God Squad") whose commitment, excitement, talent, and endless creativity never cease to astound me!
- The unending gifts of mercy, grace, and love that I regularly experience at the hand of my Savior!
- The gifts of struggle and pain that lead me to a deepening of faith and a continued discovery of self!
- The gift of all that has been, is, and will be!

Wishing you and your family a bountiful month of blessings!



-Jen Yearwood, Director of Campus Ministry

November 2015
FALL SEMESTER

Christian Brothers High School Monthly Newsletter
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 College Night for Seniors and Parents, and Frosh Parents Guidance Night; coordinated Testing Day for our freshman, 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 assistance by our Director of College Counseling, Ms. Melissa McClellan and Mr. Armando Diaz, our grade-level counselor for the Class of 2016. Ms. McClellan and Mr. Diaz have also been writing college 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 over 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 2015 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)].

| | | | |
|--------------------|--------------------|-----------------------|------------------|
| Henry Agnew | Isabella Bagatelos | Edwin Ballesteros | Quentin Barbosa |
| John (Jack) Barnes | Sophia Bell | Alexandra Boulas | Anna-Louise Dahl |
| McKenna Decker | Nicholas Garcia | Kristen Geibel | Austin Greiner |
| Mary Hallsten | Junyi (Jason) Hao | Junzhuo (Spencer) Hao | Maliah Haroldson |
| Jerett Kirrene | Brittany Leek | Shauna Leonardo | Carter Mehlhop |
| Inigo Nazareno | Maria Pearson | Michael Sparks | Miya Takahashi |
| Natalie Tobin | Maura Tomassetti | Reagan Tweedy | Lauren Vasquez |
| Nicolette Washburn | Natalie Wiseman | Skyler Zapata | |

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)]:

| | | | |
|------------------|------------------|-----------------|------------------|
| Adriana Alvarado | Victoria Coleman | Ethan Enos | Iris Fan |
| Seamus Hudnut | Aidan Hunter | John Jedrzynski | Challa Johnson |
| Ivy Kolb | Isabelle Lambert | William Legrand | Elmer Lizardi |
| Alexandra Lloyd | Natalie Maas | Carly Mayer | Jackson McMullen |
| Faye Messner | Ryan Moore | Gabriel Neal | Thomas Payne |
| Dalvir Sekhon | Adam Wong | | |

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)]:

| | | | |
|-----------------------|---------------------|--------------------|-------------------------|
| Anna Abramova | Saihej Basra | Patrick Bell | Camden Belliveau |
| Joshua Brower | Colin Campbell | Collin Chan | Xingyu (Katherine) Chen |
| Kyle Cherry | Elizabeth Dewey | Connor Gorry | Antonia Hagelis |
| Bailey Heng | Brent Hosoume | Daniel Kever | Anysia Lee |
| Daniel Lee | Victoria Linares | Christopher Martin | Dante Mazza |
| John (Jack) McHale | Madeleine Nicolas | Carleigh Osen | Kara Romani |
| Ritam Sarmah | Brendan Smith-Fagan | Nicolas Soria | Nemesia Steiner |
| Omar Sultan | Conner Swan | William Tracy | Colton Wackman |
| Rongzi (Herbert) Wang | | | |

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]

| | |
|--------------|-------------|
| Daniel Kever | Dante Mazza |
|--------------|-------------|

CONGRATULATIONS TO THESE CURRENT AND FORMER STUDENTS!

Upcoming Guidance Events:

SAT Test Dates: November 7 • December 5 (Deadline to register is November 5)

ACT Test Dates: December 12 (Deadline is November 6)

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

College Application Workshops (general) for Seniors: Thursday, November 5 and Thursday, November 19, before school and at Falcon Flex.

UC and CSU Application Deadline: (November 30)

College Financial Aid Night for Seniors and Parents: Wednesday, December 9 at 6:00 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 meet on the third Tuesday of the month. For more information, see www.pen-sacramento.org.

Christian Service...

Canned Food Drive

The Canned Food Drive will begin November 9 and end November 20. Our drive will benefit those in need in our Oak Park community. Students will drop off all canned food items in the LSLO Room 106. Here are some ideas for canned food donations: green beans, yams, broths, peas, garbanzo beans, soups, noodles, corn, hominy, beets, tuna, spam, and salmon. Boxed items include: macaroni and cheese, stove top turkey dressing, instant rice. See Ms. Lystrup for further information.

Christian Service proudly recognizes the awesome commitment to service from our CB Athletic Coaches and teams:

Coach Danny Delgado/Cross Country:

On October 17, this team hosted the Falcon Middle School Invitational. There were over 500 children from various middle schools participating in our CB invitational cross country race at Granite Regional Park! The coach and team were awesome with their organizing, encouragement, commitment, and mentoring. [#CBstrong](#)

Coach Dan Carmazzi/Varsity Football and Coach Vanessa Ruiz/Cheer:

Under the leadership of these two coaches, both the team and squad ran a three day Jr. Falcon Camp over the summer to work with young children in fitness, football, and cheer! [#Falcondedication](#)

Coach Ron Gully/Women's Basketball:

The team participated October 24 in the My Sister's House annual run. This event brings awareness to the underserved women and children impacted by domestic violence, sexual assault, and human trafficking. [#Ladyfalconsrepresent](#)

Coach Karen Achondo/Women's Golf:

The team worked with the Shriners and participated in the 10th Annual Eppie's Kids Duathlon at Discovery Park on October 18. Out girls partnered with the children during the duathlon and reinforced the message that healthy outdoor activities are fun, exciting, and rewarding. [#Webleedblue](#)

Coach Brian Peck/ Women's Water Polo:

Our girls participated in a day of service at Leataata Floyd Elementary School. The team beautified the campus, tutored students, and helped serve evening meals to the Floyd students. Way to be a role model ladies! [#CBproud](#)



Women's Golf team participated in the 10th Annual Eppie's Kids Duathlon



Women's Basketball team My Sister's House annual run

Lasallian Student Life

Campus Ministry News...

Prayer & Worship....

The month of November brings us two opportunities for prayer and reflection....in remembrance and in thanksgiving.

Throughout this month we are invited to remember in a special way all of our loved ones who have passed away. During this time we remember the gift of our loved ones' presence and the specific ways they have touched our lives. Here at Christian Brothers we are marking the importance of remembering those who have died in the following ways....Bilingual prayer will be led on Monday morning, November 2 by La Raza Club in honor of All Souls' Day. A special memorial mass is being celebrated on Thursday, November 5 at 8:30 a.m. in the chapel with Bishop Myron Cotta and our families and alumni who have lost loved ones in the past year. Members of the Christian Brothers community may also write the names of loved ones who have died in our Book of Remembrance in the chapel. Our La Raza Club will also have a beautiful "Día de Los Muertos" altar of remembrance where students may place a picture or a trinket that symbolizes the loved one who is to be remembered. This will remain in the main hallway for the month.

During the month of November we also take time to give thanks. We will share in a Prayer Service of Thanksgiving on Tuesday, November 24 at 9:30 a.m. All parents are invited to please join us!

Save the Date...

Feast of the Immaculate Conception Liturgy (Holy Day of Obligation Opportunity) on Tuesday, December 8 at 10:00 a.m.

Retreats

REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS DUE NOW!

We are registering for the remaining **Senior Kairos retreats** and the upcoming **Junior Overnight retreats**. We would like to have all students interested in attending one of the upcoming retreats **signed up no later than November 10**, which means that even if a student plans to attend a retreat sometime between January and April, they must sign up NOW! This helps us in planning ahead for transportation and the retreat centers regarding food and lodging. In addition, some of the retreat dates tend to fill up fast- the best way to secure a retreat spot is to have your medical form and payment turned in. So... please speak with your son/daughter and determine which retreat date will work best. Here they are again:

Junior Overnight: November 16-17, February 29-1, March 14-15, April 11-12

Senior Kairos: January 19-22 (retreat is reaching capacity), March 7-10

Information about the retreats, as well as links to register online are on the CB webpage (tabs-Student Life, Campus Ministry, Student Retreats).

As you reflect on being grateful as we move toward the Thanksgiving Holiday, please consider this reflection by Joyce Rupp, OSM.

Gratitude...

To be grateful for what is, instead of underscoring what is not.

To find good amid the unwanted aspects of life, without denying the presence of the unwanted.

To focus on beauty in the little things of life, as well as being deliberate about the great beauties of art, literature, music and nature.

To be present to one's own small space of life, while stretching to the wide world beyond it.

To find something to laugh about every day, even when there seems to be nothing to laugh about.

To search for and to see the good in others, rather than remembering their faults and weaknesses.

To be thankful for each loving deed done by another, no matter how insignificant it might appear.

To taste life to the fullest, and not take any part of it for granted.

To seek to forgive others for their wrongdoings, even immense ones, and to put the past behind.

To find ways to reach out and help the disenfranchised, while also preserving their dignity and self-worth.

To be as loving and caring as possible, in a culture that consistently challenges these virtues.

To remember to say or send "thank you" for whatever comes as a gift from another.

To be at peace with what cannot be changed.

Student Activities

Homecoming Review

Christian Brothers students showed their pride in being Americans last week at our spectacular Homecoming week. The theme was "God Bless the U.S.A." and Student Council pumped up our patriotic pride the entire week with an amazing rally and an awesome parade at the Homecoming football game. The Homecoming dance was incredible. And finally, congratulations to our outstanding Homecoming Court:

| | |
|---|---|
| Class of 2019 | Princess Catherine Cordano Prince Thomas Marcum |
| Class of 2018 | Princess Cassidy McCallum Prince JR Aquirre |
| Class of 2017 | Princess Jessica Kever Prince Sergio Castillo |
| Class of 2016 | Princess Samantha Earley Princess Molly Hallsten Prince Alexander Carlton Prince Cameron Johnson |
| Homecoming Queen – Katelyn Bates | |
| Homecoming King – Valente Araiza | |

Halloween Spirit Day

On Friday, October 30, Student Council hosted a spirit day. Teachers and staff were in a "ghostly" mood and had candy for those students who dared brave their classrooms to trick or treat. Student Council also sponsored a costume day, with a contest to determine who was the "spookiest". They also had bone chilling and creepy activities at lunch to keep the students eerily entertained.

Magazine Drive

Thank you to all the parents, teachers, and students who put in many hours to raise funds necessary to support our clubs and contribute to athletics, visual and performing arts, and more. We raised over \$95,000 to allocate among our deserving programs. These funds are available for distribution throughout the Christian Brothers community.

Applications will be accepted from clubs, teams or student organizations. COMPLETED APPLICATIONS ARE DUE TO THE LSLO NO LATER THAN Friday, November 6, 2015.

As you may be aware, the classes who reach a certain goal each week of the Magazine Sale earn a pig, which is then entered into a race at the conclusion of the drive. The Bacon Race took place the week of Homecoming with much "piggy drama". There were reports of using illegal booties on the pigs, so the classes had a "bacon do-over". Mrs. Rose Ann Holmes' pig won the race, much to the chagrin, disappointment and tears of the other "hams". Way to go! Oink! Oink!

Looking Forward.....

Blood Drive

Please be aware that a blood drive takes place on November 20. Students must be in good health and 16 years old to participate. Sixteen and seventeen year old students must have parental consent, and all students must have their photo ID. In addition, if students are donating blood, please remember to eat breakfast and lunch (if they donate after lunch) and drink plenty of fluids prior to donating.

Christmas Spirit Day

Our Christmas spirit day falls early this year – December 9. Please look for more information as we get closer to the date.

Have a wonderful and blessed Thanksgiving from your Student Council and Student Activities Directors.

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 26, 2015.**

We want to exceed our record-breaking number of 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 8, 2015 to receive all the team benefits including a custom long-sleeve technical race shirt with the CB team name on the sleeve.** Come out, have fun, and do something great for yourself and your community!!





Greece and Rome in the Summer of 2017

In the summer of 2017, Mr. English and Ms. Gallagher are taking a trip for students to Greece and Rome. Among the many sites and places to be visited are: the Acropolis and Parthenon in Athens, the site of the ancient Olympics in Olympia, the theater at Epidaurus, shops in the Plaka in Athens, an overnight ferry journey to Italy, Sorrento, the streets of Pompeii, the Forum and Colosseum of Rome, St. Peter's Basilica and the Vatican, and the Trevi Fountain, along with other numerous points of interest throughout Rome.

If these activities and places are interesting to you and your child, please consider having him/her travel with us in the Summer of 2017. All CB students are welcome to this travel experience with us. There will be an **informational meeting** on our ACIS-sponsored trip for interested parents and students at **6:30 p.m. in Room 402 on Tuesday night, November 10**. Trip brochures are also available from both Mr. English and Ms. Gallagher. Those interested in signing up for the trip can also visit the ACIS website: www.acis.com and look for **Trip Group ID #412** under Mr. English's or Ms. Gallagher's name. We look forward to seeing you at the meeting.

Gifts for Auction 2016!

**All You
Need is
Love**

Our **gift-gathering kick-off party** will be on **November 7, 2015**, 7:00 p.m. at Patty and David Roberts' pad (home), 1320 46th Street, hosted with Annie & Richard Kaplon, Charlene & Steve Marcum, Traci & Will McMullen, and Jennifer & Rick Osen.

What happens at the gift-gathering parties? Just put on your best threads (*clothes*), bring your main squeeze (*primary girl/boyfriend/spouse*), gimme some skin (*shake hands*), hang loose (*relax, take it easy*) and rap (*talk*) with your friends. All you need to do is bring some bread (*money*), a little scratch (*more money*), or a gift(*fancy wine, exclusive tickets, home décor items*). It will be a gas (*fun*)!

Get involved in the auction! We are looking for families to host gift-gathering parties and themed sign-up parties. If you are interested, please let us know. We are also looking for VW bugs and busses from the 60s. Please contact Joanne McShane (916) 733-3643, or jmcschane@cbhs-sacramento.org.

Our next Auction Committee meeting is Wednesday, November 4 at 5:30 p.m. in Bertram Hall. **Join us!**



FALL SPORT UPDATES

Women's Golf: The Women's Golf Team had a great season, placing 2nd in league and 3rd in sections/divisions. Congratulations to Beah Cruz who will go on to Masters as an individual. Good Job Falcons!!

Cross Country: Just got back from Mt. SAC and it was great to return there after a 7 year absence. It's still a phenomenal atmosphere with really great competition on a very technical and thus challenging course. The CB boys' team finished 11/14 but when the level of competition is considered, their performance ranks them top 10 in D4 in California. It was a great learning experience for everyone and will move us one step closer to our goal of winning a section title! Go Falcons!!

Women's Volleyball: Despite battling though injuries, the varsity women's volleyball team improved to 7-1 in league with a 3-0 win Monday night over Rio Americano. The team also celebrated Senior Night on Monday by honoring this year's four seniors: Kate Jones (outside hitter), Kiley Poletti (outside/right side hitter), Megan Klotz (right side hitter), and Elizabeth Robinson (middle blocker). We are looking forward to participating in the Super 8 tournament October 31 and November 1 hosted by St. Francis, as well as finishing strong in league and heading into playoffs!

Women's Tennis: The Women's Tennis has had a successful season and will compete for the Division II Girls' Team Tennis Championship as the number two seed representing the CAL League on Monday, November 2 at Laguna Racquet Club.

Men's Water Polo: The varsity men's water polo team finished its regular season with an 8-3 victory over Bear River High School. The team finished with a 4-1 record in the Capital Athletic League and earned a first round bye in the league championships. With a top 3 finish in league, the team will secure a place in CIF Section Championships.

Women's Water Polo: Varsity Women are the #1 seed going into CAL Water Polo Championships!! Congratulations to our Athletes, and thank you to all of the parents, grandparents and other family members for all of your support up to this point in our season.

Football: The varsity enters the final phase of the season at 7-1 after posting a 27-7 Homecoming victory against El Camino. Seventeen seniors, many of whom played football all 4 years, were recognized on Senior Night at the El Camino game.

Reminders:

- Be sure to check the athletic website for upcoming playoff contests involving our Fall sports teams.
- Thursday, November 5 is the annual 'Getting Noticed Getting In' presentation on college athletics and the recruiting process. The presentation begins at 7:00 p.m. in the George Cunningham '41 Performing Arts Center.
- **Important Updates: Winter sports begin on Monday, November 9. All prospective athletes must have completed the online **Appryse** medical forms which can be located on the school athletic website homepage.**

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 | 3.7 | Cross Country- V | 4.3 |
| Women's Tennis | 3.74 | Women's Water Polo- V | 3.8 |
| Student Athletic Trainers | 3.6 | Women's Golf | 3.7 |
| Men's Soccer- V | 3.1 | Cheerleading- V | 3.23 |
| Volleyball- JV | 3.83 | Cross Country- Frosh | 3.24 |
| Volleyball- Frosh | 3.34 | Cheerleading- JV | 3.65 |
| Volleyball- V | 3.9 | Football- V | 3.45 |
| Women's Water Polo- JV | 3.4 | Football- JV | 3.4 |
| Men's Water Polo- V | 3.3 | Men's Water Polo- JV | 3.5 |

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

Student Athletic Trainers: Grace Leu, Stephanie Jimenez, Maci Meyer, Nicole Wong, Nina Vitorelo, Maybeline Hinlo

Cheer: (F) Eva Anders, Isabella de Mattos, Jenifer Lee, Sara Littlejohn; (JV) Gianna Ghilardi, Candace Gutierrez, Melissa Konig, Emma Mathison, Grace Nolan, Aida Melikian; (V) Gillian Meshot, Madison Gudmann, Maria Gonzalez, Gabrielle Carvalho

Cross Country: (Sub V) Julia Padilla, Russell Lee, Kasen Taylor, Daniel Basso, McKenna Decker, Miranda Esquivel, Mary Hynes, Alexander Poroli, Danielle Rodriguez, Donovan Rooney, Turner Clark, Samuel Copley, John Jimenez, Kathryn Kasbergen, Christina Maestu, Miguel Menchaca, Alberto Mujica, Nicolas Sanchez, James White, Joseph Archer, Alex Mantong, Mark Powers, Justin Romani, Nicholas Rubio, Julia Padilla; (V) Patrick Wiseman, Adam Wong, Colin Campbell, Elmer Lizarde, Michael Sparks III, Nicholas McHale, Giselle Cantiller, Bridget White, Annemarie Barbour, Annabella Rolleri, Isabel Afong, Amelia Poroli, Laura Gorry, Lindsay Hewitt, Will Yponce

Football: (F) Ian Armada, Andrew Dettling, Gabriel Landeros, Jacomo Latino, Jelani Morton, Nicolas Vogt. (JV) Mitchell Berger, Jeremy Fernandez, Saej Awa, John O'Hearn, Michael Ingram, Michael Grandstaff, Trey Price, Daniel Simoes, Colin McCarley, Jake Regino, Jonathan Stone, Andrew Taylor, Jacob Tucker. (V) Benjamin Brouwer, Joshua Brouwer, Steven Schneider, Braeden Bourke, Jarrod Burkholder, Matt DeSimone, Patrick Barnes, Christian Montanez, James Ghilardi, Christopher Milton, Matthew Marengo, Treyvon Berman, Aidan Smith, Jacob Sandlin, Jaret Fiffick, Tyler Vander Waal, Gianni Alvarez

Continued...

Continued from page 6

Women's Golf: (V) Natalie Nunes, Karina Brouwer, Sarah Donovan, Cianna Hamilton, Morgan Jones, Shatara Mouton, Elizabeth Sperring, Beah Cruz, Arianna Gonzales, Katrina Jacinto, Isabella Monteverde, Allyson Snyder, Sarah Waters

Men's Soccer: (JV) Jarod Enos, Zachary Lau, Evan Chin, Benjamin Kessler, Alberto Mujica, Dominick Poletti, Diego Seuthe, Andres Yalan, Ryan Heffernan-Anderson, Lincoln Tadewald, Nicholas Rubio; (V) Seamus Hudnut, Elmer Lizarde, Lucca Batturaro, William Saalsaa,

Women's Tennis: (V) Brittany Leek, Rebecca Mazur, Julia Rinaldo, Remington Kirrene, Sophia Graham, Amanda McAdam, Colette Caspar, Gabrielle Downey, Natalia Kimmelschue, Alanna O'Neill, Carmen Singer, Karly Kiefer, Bailey Leek, Beata Aks, Emma Tillman, Caitlin Berger, Julia Griggs, Regan Tweedy

Women's Volleyball: (F) Isabel Arellano, Catherine Cordano, Shea Harrington, Casey Koenig, Tyra Thompson; (JV) Isabel Nguyen, Paulina Crum, Regan Lambeth, Camilla Patterson, Mary Monnat, Anna Clare Nelson, Madeline Yeager, Amelia Conaghan; (V) Makenna Chapman, Ceyenna Tillman, Aeron Davis, Marley Downey, Megan Klotz, Mackenzie Lusich, Poloma Bowman, Katherine Jones, Kiley Poletti

Men's Water Polo: (JV) David Cook, Stephen Smith, Nicholas Smith, Marvin Shi, John Stassi, Juan Rene Aguirre, Andy Chen, Daniel Ledesma; (V) Max Verspieren, Zachary Byrne, Cesar Lopez, Richard Robak III, Sam Sun, Andres Avila

Women's Water Polo (JV) Alexandra Roberts, Poppy Ruyak, Evadokia Tsiopos, Jennifer Austin, Rachel Li, Alia Ortiz; (V) Allison Blake, Kalani Mark, Jane Ferguson, Anna Sorensen, Maliah Haroldson, Olivia Busch, Julia Dudensing, Sierra Martin, Madeline Mercer, Makena Haroldson, Eden Kolb



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:

Cross Country: Adam Wong, Colin Campbell, Elmer Lizarde, Michael Sparks III, Patrick Wiseman, Nicholas McHale, Giselle Cantiller, Bridget White, Laura Gorry, Lindsay Hewitt, Will Yuponce, Amelia Poroli

Football: Benjamin Brouwer, Joshua Brouwer, Steven Schneider, Braeden Bourke, Patrick Barnes, Matthew DeSimone, James Ghilardi, Christian Montanez, Christopher Milton, Tyler Vander Waal,

Women's Golf: (V) Natalie Nunes, Cianna Hamilton, Morgan Jones, Shatara Mouton, Elizabeth Sperring, Beah Cruz, Katrina Jacinto, Sarah Waters

Men's Soccer: (V) Seamus Hudnut, Lucca Batturaro, Elmer Lizarde, William Saalsaa

Women's Tennis: Brittany Leek, Rebecca Mazur, Julia Rinaldo, Remington Kirrene, Amanda McAdam, Karly Kiefer, Beata Aks, Emma Tillman, Reagan Tweedy

Women's Volleyball: Megan Klotz, Mackenzie Lusich, Aeron Davies, Makenna Chapman, Marley Downey, Ceyenna Tillman, Paloma Bowman

Men's Water Polo: Max Verspieren, Cesar Lopez, Richard Robak III, Sam Sun

Women's Water Polo: Allison Blake, Kalani Mark, Jane Ferguson, Maliah Haroldson, Olivia Busch, Sierra Martin, Madeline Mercer, Makena Harroldson,

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: Madison Gudmann, Maria Gonzalez, Gillian Meshot, Gabrielle Carvalho

Student Athletic Trainers: Grace Leu, Stephanie Jimenez, Maci Meyer, Nicole Wong, Maybeline Hinlo, Nina Vitorel

VOCATIONS

As the current **Director of Counseling and Guidance**, and a counselor at Christian Brothers for over 18 years, **Kirk Purdy** encourages students to look at their potential career path as a process and not a “definitive answer” or “a decision” that needs to be made. His own personal experience of finding his vocational calling as a Catholic school counselor has led him to believe in this philosophy.

Mr. Purdy graduated from a public high school in 1977 and attended a local university in South Dakota, believing that he would pursue journalism as his major. This goal came from his experience of writing for his school newspaper and being the sports editor of the yearbook. His love of athletics led him to believe that he wanted to write sports stories for his entire working career. Somewhere along the line, he discovered that he really enjoyed studying human behavior, geography and past historical events, and he declared history as his major while minoring in social studies. He developed a new goal of teaching social studies at the high school level.

After graduating from college, Kirk immediately started teaching and coaching basketball and track at a small public high school in rural South Dakota. Two years into teaching, he chose to attend graduate school and pursue a master’s degree in counseling. He recalls that it was a comment/question made by his principal that ignited his desire to look into it. Upon obtaining his M.A. in Counseling, he took a job as a counselor, psychology teacher, and basketball/football coach at St. Francis Catholic Junior-Senior High School in Humphrey, Nebraska and he remained there for five years before making the decision with his new wife to move to California. The move was “way out of my comfort zone and involved a lot of faith and trust in God’s plan for me”, according to Purdy.

Working at St. Francis with an opportunity to express his personal faith while renewing his Catholic elementary school roots, led him to become an elementary school counselor with Catholic Social Services in Sacramento. His seven years at Sacred Heart, St. Lawrence, Our Lady of the Assumption and St. John Vianney challenged him professionally, and furthered his love and commitment to Catholic education. However, he felt in his heart that it was necessary for him to find one community where he could “lay down some roots” and hopefully make a difference. Christian Brothers became that community in 1997. Kirk said that he would be lying if he told you that he knew what Lasallian education was all about and that he would predict a long love affair with CB, when he felt this particular call to ministry. His two daughters will soon be Falcons, so this journey will continue for quite a while.

“Christian Brothers has become such a huge part of my life that I sometimes believe that it defines who I am instead of where I work”, says Purdy, who has also taught Psychology and SAGES Study Skills, and coached men’s basketball and golf for many years. He is currently a member of the Campus Ministry Team and has been involved in the senior Kairos program since 2004, with a passion toward bringing students to a closer understanding of themselves while personally experiencing God’s unconditional love for them.

When asked what students can do to follow their own vocational calling, Mr. Purdy gives the following advice, “Always try to be open to developing an understanding of who you are, listen to what God is saying to you through others and deep in your own heart, and see every experience, big or small, as part of the “process” of your own vocational journey. Set goals, but don’t be afraid to change them up”





I recently asked our International students some general questions and I thought you might be interested to hear what they had to say. These answers were randomly selected from many responses and provide great insight to the thoughts and experiences of these students. I have made minor grammatical edits to their thoughtful responses. Because there are so many different answers, I'll share half of their answers this month and give you the rest of their amazing answers next month. Enjoy the read!

Question 1: What is the best part of your school day?

- The best part of my school day is that I can meet and hang out with my friends. We can talk about our weekends, share happiness, and discuss interesting things that happen every day.
- Having class with different people and having lunch with my friends.
- In class. We can have conversations with our classmates as well as teachers. There are lots of fun activities in class so the classes are always the best part of the day.

Question 2: What is the most challenging aspect of CB?

- CB has numerous chances for everyone. If we want to improve, there are always opportunities. For instance, there are so many classes I can choose. I can always challenge myself to get into a higher level academically.
- To study and organize things by myself.
- It is certain that the English part is the most challenging part in CB academic work. If I could not understand what teacher said, it would be hard for me to follow.
- The most challenging part for me is Literature class. It is quite difficult to understand a book called Mythology. It takes me 2 hours or more every day to read it.

Question 3: What is your favorite subject and why?

- In my freshmen year, my favorite subject is art because compared to other subjects, it does not need my brain to think like doing math problems. I enjoy drawing and it is the only subject I can relax and I am good at it.
- I honestly really enjoy liturgy and prayer service at CB. It always gives me some life enlightenments. Every liturgy has its own topic, every topic is closely related to our lives. Liturgy teaches me lessons that I don't usually learn in class.
- My favorite subject so far is Intro to Engineering Design. The materials in class are interactive and I am happy to finish all the assignments for this class.
- My favorite subject is religion because my teacher is great.
- I like many classes. Every class is unique, and every teacher has their own way to teach. I think overall my favorite class is PE. Ms. Bennett is a really nice and helpful teacher. She gave us advice of how to advance in PE as well as keep our body healthy. Also, for PE class I don't need to think or write anything, which is very relaxing for me after all day school work.

Question 4: Why did you choose to come to Christian Brothers High School?

- I chose CB for many reasons. Firstly, I like California, the weather here is similar to my home, very comfortable and never freezing in winter. Then, I wanted to go to a Catholic school since I do not believe any religion before and I think that it would be great to try something new. In addition, CB has the best respect among all of the schools I visited. Before entering CB, I came as a visitor, all teachers welcomed my mom and me. This made CB different from other schools and it helped with my decision eventually.
- Because CB is a great high school and teachers can help me so much.
- To be honest, I choose CB is because CB has a really high average SAT score. But that's not the most important thing for me to be as a CB student anymore. I feel like the score is just a part of it. All school activities, sports, and clubs make my high school life much better. I get a chance to do things I have never done before.
- I came to CB because of my mother and it was a great decision.

If you are interested in hosting an ISP student in the future or want to find out more about our International program, please contact pgallagher@cbhs-sacramento.org.

Thank you,

Patti Gallagher, Director of the CB International Student Program

Falcon Family Faces



FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CHRISTIAN SERVICE

A few years ago, early in the cold morning, I was driving to work when I saw a homeless man covered in thin blankets. Standing outside a closed store he began gathering his few possessions. I slowed into the parking lot and stopped my car next to him. As I got out of my car he gave me a puzzled look like, *who is this woman and why is she approaching me?*

"Hi," I said. "You doing okay?"

"Okay, just cold," he said, stuffing his blanket into the little carrier behind his bicycle, not making eye contact.

"I have some water and clean socks if you'd like." I felt awkward but I headed toward the trunk of my car, opened it, and pulled out the items before he could answer. I smiled at him. He looked a bit taken aback when I handed him two bottles of water and two pairs of new socks. He slowly took them, smiled, and said, "Thank you ma'am, thank you for caring."

"Be well," I said as I got into my car and pulled away. In the review mirror I saw him open the water and drink. Most likely facing a day of difficulty, he got on his bike. *Where would his next meal come from? How far must he ride to get his meal? What would he encounter on his day's journey from others-goodness or disdain? Would he find evening shelter to keep him warm and safe?* I thought of him on the way to work and later asked my students in Social Justice class those same questions.

Why do we serve? Why do we serve others when it would be much easier to be less involved, to turn away and focus solely on ourselves? While it is important to evaluate why we serve, it is equally important to understand that the Dignity of the Person must be the heart of service, the call to action. Serving others develops empathy. Serving others is work toward the common good.

When I ask students why the CB community continually serves others in need, I get quite a mix of responses but here are a few from Christian Brothers High School students:

Valente Araiza organized the **Yes We Can** canned food drive for Thanksgiving. This year our students collected 2,000 cans to give to our neighbors at Williams Memorial Church. Araiza says, *"The canned food drive is a way for CB to help our neighbors in need and to give back to the Oak Park Community. A large part of our Lasallian education is modeled on core principles and learning to serve others. It is one thing being taught how to serve others, and it is another to actually be a part of something that makes a positive*

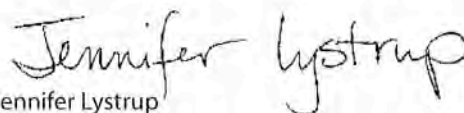
impact, especially close to home. Collaborating with Williams Memorial and collecting food to be distributed to the people in Oak Park has been an amazing opportunity to share with others, to be involved in a larger community, and to just be good neighbors."

Molly Hallsten on donating baskets, baking cookies, and decorating the Christmas tree for the **Cathedral Square Homeless Program**: *"Today we live in a society where we take for granted all that we have and all that is provided for us. We should take the time to be grateful for everything we have. And while we are thankful, it is important to consider those who are less fortunate or have fallen on hard times. The harsh conditions that homeless people encounter are significant and damaging. When the opportunity arrives to provide for others what they may not be able to obtain by themselves, we should act accordingly."*

Luci Plazibat on the **Lasallian Youth Christmas Party** for the children at Rosa Parks Middle School (K-8): *"Last year I participated in the first Lasallian Youth Christmas Party at Rosa Parks Middle School. With the help of the gracious students, faculty, and staff at CB and the families of St. Robert, Lasallian Youth was able to donate a massive amount of toys and books to the students at Rosa Parks. The students at Rosa Parks wrote letters to Santa asking for all types of toys. When we walked into the classroom carrying bags full of wrapped presents, the children's faces lit up. Seeing the excitement and gratitude on the children's faces was unforgettable. The same unforgettable feeling is present when the members of Lasallian Youth tutor at St. Robert. The students love it when we help them with their homework and play outside with them. It's amazing to be a part of this school club."*

Why do we serve? The reasons are different for everyone but I do believe we are called to take care of and mercifully hold each other in this remarkably sacred world.

Be well,



Jennifer Lystrup
Director of Christian Service

December 2015
FALL SEMESTER

Christian Brothers High School Monthly Newsletter
www.cbhs-sacramento.org

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Counseling And Guidance

College Financial Aid Night for Seniors and Parents will be held on Wednesday, December 9, 2015 at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. Our guest speaker will be reviewing information on how to fill out the FAFSA (Free Application for Federal Student Aid), and will talk about Cal Grant, federal grants, loans and scholarships. We hope to see you there! Since this evening is primarily for parents, it is not necessary for students to attend, but it can certainly be helpful for them to learn more about how the financial aid process works.

About College Entrance Exams:

It's that time of the year when we break down the basics of the tests that students may need to take as they consider their college options. Most 4-year colleges and universities require a college entrance test score as part of the application process. The two national tests are the **ACT (American College Test)** and the **SAT (Scholastic Aptitude Test)**, given by the College Board). ALL colleges and universities will accept either score. Both tests are offered at local area high schools six to seven times throughout the year. Christian Brothers is a test center for both the ACT and SAT; we administer both exams on dates in the fall and spring. For many years we have also taught an on-campus SAT Prep Class. Research nationally (and with our own CB students) indicates that students often perform differently on the ACT and SAT. Here is some information on each test:

ACT:

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

SAT:

- Has a brand new format beginning with the March 5, 2016 exam
- Tests Reading & Writing, as well as Mathematics
- Has an optional Essay (which we recommend)
- Focuses on problem-solving, data-analysis, evidence-based Reading & Writing, and writing and analyzing Literature, Social Studies and Science passages
- Some parts of the math test now eliminate the use of calculators

SAT Subject Tests:

- Subject area tests that UC and a few selective colleges either recommend or require (it will depend on the schools and the major areas of study/check their websites)
- Should be taken by the fall of senior year, but can be taken after sophomore or junior year in May or June, following the completion of the last course in that subject or after an AP course is completed

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

Registration for the ACT is done on the ACT website www.actstudent.org

Registration for the SAT is done on the SAT website www.collegeboard.com

KHAN ACADEMY has made an agreement with College Board to do free online test prep for the SAT. You may view details of that program at the website listed above.

IMPORTANT SAT/ACT DATES TO REMEMBER:

| SAT: | Deadline to register: | ACT: | Deadline to register: |
|-------------|-----------------------|---------------|-----------------------|
| January 23 | December 28 | February 6 | January 8 |
| March 5 | February 5 | April 9 (@CB) | March 4 |
| May 7 (@CB) | April 8 | June 11 | May 6 |
| June 4 | May 5 | | |

PSAT RESULTS FOR JUNIORS AND SOPHOMORES: Grade-level counselors for the Classes of 2017 and 2018 will visit classrooms in January and February to return PSAT score reports and prepare students for the 2016-17 pre-registration process. The PSAT scores will be made available on Family Connection in December and counselors will inform students when they are able to be viewed.

ACT ASPIRE RESULTS FOR FRESHMEN: Counselors will inform parents and students when ACT Aspire scores will be available for viewing. They will be going over the pre-registration process with the Class of 2019 in January and February.

CHRISTIAN BROTHERS SAT PREP CLASS FOR JUNIORS: CB is once again offering an SAT Prep course for the Class of 2017 students planning to take the newly-revised SAT on March 5 or May 7 of 2016. The class will be taught by our own Math and English teachers and will be held from 9:00 a.m. – 1:00 p.m. on four Saturdays. **WHEN:** January 30, February 6, 20 and 27 **WHERE:** CB STEM Building **COST:** \$200 per student
Registration Information: Look for specific information on how to register for this prep course. It will be announced on the school website and on KBFT.

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

Check with our Director of College Counseling, Ms. Melissa, if you have any questions or seek guidance on the many options that are available. Her phone number is 733-3679 and her e-mail address is mmccllellan@cbhs-sacramento.org.

Continued on page 3

Christian Service...

Book Drive: Advent Almsgiving:

From November 30 - December 7 we are collecting new and gently used books to support Saint Hope Academy. The Saint Hope teachers have asked CB to help with their push for literacy and are in need of books for grades K-8. Please drop off all new or gently used books to Room 105. **Do not wrap the books.**

Lasallian Youth Christmas Party:

On **November 30** Lasallian Youth will have a sign-up sheet for those who would like to buy gifts for the kindergartners at Rosa Parks K-8 Middle School. The "kinders" at Rosa Parks have written letters to



Santa. We need 70 gifts for boys and girls in total. The list will have the name and gender of the student as well as what they have requested. CB students, when you sign up to buy a gift please make sure you write your B set class teacher and room number. Please listen for announcements and check Schoology for details. The **Lasallian Youth Christmas Party will take place on December 8** at the Rosa Parks middle school. Also the kinder teachers would love to have new books for their classroom library. If you donate books to Rosa Parks, please drop them off in the **LSLO Room 106**.

Canned Food Drive: YES WE CAN!

The Thanksgiving Food Drive was a huge success. We collected 2,000 canned and boxed food items to give to the William Memorial Church (next door to CB). Pastor Meeks and his congregation were over the moon with the donations. They will be giving out the canned goods along with their donated turkeys to families that are in need in the Oak Park community.

Mrs. Holmes' Leadership class loaded up her truck and also helped unload the food items at Williams Memorial.



The **'Yes We Can'** food drive, spearheaded by Student Council Vice President Valente Araiza, was quite a competition between classes. Ms. Hoekman-

Veldstra's class council counted the cans and the winner was based on percentage of cans per person per class. The first place winners of the **'Yes We Can'** trophy went to the senior class, with sophomores in second place, juniors in third place, and freshmen finishing last. The trophy will reside in Mr. English's and Ms. Shackel's classrooms until next year's competition.

Counseling And Guidance

Continued from page 2

TIPS FOR PARENTS ON USING CB'S FAMILY CONNECTION:

Family Connection is a remarkable tool for students and parents to use for **self-awareness** or for **educational, career and college planning**. There is a vast amount of information on hundreds of **careers** and on **scholarships** that students may apply for, as well as the popular **Scattergrams** on what it might take to get into individual colleges (taking into consideration the past eight years of data on Christian Brothers' students). Students have been shown how to gain access to and to navigate this site. They are urged to share the log-in information with their parents and to communicate about the many features that are available.

Counselors will continue to present information at parent evenings, but parents who wish to have any specific questions answered about Family Connection are urged to contact their son/daughter's grade-level counselor or the college counselor. Family Connection can be accessed by clicking on the link on the home page of the CB website.

NEWS FROM PEN (PARENT EDUCATION NETWORK):

PEN is a local support and educational group for parents who have **children with learning and attention differences**. They hold monthly meetings and sponsor guest speakers. Meetings and events are usually held at either Jesuit, St. Francis or CB. While parents meet, high-schoolers can also meet with fellow students in what is called **SAFE (Student Advisors for Education)**. To learn more and see a schedule of upcoming meetings and speakers, please visit their website at www.pen-sacramento.org.

Lasallian Student Life

Campus Ministry News...

A Time of Waiting....

As the season of gift giving begins I pause to reflect upon the gift of Advent, a season of waiting. While I busily enjoy all of the secular aspects of the season, I pause to reflect upon the importance of waiting and preparing to receive the Christ child at Christmas. So let's think about this whole concept of "waiting." I heard once that the average person will spend 5 years of his or her life waiting in line, 2 years playing telephone tag, and six months sitting at red lights. That is over 7 and a half years of waiting, at best doing nothing, or at worst experiencing great aggravation! There is a lot of waiting that we do that we might consider mindless, frustrating, and pointless...at the post office, at the gas pump or grocery store. This is not the kind of waiting that we are called to during Advent. Advent waiting requires our patience and our openness. Our time of waiting during these next four weeks should also be one of anticipation and excitement. This waiting can involve time spent intentionally preparing our hearts and minds to once again receive the Christ child at Christmas. While we wait, we should try to find moments to quiet ourselves so that we might more fully hear and receive the messages of Advent and Christmas. Taking time to pray, even while using some of the more secular signs of the season, can also be a way for the true spirit of Advent to enter our hearts. Perhaps an outing to look at Christmas lights can remind us of the true Light of the World. The blessing ritual of your Christmas tree might be a new tradition to introduce in your family's celebrations. Watching a holiday movie together and talking about ways that faith is present is nice too. I might suggest the movie "The Ultimate Gift". It is a wonderful depiction of a journey toward discovering what is truly important in life. As you watch it, consider this – the best gift this year won't be wrapped in bright paper with ribbons; it can't be found in a store or online; it won't be found under the tree....."For God so loved the world, that He gave His only Son." (John 3:16). This Advent, may you wait in joyful hope and anticipation as you prepare to receive Christ, the ultimate gift. May your waiting be blessed with peace and love!

-Jen Yearwood, Director of Campus Ministry

Retreats...

REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS NOW COMPLETE... If for some reason you did not register for a Junior Overnight or the March Kairos retreat (the only Kairos open at this time), you must contact Ms. Yearwood **by December 4**. Please send an email with your inquiries. Information about the retreats, as well as links to register online are on the CB webpage (tabs-Student Life, Campus Ministry, Student Retreats).

FROSH ALL CLASS RETREAT.... On Friday, January 8, the Class of 2019 will gather for a **mandatory** day of retreat. The retreat will be held at the CSUS Alumni Center from 8:30 a.m.-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 answering the question, "Who Am I?" as well as further developing class unity. Frosh are asked **to bring a lunch (nothing that requires microwaving) and to wear their yellow, class SPIRIT SHIRT.** Our day will be facilitated by Ms. Yearwood and the Senior Retreat Leadership Team. If you have questions, please contact Ms. Yearwood via email jyearwood@cbhs-sacramento.org.



An Advent Prayer of Waiting

*Now is the time of watching and waiting
A time pregnant with hope
A time to watch and pray.*

*Christ our Advent hope,
Remind us to prepare for your coming;
Remind us to prepare for this time
When the soles of your feet touch the ground,
When you will become one of us
To be a one with us.*

*May we watch for the signs,
Listen for the messengers,
Wait for the good news to slip
Into our world, our lives.
Christ our Advent hope,
Help us to clear the way for you;
To clear the clutter from our minds,
To sift the silt from our hearts,
To move the boulders that prevent
us meeting you.*

*May sorrow take flight,
And your people sing a song of peace
And hope be born again.
Amen.*

-Kate McIlhagga

Prayer & Worship...

Please join us for our celebration of the **Immaculate Conception, Tuesday, December 8** at 9:50 a.m. in the Gym. Did you know that this holy day is often subject to a great deal of "misconception"? Often worshippers think that this Holy Day is all about Jesus and his miraculous conception. Actually, the feast is all about Mary and her being conceived, full of grace, holiness, and purity. Please join us for this holy day of obligation (OPPORTUNITY) in honor of Mary, Mother of God.

FINALS ARE COMING!!!!!!

Final exams are coming up soon! Final exam/Review week is December 10 – 18.

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 during the week of January 4 after school. 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 18.

FALL SEMESTER EXAMINATION/REVIEW SCHEDULE

| TIME | THURSDAY DEC 10 | FRIDAY DEC 11 | MONDAY DEC 14 | TUESDAY DEC 15 | WEDNESDAY DEC 16 | THURSDAY DEC 17 | FRIDAY DEC 18 |
|------------------|--------------------|------------------|------------------|-------------------|---------------------|--------------------|------------------|
| 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 | |
| 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 | | |



CAL ALL League Fall Players

Cross country

Jimenez, John Isaiah
Sparks, Mike
Wiseman, Patrick

Football

Anderson, Malcolm
Brouwer, Ben
Euwing, Aarmon
Jackson, Jamarri
Ledesma, Miguel
Marengo, Matt
McCarley, Joe
Smith, Aidan
Offensive Player of the
Year: **Braeden Bourke**
Defensive Player of the
Year: **Jarrod Burkholder**

Women's Golf

Cruz, Beah
Jacinto, Karina
Krause, Courtney

Men's Soccer

Francisco, Mejia
Hudnut, Seamus

Women's Tennis

Graham, Sophia
Kirrene, Remi

Women's Volleyball

Bowman, Paloma
Thomison, Ryann
Tillmann, Ceyanna

Men's Water Polo

Avila, Andres
Cunningham, Cole
Versperian, Max

Women's Water Polo

Blake, Allie
Haroldson, Maliah
Madrigal Geary, Ashley
Mark, Kalani

Congratulations to Kourtney Clark, who committed to the University of Las Vegas in the sport of Diving.

Cross Country: Christian Brothers High School Cross Country had unbelievable success in November at the Section Final meet at Willow Hills Reservoir, Folsom. Running in ideal conditions, the Falcons were able to amass **35 personal bests** among the 43 runners who raced for CB. On top of those achievements, the **CB 9th grade men's team won the Section Title!** The proverbial "cherry on top" was the **Varsity Men's' team** who qualified for the California State XC Finals by **winning CB's first ever section title!** Congratulation to our Falcons XC team for an incredible season of personal and team successes.

State Finals were held in Fresno, CA on the weekend of November 28, 2015 at Woodward Park. Congratulations to John Jimenez, Mike Sparks and Patrick Wiseman for their CAL All-League selection.

Varsity Football: In a game marked by a barrage of points in the first quarter that turned into a defensive struggle, the varsity football team withstood a late drive and a last second field goal attempt to pull off an exciting first round playoff win against Vanden, 27-26. The defense turned up the pressure to shut out the potent Viking rushing attack for the last 3 quarters. The Falcons finished second in the CAL with a 4-1 record.

Women's Varsity Volleyball: The women's Varsity Volleyball team took on Yuba City in the semi-finals. The team exhibited strong and balanced play throughout the 3 set match. Aggressive consistent serving helped the Falcons set the tempo of the game and maintain control for the majority of the night. The team advanced to the Section finals at Tokay High School vs. league opponent Vista Del Lago. The Falcons came out strong winning the first game, and dominated the third and fourth games to take the Section title. The Lady Falcons were seeded #5 in the first round of the Norcal DIII playoffs, but lost to Campolindo High School in Moraga.

Cheerleading: While still busy supporting the fall teams, the 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.

Freshman Men's Basketball: The JV Falcons are led by first year head coach Phil Jackson and Assistant Coaches Matt Davis and David Sidhu. They will rely on speed, sharp shooting, basketball IQ and hard work. The season is just around the corner so please come out and support the team.

JV Men's Basketball: The JV Falcons are led once again by Coach Tim McGann '02 and Assistant Coaches Marcos Pena '00 and Eddie Ralph '10. This season's team is getting primed and ready for a great year. They were extremely excited to take the court this past weekend at Granite Bay High School for a round robin format. They looked strong and focused in all three games. It was indeed a great beginning for what is anticipated to be a well-balanced talent laden team. Please come out and support the JV hoopsters.

Varsity Men's Basketball: The 2014-15 season was an exciting year as the Brothers Men's Varsity team captured the Capital Athletic League Championship and were the #1 seed in the Sac-Joaquin Division III playoffs. The team will look to replace League MVP Finn Whetstone and All-League guard Joseph Delgadillo following their graduation. The Falcons have some key returners that will help propel them to another league championship and try to go further in the Division III playoffs.

These players, combined with a strong group of newcomers from last year's League champion Junior Varsity team, will look to build off the chemistry developed in the off season. The team's ball movement and unselfish play on the offensive end, strong commitment to team defense, and depth at each position will help put them into position to make a run at another league championship and a deep run in the playoffs.

Wrestling: Wrestling season has begun and it looks like it will be another great season. With the addition of new co-Head Coach Mark Pfeifer for technique, Juanita Patlan '12 coaching the girls, and Dylan Orr '10 working with our big wrestlers, they should be able to bring home some medals. The goal for the season is improved technique.

Freshman Women's Basketball: The Frosh Women have a very competitive schedule and are looking forward to a fun and exciting 2015-2016 season under the direction of Coach Brittany Adkins-Williams.

JV Women's Basketball: The JV Women's Basketball Team is working hard and looking forward to a challenging and successful 2015-2016 season under the direction of Coach Malcolm Anderson.

Varsity Women's Basketball: The Lady Falcons look forward to the 2015-16 season with several returning starters. Once again the Lady Falcons have a very competitive preseason schedule and are looking to make a deep run in the playoffs.

Media, Visual & Performing Arts

“Gratitude turns what we have into enough.”

-Author unknown

The arts and holidays go together like beans and rice. It is a time when everyone taps into their artistic side, whether it is in decorating the house, preparing special culinary foods, wrapping a gift just right, or practicing a toast for the big meal. What is best about all this creative activity: it is for the benefit and enjoyment of others.

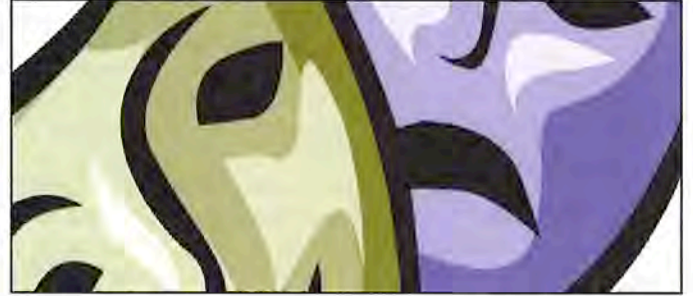
For your enjoyment we have a month of traditional performances with beautiful music and entertainment in December. **The Instrumental Music Program** will be participating in the annual **Jazz Band Tour** on Tuesday, December 1. The school-wide **Christmas Music Assembly** happens on Wednesday, December 9. Two days later, on Friday, December 11, the **Instrumental Christmas Concert** takes place in the George Cunningham '40 Performing Arts Center at 7:00 p.m.



The **Choral Music Program** activities in December begin on December 1 with the **Choir Elementary School Tour**. On Saturday, December 5 the **Choral Christmas Concert** will be presented twice in the George Cunningham '40 Performing Arts Center at 2:00 and 7:00 p.m. The Choir will join with the band for the school assembly on December 9 in the gym.

Open Mic Night will also be in the George Cunningham '40 Performing Arts Center, on Friday, December 18 at 7:00 p.m. Open Mic is student-directed, charming, heartfelt, and highly entertaining. This is a family friendly event and wonderful way to introduce future Falcons to the talent and passion of our art students.

FOTA (Friends of the Arts) meets the first Thursday of every month in room 305 at 6:30 p.m. FOTA gives you an opportunity to become more involved in your student's art career, meet other parents interested in supporting the arts, and enjoy the FOTA Family Pass where you and three of your guests get into all art events on campus for free!



We have finished our run of CB's adaptation of **“The Tempest”** with a sci-fi twist. I tip my hat to the students who not only flawlessly learn to memorize Shakespeare, but for their ability to make his words come alive. The set was spectacular, the outer space theme was innovative, and the robot proves that the Engineering Club can be put to good use in providing the theater program with wonderful props.



The Tim Collom Tribute Show at the B Street Theater was a huge success. Tim Collom attended the reception and talked with the students, encouraging them to continue to create art. Out of 55 artists showing, 22 of their works were sold, demonstrating that the public does value the work of our students while helping the B Street Children's Theater Program.

There is something rebellious about the holiday season that appeals to me. The coldest, darkest time of the year, yet the human spirit cannot be denied. We string up lights and have epic parties despite the inclement weather outside. We take time to remember all the people in our lives and let them know how special they are to us. And the list does not just include family and friends, but also co-workers, the mailman, paperboys, and neighbors all get in on the action. I pray for you and your family to have the warmest of holidays and rebel against the darkness this season.

Happy Holidays,
Findlay McIntosh
Director of the Media, Visual and Performing Arts

The Kitten Whisperer

Everybody loves cats, some more than others. CB senior Jaret Fiffick loves them even MORE than others.

By Dani Rodriguez '16 – Talon Staff Writer

In the loud, crowded gym of a high school, three intense wrestling matches were in progress with the crowd completely engaged. While the crowd was on their feet, the Christian Brothers Wrestling team had attracted a crowd of their own in the bleachers. The source of the gathering crowd was two kittens and their owner, **Jaret Fiffick '16**.

For about two and a half years, Jaret and his family have been fostering kittens ranging from one week to one month old. He remembers his family's decision to foster kittens being impulsive and random.

"Mom found a rescue called Itsie Bitsie Rescue" he explained. "She was like 'oh, let's try fostering kittens.'"

Jaret wasn't too upset that his family had decided to start fostering kittens because he is quite the animal lover, despite his macho appearance. In fact, he is surprised that some people mistake him for being a scary guy.

"Everyone thinks I'm big and mean but I'm really not," the football player says. "Taking care of kittens is my thing."

Over the years he has fostered between 50-60 kittens and has loved every kitten that has come his way. Occasionally, he grows attached to one of kittens -- who can blame him? But he is aware of the sad reality that he has to give them away or else he and his family would be surrounded by too many feline friends.

"If we kept every cat we wanted to keep, we'd have about a thousand cats" he explained. "I've had a couple where I was like



'I really want to keep you, but goodbye, friend.' It reminds me of that scene from Titanic with Jack and Rose and Jack just sinks to the bottom. That's how I feel sometimes."

There is no doubt that Jaret is a nondiscriminatory animal lover. When asked the age old question "cats or dogs?" he took no definite side, but noted that cats are less codependent.

"I just like animals," he says. "Cats are a little bit easier to take care of because they are more independent."

The mission of Itsie Bitsie Rescue is to provide shelter and development time in newborn kittens and puppies to prevent the suffering and abandonment of neglected pets from local communities.

"We feed them, we play with them, we take care of them, we love them," he says of the shelter's mission.

In defiance of his masculine appearance, Jaret has an unquestionable nature that brings comfort to all -- kittens and citizens.



This year at the CB Auction...

ALL YOU NEED IS LOVE



*Take a walk down Abbey Road with the Beatles and "Come Together" with your CB friends at this year's auction **March 12, 2016**.*

Here are three ways you can help.

- **Volunteer** - All are welcome.
- **Donate or Sponsor** – Our donor and sponsor forms can be found on the school website. Click "Support", "Event".
- **Host** a Gift Gathering or Theme Party.
- **Plan to Attend**- Save the date: March 12, 2016.

Call Joanne McShane at 916-733-3643 for details.

In this season of giving, consider a tax-deductible sponsorship to the CB auction. "**All You Need Is Love**" is this year's auction theme and we would LOVE your support!

Our parent committee, led by chairperson **Susan Bitar**, is already at work planning a wonderful evening for all our guests, with the goal of raising \$275,000 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!

VOCATIONS

This year an alum, **Mr. Julian Elorduy**, Class of 2003, has come back to teach in the Religious Studies department. While he was a student here, Mr. Elorduy developed his passion for music and started the Open Mic Night program that we still have today. During his senior year at Christian Brothers, Mr. Elorduy was intrigued by the World Religions course and knew he wanted to pursue further studies in it. He attended UC Davis, where he received bachelor's degrees in International Relations and Religious Studies.

As Julian continued his studies, he realized he had a passion for teaching and enjoyed it. His vocation as a teacher can also be attributed to his family. He reflected, "I come from a family of teachers. My great grandmother was a teacher and math textbook author, and my mother taught for many years. I guess it's in my blood. That and a lot of Basque lamb." He earned his teaching credential from CSU Fresno and is currently working on a master's degree in Education from Boise State. Since graduating from college, he has worked at St. Mary's Elementary and St. Patrick's Academy in Sacramento, and most recently at St. Leo the Great Elementary in Oakland.



Mr. Elorduy is excited to be back at his alma mater in a profession that he loves. When asked to reflect on how his time at CB as a student influences the way he now teaches, Mr. Elorduy replied, "I remember how important Mr. English made each period seem. Every time you walked into his class you felt like it was the most important 45 minutes of your life." In his classes, you can find Mr. Elorduy trying to impart on his students this sense of importance. He explained, "I live and teach from a perspective of 'do no harm' and strive to help students develop meaningful spiritual practices that provide a balance between work and play and all the stress and self-consciousness involved with adolescence."

Mr. Elorduy has also quickly become involved in the CB community by attending sporting events and moderating the Guitar Club. Being an established musician himself, he said, "It was at CB that I found out how important music would become to me. It's an excellent way to process the world around you and document your thoughts and feelings on it. Guitar Club is not about learning to 'shred,' but more about just giving students an outlet. The guitar is really cool in that anybody can pick it up and start playing a song or two within about a month of beginning. So egalitarian and non-elitist!"

Even though it has been over a decade since he walked the halls as a student, Mr. Elorduy is happy to be back at 'home' and feels comfortable being part of the community again.



FALCON FAMILY NEWS

A MESSAGE FROM THE INTERNATIONAL STUDENT PROGRAM

As the saying goes, it takes a village to raise a child.

If we sit back and think about the work our students, families, teachers, staff and administrators do every day at Christian Brothers High School, I believe you might agree that we work toward the same goal. We are, in fact, a community, a village if you will, all contributing to the growth and success of those that choose to come to CB.

And so it is for our International Student Program at CB. For these students from other countries, their village is a bit different from the rest of the CB students. Though the world is now digitally connected, and communication around the world makes travel and living abroad easier, the fact remains that our International students are living on foreign land, learning their curriculum in a foreign language, and mixing into a foreign culture. To add to that, they are living with American families that have chosen to open their homes and lives to them; there are adjustments to be made there too.

These host families generally have a child that is a student on our CB campus. There are some host families that decided to host an international student even though their own child has already graduated from CB. I am humbled by these families, all of them, for the challenge they've accepted and the care they give to our international students.

I've asked our host families to describe their hosting experience so that I could look for trends and patterns, as well as improve the off-campus portion of our program. Of course, they responded and gave me positive and constructive feedback. I'm incorporating what I can into an ISP handbook and my procedural manual, so that our ISP program at Christian Brothers will continue to grow and thrive.

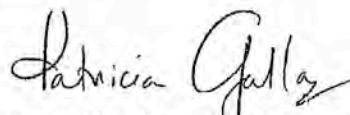
The Laffan family (Caedan '17, Connor '18, Cooper '19) have been hosting Stephen '17 from China and Nick '18 from Germany. "Hosting has been an incredible experience for our family. I feel that it has brought so much awareness about other cultures. It has allowed my kids to get an idea of what it's like to live with others, which I consider very important as they prepare for college. It creates a need to be tolerant of things that aren't familiar to you, as well as the opportunity to teach others about things you may take for granted. In my home, I feel that these teaching moments have helped us all to realize how fortunate we are and they remind us to be more appreciative overall."

The Dillon family (Maggie '11) are in their third year of hosting; their second year for Yuki '17 of Japan and Mars '17 from China. "Hosting is a rewarding experience and I would recommend it to anyone. Helping to make the world a better place by shrinking it is what international student programs are all about. We love these guys and want them to have as regular a high school experience as possible. We feel we need to treat them as our own."

The Mathisons (Emma '18) currently host Julia ('17) from South Korea and Yueyou ('18) from China. "We are happy to support the program! We feel much benefit from our participation as a host family. Our objective was to enrich our global awareness, while providing an opportunity for a youth to gain a better education; but I feel we've gained so much more. There are many ups. My very favorite thing about having ISP kids in the house is the camaraderie and the laughter that comes from not taking oneself too seriously. I feel that our participation is one of the best things we have provided for our daughter. We have three girls, none of whom have sisters, living together as sisters. It's joyful to observe them interacting, having makeovers and talking about boys, and collectively turning up their noses at some ideas. I love that they understand fundamentally that people are personalities, not packages. They see in one another that feelings are universal, regardless of culture, color, or upbringing."

We currently have twenty-three families hosting our students from around the world. The responsibility that they've all accepted is large, but our ISP students and host families are merging their languages, cultures and personalities with such grace and acceptance of one another. Here at CB, we are truly living in a global society, and as a global "village" doing all we can to do help ALL of our students succeed.

As we begin 2016, may we all continue to embrace and cherish the diversity and the gifts therein that Christian Brothers offers all of us – students, teachers, staff, administrators and families alike. Let us continue to be the example of acceptance for all.



International Student Program Director

JANUARY 2016
SPRING SEMESTER

Christian Brothers High School Monthly Newsletter
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 their 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 2016 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.** 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 online. Check the CB website 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 "Course Catalog" where you can view the CBHS CSU/UC a-g List and other important information.

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

ATTENTION PARENTS OF JUNIOR STUDENTS:

College Night for Juniors and Their Parents will be held **Wednesday, January 13 at 6:00 p.m.** in the George Cunningham '40 Performing Arts Center. Important information regarding the college planning process will be presented by Ms. McClellan (college counselor) and Mr. Riley-Portal (grade-level counselor for the Class of 2017).

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 2016-2017 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 Cynthia Grajeda, Melissa McClellan or Armando Diaz in the Counseling Center 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 courses will be offered this spring in order to help juniors prepare for the newly-revised exam. Our Saturday morning class (9:00 a.m.-1:00 p.m.), taught by Ms. Hoekman and Ms. Safford, will begin on **January 30** and will lead up to the March 5 SAT. **Dates for the classes are 1/30, 2/13, 2/20 and 2/27.** There will **not** be a class on February 6, as this is a national ACT test date and we want to give students an opportunity to take the test. Registration forms are available in the Counseling Center or on the school website and the cost is \$200, which will include the text book and practice tests.

Please contact Melissa McClellan (733-3679) or Cynthia Grajeda (733-3680) with any questions.

UPCOMING GUIDANCE AND COUNSELING DEPARTMENT EVENTS:

- **Wednesday, January 13 - "College Night for Juniors and Parents"** at 6:00 p.m. in the George Cunningham '40 Performing Arts Center
- **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).
- **Saturday, January 23 - Parent Education Network Seminar - "Finding the Right Match: The Process of Choosing a College for Your LD/ADHD Student"** beginning at 10:00 a.m. in the George Cunningham '40 Performing Arts Center. Free for PEN members and \$15 for non-members. Go to the PEN website at <http://pen-sacramento.org/> or contact Ms. Margaret Buggy (CB's Coordinator of Student Support Services) at 733-3685 for more information.
- **Wednesday, February 10 - College Case Studies and Mini-College Fair** (for Juniors and Parents) at 6:00 p.m. in the George Cunningham '40 Performing Arts Center
- **Wednesday, February 17 - Wellness Parent Evening** at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. The topic for the evening is: "Dreams, Decisions, Destinies: *The Sex Talk that Every Parent Needs to Have*."
- **Wednesday, March 9 - "Exploring Colleges for Juniors and Parents"** at 6:00 p.m. in the George Cunningham '40 Performing Arts Center
- **Wednesday, April 27 - "Transition to College Night for Seniors and Parents"** at 6:00 p.m. in the George Cunningham '40 Performing Arts Center

Campus Ministry News...

Reflections for the New Year

As we begin 2016, I would like to share with you more about Pope Francis' call for a "Jubilee Year of Mercy" which was promulgated last month on December 8. The Year of Mercy is an invitation—an invitation to love, kindness, and unbounded generosity. Pope Francis is offering us all the opportunity to encounter the incredible mercy of God. Encountering mercy means encountering God. It can transform your life, your relationships, your work, and your ability to embrace and experience all of life. A Jubilee Year is when the Catholic Church across the world takes approximately a year to focus on forgiveness and healing in a special way. Catholics are encouraged to join together in prayer, go to confession, and share their faith with others. The purpose of a Jubilee Year is to help people grow spiritually, strengthen their faith, encourage works of service, and to promote unity within the Catholic Church and society in general. The last Jubilee Year was in 2000, called for by Pope Saint John Paul II. Through the next several months, I will share with you some reflections from the USCCB website and invite you to reflect on some important parts of God's mercy. "J" is for January and also for Jesus! Jesus is the "face" of the Father's mercy. Jesus of Nazareth, Pope Francis writes in *Misericordiae Vultus*, is the "face" of the Father's mercy—he reveals the mercy of God by his words, actions, and person. We follow Jesus example when we open ourselves to the Father's mercy by looking "sincerely" into the eyes of our brothers and sisters, including those "who are denied their dignity." *How have you experienced the Father's mercy in your own life? How might Jesus be calling you to look "sincerely" into the eyes of those who are denied their dignity?*

Happy New Year and may you be blessed with God's abundant mercy as we journey into 2016! May you and yours be filled with blessings of peace!

-Jen Yearwood, Director of Campus Ministry

Frosh Family Liturgy - Sunday, January 10 at 9:30 a.m in the Jack Witry Fieldhouse. All freshman families are invited to join us for a special mass & light breakfast to follow at CB. Other Family Liturgy dates for the Spring semester:

| | |
|------------------------------|------------------------|
| Junior Family Mass | February 21, 9:30 a.m. |
| Sophomore Family Mass | April 3, 9:30 a.m. |
| Senior Family Mass | April 24, 9:30 a.m. |

Save the Date... Family Bunco Night will be held on campus on Thursday, April 28 from 6:00-8:30 p.m. Please mark your calendar and plan to join us for a fun filled evening. More info next month!

Retreats

- **Registration for junior overnight and senior Kairos retreats is now complete!** Thank you to all those who registered for our overnight retreats.
- **Frosh All Class Retreat....."Who Am I?"** On Friday, January 8, the Class of 2019 will come together to further build and strengthen class bonds and unity, but also to reflect on the very important theme of identity. Retreatants will reflect on the question "Who Am I?" Their day together will begin at 8:30 a.m. at the CSU Alumni Center (on the back side of the Sacramento State University campus). **Parents are responsible for bringing them to the retreat and picking them up from the retreat.** There is no transportation from Christian Brothers to the retreat so please make note on the calendar that **school on Friday, January 8 for freshmen begins at 8:30 a.m. at the CSU Alumni Center!** Students are to bring a lunch and to wear dress code pants and their yellow class shirt. The retreat will be led by Ms. Yearwood and the members of the Senior Retreat Leadership Team (SRLT). An email with all of the retreat day information and directions to the retreat was sent out in early December to all freshman parents—if you did not receive the email, please contact Ms. Yearwood immediately.
- **"Improved Family Relationships"... One of Your Resolutions???? The annual Parent-Teen Mini Retreat** will be held on campus this year on Friday, February 5 from 6:00-9:00 p.m. Students from all classes (frosh-senior) are encouraged to attend with one or both parents. A light supper 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 are urged to pre-register no later than JANUARY 19 by sending an email to Ms. Yearwood (jyearwood@cbhs-sacramento.org) including the names of parent(s) and student(s) that will attend from your family. There is \$10 fee per family for this event. Looking forward to sharing this time with you all!
- **Sophomore All Class Retreat.....will be held Friday, April 8th from 8:30 a.m. to 2:30 p.m. at the Scottish Rite Temple in Sacramento. Parents will be responsible for providing transportation to/from the retreat for their sophomore student.** More info about the retreat and details of the day will be emailed to all Class of 2018 parents at the beginning of March.



Please join us as we continue to pray for health and healing for Mrs. Mary Hesser, Principal of CB. In honor of her birthday, we invite you to consider joining us for one of the following:

Morning Mass offered in Mrs. Hesser's honor at 7am in the CB Chapel on Wednesday, January 27th.

An evening Prayer Service for Healing at 7pm on January 27th.

Lasallian Student Life

Christian Service

A Huge Thank You to the Christian Brothers Community

Our season of Advent Almsgiving was quite successful. CB students donated over 700 books for grades K-8 to the St. Hope Academy Book Drive.

Also, our CB community bought over 100 gifts for the kindergarten students at Rosa Parks Elementary School. Lasallian Youth members, with moderators Ms. Amy Neff and Father Murin, delivered the presents and shared the "kinder" joy during the Lasallian Youth Christmas Party.



The Christian Service Program is appreciative and grateful for all that the CB community gives throughout the school year. Much gratitude!

Ven-a-Ver, Otro Lado: The following students will be participating in Ven-a-Ver Otro Lado - Tucson, Arizona and Nogales, Mexico: *Karista McCarley, Julia Rinaldo, Victoria Moyo, Jessica Kever, Sophie Emerson, Juan Alba, Will Yponce, Monica Thayer, Andrew Madrid, Carley Jo Huntington, Brenna Patterson, and Katie Harrington*, with moderators *Ms. Anna Fernandez and Mr. Dave Anderson*. Please keep them in your thoughts and prayers as they travel, learn about immigration issues, and serve those in need.

Voices in Service: **Madeline Gudmann '16**

"I participated in Lasallian Youth Assembly (LYA) this past summer in San Diego. I really enjoyed it. The theme was immigration. There were around 50 students from our district and 50 students from Mexico. We shared ideas, listened to speakers, and learned about immigration. I didn't know that much about it so it was surprising to learn more. We did all kinds of service, from working with a humanitarian group delivering water to those who cross the desert, to helping set up for masses and dinners. The church themes were Human Rights and Immigration. It really was a wonderful experience.

Another part of my responsibilities in the Lasallian Youth Club is to tutor. Our group tutors at St. Robert Elementary School. Father Murin and Ms. Neff drive us to the school twice a week to help out the students. I work with a 3rd grader. She is so sweet and she tells me all about the dance routines she is learning. I have to keep her focused on learning math. She makes me smile. It takes a lot of patience when you first start to work with kids because we have to bond and build trust. But then when the bonding happens it's really great. It's important to keep kids on track in a friendly way.

Doing service has made me a better person. It makes me happy and appreciative. It gives me such a positive influence in the way I see the world. My advice is to 'do service, it can make your day!'"

Volunteers



Athletics

Upcoming Events

HOLY HOOPS: The Holy Hoops game vs. St. Francis is scheduled for Saturday, January 9 at CB. Game times are 2:30 (F), 4:00 (JV) and 5:30 p.m. (V). Holy Hoops tickets will be available for Christian Brother's families, students and staff starting Tuesday, December 29 online. Tickets are \$6 each with a \$1 service charge and are print-at-home. Tickets must be shown at the door. Limit four tickets per person.

HOLY COURT: The Holy Court basketball games will take place at Jesuit High School on Saturday, January 16. Game times are 2:30, 4:30, and 6:00 p.m. Please check <http://cbathletics.org> for ticket information.

Winter Sports Update

MEN'S BASKETBALL:

Varsity - The Brothers Basketball team opened up the first round of the Father Barry tournament at Jesuit High School with a tough matchup against defending Division II North California Champion Archbishop Mitty of San Jose. The Falcons were only able to dress 8 players due to injuries, and gave a commendable effort, ending with a 69-83 loss. Prior to that game, the Varsity men earned a victory over the Del Oro Eagles, 53-46.

JV - The JV players began the Father Barry tournament losing a close game to St. Mary's 57-46, but came back to beat Davis 78-47 and Capital Christian 60-55, winning the consolation bracket.

Freshmen - The freshmen were invited to the Rocklin Thunder basketball tournament in late December. They started off strong, beating Nevada Union 47-46, then faced Folsom and lost a close game 56-49. On Saturday, they played Ponderosa and won a by a nail-biting score of 45-44, followed by losses to Rocklin 58-37 and Del Oro 58-55.

WOMEN'S BASKETBALL:

Varsity - Congratulations to our Varsity Women's Basketball squad who won the Placer tournament, downing the host Placer team by a score of 86-47. Great way to start of the season! They started off the tournament by beating Granite Bay 71-50 and followed up with a 50-40 victory over Woodcreek. The Lady Falcons also took on the Rocklin Thunder with a convincing 81-38 win, and opened the Rocklin tournament with a close 83-76 loss against Reno.

JV - The JV's were in the River City tournament and started off strong, beating host River City 44-35. The next day they took on Rocklin and lost a close game 37-35. Kennedy Earley and Zori Miller were selected as all - tournament players.

Freshmen - The freshman team played in the Kennedy tournament in December. After losing to Kennedy in the first game, they came back and beat Alameda High School 41-19. They followed up with a 38-30 loss to Sac High and an exciting 45-41 win over the Rocklin Thunder.

WRESTLING:

The Men's varsity wrestling team went to Granite Bay High School where they also medaled, followed by a double duel at Hiram Johnson High School. Lady Falcon Wrestling team member Marliss Neal won her first match. The JV team traveled to Woodcreek High School for a team dual where two wrestlers, Brennan Eckel and Aidan Smith-Fagan, went undefeated and were awarded gold medals, and the rest of the boys wrestled their hearts out!



All You Need is Love

**SATURDAY
MARCH 12, 2016**

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
Outdoor After Party to Follow (weather permitting)

Ticket prices are as follows
Table of 10: \$850
Tickets on or before February 12, 2016: \$90
Per person after February 12, 2016: \$110

RSVP online at www.cbhs-sacramento.org

SPONSORSHIPS

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

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

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

\$500 BRONZE SPONSOR
2 auction tickets, acknowledgement

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



*"Take the first step in faith.
You don't have to see the whole staircase, just take the first step."
- Martin Luther King Jr.*

Welcome to the New Year. In the arts we love new beginnings and celebrate the chance to start fresh. Whether it be a blank canvas, a new script, the first time you read a piece of sheet of music, the latest gadget to get that camera shot just right, or a lump of clay, artists have always embraced the opportunity to make something new and different. We may not see the whole staircase, but one step at a time we hope this will be our masterpiece. It is entirely good that we push for creating something that has never been before; not knowing what ripple effects our work will have on others. In the MVPA department, January is all about starting new projects and getting ready for our work to be enjoyed in the months to come.

The theater people are getting ready for **"Animal Crackers"**, our spring musical/comedy. This performance is a tribute to the Marx Brothers and will have all the good natured humor Groucho, Chico, Harpo, and Zeppo have given the world for generations. It will be a big production and you are invited to get involved. More information will be forthcoming.

In the Visual Arts we are starting the year by designing the poster for "Animal Crackers" and creating self-portraits for the **High School Self-Portrait Show** at the Crocker Art Museum in March. Later we will again pay tribute to a local Sacramento artist at the B Street Theater. Students will bring in their best work from the school year for submission to the **La Salle Art Show** in the lobby of our George Cunningham '40 Performing Arts Center at the end of the school year.

Band and choir directors are selecting the music they will be performing for the many spring shows. Carefully they match the music to the talents/skills of their students. And there are always the students and faculty who must convince themselves that getting on stage for **Open Mic Night** is something on their bucket list.

There is no down time for the good people of **KBFT**. Students will be covering the many events on and off campus and create their clever short films for streaming during B set. The news never stops.

FOTA will be with us every step of the way. Our first meeting will be Thursday, January 7 in room 305 at 6:30 p.m. Come and join us and be part of the arts at Christian Brothers. Don't forget all **FOTA** members get the family pass to all performances on campus.

We wish you all the very best in 2016. This will be your year! Take that first step in faith not knowing where that staircase will lead you. Trust that you are going up and you will be grateful for the journey. God bless you all.

Findlay McIntosh, Director of the Media, Visual and Performing Arts



VOCATIONS

By Jana Morris '99
Assistant Director of Admissions

Vocation to me means both personal and professional fulfillment in a career. The position of Assistant Director of Admissions gives me an opportunity each day to bring the gift of Christian Brothers to future students.

CB helped shape me to become the person I am today. My work ethic and confidence is the result of CB's INCLUSIVE COMMUNITY and I am proud to share the mission and values of Christian Brothers High School.

At Thanksgiving of 2014, I was grateful for a wonderful job, but after close to 9 years in the position, I was lacking the passion for its cause. Working in crisis communications, there is little opportunity to promote the things that are good. I searched online for positions involving Media/Public Relations, as well as non-profit work, and came across the position of Assistant Director of Admissions at CB. With much prayer and discussion with my family, I decided to apply.

I have been blessed to be able to accomplish many of the goals I set for myself early on in my career. Having said that, I would not have accomplished these goals were it not for fortitude, discipline and hard work. I have been challenged and pushed more than I thought possible. I love that my personal desire to do work that has meaning and purpose has brought me back to Christian Brothers High School.

For young people trying to figure out their vocation, I recommend that you have passion for your work, set goals higher than you think you can accomplish, and try to become comfortable being uncomfortable. Don't dismiss any of the talents you have been blessed with. Who knew that my best talent, the ability to communicate, was hidden in my yearly report cards, "Respectful and a pleasure to have in class, but talks too much."



Falcon Family Faces



FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

Dear Families:

I write this having just returned from Kairos, a four-day retreat with 49 members of the Christian Brothers High School Class of 2016. Spending this time with these phenomenal young men and women affirms my hope for the future and belief in the transformative power of Lasallian Catholic education. I am especially mindful of the sacred responsibility we hold in carrying on the school's 140-year tradition of inspiring the hearts and minds of the students entrusted to our care.

The constant challenge we face is balancing mission-centered excellence with affordability and long-term sustainability. We recognize that you make tremendous sacrifices to send your children to CB. Recently, the Board of Trustees approved an increase in tuition and fees by a total of 2 percent. **Tuition for 2016-17 will be \$12,745, and the registration fee \$625, for a total of \$13,370.** I'm pleased to say that our tuition remains below the average for Catholic high schools. It is my understanding that most Catholic high schools in Northern California will be passing along tuition increases that average 4 percent. Our goal, in as much as it is possible, is to keep tuition increases in line with the Consumer Price Index.

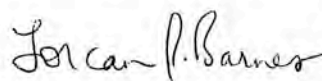
We recognize our tuition is a significant sacrifice for most families. We also recognize that it is prohibitive for some families. Our Lasallian Catholic mission calls for us to serve the poor. We embrace this opportunity. In 2015-16, we are distributing \$2.5

million in need-based tuition assistance to 429 students. That is more than one-third of our student body. We expect these numbers to be similar in 2016-17. 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 the gift of your children. We are working diligently to ensure that the sacrifices you are making for your children today – tuition, time, and example – will reap rewards long into the future.

Live Jesus in our hearts.



Lorcan P. Barnes

President

(916) 733-3603

lbarnes@cbhs-sacramento.org



FEBRUARY 2016
SPRING SEMESTER

Christian Brothers High School Monthly Newsletter
www.cbhs-sacramento.org

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Counseling And Guidance

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. They are also involved in applying for financial aid, including scholarships. Many colleges have a **March 1st** deadline for submission of the FAFSA (Federal financial aid form); parents should be working on it even if they haven't completed their taxes. If parents or students have any questions, please contact Ms. Melissa McClellan (College Counselor) or Mr. Armando Diaz (Class of 2016 counselor).

Juniors have been meeting in small groups with Ms. McClellan to begin learning about what is involved in the college planning process. They are looking over their transcripts, talking about SAT and ACT tests, learning how to do a college search, and exploring summer programs, in addition to asking any 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 write just 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 CSU 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 two years ago 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 form 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 only one place where you can find college success and happiness.

Upcoming Guidance & Counseling Events:

Counselors will continue to visit classrooms in February to return ACT Aspire and PSAT Score Reports and conduct Pre-Registration advising for the 2016-17 school year.

February 10 ~ College Case Studies ~ George Cunningham '40 Performing Arts Center, 6:00-9:00 p.m.

Mid-February ~ Pre-Registration information mailed to parents

February 17 ~ Parent Wellness Evening ~ George Cunningham '40 Performing Arts Center, 6:00-8:00 p.m. (see information below)

February 18 ~ Student Wellness Assembly (see information below)

February 23 ~ Sophomore Parent Academic Planning Night, 6:00-7:30 p.m.

February 29-March 4 ~ Pre-Registration week (special schedule, early dismissal – see article in this newsletter).

March 9 ~ Exploring Colleges for Juniors and their Parents, 6:00-8:00 p.m.

April 27 ~ Transition to College for Seniors – "Letting Go" and "What I Wish I Had Known", 6:00-8:00 p.m.

Wellness Parent Evening and Assemblies:

On **Wednesday, February 17** all parents are invited to attend our annual presentation on Student Wellness. This presentation will be centered on the topic, "*Dreams, Decisions, Destinies...The Sex Talk Every Parent Needs to Have*" and will come a day before the students attend an assembly regarding the same topic. Girls will view a video on "*The Sex Talk Every Teen Girl Needs to Hear*" and all boys will view "*The Sex Talk Every Teen Boy Needs to Hear*". They will process the video with female and male counselors and teachers, respectively. The parent event on Wednesday evening will be held in the George Cunningham '40 Performing Arts Center Theatre from 6:00-8:00 p.m.

SAT/ACT regular registration deadlines:

FEBRUARY 5 for the **March 5** SAT exam – go to www.collegeboard.com to register

MARCH 4 for the **April 9** ACT exam – go to www.actstudent.org to register

SAT/ACT Prep:

SAT: All Christian Brothers students may utilize **Khan Academy online to prepare for the new SAT**. There are many options for test prep in the Sacramento area. Please see Ms. McClellan, Director of College Counseling, to find out more details about some of these options.

ACT: *There is a new on-campus ACT Prep class available to juniors.* We are teaming with Tried and True Tutoring to provide a weekend "boot camp" on Saturday, April 2 and Sunday, April 3 to prepare for the April 9 ACT. To register, parents should go to www.triedandtruetutoring.com and select Students, then Boot Camp/Class and Boot Camp. Click on the CB logo, register and pay. The cost of the class is \$199.

Christian Service

Ven-a-Ver Otro Lado:

(January 31-February 5): Please keep the following students and adult moderators in your thoughts and prayers as they travel to Tucson, AZ and Nogales, Mexico: Brenna Patterson, Sophie Emerson, Katie Harrington, Will Yuponce, Juan Alba, Carly Jo Huntington, Julia Rinaldo, Andrew Madrid, Jessica Keever, Karista McCarley, Victoria Moyo, and Monica Thayer. Adults: Ms. Anna Fernandez and Mr. Dave Anderson.

Coat Drive: Every February we ask our CB community to donate new or gently used coats for those in need. These coats will be taken to the Sacramento Food Bank and Family Services. There will be collection bins in the main hallway February 2-12. For further information please contact Mr. Paul Havey '81 phavey@cbhs-sacramento.org.

Loaves and Fishes Maryhouse Shelter: From February 2-11 Christian Service is asking for donations of gently used or new sweat pants for the women who are at the Maryhouse shelter. We will take all sizes. Please drop donations off in Room 106. For further questions, please contact Ms. Lystrup in the LSLO.

Lenten Almsgiving: Lenten Almsgiving begins February 10 and ends March 17. Donations will go to our sister school Saint John Baptist de La Salle in Adis Ababba, Ethiopia. The school's most urgent needs are to buy more reference books for math, biology, physics and chemistry, buy musical instruments, and upgrade its science labs. If you are interested in donating, please contact Jennifer Lystrup at jlystrup@cbhs-sacramento.org

Voices in Service: Davis Yasuda '16

"Service has always been an important part of my life. My parents definitely taught me compassion and helping others. I am also an Eagle Scout and both CB and my church have contributed to my work in service.

As an Eagle Scout I have helped with food drives but my Eagle Scout Project was for my church. I attend the Walnut Grove Buddhist Church and we were in need of a safe walkway for the disabled. It took about three to four months of planning, but we dug out a weeded area and dug deep down decomposing granite, then covered it and built a safe walkway. It turned out nicely.

At CB I went on Venaver Montana. It was such a positive experience. It was great. The students who attend the De La Salle Blackfeet School on the reservation come from a different environment. I helped in the 6th grade class and at first they were closed off to us – they have seen so many volunteer groups coming and going. But by the third day we became close and I felt like we bonded. When I came back to Sacramento I realized how easy it is for me to access things and that I need to do my best. Because there are many people in the United States living in poverty, it makes me want to do more.

At my church I have helped with the annual food bazaar, bussing and cleaning the tables. I have also helped the elderly, and we have blood drives in which I participate.

I came to CB and I appreciate that CB has only reinforced what my parents and church have taught me about compassion and service. I want to go to a private Catholic college because they care about helping others, and they put the needs of others first.

It doesn't hurt to do service. Try it. Once you have a better perspective on how to go about it, then you can find what works for you. It's different for everyone."

Pre-Registration 2016-17

Once again it is time for our students to start planning their schedule for next year. Beginning in early February, counselors will be meeting with the students to discuss their schedule for 2016-17. Also in early February, pre-registration materials will be sent to students and parents via email. The email will include a cover letter, a pre-registration worksheet and FAQ's. **The 2016-17 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 Monday, February 22, students will be given additional registration materials in their B-set. Throughout the week of February 22-26, 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 29 – March 4), 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 29 | Juniors (A – M) | 2:20 – 3:20 p.m. |
| Tuesday, March 1 | Juniors (N – Z) | 2:20 – 3:20 p.m. |
| Wednesday, March 2 | Sophomores (A – Z) | 2:20 – 3:20 p.m. |
| Thursday, March 3 | Freshmen (A – Z) | 2:30 – 3:30 p.m. |
| Friday, March 4 | 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. David Desmond '94 at 733-3620.

Lasallian Student Life

Campus Ministry News...

Reflections for February.... A Time for Mercy

Pope Francis has asked that "the season of Lent in this Jubilee Year be lived more intensely as a privileged moment to celebrate and experience God's mercy" (*Misericordiae Vultus*, 17). God's mercy transforms human hearts; it enables us, through the experience of a faithful love, to become merciful in turn. In an ever new miracle, divine mercy shines forth in our lives, inspiring each of us to love our neighbor and to devote ourselves to what the Church's tradition calls the spiritual and corporal works of mercy. These works remind us that faith finds expression in concrete everyday actions meant to help our neighbors in body and spirit: by feeding, visiting, comforting and instructing them. On such things will we be judged. For this reason, I expressed my hope that "the Christian people may reflect on the corporal and spiritual works of mercy; this will be a way to reawaken our conscience, too often grown dull in the face of poverty, and to enter more deeply into the heart of the Gospel where the poor have a special experience of God's mercy" (*ibid.*, 15).

So what does this mean for us?...Lent is a time to intentionally look inward, to examine our lives and how we are living in relationship to God and others. Just as God's mercy continues to touch and transform hearts, so too can the season of Lent be a time of personal transformation and growth. If we are to take Pope Francis' Lenten commission to heart, we must strive to be merciful in our words, thoughts, intentions and actions. Perhaps a good place to start might be to take an intense look at the three areas we are called to along our Lenten journey: Pray, Fast, Give Alms. Are we taking quiet time each day to be still, to listen, to invite God into our lives through Prayer? Are we abstaining from those things that are bad for us or giving up something so that we can become more grateful? Are we going out of our way to serve others with our time, talent, and treasure? The possibilities are endless for us when it comes to "living Lent". Whatever we do during this six week period, let us recall the words of Pope Francis and make Lent a truly privileged moment to celebrate and experience God's mercy.

Blessings! -Jen Yearwood, Director of Campus Ministry

Retreats

- **Registration for junior overnight and senior Kairos retreats is now complete!** Thank you to all those who registered for our overnight retreats! If for some reason, you missed the sign up, please contact Ms. Yearwood (jyearwood@cbhs-sacramento.org) immediately. There may be a few openings for the March 7-10 Kairos and the April 11-12 Junior Overnight.
- **Frosh All Class Retreat...."Who Am I?"** The Class of 2019 gathered for a day-long retreat at CSU Sacramento on Friday, January 8. Thank you so much to our SRLT student leaders and staff who worked hard to make the day a success! Special thanks to Ms. Spinelli and Ms. Hendry for stepping up to cover Ms. Yearwood's responsibilities that day while she was out with the sudden passing of her father. Thank you parents for your flexibility and support of this important event!

Praise & Worship

- Our Lenten Journey begins on February 10 with our Ash Wednesday liturgy. Please join us for mass and the distribution of ashes in the Ron Limeberger '53 Gym at 10:00 a.m.
- Junior Family Mass, Ring Ceremony & Breakfast will be held Sunday, February 21 at 9:30 a.m. in the Ron Limeberger '53 Gym. Families are asked to RSVP to this event no later than February 16. Details and the link to register will be emailed to Junior families on February 3.



Daily Lenten Prayer

Loving Father,

So many times I turn away from you and always you welcome me back. Your mercy and love gives me confidence.

Thank you for the invitation to share, fast and pray so that you can form a new heart within me.

Your powerful compassion for my weaknesses leads me to ask for mercy and await with great hope the Easter joy you share with us. Amen.



PEACE, LOVE & BUNCO

Save the Date... FAMILY BUNCO NIGHT will be held on campus on Thursday, April 28 from 6:00-8:00 p.m. Please mark your calendar and plan to join us for a fun filled evening. If you joined us last year, you know what a great time we had - tell a friend. Don't worry if you have never played bunco. And dads, you can get in on the fun too. Come dressed in your favorite TIE-DYE clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$15 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 High School 4315 Martin Luther King Jr. Sacramento, CA 95820



Students and Parents,

As in the fall, this semester you will have another opportunity to attend Mass on some Thursdays, during all-school lunch, when schedule permits. Those days will be published in the daily bulletin. The Mass will begin 10 minutes after the bell. On those days, there will be no morning Mass. Please join in, let us unite around Our Lord's altar to ask His blessing upon our Lasallian family. The dates set for Thursday one-lunch Mass for the spring semester are: February 4, February 18, March 3, April 7, April 21, and May 5.

Student Activities

CB FAMILY DANCE

"Hollywood; A Night at the Movies"----- We were rockin' the house at our dance on Saturday, January 23. DJ Hightop once again entertained the crowd with his "Box Head" and an 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 Ettores' desserts and Mrs. Holmes' sherbet party punch, and we have a night to remember! Congratulations to Elmer Lizarde '16, Laura Uslan, and Donovan Rooney '16 and his mom for winning the best costume contest. They were amazing! Yet, it was difficult to choose as there were so many excellent costumes that evening. Congratulations also goes to Jack Graham '16 and his mom for best and most enthusiastic dancers.



CBHS 
FALCON 5K FUN RUN

You may have heard the exciting news that Christian Brothers High School is sponsoring a **Fun Run on April 2 in William Land Park**. Come out with your friends and family to spend time as a community and to get healthy. Student Council is stoked about this race, and we are urging all to come out and have a great time. We are encouraging teams – prizes will be awarded. Also, come in creative costumes with your team, or just a fun and creative costume as an individual. For serious runners, a timed option will be available. AND at the end of the race, there will be a party with music and food to celebrate our efforts. So take the family for a fun Saturday morning outing and run or walk with the CB community. Student Council wants to see you there!

Valentine **CELEBRATIONS**

The Sadie's Dance will take place February 19 with the theme **High School Musical**. Ladies – ask your date to the dance soon; or come as a group. This year we have our very own Beau Paulson '16 as the DJ. Tickets go on sale at the Student Activities window February 10 - 18. There will NOT be online ticket sales for this dance. **Valentines Day is February 14** and Student Council will sponsor a **Valentine's Spirit Day** on February 12. Wear as much red and pink as possible. **Candy Grams** will go on sale from February 4 -11. These Candy Grams are friendship notes and candy that students want to share with others at CB. Look for the sale around the cafeteria.

CLUBS GALORE

CB clubs are remaining active. Here are two clubs in the spotlight:

The Robotics Club is led by Mr. Delgado. The team of Henry Agnew, Colin Campbell, James Carey, Miranda Esquivel, Jorge Escobar and Andres Yalan finished 3rd overall in the competition at Intel Folsom, and were winners of the FIRST Connect Award. The Connect Award recognizes CB's commitment to outreach to younger teams, to the school community and to the engineering community. CB was also awarded as the runner up for the Vision Award, which recognizes attributes such as outreach, organization, problem solving, inclusion and spirit. The High Flyers now move on to the Regional Finals later in March. Congratulations Robotics Team!

The Dance Club is led by Mrs. Rose Ann Holmes. The Dance Club meets every Thursday and has a spirited time learning new dances and leading students on campus in energizing dance moves.

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

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

International Student Program

The word is out. We are drawing global interest. We've always known that CB is *the place to be*, but when the calls of interest from around the world continue to mount, we know we are on to something.

It's that time of the year when prospective students and families are looking for the perfect school for next year and beyond. We've had many visitors, calls of interest, and emails of inquiry in the past three months from around the world. It is our hope that our students here at CB will get an opportunity to meet many students from a variety of cultures and countries to help form their view of the global community.

We are currently in our fourth year of the ISP program. We've enrolled students from many countries. To date, we've enrolled students from China, Colombia, Equatorial Guinea, Italy, Japan, Korea, Singapore, Spain, Sweden and Vietnam. We've had temporarily enrolled students from France, Mexico, New Zealand and Venezuela. In addition to prospective students from the aforementioned countries, we are hoping (and working diligently) to add others to our list of year-long enrollment for the coming years. My goal is to have twenty countries represented on our CB campus by August 2017.

I went back to revisit our retention rate of ISP students and it is impressive. For the thirty-two students that have been a part of our program and offered invitations to return for another year, twenty-eight of these students have returned for their second or third year. Soon, our current ISP students in good standing will be invited back. We expect the majority of them to return in August 2016. Our ISP students are progressing well, pleased with their academic success, and happy in their American homes. They've learned a lot from us and we've learned much from them as well.

Our base of host families is strong. We have many families that signed up to see what being a "host family" entails, and most are still hosting the same student or have added another ISP student to their family. We are so thankful to the devoted CB families that have contributed to the success of our ISP students and the program. We are always looking for more families, so if you might have any interest, please drop a note to Patti Gallagher pgallagher@cbhs-sacramento.org, or call her at 916-733-3640 to find out more.

Thank you for your support!

Patti Gallagher
International Student Program Director



We Need Your Auction Support!

DONATE

Donations are currently being accepted. Please bring them to a gift gathering party or drop them off in the front office with a donation form.

VOLUNTEER

We need adult help with set-up, clean-up, and event tasks. This is your opportunity to give back to Christian Brothers and help make our event a huge success. Student dinner servers may sign up through Schoology.

POST AUCTION PARTIES

This year you can sign up online now for great themed parties and join other CB parents for a fun time. See the website for details. Limited spots are available so don't wait!

GOLDEN RAFFLE

Don't miss the opportunity to win big! You can purchase a Golden Raffle ticket (or two) and have a chance to win any of our live auction items. Download the form at the CB website and mail in your payment.

SPONSOR

Sponsorships or an Advertisement in the auction catalog are great ways to promote your business or say congrats! to your student. Be creative!

ATTEND

Tickets are going fast, do not miss out on this event. Purchase your tickets now before we sell out! See the website for more information or email Joanne McShane at jmcshane@cbhs-sacramento.org.

All You Need is Love

SATURDAY
MARCH 12, 2016

5:30 PM JACK WITRY FIELD HOUSE
Hosted Cocktails & Appetizers, Silent Auction

7:30 PM RON LIMEBERGER '53 GYMNASIUM
Golden Raffle, Dinner, Live Auction
Outdoor After Party to Follow (weather permitting)

Ticket prices are as follows

Table of 10: \$850

Tickets on or before February 12, 2016: \$90

Per person after February 12, 2016: \$110

RSVP online at www.cbhs-sacramento.org

Athletics

Continued

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, Garrett Cappello, Patrick Barnes, Casey Loftus; **Women's Basketball:** Giselle Cantiller, Kalani Mark, Samantha Earley, Anna Clare Nelson, Ayana Watkins, Ahalayjah Dahl, Olivia Weber

Women's Wrestling: Remington Kirrene, McKenna Decker, Danielle Rodriguez, Marliss Neal; **Men's Wrestling:** Aidan Smith-Fagan, Daniel McCarthy, Saej Awa, Owen Hunt, Justin Dacanay

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: Gabrielle Carvalho, Gillian Meshot, Maria Gonzalez, Allison McGovern, Madison Gudmann, Gillian Soga, Jennifer Rustad

Student Athletic Trainers: Maria Pearson, Nicole Wong, Nina Vitorelo, Maybeline Hinlo, Emily Simi, Alexandria Cerezo, Grace Leu, Lauren Regino, Maci Meyer, Shelby Rodich, Taylor Barth.

Media, Visual & Performing Arts

"The only sure-fire way to test out a new gag was to try it out on Zeppo. If he liked it, we threw it out."

"Those are my principles. If you don't like them I have others."

"Outside a dog, a book is man's best friend. Inside a dog, it's too dark to see."

"I never forget a face, but in your case I'll be glad to make an exception."

"He may look like an idiot and talk like an idiot, but don't let that fool you. He really is an idiot."

"No, Groucho is not my real name. I'm breaking it in for a friend."

"I'm not a vegetarian, but I eat animals who are."

- Groucho Marx

We have a lot going on in the arts at Christian Brothers. The visual and performing arts are getting ready for some major fun in the production of **"Animal Crackers"**; a musical homage to the comedy of the Marx brothers. Auditions for the play will be held after school in the theater on February 1, 2, and 3. Students should come prepared to sing for the audition. A standard pop song from the 20th century is preferred, although a more contemporary song is also okay. Rehearsals begin on February 8. **Honors Painting and Drawing** is currently working on the poster design for **"Animal Crackers"** and because of the generosity of FOTA, the artist who designs the winning entry will earn \$100. If you are a fan of comedy this is your chance to be involved and experience the incredible amount of effort it takes to make jokes and one-liners look effortless. Costumes will need to be found and sewn, props located, and a set built. Here is your chance to get involved in what promises to be a most entertaining production.

If that were not enough in the theater world, the **One Acts** open on Friday, February 12 at 7:00 p.m. and the next day February 13, also at 7:00 p.m. The **One Acts** will close on Sunday with a matinee performance at 2:00 p.m. We have four original one act plays written and directed by students. This year **Ian Ferrell, Maddy Mason, Jacob Cherry, and Tori Davis** will have their work come to life. **Tori Davis'** work **"From the Ashes"** has been entered for competition in the **Lenaea High School Theater Festival** at the Harris Center on February 6-7 in Folsom.

The choirs from **Christian Brothers, St. Francis, and Jesuit** will present a benefit concert for the **Mustard Seed School** on Friday, March 11 at 7:00 p.m. at St. Ignatius. Contact **Mr. Lien** for more information about this worthy event.

Visual artists will pay tribute to local artist **Jaya King** at the **B Street Theater** this spring. Artists will copy or be influenced by **Ms. King's** style and have the opportunity to sell their work. A portion of any sale will go to the **B Street Children's Theater** productions.

On February 17, the **CB Band** is going on a one day tour. They will make music at **Holy Spirit, St. Charles, and the Shriner's Hospital**.

On February 26, at 7:00 p.m. in the George Cunningham '40 Performing Arts Center, **Open Mic** is back for what is always a wonderful evening of great music, fun, laughs, and a time to see and be seen in the right artistic circles at **Christian Brothers**. I will personally triple your money back if you are not thoroughly entertained by our performers. **Open Mic** is one of the most popular events on the calendar.

Finally, to get involved with all this activity consider attending the **FOTA** meeting on Thursday, February 4 at 6:30 p.m. The February meeting will include and extended **tour of the George Cunningham '40 Performing Arts Center**. If you ever wanted to peek behind the closed doors of the theater and see how the magic is made, this is the meeting for you. Remember all member of **FOTA** members get four free tickets to every CB art production. I hope to see you there.

Thank you and God bless you and your family,

Findlay McIntosh, Director of the Media, Visual and Performing Arts

CBHS

FALCON

5K FUN RUN

When

Saturday, April 2, 2016

7:30 AM Registration & Packet Pick up

9:00 AM Race Starts

10:30 AM Awards Ceremony

Where

William Land Park

Featuring

- Professionally timed, flat course, starting near Sutterville Road and Freeport Blvd.
- T-Shirts for registered participants.
- Online registration closes March 26, 2016.
- Register by March 14 to guarantee shirt size.
- Post-race celebration.

**ALL AGES
EVENT**

REGISTRATION

Under 18: \$20

Adults: \$35

AWARDS

Male/Female

1st, 2nd, 3rd

Special Team Prizes

Category Prizes

BENEFITTING

Scholarship

assistance at

Christian Brothers

High School



REGISTER ONLINE AT WWW.FALCON5K.ORG

Christian Brothers High School

Falcon 5k Fun Run

Registration Form

Return to 4315 Martin Luther King, Jr. Blvd. Sac. 95820, Attn.: Falcon 5K

Saturday, April 2, 2016

William Land Park

7:30 am Registration and Race Packet Pick Up

9:00 a.m. 5k Begins

10:15 a.m. Awards Ceremony

Awards for male and female 1st, 2nd, 3rd. Costume prizes for best group, best individual.

- Flat course, starting near Sutterville Road and Freeport Blvd.
- T-Shirts for registered participants.
- Online registration at www.falcon5K.org (closes March 26, 2016).
- Register by March 14 to guarantee shirt size.

Name: _____ Email: _____

Phone: _____ Address: _____

Adult T-Shirt Size: _____

Attach Check or Cash for Registration Fee to this form:

___ Student Registration (up to 18 years) \$20 (Parent or Guardian must sign waiver below)

___ Adult Registration \$35

I wish to make a donation of \$_____ (Donations of \$50 or more receive a CB Soccer Scarf)

Waiver and Release from Liability for Falcon 5k Fun Run on April 2, 2016: In consideration for my participation (or that of my dependent child under 18 years of age), I hereby waive all rights and claims that I or my child may incur against Christian Brothers High School, the race organizers, support personnel, administration and staff, and give them permission to obtain and administer medical aid deemed necessary by the organizers. I understand that the course may contain uneven surfaces, and that running has inherent risks. I assume all stated and unstated risks including injury and death. Further I understand that race organizers may cancel this event or deny my participation for health, safety or other reasons. I give permission for any photos taken of me in the course of the event to be used for promotional purposes. ***FOR PERSONS UNDER EIGHTEEN YEARS OF AGE, A PARENT OR LEGAL GUARDIAN MUST COMPLETE AND SIGN THIS FORM.***

Signature (Adult Entrant, Parent or Guardian of Student): _____

Date: _____

Student Entrant Signature: _____

Date: _____

REGISTER ONLINE AT WWW.FALCON5K.ORG

Falcon Family Faces



FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF COLLEGE COUNSELING

The high school I attended growing up was a medium-size public institution in Southern California. In general I had a great high school experience with one exception: the Counseling Department. I had five different school counselors in my four years. I cannot recall a single evening event or classroom presentation discussing academic preparation, college planning, or how to complete the college application process. We were basically on our own. I was told to get a good night's sleep and have a solid breakfast to prepare for the SAT, and I had to ask a virtual stranger to write me letters of recommendation. I vividly remember walking into my senior counselor's office, introducing myself, and requesting a letter to four private universities. I felt powerless and afraid, as if I didn't matter. How I could possibly be painted in a positive light in those letters of recommendation to help me get into my dream schools?

This unfortunate experience had a big impact on my decision to become a school counselor and to specifically focus on college counseling. I didn't want students to ever have to feel as helpless as I did throughout my four years of high school. The consistency, compassion, and dedication we at Christian Brothers feel for our students is like nothing I've experienced before. Whether it is our evening academic and college nights, our classroom presentations, or our visibility on campus as retreat leaders, coaches, or program directors, our Counseling Department is something special.

I never had the opportunity to sit down with my parents and a counselor to make a list of schools that would be a "fit" for me; and looking back, I'm pretty perplexed on how and why I decided to apply to the 11 schools I chose. The road that eventually led me to UC Davis was definitely not what I'd planned, but in hindsight,

that enables me to give our students a great perspective about how fickle and frustrating the process can be.

Over the past six years, I have worked with the other counselors to update and upgrade the seven academic and college evenings our students and families experience over their four years. Our goal is to make sure parents are well informed on every topic from mental health and wellness, to academic planning and the college application process.

Our evening events allow us, as counselors, to bridge the communication gap that can sometimes exist between parents and students, and to help calm some of the anxieties that come with figuring out the proper high school preparation to lead the way toward the perfect post-graduation institution.

As the Director of College Counseling, I think my favorite evening event is the Transition to College Night we offer every April to our senior parents and students. Our current CB parents have the opportunity to speak with parents of our alums who are now freshmen in college to gain insight on what that first year of life is like without their son or daughter being home every night. Conversely, our senior students get to speak with CB grads who are college freshmen to learn what that first year as a college student is really like.

The collaboration and family-like vibe our department exudes is what makes our students feel important and comfortable. If I (and we as a department) have accomplished anything, it is that none of our Christian Brothers students will ever feel like they don't matter.



Melissa McClellan
Director of College Counseling

MARCH 2016
SPRING SEMESTER

Christian Brothers High School Monthly Newsletter
www.cbhs-sacramento.org

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Counseling And Guidance

CB Wellness Program

At Christian Brothers, we have been very fortunate for over the past decade to have a Wellness Program to better serve the emotional needs of our students. **Ms. Emily McDougall** is in her first year serving in this capacity. Although she is the grade-level counselor for the Class of 2019 (N-Z), she also sees many students across the grade levels who seek out help in everything from anxiety and depression to substance use, eating issues and stress and grief. She also visits classrooms to give Wellness presentations, which involves the whole person (physical, emotional, academic, social, intellectual, environmental, and of course, spiritual). Ms. McDougall is a licensed MFT (Marriage and Family Therapist) who has been in private practice for many years working with teens and parents. We feel very blessed to have her as a member of our staff. If you have any questions for Ms. McDougall, she can be reached at 733-3688.

Very recently, the counselors hosted CB parents for our annual Wellness Evening and followed up the next day with assemblies for the students. This year's topic was **teen sexuality**. In the past, we have focused in on topics such as **drugs and alcohol** and **internet safety/social media**. We will continue to address these issues that affect our students outside of the academic arena, because they do have an effect on academic performance. What we learn about our students during our parent evenings and assemblies helps our counselors understand more about our school culture, and how to address the needs of our families and assist our students. If you have suggestions about areas that you feel we should be covering in these parent evenings, please contact Emily McDougall.

College Acceptances and Scholarships

Seniors are reminded to please forward all scholarship offers, awards and college admissions acceptance letters to Ms. Melissa McClellan (College Counselor), Mr. Armando Diaz (Class of 2016 Counselor) or Ms. Cynthia Grajeda (Administrative Assistant) in the CB Counseling Center. Seniors should also update their admission status to all colleges on **Family Connection**.

Individual/Family

College-Planning Appointments:

Junior parents may contact Ms. Melissa McClellan, Director of College Counseling (733-3679, mmcclellan@cbhs-sacramento.org) or Mr. John Riley-Portal, Class of 2017 counselor (733-3678, jriley-portal@cbhs-sacramento.org) to set up an individual college planning appointment this spring or summer.

Upcoming Counseling & Guidance Events:

Wednesday, March 9 ~ "Exploring Colleges for Juniors and Their Parents" will be held at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. Representatives from different college systems will be on hand to present general information and will answer more specific questions during break-out sessions. This is always a very informative event!

Saturday, April 9 ~ The ACT exam will be held on the CB campus. The regular registration deadline is Friday, March 4. Students may register at www.actstudent.org.

Wednesday, April 27 ~ "Transition to College Night for Seniors and Their Parents" will be held at 6:00 p.m. in the George Cunningham '40 Performing Arts Center. 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 7 ~ The SAT exam will be held on the CB campus. The regular registration deadline is Friday, April 8. Students may register at 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).

Falcon Family News Front Page: Our Director of College Counseling, Ms. Melissa McClellan, has a special message for parents regarding college planning on the front page of this issue of the Falcon Family News! If you missed it, scroll back to read what she has to say.

Re-Enrollment for Returning Students for the 2016-17 School Year

Re-Enrollment for current freshmen, sophomores and juniors for the 2016-2017 school year begins on March 1, 2016

You will receive an email message from Mrs. Janet Warren, Registrar, that links you to the InfoSnap website. Please complete the enrollment contract for the 2016-17 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, please contact Janet Warren at 916-733-3632 or jwarren@cbhs-sacramento.org.

Lasallian Student Life Campus Ministry News...

How to Find Time in the Day for Lent

Can you believe we are almost half way through Lent? How many of us have already forgotten our Lenten sacrifices or commitments? 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. Living Lent can be difficult...but it is worth the work! 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, your mind 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 "Hearts of Mercy." Here is what Pope Francis has said about this Jubilee Year: "The holy year won't be very effective if the doors of our heart do not let Christ enter, who pushes us to go towards others, to bring him and his love." As you continue on your Lenten journey, what is the condition of your spiritual heart? I pray we all accept the Pope's invitation to open our hearts to one another as companions on the journey.

Blessings this Lent,
Jen Yearwood, Director of Campus Ministry



PEACE, LOVE & BUNCO

Save the Date... FAMILY BUNCO NIGHT will be held on campus on Thursday, April 28 from 6:00-8:00 p.m. Please mark your calendar and plan to join us for a fun filled evening. If you joined us last year, you know what a great time we had - tell a friend. Don't worry if you have never played bunco. And dads, you can get in on the fun too. Come dressed in your favorite TIE-DYE clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$15 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 High School 4315 Martin Luther King Jr, Sacramento, CA 95820

Prayer & Worship

The God Squad in Action....
our CB Student Campus Ministry Team



Please join us on Wednesday, March 16th, for a school-wide presentation of "The Stations of the Cross" at 9:45 a.m. in the Gym. From 11:00 a.m. -3:00 p.m. that day, students will have the opportunity to share in the Sacrament of Reconciliation. Students will be invited to sign up through a Schoology invite in early March.

Save the Date:

Sophomore Family Mass, Sunday, April 3 at 9:30 a.m.
Senior Family Mass & Awards Ceremony, Sunday, April 24 at 9:30 a.m.

Retreats - Sophomore All Class Retreat....

On Friday, April 8, the Class of 2018 will gather for a mandatory day of retreat. The retreat will be held at the Scottish Rite Temple (6151 H Street, Sacramento) from 8:30 a.m.-2:30 p.m. **It is your responsibility to drop off and pick up your student from the Scottish Rite Temple--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. Students will be asked to wear their class shirt and to bring a lunch. There is no cost associated with this day. If you have questions, please contact Ms. Yearwood via email jyearwood@cbhs-sacramento.org.

Talon Corner

Teacher Déjà Vu

Its like looking into a mirror -- find out what a few teachers have to say about some of their students that remind them of their high school selves.

By Kourtney Clark – CBTalon.com Staff Writer

Throughout the years, teachers at Christian Brothers have held onto the names and memories of their most memorable students. These names include some students that send the teachers into *déjà vu*, seeing themselves exactly as they were in high school.

One of our many beloved science teachers, **Mr. Danny Delgado '79**, says that he was a "social guy, not very serious in the classroom but a good student".

He was able to grasp the concepts of the material very quickly with out losing much sleep to studying and school work. After teaching Advanced Physical Science to freshmen for almost an entire school year, Mr. Delgado has gotten to know his students pretty well.

Mr. Delgado uses kind words of praise toward one of his freshmen who reminds him of his teenage self.

"**Tyler Green '19** reminds me of myself -- he is a gifted student and athlete who has a lot of good things going for him, but he does like to socialize during class time."

Mr. Delgado describes Tyler as an outgoing and intelligent young man. Recalling times when Mr. Delgado was a high school student roaming the halls of Christian Brothers, he can relate to Tyler and the similarities they share.

Former co-Dean of Students, and now science teacher **Mr. Dave Levasseur**, fondly reflects on his four years spent in high school. Mr. Levasseur explains himself as floater.

"I was the kid who would hang out with a lot of different groups in high school," he claims. "I was able to get along with everyone."

As a student he describes himself as a hard working, making sure that he got his assignments done and turned in on time. Thinking back to his high school days Mr. Levasseur can see the similarities he shares with sophomore **Jake Regino '18**.

In the classroom Mr. Levasseur observes that Jake can move from different lab groups and get along with everyone, just like Mr. Levasseur was able to hang out with the different cliques in school. Similar to Mr. Levasseur, Jake works hard in the classroom to get his assignments done. Mr. Levasseur also points out Jake's good looks that remind Mr. Levasseur of his young high school self.

History teacher **Ms. Cheryl Flaherty** had no trouble at all thinking of a student that reminded her of her high school self. Right away she mentioned alumna **AnnaMarie Carmazzi '15**.

Ms. Flaherty remembers her time in high school years as being "very involved in sports and student council, and I was very hard worker in the classroom as well." Ms. Flaherty got to know AnnaMarie very well from teaching her in the classroom and coaching her on the lacrosse field.

"As I got to know AnnaMarie better I could see even more of myself in her," the history teacher says.

Ms. Flaherty admired AnnaMarie's work ethic and team spirit, reminding Ms. Flaherty of her time spent on the field playing high school and college lacrosse. Ms. Flaherty and Anna Marie are both kind, genuine

people who continue to leave a positive mark on the Christian Brothers community.

The next time you walk into your classroom stop and take a minute to think what your teacher was like in high school and if he or she could have been anything like you. This can even be a story you're actually interested in hearing on the next Vocation Friday.

International Student Program

For those of you who have studied French for any length of time, you may recognize this quote and this image. For others, you may have heard the story as a child. **The Little Prince** by Antoine St. Exupéry is a quick read and full of life lessons. One of my favorite lessons comes from this quote: "*On ne voit bien qu'avec le coeur. L'essentiel est invisible pour les yeux.*" I think he is right, "One only sees (really) well with the heart. The essential is invisible to the eyes." This quote reminds me that the words may be "this" but the actions or tones may be "that", so one must pay attention to the lines and what lies between them. I am in awe that CB's international students not only read the lines but that they quickly learn to read what's in between them as well.



This quote also reminds me that ALL of our students at CB are learning with their hearts too. To be sure, we learn from each other via our listening and verbal skills and we certainly see what is going on around the campus every day. We are in an age of mindfulness and often we are reminded to "watch, listen, speak less, enjoy the subtleties of the day" and more. In that state of mindfulness, we may pay attention more to what the heart is saying. St. Exupéry had this figured out long before **mindfulness** was a buzz word.

Our students are smart, kind, and MINDFUL of others. When I think of those conversations that suddenly change direction, when the heart has a tendency to take over, when something doesn't match the words being said, I think again of this quote. "Seeing" with the heart gives us another view of our students and helps us understand the essential message they are sending.

CB teachers and staff work with passion from the heart too. The real work with our CB students is driven by passion for our vocation and passion to work in education with students of this age group. Demonstrating how our hearts drive our vocation in education is a powerful thing for students to "see" and learn.

The Little Prince is a great novella for all ages. It was published in 1943 and over 140 million copies have been sold. It's been translated into over 250 languages and the lessons within are current.

May you see the essential in the CB community with your heart, too.

Patti Gallagher
International Student Program Director



Media, Visual & Performing Arts

"To everything there is a season, and a time to every purpose under heaven."
-Ecclesiastes 3:1

"Success is a journey not a destination - half the fun is getting there."
-Gita Bellin

Every gardener knows that March is the time to prepare the soil, turn the compost, start sprouting seeds, and clear off winter growth in the garden. So too, in the arts, we are preparing for the spring with plenty of shows and performances. In many ways, this time of preparation is the meat and potatoes of being an artist. You go to rehearsal for **Animal Crackers**, work on your composition for large paintings that will hang in the **La Salle Art Show**, find a word that rhymes with orange for a song you are writing, and think about ways to make your ceramic birdhouse stronger and more beautiful. In pushing the art we push ourselves closer to our true purpose.

March begins with the **Bowl-a-Thon** on Thursday, March 3 in Room 306 at 6:00 a.m. That is not a misprint. Our students volunteer to come to school at that hour of the day to create bowls that will be donated for the **Empty Bowls** project to help feed the hungry in the Sacramento area. **Mr. Boriskin**, our ceramics teacher, has been involved with this organization for almost ten years, and every March he invites students, faculty, and parents to come to his room and decorate a bowl that he has thrown. This event has grown so big that the local media come to Christian Brothers to broadcast a live report of our students creating bowls to help the hungry. We suspect the media think it is a newsworthy story any time a teacher can convince a teenager to give up sleep and come to school three hours before classes start.

On the same day, March 3, **FOTA (Friends of the Arts)** will be meeting at a much more reasonable hour, 6:30 p.m. in **Room 305**, to discuss upcoming events on the arts calendar. All active members of **FOTA** enjoy the **FOTA Family Pass**, four tickets to any art event on the CB campus. Congratulations go out to **Laura Gorry '17** who designed the winning poster for the spring musical **"Animal Crackers"**. Laura will not only enjoy seeing her poster distributed throughout our campus and Sacramento, but was awarded a \$100 prize from **FOTA**.

Friday, March 11 at 7:00 p.m. at St. Ignatius School there will be a 'holy choir': **St. Francis, Jesuit, and Christian Brothers** high school students will perform at the **Spring Choral Festival and Concert**. The following Friday, March 18, **Christian Brothers** will host the **Diocesan Choral Festival**. This is an all-day event that brings many local elementary school choirs to our campus for the first time. Many thanks to our Choir director, **Dr. Anthony Lien**, for organizing this event.

At the beginning of March the **Visual Arts Department** will make its selection of five self-portraits to represent Christian Brothers in the annual **High School Self-Portrait Show** at the **Crocker Art Museum**. This will be the fifteenth year that **Christian Brothers** has curated this show, which grows in popularity and prestige every year.

I encourage you once again to get involved in the arts. There is so much happening on campus at this time of year. It is a pleasure to work with young creative minds and become energized by their passion and enthusiasm. You may just find yourself inspired to buy a sketchbook and fill it with doodles, great quotes, and even grocery lists. Who knows, you may even find a word that rhymes with orange. Enjoy the fellowship of other parents and be a part of the most artistic place in Sacramento. I hope to see you soon.

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



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VOCATIONS

Called and Chosen Retreats 2016—A Reflection

Every year, the District of San Francisco/New Orleans hosts Vocation Retreats—aptly named “Called and Chosen”—that allow students from Lasallian campuses across the District to take time to consider what God sees them doing with what Mary Oliver calls their “one wild and precious life.” Held in January and February of each year, it can be challenging to say “yes” to an invitation to retreat when the stresses of daily life are adding up with each passing minute. From trying to finalize college applications to tryouts for sports, giving up a three-day weekend to venture to the scenic, but distant grounds of St. Joseph’s Camp in Sonoma County—a short drive off of Highway 1—can be a sacrifice. This year, six students from the Christian Brothers Community answered the invitation affirmatively and left the weekend’s plans in God’s hands.

I’ve been accompanying students to “The River” for these retreats for probably as long as I have been a member of the Christian Brothers community. It is both rewarding and fascinating to watch students take a breath and explore their futures. As they listen to vocation stories from the moderators, they get the chance to step back and reflect on the idea that vocation isn’t just what you do, but also how you serve God. “After attending this vocational retreat, I have learned that discovering your vocation is a lifelong journey,” said **Madeline Mercer ’18**, who attended the Women’s Called and Chosen Retreat in February. “I have learned that while I may plan something for my future, God could have a different plan and it could change.” This thought was echoed by **Taylor Morris ’16**, who also attended the February retreat: “Vocation is not necessarily under our control. God has a plan for our lives and calls us to follow what we feel drawn towards.” Much like these students surrendering their weekend plans to God for this retreat, they also learned that sometimes serving God is about surrendering their expectations to God’s will. **Davis Yasuda ’16**, who attended the Men’s Called and Chosen Retreat in January, learned that vocation is “a calling from God that ultimately will help you on your [life’s] journey. Whether you are Buddhist or Catholic, it doesn’t matter—everyone has a vocation.” **Tim Condon-Lorenz ’16**, who attended the January retreat, reflected that “...No matter what your vocation is in life, that vocation is owned by you and it is up to you to find out how you will want to live that vocation.”

Some questions remained for our students when they returned from the River: How do I know what God is calling me to do with my “one wild and precious life?” How do I know what to look for? After numerous vocation retreats, formation opportunities, and years of personal experience, I wish I could say I had a clear checklist for recognizing exactly where God wants me to be and what He wants me to do while I’m there. I am sad to report that I don’t have all the answers. (I know, shocking, right?) But every year, on these retreats I listen to the Holy Spirit flow from the mouths of my students, and I am lucky enough to get another idea to add to my bag of tricks to hear God’s plan for me. Miss Mercer reminded me that, “Throughout your whole life, you discover who God created you to be with simple signs that you must listen and look for.” Okay, watch for signs. Got it. What else? Mr. Condon-Lorenz added, “Vocation is in everyday life.” Ah, so I will carry my vocation with me every day. Any other advice? Miss Morris went further to include, “One’s calling can change because vocations depend on a person’s desires and the world’s needs.” Vocation is about serving others while doing what I love to do and what I feel I am good at doing! Mr. Yasuda also explained to me that, “A vocation is God telling us what we should be doing.” So I need to take time to listen to God, not just to struggle with this question on my own. What amazing advice from these young folks! I need to remember that they are also signs of faith for me in my own vocation.

When I asked them to consider what they needed to do to continue exploring the vocations they have, I got some inspiring answers from them. “Say yes to more opportunities that could introduce me to various professions,” said Miss Morris. “[I have to] make sure that when an opportunity arises, I take it. I know I’m not perfect and my life will be far from it, but with faith I should remember how fortunate I am,” Mr. Yasuda included. Miss Mercer replied, “I have learned on this retreat that we must learn to embrace the gifts God has given to [us]... We must look at the gifts He gave us because that is one of his signs for us to discover our vocation.” I couldn’t agree more.

Stephanie Roybal

Instructor of Social Science and Vocations Team Chair

Falcon 5K – Saturday, April 2, 2016

Run, don't walk, to register for the Falcon 5K Fun Run on Saturday, April 2 in Land Park!

Register by March 14 to get the early-bird \$35 registration price.
Students and children under 18 are \$20.

This all-ages event benefiting Christian Brothers High School is sure to be a blast! T-shirts for all participants, post-race celebration with music, food, face painting and more!

The race will be professionally timed for the serious runner, but walkers and recreational joggers are welcome too. There will even be a stroller brigade bringing up the rear!

Register today at www.falcon5K.org

CBHS FALCON 5K FUN RUN

When

Saturday, April 2, 2016

7:30 AM Registration & Packet Pick up

9:00 AM Race Starts

10:30 AM Awards Ceremony

Where

William Land Park

Featuring

- Professionally timed, flat course, starting near Sutterville Road and Freeport Blvd.
- T-Shirts for registered participants.
- Online registration closes March 26, 2016.
- Register by March 14 to guarantee shirt size.
- Post-race celebration.

ALL AGES EVENT

REGISTRATION

Under 18: \$20

Adults: \$35

AWARDS

Male/Female

1st, 2nd, 3rd

Special Team Prizes

Category Prizes

BENEFITTING

**Scholarship
assistance at
Christian Brothers
High School**



REGISTER ONLINE AT WWW.FALCON5K.ORG

Christian Brothers High School
Falcon 5k Fun Run
Registration Form

Return to 4315 Martin Luther King, Jr. Blvd. Sac. 95820, Attn.: Falcon 5K

Saturday, April 2, 2016

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Name: _____ Email: _____

Phone: _____ Address: _____

Adult T-Shirt Size: _____

Attach Check or Cash for Registration Fee to this form:

___ Student Registration (up to 18 years) \$20 (Parent or Guardian must sign waiver below)

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I wish to make a donation of \$ _____ (Donations of \$50 or more receive a CB Soccer Scarf)

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Signature (Adult Entrant, Parent or Guardian of Student): _____

Date: _____

Student Entrant Signature: _____

Date: _____

REGISTER ONLINE AT WWW.FALCON5K.ORG

Falcon Family Faces



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 2016! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2016 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 freshmen classes of approximately 4,500, one can see how difficult decisions have been for admission offices in 2016. 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. Diaz 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 their 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 14 (tentative) **Analytical Writing Placement Examination (AWPE)**.

The good news is that our students have been admitted to many prestigious universities and programs, including Cornell, Notre Dame, Villanova, Boston College, UC Berkeley, UCLA, LMU, Santa Clara, Seattle University, Saint Mary's, and others. 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 mailed home to senior parents for details as soon as possible, but **NO LATER than APRIL 4, for scholarships and awards, and by MAY 2 for college admittance. Students need to list **ALL** colleges to which they have been admitted and **ALL** scholarships, awards, etc. We must have this information in order to accurately recognize your student at the Senior Family Liturgy on April 24 and at graduation on May 27. The registration deadline is May 5.**

Check out Director of College Counseling, Ms. McClellan's blog on the counseling website! It has articles, quotes, opportunities, and current events in the college world!

Our two college informational evenings were very well attended by juniors and their parents in January and March. Seniors, please mark your calendars for **Wednesday, April 27 at 6:00 p.m. in the George Cunningham '40 Performing Arts Center**. We will hold one last meeting for the class of 2016. The topic is "Transitioning to College". There will be general information about the practical issues related to going off to college, as well as breakout sessions. One breakout session will be for parents with a panel of CB parents of college students discussing "Letting Go" of your college-bound child; the other will be for students and consist of a student panel of CB alumni currently attending college who will share "what I wish I had known" before heading off to college.

SUMMER PROGRAMS -- DO SOMETHING EXTRAORDINARY THIS SUMMER!

Summer will be here before we know it! Summer is a wonderful time for students to expand their horizons, enrich their lives with fascinating experiences, and improve their readiness for college through academic pursuits. There are many **summer opportunities** for high school students: classes, camps, travel study, volunteer service, and employment. Opportunities exist locally, as well as across the country and abroad. Check out the **CB Family Connection** website 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** website <https://connection.naviance.com/cbhs>. There is also a bulletin board in the Counseling Center with information about many summer opportunities at colleges and programs around the country.

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...

CB's Summer School is a great opportunity to remediate any D's or F's that students received, in order to maintain their college eligibility. It is also an excellent opportunity to take a class so that you may move further ahead in the curriculum or to allow you to fit in a Study Hall next year. Please go to summer school link on the home page of the CB website to learn more about available courses, or contact the student's grade level counselor if you have any questions.

Sophomores and Juniors: This spring is a good time to take the **SAT** and **ACT** exams! Be sure to check out a **FREE** personalized SAT program on **Khan Academy** to help you prepare for both 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 4 SAT Subject Exams**. The registration deadline is **May 5**; go to www.collegeboard.com to register. Juniors, if you are not yet registered to take the **May 7 SAT Reasoning exam**, the regular registration deadline is **April 8**. The next **ACT** exam is **June 11** - the registration deadline is **May 6**; go to www.act.org to register.

Lasallian Student Life

Campus Ministry News...

There are 2 important events coming up for the Class of 2018....

- Please join us at CB this **Sunday, April 3 for the Sophomore Family Mass and Breakfast**. Mass will begin at 9:30 a.m. in the Ron Limeberger '53 Gymnasium, with a continental breakfast to follow.
- On **NEXT FRIDAY, APRIL 8, Sophomores** will gather together for their **All Class Day of Retreat**. **The retreat will be held ON CAMPUS AT CB**. Sophomores will check in from 8:00-8:25 a.m. at the Jack Witry Field House. The retreat will take place from 8:30 a.m. – 2:30 p.m.; the day for sophomores concludes at 2:30 p.m. Sophomore students are to wear their class spirit shirt and regular dress code pants to the retreat.

Retreats

The final **Junior Retreat** of the year will be held **April 11 - 12** at **Mercy Center in Auburn**.

The Summer Kairos (K61) available to current Juniors will be held at Zephyr Point Retreat Center in Lake Tahoe from May 31 – June 3. Kairos 61 for members of the Class of 2017 will begin taking registrations soon. Forms will be available online via the CB website. A deposit (half of the full cost of the retreat) is due at the 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

Prayer & Worship

The **Senior Family Liturgy & Awards** Ceremony will be held on **Sunday, April 24 at 9:30 a.m.** in the Ron Limeberger '53 Gymnasium. Breakfast will follow in the Cafeteria. Senior families are asked to **RSVP to this event no later than Thursday, April 21** – please complete and return the form that was sent to all Senior families to the Main Office.

Please join us for a **liturgy in honor of our founder, St. John Baptist de la Salle, on Thursday, April 28 at 9:45 a.m.**



PEACE, LOVE & BUNCO

Save the Date... FAMILY BUNCO NIGHT will be held on campus on Thursday, April 28 from 6:00-8:00 p.m. Please mark your calendar and plan to join us for a fun filled evening. If you joined us last year, you know what a great time we had - tell a friend. Don't worry if you have never played bunco. And dads, you can get in on the fun too. Come dressed in your favorite TIE-DYE clothing and accessories. Don't miss out on this evening of good ole' family fun, snacks, and prizes. Cost is \$15 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 High School 4315 Martin Luther King Jr., Sacramento, CA 95820

International Student Program

International student life is much like that of our American students these days. All of the students have worked hard and are on the home stretch of the 2015-2016 school year. What continues to amaze me is that most of us believe that our ISP students have, for the most part, now settled in, are well acclimated, well adjusted, fluent in English enough to do well in school, and comfortable. The truth is, they are all that, but they are still working so diligently in many aspects of their daily life here.

I've asked some teachers to comment on the impact of the ISP students in their classroom or give me their impression of the impact of the ISP students on campus and the response was rich. I'm able to give you a few examples here, and there are many more.



"When an ISP student asks for help, I find it is almost always a language issue as opposed to a mathematics issue. In trying to figure out a way to help the student understand the instructions, textbook, etc. I find ways to better explain it to all of my students more succinctly and more simply. In addition, I am able to see where the vocabulary may be causing trouble for all of my students, not just my ISP kids.

"I notice when I am helping an ISP student, many of my other students watch me help the student. I think they may learn the math I am teaching better, but I also think they get an appreciation for what a struggle it must be to learn difficult math concepts while also mastering a new language. It may make the regular students appreciate what they have." – Mrs. Lorie Frias, Math Department

"I know Mars Dai has a very positive impact on our American Lit classroom. He absolutely delights in the stories and the comments of his classmates. He makes us all more attentive and in the moment. He has to work hard, and he works harder than the rest of us. When he excelled during his debate, we all cheered. HE was the best in the class, no question. HE makes the rest of us want to be better as well." – Ms. Maureen Wanket, English Department

"I think the ISP program has given our students a perspective of a world they haven't seen. The students here want to know how the international students' life is in back home. They also have a more open mind and heart to get to know them and create life-long friendships. And I think it's the same idea for the international students." – Ms. Anna Fernandez, Foreign Language Department

"For me, they are an inspiration. They are so young, leaving everything they know – home, family, friends, culture, language – and coming here where they know no one. They don't have a command of English, the social life is different, they may feel like outsiders, they have to cope with lack of compassion and understanding that they are new to our culture, so many of them experience homesickness, and a myriad of other challenges. On top of that, they have classes and academics to deal with! They are extremely courageous and strong young people for whom I have nothing but respect and admiration. For the most part, they are very positive and mature students who are a blessing to our campus as they share who they are and their world view. They broaden us and I hope we broaden them as well. – Mr. John Riley-Portal, Counseling Department

"I know for sure and have observed firsthand the value of the ISP Program here at Christian Brothers. The international students gain tremendously from the immersion, and our CB students grow personally as ambassadors, tutors, and friends of other hardworking students. The students have great respect for each other and we all learn and benefit from the experience." – Ms. Lisa Bronson, English Department.

May we all take a moment and relish this international gift we have here at CB. We are bringing the world to our American students, and our American students, teachers, staff and administrators are giving so much back to the international students.

Patti Gallagher
International Student Program Director

As the third quarter winds down, it is time to recognize the accomplishments of our Spring 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:

| | |
|-------------------------------|--------------------------|
| Freshmen Baseball 3.03 | JV Baseball 3.47 |
| Varsity Baseball 3.18 | JV Men's Golf 3.21 |
| Varsity Men's Golf 3.52 | JV Lacrosse 3.44 |
| Varsity Lacrosse 3.76 | JV Women's Soccer 3.68 |
| Varsity Women's Soccer 3.53 | JV Softball 3.52 |
| Varsity Softball 3.58 | JV Swim 3.55 |
| Varsity Swim 3.51 | Varsity Men's Tennis 3.6 |
| Varsity Track 3.49 | JV Men's Volleyball 3.09 |
| Varsity Men's Volleyball 3.88 | |

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

Frosh Baseball: Samuel Copley, Andrew Dettling, Spencer Lozano, Nicolas Vogt

JV Baseball: Jorge Luis Escobar Jr., Simon Genus, Michael Ingram, Douglas McCauley, Jason Oki, Richard Osen III, Noah Pyles, Mark Powers, Trey Price

Varsity Baseball: Jackson Balantac, Alexander LeForestier, Joseph McNamara, Rudolph Mendoza, Jacob Sandlin, Andrews Taylor, Jeremy Wackman

Dive: Kourtney Clark, Owen Hunt, Danika Piotrowski,

JV Golf: John Duncan, Matthew Miles, Damon Sterrett, Nathaniel Tandoc,

Varsity Golf: Whitney Davis, Jake Regino, Matthew Signorotti, Benjamin Slakey

JV Lacross: Isabel Arellano, Ariana Castillo, Catherine Cordano, Gabriella Geach, Navneet Khaira, Katie Lee, Lana Jan, Mia Nieves, Georgiana Prevost, Mason Sheya, Natalie Storm

Varsity Lacross: Caitlin Berger, Victoria Burbridge, Sarah Burbridge, Samantha Earley, Miranda Esquivel, Natalie Flynn, Sophia Graham, Hailey Hunt, Remington Kirrene, Michelle Lee, Carissa Loftus, Audrey Nelson, Isabella Monteverde, Megan Walaitis

JV Soccer: Marissa Villsaenor-Alvarado, Julia Atlee, Dior Dupavillon, Taylor Hammond, Hannah Kaplon, Caeley Kelly, Callie Kendall, Casey Koenig, Lauren Loyola, Annabella Rolleri, Kayla Stephens

Varsity Soccer: Katlyn Bates, Annemarie Barbour, Mackenzie Brown, Katie Enos, Olivia Ledesma, Sophia Lewis, Hailey Green, Olivia Ortiz, Grace Rapaski, Noemi Rodriguez Anna Sorensen Juliet Tochterman, Nicole Wong

JV Softball: Brianna Castaneda, Regina Chapuis, Kelcie Charleboix, Viviana Dazo, Ciara Johnson, Emily Shepard, Jessica Yearwood

Varsity Softball: Abby Burkholder, Macy Mendoza-Cardenas, Hannah Gruber, Kristen Gruber, Grace Hartwick, Giana Hays, Jessica Hennelly, Amanda Ledesma, Cecelia Sidley

JV Swim: Jordan Aceves, Isabel Afong, JuanRene Aguirre, Ian Armada, Emelina Gutierrez, Daniel Ledesma, Stephen Smith, Sam Sun, Evdokia Tsiopos, Elina Vargas

Varsity Swim: Gabriela Ayala, Taylor Barth, Allison Blake, Olivia Busch, Zachary Byrne, Andy Chen, Julia Dudensing, Gianna Ghilardi, Maliah Haroldson, Meera Khaira, Natalie Kimmelshue, Rachel Li, Cesar Lopez, Sierra Martin, Madeline Mercer, Hallie Mikacich, Kristina Murphy, Thomas Payne, Danika Piotrowski, Richard Robak III, Alexandra Roberts, Poppy Ruyak, Gwendolyn Thompson

Tennis: Evan Chin, Fernando Gill, Russell Lee, Joshua Opada, Noah Opada, David Rosas, Marvin Shi, Lyndon Terrado, Kevin Velazquez, Lue Verspieren, Noah Wadhani

JV Track: Joseph Archer, Ian Armada, Saej Awa, Lucca Batturaro, Jeremy Fernandez, Aileen Fortin, Michael Grandstaff Jr., Alex Mantong, Colin McCarley, Saray Mejia, Miguel Menchaca, Jelani Morton, Alberto Mujica, Jacob Narciso, John O'Hearn, Amelia Piroli, Michael Ramirez, Justin Romani, Brendan Sample, Katherine Stenger, Nason Tarvar, Enrique Verschoor, James White, Patrick Wiseman

Varsity Track: Raul Armbula III, Colin Campbell, Garrett Cappello, Jizelle Castaneda, Raquel Cornejo, Roman Cornejo, Beah Cruz, John Encinas, James Ghilardi, Lindsay Hewitt, Emily Hosoume, Julian Matocq, Christopher Milton, Alexander Piroli, Michael Sparks III, Kasen Taylor, Alina Vera, Adam Wong, Will Yuponce, Alex Zhu

JV Volleyball: Benjamin Anin, Cesar Borrego

Varsity Volleyball: Matt Bell, Mitchell Cabral, Sergio Castillo, Marcus Cepeda, Darenz Durana, Nickolas Hilton, Kyle Lutz, Erik Ma, Chase Mehlhop, Joseph Nazareno, Carlos Serrano

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:

Varsity Baseball: Joseph McNamara, Andrews Taylor, Jeremy Wackman

Dive: Kourtney Clark, Owen Hunt, Danika Piotrowski,

Varsity Golf: Whitney Davis, Jake Regino, Matthew Signorotti, Benjamin Slakey

Varsity Lax: Victoria Burbridge, Sarah Burbridge, Samantha Earley, Miranda Esquivel, Natalie Flynn, Sophia Graham, Remington Kirrene, Michelle Lee, Carissa Loftus, Audrey Nelson

Varsity Soccer: Katlyn Bates, Olivia Ortiz, Noemi Rodriguez, Anna Sorensen, Juliet Tochterman, Nicole Wong

Varsity Softball: Kristen Gruber, Amanda Ledesma, Megan McKeever, Morgan Price

Varsity Swim: Taylor Barth, Allison Blake, Olivia Busch, Zachary Byrne, Andy Chen, Julia Dudensing, Gianna Ghilardi, Maliah Haroldson, Meera Khaira, Rachel Li, Cesar Lopez, Sierra Martin, Madeline Mercer, Kristina Murphy, Danika Piotrowski, Thomas Payne, Richard Robak III, Gwendolyn Thompson

Tennis: Fernando Gill, Russell Lee, Lyndon Terrado, Kevin Velazquez, Noah Wadhani

Varsity Track: Raul, Armbula III, Colin Campbell, Garrett Cappello, Jizelle, Castaneda, Beah Cruz, James Ghilardi, Lindsay Hewitt, Emily Hosoume, Julian Matocq, Christopher Milton, Michael Sparks III, Kasen Taylor, Adam Wong, Will Yuponce

Varsity Volleyball: Matt Bell, Mitchell Cabral Sergio Castillo, Marcus Cepeda, Justin Dacanay, Darenz Durana, Kyle Lutz, Erik Ma, Joseph Nazareno, Carlos Serrano

Media, Visual & Performing Arts

"Live and work, but do not forget to play, to have fun in life and really enjoy it"

-Eileen Caddy

Welcome spring! After a hearty winter of rain and snow we are anticipating the warmer weather, and in the Media, Visual & Performing Arts department we are ready to enjoy the fruits of our winter labors. The arts are thriving at Christian Brothers and April will be a banner month for us.

It begins on Thursday, April 7 in room 305 at 6:30 p.m. for our **monthly FOTA meeting**. All are welcome to attend. This month, CB president Lorcan Barnes will address FOTA and give members an update on future growth at CB, as well as responding to questions the audience may have. Also on the agenda will be further discussion on medallions for seniors who have completed the four-year program. We will also talk about scholarships for students who want to take a class or workshop this summer. Every member of FOTA enjoys the family pass, four free tickets to any art event on campus.

Congratulations to **Terise Camasura, Micah Jordan, Camille Moniz, Alexa Taylor, and Eleanor Weber**, who were chosen to represent Christian Brothers in the **High School Self-Portrait Show** at the **Crocker Art Museum** this year. This annual event represents the best high school artists in the Sacramento area. The show opens on April 4 and runs through May 22; the reception and award ceremony will take place on Sunday, April 17. The reception is open to all and there is no charge at the museum on that day. Bring the family and be awed by the talent and skill of the next generation of Sacramento artists.

On Wednesday, April 13 in the gym we will welcome the **Class of 2020** at the **Frosh Welcome Night**. We are looking forward to showcasing our outstanding and diverse art programs as we welcome the newest members of the Christian Brothers community.

The **Choral Festival Field Trip** will be leaving for Anaheim on April 16. This is a great opportunity to further the students' technical training, enjoy **Disneyland**, and bond as a group. Much thanks to Mr. Lien for organizing this memorable event for the choir students.

On April 21 the painting classes will have a show at the **B Street Theater**. This spring the students will pay tribute to local artist **Jaya King**. Our students will paint in the style of the artist and be influenced by her work. Much thanks to **Jaya King** who generously came to all the painting classes and gave an inspirational presentation on art. She even donated several pieces of art for the **Courage Art Show**.

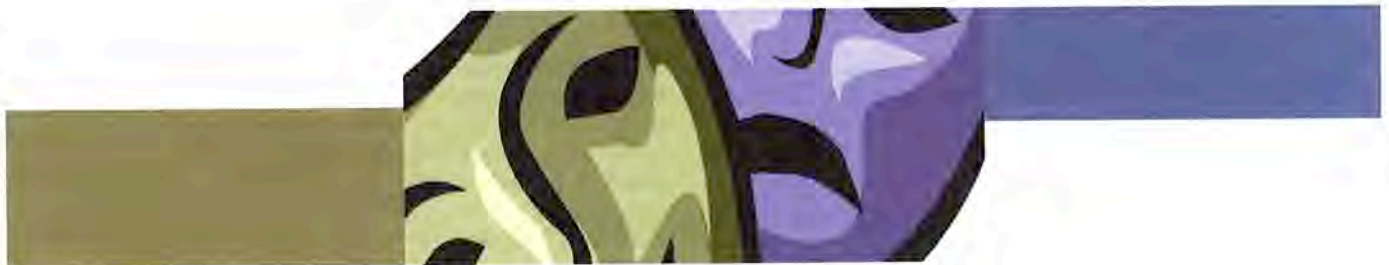
Mark your calendars, brush up on your wisecracks, and bring a friend to the spring musical, **Animal Crackers**. The show opens on Friday, April 22 at 7:00 p.m. in the George Cunningham '40 Performing Arts Center. Additional shows will be on April 23 at 7:00 p.m., Sunday, April 24 at 2:00 p.m., and the following weekend April 29 and 30 at 7:00 p.m. The show closes with a matinee on Sunday, May 1 at 2:00 .pm. If you are a fan of the **Marx Brothers** you will be delighted by this zany comedy/musical.

Thank you to all who make Christian Brothers the place to be, and the arts the crown jewel of our curriculum.

God bless you and your family,

Findlay McIntosh

Director of the Media, Visual and Performing Arts



Viva La Vespa

For these two seniors, life is better on two wheels.

By Giselle Cantiller – CBTalon.com Staff Writer

Glancing around the CB parking lot, everything seems pretty average. There's cars, more cars, and a... motorcycle? Or is it a scooter? Whatever it is, it's not average.

According to Andres Avila ('16), the sleek, dark blue, two-wheeled vehicle parked in the corner of the lot is a Vespa.

"It's a cooler version of a motorcycle on two wheels," he says. "It's the Italian motorcycle, basically."

Although Andres' Vespa has more of a scooter aesthetic, it's not the look of a bike that makes it a motorcycle. The California DMV considers any two or three wheeled vehicle with an engine size of at least 150 cc's a motorcycle. Andres' two Vespas have 200 cc and 250 cc sized engines, allowing him to reach speeds of almost 80 miles per hour.

While the DMV doesn't recognize any differences between a Vespa and a regular motorcycle, Andres does.

"They're just cooler," he claims. "They also get all the women."

In addition to the cool factor, Vespas are easier to ride.

"It's a twist and go. Motorcycles are harder because you have to shift."

Compared to a motorcycle, Vespas are the clear winner. But what about compared to cars?

Andres illustrates his preference to Vespas when he remarks that "driving a Vespa is just amazing, you know? Going down the street with the warm air in your face and everything -- it's way nicer than cars."

Seamus Hudnut ('16), another experienced rider, says that these Italian motorcycles "make driving anywhere more fun" and are "really maneuverable."

Italian motorcycles obviously have their advantages. Along with the ability to weave through traffic and easily park anywhere for free, the greatest thing about Vespas is definitely their gas efficiency.

Unlike the rest of us car owners who pay hundreds of dollars for gas each month, Andres and Seamus pay a small fraction of our costs in the same time frame.

"If I drive it just for school, and I drive it here and back every day, I fill it up once a week and for less than

five dollars usually," Seamus explained with a smile. While Vespas can cost between \$3,000 and \$11,000 (you could buy a small car with that money), their gas efficiency makes it a fantastic investment.

Nevertheless, Vespas are still expensive. But just as how there's a knock-off brand for any type of cereal, there's a knock-off brand for Vespa.

Even Andres, a Vespa owner himself, claims that off-brands still get the job done at a cheaper price.

In fact, Seamus has a knock-off Vespa. His is a "Stella" from a company called Genuine Scooters. The Stella has a 147.5 cc sized engine and can go up to 50 miles per hour. Not too shabby.

Although there are many pros to owning a Vespa, there are also cons. But just a few! One of the biggest disadvantages to riding these Italian motorcycles is safety.

"There's no protection from the elements so if it's raining, you can get pretty cold, and you don't feel very safe on it," Seamus revealed. "You're exposed. There's no seat belts, no airbags, no anything."

On the other hand, Andres is mostly concerned with convenience and storage.

"My least favorite thing about it is when I have to take a lot of stuff and I can't fit it on there," he says with a frown.

Despite the cons, Vespas are pretty amazing. They look cool, the fuel economy is great, and they're fun to ride. If you're eligible to have a driver's license, then you're eligible to legally drive a Vespa. All you have to do is hit the DMV up and get a motorcycle license. Not too complicated, right?

One warning to remember, though: Once you go Vespa, you can't go back.



Falcon Family Faces



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 to register.
- Register for the **June 4** SAT by May 5 at 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 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 or www.finaid.com as well as the Scholarship Search and Scholarship Match on **Family Connection**. Next fall will be very busy with your classes, college applications and other activities that you are participating in, so "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



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
Makena Haroldson
Tudhvir Sekhon
Wil Yponce

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 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.

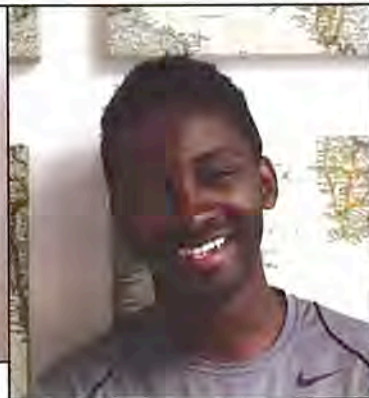
- Patti Gallagher, Director



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 Hallsten, 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.

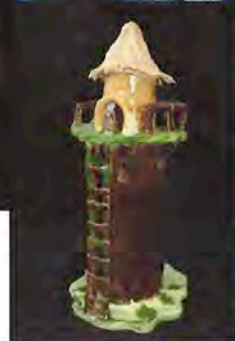
Hollywood Bowl will be presented on the main lawn on **May 21** at 7:00 p.m. Bring a blanket to sit out under the cool late spring sky and enjoy beautiful music. **Mr. Lien** proves once again that our choir program is the best in the city.

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

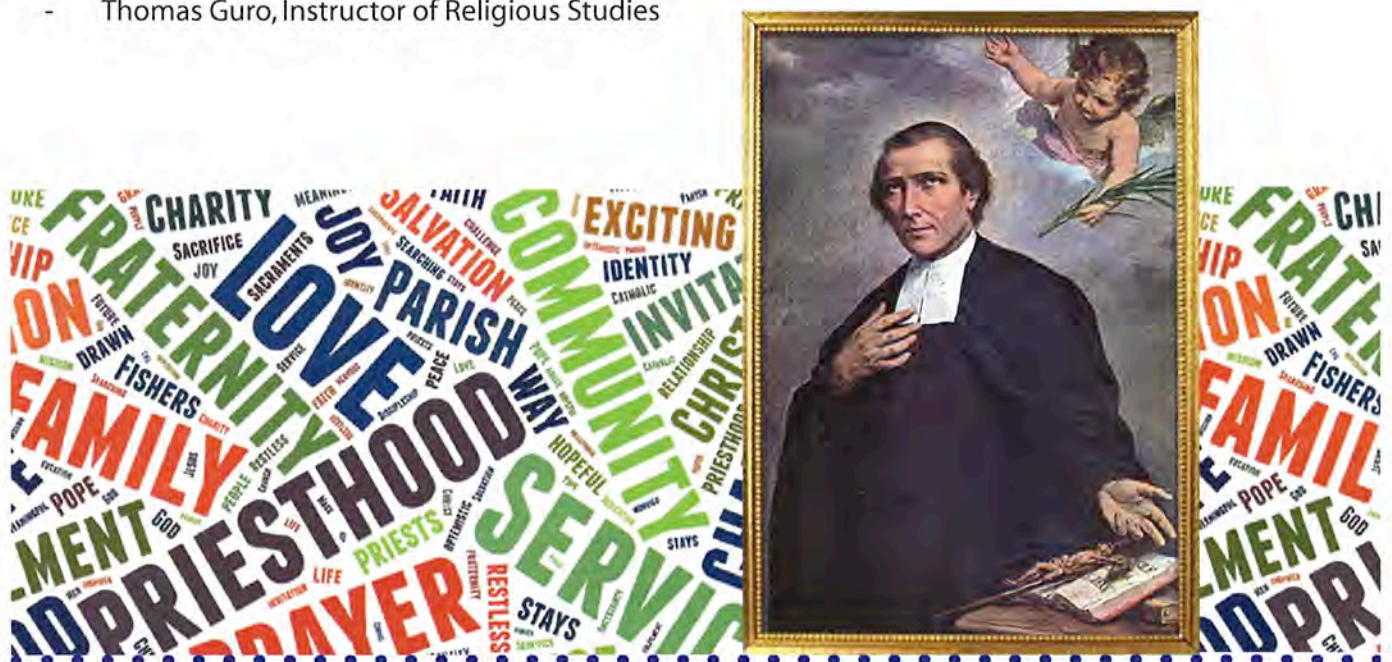
The Lasallian vocation takes many shapes and forms, from being a vowed Christian Brother, to being a lay partner as a teacher or staff member. We celebrate with the Christian Brothers on the recent news of Br. Solomon, who lived his vocation as a Christian educator even to the point of costing him his 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.

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

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

