

FALCON FAMILY NEWS

PRINCIPAL SHARING: "READY FOR MIRACLES"

Are you ready for a miracle? We should be. Just like the early Christian community allowed in the Acts of the Apostles, Christian Brothers is place of "Awe", where many signs and wonders sparkle.

Together, within our wonderfully diverse community, we excel as a college prep Catholic educational ministry. Together, we achieve this with a special Lasallian personality that guides our students in developing their full human greatness.

As a result CB faithfully prepares students not only for college, success and life, but also instills a spirit of Christian service toward others. This is our tradition, our blessing.

St. John Baptist De La Salle pointed out that, "To reach the hearts of your students and inspire them with the Christian spirit is the greatest miracle you can perform." Allow me to share just some of the new growth that'll help us be ready to again enjoy such miracles as an "Awesome" Lasallian educational community.

GREATER AMOUNT OF QUALITY TEACHING TIME.

Our 2006-07 Instructional Calendar will provide students with more opportunities for quality teaching time that educationally balances academics along with a healthy blend of Catholic high school activities. We achieved this by both affording students a greater amount of actual instructional days (six), as well as through a better use of our daily instructional schedules.

Falcon Flex periods are scheduled to occur at the end of designated school days. Homeroom periods will meet by class levels in designated rooms now only once a week on Mondays. KBFT shows will then be broadcast twice a week, at the end of B-Set, with an expanded airing of fifteen minutes per show.

WONDER-FILLED ADDITIONS TO LEARNING.

We'll weave added faith celebrations throughout next school year, including smaller prayer services by grade level (Fresh, Soph, Jr. Sen). We'll begin a four-year Christian service-learning curriculum that'll educate all CB students, every year, to serve with both hands of justice - according to Catholic social teachings. Within our English classes, we've committed to keeping all classes under 28 students. Curricular resources for Spanish I, II, and III have all been updated.

At the core of CB's success are our exceptional faculty and staff who go the extra-mile not only to teach, but to reach our students' hearts as Big Brothers/Sisters. We're excited to welcome into our community ten new and returning Lasallian educators.

CAMPUS FACILITIES RENOVATED & REVEALED.

Our exciting remodel of the East Annex will bring new wonders for both the performing arts and science exploration by the first day of classes.

At that time we'll raise the curtain on two brand new rooms for our expanding Choral and Instrumental programs. Each classroom is designed to uniquely support CB's gifted musicians. Another room, currently one of our science labs, will be upgraded with instructional technology on par with laboratories found in the SMAT building.

Within all three rooms we'll be piloting a new type of individual classroom air conditioning. If successful, we may be able to then phase-in such units into other classrooms over the next several years.

Several other good works will also make our campus more comfortable and welcoming. These include a brightening-up of our main school hallway with true CB spirit, more outside table seating, and cafeteria improvements (fresh paint, blinds, décor, evaporative cooling). Even our main athletic field is getting a facelift with a new head of turf.

In advance, welcome back. We look forward to great year full of signs and wonders.

LIVE JEES ON OUR HEARTS, FOREVER!



PRINCIPAL RAYMOND BUELLA



August 2006

Fall Semester

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CAMPUS MINISTRY

August 2006

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Fall Semester

Liturgies, Prayers and Retreats

The Campus Ministry program provides liturgies, prayer, and a four-year retreat program for our students. We also offer prayer and spiritual resources for parents. Please come by and visit the Campus Ministry office in Brother Bertram Hall. If you have any questions or concerns, please contact Mrs. Susannah Nelson, Director of Campus Ministry, at 733-3626 or at nelson@cblhs-sacramento.org.

LITURGIES: We will begin the school year with our first school liturgy, the Mass of the Holy Spirit, on August 24. Parents are always invited to join us at our school liturgies. All liturgies are held in the gym and begin at 9:30 A.M.

Upcoming Fall Semester Liturgies:
September 17 - Sophomore Family Liturgy
October 5 - School Liturgy
November 1 - All Saints' Day Liturgy
November 19 - Fresh Family Liturgy
December 9 - Immaculate Conception Liturgy

RETREATS: The Senior Katrus Retreats will be held October 3-6, November 14-17, January 16-19, and March 27-30. This is a four-day, student-led retreat grounded in the Christian belief that God is very much a part of our real world, especially through the continuing presence of Jesus Christ as he draws himself to us through our family and friends.

JUNIOR RETREATS: a one-day retreat held at Christ the King Retreat Center in Citrus Heights, occur during the second semester. The focus of this retreat is "Christ's Message for Me - My Journey."

Junior Retreat Dates: Feb. 26; March 6; April 3 and 17
Junior Katrus Retreat: May 29-June 1

SOPHOMORE RETREATS: held at the Newman Center (across from CSUS), will begin in February, focusing on "Who Is Christ in My Life? What Are My Choices and Values?"

Sophomore Retreat Dates: Feb. 16 and 23; March 9; April 20

FRESHMAN RETREATS occur during the first semester with their religious studies classmates and teacher. This is a mandatory retreat; all fresh are required to attend. With the theme "Who Am I?" the fresh will explore their self-identity, their new CBHS identity, and their new membership in the worldwide Lavalian family.

Fresh Retreat Dates: Sept. 15 and 22; Oct. 26 and 27; Nov. 3

Student/Parent Activities Ice Cream Social August 16



The annual Freshman/Transfer Student and Parent Orientation and Ice Cream Social is August 16, 2006 from 6:30 to 8:00 p.m. in the Gymnasium.

Schedule of Events

6:30 - 7:00	Ice Cream Social
7:00 - 7:15	Prayer and Welcome
7:15 - 8:00	Parents - Meet representatives of CBL support groups. Students - Find lockers, find a set classroom, and report to Cafeteria for other information.

Welcome to Christian Brothers

Fresh Lock-In Class of 2010

Friday, August 11, 7 p.m. to Saturday, August 12, 8:30 a.m.

Food, Games, Movies, a Dance, a Rally, a Magic Show, and lots of fun! FREE Spirit T-shirt! Wear it to School!

All Freshmen are invited. If you haven't signed up yet, just call Mrs. Holmes in the SAC at 733-3628 with your T-shirt size, and check in at 7:00 p.m. on August 11.

Save this date! The Parent/Student Retreat will take place Saturday, February 3, from 8:30 A.M. to 2:00 P.M. at Christ the King Retreat Center. You won't want to miss this opportunity to spend a special time of prayer, fellowship, and reflection with your CB student. All parents and all grade level students are welcome.

HELP! THE CAMPUS MINISTRY OFFICE NEEDS A NEW COUCH! If you have a couch that you are ready to part with, consider donating it to the Campus Ministry office. Please contact Susannah Nelson at 733-3626.

REMINDER: Signed Parent/Student Handbook Partnership Statement must be returned no later than the second day of school, Friday, August 18, 2006 to students' homeroom teacher.

Guidance Department News

Welcome to the 2006-2007 school year!

The Guidance Department is busy preparing to welcome your student to a new year full of opportunities! The counselors will visit classrooms and share important academic and college information with your son or daughter soon after school begins. We would also like to inform you of several upcoming events sponsored by our department that will assist in supporting your child.

UPCOMING FIRST SEMESTER GUIDANCE EVENTS

College Night for Seniors and Their Parents: September 13 at 7:00 pm in the CB Cafeteria

Fresh Guidance Night: September 27 at 7:00 pm in the CB Cafeteria (Parents only)

Parenting Topics: October 10, 7:00 pm in the CB Cafeteria

Testing Day: October 18, special schedule TBA

Staffing Days: October 25 and 26, minimum school days

College Financial Aid Night for Seniors and Their Parents: December 6 at 7:00 pm in the CB Cafeteria

Counselors are available for consultation if needed. Please call your child's grade level counselor to make an appointment. Please visit our Web site at www.cbhs-sacramento.org (Guidance/College Center) for more information.

Special Bookstore Hours

Aug. 12	8:00 a.m. - noon
Aug. 14	3:00-7:00 p.m.
Aug. 16	9:00 a.m. - noon
Aug. 17	7:00-8:00 a.m.; 2:00-4:00 p.m.
Aug. 18	7:00-8:00 a.m.; 2:00-4:00 p.m.
Aug. 21	7:00-8:00 a.m.
Aug. 23	7:00-8:00 a.m.

Regular Bookstore Hours vary and are subject to change. The Bookstore is generally open during break, part of lunch, and after school (for 30 minutes). Please call the Bookstore for specific daily times.

CB Spring 05-06 Honor Roll

Congratulations to our Christian Brothers High School students who continue to develop and demonstrate their high academic achievements. Within the high academic standards of our curriculum, one third of our freshmen through senior students during the second semester last year earned either "Highest" honors or "Honors" on our Academic Honor Roll. Twenty percent (20%) of our student body achieved a cumulative G.P.A. of 3.75 or Higher. Thirteen percent (13%) achieved a cumulative 3.50 to 3.74 G.P.A.

CB ATHLETIC UPDATES

New Season, and New Falcons

HIGHLIGHTS OF OUR SPRING 2006 SPORTS TEAMS:

- Baseball frosh and JV teams were league champions.
- Diving produced two league champions in Blair Powers for the boys, and Louisa Feleto for the girls.
- Men's Varsity Golf finished as SVC league champs and just missed advancing to the section finals.
- Women's Soccer JV squad took the league championship, and the Varsity team not only became league champions, but also captured the Section Division 2 championship. Karin Ward was selected for team All City.
- Track and Field took the league championships in the Men's and Women's JV divisions.

FALL 2006 SPORTS PREVIEW:

We welcome Terrell Lowery to our Athletic Department as the new Head Baseball Coach. Terrell was a standout athlete in basketball and baseball at Loyola Marymount and played baseball at the professional level for the Cubs, Devil Rays and Giants organizations. He moved to the area six years ago and has been an assistant coach at Jesuit for the last five years. He is excited to work with our student-athletes and is confident in the future success of the program.

When the Football team takes the field this fall for the second year of home contests, they will step onto a much improved playing surface. The LaBalle Club had major improvements made to the field's surface in honor of Ray Clemmons, a long time football coach in the Sacramento area. His sons attended Christian Brothers and he was an ardent supporter of "Brothers."

We look forward to many great moments this year and welcome you to get swept up in the excitement of Prep Sports at its best. For complete sports schedules visit our website www.cbhs-sacramento.org and look under CB Sports Calendar. Go Falcons!

Red & Blue Scrimmage August 26 @ 9 a.m.



SCHOOL CALENDAR

August 2006

- Aug. 14 Community Day of Reflection - NO SCHOOL
- Aug. 15 Faculty/Staff Professional Day - NO SCHOOL
- Aug. 16 Faculty/Staff Workday - NO SCHOOL
Senior Processing Day 8:30-11:00 a.m.
- Aug. 17 Fall Semester Begins
- Aug. 24 Mass of the Holy Spirit Liturgy 9:30 a.m.
- Aug. 25 Make-up Picture Day 9:00a.m.-1:00 p.m.
Big Brothers/Big Sisters BBQ 1:00 p.m.
Class of '81 Reunion
- Aug. 26 Red and Blue Scrimmage
- Aug. 26-29 Fresh Campaign Week
- Aug. 28 Scholastic Picnic 5:00-7:00 p.m.
- Aug. 29 Fall Athletics Meeting 2:00 p.m. Gym
- Aug. 29 Back to School Night 5:30 p.m.
- Aug. 31 Classes begin 9:00 a.m.
Fresh Speeches-Falcon Flies

Fall Semester

Back to School Night

WALK TO LEARN
WALK TO SERVE

August 29, 2006 5:30 P.M.

Join us to meet your
student's teachers. →

Wine Tasting Extravaganza 2006

September 8, 2006 ~ 7 p.m. to 10 p.m.

Purchase Tickets in Bertram Hall or Online at www.cbhs-sacramento.org

Ticket Price: \$45 (advance, purchased before Aug. 15); \$55 (standard); \$65 (at door)

For more information, call Marisa Panattoni at 916-733-3647



CHRISTIAN BROTHERS HIGH SCHOOL

4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95826-2727

FALCON FAMILY NEWS

PRINCIPAL SHARING: "WELCOMING NEWCOMERS TO CB"

We've all heard God's Great Commandment before. In one version or another, it challenges us to "...love God with your whole heart, mind, and strength, and love your neighbor."

But what's the best way to do that? In other words, how can we be the greatest?

To settle a dispute among his friends, Jesus answered those questions while walking along a dusty roadside in Galilee. He pointed out that we're all really at our greatest when we welcome others. Especially, those who are newcomers.

When we genuinely invite and include others into our circle of friends, we demonstrate a greatness that God asks of us. Once again, Christian Brothers has shown our best side in warmly welcoming new students and faculty into our Laotian community.

Almost three hundred new freshmen and transfer students joined us with us opening bells of school. These new Falcons reflect our wonderfully inclusive student body: geographically, academically, culturally, and economically. All students educated together on the same bench.

Such a healthy diversity, without boundaries, creates a real world experience that seasons and supports every student's college prep Catholic education here at CB. Moreover, it reinforces that positive feeling that they belong here.

Along with our new students we've also welcomed several new faculty members, who've already had their own hearts touched with a genuine sense of belonging. (See Page 8 for a photo of our



new teachers.) Here are a few sound bites from three of our new teachers who've already felt the special charisma that weaves among us.

Dr. Donald Johnson, FSC, Director of the Brothers' Community and Math teacher, finds CB's "perfect fit." "At every level, parents, students, faculty and staff, everyone has shared an enthusiasm for Christian Brothers," Brother remarked. "Everyone is friendly and eager to offer a helping hand, even before they are asked."

One of our new religious studies teachers and Liturgy Coordinator feels like she has come home. Ms. Jade Manola shared that "Coming from a large family, I know each family member has a special role in creating a bond that keeps a family strong. That's also true with CB's family. Each member has, in their own way, made efforts to make me feel more than welcome... more like, part of the family."

Even our returning Social Studies teacher, Mr. Dino Nappi, has been recaptured by CB's embrace. "As a lifelong prodigal son, what I most feel upon my return is the 'fullness of joy' that I witness daily among the accepting hearts of our students, with each other, and with me personally."

Offering a helpful hand. Embracing our special roles as learners and educators. Accepting others. These are common, good examples of CB's welcoming nature that unites us together for another great year.

LIVE JESUS IN OUR HEARTS, FOREVER!

Bryan J. Burnett, Principal

SCHOOL CALENDAR

- Sept. 6 Friends of the Arts Mtg., 6:30 p.m., New choir room
- Sept. 7 Classes begin at 9 a.m.; QSP Kick-off Rally at Falcon Plaza
- Sept. 8 Wise Timing Extravaganza 7 - 11 p.m.
- Sept. 9 Oak Park Street Soup (Service Project) 8 a.m. - noon
- Sept. 11 Jesuit College Fair, 7:15 - 9:15 p.m.
- Sept. 12 Laotian Parent Chk. Mtg., 6:30 p.m.
- Sept. 13 College Night for Seniors and Parents, 7 p.m., Cafeteria
- Sept. 14 Classes Begin 9 a.m., Senior Class Prayer Service at Falcon Plaza
- Sept. 15 Fresh Retreat, St. Francis Open House 7:00 - 10:30 p.m.
- Sept. 17 September Family Liturgy 9:30 a.m.

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POWER SCHOOL TRAINING

Understanding the Parent Portal

September 2006

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Fall Semester

In addition to information parents can request from their children and teachers in the traditional way, parents and students alike at CB can access information via the Internet about their grades, attendance, and performance. Such access is made possible by the PowerSchool Parent Portal which requires a login password supplied by the school. Teachers update their online PowerGrade book at least every two weeks so parents can see "almost real-time" evaluations of student achievement.

The PowerSchool Parent Portal is now open and running. Returning students and families may access PowerSchool using the same password as last year. If you need a reminder, the parent must contact Joe Warren in the main office. New families were given their codes at Back-to-School Night. If you missed yours, it has already been mailed to you. All families may contact Mrs. Warren for code issues.

The Parent Portal is very user-friendly and may be easily accessed from a link on the school Web site. Give it a try! If after accessing the Parent Portal you are still having usage issues, we will be offering training for new families to the use of the Parent Portal on Thursday evening, September 21st. Please contact Assistant Principal Noel Hesser to reserve a place (nhesser@cbhs-sacramento.org or (916) 735-3658). The location and times for the evening will be dependent on the number of reservations received. This evening is intended to provide directions to navigating the site only—specific classes, teachers, students, or general school policies will not be discussed.

LASALLE PARENT CLUB

Back to School Meeting
SEPTEMBER 12- 6:30PM, CBHS Cafeteria

Featured speakers in September:
Steve Barsanti-Dean of Students; Br. Dennis Johnson, FSC-Director of Brothers Community; Susannah Nelson-Director of Campus Ministry; Stephanie DeBenedetti-Emanuel-Christian Service Coordinator

LASALLE PARENT CLUB

The monthly LaSalle Parent Club meetings are the focal point of school-wide information to parents and will feature faculty and administrator speakers to address school updates and topics of concern. Upcoming volunteer information and how to become involved at CB will also be discussed. Please check your calendar and the CB Web site for updated information on the LaSalle Parent Club monthly meetings (Sept., Nov., Feb., April) and the 3 Parenting Teens Speaker Series hosted by the Guidance Department.

Helping Hand for Academic Struggles

We are pleased to announce our continued relationship with Mercy Education Resource Center, which provides academic support to qualified students in the form of individualized tutoring and educational testing and assessment.

Students are identified following Title 1 criteria established by the federal government under the No Child Left Behind Act. One factor in determining eligibility is based on a student score below the fiftieth percentile in reading, math, or language on a nationally normed academic achievement test (the High School Placement, PLAN, and PSAT exams, for example). Additionally, residence in an area serviced by a Title 1 public school program is a requirement.

For more information, please contact your grade-level counselor in our Guidance Department.

Senior Parent Grad Night Kick-Off Mtg

You are invited to attend the first Grad Nite Planning Meeting for Senior Parents on September 19 at 6:30 p.m. in the Cafeteria. This is the first meeting to start planning and filling the committee positions. We encourage you to attend this important meeting to make sure the vision of Grad Nite turns into a reality for the Class of 2007.

Traditionally each year, the Senior Parents of the graduating class organize the graduation party known as Grad Nite for the graduating seniors to attend a safe, sober, and fun party for the senior class. Grad Nite will take place after graduation on May 25, 2007, beginning at 11:00 p.m. and lasting until 5:00 a.m. the following morning. The ticket price admits the graduate to a one-of-a-kind extravaganza of entertainment and activities with food and beverages throughout the evening. The Junior, Sophomore and Freshman parents support the senior parents by volunteering to staff the actual event.

Why have Grad Nite? Grad Nite offers graduates a safe place to celebrate with their friends in a risk-free setting with no drugs or alcohol before they go their separate ways.

ATTENTION SENIOR CLASS PARENTS!

Order your Senior Parent Class Shirt - Only \$10.00 each! WEAR YOUR SHIRT PROUDLY ALL YEAR TO SCHOOL EVENTS! Deadline extended to September 8. Order forms in the Main Office.

GUIDANCE DEPARTMENT NEWS

Welcomes Christian Brothers, all new and returning families! As the school year gears up, counselors are busy assisting students with strategies for academic success and also distributing a substantial amount of college planning information. Each counselor has scheduled individual conferences with each of his/her students, so all students will be seen by their counselor by mid-October for one-on-one counseling. In addition, Mrs. Hester has visited junior and senior English classes to discuss college planning and the resources available to students in our College Center and on our website. Mrs. Hester will be hosting College Night for Seniors and their Parents on September 13 (7:00 pm, CB Cafeteria) to present important and timely college information to seniors and parents.

COLLEGE EXPLORATION FOR SENIORS: The early weeks of the senior year are a time when college exploration will continue and will soon begin to narrow to the selection of a "short list" of those colleges and universities that mesh 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 it may 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 ensure a "things to do" list as the new school year begins. An orderly approach to all of the admission and financial aid application tasks will ensure they do not become a distraction to the important things that most continue to happen in the classroom.

REMINDERS FOR EVERYONE: School has resumed! Summer jobs have ended. Trips to the beach or lake are behind your college-bound children as the bell sounds for the 2006-2007 school year. Monitor these early days of school and make certain your son or daughter attends to the following tasks:

- Launch the year determined to be as successful as possible. Don't allow the college exploration, decision-making, or application process to become a distraction.
- Review the courses on your child's current schedule and make certain they are pointing toward his or her college goals. Plan ahead for next year's classes. Also look at upcoming testing dates and their registration deadlines.
- Juniors and Seniors should schedule visits to the colleges

they haven't seen to this point. Review those whose own career options exist. For seniors, this is the countdown year and they will soon be refining their list of colleges and initiating the application process.

- Make sure your child listens to the daily announcements and KBFT, and checks the CB website in order to hear about fall college evenings presented by specific colleges/universities that provide information about the admission and financial aid application process. Remind them to sign up for any of the 40-50 college rep visits on our campus and to attend the College Fair that CB co-hosts with the other 3 Catholic high schools. This year it will be held at St. Francis H.S. on Monday, Oct. 2, from 7-9 pm.

College Admissions Test Dates

SAT Test Date	Deadline to Register
October 14 (CB)	September 12
November 4	September 29
December 2	November 1
ACT Test Date	Deadline to Register
September 16	August 18
October 28 (CB)	September 22
December 9	November 3

- Juniors should begin to map out a long-range strategy for exploration. Sometimes soon each student must identify those characteristics that she or he is looking for in a college and now is the time to begin. Initial exploration can involve general college guides and videos or the more specific information presented by colleges on their websites, as well as exploring the guidance section of the CB website. Juniors should not take the SAT or ACT until March or

later of the 2006-2007 academic year. Each junior has received an individual code that allows students to register at our college planning website, CB's Family Connection. Juniors should complete the personality profile/career interest survey at Family Connection called "Do What You Are" by the end of this semester.

- Some student sophomores may want to become more engaged in the 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.

Wine Tasting Tickets Still Available



Tickets for the Wine Tasting Extravaganza are still available at the door. The Wine Tasting is September 8, 2006 from 7 p.m. to 11 p.m. at the Christian Brothers main lawn. Tickets price is \$65 per person. No one under 21 allowed. For more info, call (916) 733-3647.

MESSAGE FROM PRESIDENT LORCAN P. BARNES

What does "Lasallian" mean anyway?

In our school community, we hear the word "Lasallian" quite a bit. Most of us know it refers to our founder, St. John Baptist de La Salle (1651-1719). Most of us know that De La Salle is the Patron Saint of Teachers. And most of us instinctively proclaim, "Pax in eo" when we hear his name. That is pretty much where common knowledge ends. I hope to take you a bit deeper.

This is my eighteenth year in Catholic secondary education. I have had the honor of working with the Daughters of Charity, the Society of Jesus (Jesuits), the Sisters of Notre Dame de Namur, and the Society of Mary (Marionists). In distinguishing among the charisms, I like to use the analogy of a fire. (The word, "charism" is Greek for "gift," referring to the grace of a particular form of spirituality, a distinctive philosophy of education, and an international connectivity to others who share the charism transcending time and place.) Every person has a fire, yet each of us looks different. Each religious order is Catholic and holds precious the teaching of the Church, but each congregation has its own look, emphasizing different facets of our faith.

So how are Lasallian schools different from other Catholic schools? The core principles of a Lasallian community are (a) faith in the presence of God, (b) respect for all persons, (c) inclusive community, (d) quality education, and (e) concern for the poor and social justice. These core principles are proudly displayed in our newly dedicated main hallway.

On a more personal level, there are a few qualities that I am proud to celebrate as a Lasallian educator. These qualities certainly are not uniquely Lasallian, but I do think they receive special emphasis in our charism.

• **Faculty professionalism** - De La Salle took uneducated, rather unsophisticated men and inspired them to see teaching children as God's work... a religious calling. We are fortunate that CB teachers come to us prepared and polished today. And we are blessed that our faculty and staff see teaching in a Catholic, Lasallian school as more of a vocation than a job. To illustrate, this past summer we had more than a dozen teachers and administrators cross a week or two of their summer to learn more about our charism, a level of dedication not standard for a Catholic school, and something that directly benefits our students.

• **Focus** - Over the past four centuries, the Brothers have periodically been asked by the Church to become ordained clergy (priests). Consistently, the Christian Brothers have maintained fidelity to De La Salle's vision that they live their consecrated life as Brothers in association with each other. Some religious rules allow both. The Brothers have declined this honorable invitation so that they are free to serve in schools. The De La Salle Christian Brothers run schools --- our hospita parishes, or other important ministries of the Church. In fact, the "F.S.C." that follows a Brother's name is Latin for "Frater Scholarum Christianarum," Brothers of the Christian Schools.



• **Innovation** - Did you know De La Salle was the first to make widespread the practice of teaching French students in their native language? (Prior to De La Salle, children were taught in Latin. Did you know he incorporated job skills into his curriculum (e.g. navigation/ astronomy in seaport villages)? Did you know De La Salle is credited with standardizing pronunciation of the

French language? Did you know De La Salle revolutionized teaching by providing instruction to groups of children instead of one-on-one? (This was only done at the university level before De La Salle.) These are just a few of the transformational innovations that are part of our Lasallian heritage.

• **"big Brothers"** - As with most religious orders, De La Salle expected his teachers to be models of faith and character. But De La Salle went a bit further. He told teachers in his schools to treat each student as if that teacher was the student's "big brother" clearly implying a more watchful role-modeling relationship than a standard teacher-student relationship. I am proud to hear repeatedly from our students that they have a deep sense of respect and affection for their teachers here at CB. St. La Salle would be proud too.

• **Student Conduct** - "The education of souls" was De La Salle's raison d'être. To this end, he expected students to be well-mannered and well-versed in social graces. Through social graces have changed over time, it is my hope that our students are clear known as well-mannered young women and men of high moral character.

It is my expectation that, as parents, you experience the high standard of a Catholic school and that you note the special flavor of a Lasallian Catholic education. Or, just as De La Salle once said, it is my expectation that we treat your daughter and son "as if [he] was the child of God, Himself."

Above: President Lorcan Barnes (right) talks with parents at CB for Green Social held Aug. 28.

CAMPUS MINISTRY & CHRISTIAN SERVICE

Celebrating Our Faith Together

We began the school year with our first school liturgy, the Mass of the Holy Spirit, on Aug. 24. We were honored to have Fr. John Bull, the pastor of St. Anthony's Church, as our presider at the Mass. The Seniors who were trained as Eucharistic Ministers were commissioned in their special ministry of distributing communion at our liturgies. We also welcomed new teachers and staff members to our community.

ATTENTION SOPHOMORE PARENTS! The Sophomore Family Liturgy is right around the corner! Join us for Mass, followed by a continental breakfast, on Sunday, September 17 at 9:30 a.m. in the gym. Our presider will be Fr. Franklin Fong of St. Francis Church.

UPCOMING LITURGIES

SEPT. 17 - SOPHOMORE FAMILY LITURGY

OCT. 1 - SCHOOL LITURGY

NOV. 1 - ALL SAINTS' DAY LITURGY

NOV. 19 - FRESH FAMILY LITURGY

DEC. 8 - IMMACULATE CONCEPTION LITURGY

Parents are always invited to join us at our school liturgies. All liturgies are held in the gym and begin at 9:30 a.m.

SPIRITUAL RETREATS: CB's Senior Retreat Leadership Team held their training session/retreat at the end of August at Christ the King Retreat Center. By the end of the three days there, after praying, eating, and sharing time together, we felt like one big family! These 23 seniors will be busy this school year leading the Fresh, Soph, and Junior retreats.

The Senior Kairos Retreat dates are October 1-6, November 14-17, January 16-19, and March 27-30. A letter will go home next week to all Senior parents with details about this retreat. Sign-ups are now available in the Campus Ministry office.

The Fresh Retreats begin this month. The Fresh attend those retreats with their religious studies classmates and teacher. This is a mandatory retreat; all Fresh are required to attend. Details of this retreat will be in a letter to Fresh parents that will be sent home next week.

SAVE THIS DATE! The Parent/Student Retreat will take place Saturday, February 3, from 8:30 A.M. to 2:00 P.M. at Christ the King Retreat Center. You won't want to miss this opportunity to spend a special time of prayer, fellowship, and reflection with your CB student. All parents and all grade-level students are welcome. More details to come.

13th Annual Run to Feed the Hungry:

Sacramento Food Bank needs your help Thanksgiving Morning 7:30-11:30a.m. Contact Sarah Anderson, Volunteer Manager (916) 456-1980 or sanderson@sfbf.org

Christian Service Updates

Faith in action, and service to God, are experienced by serving others through a comprehensive Christian Service Program at CB that is built upon "Four Cornerstones": Class, Club & Team Outreach; Yearly Almsgiving Projects; Christian Service-Learning; and Venaver, an immersion program. These programs allow the students hands-on experience to proclaim the Gospel and build the Kingdom of God by serving the poor and vulnerable.

OUTREACH SERVICE CLUBS AVAILABLE

Five clubs specifically dedicated to outreach service in our community are available for interested and committed students to join. Please see the club moderators identified for more information:

- Big Brothers (Ms. Moulton, Ms. Holmes)
- Lexilian Youth (Mr. Fresques, Ms. M. Bennett)
- Delta Nu (Ms. Cassetta)
- Wellspring (Ms. Lystrup)
- World of Difference (Ms. Nappi)

NOW TAKING APPLICATIONS FOR VENAVER

VEN A VER (literally "come and see" in Spanish) is an intense immersion experience in which the students have the opportunity to journey to our sister school, Centro La Salle, in Tijuana, Mexico. The VEN A VER experience allows the students the opportunity to move beyond their own known borders and to live and serve in another culture. As part of this trip, students see, experience, and live for 5 days in a setting unlike any other. It is hoped that the "moving beyond the border" is more than crossing into another country, but really an intellectual, spiritual, social, emotional, and communal experience as well.

Our two trips this year will be:

- January 16-19, 2007
- February 20-23, 2007

All Juniors and Seniors are encouraged to apply. Applications are available in the Christian Service Center (next to the attendance office) or see Ms. DeBenedetto-Emantel.

DOCUMENTING COMMUNITY SUMMER SERVICE HOURS

All Sophomores, Juniors, or Seniors who volunteered over the summer, please remember to turn in your Documentation Forms.

- Students can pick up a form in the Christian Service Center or on our Web site under People & Places, Christian Service Program, How to Document Service.
- Students should fill out one form for each agency or placement where they volunteered.
- Students need to assess themselves and have a supervisor sign the paper.

STUDENT ACTIVITIES NEWS AND UPDATES

September 2006

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Fall Semester

FRESH ELECT THEIR LEADERS

Freshmen class officer elections were held on September 7. Our freshmen look to be a dynamic and eclectic class. Twelve top-notch candidates ran for offices this year and each was coming in with a strong history in leadership. After an exciting week of campaigning, the election had a great turn out with about 70% of the freshman class voting. The newly elected Fresh Council members are: Alvin Bayani, Jennifer Erickson, Tatiana Gomez, Steven Lopez, Amanda Tomkins, Morgan White. All candidates had a strong showing. They are all to be congratulated for their effort and school spirit.

CLUB DAY SIGN-UPS AROUND THE CORNER

Club Day activities will be held during lunch on September 14. We have over forty-five clubs here at CBS and they will all be represented with information booths that day. Any student should be able to find a club to match his/her interests. The clubs will advertise what they do and where and when they meet.

FALL SPORTS RALLY TO IGNITE FALCON PRIDE

Our first rally day will be Thursday, September 21. This should be exciting and memorable. Right before lunch students will celebrate all the fall sports with a rally. From there the students will attend a BBQ to start the festivities for the Holy Bowl. During lunch we look forward to cheering on our football team and showing them our support as they head into this annual athletic battle.

QSP MAGAZINE DRIVE KICK-OFF

The Quality School Program (QSP) drive is due to start this high gear with a rally on September 7. From September 8 through September 26 our students will be working diligently to sell magazine subscriptions. Please be sure to save all magazine orders and renewals for the CBS student of your choice. We honor renewal notice prices if they beat QSP prices.

QSP benefits all students and their student activities. Among the groups who benefited from QSP sales were: field maintenance equipment for our new baseball field; equipment for our track team; a volleyball training machine; uniforms and supplies for the rugby team; safety equipment for the softball team; and a community tent for union country. The band received funds to buy handbells. The theater department received funds to buy sound equipment.

Many of our clubs also received much needed funds. For example, Lasallian Youth sponsored a trip to the Exploration, and the German, MASA and French clubs received funds so their members and our school could benefit from cultural experiences. The World of Difference hosted an Interfaith Conference attended by over 75 students and community leaders. Engineering and Robotics, Car Club, Speech and Debate, and Scientific Olympiad are other clubs which benefited from QSP.

Extra! Extra! Mark Your Calendars: Sept. 29 is Regular School Day

Our students can earn one school day off per year when they achieve their Goal. This year's Goal is: \$123,456. The Student Council considered two choices tentatively marked on the school calendar and recommended April 17, 2007 (the Day of our Upper Division Ball) as this year's day off if we're successful.

Principal Burnell has approved this recommendation of our student leaders, AND THEREFORE, FRIDAY SEPTEMBER 29TH WILL BE A REGULAR SCHOOL DAY.

SPECIAL Wine Tasting Art Exhibit



A new feature of this year's Wine Tasting will be an art exhibit featuring the artwork of CB students and faculty. The artwork will be on display (and for sale) on the main lawn. Students and faculty are donating 15% of all their sales to the Friends of the Arts. There will be many different styles of art on display for you to enjoy while you taste all the wonderful wines offered that evening.

Holy Bowl Football Game is Sept. 23



Sacramento's gridiron classic between Christian Brothers and Jesuit high schools will kick off September 23, 2006. Freshmen play at 3 p.m., JV at 5 p.m., and Varsity takes the field at 7 p.m. Tickets are available in the Main School Office starting Sept. 11.

CB ATHLETICS

"INTEGRITY, HONOR, EXCELLENCE"

From Athletic Director Jill Bennett

Congratulations to the Booster Club who sponsored a great Red/Blue Scrimmage event officially kicking off our fall season. Intrasquad scrimmages spotlighted all three levels of football, as well as intrasquad games between JV and varsity soccer and freshman and JV volleyball. The annual alumni volleyball game featured some stars from the past and gave the varsity squad a great match to the delight of the crowd. The largest ever cross country burners put on a display of ultimate Frisbee and the Water Polo teams had a great time with the dunk tank. Cheerleaders entertained the crowds with a performance and got energy going with theirs throughout the events. The food was plentiful and sports stand as we enter into games, matches and events.

The Falcons look to be tough competitors in the newly modified Sierra Valley Conference. The league is comprised of Christian Brothers, Cordova, Galt, Oak Ridge, Proderoma and Union Mine. Our programs have created tough preseason schedules to help prepare for league action as goals and expectations are running high in our quest for league, section and state titles. We also welcome new SVC league sports of Water Polo for Men and Women. Previously we had to join other leagues, but due to increased popularity we have been able to create our own league (Oak Ridge and Proderoma also have programs). McClatchy and Rio Linda are joining to fill out our new league and we welcome them.

Our football field is looking better and better as our first game approaches. The LaSalle Club sponsored a field improvement project in memory of Ray Clemmons over the summer. Ray was a longtime football icon in the city and a great supporter of Christian Brothers athletics. The LaSalle Club had the football/soccer field graded and new grass 'sprigged' over the summer. Due to a mild summer and an outbreak of weeds the project is developing a little slower than anticipated, but plans are in place to topdress the field before the first game and come in immediately afterward with more improvements. For the September 30 game vs Del Oro, the field will be in mint condition when we honor the LaSalle Club and recognize Ray Clemmons at halftime.

On a final note please keep checking the sports calendar as changes do occur and that is the best way to stay updated. On this note the freshman football game against El Camino has been moved from Friday September 8 to Saturday September 9 at 11 a.m.

We look forward to great competition this fall and hope you will join in the excitement. Go FALCONS!

Team Highlights

CROSS COUNTRY

After a summer of running four days per week and a wonderful trip to Pyramid Peak in the Sierras, CB Cross is ready to go! With the largest team ever (47 runners) and the largest number of returning runners at every level, this could be an incredibly successful season.

On the men's team CB returns 6 out of 7 from last year's excellent team that finished fourth in the Sac-Joaquin Section Meet. With their experience they could very well take one of the two spots in this year's California State Cross Country Meet in November.

The women's team also has a chance of earning one of three places in this year's State Meet. Like the men's team, this squad is long on experience with 5 of the top 7 runners returning from last year's section runner-up team.

Any student wanting to participate in XC should see Mr. Delgado, Mr. Levasseur or Mrs. Perrine as soon as possible. We especially want to encourage 9th graders to join cross country and see the world.

MEN'S SOCCER

Larry Reel, Christian Brother's alumni (class of '91) joined the Men's Soccer Program as Head Junior Varsity Coach. Larry played soccer during his four years at CB and we welcome him back. He teaches computer science at Loretto High School and coaches the Women's Junior Varsity Soccer team there in the spring.

The varsity and junior varsity teams opened their preseason with wins over Roseville. A tough non-league schedule includes Jesuit, Granite Bay, Napa, Rio Americano and Rosebaum will prepare the team for our league opener at Cordova on September 25. We look forward to a great season.

WOMEN'S VOLLEYBALL

The volleyball teams are working hard at all levels for the upcoming season. The teams are set and all 3 levels look quite promising and should do extremely well this season. Varsity returns all but 4 players from last year's section title team. The team will be led by senior captains Nicole Link (2005 1st Team All League) Cara Crowder (2005 1st Team All League and All City Honorable Mention) and Stephanie Hopcraft.

FALCON FAMILY FACES

September 2006

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Fall Semester



ABOVE: New Teachers (back row, l-r) Kent Cardenas, Br. Christopher Donnelly, FSC, Br. Donald Johanson, FSC, Robert Beridite. (front row, l-r) Assistant Principal Noel Hesse; Lucy Castanon, Jade Morales and Jake Hawley. TOP RIGHT: Credits of parents and students attend the Live Class Social. BOTTOM RIGHT: Justin '09 and Joel '10 Dominico with mass Vlado Shirov at Back to School Night.



CHRISTIAN BROTHERS

OPEN
HOUSE

Sunday, October 8, 2006

12:30 p.m. - 3:30 p.m.

Informational Presentations at 1:30 p.m. & 2:30 p.m.

4315 Martin Luther King, Jr. Blvd.

Sacramento, CA 95820-2727

For more information, please call 916. 733.3690



CHRISTIAN BROTHERS HIGH SCHOOL

4315 Martin Luther King Jr. Blvd.
Sacramento, CA 95820-2727

FALCON FAMILY NEWS

PRINCIPAL SHARING: "APPRECIATING PROGRESS REPORTS"

Good carpenters "measure twice, cut once." This practice ensures an accurate cut.

With very intricate woodworks, multiple measurements are taken into account before precisely guiding the saw's path for best results. Like skilled carpentry, helping kids experience high school success entails frequent assessments.

Here at Christian Brothers, we monitor students' academics at several key measuring points to gain an authentic view of their progress in learning. Such formal measures are taken four times each semester (or about once a month): a progress report, quarter grades, a second progress report, and semester grades.

By measuring grades at numerous intervals, CB students (along with their parents) are kept fully aware of their current academic position. This enables us to then accurately guide students – on the home front and at school – to achieve educationally, thus becoming prepared for college success, and so life-long learners.

Next week, as we reached the mid-point before first quarter grading, the year's first progress reports will be mailed home. Here are a couple of thoughts to keep in mind.

Appreciate our Early "Meas-Ur's"

Let's start with an important appreciation. Every progress report is invaluable in CB's open communication with families, and to engaging parents as the first and foremost educators of their children. Yet, this first one has its limits.

This progress report includes only the initial weeks of our new school year. As a result, please respect that it's only an early preliminary indicator. Although still a good "heads-up", this report's assessment data is limited and may create an exaggerated picture, either too low or too high, of a student's actual progress in a course.

Progress Becomes An Accurate Picture

Instead of putting too much emphasis on any one grade, look for patterns. Carefully read all teacher comments as one message. This can shed some light on why a student's grades are what they are. More crucially, where they might be heading.

Warning sign patterns must be addressed: numerous missing and incomplete assignments, recurring customary remarks about effort, conduct, or that infamous "working below ability." Likewise patterns of genuine academic growth, self-discipline, and a solid work ethic are worthy hearty handshakes or a hug.

In either case, deeper communication and vigilance are called for along specific lines. Progress report patterns become a reliable measure for areas where students can raise focus in motivation, resilience, or accelerate their overall academic performance/study habits.

Live lives in our hearts, wherever!



Raymond Farrell
Principal

SCHOOL CALENDAR

- Sept. 18 Classes Open From 7:00 p.m.
- Sept. 19 Senior Parent Grad Nite 2007 Into 3:00 p.m.
- Sept. 21 Classes Begin at 9 a.m. (Fall Sports Rally & BBQ Lunch)
- Sept. 22 Fresh Retreat Red & Blue Spirit Day
- Sept. 23 HOLY BOWL – Fresh 3 p.m., JV 5 p.m., Varsity 7 p.m.
- Sept. 27 Fresh Guidance Nite (Freshman PARENTS) 7 p.m.
- Sept. 28 Classes Begin at 9 a.m.
- Sept. 29 REMINDER: THIS IS A REGULAR SCHOOL DAY
(The Student Council recommended April 27, 2007 to the year's QSP Holiday if we are successful in meeting this year's goal)



HOLY BOWL 15 SEPT. 23

Use Tickets in the Main Office. There will be some parking constraints day to announcement – please check the CB website during the week of September 18 for updated information.

GO FALCONS!!

STUDENT ACTIVITIES... QSP MAGAZINE DRIVE OFF TO A STRONG START!!

After a great kick-off rally, the Christian Brothers student body is off and running with our annual QSP Magazine Drive. All supplies were distributed on Friday, September 8. Students will turn in orders on September 12, September 19, and September 26. While helping their school, they can also win some fun prizes like free Homecoming bids, donuts, and pizza. Please be sure to order or renew your magazine subscriptions through your favorite Christian Brothers student!!

SHOW YOUR CB SPIRIT

The CB Student Body will soon have two opportunities to show their spirit. At midday on Thursday, September 21 our students, faculty and staff will join in a Fall Sports Rally to support our Fall Sports Teams, followed by a BBQ lunch served on the Main Lawn. Students wearing a Class Spirit Shirt of their class color may wear jeans. On Friday, September 22 we will have a Red and Blue Spirit Day to get ready for Saturday's Holy Bowl. Students who wear red or blue CB T-shirts or logo shirts may also wear jeans.

CALENDAR HIGHLIGHTS

GUIDANCE NEWS...

The freshman counselors, Ms. Karolus and Mr. Morrison, assisted by all the counselors, will host *Fresh Guidance Night* on **September 27 (7pm, CB Cafeteria)**. This Guidance evening is a program especially designed for parents of freshmen and deals with the academic, social, and psychological changes experienced by young people as they transition to high school. Tips on beginning college planning will also be presented.

September 2006

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Midmonth

THE ARTS... OPEN MIC NIGHT

Don't miss the first *Open Mic Night* of the year on October 6 at 7:00 p.m. in the "Little Theater." Watch CB students showcase their skills as singers, instrumentalists, actors, comedians and anything in between. There is a live broadcast of the performances in the hallway right outside the theater for those who like a little elbow room. Seating is limited, so please come out to enjoy one of the most exciting evenings on campus in our "Little Theater coffeehouse."

CAMPUS MINISTRY... CELEBRATING OUR FAITH

SOPHOMORE FAMILY LITURGY

Attention Sophomore Parents! The Sophomore Family Liturgy is right around the corner! Join us for Mass, followed by a continental breakfast, on **Sunday, September 17 at 9:30 a.m. in the gym**. Our presider will be Fr. Franklin Tong of St. Francis Church.

SCHOOL LITURGY

The Liturgy, Mass and Prayer class is working hard on our next *School Liturgy*, taking place October 5 at 9:30 a.m. The theme for the liturgy is "Coming Home" to begin CB's "Homecoming Season" in a reflective and prayerful way. The liturgy will involve the participation of alumni. If you are a CB or Bishop Manogue alumnus and would like to participate in the October 5 liturgy, please contact Mrs. Jude Manola, Liturgy Coordinator, at ext. 1024. We hope to see you there! All parents are always welcome at our liturgies.

CHRISTIAN BROTHERS

OPEN
HOUSE

Sunday, October 8, 2006

12:30 p.m. - 3:30 p.m.

Informational Presentations at 1:30 p.m. & 2:30 p.

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FALCON FAMILY NEWS

PRINCIPAL SHARING: "MUSICAL CIRCUS COMING TO TOWN"

During its heyday, when the traveling circus rolled into town everyone became animated. All put aside daily chores for a moment and rushed into that electrifying three-ring life under the big top.

With child-like eagerness, Christian Brothers announces that our own "Musical Circus" is coming to campus. This year's student musical, *GREASE*, will be performed on-site in four shows on November 16th, 17th, 18th and 19th.

GREASE is a legend. I'm sure we've all seen it on stage or screen, packed with 1950's pop culture. In this musical Danny's the coolest of the T Birds, a group of high school guys that hang out with the sexy Pink Ladies. Danny meets a new girl, Sandy, during the summer holiday and now she's moved to his school, Rydell High.

Sandy doesn't fit in with the cool scene, and especially not with the Pink Ladies. A rival gang, Scorpions, challenges the T Birds to a car race ("Go Greased Lightning..."). There's also a National Dance TV show coming

to Rydell High. There are a couple of rival suitors to Sandy and Danny, to lives up the relationship. And, oh yes, Graduation.

Sixty of Christian Brothers' finest performing artists will now step into these wonderful characters of Rydell High under a big (60' x 100' foot), climate-controlled tent canopy. We'll be able to seat audiences of 250 to 400 patrons per show.

Before the curtain goes up on our Rock 'n Roll musical, we'll celebrate pre-show festivities. There'll be burgers and hot dogs, soda fountain and more.

The arrival of CB's new Musical Circus is yet another showcase of our electrifying Visual and Performing Arts program.

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

With *GREASE* coming to campus, we'll now bring our gifted theatrical performers to energize a home stage crowd.

So ladies and gentlemen, children of all ages, plan to step right up to CB's greatest show on earth. Get the mothballs off those poodle skirts, dust off your leather jackets, get some Brylcreem for that stylis' hairdo, and enjoy the show.

LOVE JESUS IN OUR HEARTS, FOREVER!



Raymond Burnell, Principal

(Photos above are students Michael James Black and Nestor Luna. For more on GREASE, description and tickets, see Page 1.)



SCHOOL CALENDAR

Oct. 2-8	Wellspring Week
Oct. 3-9	Kalms DJ Retreat
Oct. 2-	Friends of the Art Mtg., 4:30 p.m., New Bond Room
Oct. 7	School Liturgy 9:30 a.m.
Oct. 6	Open Mic Night, 7 p.m.
Oct. 8	OPEN HOUSE & Arts Expo 12:30 - 3:30 p.m.
Oct. 9	SCHOOL HOLIDAY
Oct. 10	"Passing Tones" Speaker Series, Part 1, 7 p.m.
Oct. 11	Mathlete @ Florida
Oct. 14	SAT @ CB / Oak Park Clean Up 8 a.m. - noon
Oct. 16	NO SCHOOL - Faculty/Staff Professional Day

Inside:

Up Front Updates
Guidance News
Ministry / Service

Athletics Review
Student Activities
Falcon Faces

UPDATES, MEETINGS

EVENT INFORMATION

Quarter Exams ('Midterms')

Quarter Exams are just around the corner. Teachers are not obligated to give quarter exams but if they do, they will follow the following schedule:

Quarter Exams Schedule

Test Date	Exams
Tuesday, October 10	Math/Religion
Wednesday, October 11	English/Science
Thursday, October 12	Foreign Lang./Social Studies
Friday, October 13	Fine Arts/PE

The last day of the quarter is Friday, October 13th. Grades are due on Monday, October 16th. Second Quarter eligibility will be determined from these grades. Grades entered after October 13th cannot change eligibility. All students with a grade point average below 2.0 will be ineligible for sports during the second quarter. The ineligibility period starts on October 22nd. Report cards will be sent out on Thursday, October 19th. Ineligibility letters will be mailed on Friday, October 20th.

Auction Cruise Sets Sail March 10, 2006



Buon Giorno! The Auction Cruise will be sailing off to Italian ports on March 10, 2007.

We need all hands on deck to make this a successful venture for one of CB's largest fundraisers. For all who are interested in volunteer opportunities please contact event co-chairs Shauna Pompei (at smpompei@comcast.net) or Diane Swanson (at swanson5@comcast.net).

There are many areas to assist, from helping on the donations committee, to decorations, to food prep, to data processing. There is something here for everyone. We promise no deck swabbing.

THE "BOBS" TO VISIT CB

Coming to Christian Brothers High School to present a Master Class to the Vocal Jazz Ensemble, the Grammy nominated a capella pioneers "The Bobs" will be both teaching and performing. Part mini-concert, part master class, all musical fun: "The Bobs" Vocal Workshop provides an opportunity for individuals and groups to interact on a more personal level with a professional vocal group.

"The Bobs" will be presenting a Master Class for the Christian Brothers Vocal Jazz Ensemble on Monday, October 16, 2006 in Room 109 from 1:00-2:00 p.m. For more information, contact Ron Slabbinck (916) 733-3617, or Kevin McGovern (916) 733-3600, ext. 1078.

"Grease" under the Big Top



This year's student musical, GREASE, will be performed on-site at 8 p.m. on Thursday, Nov. 16; Friday, Nov. 17; and Saturday, Nov. 18. A special matinee performance will be Sunday, Nov. 19 at 2 p.m. There will also be a special faculty preview Nov. 15, at 4 p.m.

For ticket information, contact Loretta Kenney at lkenney@cbhs-sacramento.org.

Alumni Golf Tournament on Oct. 23



Christian Brothers High School will host its 18th Annual Alumni Golf Tournament on October 23 at the Valley Hi Country Club, located on the corner of Franklin and Elk Grove Boulevards. Shotgun start at 1 p.m.

Tickets for the event are \$175 and can be purchased by phone at 916-733-3647.

For more information, please contact Director of Alumni Relations Marisa Panattoni at (916) 733-3647 or mpanattoni@cbhs-sacramento.org.

GUIDANCE DEPARTMENT NEWS

TESTING DAYS: Wednesday, October 18, is an important day for students at CB. Testing Day is a half-day of school that involves freshmen, sophomores, and juniors in college admission testing and career planning. School will begin at 9:00 a.m. on October 18 and will be dismissed no later than 12:15 p.m. (depending on which test your child is taking). Coordinated by the counselors, teachers administer the following assessments to students:

- Juniors will take the PSAT/NMSQT Exam (preliminary SAT). This test is great practice for the SAT, and also allows high-achieving students to qualify for participation in the National Merit Program.

- Sophomores will also take the PSAT Exam (the preliminary SAT); however, their test will be scored for 10th graders. This test is great practice for the SAT.

- Freshmen will take the PLAN exam (practice ACT). This is an opportunity for ninth graders to experience what the ACT test is about. The PLAN also includes a career component and invites students to self-report college plans and academic strengths and weaknesses.

- Seniors will attend the Senior Diocesan Liturgy at 1:00 p.m. at the Cathedral of the Blessed Sacrament.

Please mark your calendars for this important day! Here are some tips to help students do their best on 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 and bring a healthy snack for the break (the cafeteria will be closed October 18).

- Students have received information and material about the PSAT & PLAN from their counselor during their individual counselor-student conference, including a PSAT practice exam. Please encourage your child to prepare for the test by taking the practice exam at home before Testing Day.

- Remind your child to bring two #2 pencils and his/her calculator.

- Encourage your child to develop long-term ways to prepare for college admission

exams. These include reading and writing (for pleasure, beyond homework) as much as possible, developing strong study habits, increasing vocabulary, and utilizing free preparation materials.

Results of the exams will be returned to students by their counselor in January, 2007. If you have any questions, or if we can assist you in any way, please call the Guidance Department at 733-3660.

College Admissions Test Dates

SAT Test Date October 14 (at CB) December 2	Deadline to Register Passed November 1
ACT Test Date October 28 (at CB) December 2	Deadline to Register Passed November 1

October 2006

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Fall Semester

GUIDANCE DEPARTMENT PARENTING TEENS SERIES

OCTOBER 10, 2006 7:00 PM - CB CAFETERIA

WHY DON'T YOU LISTEN TO ME? THE PARENT - TEEN COMMUNICATION GAP AND HOW TO REPAIR IT

Good communication skills are at the heart of any healthy relationship. Excellent conflict resolution skills are essential to feeling successful in life. It's vital that your teen learn these skills now - and he/she can, with your help. In the first of our parent education evenings, you will learn specific strategies for effective communication with your teen, including:

- How to understand adolescent developmental changes and how today's culture impacts our standard understanding of adolescents
- What you can do to create a positive relationship and how to keep it going even through tough times
- How to grow your own communication and conflict resolution skills so you can help your teen
- When and how to establish limits and boundaries
- How to encourage your teen's spiritual development
- When to seek professional help for your teen

Our speaker is Ms. Joey Garcia. Joey has worked with teens and parents for fifteen years as a spiritual director, coach, counselor and mentor. She has written the Ask Joey relationship advice column for ten years and is entering her sixth year as a theology teacher at St. Francis High School. Joey also dispenses advice about relationships every Monday morning on V101.1 radio. She can be reached at askjoey@earthlink.net. Remember, this is an evening for PARENTS ONLY. Thank you!

CHRISTIAN SERVICE

As part of our Christian Service-Learning curriculum, our freshmen are participating with their religion classes in one of the Oak Park Clean-Ups that occur the second

Saturday of every month.

The fall semester dates are listed in the box. Potential time conflicts should be discussed with the religion teacher. Parents are **HIGHLY** encouraged to attend the Oak Park Clean-Up with their freshman student. For questions please contact Ms. DeBenedetto-Emanuel in the Christian Service Center at (916) 733-3673 or debenedetto-emanuel@chs-sacramento.org.

WELLSPRING WEEK

Dedicated students from the Wellspring Breakfast Club, along with moderator Ms. Lystrup, wake up

early each Friday to cook breakfast for the women at the Wellspring Women's Center in Oak Park. During the week of October 3-6, 2006 the Wellspring Breakfast club will be

collecting donations of syrup, pancake mix, cereal, coffee, tea, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies will be used throughout the year to feed our neighbors at Wellspring for the next six months. Thank you in advance for your generosity.

RUN TO FEED THE HUNGRY

Are you looking for an opportunity to volunteer with your friends? On Thanksgiving morning the Sacramento Food Bank's 13th annual Run to Feed the Hungry is a great way to give thanks and volunteer as a community. Contact Sarah Anderson, Volunteer Manager at (916) 456-1980 or sandersau@fbs.org.

Fall Semester Oak Park Clean-Up Dates

OCTOBER 14:	MRS. NEWTON A SET MR. HAYV C SET
NOVEMBER 11:	MR. HAYV E SET
DECEMBER 9:	MS. BENNETT A SET

October 2006

Fall Semester

CAMPUS MINISTRY

LITURGIES

Congratulations to the Sophomore Class Officers - Joel Johnson, Mike LaRosa, Katie Amigon, Nick Leathers, and Rebecca Mosburger - and their moderators - Ms. Kathy Rosenfield and Mr. Chuck Zanetti - for a beautiful

Sophomore Family Liturgy on Sept. 17. The president, Fr. Franklin Fong, OFM, spoke about their theme, "Guide Us on Our Journey." A special thanks to the Homes Chorus under the direction of Mr. Ron Stahlback and all the talented sophomores who served as readers, altar servers, and members of processions. It was worship well done!

UPCOMING LITURGIES

* "Welcome Home" Liturgy with Fr. Franklin Fong, OFM, on October 5 at 9:30 a.m. in the gym. Join us as we begin our Homecoming Season with prayer and reflection led by alumni of CHS.

* Fresh Family Liturgy on Nov. 19 at 9:30 a.m. in the gym, followed by a continental breakfast in the cafeteria. More

info will be coming home soon in a letter to Fresh parents. Parents and family are always welcome at our liturgies!

RETREATS

Three more Fresh Retreats are scheduled for October 20

and 27 and November 3. Look for permission slips coming home with your son or daughter if they are scheduled to attend. Thanks to the Fresh Religious Studies teachers - Mr. Paul Hayv, Ms. Mary Alice Bennett, Ms. Jennifer Lystrup, and Mrs. Leah Newton - for accompanying their students on the Fresh Retreats. And a special thanks to the Senior Retreat Team Leaders for their energy and enthusiasm in leading these experiences of discovery and camaraderie as the Fresh explore the retreat theme "Who Am I?" and enjoy the Marcell Youth Retreat Center.

Katrina, U.I., a Senior retreat, is scheduled for October 3-6.

Please remember to prayer the retreatants and adult and student leaders as they experience the power of this retreat experience.

October Prayer

This day, Father,
may my eyes be opened
to see the beauty
in all that is ordinary - yet special -
around me.
May the glory of all that you have
made
remind me of your presence
and lead me closer to you. Amen.

ATHLETICS REVIEW

FOOTBALL

The Fresh football team is off to a successful season with a record of 2-1. The team had two quick victories, defeating McClatchy and El Camino high schools. This year's team of freshmen has one of the largest numbers of players in recent years, with fifty-two boys donning a Falcon jersey. The team has been led by Michael Lahey, Ashton Cleveland, Corey Crowder, and Tyler Dwing. Even though the team suffered a tough loss against Jerrin at the Holy Bowl, the coaching staff believes that this group of players has a very bright future ahead of them. Our goal is to keep fifty-two players interested in playing next year at the JV level, and to continue to instill Falcon pride in the football program for years to come.

CHEERLEADING

We have very talented Junior Varsity and Varsity squads this year. The cheerleaders attended camp at UC Davis in July during the hottest weather of the year. They bear the 113 degree heat as many were offered auditions for National Cheerleader Association All American. Every girl who was offered an audition tried out, and Brittany Johnson emerged as the best All American Cheerleader of the camp. NCA offered her a spot in the cheer squad for the Aloha Bowl this winter. Since summer camp, the squads have mastered very advanced routines and learned a new half-time dance. The girls are working very hard together, as well as with the mascots, bringing spirit and fun to crowds.

GIRLS' GOLF

The girls' golf team standings are 2 and 2 in league and 3 and 3 overall. The girls have all been shooting decent scores, but are looking for that breakout match where they all play well at one time. The team has been led by seniors Cybil Bryant, Jessica Bryant, and Tara McGee. Three sophomores - Bianca Gayton, Megan Padilla, and Cecily Orris - have also played very well. With a good finish the team hopes to make a run at the subsections.

WOMEN'S WATER POLO

The 2006 Water Polo Season looks very promising for the Lady Falcons. The program continues to grow in both size and strength as it enters its first season with both a junior varsity and varsity team. Captains Pam Moshager and Hannah Murphy (seniors) have led the varsity girls to three victories thus far. Powerhouse Addie Aurch (senior) is unstoppable, averaging three goals a game, while Claire Peletta (junior) is a wall in the cage. Sophomore Anya McCall leads the junior varsity team, along with Danielle Dinsley and Hayley Yeager (both sophomores). Our home games are at San Parnell Center on 24th Street and Mendocino. We'd love to see Falcon fans on the deck!

October 2006

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Fall Semester

STUDENT ACTIVITIES

CB SPIRIT IGNITED

The Fall Sports rally which took place September 21 kicked CB student spirit into high gear! Led by our new Rally Chairs Pam and Hannah Orr, fall sports were recognized by spirited games and cheer-offs. We are now all looking forward to the start of league play in all of our fall sports. The rally was followed by the Holy Bowl Kick-off and BBQ lunch. The main event was watching our football players have their heads shaved into mohawks. An exciting speech by our head football coach and the entire football team singing our school song were also part of the BBQ program. Both of these events created an air of anticipation for the rest of the fall sports season.

QSP MADNESS

The QSP magazine drive has been going strong for the past three weeks. We started off very enthusiastically with a high level of participation and we are still madly counting money to meet our goal and earn a day off

of school in April 2007. The last collection day will take place on October 3. Thanks to all who helped out and participated by selling and buying magazine subscriptions

for the benefit of our entire school community. Your generosity is greatly appreciated. A special thanks, also, to the CB parents who have volunteered to tally up orders!

CLUBS GALORE

CB clubs have taken flight already this year and as usual there is a plethora of clubs to join. With over fifty clubs to choose from, there really is something for everyone. On September 14, club officers set up on the lawn to show off and promote their clubs to recruit new members. Many new clubs were on display such as the Greek club and the Rock Climbing club. But let's not forget about our returning clubs, LaSallian Youth, Black Student Union,



MAYA, Asian Pacific Club, Big Brothers, Engineering and Robotics, and many more groups are still carrying on their traditions and helping our CB community.

FALCON FAMILY FACES

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ABOVE: Students (l-r) Braenna Wootake and Rebecca Waffling; TOP RIGHT: A student from the Asian-Pacific Club displays a dragon head at Club Day; BOTTOM RIGHT: Mary Dondos, Polo Adams (in red and blue face paint) and Morgan White at the 2006 Holy Basil.



CHRISTIAN BROTHERS

OPEN
HOUSE

Sunday, October 8, 2006

12:30 p.m. - 3:30 p.m.

Informational Presentations at 1:30 p.m. & 2:30 p.m.

4315 Martin Luther King, Jr. Blvd

Sacramento, CA 95820-2727

For more information, please call 916. 733.3690



CHRISTIAN BROTHERS HIGH SCHOOL

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FALCON FAMILY NEWS

CAMPUS MINISTRY: *CELEBRATING OUR DIVERSITY*

October is the month of Ramadan, the holy month of prayer, fasting, and almsgiving for Muslims. Yom Kippur, the sacred day of atonement for Jews, was observed on October 2, the anniversary of Mahatma Gandhi's birth in 1869.

Christians can join our Jewish and Muslim brothers and sisters in prayer, fasting, almsgiving, and acts of atonement for war and injustice in the world, especially the Middle East.

LITURGIES

The members of the Class of 2007 will join the seniors of St. Francis High School at the **Diocesan Senior Liturgy** on Wednesday, October 18 at 1:00 P.M. at the Cathedral of the Blessed Sacrament. The presider will be Bishop William Weigand. All seniors are asked to bring a new warm scarf, hat, or gloves to this liturgy as a donation for the homeless population of Sacramento.

Join us for the **All Saints' Day Liturgy** on Wednesday, November 1 at 9:30 a.m. in the gym.

The **Fresh Family Liturgy** will be



celebrated Sunday, November 19 at 9:30 a.m. in the gym, followed by a continental breakfast in the cafeteria. More info will be coming home soon in a letter to all Fresh parents.

RETREATS

Three more **Fresh Retreats** are scheduled for October 20 and 27 and November 3. Look for permission slips coming home with your student(s) if they are scheduled to attend.

• October 20 - Ms. Lystrup's G set

and Mr. Harvey's F set

• October 27 - Ms. Bennett's D and E sets

• November 3 - Mrs. Newton's A and B sets

Kairos 14 for seniors is November 14-17. Permission forms went out this week to those who signed up for this retreat. To ensure a spot on this retreat, the forms must be turned in to Campus Ministry as soon as possible.

SCHOOL CALENDAR

- Oct. 16 Faculty/Staff Professional Day (NO CLASSES)
- Oct. 18 Senior Mass at 1 p.m., Cathedral of the Blessed Sacrament
- Oct. 19 TESTING DAY, 9 a.m.
 - Fresh - PLAN; Sophomores & Juniors - PSAT
- Oct. 18-19 Union Plunge @ Laxson and Fisher
- Oct. 19 Classes Begin at 9 a.m.
- Oct. 20 Fresh Retreat
- Oct. 23 15th Annual Alumni Golf Tournament
- Oct. 25 Friends of the Arts Mtg. 6:30 p.m.
- Oct. 25-26 Staffing Days/Minimum Day - dismissal 12:15 p.m.
- Oct. 27 Fresh Retreat
- Oct. 28 ACT @ CB
- Oct. 28 Class of '76 Reunion
- Oct. 28 Coaches Hall of Fame Dinner

STUDENT ACTIVITIES

HOMECOMING DANCE: "CLUE"

FRIDAY, NOV. 10, 2006, 7:30-10:30 P.M.
(No one admitted after 8:30 OR ALLOWED TO LEAVE UNTIL 10:00)

Guests must be in at least the ninth grade but younger than 20 years old. Your guest must have a current photo ID to enter.

Guest Pass Request Forms are now available in the Main Office and the SAC. They are due in the Student Activities Center by 2:00 p.m. Friday, November 3.

Online registration will be available from October 23 through November 7. Contact will be made through the CBHS web site. Guest contracts must be turned in and approved before you can register on line. If you earned a Homecoming bid during the QSP magazine drive, you will need to sign up for the dance in the SAC - you will not be able to register on line. Bids will be on sale the week before the dance in the SAC.

CBHS DANCE DRESS CODE

CBHS asks that students use thoughtful judgment by dressing in a respectful, neat manner. Final student admittance to any dance rests with the CBHS administration on duty at the door of the dance. Semi-formal means conservative dress. Please refer to the guidelines in the 2006-07 Parent/Student Handbook for details.



HAPPY
HALLOWEEN

OCTOBER UPDATES

LASALLIAN PARENT CONNECTION

GUIDANCE NEWS

- October 14 SAT at CB (only stand-by registration available - see Ms. Kambas)
- October 28 ACT at CB (only stand-by registration available - see Ms. Bell)
- November 4 SAT not at CB (late registration deadline 10/11 - www.collegeboard.com)
- December 2 SAT not at CB (registration deadline 11/3 - www.collegeboard.com)
- December 9 ACT not at CB (registration deadline 11/3 - www.actstudent.org)
- October 25-26 Staffing Days: If your student will be staffed, you will receive a letter in the mail one week before the date.

October 2006

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Midmonths

NOTEWORTHY ALUMNI EVENTS

- 18th Annual Alumni Golf Tournament: October 23, 2006 at the Valley Hi Country Club.
 - Class of '76 Reunion: October 28, 2006 at the Radisson Hotel, 6:30 p.m. Tickets \$50 per person.
- For more information, contact Marisa Parnation, Director of Alumni Relations, at (916) 733-3647.

SENIOR PARENTS: Please check the CB homepage web link for Senior Parent news and updates. Click on "Parent Information" under "Visitor Links" for information about Graduation and Grad Nite.

Grad Nite planning is moving forward with committees being formed. Many senior parents have signed up to help with Grad Nite and more are needed. **The Spaghetti Feed date has been changed from Nov. 3 to Feb. 9, 2007.** The Spaghetti Feed meetings will begin this month, invitations need to be designed and mailed before the December school break, and the event planning will begin at the Jan. 17, 2007 Grad Nite meeting. Let us do and we need your help!

CBHS SCRIP PROGRAMS: In addition to the Raley's/Bel Air (Quality of Life cards), we now have **Nugget Market** re-loadable Scrip Cards for your Nugget Market purchases. If you leave your cash register receipt at the West Sacramento store in the Christian Brothers Inc., we will receive additional funds. We are looking for parents to help with similar boxes at the Davis, Sacramento, Woodland and future Roseville store locations. Send your Safeway "10's Back to Schools" receipts from check-out to the Main Office for credit to CB through the e-scrip program. See Dorisa Adams in the CBHS Main Office for the Raley's/Bel Air and Nugget cards.



WOMEN'S VARSITY VOLLEYBALL: 25-3 overall and 4-0 in league play. The team continues to work hard and not lose sight of their goal for this season... State Championship!

WOMEN'S JV VOLLEYBALL: 3-1 in league play. We have lost only once to Oak Ridge who we hope to beat on Thursday, October 19 at home - our "Bliss" night - see you there wearing blue!

WOMEN'S FRESHMAN VOLLEYBALL: Off to another fast start with a 14-0 record. The girls are well on their way to repeating as SVC league champions.

MEN'S SOCCER: Finished the first half of league play in second place with a 3-1-1 record. We are working very hard and fighting to secure a playoff spot to continue play in the postseason.

MEN'S JV SOCCER: Posts a 2-2-1 first half league record and overall 7-4-3. The second half will give us an opportunity to defend our 2005 league title.

CROSS COUNTRY: The boys' varsity team was recently ranked 10th in the state among Division 4 schools in the Sacramento Area. Both girls' and boys' varsity teams will be vying for a coveted spot at the California State Cross Country Championships on Thanksgiving weekend in Fresno.

WOMEN'S TENNIS: 9-5 overall and 4-2 in league play. The team is led by Ashley Paine, our number 1 player, who is undefeated and currently ranked number 2 in the city!



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CHRISTIAN BROTHERS HIGH SCHOOL November 2006
FALCON FAMILY NEWS
 PRINCIPAL SHARING: "LASALLIAN EDUCATOR HONORED"

Christian Brothers thrives as a Lasallian school. We're founded, and driven, by the charism of St. John Baptist de La Salle.

De La Salle formed a community of "Brothers" for one purpose. Together, they reached out to educate the poor and working class of 17th Century France. They welcomed a wide range of students, educating them all together on the same bench.

The Brothers' innovative teaching met students where they were, then took them to the next level. Students learned through an authentic curriculum designed to be relevant, meaningful and engaging. They were taught in language the young could understand. These schoolmasters cared for children's minds, cared for their souls. Thus the Brothers raised teaching to a well-respected professional ministry.

As today's 21st Century Lasallian educators, CB's team of faculty embraces this charism daily. Our exceptional faculty goes the extra mile not only to teach, but to touch the hearts of our students.

Now one of our own has been honored who exemplifies the ideals of our founder, who models de La Salle's values both in his life and in his ministry to our students, faculty and staff.

Mr. Tom English has been recognized as the recipient of the Distinguished Lasallian Educator Award for the Western United States. Mr. English has faithfully served our Lasallian educational community for twenty-seven years, and was awarded our CB Lasallian Educator of the Year in 1997-98.

With a Master's degree in history, Mr. English (*parvum*) teaches three social studies classes and two concurrent enrollment college courses in philosophy/logic. Mr. English is genuinely well respected among alumni, students, and faculty as a genuine Big Brother and Good Shepherd for those young men and women entrusted to his care.

Mr. English loves his students as much as he loves the subject he teaches: the combination is a potent one. He never asks more of his students than he asks of himself, as a result, students both respect and emulate him. To watch him teach is to see the founder's words put into action; he touches the hearts of students by caring for them, listening to them, and encouraging them.

Mr. English's Lasallian ministry extends well beyond his own classroom. Along with his teaching, he serves as our Assistant Principal for Curriculum/Instruction, Social Studies Department Chair, and a Senior Class Moderator.

As we honor Mr. English, we also recognize that his gifts reflect those of his colleagues. Together, CB's faculty goes above and beyond in providing a human and Christian education to our youth, especially those most in need.

LOVE JESUS IN OUR HEARTS, FOREVER!


 Raymond A. Bernell, Principal


SCHOOL CALENDAR

- Nov. 4 Condos Hall of Fame Dinner
- Nov. 5 Foster Club Mtg. 6:30 p.m.
- Nov. 6-9 Spirit Week (Powder Puff Nov. 6-8, Night Rally Nov. 9)
- Nov. 17 Thanksgiving Food Drive
- Nov. 8 Classes begin 9:00 a.m.; Winter Sports Parent Mtg. 6:00 p.m.
- Nov. 30 Veterans Day Holiday; Homecoming Game and Dinner
- Nov. 14-17 Kares 14
- Nov. 14 Lasallian Parent Club Mtg. 6:30 p.m.
- Nov. 16 Classes begin 9:00 am; GREASE Musical (Nov. 19)
- Nov. 19 Fresh Family Luncheon 9:30 a.m.
- Nov. 23-24 Thanksgiving Recess
- Nov. 27 Advent: Abstinence (through Dec. 14)
- Nov. 28 Blood Drive 7:30 a.m.-1:30 p.m.
- Nov. 29 Friends of the Arm Mtg. 6:30 p.m.
- Nov. 30 Classes begin 9:00 a.m.

Inside:

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| Guidance News | Falcon Faces |

Christian Brothers High School Monthly Newsletter
 4810 Monte Lutes King, Jr. Blvd. Sacramento, CA 95824-1111
www.cbhs-sacramento.org

November 2006

1 Fall Semester

STUDENT ACTIVITIES

Homecoming Activities

Homecoming Spirit Week - November 6-9 - is drawing near, culminating in the annual Homecoming Football game and Homecoming Dance on Friday, November 10. Prior to the Homecoming Dance, all CB alumni are invited to enjoy the football games and half-time parade. The theme of this year's dance is "CLUE" and it will be held in the gymnasium, from 7:30-10:30 p.m., with no admittance after 8:30 p.m.

Our Student Council and our DJ - High-top Pompadour ALL CBHS students to attend this dance - dates are optional. Tickets are now available online at the CB website and will be sold on campus during break and lunch. Remember: If you wish to bring a date who does not attend one of the four Catholic high schools, you must turn in a guest pass in the Student Activities Center no later than November 5.

Dress code reminders: The Homecoming Dance is a semi-formal dance. Students need to strictly follow the dress guidelines to be allowed into the dance. YES boys - a tie

is required! Check pages 31-32 of the Parent/Student Handbook for dance behavior expectations and dress code guidelines.

"Powder Puff" Gridiron Contest

Girls, are you ready to show off your flag-pulling skills out on the field? Are you ready to compete when no man can? Well now's your chance! Come out and play flag football and have a chance to compete for the CB Powder Puff trophy! Powder Puff games will be held out on the football field November 6, 7 and 8. Bring your cleats and your face paint and we'll see you out there!

Roll-Up Your Sleeves for Our Blood Drive

CB's first Blood Drive of the year will take place on November 28. All students may donate blood if over 16 years of age and 110 lbs. A permission form must be filled out by the donor and his/her parents before any blood will be drawn. And remember, there are always cookies and drinks waiting for you once you have donated blood. A special "thanks" goes out to CB's teacher/trainer Ms. Darci Stark who is in charge of this great donation day.

November 2006

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Fall Semester

CB FALCONS SCORECARD

Women's Golf

The season is over, but we are sending two girls to the sub sections - Bianca Gayton and Cybil Bryant. Congratulations to the both of them! Our team finished the season 4 and 4 in league play, and 7 and 6 overall. We will be losing four seniors from this team next year: Cybil Bryant, Tara McGee, Jessica Bryant and Michelle LaRosa. Thanks for all your hard work and good luck in the future. Next year is looking very promising with returning player MYP, Bianca Gayton, Coaches' Award Winner Megan Padilla, and Most Improved Player Amanda D'Elia, among many others. Thank you again for your support, and we will see you next year!

Football

The freshman football team raised the heat up with impressive wins against Conkora, 34-25 and Galt 25-28. The last two games have shown efforts on offense: Corey Crowder, Mike Labey and Asante Cleveland were all big playmakers for the Falcons. Tony Miller also came up with a huge fumble recovery to seal the victory for the Falcons in the Carlotta game. Fifty-six young men came out to play this year and have posted a record of 4-3-1 to date.

The Junior Varsity football team is off to a 7 - 1 start. Defensively the Falcons have been able to shut down our opponents. On offense the running game has been explosive and has averaged over five touchdowns per game. There are two games left and the team has high hopes for a strong season finish, but we know the competition will be fierce.

As the 2006 Varsity season winds down, we are reflecting on some of this year's highlights. Our win/loss record improved to 3 - 3 with a great win against Galt, and there are several individuals who have exhibited outstanding play. Danny Bin is leading the SVC in tackles by a large margin. Josh Tucker was brought up from the JV because of injuries, and has done very well at the tailback position, rushing for over 135 yards in each of our last three games. It has been an injury-plagued season for the Falcons this year, with many players missing multiple games. Joe Eraki was injured in the first game and is out for the season with a shoulder injury. Tailback Rick Lou also has missed several weeks with a bad shoulder. As Jackson and Justin Demianew both suffered concussions in the Del Oro game and have just recently returned to action. The future is bright for Falcon football, with 25 juniors on the Varsity team.

Women's Volleyball

Congratulations to the high flying Lady Falcons who captured league titles at all three levels with their wins against Ponderosa. The JV squad posted a 9 - 1 league record, the Fresh went undefeated in league for the second year in a row and captured the championship in the late season Tournament of Champions. The Varsity squad finished league with a 9 - 1 league record and took to many home playoff matches in their quest for a section title and beyond.

GUIDANCE DEPARTMENT NEWS

Christian Brothers provides one of the most comprehensive programs of Advanced Placement course offerings in the region, offering 14 Advanced Placement courses, with over 300 AP exams scheduled to be taken by our students next May. We are pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2006 exam results. Congratulations, Falcons!

AP Scholar

(Students who receive grades of 3 or higher on three or more AP Exams): Dane Axelgard, Jessica Bond, Michael Burlando, Jonathan Chaffin, Alex Compton, David Coster, Rachel Francois, Gabrielle Grow, Bryn Holst, Edward Jackson, Alex Kemper-McCall, Joseph Labriola, Lena Lam, Joseph Lipper, Connor Long, Lindsay Melina, Alexandra Murphy, Daniel Naranval, Alex Newcomb, Elizabeth Olveda, Blair Pierroz, Javier Plasencia, Kiana Salazar-Thompson, Joshua Silver, Valerie Taylor, David Tracy, Amanda Wallner, Kelli Waters, Anne Winslow, John Winslow, Christopher E.Wong, Adam Zelnick.

AP Scholar With Honor

(Granted to students who receive an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of those exams): Matthew Brady, Evan Burford, Matthew Delgado, Maggie Fitzgerald, Katherine Gruesback, Justin Perez,

Anthony Pham, Thadden Segora, Matthew Smolich, Ryan Wilson.

AP Scholar With Distinction

(Granted to students who receive an average grade of at least 3.5 on all AP Exams taken, and grades of 3 or higher on five or more of those exams): Katharine Bedrosian, Brian Bonsignore, William Coddington, Andrew Diaz, Douglas Druzd, Lauren Eynshenk, Claire Gilbert, Anastasia Hesser, Samuel Hyde, Keith Lui, Jeremy Nevis, Timothy Nguyen, Clark Taylor, Kelsey Thompson-Briggs, James Waterhouse

AP National Scholar

(Granted to students who receive an average grade of at least 4 on all AP Exams taken, and grades of 4 or higher on eight or more of those exams): Keith Lui

CB SENIOR HONORED

Senior Anthony Pham was awarded the prestigious Bank of America Neighborhood Excellence Initiative Student Leader Award on October 26, 2006. As part of the Student Leaders program, Anthony will participate in a paid summer internship and will be assigned a mentor from Bank of America to provide guidance and support. Congratulations, Anthony!

CHRISTIAN BROTHERS HIGH SCHOOL THEATRE PRESENTS:

GREASE

Performances will be "Under the Big Top" at Christian Brothers High School:
November 16-18 8:00 p.m.; November 19 2:00 p.m.
Adults \$10; Students and Seniors \$5

To pre-purchase tickets (by Nov. 17), complete a ticket order form and check in the CB Main Office.
Thank you for supporting the CB Visual and Performing Arts!

PURCHASE YOUR TICKETS TODAY

November 2006

Fall Semester

CAMPUS MINISTRY

Retreats

Katms 13 was a bonding experience of faith and fellowship at Our Lady of the Oaks Retreat Center in Applegate. The senior retreatists came to know themselves, their classmates, and their relationship with God on a deeper level. Many thanks to the student leaders who put hours of time into preparing and leading this retreat: Kevin Farrell, Taylor Gorsuch, Chayla McDavid, Emily Small, Breanna Wesselake, and Lauren Labey. Many thanks to the adult leaders for their faith-sharing over the five-day retreat: Mr. Scott Coyner, Mr. Dino Nappi, Mr. Paul Harvey, Mr. Julie Greene, Mrs. Susanosh Nelson, and Fr. Bill Frieser.

Senior Retreat Dates:

Katms 14 - November 14-17 - full! No spaces available!

Katms 15 - January 16-19

Katms 16 - March 27-30

Sign-ups for these retreats are available in the Campus Ministry office.

The Fresh have been enjoying the facilities of the Marilla Youth Retreat Center in Loomis and the exploration of who they are as new members of the Lasallian family on the Fresh Retreat. Many thanks to their religious studies teachers for accompanying them on these special days of discovery and camaraderie. Special thanks, also, to the Senior Retreat Team Leaders who lead the Fresh in activities and discussions throughout the day. The last Fresh Retreat is November 3 with Mrs. Newton's A and B sets.

Sign-ups for the Sophomore and Junior Retreats will be available in December.

Liturgies

(Parents are always welcome at our school liturgies.)

Tuesday, November 1 - All Saints' Day Liturgy - 9:30 a.m. - in the gym with our president, Fr. Dan Looney of St. James Parish in Davis.

Sunday, November 19 - Fresh Family Liturgy - 9:30 a.m. - in the gym with our president, Fr. Mike Carroll, former chaplain of CB and currently at St. Teresa's Parish in Auburn. We look forward to celebrating this liturgy with the Fresh students and their families. It will be followed by a continental breakfast in the cafeteria. Please RSVP in the main office, using the form you receive in the mail.

Thursday, November 30 - Junior Class Prayer Service - during the Falcom Flex Period at the end of the school day in the cafeteria. The Junior Class will gather for a prayer experience to celebrate their class and their faith.

Auction Cruise Sets Sail March 10

Buon Giorno! The Auction Cruise will be sailing off to Italian ports on March 10, 2007.

We need all hands on deck to make this a successful venture for one of CB's largest fundraisers. For all who are interested in volunteer opportunities please contact event co-chairs Shauna Pompei (at smpompei@comcast.net) or Diane Swanson (at dswanson5@comcast.net).

There are many areas to assist, from helping on the donations committee, to decorations, to food prep, to data processing. There is something here for everyone. We promise no deck swabbing.

Extra! Extra! Special Reminder:

PARENTS: Please click on "Daily Bulletin" on the CB homepage for the most current information on the daily class schedule, start and dismissal times.

The Christian Brothers Web site is a valuable resource for parents and students; visitors are but a click away from information about athletic schedules, class updates and school activities.

Visit the CB Web site today at www.cbhs-sacramento.org.



FALCON FAMILY FACES

November 2006



Fall Semester



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FALCON FAMILY NEWS

PRINCIPAL SHARING: "Making Room for God"

Carl was a special kid. Carl was fourteen years old and big for his age, physically. But mentally he was about first, being educationally impaired. Nevertheless he had faithfully attended religious education classes for years, knew the nativity story well, and knew Jesus was his friend.

In the Christmas pageant Carl had only one line. He was the innkeeper, and all he had to say was "There is no room" when Mary and Joseph came to the inn looking for a place to stay.

Carl practiced his line for weeks, until he could open the door, listen to Joseph's request, and then in a strong voice proclaim "There is no room." Finally the pageant's big night came.

Everyone was dressed in authentic costumes. One young girl played the pregnant Mary. Her face was glowing with joy. A lad, dressed as Joseph, tried to look mature and responsible.

The two came down the aisle of the church and knocked at the door of the inn. Carl swung the cardboard door open, and an cue responded, "There is no room." But, at that point, Carl did not understand that it was only a play.

As Mary and Joseph turned to walk away, tears swelled in Carl's eyes. Suddenly he called out to them "Wait! Don't go! You can have my room!"

Every Christmas season asks us, like Carl, to make room for God. That takes some extra effort. Especially, with our lives full of distractions at this time of year.

There are gift lists to shop for, holiday decor to put up, and family vacations to plan. On top of that, high school life can be most demanding. Semester project deadlines and finals are imminent. Athletic championships are here, as are Christmas concerts. In this whirlwind, how do we make room for God?

One way is to embrace each hectic moment as an encounter with God. To pause with a whisper to ourselves, *Let us remember... that we are in the holy presence of God.*

Being mindful that we're in God's holy presence is more than a signature LaSallian prayer. In doing so we affirm that we're actually beside God. Now, then, always.

It's been said of St. John Baptist de La Salle that he could find God anywhere, looking for God within the everyday events that affected him. This is a core principle we also cherish here at Christian Brothers. Both within and beyond campus.

Let's take time during the holidays to make room for God on our right and left. Welcome Emmanuel, God with us.

Enjoy a blessed Christmas,



Raymond Burnett, Principal

ENTER TO LEARN, LEAVE TO SERVE

SCHOOL CALENDAR

Dec. 1	Open Mc Night 7:00 p.m. 10th Tower
Dec. 4	Basketball 6:00 p.m. Berman Hall
Dec. 7	Chess 9:00 a.m. Alameda 200 p.m. "Dix" Assembly - Special Schedule
Dec. 8	Intermediate Scripture Library 9:30 a.m. 5th St. Open House 7:30-10:30 p.m. Calmar
Dec. 9	Old Park Open-Hy 10:00 a.m. -12:30 p.m.
Dec. 12	Old Ridge Christmas Party
Dec. 13	Medicine @ Johnson
Dec. 14	David Garrett 7:00 p.m. 5th
Dec. 15	Interimental Concert 7:00 p.m. 5th
Dec. 18-21	Winter Exams
Dec. 19	Trinity of All Night in Dome (Event) 7:00 p.m. Calmar
Dec. 22-Jan. 7	Christmas Recess
Jan. 8	Faculty/Staff Professional Day - no classes
Jan. 9	Basketball 6:00 p.m. Berman Hall
Jan. 9	Spring Semester begins

INSIDE:

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GUIDANCE DEPARTMENT NEWS

About College Entrance Exams

Mrs. Susan, Director of Guidance Services and College Counselor

DECEMBER '06

N

FALL SEMESTER

Most colleges and universities require a college entrance test score as part of the application process. The two national tests are the **ACT** (American College Test) and the **SAT** (formerly known as the Scholastic Assessment Test, but now officially just the SAT Reasoning Test). Christian Brothers is a test center for both the ACT and the SAT—we administer both exams on dates in October, April, and May.

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

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

Since colleges will accept either the SAT or ACT and take the highest score, we recommend that students take **both** tests. By taking both exams, students increase their chances of achieving a successful score.

SAT Subject tests are subject area tests that UC and some selective private colleges require. The UC system requires two subject area tests that are the student's choice (in addition to the SAT or ACT). It is important to register and take these exams by fall of the senior year.

We recommend juniors take the tests in the spring of their junior year. They will then have time to take the tests again in fall of their senior year if they wish to improve their scores. Current seniors should not take the tests into the year 2007, as these test dates are too late to be submitted with other application material. Students should register for the SAT test online at www.collegeboard.com and the ACT at www.actstudent.org (or paper registration packets are available in Edward Hall).

Admission test scores are only one piece of information a college looks at when considering applications. A student's GPA, number and rigor of college prep courses completed, and other factors are also considered. These factors include co-curricular activities, the college essay, community service, and other aspects of the individual that make him/her distinctive. Sure to come to College Nights here at CB and check out the college section of the CB website for more information.

DATE CHANGE !!

Financial Aid Night for Senior Parents will be held December 18, 2006 at 7:00 pm in the CB Cafeteria (changed from December 6 on the printed calendar). Mrs. Doris Keller from the California Student Aid Commission will be speaking. She is very knowledgeable and will go over the FAFSA, Cal Grant information, etc. See you there! **Monday, December 18 is the first day of finals week and may be difficult for students to attend as they prepare for finals. Since this evening is primarily for parents, it is not necessary for students to attend.**

IMPORTANT Test Dates TO REMEMBER...

SAT

Test Date	Register By
Jan 27	Dec. 20
March 10	Feb. 2
May (QCB)	March 20
June 2	April 27

ACT

Test Date	Register By
Feb. 10	Jan. 5
April 14 (QCB)	March 9
June 3	May 4

PLAN
For the Future



CAMPUS MINISTRY NEWS

They waited four
thousand years –
the People of God ...

*Waiting to be redeemed, waiting
to be brought back from all their
sins, waiting in up with slavery and sin.
That is the real waiting.*

We wait for words.

Really, we, too, wait a lifetime.

The waiting is the stuff of life.

Waiting is the stuff that gives us

grace to understand gift, passion,

humility –

the miracles of time.

O Lord, help us to wait, wisely keep

right, understand and love those

passing days until your Son is born

again in our hearts, granting holies.

*May you and your family
enjoy a peaceful and prayerful*

Advent – all the joys of the

Christmas season – and a New

Year filled with God's grace

and blessings.

Liturgies:

Please join us for the **Immaculate Conception Liturgy on Friday, December 8 at 9:30 A.M.** in the school gym. **Parents and family members are always welcome at our school liturgies.**

Retreats

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

Sophomore Retreat Dates: February 16, February 23, March 9, and April 20

Junior Retreat Dates: February 20, March 6, April 3, and April 17

The Junior Kairos will be May 29-June 1. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat **and** the Junior Kairos.

There are two more Senior Kairos

Retreats this school year. **Kairos 15 will be January 16-19,** and **Kairos 16 will be March 27-30.** Sign-up sheets are available in the Campus Ministry office for these retreats.

DON'T FORGET! Mark your calendars!

The Parent/Student Retreat will be **Saturday, February 3, 8:30 am to 2:00 pm,** at **Christ the King Retreat Center** in Citrus Heights. Plan now to share this special time of prayer and reflection with your CB son/daughter. Questions? Call Mrs. Nelson at 733-3626.

DECEMBER '09

W

FALL SEMESTER

KEEP THE TRAFFIC MOVING.....



Morning drop-off at CB can be challenging. Cooperation and awareness of one another while trying to disembark is critical. These suggestions may help you on your way:

- 1) Please pull as far forward in the far right lane as possible to drop off your students. More often than not there is plenty of room past the crosswalk. This maneuver helps alleviate the back-up on Martin Luther King Jr. Blvd.
- 2) Please keep the left (center) lane clear at all times. Cars stopping in the left lane to unload impede those who are ready to leave. Thank you for your cooperation.

CHRISTIAN SERVICE

Christian Service-Learning

The upcoming dates for the Freshman Christian Service-Learning Oak-Park Clean-Up project are:

December 9, 2006 Ms. Bennett's A Set Religion class

January 13, 2007 Ms. Lystrup's G Set Religion class

This activity takes place on Saturday morning from 10:00 a.m. - 12:30 p.m. Parents are **HIGHLY** encouraged to attend the Oak Park Clean-Up with their freshman student. If you have any questions please see Ms. DeBenedetti-Emanuel in the Christian Service Center at 916-733-3553 or idebenedetti-emanuel@cbhs-sacramento.org.

DECEMBER '06

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FALL SEMESTER

Thank you

to the Science Department and their students for their hard work on their Christian service-learning project, the **Thanksgiving Food Drive**. In addition, thank you to all the other faculty, staff and students who also give so generously to the Thanksgiving Food Drive. We raised 4 truck loads of food and over \$1,000 in cash and gift cards. The families at St. Francis Terrace were so touched. Our students made it possible not only for people to have a great Thanksgiving dinner, but also the money that the residents would have spent on their holiday dinner they can now use to buy Christmas gifts. Your contributions really made a difference.



Outreach & Almsgiving for our Little Neighbors

CB's LaSallian Youth will be hosting the annual **Christmas Party for Oak Ridge Elementary School** on December 12, 2006. This is a wonderful way to bring the true spirit of Christmas, by giving to others. Many of the students at Oak Ridge look forward to this Christmas party because for some it is the only Christmas party they will attend and the only time they will get to see Santa Claus. The CB students have been working diligently to gather gifts for the Pre-K-3rd grade students. If you would like to bring in a gift, sign ups are in Ms. Bennett's Room 206. All gifts will be distributed by Santa Claus and his elves, to share some Christmas cheer.

To complement this outreach to our little neighbors, **CB's Advent Almsgiving Project** (toys for Oak Ridge Elementary) will take place from November 27 through December 14, 2006.

CHRISTIAN BROTHERS CELEBRATES THE CHRISTMAS SEASON WITH

Choral and Instrumental Concerts

Celebrate the holiday season with the choral and instrumental programs at Christian Brothers as they enlighten you with joyous sounds of the season. Hear your favorite Christmas melodies performed by various choral ensembles, a string orchestra, jazz band, flute choir, handbell choir and more!

Both concerts are free and refreshments are provided.

Choral Concert: Thursday, December 14th at 7:00 pm.

Instrumental Concert: Friday, December 15th at 7:00 pm.

Ron Limeberger Gymnasium, Christian Brothers High School, 4315 Martin Luther King, Jr. Blvd.

STUDENT ACTIVITIES - UPDATES



CALLING ON ALL PARENTS TO HELP WITH GRAD NITE

What is Grad Nite?

Grad Nite is a contribution of volunteer time from the parents at Christian Brothers to the graduating seniors to attend a safe, sober, and fun party. Parents are invited to attend the next **Grad Nite Planning Meeting on January 23, 2007 at 6:30 p.m.** in the Cafeteria. Bring a friend and work together on a very fun event! For more information, contact Donna Adam, CBHS Grad Nite Staff Liaison, at dadam@cbhs-sacramento.org or 916-733-3662.

• FEBRUARY 9, 2007

Attend the **Spaghetti Feed Dinner** to support the Class of 2007's Grad Nite scholarship fund. Make your reservation for a scrumptious Pasta Dinner. Watch for your invitation in the mail!

SIGN UP TO SHOP AND EARN.

It's simple! It's automatic!

The school pays money from your participation. Buy groceries, gifts or pay bills...it's so easy. In order for your purchases to benefit CBHS, visit the CB website for more information: www.cbhs-sacramento.org go to "parent information / scrip fundraising." Log on directly to the website and sign up at www.scrip.com and go to "sign up". Designate CBHS to receive the contributions. CBHS Group ID is 46517315. Log on to www.schoolgap.com and go to "sign up". Designate CBHS to receive the contributions. CBHS Group ID is # 0142980.

QSP FUNDS NOW AVAILABLE TO STUDENT GROUPS

As a result of the fall 2006 QSP Magazine Drive fundraiser, there are funds available for distribution throughout the Christian Brothers community. Applications will be accepted from clubs, teams or student organizations. Decisions regarding the distribution of these funds will be made by the ASB Executive Council. Allocation of QSP funds is based on several factors, including need, feasibility, benefit to students, and effect on the school community and our Lasallian mission - enter to learn, leave to serve. All applicants for the funds must follow the two-part procedure outlined below:

- 1) The written application is due no later than Friday, Dec. 1, 2006.**
- 2) An oral proposal** describing the use of funds in light of the criteria and explaining specific expenditures will take place in December. CB student(s) must make up the proposal team. Proposals will be presented before the ASB Executive Council and will be scheduled before and after school from December 11 to December 21.

Applications are available in the Student Activities Center, Main Office, and on the Student Activities bulletin board in the SMAT wing. Questions should be directed to Ina Plasencia, ASB President, or Mrs. Hollins, Student Activities Director (733-3628).

"DIRT" HELPS KEEP STUDENTS CLEAN.

John Mottello's one hour show, called "Dirt," dealing with substance abuse, choices, and teen decision-making will be presented on campus on December 7th. After previewing the presentation, our leadership students requested that we bring this performance to our campus and present it to students before the Christmas break. More information is available online at www.sindirt.com.

DANCE, DANCE, DANCE

The year's second CB open dance will be held **December 8** from 7:30-10:30 p.m. in the cafeteria. The theme is "Nightmare Before Christmas" and the cost is \$6.00 per ticket. This is the last full school social event before Christmas, so come out, bring some friends, and get lost in a Christmas wonderland! And speaking of dancing—

SAVE THE DATE

• JANUARY 27, 2007

The **Mother-Son/Father-Daughter Benefit Dessert Dance** is rapidly approaching. This fun-filled tradition is a great experience for parents and students to enjoy together, and will take place on **January 27, 2007**. The year's theme will be "Happy Days"; so ladies - throw on your poodle skirts and gentlemen - don't forget your hair gel and combs, and come join in the 50's celebration. All proceeds go to our sister school, Mekki Catholic School in Mekki-Ethiopia.

FALCON ATHLETICS

Fall Athletics Celebrate!

- Our varsity **CHEERLEADERS** were recognized as squad of the week by Channel 3.
- Our **JV FOOTBALL** team posted an impressive 8 - 2 record.
- Our men's and women's **WATER POLO** teams competed strongly in the new Sierra Valley Conference Water Polo League.
- Our **Men's SOCCER** team earned 2nd place in league and competed in playoffs.
- Our **Women's TENNIS** team enjoyed the most successful season in history and Ashley Paine captured the not only the league singles title, but the Division 2 section title as well. She is the first athlete to win a section singles title in our history!
- Our **CROSS COUNTRY** team had a record number of athletes and both the men's and women's teams will compete in the state championship meet for Division VI in Fresno on Saturday November 28. This is the first time our athletes have qualified as teams for the state meet.
- Our **women's VOLLEYBALL** teams all captured league titles. The frosh again went undefeated and our JV squad was 9 - 1 in league play. Our varsity squad, along with a league championship, captured their second consecutive Division VI Section title and has been seeded number 1 in the Northern California Championship Tournament. This was critical as it will give us home matches throughout the Nor-Cal playoffs. The team's ultimate goal all year has been competing for the state title December 2 in San Jose.

NOVEMBER '06

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FALL SEMESTER





SCHOLAR ATHLETES:

Along with the outstanding athletic success we have had this fall is the academic excellence our athletes have demonstrated while being committed to countless hours of practice and competition. The following teams achieved a 3.0 or better team grade point average at the posting of quarter grades in October:

- JV Cheerleading 3.01
- Varsity Cheerleading 3.15
- Cross Country 3.52
- Women's Golf 3.24
- Junior Varsity Football 3.03
- Varsity Football 3.21
- Men's Junior Varsity Soccer 3.14
- Men's Varsity Soccer 3.12
- Women's Tennis 3.52
- Women's Freshmen Volleyball 3.25
- Women's Junior Varsity Volleyball 3.7
- Women's Varsity Volleyball 3.58
- Men's Water Polo 3.33
- Women's Water Polo 3.28



The following athletes have earned the title of scholar-athletes by achieving a 3.5 grade point average or better the first quarter:

Cheerleading: Kelsey Ito, Erika Johannessen, Kara Link, Chayla McDavid, Samantha Moon, Nicole Ortega. **Cross Country:** Samantha Collins, Allison Clark, Hannah Coyne, Elisa Cuomo, Elise Delgado, Matthew Delgado, Nicole Evashenk, Gaarina Flavetta, Cameron Goodman, Daniel Hansen, Erica Hovey, Matthew Hovey, Katherine Holst, Jason Howard, Gregory Hufford, Kate Jellrich, Megan King, Eric Liddle, Kelly McEnemey, Robert Meyer, Rebecca Mosbacher, Collin Mulhern, David VanMoyden, Spencer Tierney, Margaret Waterhouse, Elliot Wenzel. **Women's Golf:** Taylor Chang, Amanda D'Elia, Michela LaRizza, Mina Mohaddess, Lauren Spahr, Britta Swanson. **Football:** Kevin Arreguin, Paul Carnacci, John Downey, Scott Fenaroli, Patrick Gormley, Travis Hart, Alex Haw, Matthew Hefner, Asa Jackson, Michael Lahey, Ian McCormack, Christopher McGinnon, Anthony Miller, Ruben Morroya, Jarrett Orsland, Nicholas Perez, Graham Ryder, Mark Sauer, William Simmons, Nick Starthos, Nick Sullivan. **Men's Soccer:** Jeffrey Delgadillo, Tim Elliott, Aleksander Fornalski, Eric Fornalski, Stephen Johnson, Kyle Patterson, Adrian Perez, Christopher Small, Christopher Sylve. **Women's Tennis:** Raquelle Felder, Dawn Fleming, Jessica Lam, Lena Lam, Adria Lawrence, Lindsay Melina, Ashley Pace, Sidney Scheideman, Kathleen Simmons. **Women's Volleyball:** Mary Ahern, Viviana Becerra, Brittany Chamaibake, Devyn Catter, Morgan Dahl, Anne Daley, Carly Haw, Stephanie Hopcraft, Whitney Imura, Jessica Jones, Sara Konkol, Eleri Lewis, Nicole Link, Kelsey McNamara, Jourdan Messick, Allie Moyer, Kelly Pelt, Kiara Salazar-Thompson, Samantha Schumann, Kelsey Sharp, Whitney Swartz. **Men's Water Polo:** Joseph Labriola, Joseph Lippe, Trevor Meek, Lorenzo Piergallini, Blair Pierroz, Javier Plasencia, David Tracy, Ryan Wilson. **Women's Water Polo:** Danielle Drobny, Katherine Drač, Stacey Howell, Pamela Mosbacher, Elizabeth Olveda, Katherine Rodota, Faith Silver.

FALCON FAMILY FACES



NOVEMBER '06

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FALL SEMESTER

The BUZZBOOK 2006-2007 Family Directory

*Will be available for
pick-up in the CB Main Office
beginning Monday,
November 27
(one complimentary copy per family)*



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

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

FALCON FAMILY NEWS

PRINCIPAL SHARING: "A Simple Gesture."

St. John Baptist de La Salle was a real trend setter. For over three centuries his imaginative designs in education have endured. These included both radical reforms as well as simple gestures in response to students' immediate needs. All were creative, yet practical.

During the sunset of last semester, Christian Brothers witnessed such a quiet, down-to-earth innovation that could've gone easily unnoticed.

Just prior to semester exams, CB's Communion and Liberation Club sponsored a Saturday Study Day on campus to meet a much talked about need among fellow students.

Eighty students, from a wide cross section of freshmen through seniors, showed up that weekend morning. They were welcomed by eight of our Lasallian educators: Holly Peterson, Bobby Frisques, Mary Alice Bennett, Danny Delgado, Karen Perone, Stephanie Roybal, Kevin Van Den Bogert, and Rose Ann Holmes. Together they gathered for common prayer, then started their 4-1/2 hour study hall.

The climate of study was serious and kids worked either with their classmates or with the teachers. Faculty guided tutorials with simplicity and openness - sitting at over-packed tables with students in the middle of the library, or opening their classrooms to take care of the overflow. These sessions ended with a big pasta lunch.

This was truly a student-generated event: they came up with the flier, announcements, personally invited their classmates and faculty, and took care of logistics.



In club meetings for months prior, Communion and Liberation students had been discussing how the Church is a life: a life that does not separate itself from reality, but gives life to reality through the actions of those who are moved by the presence of Christ. Thus, a new reality is generated. One, in this case, that creatively and practically answered their classmates' genuine needs with a simple gesture of kindness.

We should all be moved by the boldness of our students, the response of our faculty, and what Christ can do with our yes.

Live Jesus in our hearts, forever!

Raymond Bernell, Principal

SCHOOL CALENDAR

JAN 11	Discoit begins 8:00 a.m.	JAN 25	Celebrating Diversity Library 8:30 a.m.
JAN 12	Oak Park Open-Up 10:00 a.m.-12:00 p.m.	JAN 26	Festival of the Arts 7:30 p.m.
JAN 16-19	Winter IS	JAN 27	CB Placement Exam 8:00 a.m.
JAN 16-20	Winter Trips		Festival of the Arts 2:00 p.m.
JAN 17	College Night for Juniors and Parents 7:30 p.m. Coliseum		Mother-Son/Father-Daughter Dinner 7:00 p.m.
JAN 18	Discoit begins 8:00 a.m.	JAN 28	Festival of the Arts 7:30 p.m.
JAN 22-26	Wintering Week II	JAN 29	Sports Coaches Mtg. 8:00 p.m.
JAN 22	Good Will 2007 Committee Mtg. 8:30 p.m.		Classics Open House 7:00 p.m.
JAN 24	Friends of the Arts Mtg. 8:00 p.m.	JAN 30	Parenting Issues Speaker Series Part II 7:00 p.m. Coliseum

ENTER TO LEARN. LEAVE TO SERVE

INSIDE:

*Guidance Depart. News
Campus Ministry News
Christian Service
Student Activities
Falcon Athletics
Falcon Faces*

GUIDANCE DEPARTMENT NEWS PLAN



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

Mrs. Hensar, Director of Guidance Services and College Counselor

JANUARY '07

N

SPRING SEMESTER

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

If your child would like to keep his/her options open and remain eligible to apply to a four-year college, the Guidance Department highly recommends that he/she remediate any "D" grades earned in a-g approved courses. Students may enroll in a variety of classes during the 2007 CBHS summer school session in order to remediate a grade. For example, if your child is currently enrolled in Biology and received a "D" the first semester, he/she should consider repeating Biology this summer. If he/she is currently enrolled in a Math course or foreign language course and received a low grade the first semester, it is important to receive a "C" or above at the end of the spring semester. CSU and UC will **"validate"** (count as successful) the whole year of Math courses and foreign language courses **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. Since a full four years of English is a basic requirement for eligibility, any "D's" in English should be remediated. One year of World History is the minimum requirement for eligibility, so students should be sure to have a "C" or above for two of the four semesters of Fresh/Soph World History. Any US History "D's" should also be remediated.

Please contact your child's counselor if you have questions about remedialing grades. If you intend to register for summer school, pre-reg forms will be available in the Main Office in early spring and require a \$250 deposit when submitted. Check the CB website in February for further information regarding summer school.

To view the approved a-g course list for Christian Brothers High School, go to the CB website, click on Guidance/College Center under Popular Links and click on the CBHS UC a-g list folder.

JUNIORS! You are invited to the first of two College Nights for Juniors and their Parents. These important evenings focus on practical steps in the college selection and application process. We hope you attend.

**Wednesday, January 17
7:00-8:45 p.m.**

Cafeteria
(overview of process)

**Wednesday, March 14
7:00-8:45 p.m.**

Cafeteria
(college rep presentations)

Parenting Teens Part 2

Jan. 30th, 2007 CB Cafeteria
7:00 to 8:30 p.m.

Featuring **Therese Sorrentino, LMFT**
Therese is a highly respected therapist specializing in parenting adolescents and family relationships. To find out more please visit her website: www.tsorrentino.com

	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 Elective	1 year ; <u>More recommended</u>

CAMPUS MINISTRY NEWS



Loving God.

In this New Year—

We look to an end to violence and war.

We pray for peace, understanding, and reconciliation.

In this New Year—

We hope for a future where all can have enough.

We pray for prophetic voices to speak for the poor and the marginalized.

In this New Year—

We will breathe air and feel alive.

We pray to improve our stewardship of God's creation.

In this New Year—

We wish to start anew. We pray for wisdom to acknowledge past mistakes and move on.

In this New Year—

We believe that with God's help, all things are possible.

We pray for justice to reign and dignity for all people.

Amen.

Liturgies:

You are warmly invited to all the prayer services and liturgies that the school celebrates. They begin at 9:30 a.m. and are held in the gym. Here is the list of upcoming liturgies for the Spring 2007 Semester:

Thursday, January 25	Celebrating Diversity Liturgy
Wednesday, February 21	Ash Wednesday Prayer Service
Sunday, March 4	Junior Class Family Liturgy
Thursday, April 5	Holy Thursday Prayer Service
Sunday, April 29	Senior Class Family Liturgy
Tuesday, May 15	St. La Salle Liturgy

We are honored that Bishop Richard Garcia will be the presider at our January 25, 2007 "Celebrating Diversity" liturgy. He will soon be leaving our diocese to become the Bishop of Monterey Diocese. Please join us at this liturgy as we say farewell to Bishop Garcia, who has always been a special friend to the CB community.

Retreats:

Don't forget! Mark your calendars! The **Parent/Student Retreat** will be Saturday, **February 3, 8:30-2:30**, at **Christ the King Retreat Center in Citrus Heights**. Plan now to share this special time of prayer and reflection with your CB son/daughter. **Reservations must be made to attend this retreat. Please see the front page of the CB web site for the reservation information. You can also reserve your space on this retreat by calling Susannah Nelson, Director of Campus Ministry, at (916) 733-3626.**

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

Sophomore Retreat Dates: Feb. 16 and 23, March 9, April 20

Junior Retreat Dates: Feb. 20, March 6, April 3 and 17

The **Junior Kairos** will be held **May 29-June 1**. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the **Junior Retreat** and the **Junior Kairos**.

There are two more **Senior Kairos Retreats** this school year. Kairos 15 will be held January 16-19, and Kairos 16 will be held March 27-30. The Kairos 15 retreat is now full; a sign-up sheet is available in the Campus Ministry office for Kairos 16 in March. **The March Kairos is the last opportunity for members of the Class of '07 to attend their senior retreat.**

CHRISTIAN SERVICE

Venaver

Ms. Karen Perone & Mr. Bryan Adams will be taking ten students on an immersion trip to Tijuana, Mexico, in January 15-20, 2007. The following students were accepted to participate on this trip: Amanda D'Elia, Rachel Ehlman, Stacey Howell, Megan King, Joe Labriola, Joe Lipper, Alexandra Murphy, Samuel Regalado, Jonathan Soto, and Jennifer Wagstaff. They have been meeting regularly for six weeks to prepare for their great adventure, learning about the socio-economic differences, history, and culture of Tijuana.

The Venaver program is an intense immersion experience in which the students have the opportunity to journey to our LaSallian School, the Centro La Salle in Tijuana, Mexico. The CB students go to Tijuana in order to see, experience, and live for five days with our brothers and sisters in Tijuana. The Venaver experience allows the students the opportunity to move beyond their own borders and to live and serve in another culture. It is hoped that the "moving beyond the border" is more than crossing another country, but really an intellectual, spiritual, social, emotional, and communal experience as well.

Christian Service-Learning in Freshmen Religion

All freshman students will participate in one of the Oak Park Clean Ups that occur the second Saturday of every month. Each student will attend with his or her religion class. **The next event will be on Saturday, February 10 for Ms. Bennett's C set class, from 10:00 a.m. - 12:30 p.m.** Parents are **HIGHLY** encouraged to attend the Oak Park Clean Up with their freshmen. If your student has a scheduling conflict, he or she should see their religion teacher. If you have any questions please contact Ms. DeBenedetti-Emanuel in the Christian Service Center at 916-733-3653 or sdebenedetti-emanuel@cbhs-sacramento.org.

Christian Service-Learning in Senior English

Congratulations to Mr. Cassetta's Creative Writing Classes, who did a tremendous job with their Christian Service-Learning Project. The students learned how to write stories for kindergarten-aged children. Each student was asked to write and illustrate a story of their own, resulting in a book that was suitable to publish. Each class made a visit to St. Hope Academy - PS 7 to have a story hour with the two kindergarten classes. A few students read their stories aloud to the whole class in a story circle. After story circle, each CB student partnered with a kindergarten student and shared the story they created one on one. All the stories were donated for the students at St. Hope. Every student got to take a book home and some books were left for the classroom, to be enjoyed later. The St. Hope students were delighted to have a group of older students read to them and the teachers at St. Hope were impressed to see their students so attentive at such a young age. Great work seniors!

LaSallian Youth

Congratulations to LaSallian Youth for hosting a very successful Christmas Party for Oak Ridge Elementary School on Tuesday, December 12, 2006. This was a wonderful way to show the true spirit of Christmas by giving to others. The students at Oak Ridge look forward to this Christmas party all year long. They came to the first day of school asking "when is the Christmas Party at CB?" LaSallian Youth, Ms. Bennett, and Mr. Fresques worked diligently to gather gifts for the Pre-K-3rd grade students. Thank you to all families who donated gifts to ensure the success of this annual event.



Cold Weather Clothing Drive

A heartfelt thanks to the Christian Service Corps who sponsored a Winter Clothing Drive to benefit the Sacramento Food Bank. We collected two overflowing bins of coats, sweaters, gloves, hats, and scarves for the Sacramento community. Thank you to all those who generously donated.

STUDENT ACTIVITIES - UPDATES

CB STUDENTS EXHIBIT AT 20th STREET ART GALLERY **Self-Portrait Show**

20th Street Art Gallery midtown Sacramento will once again host the 6th annual High School Self-Portrait Show. Christian Brothers Art instructor Findlay McIntosh will be serving as Chairperson for the event. The goal of the show is to give local students an opportunity to display their work in a commercial gallery.

Participants in the show will include Christian Brothers High School, Natomas Charter School, Roseville High School, Loretto High School, San Juan High School, and others. Please join all the participants at the reception for the show on February 3, 2007 from 6:00-9:30 p.m. at the gallery - 911-20th Street, Sacramento 95814. Awards will be handed out and refreshments will be provided. Admission is free.

The show opens on Wednesday, January 31. Jim Fiery of the 20th Street Art Gallery is continuing his practice of taking no commissions: 80% of the sales will go to the student and 20% to this year's charity, Heart Gallery, an organization that helps older children find permanent adopted homes. For more information please contact Findlay McIntosh, 733-3600 extension 1079, or fmcintosh@cbhs-sacramento.org

QSP Funds Awarded

During finals week members of the executive Student Council heard presentations from students representing the groups that applied for funds earned during our fall QSP Magazine Drive. Before Christmas break, the executive Student Council met to determine the allocation of these funds. More funds were requested than were available, and intense negotiations took place as the members considered how their hard-earned monies should be spent. We can be proud of how these students made fair and open-minded decisions about allocating the money equitably to best meet the needs of the CBHS community. Student Council would again like to thank all of the CB students who sold magazines last fall to help earn these much-needed funds. Letters will be mailed out shortly to announce the allocations.

Approximately \$35,000 in QSP funds will be spent on a variety of projects to help support the following student clubs and activities: Athletic Student Trainers, Asian Pacific Club, Band, Big Brothers, Communion and Liberation, Engineering and Robotics, French Club, Lacrosse, Lasallian Youth, Muslim Student Union, Open Mic Night, Rugby Football, Science Olympiad, Senior Class, Senior Video, Softball, Sticks 'n Strings, Theater Company, Track and Field, Wellspring, and Fine Arts. Congratulations!!

Mother-Son/Father-Daughter Dance

Mark your calendar now for the Mother-Son/Father-Daughter Benefit Dessert Dance and Social to be held on Saturday, January 27, 2007. This year's theme is "Happy Days" so ladies - throw on your poodle skirts and gentlemen - don't forget your hair gel and combs. If you are not into costumes and would be more comfortable coming casual, that's fine too. Desserts will be served and socializing will begin at 7:00 p.m., and we will be dancing from 8:00 - 11:00 p.m. Tickets will go on sale on Monday, January 22 and will be \$25.00 per couple and \$5.00 for each additional family member. Guests will be dancing to Jerry and the Van Dykes, a live band made up of alumni, parents, and friends of Christian Brothers student Bryan Caselli. They were a hit last year and have agreed to come back for a return engagement. Plan now to attend this special event. Please remember all proceeds go to our sister school, Meki Catholic School in Meki-Ethiopia.

2007 Grad Night Spaghetti Dinner



Friday, February 9, 2007

Christian Brothers High
School Cafeteria
4315 Martin Luther King Jr. Blvd.

Support our 2007 Grads!

Enjoy a hot, home-cooked spaghetti dinner while helping our graduates experience a safe and fun Grad Night. All dinner proceeds go to support this year's grad night event.

Our senior students will dish it out and you can take it!
Dine in the CB cafeteria or drive through to pick up your dinner.

Enjoy live music then attend the Drama Department's One Act Plays.

It's a night of dinner and entertainment. Following dinner, attend the CB One Act Plays in the Drama classroom.

The plays start at 7:30 pm. Tickets available separately. *Remember, you have to eat before the plays; no food is allowed in the theater.*

Dinner: 5:30 p.m. - 8:30 p.m.
Drive Through: 4:30 - 7:30 p.m.
Cost: \$9.00 per person

*(includes salad, spaghetti with meat or vegetarian sauce, bread and a drink)
Special Italian sodas and desserts will be sold separately in the cafeteria.*

Take a chance to win a gift basket.

Take a chance to win a special gift basket just in time for Valentine's Day! Raffle tickets are available for \$1.00 each. You don't have to be present to win.

Tickets are limited, so buy your tickets early. Tickets have to be purchased by February 5th.

Don't be left out. Buy your tickets today!
Bring the whole family!



CBHS

Yes, I'd like to support the Grad Night Spaghetti Dinner.

Name: _____

E-mail Address: _____

Please number: _____

Please reserve _____ tickets at \$9.00 each Total \$ _____

Raffle Tickets @ \$1.00 each. I'll purchase _____ tickets. Total \$ _____

Grand Total: \$ _____

I've enclosed a check. Payable to CBHS Cash

Please charge my credit card. Visa MC

Credit card name: _____

number: _____ ex. date _____

signature: _____

Dinner choice: # _____ Meat Sauce # _____ Vegetarian

Dine in Drive through (please check over)

Your confirmation will be e-mailed. Raffle tickets will be waiting for you or will call when you arrive at the cafeteria or at the drive through. If you do not receive your e-mailed confirmation, call Cindy Castrovo at 916/395-3212. Please drop off this form with payment at the main office or mail to: **CBHS Spaghetti Feed**, 4315 Martin Luther King Blvd., Sacramento, CA 95820. Thanks for supporting Christian Brothers graduating Class of 2007

FALCON FAMILY FACES

JANUARY '07

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SPRING SEMESTER



PLACEMENT EXAM for the CLASS of 2011

Saturday, January 27, 2007, 8:00 a.m.

Take the Exam This placement test is required for all prospective students entering Christian Brothers in the Fall 2007 semester.

Please contact the Admissions Office for registration and details at 733-3690.



CHRISTIAN BROTHERS HIGH SCHOOL

4315 Martin Luther King Jr. Blvd.
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FALCON FAMILY NEWS

PRINCIPAL SHARING: *"A Heartfelt Tribute For Our Friend"*

In the spirit of St. John Baptist de La Salle, Lasallian educators are called and gifted not only to teach, but to touch the hearts of those entrusted to their care.

For almost a decade, the Sacramento diocese has been blessed with an Auxiliary Bishop who embraces that spirit of our founder. With deep empathy and a genuine personal touch, Bishop Richard Garcia has faithfully promoted social justice for the good of all peoples and multicultural communities. Especially, with a strong concern for the poor and needy.

Throughout the 20-counties of northern California, he has come to be well-known, much admired, and greatly loved. This is particularly true for our Christian Brothers community.

Bishop Garcia has touched our own hearts as a Big Brother, Guardian Angel, and a Good Shepherd. He has stood beside us in Christian Brothers' triumphs and tragedies, in our simple joys and our grand celebrations.

Bishop Garcia is indeed a true friend, a special member of our CB community.

At our Celebrating Diversity Liturgy last week we said a tearful farewell to Bishop Garcia as he now leaves Sacramento to begin a new, exciting journey as the Bishop of the Diocese of Monterey.



As an expression of our gratitude we paid tribute to him with these gifts from the heart. First of all, to keep warm during foggy Central Coast days, we gave the Bishop a spirited Falcon fleece jacket.



Next, in Bishop Garcia's name, a gift of donations to our fund that provides tuition assistance for CB students were made with the contributions of our faculty/staff. And, finally, we were honored to confer upon the Bishop a diploma as an honorary alumnus of Christian Brothers High School.

While we'll certainly miss our friend's presence among us, we prayerfully wish Bishop Garcia the fullest measure of God's grace and peace.

Live Jesus in our hearts, forever!

Raymond Bonnell, Principal

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SCHOOL CALENDAR

ENTER TO LEARN. LEAVE TO SERVE

FEB. 5 Doctor Club Meeting 6:00 p.m.
FEB. 7 Localize Parent Club Meeting 6:30 p.m.
Karni 15 Recenter 1:00-3:00 p.m.
FEB. 8-9 Olive Plunge
FEB. 8 Diocese begins 2:00 a.m.
Spring Sports Parent Meeting 6:30 p.m.
FEB. 9 Golf Nite 2007 Spaghetti Feed
Den-Arch 7:30 p.m.
FEB. 10 Oak Park Cleanup 10:00 a.m.-12:00 p.m.
Valentine's Date Dance Over Arch 7:30 p.m.

FEB. 11 Ski Acts 2:00 p.m.
FEB. 12-16 Oak Ridge Clothing Store
FEB. 12 Friends of the Arts Meeting 6:30 p.m.
FEB. 14 Soul & Pink Spirit Day
Meditation @ Logans
FEB. 15 Diocese begins 6:00 a.m.
Diplomans Class Prayer Service - Falcon Pk
Diplomans Parents Academic Planning Nite 7:00 p.m.
FEB. 15-18 Student' Day

FEB. 19 Presidents Day Holiday
FEB. 20-24 Veterans Square
FEB. 20 Junior Retreat
Golf Nite Committee Meeting 6:30 p.m.
FEB. 21 Ash Wednesday Prayer Service 6:30 a.m.
Lenten All-night Prayer begins (ends April 6)
FEB. 23 Diplomans Retreat
FEB. 25 Baseball Meet 6:30 a.m.

PRE-REGISTRATION FOR 2007-2008

Pre-Registration 2007-2008

FEBRUARY '07
N
SPRING SEMESTER

Once again it is time for our students to start planning their schedules for next year. Counselors have already been meeting with the students to discuss their 2007-2008 schedules. On February 2nd, pre-registration materials were sent by mail to students and parents. These materials included a pre-registration planning sheet along with the new course catalogue. Please take some time to sit down and discuss with your child his/her schedule for next year. Pre-registration is very important to you and to the school. From the results of this day we will decide whether a course will be offered and determine the number of sections for each course.

On Tuesday, February 20th, students will be given additional registration materials in homeroom. Throughout the week of February 20-23 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 all course level placements are reviewed again.

During Pre-registration week (February 26 - March 2), Christian Brothers will follow the "Hot Day" schedules and school will be dismissed at 2:15 p.m. Thursday, March 1 dismissal will be at 2:25 p.m. as normal. Students will pre-register in the Tech Center according to the following schedule:

- Monday, February 26th
Juniors (A - M) 2:20 - 3:20
- Tuesday, February 27th
Juniors (N - Z) 2:20 - 3:20
- Wednesday, February 28th
Sophomores (A - Z) 2:20 - 3:20
- Thursday, March 1st
Freshmen (A - Z) 2:30 - 3:30
- Friday, March 2nd
Make-up pre-registration 2:20 - 3:00

All teachers will be available in their classrooms from 2:15 - 3:15 p.m. each day for any last minute course recommendations and signatures. Upon completion of pre-registration, students will receive a pink duplicate of all their requested classes.

We will also have a table to collect the registration fee for those **students wishing to enroll in a summer school class**. This will assist the Summer School Director with hiring teachers and scheduling classes.

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

Christian Brother High School • 2007-08 School Year

This calendar includes key dates for holidays and major events that impact the instructional program. The complete calendar for the 2007-08 school year will be mailed in August 2007.

Aug. 13, 14, 15	Community Retreat, Professional Days	Dec. 21-Jan 4	Christmas Break - No Classes
Aug. 18	Fall Semester Begins	Jan. 7	Faculty/Staff Professional Day - No Classes
Aug. 28	Back to School Night - Early Dismissal	Jan. 8	Spring Semester Begins
Sept. 3	Labor Day Holiday - School Closed	Jan. 14	Martin Luther King Holiday - School Closed
Oct. 7	CB Open House	Feb. 18	Presidents Day Holiday - School Closed
Oct. 8	School Holiday - School Closed	Mar. 4-7	Mid-Term Exams • Girl Quarter Ends: 42 Days
Oct. 9-13	Mid-Term Exams • (1st Quarter Ends: 42 Days)	Mar. 18	Faculty/Staff Professional Day - No Classes
Oct. 15	Faculty/Staff Professional Day - No Classes	Mar. 28	Holy Thursday - Minimum Day
Oct. 17	Testing Day/Senior Meet - Minimum Day	Mar. 29-28	Easter Break - No Classes
Oct. 24, 25	Staffing Days - Minimum Days	Apr. 14	Community Retreat - No Classes
Nov. 1	Report Card Night - Early Dismissal	May 15-22	Summer Exams - Minimum Days • (46 On-Calc: 48 Days)
Nov. 8	Veteran's Day Holiday - School Closed	May 23	Baccalaureate and Graduation
Nov. 21, 22, 23	Thanksgiving Break - No Classes	May 25	Memorial Day Holiday - School Closed
Dec. 17-28	Winter Exams - Minimum Days • (46 On-Calc: 44 Days)	June 1	Summer School Begins

GUIDANCE DEPARTMENT NEWS

Seven Myths About College Admission

Myth #1: "Colleges receive so many personal essays that they probably only glance at them."

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

Myth #2: "Colleges do not look at the senior year grades."

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

Myth #3: "It's important to have as many varied extracurricular activities as possible to impress college admission people."

Fact: Colleges are looking for quality of involvement rather than quantity. They want a well-rounded student body made up of students who are vitally interested in particular activities and haven't spread themselves so thin that they've demonstrated no commitment to anything. Go for depth, not breadth. Colleges prefer, for example, the student who was a solely dedicated yearbook editor rather than the student who dished 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 more ideal for many students, but some would fare far better in a small, less widely known college such as Notre Dame de Namur in Belmont, CA. It is important to define the things you want in a college - to understand yourself and not to be influenced by others' opinions.

Myth #5: "Ivy League colleges are the only ones worth applying to."

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

Myth #6: "The financial aid situation is completely hopeless this year."

Fact: Financial aid continues to be more readily available than you might think in the forms of grants, loans, opportunities for on-campus work, and merit-based scholarships. But you do need to "dig" for the merit-based scholarships, especially those not institutionally based, and research and apply accordingly.

Myth #7: "If I make the wrong decision about college, my life will be ruined."

Fact: While it is important to realize the significance of your college choice, you should remember that if you find, in spite of an informed choice, that you are not well-suited to your college, you can transfer to another college. So be conscientious, but don't envision yourself as a character in a Greek tragedy.

Upcoming Guidance Events:

February 15

Sophomore Parent Academic
Planning Night, 7-8:30 pm,
CB Cafeteria

March 14

Exploring College for Juniors
and Their Parents, 7-8:30 pm,
CB Cafeteria

March 27

Parenting Teens II, 7-8:30 pm,
CB Cafeteria

SCHEDULE CHANGES!!

Wednesday, February 21 8EF Classes begin at 8:00 a.m.
Thursday, February 22 AGCD Classes begin at 8:00 a.m.

PLAN
For the Future



CAMPUS MINISTRY NEWS

Liturgies:

Thank you to all of you who joined us for the **Celebrating Diversity Liturgy** on January 25. It was an opportunity for us to say farewell to Bishop Richard Garcia, a dear friend of our CB community. The three presidents of our school – Mr. Lorcan Barnes, Javier Plasencia (Student Body President), and Jessica Lam (Senior Class President) presented Bishop Garcia with an honorary diploma. He is now a beloved alumnus!

ASH WEDNESDAY PRAYER SERVICE

You are invited to attend the **Ash Wednesday Prayer Service on Wednesday, February 21 at 9:30 a.m. in the gym.** The prayer service will include the distribution of ashes. We look forward to your presence as we begin our Lenten journey together.

JUNIOR FAMILY LITURGY

The **Junior Family Liturgy is Sunday, March 4 at 9:30 a.m.** in the gym. Juniors and their families are warmly invited to attend the liturgy and the continental breakfast that follows. Please check your mail for a letter from the school with more information about this event and an RSVP form for you to return to the school office.

Retreats:

The **Parent/Student Retreat** was a special day of prayer and fellowship. Thank you to all those who attended and wholeheartedly participated! Faith was shared - - - and a good time was had by all! We hope you will join us next year.

Sophomore Retreat: Feb. 16 and 23, March 9, April 20

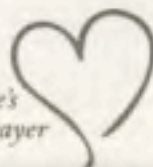
at the Newman Center (across from CSUS). Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

Junior Retreat: Feb. 20, March 6, and April 3 and 17 - at Christ

the King Retreat Center in Citrus Heights. Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

Senior Kairos 16 Retreat: March 27-30 - Our Lady of the

Oaks Retreat Center in Applegate. Room is still available on this retreat. **This is the last chance for members of the Class of '07 to attend their senior retreat!**



A Valentine's Day Prayer

*Praise to the One whose love stirs
the ancient embers, sparks
the breath of prayer*

*Praise to the One whose love
enters the wandering, beckons
the unpaired*

*Praise to the One whose love grows
wings in the valley, draws them
to the downy field*

*Praise to the One whose love unfolds
with the sunset of mercy,
transforms with the mesh of compassion*

*Praise to the One whose love threads
the energy of friendship, stitches
the strength of fidelity*

*Praise to the One whose love ripples
the soul with laughter, urges
the heart toward joy*

*Praise to the one whose love embraces
the sustained, dances with the passionate*

*All praise to this Gracious One
All gratitude to this Beloved
All love to this Mentor of Friendship
All devotion to this Shepherd of Hearts.*

— from *Out of the Ordinary*
by Joyce Kilmer

CHRISTIAN SERVICE

Documenting Community Service

- Students who volunteer can document their hours for college applications.
- + Students can pick up a new form outside the Christian Service Center or on the CBHS website - under People & Places, Christian Service Program.
- + Students should fill out one form for each agency or placement where they volunteered.
- + Students need to assess themselves, write a short reflection, and have a supervisor sign the paper.

Service hours can include but are not limited to volunteering at a Harvest Festival, volunteering at an elder care facility, helping at a fundraising/awareness raising walk, tutoring, or serving food at a soup kitchen. These are all great ways to reach out and help others. If you would like further information please see our "Community Service Board," the service directory on our website, or Ms. DeBeneditto-Emanuel in the Christian Service Center.

Venaver Immersion Experience

Ms. Karen Perone, Mr. Bryson Adams & ten students - Amanda D'Elia, Rachel Ehlman, Stacey Howell, Megan King, Jose Labrisia, Joe Lipper, Alexandra Murphy, Samuel Regalado, Jonathan Srto, and Jennifer Wagstaff went on an immersion trip to Tijuana, Mexico, on January 18-20, 2007. The students met regularly for six weeks to prepare for this great adventure.

The Venaver program is an intense immersion experience in which the students have the opportunity to journey to our Lasallian School, the Centro La Salle in Tijuana, Mexico. The CB students go to Tijuana in order to see, experience, and live for five days with our brothers and sisters in Tijuana. The Venaver experience allows the students the opportunity to move beyond his or her known borders and to live and serve in another culture.

Christian Service-Learning in Freshmen Religion

Reminder: The next freshman religion class to participate in an Oak Park Clean-Up will be Ms. Bennett's Colet class, on Saturday, February 10 from 10:00 a.m. - 12:30 p.m. Parents are highly encouraged to attend the Oak Park Clean-Up with their freshman student.

School of the Americas Watch

Ft. Roy Bourgeois, M.M., Founder of SOA Watch, will be coming to campus on February 7, 2007 to speak to two of our senior religion classes, Catholic Social Teaching and Social Justice. Fr. Roy will be sharing his experiences as founder of the School of the Americas Watch.

The School of the Americas Watch informs the general public, Congress and the media about the implications of, and participates in non-violent protests against, the training of Latin American soldiers at Ft. Benning, Georgia. Fr. Roy was the recipient of the 1997 Pax Christi USA Teacher of Peace Award.

CATHOLIC HIGH SCHOOL CHORAL FESTIVAL

The choral directors of Christian Brothers, Jesuit, St. Francis, and Lovett High Schools are presenting a choral festival on Saturday, February 17th at St. Ignatius Parish that will culminate in a combined concert to be directed by world-renowned choral conductor, Dr. Charlene Archibeque.

The festival will give the students from these four schools the opportunity to perform for and have a workshop with one of the most respected choral conductors in the United States. Dr. Archibeque was a Professor of Choral Music at San Jose State University for 35 years.

There will be no admission fee for the concert, but audience members will be asked to make a donation to help support the fifth Catholic high school in Sacramento, Cristo Rey High School.

Please join all the high school participants for a great performance on Saturday, February 17th at St. Ignatius Parish, Festival: 12:00 - 4:30 p.m., Concert - 8:00 p.m.

For more information contact Ronald Slabinski at 733-3617 (rslabinski@cbhs-sacramento.org) or Kevin McGovern at 733-3630 ext. 1078 (kmcgovern@cbhs-sacramento.org).

FALCON ATHLETICS

Parent Meeting for Spring Sports will be Thursday, February 8, beginning at 6:30 p.m. in the cafeteria. It is very important that all parents attend if their son or daughter plans on playing a spring sport.

Mens Basketball

Freshmen: The freshman boys' basketball team is enjoying a tremendous season with a record of 17-2. The team is 4-1 in league play, with a big victory against Oak Ridge High School. Despite suffering a minor setback in a loss to Ponderosa, they are now more determined to beat them at home in February. Jake Modesto and Peter Vanenburg have been leading scorers, and Eddie Ralph has also contributed to the team's success with stellar play off the bench to help secure many Falcon victories.

Junior Varsity: The Christian Brother's Falcons JV Boys Basketball team is competing very well this year. The preseason saw a lot of growth in a team that hasn't played much competitive basketball. In the preseason we were able to compile a record of 10-3 with a bright spot coming during the McClatchy Christmas tournament. In that tournament, the boys were able to put together three wins and come away with the tournament championship which is an accomplishment that has made the coaching staff proud.

We are currently going into the second half of league competition, in the very competitive Sierra Valley League, with a record of 3-2. We stand tied for second place with Ponderosa, and our goal of winning the league still is a very good possibility since we are only one game behind the first place teams of Galt and Oak Ridge. With tough play and determination we hope to make the 11-17 Christian Brother's JV Boys Basketball team league champs this year!

Varsity: The Varsity Boys' team is off to a 10-8 overall record and tough non-league wins over Skyline and Oakland Tech, and a win at the Marysville Peral Challenge have the Falcons looking forward to the tough SVC, where they are currently 1-4. Junior Aza Jackson, senior Jeff Delgado, and senior Bo Henning (leading the Sacramento area in scoring) are in the forefront offensively. The Falcons are playing hard every night, ready for the second half of league play and eyeing a berth in the Division-4 playoffs.

Wrestling: As a team we have 3-3 record in league and we are 4-6 overall. We took third place in the Crusader Battles Catholic School team tournament at St. Mary's High School in December. On an individual level several of our wrestlers are having a good season. Seniors Scott Webb, David Conner, and Spencer Carroll, junior Robby Schires, and sophomore Jason Howard have won or placed in a number of tournaments locally and around the region. Our younger wrestlers have had success on the JV level as well. Freshmen Jamison Cordero won the Hiram Johnson tournament, and both Cordero and Tylee (being placed at the Fourhill tournament) both wrestlers have also scored Varsity wins for the team.



Womens Basketball

Freshmen: The freshman girls started the season by taking first place in the Mira Loma Tournament. The team quickly followed that win with other placements in two more tournaments. With a 10-5 track record the Lady Falcons are competing for a league title with only 6 games remaining. The team is led by co-captains Megan Walters and Sarah Wadston. Each girl plays an integral part of the team, providing outstanding scoring, assistance, rebounding, stealing, and defense. The future looks promising for the Lady Falcon basketball team!

Junior Varsity: The JV Girls' basketball team continues to bring a positive attitude and work ethic to their practices. After a tough season start, they have stayed together and played together, posting an overall 15-7 record, a league record of 3-2 and two time tournament champions! They play very hard, and with their run and jump defense are fun to watch!

Varsity: At the end of January the CB Girls' Varsity record stands at 1-4 in league and 9 and 10 overall. They have had some very close games. The team is made up of two seniors, three juniors and five sophomores. The players have a lot of talent and are learning to overcome the pressure toward the end of big games. We hope to turn the corner in our second half of league and during the league tournament and make a big push to the playoffs. Everyone has contributed to the team's success on given nights.



The tall Precipal Sarvel scoring Rugby is an intense sport at Oregon State. Although it is not a College level game, it is a sport that our young men cherish and are looking forward to play this coming season. Christian Brother's instructor Rugby is an intense game that is still in its infancy. Contact us at 503-325-1111.

STUDENT ACTIVITIES - UPDATES

JUNIOR CLASS Family Liturgy and Ring Ceremony

We are very busy during these next couple of weeks. Sunday, March 4th is the Junior Class Family Liturgy and Ring Ceremony. The Junior Class Officers have been planning the liturgy and continental breakfast. All Juniors attending will receive a class of '08' memento. Those having ordered rings will also receive their rings. All families with Junior class students are invited and encouraged to attend this memorable event. Please plan to stay afterwards for a continental breakfast and time to socialize with the other families.

Valentine's Day

Tuesday, February 14th, the students will celebrate **Saint Valentine's Day with school-wide pink and red hues**. This is a Spirit Day which means if students wear bright red or Valentine's pink they may wear denim shorts or pants. Specific dress guideline will be given to the students as we get closer to the day. Our school will be filled with hearts to warm the spirits of all as they enter.

WINTER SPORTS RALLY (FEB.8TH)... LET'S SEE THE SPIRIT!

Our Rally Chairs Pamela Moistarger and Hannah Orr are busy at work putting together a singing competition for each class to show appreciation for our winter teams. The rally will also include our Cheerleaders performing, and a number of incredibly wild games designed to see which class is the best! The final cheer-off between classes generally determines the winner. **Get out those Spirit Shirts! Students wearing their class spirit shirt will be allowed to be in denim shorts or pants on that day.**

VALENTINE'S DAY, THEN SPRING, IS JUST A HEARTBEAT AWAY

Saturday, February 10th, from 6:00 p.m. until 11:00 p.m., the Senior Student Council will host "**Beauty and the Beast**," our **Valentines' Dance**. It will be a date dance with a photographer snapping pictures of the students with hearts all a flutter. Students who wish to bring a date from a non-Catholic high school may pick up a dance contract in the Student Activities Center or download a copy from the CBHS website; it must be completed and returned to the SAC by 3:00 p.m., Friday, February 2. **Valentines Dance Dress Code:** For this dance, boys are to wear a dress shirt, tie, dress slacks or dockler style pants. Dress shoes must be worn. **NO DENIM.** Girls may wear a nice dress or skirt. No part of the skirt may be shorter than 4 inches above the knee. No plunging neckline-front or back (no backless dresses). However, halter, strapless and spaghetti strap dresses are allowed. As always, we ask that students use thoughtful judgment by dressing in a respectful, neat manner. Profits from this dance will go to the Senior class fund to help with graduation and end of the year expenses.



FEBRUARY '07

3

SPRING SEMESTER



FALCON FAMILY FACES



"Set Sail for Italy"

CHRISTIAN BROTHERS

As CBHS hosts its Annual Charity Auction
Saturday, March 10, 2007

Board the S.S. Falcon at 4:00 p.m.
At Christian Brothers and be prepared for an evening of
Delicious food and spirited cheer and live auctions.



Annual Charity Auction

2007-2008
201 North 20th Street, Sacramento, CA 95811
March 10, 2007



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

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FALCON FAMILY NEWS

PRINCIPAL SHARING: "Alms to Benefit Stanford Home"

Jesus asks us to share of our treasure to help neighbors who are in trouble, afflicted with suffering. He reminds us that giving generously to those in need is a condition to being a true disciple.

Such outreach is called "almsgiving."

Each springtime, during the Church season of Lent, our Christian Brothers' community unites together to give "alms" (monetary or material goods) to groups that serve the poor and vulnerable. With almsgiving we show our love of God through love of our neighbors by providing relief when they're hurting.

At our Ash Wednesday prayer service, Erica Havey and Megan King, members of our Christian Service Corps, invited us all to participate in CB's Lenten almsgiving project to benefit STANFORD HOME FOR CHILDREN.

STANFORD HOME began as a simple orphanage and now provides comprehensive care which strengthens at-risk children and families - to dream, to overcome, to thrive together. Families are supported, so they can support their children.

Through professional and compassionate services, vocational works and counseling, youth in turmoil are empowered with a more stable home life and a skills-set for success in the world.

The vision of STANFORD HOME is to make sure every youth is safe, healthy, self-sufficient and connected with a loving family. They do this by reconnecting children with their birth families or establishing an adoptive family for each child.

But, all this is costly. STANFORD HOME'S services for children, young people, and their families are challenged by needs that exceed usual resources. Thus, for the remaining weeks ahead of Easter recess, CB students are being asked to give of themselves.



Students may donate what they can on Tuesdays in their B-Set classes to help sustain STANFORD HOME services that keep families together, or provide gift cards to stores such as IKEA and Target to help those teenagers who have recently graduated from foster care programs. Parents, faculty, and staff are also welcome to join in the almsgiving.

This schoolwide effort is being coordinated by our Christian Service Corps.

As part of our Lenten calling to give alms, let us give to our neighbors through STANFORD HOME FOR CHILDREN, so they may enjoy the blessings of a strong family and a brighter future.

Live Jesus in our hearts, forever!



Raymond Sturick, Principal

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SCHOOL CALENDAR

ENTER TO LEARN, LEAVE TO SERVE

March 1	Classes begin 8:00 a.m. Pre-Reg (Freshmen A-2) 2:30-2:50 p.m.	March 5	Soph Seminar	March 29-31	Vacation Awareness Week
March 2	Pre-Reg Make-up 2:30-2:50 p.m.	March 10	Ball Park Cleanup 10:00 a.m.-12:30 p.m. CB Annual County Auction 6:00 p.m.	March 30	Good Night Committee Mtg. 6:30 p.m.
March 3	Join Student 7:00 p.m. St. Paul's Missionary Baptist Church	March 12	Community Service - 40 CLASSES	March 27	Classes begin 8:00 a.m. Falcon Film - "World Quest" Assembly
March 5-7	WASC Re-accrreditation Team Visit	March 13-16	Midweek Issues	March 22-23-24	Spring Play (Four Shows) 7:30 p.m.
March 5	Senior Club Mtg. 8:00 p.m.	March 13	Friends of the Arts Meeting 6:30 p.m.	March 25	Spring Play (Six Shows) 2:00 p.m.
March 8	Junior Retreat	March 14	Mathematics @ Seminars	March 27-30	Easter 10
March 8	"Senior Safety" 6:30 p.m. Coliseum	March 15	Exploring Colleges for Juniors & Parents 7:00 p.m.	March 27	Read Drive 7:30 a.m.-1:30 p.m. Pecoring Town Speaker Series Pt. 3 7:30 p.m.
March 8	Classes begin 8:00 a.m. Falcon Fair - Spring Term Rally	March 16	Fresh Acceptance Letters mailed	March 29	Classes begin 8:00 a.m.
		March 18	Junior Family Library 6:30 a.m.	March 29-30-31	Spring Play (Six Shows) 7:30 p.m.
		March 19	Faculty/Staff Professional Day - 40 CLASSES		

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www.cbhs-sacramento.org

GUIDANCE DEPARTMENT NEWS

MARCH '07

N

SPRING SEMESTER

CB Students Achieve Highly!

The **National Merit Scholarship Program**, conducted by the National Merit Scholarship Corporation in conjunction with the College Board, is a competition open to all high school students who take the Preliminary SAT (PSAT) test. Winners of scholarships are chosen on the basis of their abilities, skills, and accomplishments. In October each year, approximately 1.3 million high school juniors take the PSAT. Of these, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the Program, and approximately 15,500 are named Finalists. The class of 2007 boasts 5 students with a National Merit Commended status, and one student who achieved National Merit Finalist status. The commended students are:

William Coddington
Katherine Groesbeck
Anthony Pham
Ryan Wilson
Anne Winslow

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

Joshua Silver

Other National Merit/College Board Programs

National Achievement Scholarship Program

The **National Achievement Scholarship Program** is an academic competition established in 1964 to provide recognition for outstanding Black American high school students. Black students may enter both the National Achievement Program and the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) and meeting other published requirements for participation. One member of the class of 2007 earned this honor: **Chayla McDavid**

National Hispanic Recognition Program

The College Board's National Hispanic Recognition Program was initiated in 1983 to identify outstanding Hispanic high school students and to share information about these academically well-prepared students with subscribing colleges and universities. Three members of the class of 2007 achieved this honor:

Matthew Delgado
Alexandra Murphy
Elizabeth Olveda

Congratulations, Falcons!

Energy Boosting Drugs: Energy Drinks

Christian Brothers is concerned about the nonchalant attitude teenagers have towards energy drinks. You will see it expressed at any high school. It is not uncommon to find several energy drinks next to a car at a dance or see a student walk down the halls with an energy drink in hand. They are drinking these for a desired "pick-me-up," which, with moderation, is not necessarily bad.

However, teenagers often do not use moderation when consuming these drinks. Some may drink as many as 3 or 4 in a row to obtain a legal "high." The aftermath of the drink can be a big let-down or drop in energy levels, which may account for poor grades or classroom behavioral problems. Energy drinks can also be habit-forming.

Energy drinks (beverages like Red Bull, Venom, Monster, Rock Star, and Red Line) contain large doses of caffeine and other legal stimulants like ephedrine, guarana, Yerbe mate, Yohimbine HCL, and ginseng. Energy drinks may contain as much as 300 mg of caffeine, which is almost double what you would find in a 5 oz. cup of coffee (170 mg). Compared to the 37 mg of caffeine in a Mountain Dew, or the 23 mg in a Coca-Cola Classic, that's a big punch.

These drinks are target-marketed to young people and students. Individual responses to stimulants vary and therefore liquid energy boosters should be treated carefully due to their powerful ingredients. Energy drinks' stimulating properties can boost the heart rate and blood pressure (sometimes to the point of palpitations), dehydrate the body, and, like other stimulants, prevent sleep.

If you would like more information about these drinks or anything related to them, please contact Kent Morrison, CB's Wellness and Prevention counselor, at (916) 735-3688 or kmorrison@cbhs-sacramento.org.

CAMPUS MINISTRY NEWS

Liturgies:

ATTENTION JUNIOR PARENTS!

The date of the **Junior Family Liturgy** has changed. It will be held **Sunday, March 18 at 9:30 a.m. in the gym**. Please make this change in your school calendar. The liturgy will be followed by a continental breakfast. **Please RSVP to the school office.** Fr. Anthony Garibaldi, OFM, will be our presider at this special liturgy in which the junior class rings and a class memento will be blessed and distributed.

The **Holy Thursday Prayer Service** will take place **Thursday, April 5 at 9:30 a.m. in the gym**. Please join our CBHS community as we enter reverently into the three holy days of the Easter Triduum.

Retreats: The **Kairos 10 Senior Retreat**, the last senior retreat of the year, will be **March 27-30** at Our Lady of the Oaks Retreat Center in Applegate. Please remember the retreatants, student leaders, and adult leaders in your prayers during these four days of spiritual reflection and growth.

The next **Junior Retreat** is **Tuesday, March 6** at Christ the King Retreat Center. The next **Sophomore Retreat** is **Friday, March 9** at the Newman Center. Sign-ups for these retreats are still available.

The faculty and staff will enjoy a well-deserved day of prayer and reflection at the **Community Retreat on March 12**. **School will be closed that day.**

Nothing offers better guidance on our Lenten journey than the words Jesus spoke to his disciples, read during the liturgy of Ash Wednesday:

*"Give alms . . . Pray to your Father . . .
Fast without a gloomy face . . ."*

(Matthew 6:1-6)

Almsgiving: Giving alms, Jesus teaches, means making the needs of others our own, especially the needy of our world. And what shall we give? Our time, our talent, our material resources. Jesus teaches that when we give, we receive a blessing from God in return. Before us is the great alms Jesus gave: "He loved us, and gave himself up for us."

Prayer: The Lenten season calls us to pray. But prayer, Jesus teaches, is much more than saying words. Before you pray, enter the inner room of your heart. Shut the door to the noise, the trivialities, the countless cares grabbing for attention. Put them aside. In the quiet place of your heart, with faith as your guide, speak to your God. A gracious Father listens and he knows what you need. What can we do this season to pray with greater care and devotion? Participate in some church services? Read the Bible or a spiritual book some minutes each day? Put aside some time for quiet daily prayer?

Fasting: Urging everyone to eat, drink, and buy more and more, our world today has made fasting unfashionable. This Lent, recognizing the hold things have on us, let us try, with God's help, to keep them in their right place. Some reasonable abstaining from food, drink, and entertainments can help us do that. Today we have compelling reasons for taking fasting seriously. As the resources of our planet are increasingly threatened, it becomes clear that the human family, especially those living in affluent nations, can no longer be unlimited consumers. We must develop a leaner, less wasteful way of life if our planet is to survive. Can the Christian teaching on fasting lead us to a gentler style of living on planet earth?

Adapted from an article by Peter Schubert, O.S.B.

1-800-GOD-CALL Scheduled for March 20-23, Vocations Week will focus on God's call to each of us to bring our faith into our profession. Whether we are teachers, administrators, coaches, parents, alumni, or students, our CB community is filled with people who share their faith and gifts.

Certain departments will put vocation into practice. Look for the visual art classes to showcase pictures of God's call to each of us. Look for personal poems sharing the faith-life of the student. Mr. Maslen (band and orchestra) will offer two pieces of music composed by CB students to perform at an upcoming prayer service. Student leadership will provide signs reminding us of our call from God. Finally, look for features on our web site and on KBFT.

As the week approaches, listen for the voice of God and see His footprints throughout the campus.

CHRISTIAN SERVICE

MARCH '07

Lenten Almsgiving

Each year during the liturgical seasons of Advent and Lent, CB engages in a schoolwide Almsgiving project to benefit an organization that serves the poor and vulnerable. This year the Christian Service Corps (CSC) will be coordinating our Lenten Almsgiving to benefit Stanford Home for Children (please see Principal's Sharing on page 1). Students can donate on Tuesdays in their B Set class. If you are interested in donating to this worthy cause, please call or write Ms. DeBenedetti-Emanuel at 916-733-3653 or stdebenedetti-emanuel@cbhs-sacramento.org.

Christian Service Corps

Christian Service Corps (CSC) is a group of students who work in conjunction with Ms. DeBenedetti-Emanuel, Christian Service Coordinator, to plan and implement almsgiving projects on campus. CSC also helps support other groups or classes on campus that sponsor almsgiving projects. For example, CSC played a key role in helping deliver all the donated food from our Thanksgiving Food Drive, which is actually a Christian Service-Learning project sponsored by the Science Department. All students are welcome to join the Christian Service Corps. If you are interested please see Ms. DeBenedetti-Emanuel in the Christian Service Center.

Ven A Vor

In February, Ms. Sarah Mungas, Math and Science teacher, and Mr. John Ebberson, English teacher and Talon Newspaper moderator, took eleven students to our sister school, Centro La Salle, in Tijuana, Mexico. The students who attended this immersion trip were Angela Carter, Kate Collins, Sophia Crawford, Stephanie Hopszalt, Dara Karnofsky, Matt Kalmanson, Trevor Rabena, Kaiti Robinson, Teresa Rojas, Farah Tiab, and Breanna Westlake. In addition to engaging in various service projects - laying cement at an elementary school, serving at a soup kitchen, and serving lunch to people who work in the city dump - these students also got to spend Ash Wednesday in Tijuana. They attended an Ash Wednesday Liturgy that was rich in Mexican culture and experienced their Catholic faith in a new way.

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SPRING SEMESTER

Oak Ridge Clothing Drive

Lasallian Youth sponsored a clothing drive in February to benefit our neighbor, Oak Ridge Elementary School. They collected over 100 bags of clothing for children and adults. The Oak Ridge community was very thankful for the generosity of Christian Brothers faculty, staff, students, and families.

Wellspring Breakfast Club

In January, Wellspring Breakfast Club sponsored a drive to raise money for eggs and pancake makings for their weekly breakfasts they prepare for the Wellspring Women's Center. The generosity of the donations was overwhelming for the club and their moderator Ms. Jennifer Lystrup. They collected over \$1,000 in cash and enough pancake makings to last through a good part of fall 2007 semester. Wellspring Breakfast Club is open to all students who are interested in cooking Friday mornings before school. If you are interested, please see Ms. Lystrup in room 208.

CHRISTIAN BROTHERS



Annual Charity Auction

Saturday, March 10, 2007

6:00 P.M.

Limeberger Gymnasium

Please plan to attend. Tickets may be purchased at Bertram Hall or the Front Office in the Main Hallway.

Raffle Tickets: A chance to win a \$2,500 travel voucher, or a \$1,000 gift certificate to the CB Bookstore.

For more information, please contact Karen Weddle at 733-3633

STUDENT ACTIVITIES - UPDATES

BRYAN CASELLI TAKES TOP HONORS IN THE HIGH SCHOOL SELF-PORTRAIT SHOW AT THE 20TH STREET ART GALLERY



Christian Brothers High School senior Bryan Caselli won "Best of Show" honors and a \$500.00 gift certificate to University Art at the 6th Annual High School Self-Portrait Show at 20th Street Art Gallery on Saturday, February 3rd, 2007. Nine area high schools participated in the event, including Natomas Charter School and Sacramento High School.

Caselli's self-portrait is now on display at the Crocker Art Museum in the Youth Art Month Exhibit at the Crocker, from February 12 to April 1, 2007. There will be a reception for this exhibit at the Crocker Art Museum on March 18th from 11:00 a.m. to 1:00 p.m.

Finally, the self-portrait will make one more stop at the CSUS Library Gallery as part of an exhibit with Bryan's art teacher, Kevin McGovern. The exhibit at CSUS will feature paintings by McGovern and works of art by his students at Christian Brothers. That exhibit will take place in June 2007.

VALENTINE SPIRIT

Community members were greeted with red hearts everywhere on Valentine Spirit Day, and enjoyed searching for their hearts as the day went along since everyone had a heart somewhere on campus with his or her name on it. Our students brought cheer to the day by wearing bright red to show their spirit. The Holiday Club delivered the "valentine grams" with lollipops, chocolate, or roses that students had purchased for their friends. The whole day made people feel loved and included.

FIRE-UP FOR SPRING SPORTS RALLY

In March we look forward to our Spring Sports Rally. The student body will recognize and fire up our spring sports athletes during the rally on Thursday, March 8. We have eleven sports teams competing in athletics this season, and we look forward to a spirited rally as we say, "Ho-ho-roy!" to our competitors and "Good-bye" to our beloved seniors.

UPPER DIVISION BALL

The Upper Division Ball will be held Friday, April 27, and bids will go on sale to seniors on Monday, March 26 and Tuesday, March 27. Juniors may begin purchasing their bids on Wednesday, March 28. The final day bids may be purchased is Tuesday, April 3. The planning has just begun; more exciting news will follow.

STUDENT LEADERS RAISE YOUR HAND

For next year's upper division students (Classes of '08 and '09) who have a strong desire to get really involved with many of the activities on our campus, applications for Associated Student Body Council will be available beginning Thursday, March 1. Campaign week and elections will be held the week we return from Easter Break. Class Council applications will be available Monday, April 23.

BLOOD DRIVE

The second Blood Drive of the year will take place on March 27th. All donors are welcome to come help save lives. Students under the age of 18 must pick up a parent permission form to be able to participate. We hope to make this blood drive our best ever, but we need your help to get there!

FALCON ATHLETICS

As winter sports come to a close there are many highlights.

Wrestling

(results shown are by weight classification)

Christian Brothers wrestling had a great day at the SVC League meet. Our JV wrestlers did an outstanding job as almost the entire team placed in the league tournament. Dylan Orr (189#) was a team high 2nd. Other placers were Julius Gavino (112#) 3rd, Noah Garverson (119#) 4th, Alec Margenheimer (171#) 4th and Chris Jensen (103#) 4th. This is a great showing for the team and something to build upon for next season.

The varsity team qualified a record of 8 wrestlers in the Divisional playoffs, surpassing the previous record of 5 since we've entered the SVC League. Varsity wrestlers earning a playoff ticket were as follows:

Freshmen: Jameson Corderio (103#) and Tyler Ewing (140#) who both placed 4th.

Sophomores: Jason Howard (125#) was 3rd and Ryan Lutz (160#) was 2nd.

Juniors: Robby Scherer (152#) placed 3rd.

Seniors: David Cotter (112#) and Scott Webb (189#) both were 2nd, and Spencer Carroll (215#) placed 3rd. Cotter and Webb have both qualified for the post season three times now in their careers.

CB Wrestling had a historic day at the D-2 Section Meet. We qualified 8 wrestlers, and all of our wrestlers scored points for the team. As a team we finished up in 8th place out of 19 teams and had a record 4 placers. Leading the team was senior David Cotter (112#) in 4th. Placing 5th was senior Spencer Carroll (215#). These two wrestlers are competing at the Sac Joaquin Masters Meet in Stockton. Placing 6th were sophomores Jason Howard (125#) and Ryan Lutz (160#).



Basketball

Our Women's Varsity team finished strong in the SVC league tournament, winning 2 of 3 games going into playoffs. The Lady Falcons played well, beating Linden High School in the opening round, but fell short against number 1 seed Brett Harts in the second round. The Lady Falcons graduate two seniors who will be missed, Ashley Aurich and Teresa Rojas. The team has five sophomores and three juniors returning next year, so the future looks bright.

Our Men's frosh team finished the season with a goal at the buzzer by Jake Modeste to lift the frosh over Ponderosa and to a league championship, with a 9 - 1 league and 22 - 2 overall record. Our varsity squad also finished the league tournament with 2 wins and a very close 4-point loss to league leading Union Mine. They opened up playoffs with a strong performance against Central Catholic, but fell to Bear River in overtime in the second round of Division 4 playoffs.

At this time we also recognize teams and individuals of our winter sport programs who have demonstrated academic excellence while dedicating countless hours to athletic success. We are very proud that every team this winter achieved a 3.0 or better team grade point average.

- W - Varsity Basketball 3.0
- M - Varsity Basketball 3.02
- W - JV Basketball 3.44
- M - JV Basketball 3.04
- W - Freshman Basketball 3.29
- M - Freshman Basketball 3.34
- Wrestling 3.12

Congratulations on a phenomenal year!

Scholar-Athletes

In addition, the following athletes have earned the title of Scholar-Athlete by achieving a 3.5 grade point average or better the first semester:

M - Freshmen: Christopher Kutz, Michael Lahry, Anthony Miller; M - JV: Paul Sikes, Andrew Thomas, Josh Walters; M - Varsity: Jeff Delgadillo, Joe Lewis; W - Freshmen: Dominique Bennett, Jessica Jones, Megan Walters, Sarah Woolston; W - JV: Lauren Cox, Viviana Becerra, Hannah Coyner, Joanna Flavetta, Kate Jelich, Mia Moadness, Chelsea Williamson; W - Varsity: Katie Amiglin, Kayla Thompson; Wrestling: David Cotter, Tyler Ewing, Jason Howard, Robby Scherer.



TEEN SAFETY

ON THE INTERNET & INFORMATION SUPERHIGHWAY

—TIPS FOR PARENTS OF TEENS—

Detective Vince Reece of the Sacramento County High Tech Crimes Task Force will be on hand with helpful tips for keeping our kids safe from Internet predators.

This compelling presentation has been very well received at other area high schools.

"It was amazing and scary how much information the detective could find out about us just by going on My Space and Facebook." — Jessie, 18

"After listening to the detective and watching his presentation, my friends and I immediately went home and changed the settings on our My Space pages." — Sarah, 17

Please R.S.V.P. to
Dennis Adams
By March 2nd
At (916) 733-3602
Or

dadams@cbhs-sacramento.org

Christian Brothers High School

Tuesday, March 6th at 6:30 p.m.

CBHS Cafeteria

Do you know:

- How to keep your identity private?
- How easy it is for a stranger to find out where you live and your personal information

Did you know:

- One in five children receives a sexual solicitation or approach over the Internet?
- One in four children has an unwanted exposure to pornographic pictures?
- One in 17 children is a victim of cyberbullying?
- 60 percent of teens who use the Internet say they have been contacted by a stranger?

Annual Fund Challenge ~ PLEASE HELP

Parents, did you know that your contribution to Christian Brothers this year might be doubled? Here are the parameters established through a generous matching program promoted by five alumni:

- If you did not contribute last school year, anything you give this school year will be matched in full.
- If you gave last school year, anything you contribute above last year's amount will be matched dollar-for-dollar.

Gifts to the Annual Fund (the Parents Annual Giving Program) support visual and performing arts, athletics, campus ministry and tuition assistance. All gifts, small and large, are well used and appreciated. Please consider as generous a contribution as your means will allow. For information, please contact Director of Advancement, Paul Rieschick, at 733-3608.

MARCH '07

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SPRING SEMESTER

FALCON FAMILY FACES



Jazz Dessert

Saturday, March 3, 2007 • 7:00 p.m.

St. Paul Missionary Baptist Church Gymnasium

4036 14th Avenue

(just east of Martin Luther King Jr. Blvd.)

Tickets: \$10 adults, \$5 students



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FALCON FAMILY NEWS

PRINCIPAL SHARING: *Grace and Gratitude from Brother George*

During Vacation discernment Week our CB community reflected upon God's call in our lives. For one of us, wondering that call will take Br. George into new adventures next year in ministry with the Christian Brothers. Away from CB's campus life, but always with us through the many ways he's touched our hearts. Please enjoy some thoughts from our very own Br. George Via Gruber, FSC.

—Raymond Barnell, Principal

In the end, there's only grace and gratitude. For the last eight years I've had the privilege of delving into the work, whims, and worries of the CB community — lots of activities, lots of laughter, lots of great people. And I have come out way ahead; sustained and enriched by "something" here at CB which is as solid as it is hard to pin down.

It has to do with the many years of CB tradition in Sacramento, and all of the alumni who proudly embody that tradition; it has to do with the spirit of the Brothers, past and present; it has to do with the faculty, the students, the parents, and the coaches; it has to do with the fact that the needs of a real, live, right-in-front-of-you student come first; it has to do with — dare I say it — the ways that we love one another. Yes, it's not perfect. Yes, the person next to me is being a particular jerk today. Okay, so welcome to the human race. Just look at that person or situation as an opportunity for you to exercise charity; just as you are sometimes the opportunity for others to exercise charity — believe it! It's how community works. It's what Jesus did so well and we still do so poorly. But we're learning, and CB is one of those places where we get to practice it on all kinds of levels.

In fulfilling my new job as Director of Vocation Ministry for the Brothers on the West Coast, I'll be leaving CB at the end of the school year — actually earlier, involved with our General Chapter in Rome from April 23rd to June 8th — but coming back certainly for visits.



Please know that my life has been made much richer because of you; that my years here have led my soul in ways that you cannot appreciate; and that CB life and community truly are something to be cherished. Bishop Garcia said it well at his last student-body Mass with us, when he called it a sacred presence here within the school community. That "Let us remember..." prayer must be working.

The best thing we have to look forward to is by nature, by profession, and by faith. And each brings its own results. Tomorrow is a pretty sure thing, all other things being equal. How we walk into it is up to each of us.

Our Founder, John Baptiste de La Salle said it best: "Be satisfied with what you can do, since this satisfies God, but do not spare yourself in what you can do with the help of grace. Be convinced that, provided you are willing, you can do more with the help of God's grace than you imagine." Great advice. And in the end, there's only grace and gratitude.

SCHOOL CALENDAR

ENTER TO LEARN, LEAVE TO SERVE

April 1 Spring Play 7:30 p.m.	April 18 Multicultural Dinner	April 26 Senior Family Library 5:30 a.m.
April 2 Soccer Club Mtg. 8:30 a.m. Soccer Hall	Friends of the Arts Mtg. 8:28 p.m.	April 30-May 4 Multicultural Week
April 3 Junior Retreat	Classics Inigo 8:30 a.m.	April 30 Scholars Dinner
Fresh Treatment Night 5:30-7:30 p.m.	April 20 Delegation Retreat	Address: Awards Convocation 7:30 p.m.
April 4 Justice Advocacy Project mtg.	KSC Retreat	
April 5 Holy Thursday Prayer Service 10:30 a.m.	Open Mic Night 7:30 p.m.	
Missions School Day — 11:58 a.m. dismissal	April 21 La Salle Club Hall of Fame Dinner	
April 6-13 Center Retreat	April 24 Louisville Parent Club Mtg. 6:30 p.m.	
April 14 ACT exam @ CB	April 25 Classics Inigo 8:30 a.m.	
April 16-20 AP Computer Week	10th Annual La Salle Art Exhibit 7:30 p.m.	
April 17 Junior Retreat	CCP Initiative — 80 CLACS	
Sock Night Convocation Mtg. 8:30 a.m.	Classics Inigo Festival at the Cathedral	
	CB Upper Division Ball	

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COLLEGE NEWS

Graduating Seniors have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2007! If our seniors are still grappling with final decisions, remember that Mrs. Hesser and Mr. Parsly are available to assist and support you. Some of the colleges and universities this year's graduating class have been admitted to are:

All of the 9 UC campuses

University of Southern California

Most of the 23 CB/ campuses

Saint Mary's College of CA

Loyola Marymount University

University of Puget Sound

Santa Clara University

United States Air Force Academy

Georgetown University

University of Portland

University of Arizona

Case Western Reserve University

University of St. Andrews (Scotland)

University of San Francisco

University of San Diego

University of Oregon

University of the Pacific

Portland University

Alma Pacific University

John Paul the Great University

...and many more too numerous to list. All colleges students have been admitted to and those they will attend will be listed in the Commencement Program next month. **Parents, be sure to have your senior submit his/her college acceptance information by completing it online at the "Family Connection"** (see CB website for details) Mrs. Hesser also needs a copy of each acceptance letter (regardless of where the student chooses to attend) for her records as soon as possible. Students need to list ALL colleges to which they have been admitted and ALL scholarships, awards, etc. We must have this information in order to accurately recognize your child at the Senior Family Liturgy on April 29 and at graduation on May 25. Students who do not submit this information will NOT be listed in the Graduation Program! **DEADLINE FOR SCHOLARSHIP INFO TO MRS. HESSER: APRIL 19; DEADLINE FOR COLLEGE ACCEPTANCE INFO TO MRS. HESSER: MAY 4!**

Juniors:

Our two informative college information evenings were very well attended by Juniors and their parents in January and March. Be sure to begin visiting college campuses this spring to find the best fit for your college experience.

Sophomores and Juniors: This spring is a good time to take the SAT and ACT exams! Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take an SAT Subject exam, be sure to register to take the **June 2 SAT Subject Exams** (the registration deadline is April 27; go to www.collegeboard.com to register). Juniors, if you did not register to take the **May 5 SAT Reasoning exam** by the deadline, you may still register late until **April 11** (there is a late registration fee). Be sure to register for either the SAT Reasoning or SAT Subject **June 2 date by April 27**. The next ACT exam is **June 9**—the registration deadline is May 4. Go to www.actstudent.org to register.

SUMMER PLANNING

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 CBHS website for details and contact information.

We hope you will continue to use two valuable tools for help with college planning: the **CB website** (www.cbhs-sacramento.org, click on Guidance/College Center under Popular Links in the middle of the page) ... **a wealth of great information; and the CB Family Connection** (<https://connection.naviance.com/cbhs>). If your child has misplaced the Family Connection registration code for first-time users, you may call Mrs. Heine at Br Edward Hall to retrieve it (916) 733-3680.

Register NOW for Summer School

Christian Brothers is offering a wide range of summer courses which are now open for registration. Brochures are available in the Main Office or Brother Edward Hall, or you may view the brochure and download a registration form online at www.cbhs-sacramento.org. A \$250 non-refundable deposit will reserve a place—the balance is due by June 1, 2007.

It is very important that students who signed up for classes at pre-registration without a deposit make their payment now to reserve a place in the class. Some classes are already highly impacted, and students who have not paid a deposit may be placed on a waiting list or moved to a different session. Be sure to label your check with both student name and summer course. **Questions? Call Noel Hesser at (916) 733-3658 or Diane Heine at (916) 733-3680.**

APRIL '07

N

SPRING SEMESTER

CAMPUS MINISTRY



Easter Prayer by Susan Kramer

Lord, You have arisen forever
in my heart!

May the sunrise
winked me to shine in Your light!

May the caress of a gentle breeze
winked me of Your compassion.

May the fragrance of a flower
remind me to blossom in Your love.

May the singing of birds
bring a song of joy to my lips.

And in the closing of each day,
may I remember to quietly pray.

Whenever I am, whatever I do,
may my thoughts in joy return to You!

Retreats

There is one **Sophomore Retreat** opportunity left on **Friday, April 20** at the **Newman Center** across from CSUS. Space is still available on this retreat – encourage your son or daughter to sign up in the Campus Ministry office.

The final **Junior Retreat** of the year is **Tuesday, April 17**. Space is still available on this retreat – encourage your son or daughter to sign up in the Campus Ministry office.

Attention Junior Parents!

Kairos 17 takes place **May 29-June 1** at **Christ the King Retreat Center** in Citrus Heights. This four-day retreat is for **current juniors only** – it will be their last opportunity to participate in their senior Kairos retreat program. This is an ideal opportunity for those students who want to make this retreat but are concerned about missing three days of school or have other school activity commitments (e.g. sports, drama) that make attending a Kairos retreat during the school year difficult. In addition, the students who attend this retreat will be eligible to lead (the other Kairos retreats during the 2007-2008 school year. Please encourage your son or daughter to sign up in the Campus Ministry office.

Liturgies

All family members and alumni are invited to the **St. La Salle Liturgy**, which is our last school-wide mass. This special mass honors both our founder, St. John Baptist de La Salle, and the Christian Brothers who reside in our community. Monsignor James Murphy will be the presider. The liturgy will be in the gym on **Tuesday, May 15, at 9:30 a.m.**

The **Senior Family Liturgy** will take place **Sunday, April 29, at 9:30 a.m.** in the gym. We look forward to celebrating with seniors and their family members as their journey through CB draws to a close. The presider will be Fr. Bill Freese, who has joined the seniors on every one of their Kairos retreats this year. The liturgy will be followed by an awards ceremony and a breakfast.

THE ARTS

FEEDING THE WORLD'S HUNGRY... "One bowl at a time"

On March 15, 2007, Mr. Bereskin's Ceramics class participated in the "Empty Bowl Luncheon" sponsored by River City Community Services (RCCS). This is an annual fundraising event which helps feed the hungry in Sacramento. For a \$25.00 donation, contributors receive a simple meal of soup, bread, and cookies donated by local restaurants, and also take home a bowl donated by local artists and schools. This year Christian Brothers High School students donated 40 hand-made ceramic bowls to the event, which is expected to raise some \$30,000 to help fund the vital services provided to Sacramento's hungry by RCCS.

This was a Christian service-learning project for the ceramics class. The beginning ceramics students learned the basics of handling clay and working with glaze, and discussed the designs and messages that should be on the bowls. They also had the opportunity to have a presentation by Eileen Thomas, Executive Director of RCCS, who spoke to them about how their efforts would help the Sacramento community. Ms. Thomas stated that our students made her feel welcome, showed much enthusiasm for what they were doing, and asked thoughtful and caring questions. One student wanted to know how you take on such an enormous challenge – how can we actually feed all the hungry people in the world? Ms. Thomas responded, "One bowl at a time."



CHRISTIAN SERVICE

Christian Service Learning

Have you heard a lot about Christian Service-Learning recently and wondering where this is really happening on campus? In addition to our four year Christian Service-Learning Curriculum, which was implemented in our Religious Studies Department this year, below you will find the other various Christian Service-Learning projects that have been happening on campus.

Art Department: Introduction to Art & Advanced Drawing - Mr. McIntosh's & Mr. Boriskin's classes did a sketching project to benefit our Twinning School, Meki in Ethiopia. The Meki School sent us a picture of every student and CB students are using these pictures to sketch a 5 x 7 portrait of each Meki student. Each Meki student will have a picture of themselves to keep for a lifetime, something we often take for granted. Mr. Boriskin's class also did a Ceramics project to benefit River City Community Services (see article on page 5).

Language Department: Spanish I, II, III Classes - Señora Tina, Señor Adams, & Señor Capegreco's Spanish classes recently put their bilingual skills to work and sent stacks of language flash cards to Centro La Salle in Tijuana, Mexico. Centro La Salle is a community center and school that offers English classes to young adults. Our CB students got a chance to practice their Spanish vocabulary and provide teaching tools for our Lasallian brothers and sisters south of the border. The Ven A Ver groups delivered the flashcards on their recent trips this winter.

P.E. Department: Healthy Lifestyles - Ms. Stark completed a Health Advocacy Project in her Healthy Lifestyles class. This Christian Service-Learning project benefited various agencies in the Sacramento community. Students had to identify a health issue in the community that dealt with nine or more of the six spectrums of health that they learned in class. They wrote a proposal for their project that would address the identified health issue and then implemented their plan in the community.

English: Senior Creative Writing - Fall semester, Ms. Casetta's creative writing class learned the fundamentals of writing and illustrating children's stories, after which each student produced a publishable storybook and took it to St. Hope Academy - PS7. There, they had a story hour with the kindergarten classes and then sent the St. Hope students home with a beautiful book created personally for them by a CB service.

Spring semester, Ms. Casetta will lead her students through the interview and biography-writing process. This senior creative writing class will put what they have learned to use by interviewing the senior citizens who volunteer their services at the Sacramento Food Bank. Thereafter, the CB students will write biographies about these seniors and later return to the Food Bank to present each senior with a personalized biography of their life. This is the second time Ms. Casetta's creative writing classes have written biographies for senior citizens in our community. Last year they visited the Hart Center and the Sierra 2 complex, where they interviewed and wrote biographies for approximately 40 senior citizens. The seniors were delighted with their finished biographies and raved about our students.

Community Service Documentation Forms Due

Attention all students who have completed community service hours this year. Forms are due **Thursday, March 29th**. Turn in all forms to Ms. DeBenedetti Emanuele's box in the Main Office or the Christian Service Center.

To document service please follow the steps below:

- Students who volunteer can document their hours for college applications.
- Students can pick up a new form in the Christian Service Center or on the CB's website: People & Places, Christian Service Program.
- Students should always use form for each agency or placement where they have volunteered.
- Students need to assess themselves with a short self-test and have it supervisor-verify their hours.

Lenten Almsgiving Project

Each year during the liturgical season of Lent CB engages in a school-wide Almsgiving project to benefit an organization that serves the poor and vulnerable. This year the Christian Service Corps (CSC) sponsored our Lenten Almsgiving to benefit Stanford Home for Children. Stayed tuned for the May issue of the Family Falcon News for results on how much we raised this year.

Summer Opportunities

Camp IMPACT 2007 is taking the plunge and they need your help. Please join us for 4 weeks (or more) of Summer Camp fun including arts and crafts, swimming, Christian education and field trips! Vacation Bible School: June 1 (9:15-15:15), Mon-Fri, 9:00am-12:00pm. Summer Camp Session 1: June 18-July 5, Mon-Thu, 9:00am-4pm (hours negotiable). Summer Camp Session 2: July 9-Aug 2 Mon-Thu, 9:00am-4:00pm (hours negotiable). All participants must attend the mandatory Camp Orientation. For more information, please call Amy E. Smith, IMPACT Director at (916) 213-1586.

Nobel Learning Communities (Merrill School) is looking for students to be part of their Volunteer program. Students 14 years and older, with a 3.0 GPA or better are encouraged to be junior counselors this summer. Junior counselors are able to pick their own schedule Monday - Thursday from 9:00a - 6:00p. Junior Counselor schedules can range from 4 days per week, 2 hours per day to 1-4 hour day per week. For more information contact Peter William at Merrill School 916-429-8864.

STUDENT ACTIVITIES

Upper Division Ball

On Friday, April 27, the CB community will have a day off thanks to the hard work of our students during their QSP magazine drive last fall. Many upper division students will be spending the day in preparation for the Upper Division Ball, "0807-Tonight Never Dies" at the Arden Hills Country Club from 7:00 - 11:30 p.m. Tickets for the U.D. Ball will cost \$110 per couple. This includes a buffet dinner (so be sure to come hungry!), chocolate fountain for dessert, dancing to the tunes of "Hightop Posse" and a commemorative prom party favor. Pictures packages will be available for an additional fee.

Ticket sales start for seniors on March 26 and for juniors on March 28. Ticket sales will continue through Tuesday, April 3, 2007.

All non-Catholic high school students are required to have a guest pass for the dance. Guest passes are available in the SAC and main office. They are due Monday, April 2.

The Upper Division Ball is the highlight of the year as our young people practice their prom etiquette. The prom dress code calls for formal wear. Formal means conservative, formal attire.

- Boys are to wear a tuxedo or suit and tie.
- Girls will wear a formal dress. Halter, strapless and spaghetti-strap dresses are allowed as long as the dress is modest in good taste and appropriate for your body type. Dresses may not be plunging front or back.
- Everyone is to wear dress shoes (absolutely no tennis shoes).

The Student Activities Department would like to wish all of our community members a Happy Easter and a joyous upcoming spring.

FROSH

Enrollment Night

On Tuesday, April 3, in the Ron Limerberger Gymnasium, we will welcome our incoming freshmen, the Class of 2011, and their parents. The evening's activities, from 5:00-7:00 p.m., include processing registration forms, visiting with representatives of our academic departments, hearing about school athletics and clubs, summer school sign-ups, financial aid information, and purchasing CB gear and summer reading books at the bookstore. New frosh students will also have their 2007-08 school ID card and yearbook pictures taken in the cafeteria.

ASB and Class Council Elections

Next year's Associated Student Body Council candidates will campaign for offices beginning Monday, April 16. The speeches will be presented to the student body on Thursday, April 19, and the election will be held on Friday, April 20. 2007-2008 Student Body Class Council applications will be available beginning Monday, April 23, and are due Monday, April 30. Those elections will take place the second week in May.

Grad Nite Spaghetti Feed ~ Thank You!

Thank-you to the following who logged many fun hours to make the event successful!

Event Chair, Phil Silver • Michael & Deb Kennedy, Gail Overhouse, Cindy Castrows, Jane Matthews, Sylvia Wong, Dottie Loh, Debbie Oyede, Lisa Gross, Catherine Hogan-Kalmarson, Cindy Nardis-Butcher, James Hazzard, Jill Heenan, Josh & Doris Pare, LouAnne Malone, Monica Davila, Sandy Westlake, Sherry Kelly, Stephanie Gastin, Terri Oyewille

A special note of appreciation to CB Supervisor of Building & Grounds *Ray Guilleme* for his cooking skills, the Slack Kids Band (managed by the Penner Family) and the CBHS Jazz Choir, directed by Holly Stearns. *Thank you to all the Christian Brothers parents, students, faculty and staff who lined in or picked up their meals through the drive-through. Your generous support of the Class of 2007's Grad Nite is appreciated.*

Thanks to the many donations from CB parents and supporters!

Jane Matthews, Rescorla Lithographers, The Italian Importing Company, Corn Bros., Traibe Joe's, Frank's Meat Market, Roseville Meat Company, Campbell Soup Company, Fresno Produce Company, Gayle & Davis Associates, Robert Matthews, Crou Belts, E.J. Kelly General Contractor, Starbucks/Fresno Blvd., New Cal Beverages, Long, Hansen, O'Malley & Mills, Bob & Lisa Simon, McDonald's / Rancho Conejo, Smart & Final, Debby & Larry Oyster

Watch for next year's Spaghetti Feed to support the Class of 2008!

FALCON ATHLETICS



APRIL '07

W - Soccer Women's soccer once again began with the toughest preseason in Sacramento County. The varsity team is playing hard and learning a lot as we prepare to defend our title. The Lady Falcons placed 3rd in the St. Mary's tournament with all tournament honors to junior Taylor Chamberlain and freshman Jennifer Ericson. JV Soccer is getting off to another great start. While the season is still young, the team is looking to defend their Sierra Valley Conference title. After just one league match, they are undefeated. With the offense being led by sophomores Eleni Lewis,

Taylor Sharpe, and Geanna Flavetta, goals shouldn't be hard to come by. The midfield is anchored by Whitney Swain, Laura Smetter, and Chelsea Williamson. The Lady Falcons are blessed with another stingy defense, led by Megan Walters, Elise Michaels, Christy Wilson, and Samantha Schumann. In the net, the team is relying on Natalie Placencia and Kylie Masten to deny all opponents from the goal. Although it is still early in the season, the future is looking bright for the CB women's soccer program.

Baseball The Varsity team has lost some close contests in preseason, but we look forward to league play. The JV team is 5-5 preparing for our season to begin. One of the big highlights has been Marcus McDaniel who hit a grand slam against Bear Creek, his second home run of the season. Freshman baseball is alive and well. League action began March



22, and the traditional Easter Tournament will be played at Elk Grove starting March 31. These first year Falcons are getting better everyday with their dedication and commitment.

M - Volleyball Men's varsity volleyball is off to a great start with a 7-2 non-league record. The team is led by Senior co-captains Bryan Caselli and Javi Plasencia. Seniors Anthony Pham and Ryan Wilson, along with juniors Scott Lewis and Jack Taylor, lead the attack at the net, with junior Bryan Perrin quarterbacking the team from the setter position. The team is playing a scrappy defense, which is keeping the ball alive and giving them opportunities on the offensive end for more kills. League play is just underway with expectations high from the coaching staff.

Lacrosse With the lacrosse program still in its early stages, the team is full of potential. Comprised of 22 energetic Lady Falcons from freshmen to seniors, and led by senior captains Stacey Howell, Lauren Lahey, Lindsay Melne, and Liz Oveda, the team is working hard to improve their skills. Although our season started slowly with a couple upsetting losses in overtime, we're learning more from every game. We are incredibly excited to see how both the season and the team progress.

UPDATE: The following athletes were inadvertently omitted from the last Falcon Family News as achieving a 3.5 g.p.a. at the semester while competing in basketball: Peter Wambury, Aze Jackson and Soney Birwaife. We apologize for our error.



Track and Field As the weather warmed up from winter to spring, so did the Track and Field team. This year's roster has 85 strong athletes competing in races, throws, and jumps. Early in the season, the Falcons took home 62 medals from the Vallejo relays with outstanding performances from the frosh/sooph boys, varsity girls, and varsity men. The men's team is led by the seniors David Van Muyden and Matt Delgado. Look for outstanding performances from Asa Jackson in the 400m and 800m, Adrian Speed in the triple jump, Aaron Dennings in the long jump, Chris McEinion in the hurdles, and our 3 senior throwers Will Coddington, Nick Sullivan, and Leo Velutini. Anchoring a young women's team are Kelly McEnemey and Kane Held in the distance races, Viviana Becerra and Sophia For-Sowell in the jumps, Sierra Encinas in the hurdles, and Sam Calkins in the pole vault. Stay tuned to the next Falcon Flex to hear about the JV squad. We are looking forward to an outstanding season.



FALCON ATHLETICS



Rugby The Varsity Rugby team's current record is 4-7, with a win over Jesuit II. The freshman Rugby team is 5-6 and will be starting the Sacramento Valley playoffs after the spring break.

Swimming The falcons have grown in number and are well on their way to an excellent season. Led by renowned head coach, Ruben Guzman, who returns after a twenty-one year hiatus (1986 was the only previous year CB ever won a league championship in swimming) the falcons are well on their way to their best season in many years. The Varsity girls are led by senior Rose Berghash, their best sprinter, and freshman Dominique Bennett, the best all-around swimmer for the girls. The Varsity boys have great depth, having already qualified three relay squads for Northern California Section State Championships. Standouts include sophomore Mitch Cartocelli, who excels in the 100 Butterfly, junior Joe Labrella, an excellent all-around swimmer and backstroke, and freshman Hyun Kim, aka "Alaska," an excellent breaststroker and freestyler. The boys look to qualify quite a few swimmers for Sections by the time league championships arrive at the end of April. Come watch our falcons FEY through the water!

Diving Our diving team, though small, is off to a good start in their dual meets. Blair Pierce has improved his dual meet score by nearly 20 points in each of his last three meets and will set his sights on becoming the league champion this year. Senior Katherine Brun-Kami is back after a one year absence and is also determined to support her swim team with some big points at league championships. Go Divers!

Softball The varsity Lady Falcons softball team had a 4 and 2 start in the pre-season, followed by a strong win over Cordova in the first league game. Freshman Carly Clesien is one of the top pitchers in the area, and Geneva Perrine is the starting short stop who has already received a full scholarship to Humboldt State. The Lady Falcons are looking forward to a tough league schedule and are working very hard to find success on the softball field. The JV team finished the non-league/pre-season portion of our schedule with a 4-4 record, and we are an improved team overall, with a mix of sophomores and freshmen. The sophomores' experience and the skills of our new freshmen have our hopes high. Good weather has allowed us more practice time, and we are anxious to start our league play.

M - Tennis The players are doing well, as they are absorbing both the mental as well as physical aspects of the game. We played a very deep and matured Del Oro team that defeated us 8-1, which was followed up with a disappointing loss to McClatchy. Against Cordova we finished with a 9-0 victory. A big test will be our match-up with Oak Ridge and we'll see where the stand in the conference. The team is still improving and just needs to play with winning strategies and not tighten up in the clutch.

M - Golf The Varsity Boy's Golf Team is looking forward to an exciting season! For the first time a Christian Brothers golf team won the Fr. Joe Barry Junior Masters tournament. This prestigious invitational consists of a very strong field of teams from all over California, as well as out-of-state teams. We finished 2nd out of 12 teams in the St. Mary's Kickoff Classic in Stockton, falling by two strokes to Lodi. We have defeated Jesuit twice in dual matches and won the Wolfpack Invitational in Redding for the second straight year. League play has started and we are attempting to defend our SVC championship. The team is led by juniors Grant and Cameron Rappleye, as well as Scott Hackney, seniors Matt Jimenez and Matt Kalmanson, and sophomores Jordan Swanson and Connor Ferrell. Junior Matt Aranson and sophomores Josh Moore, Joey Cohen and Chris Sylvia round out our roster and all have great promise. We are extremely proud of our first semester team grade point average of 3.63! The JV golfers have a 3-2 current team record, with low scores Nick Bacher 41, Sterling Arterberry 43, and Joey Dolan 44.

ANNUAL GIVING PROGRAM ... *We would appreciate your support.*

Parents, if you have not already committed to this year's Annual Fund through your gift to the Annual Giving Program, please make your gift today.

Gifts to the Annual Giving Program enhance the living and learning experience of each student since the Annual Fund supports academics, the visual and performing arts, athletics, campus ministry, student activities, and campus upkeep.

We are seeking 100% parent participation, so whether your gift is small or large, be assured it is needed, it is appreciated, and it will be well used for the benefit of all of our students.

For questions, please contact Director of Advancement, Paul Rieschick, at 733-3608.
Thank you for supporting our great school.

FALCON FAMILY FACES



APRIL '07

02

SPRING SEMESTER



Christian Brothers High School presents the fifteenth annual

LA SALLE ART EXHIBIT

Thursday, April 26, 2007 • 7:00 - 8:30 pm

1st & 2nd floor of the SMAT Building (over through the faculty lounge)

Hors d'oeuvres, beverages and music provided. Come enjoy the Fun!

Artwork: "Thiebaud's Dress" by Stephanie Hopcraft Class of 2007

MARK YOUR CALENDAR: Art Exhibit at CSUS Library Gallery
Teacher and Student Paintings by Kevin McGovern and Artwork by Lisa Students at CBHS
Reception: Friday, June 8th from 5:00 - 8:00 pm... All are invited!



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FALCON FAMILY NEWS

PRINCIPAL SHARING: *Play Sublimely*

Antonio Stradivari was a 17th Century violin maker. When his name is spoken in Latin, Stradivarius, it becomes synonymous with excellence.

He once said that to make any single violin, less than his very best work, was to rob God, because God could not make a Stradivarius without Antonio Stradivari.

Antonio was right. Certain gifts were given to that craftsman that no other violin maker had. Likewise, only we can do our own very best work with the gifts God has blessed us with. This especially holds true in the academic arena.

As a college preparatory Catholic high school, Christian Brothers' students' ultimate prize is a diploma and realizing one's first best choice for higher education. This is an honor our young men and women grasp each year with distinction.

Ninety-nine to one hundred percent of CB graduates matriculate into higher education. Approximately 69% of CB graduates are offered admission to 4-year colleges/universities; 30% entered community college on their way to transferring to a university. About one percent per year join our military are undecided, or will take a gap year.

Yet, the road to graduation is equally impressive. Take, for example, our students' academic achievement in their course work. Over one third of our freshmen through senior students have achieved either "Highest" honors or "Honors" on our Academic Honor Roll.

Last semester alone, 14%, or 153 of Christian Brothers' students, achieved a 4.0 and above GPA to attain mastery within our curriculum as exhibited by testing, projects, daily work, participation, critical thinking and analysis, and applying learning to new situations.

With GPAs from 3.0 to 3.99, another 54%, or 564 students, reached a high level of proficiency in these areas. Thirty-two percent of our student body (297 students) demonstrated their competency with GPAs of 2.0 to 2.99.



At our recent SENIOR LITURGY and ACADEMIC AWARDS CONVOCATION, we individually applauded our students who continue to develop and obtain such success in scholarship.

Of course there's more to developing one's greatness than academic scholarship. During these high school years, CB students' added talents shine brilliantly - as servant-leaders and ministers of faith, as athletes and artists, as friends.

In the grand orchestra we call life, each of us has an instrument and a song. Our own special gifts. And, Christian Brothers' students honor God by playing theirs sublimely.

LIVE JESUS IN OUR HEARTS, FOREVER!


Raymond L. Farrell
Principal



SCHOOL CALENDAR - MAY '07

ENTER TO LEARN. LEAVE TO SERVE.

May 1-4	Multicultural Week
May 3	Classes begin 8:30 a.m.
May 4	Staff Appreciation Day Senior Student Leadership Team Day of Reflection Spring Instrumental Concert 7:30 p.m.
May 5	SAT exam @ CB Fresh/Soph Team
May 7-17	AP Exams
May 7-18	Class Council Campaign Week
May 7	Booster Club Mtg. 6:30 p.m.
May 8	Booster Club Banquet 6:30 p.m.
May 18	Classes begin 8:30 a.m. Falcon Fly - Class Council speaker

May 11	Class Council elections
May 14-18	De La Salle Week
May 14-15	Picnic Plans
May 15	St. La Salle Liturgy 8:30 a.m.
May 16-17	Review Days
May 18	Midwinter @ CB Grad Night Mtg. 8:30 p.m.
May 17	Spain Day
May 18	Founder's Day - 11:30 a.m. dismissal Class Council Grad Concert 7:30 p.m.
May 21-24	Senior Trips
May 21	Caroline Dinner

May 23	Grad Night Mtg. 8:30 p.m.
May 24	Senior BBQ, Senior Pictures
May 25	Baccalaureate and Graduation Grad Night
May 28-June 1	Relax! (Kano 17)

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GUIDANCE DEPARTMENT NEWS

SUMMER PLANNING

Gear up for summer! The counselors would like to remind students and parents that summertime is a good time to continue college planning and academic preparation. Parents, studies have shown that students who suffer from the dreaded "B" word (boredom) in the summer are more likely to engage in at-risk behavior with drugs, alcohol, early sexual activity, and "partying" than those students who are involved in structured, productive activities. Busy, involved students who are working on academic pursuits, a summer job, or enrichment activities are better prepared for the rest of high school and for college. In addition to the many summer program opportunities available on the CB website, 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.) Sophomores:** consider taking the SAT Subject Exam on June 2 in a subject area you just completed (for example, AP World History or Chemistry)
- 3.) Juniors:** A checklist of reminders:

- May**
- * Take SAT or SAT Subject Exams May 5. Students who did not register in time can come to CB on May 5 as stand-by registrants (there is a late fee - see Ms. Kamdas for details).
 - * Register for the June 9 ACT Exam by May 4. Go to www.act.org to register.
 - * If enrolled in AP classes, take Advanced Placement Exams.
 - * Plan for a challenging senior year.
 - * Start checking out financial aid and scholarship resources. Try www.fastweb.com or www.finaid.com.
 - * Study hard for your finals!

- June**
- * Take the SAT or SAT Subject Exams June 2 (any TWO subject areas, but not Writing or math level 1 as UC does not accept those). It is a good idea to take an SAT Subject area test in a curriculum area you've just completed, for example, US History or Chemistry.
 - * Take the ACT June 9.

- Summer**
- * Send for college applications.
 - * Study for SAT/ACT.
 - * Begin drafting college essay.
 - * Do something extraordinary! Try a summer program on a college campus, work at a summer job, or travel.

4.) Seniors: A checklist of reminders:

- May**
- * You must submit your SIR (Statement of Intent to Register) to the college you will attend by **MAY 1** - this includes a deposit amount. It is unethical to "double deposit" and may result in your offer of admission being rescinded.
 - * Congratulate yourself (but stay focused on finals) you did it!
 - * Tell Mrs. Hesser where you have decided to enroll.
 - * Advanced Placement Exams for AP students!
 - * Fill out housing forms and pay careful attention to deadlines concerning housing deposits, etc.
 - * Write "Thanks but no thanks" letters to colleges you will not attend.
 - * Analytical Writing Placement Examination (Subject A test) for UC bound students in May 12.
 - * ELM & EPT for CSU bound students offered May 5 and May 15.
 - * Enjoy your graduation and begin your college journey!

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

MAY '07

2

SPRING SEMESTER

FINALS STUDY DAY

Last semester, students of the Communion and Liberation Club hosted a study day where the students gathered with their classmates and their teachers to prepare for finals. Eighty students and six teachers attended. It was a huge success. This semester, we will gather **Saturday, May 19 at 9:00 a.m.** in the library and end with lunch being served at 12:30 p.m. **Please RSVP or direct any questions to Mary Alice Bennett, Bobby Frasques or Dr. Holly Peterson.**

BIOTECHNOLOGY STUDENTS WIN RECOGNITION

Congratulations Cyle Zezotarski, Meghann Danley, Kate Collins, and Lauren Lahey on a job well done! These students did a research project for our Biotechnology course and entered it in the Fashion/NSTA Exploravision contest, receiving an honorable mention for their project called **Fashion Farm**. The Exploravision contest challenges students to think of technological innovations for the future. Their project explored the idea of providing another source for purchasing the furs of endangered species by genetically engineering cows to produce their fur.

"If successful, not only will cattle that is already being raised to be marketed for meat be put to better use (less of the animal will be wasted), but a cow's body will be manipulated to grow the fur of another animal." They were chosen to be among the top 10% of projects received throughout the nation! You can read about their project idea posted on the website at www.exploravision.org/past-winners/honorable-mentions-2007.php

CAMPUS MINISTRY



"Because we have been gifted with God's peace in the risen Christ, we are called to our own peace and to the making of peace in our world.

As disciples and as children of God,

it is our task to seek for ways in which to make the forgiveness, justice and mercy, and love of God visible in a world where violence and enmity are too often the norm."

from *Challenge of Peace*

The Campus Ministry team wishes you and your families a blessed Easter season. May these fifty days be filled with the love and grace of God for you and all those you hold dear.

Liturgies

Our **St. La Salle Liturgy** in honor of our founder, St. John Baptist de La Salle, will be **Tuesday, May 15, at 9:30 a.m.** in the gym. **PARENTS ARE ALWAYS WELCOME AT OUR SCHOOL LITURGIES.** Please join us for this special part of our De La Salle Week celebration. Joining us as our presider for this liturgy will be Monsignor James Murphy.

The **Baccalaureate Liturgy** for the graduating Class of 2007 will be **Friday, May 25 at 9:00 a.m.** at the Cathedral of the Blessed Sacrament. Bishop William Weigand will be the presider.

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

Retreats

The Campus Ministry team expresses its gratitude for being able to "pray and play" with your sons and daughters through the retreat program this year.

Many thanks to the **Senior Retreat Leadership Team** for their faith and leadership skills as they led 13 Fresh, Sophomore, and Junior retreats this year. The application and interview process for next year's team is underway. All current Juniors who are interested in being a Senior Retreat Leadership Team member next year should see Mrs. Nelson in Campus Ministry.

The next **Kairos** retreat is **May 29-June 1** at Christ the King Retreat Center and is for **current Juniors only**. See Mrs. Nelson in Campus Ministry for more information.



CHRISTIAN SERVICE

Christian Service Awards

The motto on our cross lower states, "Enter 40 Years, Leave 40 Servant." The following students have taken those words to heart and have completed an outstanding number of Christian Service hours. A special congratulations to the Class of 2007 - collectively they did over 8,000 hours of community service while students at CB.

The following seniors received a Christian Service Award for completing 125 or more hours of service: **Jessica Bond, Katherine Brun-Kami, Matthew Connors, Jeffrey Delgadillo, Shannon Heinzer, Stacey Howell, Lena Lam, Michele La Rosa, Maritza Luna, Chayla McDavid, Lindsay Melina, Elizabeth Olveda, Samuel Regalado, and Kevin Rooney.**

The following seniors received a Christian Service Award with Distinction for completing 250 hours of service: **Jessica Bryant, Angela Carter, Matthew Delgado, Jessica Lam, Paul Lee, Lauren Leishman, Samantha Miller, Hannah Murphy, Jessica Peterson, and Anne Winslow.**

Christian Service Awards for the classes of 2008, 2009, & 2010 will be presented at the Holy Spirit Liturgy in August 2007.

CB Students March for a Cause at the Capitol

Ten Mystery of Suffering and Death students participated in an informational picket at the State Capitol Building on March 23, 2007. The students were part of a coalition of grass roots organizations led by Bill Bennett of the Western Service Workers Association, trying to stop passage of Assembly Bill 374 in the Judiciary Committee. The bill would legalize assisted suicide. Students heard representatives from opposing organizations explain their opposition, then marched to the Capitol and picketed while information about assisted suicide was distributed to legislators and other passersby. The KBFT crew was also present and interviewed leaders and participants. Ultimately, the bill passed and is now before the Appropriations Committee, but our students learned from this experience about expressing their beliefs to influence the legislative process.

Seniors - Donate CB Gear!

Senior Jessica Lam is asking all graduating seniors to donate their unwanted, gently used CB gear. You can bring your donations by the Christian Service Center or see Jessica Lam directly. All donations will go to other CB students who may not be able to afford the CB logo shirts.

Christian Service-Learning

The CB varsity Cheerleaders did a wonderful Christian service-learning project with Oak Ridge Elementary School. The day before Oak Ridge students began their "STAR" annual state testing, the cheerleaders went to Oak Ridge to hold a rally. The Oak Ridge students sat out on the blacktop while the varsity cheerleaders led them through cheers and skits, instilling the young children with school pride and confidence to do well on their upcoming exams. Great job varsity Cheerleaders!

Community Service Documentation Forms

Attention freshmen, sophomores, and juniors: If you haven't already done so, please turn in your community service documentation forms to Ms. DeBenedetti-Emanuel in the Christian Service Center ASAP. If you need additional forms you can get them on the CB web site under Christian Service, or in the Christian Service Center.

Christian Service Summer Opportunity

Twin Leadership Programs at Camp Perikala are a great way to spend the summer having fun and learning leadership skills. There are two programs available: Campers-In-Leadership-Training (CILT) for 14 and 15 year olds and Counselors-In-Training (CIT) for 16 and 17 year olds. If you want more information, please stop by the Christian Service Center for an application or go to www.perikala.org.



STUDENT ACTIVITIES

Multicultural Week will take place during the week of April 30 through May 4. Each day a different cultural club will sponsor food and activities for the student body. The week gives Christian Brothers students a glimpse into the lifestyles of cultures around the world. We will start the week out with **X-treme Day**, a day to play extreme games featuring a special presentation from extreme skateboarders. Tuesday will be **Maya Club day**, celebrating the history of Hispanic culture. Wednesday will be sponsored by the **Black Student Union**. Thursday the **Asian Pacific Club** will bring us food and entertainment, and the **German, French, Muslim, and Greek clubs** will finish off the week.

The annual springtime **Frosh/Soph Date Dance** will take place May 5. The theme is yet to be decided, but the dance will take place from 7:30-10:30 p.m. Contracts will soon be available in the SAC so get ready to dance the night away.

Founders Week begins May 14 and ends with the traditional "fun day" on Friday, May 18. The day will begin with homeroom when the students receive their yearbooks. The remainder of the morning they will enjoy activities offered around campus. On the Mary Lawn the annual car show is put on by the **Car Club**. The Main Lawn has several activities such as surfing, jousting, and an obstacle course, and the opportunity for students to dunk their favorite teacher. There will be time to sit and sign yearbooks or enjoy icees, cotton candy, and root beer floats. Dodgeball and basketball games will take place in the gym. It's always a poignant day for our seniors as they celebrate for the last time as members of the school-wide community before they embark on their next adventures. A special **Spirit Day** will take place on May 17 to recognize our seniors and all students will be asked to wear yellow in honor of the graduating class.

- Looking ahead to next year, we want to say
- "Congratulations" to the newly elected
- ASB officers for 2007 - 2008:

• PRESIDENT:	Jonathan Gayton
• VICE-PRESIDENT:	Joel Johnston
• SECRETARY:	Katherine Holst
• TREASURER:	Blair Pierroz
• Rally Chairs:	Michael Block & Jonathan Soto
• Publicity/Historian:	Erica Rocco



VISUAL AND PERFORMING ARTS

What a year it has been! Once again, our Visual and Performing Arts students and faculty have elevated the profile of Christian Brothers High School on local, state and national levels.

The year started out with many of us waking up to see our very own KBFT senior, Chris DuCray on the Channel 10 Morning segment "What's Cool in School." Christian Brothers was the first school featured, and Chris set the bar for all of the high schools that would follow. Our KBFT Crew continued their success the entire year, receiving five awards at the Student Television Network national competition in Los Angeles, California. Students receiving awards were: Chris DuCray, Heather Kennedy, Matthew Hiltach, Scott Sanborn, Derek Overhouse, Brendan Carroll, Robert Scheres, Andrew Nelson, Taylor Mahony, and William Dallora. Our **Senior Video Production** class continues to grow, and after winning numerous awards last year, is expected to do very well once again in the Tower of Youth Film Festival on May 2.

In theater, our school musical, "Grease" performed to sold-out audiences right here on campus in a 3000 seat tent. Led by a stellar cast of leads, including Briana Wilborn, Rachel Malnowski, Jessica Masuhara, Annette Nixon, Amanda Hahn, Michael Block, Donald McFadden, Anthony Tavlarini, Brittan Lopez, Cyle Zozotarski and Jalen Cantano, folks slicked back their hair and took a trip down memory lane, with great songs like "Greased Lightnin'", "We Go Together", and "Beauty School Dropout." Next, students wrote, directed and created well-crafted performances of One-Acts both on the CB stage as well as at CSUS for the Linnaea festival. Cyle Zozotarski's "Snow" impressed all of the judges. The 2006-07 theater season ended with a fabulous performance of the play "Blasphemy."

Students from our **instrumental program** could be seen performing all around Sacramento at art galleries, festivals, community events, and most recently on the Pier in San Francisco. Additionally, Ben and Megan Digging accepted invitations to perform in the California Music Educators Association's "Capitol Section Honor Band" and Jason Vink, Travis Martinez and Jonathan Hester-McCullough all placed at the Golden Empire Music Festival.

With the addition of Robert Boriskin to our Art Faculty the **visual arts** continued to improve upon a year acclaimed success. The 20th Street Art Gallery Student Self-Portrait show saw four CB awards. Clare Flynn, Di Meyer and Evann Whiteman all took "Best" in their categories, and Bryan Caselli took "Best in Show." The La Salle show featured CB's best judged by local artist Bob Giras. "Best in Show" was awarded to Scott Hackney, with Shel Hinzler, Spencer Kennedy and Amanda Dyba coming 1st, 2nd and 3rd respectively. The year will conclude with some of CB's finest artists being showcased at CSUS Sacramento, when art instructor Kevin McGovern preser his exhibit "Teacher and Student: Paintings by Kevin McGovern and artworks by his students at Christian Brothers High School." The exhibit will be on display at the CS Library Gallery from June 5-June 26, 2007.

The **choral program** continues to grow in number and quality with the addition of Holly Slabbinck to its faculty. The vocal jazz ensemble began the year with a master class featuring Grammy nominated "The Roots." They then applied what they learned when they performed at the Sacramento Convention Center for 800 insurance representatives, sharing the stage with guest speaker, Governor Arnold Schwarzenegger. In February, our chorus debut the first ever "Catholic High School Choral Festival," which they performed and were critiqued by internationally renowned clinician and choral director, Dr. Charlene Aydenbeque. And in March, Senior Rachel Sprague traveled Miami, FL to represent the state of California in the American Choral Directors Association's "National Honor Chorus" making her one of the top choral students in the county.

For more information about our programs, please visit the new Christian Brothers High School Visual and Performing Arts website www.cbarts.org, which opens the middle of May.

CHRISTIAN BROTHERS ART INSTRUCTOR AND HIS STUDENTS TO EXHIBIT AT THE CSUS LIBRARY GALLERY!

Christian Brothers art instructor Kevin McGovern has been selected by the University Library Gallery at Sacramento State to exhibit his paintings at the gallery this June. In discussions about the exhibit, McGovern was asked whether he could also bring works of art created by his students. The answer was "Absolutely!" The exhibit entitled, "Teacher and Student: Paintings by Kevin McGovern and artworks by his students at Christian Brothers High School," will be on display at the Library Gallery from June 5-26, 2007.

McGovern, an alumnus of CSUS (BA '79, MA '86), will be exhibiting his latest "Swimming Pool" series of paintings and 24 works of art from his students. The reception for the show is scheduled for Friday, June 8 from 5:00-8:00 p.m. at the CSUS Library Gallery. A color catalogue that will include all the works in this show will be available for purchase on that evening.

When asked about the exhibit, McGovern replied, "It is quite an honor to exhibit at the Library Gallery at CSUS. I think it is one of the nicest places to show in Sacramento, and to have my students with me makes it a real event!"

FALCON ATHLETICS

Good luck to all our programs as they complete league action and gear up for playoffs!!

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

- JV Baseball 3.03
- Varsity Baseball 3.11
- Dive 3.57
- Men's JV Golf 3.17
- Men's Varsity Golf 3.46
- Women's Lacrosse 3.71
- Men's Varsity Rugby 3.14
- Women's JV Soccer 3.28
- Women's Varsity Soccer 3.44
- JV Softball 3.07
- Men's and Women's Swimming 3.33
- Men's Tennis 3.57
- Men's and Women's Track 3.25
- Men's Varsity Volleyball 3.73

Congratulations scholar-athletes for achieving a 3.5 grade point average or better the third quarter:

Fresh Baseball: Zachery Anderson, Joseph Allibon, Travis Hart, Christopher Kutz, Peter Yamanlung. **JV Baseball:** Kevin Crawford, Aleksander Komalicki, Evan Harris, Ryan Wilson. **Varsity Baseball:** Michael Leno, Kyle Venegas, Patrick Gormley, Joe Lewis, Diving: Blair Perno. **M-JV Golf:** Jarrett Link, Brandon Simms, Nicholas Bachin, Nick Statfor. **M-Varsity Golf:** Connor Penfold, Chris Sylvia, Matthew Aronson, Matthew Kalmanson. **W-Lacrosse:** Kelsey McNamara, Emily Clements, Hannah Coyner, Kate Jellich, Nicole Evashenk, Maewyn Gallagher, Allison Moser, Arianna Procopio, Ann Steimer, Margaret Waterhouse, Madeleine Flynn, Stacy Howell, Lauren Lahey, Lindsey Melroe, Elizabeth Olveda. **M-JV Rugby:** Dakota Duonchelle, Graham Ryden, Kevin Anegón, Daniel Hansen. **M-Varsity Rugby:** Ian Markham, Gregory Miguel, Mark Szausz, Robert Scheer, Aaron Gustin. **W-JV Soccer:** Sarah Marks, Samantha Schumann, Whitney Swain, Megan Walters, Geanna Flavetta, Eloni Lewis, Elsie Michalek, Christine Van Beek, Chelsea Williamson. **W-Varsity Soccer:** Rachel Cheney, Elise Delgado, Haley Cavanaugh, Taylor Chamberlain, Cecilia Coma, Erica Hevly, Marlie Ahney, Taylor Giroux, Nicole Link, Alexandra Murphy, Caitlin O'Leary, Kerry Torres Rojas. **JV Softball:** Tawana Gomez, Melona Roberts, Sarah Wustfson, Amy Albertson, Mira Mohsibless. **Varsity Softball:** Maury Palomko, Kalina Feil. **Swimming:** Dominique Bennett, Devyn Cutler, Nicole Gugeler, Deana Jerinto, Grady Perno, Kelsey Rojo, Faith Siler, Grace Silva, Danielle Dooling, Doreen Schell, Spencer Tierney, Sean Whitropp, Joe Lathola, Trevor Meek, Lorenzo Pargolini, Katherine Rodolfo, David Tracy, Michael Day, Katherine Orack, Clark Taylor. **M-Tennis:** Michael Cohen, Colin Rinney, Arison Babich, Aaron Domingo, Sean Williamson, Dana Aasgaard, Jonathan Garsucha, Anthony Padilla, Christopher Wong. **Track and Field:** Dakota Damonchelle, Dawn Fleming, Cameron Goodman, Matthew Hevly, Evan Lian, Ian McCormack, Kelly Pelz, Steven Pham, Kevin Sargent, Phillip Villegas, Viviana Rivera, Brittany Chambliss, Taylor Chung, Morgan Oelt, Anne Dalisay, Carly Hess, Jonathan Hester-McCallough, Will Huskins, Gregory Huffard, Ruben Montoya, Elliot Wenzel, Aaron Demings, Sierra Erdos, Nicole Evashenk, Katherine Holst, Megan King, Kelly McEnroe, Christopher McKinnon, Jose Nieto, Kayla Thompson, William Coddington, Matthew Delgado, Stephanie Hupcraft, Nicholas Sullivan, David VanMuyden, Britany Wynne. **M-Varsity Volleyball:** Steven Anderson, Scott Lewis, Eric Lathla, Luis Lopez, Bryan Perrin, Colin Allibon, Bryan Caselli, Anthony Pham, Javier Piasencia, Ryan Wilson.

The Athletic Department congratulates **Mr. Ron Gully** who will be our new Women's Varsity Basketball Head Coach. Ron has been part of the basketball program for the past two seasons as the head coach of the freshmen and JV programs respectively.

The gym will be closed from May 16 until August 2007 so that a new gym floor can be installed. We apologize for the inconvenience to our summer programs that will not have use of the facilities. However, we will offer many summer programs for different sports. Please contact individual coaches for specific information.

We are offering camps for high school athletes that we encourage you to consider:

Conditioning for the female athlete June 11 - July 10 1:30 - 3:30 \$140
Conditioning for the male athlete July 2 - 20 1:00 - 2:00 \$100

CHRISTIAN BROTHERS
HIGH SCHOOL



Boosters

Present the
2007 CBHS
Fireworks Booth

June 28 - July 4th

1500 Broadway
(Tower Theater
parking lot)

Come and Support
Christian Brothers!

MAY '07
2
SPRING SEMESTER

MAY '07

3

SPRING SEMESTER

FALCON FAMILY FACES



Christian Brothers High School **Class of 2007 Grad Nite Party**

As you reflect on the end of high school, celebrate a new beginning with your fellow classmates!

May 25 - 26, 2007 • 10 pm - 5 am

Country Club Lanes, 2600 Watt Avenue, Sacramento

Cost: \$ 90.00 (T-shirt size guaranteed if reservation is received by May 7. Reservations accepted with parent permission form through May 24.) Cost includes all entertainment and all the food you can eat, and much more! Don't miss the fun!

Senior Parent Info: *The graduates will check in and be picked up at the event location.*

Information will be mailed soon.

All Parents: *Parent Volunteers are needed for Grad Nite.*

Contact Cindy Castronovo at ccastron@cbhb.ca.gov or (916) 395 - 3212 to volunteer.



CHRISTIAN BROTHERS HIGH SCHOOL

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