



# Falcon Family News

Christian Brothers High School Monthly Newsletter

September 2003

Dear Parents:

Welcome back!

A few weeks ago I said to our attendance secretary, Ms. Janis Hoffart, "I miss the kids. But the place sure runs like a top without them." We had a good laugh. We both knew that the place is pretty meaningless without them.

As we begin to settle into the school year, a certain "routine" emerges. It is a familiar routine: students arriving in the morning for a full day of classes, homerooms, and activity periods. They look forward to lunch. (We all do! Today our menu included *penne rigate* pasta and a choice of three sauces, a tomato and feta cheese salad, fresh fruit, freshly baked garlic bread, and french fries. We shall suspend judgment about the propriety of french fries accompanying the pasta because french fries sell!) The after-school routine includes tryouts for fall sports, auditions for *Little Shop of Horrors*, club meetings, Student Council, new friends, old friends. The freshmen are lost. The sophomores do not know they are lost. The juniors have been here a while and aren't going anywhere. And the seniors are facing a future filled with promise and uncertainty.

Summer was too short; summer was too long. New clothes. By the way, horizontal stripes on slightly oversized polo-style shirts are "in" for the boys this year. Big time! (The "sag" is a lot better, thank God!) Some of the girls are courting disaster (or another trip to Mervyn's) with the "tucking" issue. Some kids had a great summer; some kids didn't. Why do we keep getting older and they stay the same age?

As I begin my second year as principal, I breathe a little easier. I have seen the "show" once now. I have been in school since 1958 when I met Sister Mary Anselm, my kindergarten teacher. Since then I have been in school every year as a student, teacher, or administrator. It feels right. All of the schools I attended differ greatly in emphasis, tradition, and heritage, but not in character. All have been Catholic schools. I could have learned math, English, history, and language at any Catholic school as your children could in any one of the four wonderful Catholic high schools in Sacramento. But each school has a character or *charism*. Ours is simply this: to provide a human and Christian education for young people, especially the poor, according to the mission entrusted to

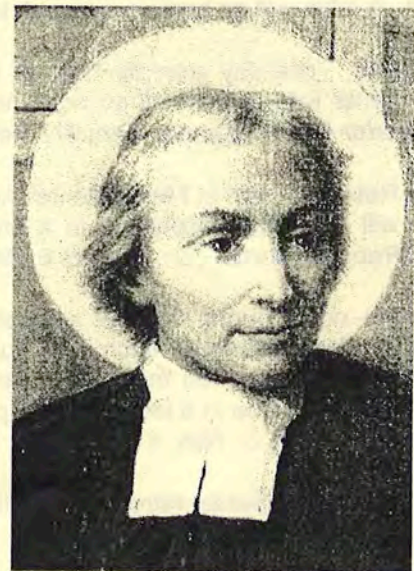
us by the Church. Our founder, Saint John Baptist de La Salle would go on to talk about how important it was for his teachers to reach out and touch hearts. Our alumni tell us that the relationships they formed with teachers, coaches, counselors, moderators, and friends—touching hearts—is what made all the difference.

I know that you have choices in Sacramento about the "character" or *charism* of the Catholic education you provide for your children. That is why I asked you and your children to sign *Partnership Statements* this year attesting to the fact that you read the *2003-2004 Parent/Student Handbook* and support the mission, philosophy, rules, regulations, and procedures contained therein. This was not just another form which is why I placed so much emphasis on it. It is, in fact, a living document that codifies our *partnership* with you and your children.

Thank you for sharing them with us each day. The school is now filled with their laughter and energy, their good days and bad days, their hopes, dreams, talents, limitations, gifts, and weaknesses. Just what the Church had in mind when it gave its blessing to the kind of Catholic school the Founder envisioned.

Sincerely,

Rudolf Schulze  
Principal



## Campus Ministry

### A Parent's Prayer

*Lord, you are my patience, my strength, my light, and my counsel.  
You guide me in what I have to say and do with my son and my daughter,  
and you help them be responsive to my words.*

*Be with them and with me at all times.*

*Give me, for their sake, a share in the gifts of your Holy Spirit:  
wisdom, understanding, counsel, courage, knowledge, devotion, and awe.*

*Increase my faith and give me zeal to build your kingdom.*

*Accept my loving commitment as a parent  
to be the continuation of your divine Son's earthly ministry.*

*I ask this in His name. Amen.*



The *Campus Ministry* program provides liturgies, prayer, a four-year retreat program, and the *Service Learning* program. All are off to a busy and fulfilling start this year! We also offer prayer and spiritual resources for parents. Please come by and visit us in Brother Bertram Hall. If you have any questions or concerns, please contact Mrs. Susannah Nelson, Director of Campus Ministry, at 733-3626.

**LITURGIES:** We began the school year with the Mass of the Holy Spirit, on Aug. 28. Fr. Anthony Garibaldi, OFM, the pastor of St. Francis Church, presided at the Mass, and Mr. Rudy Schulze, our principal, gave the reflection talk. **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 Liturgies:** Sept. 21 – *Sophomore Family Liturgy*  
Oct. 26 – *Frosh Family Liturgy*  
Nov. 25 – *Thanksgiving Liturgy*  
Dec. 8 – *Immaculate Conception Liturgy*

**RETREATS:** The Senior Retreat Leadership Team held their training session/retreat at the end of August at St. Joseph's Camp on the Russian River. By the end of the three days there, after praying, eating, and sharing time on the beach together, we all felt like one big family! The seniors will be busy throughout the school year leading the Frosh, Sophomore, and Junior retreats.

Two types of **Senior Retreats** will be offered this year. The **Senior Overnight Retreat** will be held November 23-24 and January 11-12. The focus is the image of the Cross and the students' recognizing their opportunity to carry the Good News and the good experiences they have had at CB into the world when they graduate in May. The **Senior Kairos Retreat** will be held October 28-31 and March 9-12. 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 shows himself to us through our family and friends. *Kairos* is an experience of Christian community with a series of talks given by both student peers and adults. Prayer and self-discovery are also essential parts of this program, as well as the retreatants' involvement in discussions and other exercises. Much laughter, many tears – and special moments to be long remembered. A letter will go home next week to all senior parents with details about these retreats.

**Junior Retreats**, one-day retreats held at Christ the King Retreat Center in Orangevale occur during the second semester. A letter with details will go home to all junior parents after the Christmas break. The focus of this retreat is "journey." **Junior Retreat Dates:** Jan. 27; Feb. 3; March 16

**Sophomore Retreats**, held at Mercy Center Auburn, will begin in January. Focusing on "values and choices," these one-day retreats will be further explained in a letter to sophomore parents that will go home after the Christmas break. **Sophomore Retreat Dates:** Jan. 9; Feb. 6; March 12; April 2

**Frosh Retreats** occur during the first semester at Mont La Salle in Napa. The frosh attend these retreats with their religious studies classmates and teacher. A further exploration of the district-wide and worldwide Lasallian family to which they now belong is made even more interesting by playing the famous "Who Wants To Be a Lasallian Expert?" game. Details of this retreat will be in a letter to frosh parents that will be sent home next week. **Frosh Retreat Dates:** Sept. 9; Sept. 19; Sept. 22; Oct. 3; Nov. 4

Sophomore, Junior, and Senior retreats are optional. Students may sign up for these retreats in the Campus Ministry Office.

## NEWS FROM THE GUIDANCE DEPARTMENT

Welcome back to CB 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. We welcome several new members to the Guidance Department this year. Mrs. Beth Brazil is the counselor for the class of 2005. Mrs. Brazil comes to us with extensive experience in counseling at the college level and will be an invaluable addition to CB. Mrs. Holly Slabbinck joins us as part-time counselor for the class of 2006 (she is on campus every Monday & Friday). Mrs. Slabbinck is a highly qualified counselor and will work in partnership with Ms. Eleni Kambas in meeting the needs of the Sophomore class (Ms. Kambas is on campus every Tuesday, Wednesday and Thursday). Mr. Kent Morrison joins us as the Wellness & Prevention counselor and is also teaching psychology. He brings a wealth of knowledge and expertise in the area of drug education and prevention. Together with Mr. Purdy (class of 2007 counselor) and Mrs. Hesser (class of 2004 counselor), the entire Guidance Department is here to serve you and your child.

Each counselor has visited grade level classes and introduced the guidance program and the resources available to students in our College Center and on our website. Mrs. Hesser will host *College Night for Seniors and Their Parents* on September 17 at 7:00 p.m. in the CB cafeteria, and present important and timely college information. We are looking forward to seeing you there!

The next evening for parents hosted by the Guidance Department is coming up on October 1 at 7:00 p.m. in the Cafeteria. **Frosh Guidance Night** is a program especially designed for parents of freshman 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. All parents of freshman are cordially invited.

**October 21** is an important day for students at CB. Testing Day is a half-day of school that involves freshman, sophomores, and juniors in college admission testing and career planning. Coordinated by the counselors, teachers administer the following assessments to students:

- ◆ **Juniors will take the PSAT/NMSQT exam** (preliminary SAT I.) 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 take the PLAN exam** (practice ACT.) This is an opportunity for tenth 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.
- ◆ **Freshmen will take the EXPLORE exam**, an achievement test that measures skills and offers a baseline to measure progress early in high school. It also features a career interest inventory that will assist them in identifying their strengths and offer career options based on the results of the test.

**Seniors will attend the annual Senior Liturgy**, along with seniors from other Catholic high schools in the northern California region.

Please mark your calendars for this important test day and remind your child to get plenty of rest the night before and eat a healthy breakfast. Their counselor will return results of the exams to students in January, 2004. If you have any questions, or if we can assist you in any way, please call the Guidance Department at 733-3680. **Don't forget to visit the Guidance Department at the CBHS website!** Go to the home page - [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) and click on **College Counseling and Career Center**.

### **FROM THE DEAN'S OFFICE:**

A reminder to parents to review the attendance policy and procedures outlined in the *Parent/Student Handbook* on pages 12 - 14. In most cases these procedures are being followed, but please review them to help us make the morning attendance rush much simpler. Thank you for your cooperation.

### **PARENTS PLEASE NOTE:**

The Tech Center is open Monday - Thursday from 3:00 p.m. - 4:00 p.m.. The direct line is 733-3607. Please use this number only if all other avenues to locate your child have failed. The teacher will only be able to tell you if your child is in that room. If you do not receive an answer, it means that there are no students in the Tech Center.

# Student Activities Update

## The Falcons are Back!

Student Activities include ASB and Class Student Councils, Rallies, Dances, Spirit Days, Club Activities and more!!!

Coming up in September, please mark your calendars for:

- ♦ September 5—Freshman elections
- ♦ September 13—Open Dance. The dance is normally held outside on the lawn by the Mary Statue and is open to all students attending a Catholic high school.
- ♦ September 18—Fall Sports Rally during the school day
- ♦ September 19—Spirit Day in preparation for the Holy Bowl

Student Council members were active all summer planning for Lock-In, meeting with our new dean, Mr. Barsanti, moving into the SAC annex—Room 109, and attending the annual ASB Council Leadership Camp. How did they do? Did they get the job done? Are they ready for the year? Yes, YES, YES!

Lock-In 2007 was an all night event on August 15-16 that provided an evening of fun and a time to meet new friends for our incoming Freshman class. CBHS senior class member volunteers welcomed a record-breaking 285 members of the freshman class (over 95%) who attended the Lock-In. The event included an opening skit, icebreaker games, a scavenger hunt, dance, magic show, all night activities, and an early morning prayer service with slide show. Evaluations are in and indicate that the dance was one of the favorite parts of the evening, coming in second only to the FOOD! Just about every activity offered during the evening received a vote as a favorite by at least one of our freshmen. Many thanks to the ASB and Class Councils, the fifty senior volunteers, the dedicated teachers and the other volunteers who helped make this exciting evening possible.

## HOW?

- ♦ Our Cheerleaders went to Hawaii last spring to participate in the Pro-Bowl—How could they do that?
- ♦ The CBHS Big Brothers took their Little Brothers from Oak Ridge ice skating and to play indoor soccer. At no charge!!! How??
- ♦ Our track team has new track and field equipment, the theater company has a new spotlight and lamps, our Senior video production crew has a new video camera, the football team received new equipment, the band received new percussion instruments, and our school has a new audio engineering workstation. How??

**QSP— that's how!!!!**



Our QSP drive kicks off September 12 and runs through September 30. Please renew your magazine subscriptions or buy new subscriptions through CBHS students — our students win!!!

### BUSINESS OPPORTUNITY

If you, or someone you know, is involved in an e-commerce business related to web and e-mail hosting, and would be interested in a partnership with Christian Brothers High School, please contact Brother George at (916) 733-5284.

## SERVICE LEARNING ANNOUNCEMENT

### *What is the plan for this year?*

This year we are moving from a Christian Service *contract* model to a Service Learning model. Our students were previously required to volunteer for 25 hours a year. This year this requirement is dropped. In order to keep our students connected to the Lasallian traditions that are key to our school, our campus will continue Christian Service, and will add on the element of Service Learning. These two models, while very different, are both important. One will not replace the other.

### Christian Service

Our community has needs that service learning may not be able to reach. For example, weekly visits to Loaves and Fishes, helping out at a harvest festival, and planting trees in Oak Park may require one time volunteering or longer term involvement. We will address these needs in the community by:

- \*Revamping and enhancing our Lasallian Youth
- \*Involving clubs on campus

Students' service hours will be posted on transcripts. Any students who have completed service during the summer months should see Mrs. Newton in Campus Ministry.

### Service Learning

Service Learning is a teaching methodology that engages student in hands-on academic projects in the community to meet learning objectives and strengthen communities.

#### **For example:**

- \*Cleaning up a river bank is SERVICE
- \*Sitting in a science classroom, looking at water samples under a microscope, is LEARNING
- \*Science students taking samples from local water sources, analyzing the samples, documenting the results, and presenting the scientific information to a pollution control agency is SERVICE LEARNING.

**Service Learning** is a learning method in which students have leadership roles in thoughtfully organized service experiences that meet real needs in the community. The service is integrated into the students' academic studies with structured time to research, reflect, discuss, and connect their experiences to their learning and their world views.

Another pathway to understanding service learning as a teaching methodology is to know what it is **not**...

- \*Community service – because it has clear and direct ties to the academic curriculum, in addition to its community outcomes
- \*Field trips – because it can happen within the four walls of the classroom or school building
- \*Time away from class – because it *is* class

**“Service Learning has to do with powerful purposes – getting kids into the world. Jean Piaget says schooling isn't worth anything unless it creates for people the capacity to believe that when they leave school, they can change the world. If our kids don't believe they can change the world, then I think we ought to say that our education has not been powerful enough.”**

*Vito Perrone, Director of Teacher Education,  
Harvard Graduate School of Education, 1992*

### **VENAVER**

Juniors and Seniors are encouraged to sign up for one of the Venaver retreats. These are week-long immersion experiences of faith, service, and community. November 9-15 students will travel to Browning, Montana to a Blackfeet Indian Reservation. February 15-21 students will travel to Tijuana, Mexico. Sign-ups are available in Campus Ministry. To be eligible students must complete an application and an interview process.

### **Lasallian Youth**

We are happy to announce that three new moderators will be coordinating the Lasallian Youth group this year. Lasallian Youth is a service organization on campus that derives its name from St. John Baptist de La Salle, the founder of the De La Salle Christian Brothers. One of the principles De La Salle insisted on in the schools he founded was that students be aware of and concerned with one another's welfare. The Lasallian Youth organization offers a unique opportunity for an individual to respond to Christ's call to the service of others, especially the poor. Throughout the world, Lasallian Youth groups revolve around these three components: faith, service, and community.

This is a great opportunity for students to stretch their world, meet other CB students, meet students at other Christian Brothers schools in the San Francisco District, and serve the community. Please encourage your son/daughter to sign up in Campus Ministry if they are interested.

## **CHRISTIAN BROTHERS ATHLETICS**

Welcome to the new year in Christian Brothers Athletics! Even at this early time our athletic programs are already showing signs of greatness. Here are some highlights:

Over the summer our cheerleaders again demonstrated their many talents at camp. Each squad and several individual stunt groups earned superior ratings (the highest possible). Our varsity squad earned an overall superior rating and again qualified and was invited to perform at the Pro Bowl in Hawaii. All three levels earned an overall spirit award for the camp qualifying them to perform in the Hollywood Christmas parade. Jeana Granico, Jenny Lee and Ashley Black were selected for the All-Star team at camp, thereby being invited to cheer in London in a New Year's Day parade. Moving forward, the team is again participating in the Oak Park Multi-Cultural Parade on September 13. If anyone would be interested in helping carry banners or being involved please contact Patti Lewkowitz at [havenside@aol.com](mailto:havenside@aol.com).

Our new Red and Blue Dance team (formerly the Drill Team) looks forward to starting soon and performing at upcoming games and rallies. Coach Cecile Freeman felt a change in name will help identify the team and what they are about.

Under the direction of California State Coach of the Year, Vince Juarez, our soccer team looks to compete for their fourth consecutive section title this year. As one person so aptly stated, Vince doesn't rebuild, he reloads! It is also exciting to note that beginning this year we have a boy's freshman soccer team and will compete in a freshman soccer alliance league. The team starts off with a bang when we host Jesuit on Tuesday, September 2. Varsity begins play at 4pm and JV will follow.

Second year Head Football Coach, Bobby Fresques, looks for a strong year at all levels. Play begins with a scrimmage for all three levels at Folsom on Thursday, September 4. The Holy Bowl is early this year being our second game of the season on Friday, September 20 at Hughes Stadium.

We welcome Danny Delgado back to Christian Brothers. He is taking the reins of the Cross Country program and, along with Armando Diaz, looks forward to a successful year.

The Girl's Golf program welcomes Joe Soto and Debbie Henning as their fearless leaders this year. Joe has been a long time coach at Christian Brothers in Softball and Girl's Basketball. Ali Kubochi, a first team 'All SVC' selection last year, will help pace our Lady Falcons.

Our girl's tennis team is looking formidable under the direction of Coach Mark Jacoby. Last year's SVC Most Valuable Player, Victoria Damiani-Paulk, looks to lead the team to success this season.

First year varsity head coach Heather Lee will look to Nia Freeman, a first team 'All SVC' player last year, to help lead our volleyball team to success in a tough league this season.

**WE HAVE WATER POLO!!** We are very proud to announce we have boy's water polo this fall under the direction of Coach Eddie Cebreros. We are just starting out, but optimistic on making a splash in our league.

Last, I want to introduce our new Athletic Department for the upcoming year. I am Jill Bennett, Athletic Director; my Associate Athletic Director is Rich Henning who will also be our boy's Head Basketball Coach, and Diane Heine is our Administrative Assistant.

As an athletic department, we want athletes and parents to know all athletic department policies and rules; to this end each fall athlete has been given a copy of these policies which requires both parents and athletes to sign on the back page and return to their coach, or to Ms. Heine, Mr. Henning or me as soon as possible. Communicating expectations is an important component of a successful program.

We look forward to a strong and exciting start for the 2003-04 school year!

## NEWS FROM THE ADVANCEMENT OFFICE...

### SUPPORT GROUP MEETINGS

**Alumni** September 4 – Wine Tasting set-up

**Boosters** Sept. 8 – 7:00 pm in Bertram Hall Boardroom

**Crab Feed Planning Meeting** Sept. 9 – 6:30 pm in Bertram Hall Boardroom

**Parent Support Organization** Sept. 16 – 6:30 pm in SMAT Faculty Lounge

**Parent Information Night** Sept. 23 – 7:00 pm in Cafeteria

*Get Involved! Speakers from Student Activities, Lasallian Youth, Campus Ministry & Parent Groups*

**Wine Tasting Extravaganza – Sept. 5, 2003 7:00 pm-11:00pm**

Tickets are still available for \$40.00 at Back to School Night or \$50.00 until Friday, 9/5 at 3pm. Come join the fun at the most talked about Wine Tasting in Sacramento. Wineries, breweries, restaurants and dancing!

### **Annual Giving Program:**

The beginning of the school year marks the commencement of our Annual Appeal. During the month of September, the Advancement Office will be sending out information and making phone calls explaining the benefits of participating in the 2003 Annual Appeal. The revenue raised through this effort helps to fund the difference between what we charge for tuition and the actual cost of educating each child. Our goal is to reach 100% of our current-student parents for participation. The one to four year pledges, as well as one time contributions, can involve various dollar levels and payment plans.

This flexibility should allow every family to participate at a level commensurate with their ability. Remember, gifts of \$1000 or more will qualify you for our Ambassador's Club Dinner in February 2004. **You can also support CB through a United Way payroll deduction.** For more information please call Debbie Woodsford at (916) 733-3605.

**BUZZ Books** (Family Directory and Information Guide)

The directories will be available at Back to School Night on Sept. 3 and in the Advancement Office in Bertram Hall. The cost is \$25.00 per directory. It's a handy resource guide and a quick way to look up names and phone numbers for your student's friends and classmates. Support PSO by buying a BUZZ Book!

**QSP Magazine Drive: Sept. 15-25**

SAVE YOUR MAGAZINE SUBSCRIPTIONS FOR THE ONLY STUDENT FUND-RAISER OF THE YEAR! Students will bring home all materials on Friday, September 12 to start selling. Daily incentives and the top seller will win a trip to Hawaii. Proceeds support Student Activities.

### **Reserved Parking Spaces:**

Please note that there are several "RESERVED" parking spaces located around the campus parking lots. Please be courteous and do not park in these places. They are to remain open 24 hours a day, 7 days a week for the families who have purchased them. *Unauthorized vehicles will be towed at the owner's expense.*

## **INTRODUCING NEW CHRISTIAN BROTHERS FACULTY AND STAFF 2003-2004**

**Steven Barsanti**, Dean of Students and Buildings and Grounds Coordinator

**Beth Brazil**, Junior Counselor

**Danny Delgado**, Science and Head Cross Country Coach

**Armando Diaz**, English and Assistant Cross Country Coach

**Rory Dorman**, Spanish and World History

**Rich Henning**, Interim Associate Athletic Director

**Teresa Katnik**, Spanish

**Michelle Krzemien**, Alumni Director

**Brother Dan Morgan**, FSC, Computer Science and U.S. History

**Kent Morrison**, Wellness and Prevention Counselor and Psychology

**Sara Mungas**, Mathematics, Assistant Cheerleading Coach

**Brother James Riordan**, FSC, Associate Director of Admissions, CLASP Coordinator

**Holly Slabbinck**, Part-time Sophomore Counselor

**Darcina Stark**, Athletic Trainer and Physical Education

## School Calendar Changes 2003-2004

### PLEASE NOTE THE FOLLOWING CHANGES ON YOUR 2003-2004 SCHOOL CALENDAR

- Thursday, September 11: There will be a short commemorative prayer service during the first 10 minutes of class. The prayer service will be broadcast over the campus television station.
- Saturday, September 20: The start times for the Holy Bowl football games have been changed to 3:00 p.m. (frosh); 5:00 p.m. (JV) and 7:00 p.m. (varsity).
- Thursday, October 2, 9, and 30: The scheduled start time for classes is 9:00 a.m., not 8:00 a.m.
- Thursday, November 6: The set rotation is AFGC, not FGC.
- Monday, November 17: The Freshman Retreat is cancelled.
- Monday, March 8 and 29: Classes will be held as published on the academic portion of the calendar. The athletic calendar is incorrect regarding school on these two days. There are classes on both days.

### REMINDER - HOT WEATHER POLICY

*Please see Page 14 of your Parent/Student Handbook*

The school's Hot Weather Policy will be in effect when the *Sacramento Bee* forecasts temperatures of 98 degrees or high **for the following day**. The dismissal time on a hot weather day will be between 2:00 p.m. and 2:15 p.m. depending on the day's schedule. Parents should consult the daily bulletin, (*CB Today*), on the school's web site for the exact dismissal time.

## *Back-to-School Night – Wednesday, September 3rd*

5:30 – 6:15	Main Lawn – Schedules & Snacks
6:15 – 6:30	Gymnasium – General Meeting
6:30	First Bell
6:40 – 6:50	1st Period
6:55 – 7:05	2nd Period
7:10 – 7:20	3rd Period
7:25 – 7:35	4th Period
7:40 – 7:50	5th Period
7:55 – 8:05	6th Period
8:10 – 8:20	7th Period

*We hope that you will join us for this opportunity to meet your child's teachers. Please remember that this is not the time to discuss individual progress. Teachers are happy to discuss your child by telephone or by appointment. Parking is also available at the neighboring church and elementary school.*



# September 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7	8 Boosters Mtg 7pm <b>ABCDEFG</b>	9 Frosh Retreat New Faculty Mtg 3:15pm Bd of Trustees 4pm, SMAT Lounge Crab Feed Planning Mtg. 6:30pm <b>ABDFEGC</b>	10 C Level Parent Mtg, 7pm <b>AEEFG</b>	11 Classes Begin 9:00am Community Meetings Frosh Assembly <b>BCD</b>	12 QSP Rally Scholar Welcome Dinner 6-8pm <b>ABFGCED</b>	13 CB Dance 8-11pm	
14	15 <b>ABCDEFG</b>	16 PSO Mtg 6:30pm <b>ABDFEGC</b>	17 Curriculum Committee 3:15pm College Night, Seniors & Parents 7pm/Cafe <b>AFGC</b>	18 Classes Begin 9:00am Department Mtg, Fall Sports Rally <b>BDE</b>	19 Frosh Retreat <b>Spirit Day</b> BBQ @Lunch <b>ABFGCED</b>	20 Fbball vs Jesuit (Holy Bowl)3:30/ 5:30/7:30pm	
21	22 Frosh Retreat Progress Reports Due <b>ABCDEFG</b>	23 Verifications Due PSO Parent Information Night 7pm <b>ABDFEGC</b>	24 <b>AGCD</b>	25 Classes Begin 9:00am Mail Progress Reports Department Meetings <b>BEF</b>	26 Scholar Mtg. <b>ABFGCED</b>	27 <b>ACT (not @ CBS)</b> (W)JV Vbal, Mare Island Tourney 8am (W)Var Cam. Tourney 8am Jesuit Dance 8-11pm	
28	29 Sacramento Private & Parochial College Fair <b>@CBS</b> <b>ABCDEFG</b>	30 <b>ABDFEGC</b>	QSP Magazine Drive				Oregon Shakespeare Festival

Frosh Campaign Week

QSP Magazine Drive

QSP Magazine Drive

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31						

Oregon Shakespeare Festival

# September 2003 -- Athletics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> LABOR DAY No Classes	<b>2</b> (M)Soccer vs Jesuit (Var 4pm) JV 5:30pm (W)Golf vs CKM 3:30pm	<b>3</b> Fall Sports Picture Day	<b>4</b> Ftbl Scrimmage #1 vs Folsom Fr/JV/V (W)Vbal vs Folsom 4/5:30/7pm	<b>5</b>	<b>6</b> (W)Var Vbal Mare Island Tourney 8am Ftbl Scrimmage #2 TBA Fr/JV/V	
<b>7</b>	<b>8</b> (W)Vbal vs McClatchy 4pm	<b>9</b> (M)Soccer @Granite Bay 3:30/5pm (W)Golf vs Oakridge 3:30pm (W)Vbal @Casa Roble 4/5:30/7pm	<b>10</b> (M)Water Polo @El Camino 3:45pm	<b>11</b> (W)Golf @ Union Mine 3:30pm Ftbl @El Camino 3:30/5:30/7:30pm	<b>12</b>	<b>13</b> (M)Soccer Del Campo Tourney @Cherry Island	
<b>14</b>	<b>15</b> (M)Soccer @Kennedy 4/5:30pm (W)Tennis vs Cordova 3:30	<b>16</b> (W)Golf vs El Dorado 3:30 (W)Vbal vs Elk Grove 4/5:30/7pm	<b>17</b> (M)Water Polo @Casa Roble 3:45pm (W)Vbal West Campus Scrimmage @West Campus/Frosh & JV 4pm/Var 5pm CC: SVC Meet #1 @Sly Park 4pm	<b>18</b> Fall Sport Rally (W)Golf vs Ponderosa 3:30 (W)Vbal vs Loretto 4/5:30/7pm	<b>19</b> Holy Bowl Spirit BBQ (M)Soccer vs Elk Grove 4/5:30pm	<b>20</b> (M)Soccer @Sir Francis Drake TBA (W)JV Vbal Carmichael Tourney 8am Ftbl vs Jesuit (Holy Bowl)3/5/7pm	
<b>21</b>	<b>22</b> (M)Soccer @Ponderosa 4/5:30pm (W)Tennis vs Ponderosa 3:30pm (W)Vbal vs Ponderosa 4/5:30/7pm	<b>23</b> (W)Golf @Galt 3:30pm	<b>24</b> (M)Soccer vs El Dorado 4/5:30pm (M)Water Polo vs Rio 3:45pm (W)Golf vs Galt 3:30 (W)Tennis @El Dorado 3:30pm (W)Vbal @El Dorado 4/5:30/7pm	<b>25</b> (W)Golf @Oak Ridge 3:30pm Ftbl Fr vs McClatchy 3:30pm	<b>26</b> Ftbl vs McClatchy @SCC 5:30/7:30	<b>27</b> (W)JV Vbal Mare Island Tourney 8am (W)Var Carm. Tourney 8am	
<b>28</b>	<b>29</b> (M)Soccer @Galt JV 4pm/Var 6pm (W)Golf League Match 1pm @TEA (W)Tennis vs Galt 3:30pm (W)Vbal @ Galt 4/5:30/7pm	<b>30</b> (W)Golf vs Union Mine 3:30 CC: Declaration Day					

August

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						31

October

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12	13	14	15	16	17	18
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26	27	28	29	30	31	



# Falcon Family News

Christian Brothers High School Monthly Newsletter

October 2003

## NEWS FROM THE GUIDANCE DEPARTMENT

October is an extremely busy month in Brother Edward Hall! Mr. Purdy (Frosh Counselor) and the entire counseling department played host to the freshmen parents at **Frosh Parents Guidance Night** on the first day of the month. They presented information and encouraged sharing about the typical issues facing freshmen. They also gave an introduction to the college counseling experience. This month also reflects an increase in **academic counseling**, brought about by the first progress report of the year and the first quarter report cards.

**Academic counseling** is a large part of the counseling experience at Christian Brothers High School. Counselors check the grade status of all students in their class during each marking period. They meet with students who are struggling the most to offer encouragement and support. The support may range from providing study skills tips to exploring how other issues outside of school may be affecting that student's academic focus. Counselors encourage students to go in for extra help during their teachers' established office hours. These meetings may help create a closer student-teacher relationship, which is a significant aspect of the Christian Brothers experience. Concerned parents are also encouraged to stay in touch with their child's teachers via e-mail and/or voice mail. To access a teacher's e-mail address, please go to the CB website at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org). To access a teacher's voice mail, call the main switchboard at 733-3600.

If students require more than the occasional "check-ins" with their teachers, counselors may recommend **private tutoring**. We have worked closely with tutors in the past to help CB students make the necessary progress. Hopefully, this progress leads to feelings of pride, confidence and accomplishment. This year, Sister Rita Irene Esparza R.S.M. and CB alum Byron Chen (class of '97 and a graduate of Rice University) will be on campus after school to provide tutoring in a variety of subjects, including Algebra I, Geometry, World and American History, English, and French.

Byron is also willing to do SAT I prep for students who have a need and desire. We are very excited to have Sr. Rita and Byron here! Please feel free to contact Byron at 441-4632 for information and fee arrangements. You may also e-mail him at: [bchen@alumni.rice.edu](mailto:bchen@alumni.rice.edu). Any of the counselors or Diane Heine (733-3680) can also assist you in contacting Sister Rita or finding other tutoring possibilities.

**Testing Day will be Tuesday, October 21<sup>st</sup> from 8:00 a.m. to approximately 11:00 a.m.** This is a very important day and it is vital that **all** students participate! Freshmen will take the **EXPLORE**, sophomores the **PLAN**, and juniors the **PSAT**. Counselors will be reviewing the results of these tests with the students in January. Seniors will be attending the **Diocesan Senior Liturgy** on this day.

**Please feel free to give your son's or daughter's counselor a call if the need arises.** Also, remember to check out all of the valuable information in the **College Counseling and Career Center** folder on the school website!

**You want to know  
what's happening in school?**

CHRISTIAN BROTHERS HIGH SCHOOL

**KBFT**  
Sacramento  
Brothers Falcon Television



Is now **WEBCASTING** its daily show  
(Monday - Tuesday and Friday)  
Go to: [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)



## Campus Ministry News

In their book **The Blessing**, Gary Smalley and John Trent look to the Bible for wisdom on how to give young people “the blessing” they need to grow well. Borrowing from Biblical example, the authors outline five elements of blessing that you can incorporate into your relationship with your son/daughter:

- ♦ **Meaningful touch** – Most sacramental moments involve significant touch that conveys energy, healing, love, and personal acceptance.
- ♦ **A spoken message** – Young people need to hear why we believe in them and what we value.
- ♦ **Attaching high value to the one being blessed** – Speak about one of your son’s/daughter’s specific positive traits. This reflects your awareness that your son/daughter is a work in progress, someone developing with mighty potential for good.
- ♦ **Picturing a special future for the one being blessed** – Young people need hope that the world holds a place for them. You can illuminate a path of promise for them based on their true gifts.
- ♦ **An active commitment** – This means you are declaring your intention and willingness to do whatever it takes to fulfill this blessing for your son/daughter. You promise to be there to guide, support, coach, and do whatever it takes to help your son/daughter achieve a worthy future.

**LITURGIES:** Our school remembered the events of 9/11 with a special Prayer of Remembrance prepared by the Seniors in the Liturgy, Mass, and Prayer Class and broadcast over KBFT. Through prayer, visuals, and music, the school was united in remembering those who lost their lives that day. Congratulations to the Sophomore Class Officers – Tara Larson, Connor Curley, Laine Himmelmann, Maggie Fitzgerald, and Connor Adam – and their moderators – Mrs. Kathy Rosenfield and Mr. Chuck Zanetti – for a beautiful *Sophomore Family Liturgy* on September 21. The presider, Fr. John McGarry, S.J., spoke about their theme, “*Strength Through the Journey.*” A special thanks to the Vocal Jazz Choir under the direction of Mr. Ron Slabbinck and all the talented sophomores who served as readers and members of processions. It was worship well done! Next up: the **Freshman Family Liturgy on October 26 at 9:30 A.M. in the gym.**

**RETREATS:** Two more **Frosh Retreats** are scheduled for October 3 and November 4. Look for permission slips coming home with your son or daughter if they are scheduled to attend. Thanks to Religious Studies teachers Mr. Paul Havey, Mrs. Julie Tucker, and Mr. Findlay McIntosh for accompanying their students on the Frosh Retreats held thus far. 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 Frosh explored their Lasallian heritage and enjoyed the beauty of the Napa Valley. **Kairos 1**, a Senior retreat, is scheduled for **October 28-31**. Permission slips for that retreat are due now.

### **FRIENDS OF THE ARTS**

The “*Friends of the Arts*” support organization had its first meeting of the school year last week. This group is still in its fledgling stage (no Falcon pun intended.) Even in its early stages, the *Friends of the Arts* has garnered great support from parents friends, faculty, and alumni.

The organization’s mission is threefold: 1) to provide support for all Christian Brothers arts endeavors, including fine art, band, choir, drama, and media production; 2) to increase the visibility of all arts on campus; and 3) to promote the various art programs both on campus and in the community.

*Friends of the Arts* welcomes all patrons of the arts. For more information, please contact Kevin Haag at 733-3600, extension 1064. The next *Friends of the Arts* meeting will be held on October 8, 2003 at 7:00 p.m. in the SMAT faculty room.

## Senior Students and Parents:

**Thank you** for the wonderful turn out at *College Night for Seniors!* The PowerPoint presentation shown that evening is available on our website ([www.cbhs-sacramento.org](http://www.cbhs-sacramento.org); go to *Guidance & College Counseling*; then click on the *College Night for Seniors* folder). **CSU applications need to be submitted between October 1 and November 30.** **UC applications need to be submitted between November 1 - 30.** While both systems are competitive and there are many impacted campuses, **we encourage seniors to apply to several campuses!** Some parents may have misinterpreted news shared about the dire California State budget situation and think that the public systems are not accepting frosh applicants -- this is **NOT** the case. Both CSU and UC encourage seniors to "explore other options" (meaning private schools) but they **WILL** accept students from the class of 2004 for first time freshman admission (though admittedly the competition is stiff). When in doubt, **all eligible students SHOULD APPLY!!** For more on CSU/UC (Preview Days, links to their websites to apply online, etc.) go to the CB website and look in the *UC/CSU Fall 2003 Information* folder.

### **Admission Test Reminders**

If you are planning to apply to a four-year college, you need to take the ACT and/or the SAT I. If you are planning to apply to UC, you must also take the SAT II. Registration packets are available in Brother Edward Hall or you may apply on-line at [www.collegeboard.com](http://www.collegeboard.com) or [www.act.org](http://www.act.org). **Important DATES to remember:**

#### **Fall 2003 Test Dates**

<b>Test Date:</b>	<b>For this test:</b>	<b>Register by:</b>
October 11@CBHS	SAT I or II	Deadline has passed: try stand-by registration the day of the exam
October 25@CBHS	ACT	Deadline has passed: try stand-by registration the day of the exam
November 1	SAT I or II	Deadline has passed: try stand-by registration the day of the exam
December 6	SAT I or II	October 30



**CSU System and most private colleges** require either ACT or SAT I.

**UC** requires ACT or SAT I AND 3 SAT II Subject Tests (Writing, Math, and one other)

*NOTE: SAT II Subject Tests are worth double the weight of SAT I in calculating UC admissions eligibility. It pays to use the review materials available.*

**Seniors, need an official transcript for college applications?** You must **order your transcript through our Registrar, Mrs. Cordone, in the Main Office.** The cost is \$2.00 per official transcript -- fill out the blue form and submit it with the name and address of the college or indicate if you want it back to include with your application (or to give to your counselor to include with her paperwork). Transcripts are **NOT** purchased online ---but the information IS available to download!

### **ATTENTION SENIOR PARENTS**

Please send us one baby picture and one recent picture (not the senior portrait) of your child as soon as possible. Both pictures should be high quality, high resolution (300+), size 3x5 to 4x6. If you scan them onto a CD and send us the CD, resolution must be 350+. Please write a message of two to three short sentences not to exceed 250 characters. Forms for this have already been mailed home. The cost is \$55.00. Please send a check made payable to Christian Brothers Yearbook and be sure to mark **YEARBOOK** on the envelope. **Final deadline is January 31, 2004.** We will return your pictures to you by the end of the school year. For further information, please call Mrs. Rosenfield at 733-3600, extension 1094.

## Student Activities Update

The **Student Activities Center** has been bursting with . . . well, activity! In the last month, the students have worked on the Freshman class election, our first dance, our first sports rally, the Sophomore Family Liturgy, Holy Bowl Spirit Day and our QSP magazine sales student fundraiser.

Congratulations to our 2003-2004 freshman class officers. Campaign week was exciting with many top notch candidates running for office. Colorful posters filled the school's hallways with great campaign slogans. The speeches were creative and well planned, leading to an exciting and close race for many of the offices.

### Freshmen Class Officers:

Chayla McDavid, President  
Dane Axelgard, Vice-President  
Alexandra Murphy, Secretary  
Jessica Lam, Treasurer  
Bryan Caselli, Spirit Captain  
Hannah Murphy, Spirit Captain

On Saturday, September 13 our students held their "Fiesta, Fiesta" open dance. The dance was outside under the stars and strings of twinkling lights. Students from the four local Catholic high schools enjoyed the evening seeing new and old friends while dancing and enjoying the music.

Thursday, September 18 was the Fall Sports Rally. The gym was bright with the spirit colors of yellow, orange, turquoise and purple. After a grand entrance by the powerful Senior class, the rally proceeded to recognize all students participating in fall sports, especially the seniors, and the students were entertained with fun class competitions, cheerleading routines, the pep band and cheer offs.

On Friday, we changed from class rivalry to joining forces in a full School Spirit day. Overnight the campus was transformed to all red and blue by our never-tiring Student Council. Posters bursting with school pride, red and blue balloons, and crepe paper decorated every hall, the front of the school and the main office. The day included a one hour BBQ lunch. Our pep band, cheerleaders and one of our student bands provided lunch time entertainment.

The Sophomore class council did a great job planning and carrying out the Sophomore Family Liturgy. After the excitement of a week full of activities, it is wonderful for families to gather and pray, giving thanks for the blessings we have in our community.

The QSP magazine drive was blasted into gear with a great skit presented by the Leadership class. After six collection days, we have collected over \$90,000 in magazine sales. With two collection days to go, the students are working hard to sell those magazines. Any group involved in student activities on campus has the opportunity to request funds earned from the drive. Student representatives first make a request in writing and then present their proposals to the executive Student Council. The Student Council then meets and deliberates on how best to allocate the funds. The benefits are not only financial support for our many student activities, but also the real life experience gained by students identifying needs, making proposals supported by persuasive presentations, and learning the skills of negotiation as these funds are so carefully allocated.

During the month of September, our students have done what they typically do around here: learned, led and loved.

### OPEN HOUSE

Christian Brothers High School is holding its annual **OPEN HOUSE** for prospective parents and students on **SUNDAY, OCTOBER 12, 2003 from 1:00 p.m. to 4:00 p.m.** This is a wonderful opportunity for families to view the campus as well as to meet students, faculty and staff of Sacramento's only Catholic, co-educational college preparatory high school, serving Sacramento since 1876. Informational presentations will be given at 1:30 and 2:30 p.m. in the school gymnasium.

For more information, please call the Admissions Office, 733-3690, or log onto the website at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org).



## SERVICE LEARNING NEWS

Many students are beginning to see **Service Learning** unfold in their lives at Christian Brothers. Many teachers are developing their curriculum inclusive of aspects of social justice, service connections to agencies in our area, and Catholic social teaching. Please look for news of what is happening with service learning in classrooms and clubs at CB in the next issue of the *Falcon Family News*. If you are interested in continuing to encourage your son/daughter to volunteer outside the school day, please refer to the section below about how to document their service hours. While our service program is changing, our desire for instilling and focusing a mission of service to others is stronger than ever.

### Documenting Community Service Hours

- \*Students who volunteer can get their hours posted on their transcripts
- \*Students can pick up the necessary form to do this in Campus Ministry
- \*Students should fill out one form for each agency or placement where they volunteer
- \*Students need to assess themselves and have a supervisor sign the paper
- \*Students can have any and all service hours they complete documented on their transcripts
- \*Students can fill out one of these forms any time they help others without being paid



Community service can include, but not be limited to, volunteering at a Harvest Festival or an elder care facility, participating in a nonprofit fundraiser like the AIDS walk, tutoring, or helping a neighbor who is unable to mow his or her lawn. These are all great ways to reach out to others. More information is available on the school's web site, or talk with Mrs. Newton in Campus Ministry at 733-3626.

### Venaver

The application process for the Service Retreat to the Browning, Montana Blackfeet Nation Indian Reservation is now closed. More information about this retreat will be published in next month's *Falcon Family Newsletter*. Sign-ups for the Service Retreat to Centro La Salle in Tijuana, Mexico are available in Campus Ministry.

### AIDS Walk

Thank you to all the students who participated in the 3rd Annual Sacramento AIDS Walk on September 14. Every year the walk grows and increases awareness of AIDS in our community.

### Cheerleaders

Congratulations to our CB Cheerleaders who won top prize after performing in the Oak Park Multi-Cultural Parade!

### **REPORT CARD NIGHT-NOVEMBER 4, 2003**

**5:30 p.m.-8:00 p.m.**

**Report Card Night** is a scheduled opportunity for parents to discuss, with teachers, their daughter's or son's academic progress for the first quarter of the 2003-2004 school year. Each parent is requested to limit the discussion to 5 - 10 minutes in order to accommodate everyone who wishes to see a particular teacher. A handout with the location of teachers will be available in Room 102 and the cafeteria.

The following teachers will be unavailable on **Report Card Night**. If you wish to speak to them or set up an appointment, please call and leave a message on their voice mail: Sr. Diana, Mr. B. Fresques, Mr. J. Gill, Mr. B. Hoey, Ms. R. Holmes, Ms. D. Stark, Ms. K. Safford, Br. Roch, Mr. F. Quontamatteo, Mr. K. Purdy, Ms. L. Newton, Mr. G. Petrissans, Ms. S. Nelson, and Mr. K. Morrison.

### Location of Teachers Report Card Night 2003-2004

**Room 102:** Ms. I Abbott, Ms. N. Brousseau, Mr. T. Capogreco, Ms. C. Cassetta

**Room 103:** Ms. T. Chadbourne, Ms. E. Coyner, Mr. S. Coyner, Br. Dan

**Room 104:** Br. Dat, Mr. D. Delgado, Mr. A. Diaz, Mr. J. Donch

**Room 105:** Ms. R. Dorman, Mr. B. Eckel, Mr. J. Elberson, Mr. T. English

**Room 106:** Ms. L. Frias, Ms. P. Gallagher, Mr. K. Haag

**Cafeteria:** All remaining teachers (Mr. P. Havey to Mr. C. Zannetti)

## CHRISTIAN BROTHERS ATHLETICS

The **Cheerleading** squad has had a busy September. Highlights of the month included winning a first place plaque after performing in the Oak Park Multi-Cultural Parade and preparing for and performing at the Holy Bowl rally, barbeque and game. Under the leadership of seniors Jeana Granico and Vanessa Ruiz, fans can look forward to seeing more dazzling routines and gravity-defying stunts.

**CBS Tennis** is 0-3 in league play. Matches in league play include a 4-5 loss to Cordova, 3-6 loss to Ponderosa and a 3-6 loss to El Dorado.

- ◆ #1-Tori Damiani is 3-0 while giving up a total of 3 games or a 36-3 win/loss game total.
- ◆ #2-Sidney Scheideman, a freshman, is doing great with a 2-1 record. Her only loss was while having reactions to a food poisoning incident.
- ◆ #3-Diana Kibunguchy is 3-0 with 2 of her wins coming in a very close 3 sets.

With 7 of the 15 players being first year ever players...the season is very challenging but all the girls are having fun. CBS Head Coach and SCC Intercollegiate Doubles Team Head Coach Mark Jacoby was just accepted at Laguna Creek Racquet Club (CBS's home courts) to be part of the USPTA Pro Staff and will be helping to develop more young talent in the area.

**Cross Country** – Even though they are small in number, the CB Cross Country team is certainly making strides on the courses around Northern California. Though not winning races, personal improvement of 1 – 4 minutes is becoming the standard among this very young and inexperienced group of runners. Junior Ryan King, CB's #1 male runner, is improving weekly and should be one of the top Division IV runners by season's end.

On the women's side, freshman Alli Clarke and sophomore Erin McKenna are steadily improving and will, without a doubt, be solid performers into the SVC championship and beyond. Sophomore Matt Smolich and freshman Matt Delgado have had strong races and with continued improvement will be top finishers in the league, subsection and section meets. Keep your eyes open for news about these up and coming stars.

**Boys Soccer** – The boys JV soccer team is 9 – 2 – 2 overall and 1 – 0 – 1 in league. Defensive work by Steve Schetter and Chris Cosby has been outstanding and offensively the team is having a balanced scoring attack. Javier Placencia, Joseph Perez, Richard Pye, Joey Lewis and Mike Maestretti have all contributed significantly. The Varsity is 9 – 2 – 2 overall and 1 – 0 – 1 in league as well and came off a preseason where they again captured their flight in the Del Campo Jamboree, going 5 – 0. Ryan Magill is off to a great start in his final season scoring 22 goals this year so far. He scored 4 against Lincoln of Stockton and 5 in their win against Sir Francis Drake. He is getting many assists from Nick Nunez, Jon Curry, and Keeba Manjang among others. Defensively Kyle Perez and Matt Boyd create a strong defensive line in the backfield along with Keith Henwood and Vincent Stassi. Newcomer Pat Raber is a strong support to the team as the goalie. The team looks tough enough to make another run at the section playoffs. Three and counting!

### Darci's Training Tip of the Month:

If you're thirsty it's too late. You need to drink plenty of **WATER before**, during and after exercise to stay properly hydrated.



Note: Each month's *Falcon Family Newsletter* will highlight different teams so each gets the opportunity to brag just a bit!

## A SPECIAL MESSAGE OF THANKS

Dear CB Family,

We all know that Christian Brothers offers the best in the way of an education for our children. What I want to share with you is how special the Christian Brothers Family is, and the caring that exists for everyone who is a part of it. As many of you know, our son Jeffrey was injured during the Holy Bowl game. Fortunately, he is OK, but it was a terrifying experience nonetheless. We can't say enough for the efforts of Ms. Darci Stark, the athletic trainer, who tended to Jeff on the sidelines, and Mr. Rich Henning, the Assistant Athletic Director, who rode to the hospital in the ambulance with us. After being in the emergency room for a while, I went outside where the immediate family was waiting to find Mr. and Mrs. Warren, Mr. and Mrs. Nelson, Coach Fresques and about thirty other CB friends. I was overwhelmed! No one left until they knew Jeff was out of the woods, and even then, some would not leave until they saw him walk out of the hospital at 1:00 a.m.! The hospital assistant said that she had never seen anything like it. On Sunday, and for the next several days, our phone rang continuously with calls of concern, offers of help, and sincere wishes for a speedy recovery. We cannot possibly remember everyone who has been there for us and offered their support, but we want you to know that it has meant so much to our family. Words cannot begin to express what we feel in our hearts for all of you, our CB family. Christian Brothers is not just a school and it is much more than academics. Christian Brothers is also a wonderful and caring family. I hope you find comfort in knowing that should you ever need this family, it will be there for you. Thank you so much. We are truly blessed.

Paula and Bob Osborne and Family



## **NEWS FROM THE ADVANCEMENT OFFICE...**

School has started, books have been purchased, and fall is upon us. We hope the season is treating you well, and your family is happily adjusting to the new school year! This is a very busy time for the Advancement Department. We are in the middle of our *Annual Appeal Campaign* and *Tuition Assistance Endowment Fund* drives. The *Boosters* are in full swing with membership sales and event plans for the year, and the *PSO* is participating in any and all school related activities. The Alumni Department is reeling from another successful *Wine Tasting*, gearing up for a new edition of the *Connection*, and planning for the *Annual Alumni Campaign* in the spring. We would like to thank all of our students, parents and alumni for your support in all that we do. We are off to a wonderful start, and, with your on-going support, looking forward to achieving great things over the course of the year!

### **PARENT & ALUMNI SUPPORT GROUP MEETINGS & NEWS**

**Alumni Association** October 1 – 7:00 pm in Bertram Hall Boardroom

**Boosters** October 6 – 7:00 pm in Bertram Hall Boardroom

**Grad Nite Meeting** October 7 - 6:30 pm in Cafeteria

**Crab Feed Planning Meeting** October 14 – 6:30 pm in Bertram Hall Boardroom

**Parent Support Organization** October 21 – 6:30 pm in SMAT Faculty Lounge

**Booster Memberships:** Call Don Fitzgerald (916) 448-6611

Lifetime Family \$500.00, Lifetime Individual \$200.00, Annual Family \$100.00, Individual \$25.00

**SPIRIT SWEEPSTAKES:** To purchase a ticket for the monthly cash drawings, trip to Hawaii and new Volkswagen Beetle call (916) 733-3600. **ONLY 500 TICKETS WILL BE SOLD!**

**Congratulations to Mr. & Mrs. Dain Domich – September Spirit Sweepstakes Winners!**



### **RE M I N D E R!**

You can support Christian Brothers High School, a 501(C) (3) NON-PROFIT, through a **United Way** payroll deduction. Fill out your U/W form with:

Christian Brothers High School

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

Tax ID#: 68-0322360 - United Way # 05219

**Please notify Christian Brothers' Advancement Office with your pledge amount.  
(916) 733-3605 or [dwoodsford@cbhs-sacramento.org](mailto:dwoodsford@cbhs-sacramento.org)**

**BUZZ Books** - To buy or pick up your Family Directory, stop by the Advancement Office in Bertram Hall. The cost is \$25.00 per directory. It's a handy resource guide and a quick way to look up names and phone numbers for your student's friends and classmates. **Support PSO by buying a BUZZ Book!**

#### **BUZZ Book Updates:**

DuCray, Carla (DuCray, Christopher '07):

3759 Erlewine Cir, Sacramento, CA 95819 - Phone: (916) 456-2136

DuCray, John (DuCray, Christopher '07):

9108 La Riviera Way, Sacramento, CA 95826 - Phone: (916) 369-8788

### ***Wine Tasting Extravaganza 2003***

This year's wine tasting event was absolutely wonderful with over 1,200 attendees. We had wineries and breweries from all over the region, and restaurants were still serving food until the end of the evening. The Christian Brothers Alumni Association could not host this event without the help of our volunteers. A special thanks to all of you who took the time to help us during the evening, clean up that night and on Saturday morning. These events would not be possible without the help from volunteers like you!

**Mark your calendars for upcoming Alumni Events:** Alumni Dinner—Saturday, January 24, 2004; Career Day – Friday, April 2, 2004; Golf Tournament – Monday, May 17, 2004; Wine Tasting Extravaganza – Friday, September 10, 2004. *Volunteers are needed for all Alumni events. Please fill out your volunteer form and return to the Advancement Office in Brother Bertram Hall or call 733-3600.*

**The NEXT Parent Information Night** is November 19 – 7:00 pm in the Cafeteria  
***“What's the Pulse of CBHS?”***

**Speakers:** Rudy Schulze, Principal and Kent Morrison, Wellness & Prevention Counselor

## NATIONAL MERIT SCHOLARSHIPS



Based on outstanding performance on SAT, strength of curriculum and academic programs, and academic achievement, 16,000 National Merit Semi-Finalists representing less than 1% of high school seniors in the United States were recently published. We are proud to announce that *Nathaniel Freeland* has been named a National Merit Scholarship Semi-Finalist. Nathaniel will continue in competition to become one of 8,000 finalists who will receive scholarships worth \$30 million.

Being recognized for their exceptional academic promise are some 34,000 Commended Students throughout the nation. These students placed among the top 5% of more than one million students who entered the 2004 competition by taking the 2002 Preliminary SAT/National Merit Scholarship Qualifying Test. Our commended students are: *Leslie Campbell, Patrick Fitzgerald, Steven Holmes, Derek Katz, Erin Parr, Samuel Rada, Amber Rankin, and Audrey Tucker.*

The National Merit Scholarship Corporation's "press release" states: "The young people being named Commended Students have demonstrated outstanding academic potential by their strong performance in this highly competitive program. We hope that this recognition will help broaden their educational opportunities and that they will continue to pursue scholastic excellence and to develop their abilities to the fullest. These young people represent a very valuable national resource."

### CONGRATULATIONS

...to sophomore Ronny Woodsford, who qualified for the 2003 USA Youth National Championship in Speedway Motorcycle Racing. In the final competition, Ronny placed 12th out of a field of 18.  
Way to go!!

### A ROBOTICS TEAM FOR CHRISTIAN BROTHERS??



A group of students and faculty are exploring the possibility of creating a team to participate in a national robotics competition. A new club on campus, the Engineering & Robotics Club, is spearheading the effort, and we are looking for as much participation by students, teachers, parents, and acquaintances as possible. In fact, the success of the effort will depend on that participation. Sponsorships by corporations, individuals, and businesses are also welcome, especially since there is a \$5,000 entry fee that's not part of any existing budget. The fee covers just part of the cost for the contest, most of which is underwritten by large national corporations, and includes payment for the materials out of which the robot must be built.

The CB robotics team would join some 800 other teams across the country who meet in regional robotics competitions. Our regional competition will consist of 26 high schools that will meet in Sacramento next March 18 - 20. On January 1<sup>st</sup> all the teams are given the tasks that the robot must do, a box load of material out of which the robot must be built, and six weeks to complete the job. If it's not sent in by midnight, February 20<sup>th</sup>, you're toast. The process is intense, challenging, time-consuming, and rewarding. Team building is absolutely essential. Students, parents, engineers, machinists, teachers, and others all work together as members of the C.B. Robotics team. Some do the designing, some do the building, some do the organizing, some create and keep a team website (part of the requirements), some look after the finances, and so on. So there's a place for everyone on the team.

The competition is sponsored by an organization called FIRST (For Inspiration and Recognition of Science and Technology). FIRST promotes the exposure of science and technology to students who will be the world's future. FIRST emphasizes the importance of pursuing engineering, team building, working under pressure, and the like, and is focused on empowering people to take on new challenges.

Mr. Gerry Glasser, who began the robotics team at St. Francis three years ago and initiated the team at Jesuit last year, is eager to help us start a team. It's to a team's advantage to mentor another team, and he has offered his team's help in beginning our own effort here at CB. Much more information is available online at [www.usfirst.org](http://www.usfirst.org). To offer your interest, support, expertise, and / or time, contact Brother George at [brothergeorge@cbhs-sacramento.org](mailto:brothergeorge@cbhs-sacramento.org) or (916) 733 - 5284.

# October 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p>	<p>6</p> <p>Booster 7pm ABCDEFG</p>	<p>7</p> <p>New Faculty Mtg 3:15pm ABDFEGC</p>	<p>8</p> <p>Mathletes @McClatchy ADEF</p>	<p>9</p> <p>Classes Begin 9:00am Community Meeting 7:45am World of Difference Rally BGC</p>	<p>10</p> <p>Blood Drive ABFGCED</p>	<p>11</p> <p>SAT I &amp; II @CBS</p>
<p>12</p> <p>OPEN HOUSE 1-4pm Br. Bertram Dinner</p>	<p>13</p> <p>St. Rudolf's Day No Classes</p>	<p>14</p> <p>English/Science Exams Bd of Trustees 4pm, SMAT Lounge Crab Feed Planning Mtg 6:30pm ABDFEGC</p>	<p>15</p> <p>Curriculum Committee 3:15pm Social Studies/Foreign Language Exams ABFGCED</p>	<p>16</p> <p>Mathematics/Religion Exams ABGCEDF</p>	<p>17</p> <p>Fine Arts/Physical Educa- tion Exams ABCDEFG</p>	<p>18</p> <p>La Salle Club Coaches Night Jesuit Homecoming</p>
<p>19</p>	<p>20</p> <p>Faculty Professional Day Community Prayer Service &amp; Breakfast Faculty Test Training No Classes</p>	<p>21</p> <p>Quarter Grades Due Special Schedule Diocesan Senior Liturgy Testing Day, Jr PSAT Soph-PLAN, Fr-Explore PSO Mtg 6:30pm</p>	<p>22</p> <p>Verifications Due ABCDEFG</p>	<p>23</p> <p>ABDFEGC</p>	<p>24</p> <p>Mail Quarter Grades Scholar Mtg. St. Francis Dance 8-11pm ABFGCED</p>	<p>25</p> <p>ACT @CBS</p>
<p>26</p> <p>Frosh Family Liturgy 9:30am</p>	<p>27</p> <p>ABCDEFG</p>	<p>28</p> <p>New Faculty Mtg 3:15pm ABDFEGC</p>	<p>29</p> <p>AEEFG</p>	<p>30</p> <p>Classes Begin 9:00am Special Assembly BCD</p>	<p>31</p> <p>ABFGCED</p>	

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Quarter Exams

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# October 2003 -- Athletics

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Quarter Exams

PAL Vbal Tourney TBA

(M) Water Polo Cal Var Tourney @Rio



# Falcon Family News

Christian Brothers High School Monthly Newsletter

November 2003

Dear Parents:

In this "Thanksgiving" month, I want to look back, much the same way that Alfred Lord Tennyson did in his poem "Ulysses" (1842).

I recently turned 50. To maintain some sort of control over the occasion, I did what a friend of mine in the same situation did last year to mark the occasion: I threw my own birthday party. In fact, among my close friends, I borrowed his line: "If you don't get an invitation, it wasn't a mistake." I wanted a fairly simple party in my own home. An afternoon affair. No speeches, no roasts. "No presents, please."

You can imagine the kinds of cards I received. "Turning 50 is like a walk in the park...alone...at midnight...in the fog...with weird noises in the distance." The 50<sup>th</sup> Birthday Fairy says: "I will grant you one wish...I said a wish, not a miracle!" The Dwarves at 50: "Touchy, Baldy, Squinty, Gassy, Chubby, Cranky, and Drafty." (Imagine that card's visual depiction!)

That "walk in the park" captures some of my moments. The "weird noises in the distance" are usually sophomores, however. I do wish for miracles a lot. And some of my present experience resonates with the names of Snow White's dwarves.

Turning 50. If Socrates is right that the unexamined life isn't worth living, then half a century's experience demands scrutiny. We all come from "somewhere," and how we arrived "here" from that "somewhere" is sometimes dumb luck, chance, fate, choices good and bad, simply God's grace, or all of the above. What follows is my "thanksgiving reflection"—an exercise of grateful remembering. I hope that my reflection will spark a similar conversation in your own homes about those people, events, traditions, and experiences that have formed you and your children. We are only fooling ourselves if we think that the past does not affect the future and so I hope you will help your children always remember where they came from. For Tennyson's Ulysses (Odysseus) life is a journey (both real and metaphoric):

*I cannot rest from travel: I will drink  
Life to the lees: all times I have enjoy'd  
Greatly, have suffer'd greatly, both with those  
That loved me, and alone; ...*

*I am part of all that I have met.* It was a much different world in 1953. Pius XII was pope. Eisenhower was president. My parents bought their first and only home for \$15,000 in San Francisco, the monthly mortgage equaling 75% of my father's monthly salary. I remember that milk bottles and fresh produce were delivered every couple of days. Butchers gave kids cold hot dogs. By the time I understood what an "allowance" was, my

parents were unfamiliar with the word. One of my earliest memories is the sheer terror and fright I experienced on the first day of kindergarten when I saw a nun (who was probably Jesus' grandmother) in full habit for the first time. (Some of you will surely remember those remarkable Mercy Sisters who taught us to read, write, and pray.) We ate dinner together as a family. We had Sunday dinners at my Sicilian grandparents' home. We opened our presents on Christmas Eve. Santa came on Christmas morning. And to this day, all four of us kids still find a filled stocking on Christmas morning. In the living room, my parents danced to Frank Sinatra records on the "hi-fi" on Saturday nights.

John F. Kennedy, Robert Kennedy, Dr. Martin Luther King, Jr., Pope John XXIII, the Beatles, Neil Armstrong—they were all heroes.

My parents sacrificed greatly to give us a wonderful education in Catholic schools (K-12). As for college, "You kids are on your own," my father said. Fair enough. I continued at Loyola Marymount University where I actually was able to work on campus for \$1.65 an hour and paid the whole bill—tuition, books, room, and board--\$3,000. Kids can't very well do that today.

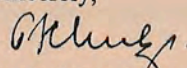
I know that my parents could examine their past and come up with stories and memories that begin when they were born at the dawn of the depression. Their parents could do the same, beginning at the turn of the (last) century. *That which we are, we are.*

I regret very little and am thankful for everything. We do not give thanks or say "Thank You" enough. I know that I don't. In this month of thanksgiving I will encourage our students to be thankful. First, for the life they have received—life that is the fruit of your love for one another and God's blessing upon your commitment to one another. Second, for all of the gifts, talents, opportunities, and experiences they have received—most of which you have provided for them. Third, for the life before them—*For always roaming with a hungry heart*—that they may know themselves fully and be who they want to be: *To strive, to seek, to find, and not to yield.*

Through Christ our Lord you give us all these gifts,  
you fill them with life and goodness,  
you bless them and make them holy.  
(*The conclusion of Eucharistic Prayer I*)

Happy Thanksgiving.

Sincerely,

  
Rudolf Schulze  
Principal

## Campus Ministry News



**"Ode to Autumn" by John Keats**  
Season of mists and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eaves run;  
To bend with apples the mossed cottage-trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set budding more,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er brimmed their clammy cells.



Lord, we give thanks for all that earth has given in recent months,  
and we give thanks, too, for all the work of human hands.  
As the land lies fallow, at rest, remind us of our need  
to keep a healthy balance in our lives each day. Amen.

### Liturgies

The newly-elected Frosh Class Officers (Chayla McDavid, Dane Axelgard, Alexandra Murphy, Jessica Lam, Bryan Caselli, and Hannah Murphy) and their class moderators (Ms. Sara Headd and Mr. Dino Nappi) worked hard to prepare and present the **Frosh Family Liturgy** on October 26. The Women's Choir and the Men's Chorus, under the direction of Mr. Ron Slabbinck, shared their musical gifts as they led us in song. Our presider, Fr. John Folmer, spoke about their theme, "Lead Us, Lord." Thanks to all the talented and energetic frosh who served as greeters, altar servers, readers, and members of the processions. It was worship well done!

Congratulations to the members of the Liturgy, Mass, and Prayer Class for their many hours of time and much hard work as Christian Brothers was the host school for this year's **Diocesan Senior Liturgy** on October 21. Bishop William Weigand was the presider. CB's Senior choir members, liturgical dancers, readers, greeters, ushers, altar servers, and musicians enabled over 1,100 Seniors from throughout the Diocese to celebrate a meaningful liturgy together - one with the theme of "One Class - One Community - One Purpose: To Serve God." Many thanks to Mr. Ron Slabbinck and Mrs. Leah Newton for their help with the liturgy.

Please join us for the **Thanksgiving Liturgy** on **Tuesday, November 25** at **9:30 A.M.** in the **CB gym**.  
**PARENTS ARE ALWAYS WELCOME AT OUR SCHOOL LITURGIES.**

### Retreats

**Kairos 1**, a new Senior retreat held October 28-31, was a bonding experience of faith and fellowship at St. Joseph's Camp on the Russian River. The 24 retreatants 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: Denis Armstrong, Sharmelia Jeffries, Steven Olveda, Debbie Jensen, Brian Saelee, and Tana Kreutz. Many thanks to the faculty leaders for their faith-sharing over the four-day retreat: Br. George Van Grieken, Mrs. Jan Millner, Mr. Paul Havey, Mrs. Julie Tucker, Mr. Linc Snyder, and Ms. Marcia Clarke.

### **Senior Retreat Dates:**

Senior Overnight Retreat - Nov. 23-24 and Jan. 11-12  
Kairos 2 - March 9-12

The Frosh have been enjoying the beauty of the Napa Valley and the exploration of their Lasallian heritage at the **Frosh Retreats** held at Mont La Salle, the headquarters of the San Francisco District of the Christian Brothers. 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 Frosh in activities and discussions throughout the day. The last Frosh Retreat is **November 4**.

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

## NEWS FROM THE GUIDANCE DEPARTMENT

The autumn has seen a whirlwind of activities organized, hosted, and presented by the Guidance Department to assist students and parents in both academic guidance and college planning. From classroom visits to personal counseling sessions, from *Frosh Guidance Night* to *College Night for Seniors*, from *Testing Day* to *Staffing Day* -- the Guidance Department has been busy providing services to help students succeed! A special event this year was the **College Fair for Private and Parochial High School Students**, hosted by Christian Brothers' counselors in late September. This event was a huge success, with over 70 colleges and universities represented, and approximately 900 students and families in attendance.

The CBHS website has proven to be a wonderful new tool in providing information to students and parents about college planning, upcoming college events, and the latest news in the college application process. If you haven't checked it out yet, be sure to visit! The address is [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org); click on **Guidance and College Counseling** to find many folders full of current and reliable news. For example, if you have a Freshman, Sophomore, or Junior student, you may, among other topics, read about *narrowing options* and *a college planning timeline* when choosing a college.

In addition to the website, counselors are always available to answer your questions or concerns via telephone or email. Give us a call or call the Guidance Department main number (733-3680) if you would like an "in person" appointment.

As you may know, Christian Brothers provides one of the most comprehensive programs of **Advanced Placement** course offerings in the region. We currently offer thirteen 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 2003 exam results**:

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

Ashley Baker	Alexandra O'Brien
Matthew Boyd	Erin Parr
Heather Campbell	Samuel Rada
Leslie Campbell	Samuel Sepulveda
Steven Holmes	Sary Stefanki
Lauren Manning	Bradley Tucker
Matthew McLaughlin	Brandon Williams
Mary McVeigh	

**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 these exams on *full-year courses* (or the equivalent)]:

Aimee Darville	Andrew Gee
David Gilbert	Patrick Fitzgerald

**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 these exams on *full-year courses* (or the equivalent)]:

Moriah Balingit	Shawn Richardson
Andrew Flynn	Kyle Zarzana
Amy Lam	

***Congratulations, Falcons!***

### **ATTENTION SENIOR PARENTS**

Please send us one baby picture and one recent picture (not the senior portrait) of your child as soon as possible. Both pictures should be high quality, high resolution (300+), size 3x5 to 4x6. If you scan them onto a CD and send us the CD, resolution must be 350+. Please write a message of two to three short sentences not to exceed 250 characters. Forms for this have already been mailed home. The cost is \$55.00. Please send a check made payable to Christian Brothers Yearbook and be sure to mark **YEARBOOK** on the envelope. **Final deadline is January 31, 2004.** We will return your pictures to you by the end of the school year. For further information, please call Mrs. Rosenfield at 733-3600, extension 1094.

## Student Activities Update

**THANK YOU.** This community's generosity, again, has shone brightly as the students' annual QSP magazine subscription fundraising drive has earned them \$115,000. Through their *Student Council*, the funds will offer students opportunities to purchase various desired "wish list" items for the co-curricular activities that are such a vital part of their learning and growth.

It is again time for one of our favorite autumn activities. *Homecoming Spirit Week*, themed "When You Wish Upon A Star," will take place from Tuesday, November 4, through Friday, November 7. Each day the students will have a one-hour lunch with plenty of class-led activities that always bring forth many smiles, giggles and laughs. On Tuesday, the sophomores will lead "Old Skool" Day, and the students will have the opportunity to style themselves in the garb of whatever decade they choose. Dads, see if you can round up any old leisure suits, so the boys can "seventies smooth" their way to classes. And moms, maybe some cans of Aqua-Net will benefit the girls as they go for that eighties "If I touch her hair, I might cut my hand" look. Wednesday will see the juniors produce Movie Day, and all the stars and starlets will dress as their favorite movie star or character. Thursday goes forth with the seniors leading the students in Mismatch Day, a time when wacky outfits will be traipsing through the hallways (this is always an exceptional day for some of our gentlemen faculty, for with subtle flair their usual attire seems to blend in with the crowd).

**REMINDER!! REPORT CARD NIGHT  
NOVEMBER 4, 2003 5:30 p.m. - 8:00 p.m.**

### Location of Teachers

**Room 102:** Ms. I Abbott, Ms. N. Brousseau, Mr. T. Capogreco, Ms. C. Cassetta

**Room 103:** Ms. T. Chadbourne, Ms. E. Coyner, Mr. S. Coyner, Br. Dan

**Room 104:** Br. Dat, Mr. D. Delgado, Mr. A. Diaz, Mr. J. Donch

**Room 105:** Ms. R. Dorman, Mr. B. Eckel, Mr. J. Elberson, Mr. T. English

**Room 106:** Ms. L. Frias, Ms. P. Gallagher, Mr. K. Haag, Mr. B. Hoey

**Cafeteria:** All remaining teachers (Mr. P. Havey to Mr. C. Zannetti)

To help promote the day's theme, neither the students nor the faculty will know what their next class will be until it is announced just as their current class ends. There will also be a Night Rally designed to both inspire and begin our seasonal food drive: as an admittance to the rally, students will be asked to donate a dollar or dry foods that will be collected to benefit the neighborhood's disadvantaged. Friday will be Disney Day and led by the freshmen. It will be devoted to all those joyous characters that ushered the students through their childhoods. On Friday night, the community will celebrate the traditional Homecoming football game. The pageantry will include class floats and each class's Homecoming representatives, including the king, the queen and her court. The week will culminate with our Saturday night Homecoming Dance when much of autumn's dappled glory will be represented in the beauty of our student body as they dress up, dance and maybe even dream back to the time they first heard Jiminy Cricket croon for them to "Wish Upon a Star."

And on that thought . . . the Student Activities Department wishes this community a blessed Thanksgiving and is thankful for the presence of these students on this campus: "And for His wonderful works to the children of men!" (Ps. 107:21).

### **"WORLD OF DIFFERENCE" Assembly**

On October 9, the *World of Difference* Club and the *Anti-Defamation League* presented a school-wide assembly titled "Names Can Really Hurt Us," to promote tolerance and diversity at CBHS. Student-written essays that reflected personal experiences with incidents of name-calling and other hurtful behaviors were shared with the student body. Following the assembly, students and teachers engaged in classroom discussions to brainstorm ways of dealing with stereotypes and prejudice at school and in the community. Evaluations indicated that both staff and students felt this event was a positive and meaningful step towards raising awareness and sensitivity about issues of prejudice and bias on campus.

**Remember: You can support Christian Brothers High School, a 501(C) (3) NON-PROFIT, through a United Way payroll deduction. Fill out your U/W form with: Christian Brothers High School, 4315 Martin Luther King, Jr. Blvd., Sacramento, CA 95820. Tax ID#: 68-0322360 - United Way # 05219.**



## SERVICE LEARNING NEWS

The faculty of Christian Brothers recently had an in-service focused on aspects and applications of Service Learning. We welcomed a guest speaker, Mary Ann Mattos from De La Salle, Concord to train our staff on initiating and sustaining this teaching methodology on our campus. Teachers not only learned the origin and importance of Service Learning, they also had the chance to design some ways to connect service with their curriculums.

If you are interested in continuing to encourage your son/daughter to volunteer outside of the 8:00 a.m.- 3:00 p.m. school day, please see the section below outlining how to document their time. While our program is changing, our desire for instilling and focusing a mission toward service is stronger than ever.

### Documenting Community Service

- \*Students who volunteer can post their hours on their transcripts
- \*Students can pick up a new form in Campus Ministry
- \*Students should fill out one form for each agency or placement where they volunteer
- \*Students need to assess themselves and have a supervisor sign the paper
- \*Students can have any and all hours they perform documented on their transcripts
- \*Students can fill out one of these forms anytime they help others without being paid.

This can include but not be limited to volunteering at a Harvest Festival, an elder care facility, helping at a walk like the AIDS walk, tutoring, or helping a neighbor who is unable to mow the lawn. These are all great ways to reach out and help others.

\*More information is available on the school's web site, or talk with Mrs. Newton in Campus Ministry.

### "Oki-Ni-Soo-Ka-Wa" - Come and See

In 2001, the De La Salle Christian Brothers of the Midwest District opened a new San Miguel School in Browning, Montana. De La Salle Blackfeet Middle School serves students and their families living on the Blackfeet Indian Reservation located in Browning, Montana.

In February 2002, La Salle High School in Yakima, Washington sponsored an immersion program, Oki-Ni-Soo-Ka-Wa, at De La Salle Blackfeet. Their time in Browning was spent in service to the community and in particular the children and families of De La Salle Blackfeet. Through their service to others, La Salle High School students found an appreciation for the Blackfeet culture, as well as for the role of faith which pervades this Native American community. De La Salle Blackfeet has since hosted other groups and is currently welcoming new groups to the school and reservation. As with experiences in Tijuana, Oki-Ni-Soo-Ka-Wa Blackfeet provides the participants with an inter-cultural experience that invites students and teachers to affirm a common bond among all people as children of God and challenges perceived boundaries between oneself and others, as well as oneself and God. The Oki-Ni-Soo-Ka-Wa Blackfeet experience includes direct contact with the people of the Blackfeet Indian Reservation, as well as prayer and reflection, all in the context of community, simplicity and service-learning. The components and learning outcomes of Oki-Ni-Soo-Ka-Wa Blackfeet are faith, community, service learning, and social justice.

Ten students from Christian Brothers High School have been preparing for six weeks for this awesome adventure. They will travel from November 9-15. The moderators for this trip will be Leah Newton, Director of Service Learning, and Br. James Riordan. We ask that you keep us close in prayer during our travels and stay in Montana.

[Sign-ups for the Service Retreat to Centro La Salle in Tijuana, Mexico in February are available in Campus Ministry.]

### *Big News for the Visual and Performing Arts*

A huge **thank you** goes out to the *Friends of the Arts* who helped make possible some dynamic changes for the Visual and Performing Arts at Christian Brothers. Patrons of the fall production "Little Shop of Horrors" will notice that the stage in the theatre has been expanded and resurfaced. The lighting has also had a major upgrade. This, coupled with the new sound system installed last year will greatly enhance this facility for plays, One Acts and Open Mic nights.

We are also in the process of acquiring a portable recording studio to capture our Bands and Choirs during live performances. Once recorded, these performances can be mixed down at our very own DLS recording studios in the SMAT Wing. The goal is to have professional CDs available that feature our talented Christian Brothers musicians.

In Visual Arts, we are getting ready to install many new display cases and frames in the SMAT Wing and near the theatre.

In the Technology Arts, KBFT will soon have florescent back

lighting that is necessary to continue the excellent media art projects that our community has quickly grown accustomed to.

Furthermore, intense planning is going into the 1<sup>st</sup> Annual CB Arts Expo to be held on March 13<sup>th</sup>. This will feature all aspects of the department and will be open to the public. Mark your calendars and stay tuned for details in future *Falcon Family Newsletters*.

All of these things have been made possible by cooperation between the *Friends of the Arts*, PSO, the Art faculty, and the CB administration. Special thanks goes out Jay Webb Construction, Lon Burford, the Cotta family, the Giovanetti family, and the Thorne family. All involved are committed to offering our talented students the best. If you are interested in joining the *Friends of the Arts*, we will be meeting on **Wednesday November 5<sup>th</sup> at 7 p.m. in the SMAT faculty room**. You can also contact Mr. Kevin Haag at (916) 733-3600 ext 1064.

## CHRISTIAN BROTHERS ATHLETICS

**Women's Golf** - Although we didn't win any matches this season, I consider the season as a great success. Golf is not an easy game to master, as we all know and have experienced. The girls improved as the season went on. We were led by senior Ali Kubochi; she was the second leading golfer in the Sierra Valley Conference this year. As this article is going to print she is competing in the subsection tournament. Ali has the talent to go far in post-league play. Our team also consisted of Beth Schlosser, Melisa Singh, Emily Manske, Nadia De-Ala, Mallory Weddle, Erica Smith, Kori Vallejo, Courtney Vellanoweth and Vanessa Valencia. I would personally like to thank each of the girls for all their time and effort this season.

-Coach Joe Soto

**Women's Volleyball** - The Freshman are doing extremely well in league play with a record of 8-1 in conference play. They are steadily improving with each match. The JV also is doing well in league and hopes to do well in the Tournament of Champions. Currently they are 6-3 in league. Freshmen Stephanie Gabrielli and Stephanie Hopcraft both have stepped up to the JV level and are improving daily. Alyssa Brown, Laine Himmelmann and Anna Hesser are keeping opponents on their toes with their offensive attack. Kelli Waters, Chrissy Golden and Kristine Ward are providing big blocks at the net. Kaley Matthews and Katie Tonello provide tough serving and Jennifer Roebuck is contributing on defense.

The Varsity, although struggling a bit with some very tough competition in the Sierra Valley Conference, show great potential on the court. In the Sacramento State Tournament, they played #4 City ranked Roseville in the semi-final and just narrowly were defeated in the third game. With 2 freshmen, 3 sophomores, 3 juniors and 4 seniors on the squad, the team is a very close and spirited group. Currently, they are 3 and 6 in league with a 7 and 7 overall record. Outside hitter Nia Freeman, headed to San Jose State University next fall to play Division 1 volleyball, leads all hitters with 93 kills. Sophomore Sydney Ryden follows with 42 and Alisa Kuwabara with 32. Middle blocker Alisa also leads the

team in blocking with 46 followed by Nia with 40. Freshman middle blocker Cara Crowder has 37. Defensively, sophomore Kelly McGrane leads the team with 76 digs, followed closely by Nia with 62. Setter Amanda Limeberger has 53 digs and 132 assists, and Ana Carrasco has 49 digs and 112 assists. The girls are hoping to peak into the final stretch of league play and try to secure a playoff spot in the Division IV playoffs which begin on Nov. 11. Go Falcons!

**Water Polo** - The first season is always the toughest. The boy's water polo team has had to overcome many obstacles in their inaugural season. Midway through a coaching change was necessary; fortunately, our own Dave Nelson stepped up and took the reins. The team is getting better each time they jump in the water. The season concludes this week with the CAL tournament, which the boys hope to finish with a splash. The team is led by Todd Wolford, Sam Walton, Chris Messick, Pat Fitzgerald and Danny Turkovich.

**Football** - The season has been going well thus far as we enter the 7<sup>th</sup> game of the season. After starting off slowly, the Falcon Football team has won 3 of our last 4 games and stands at 2-1 in league and tied for 2<sup>nd</sup> place. Our coaches have seen some inspired football and hard fought battles by our players. We have big league games coming up against Cordova and Union Mine. It will be nice to have them at home and in front of our home fans - Hope to see you there supporting our TEAM.

Regardless of the outcome, it is becoming very clear that our program is headed in the right direction and that can be directly attributed to the hard work of our student-athletes and persistence of our coaching staff to run one unified and year-round program. Offensive leaders this season include sophomore quarterback Andrew Bettencourt, senior running back Matt Anderson (third leading rusher in the SVC), and senior wide receiver Paul Peletta. Defensively, Kyle Mickewicz, Cody Smith and Matt Anderson are providing good senior leadership and leading the team in tackles.

-Coach Fresques

### FROM THE ATTENDANCE DESK

Parents - We need your help and cooperation. Cold and flu season is approaching and our office will be hopping. All medical appointments should be made, when possible, before or after school hours. If necessary, please have your child present a note from you requesting an early dismissal. Please do not come to pick your child up without prior notice. All students must have a note to be readmitted into the classroom regardless of whether you called, came in, or signed your child out. For legal purposes, we require a parent/guardian phone call AND a note. Thanks- here's to your health!!

### ATTENDANCE INFO ON GRADE REPORTS

The Attendance Office, with the Registrar, will begin using our student software package to report the number of days absent for each set on all progress and grade reports. This will appear on the grade report document in the CLASS ABS column corresponding to each set. The purpose is to provide further insight as to how your child is performing in each class and reinforce the importance of consistent attendance and academic performance. We hope this change will be helpful. The "bugs" should be ironed out before the next grading period.

## NEWS FROM THE ADVANCEMENT OFFICE

### PARENT & ALUMNI SUPPORT GROUP MEETINGS & NEWS:

- ◆ **Alumni Association** November 5 – 6:30 pm in Bertram Hall Boardroom
- ◆ **Boosters** November 3 – 7:00 pm in Bertram Hall Boardroom
- ◆ **Crab Feed Planning Meeting** Nov. 12 – 6:30 pm in Bertram Hall Boardroom
- ◆ **Parent Support Organization** Nov. 18 – 6:30 pm in SMAT Faculty Lounge
- ◆ **BUZZ Books** - To buy or pick up your Family Directory, stop by the Advancement Office in Bertram Hall. The cost is \$25.00 per directory. It's a resource guide for names, phone numbers and school information.
- ◆ **Booster Memberships:** Call Don Fitzgerald (916) 448-6611  
Lifetime Family \$500.00, Lifetime Individual \$200.00, Annual Family \$100.00, Individual \$25.00
- ◆ **SPIRIT SWEEPSTAKES:** To purchase a ticket for the monthly cash drawings, trip to Hawaii and a new Volkswagen Beetle call (916) 733-3600. **ONLY 500 TICKETS WILL BE SOLD!**

Congratulations to Mr. & Mrs. Giuseppe Luchini – October \$250.00 Spirit Sweepstakes Winners!

Do you **WANT** to know what's going on at CB? Do you know **"What's the Pulse of CBHS?"**

Attend the next **Parent Information Night** **Nov. 19 – 7:00 pm – Cafeteria**

#### Speakers:

**Rudy Schulze, Principal**

**Kent Morrison, Wellness/Prevention Counselor.**

There will be a question & answer session following the presentation.

#### BLUE CREW

**Do you have 90 minutes at lunch time?**

The school has an immediate need for parent volunteers at lunch time. We are looking for adult volunteers to help the Dean of Students with:

Line Control & Cashiering at the Drink & Fry window.

How often? Once a week or twice a month. A meeting will be held to discuss schedules and ideas to make lunch in the cafeteria well-organized and efficient. Volunteers will receive a Blue Crew polo shirt. Please call Donna Adam in the Advancement Office if you're interested at (916) 733-3662.

*As you know, we are in the midst of our Annual Giving Parent Appeal. On behalf of CBHS students who benefit from your generosity, we would like to thank those of you who have participated so far. Your support is greatly appreciated! A comprehensive list of all event and program supporters over the past 2 years will be presented in the upcoming edition of the "Connection" in February 2004.*

Anderson, Rand & Frances  
Axelgard, James & Elizabeth  
Baker, Gary & Pamela  
Ballestero, Linda  
Barsanti, Steven & Susan  
Beals, Ronald & Shelley  
Bedrosian, Tod & Janet  
Bell, Ken & Anita  
Bollenbach, M. & Sheila  
Bonsignore, Nicholas & Lori  
Brown, Thomas & Teresa  
Burger, John & Jennifer  
Burlando, Thomas & Sandra  
Cagley, Glen & Allison  
Calderon, Marlene  
Calkins, Jim & Diane  
Camacho, Julian & Catherine  
Campbell, Kennedy & Jeanette  
Carrasco, Richard  
Castillo, Cynthia  
Castillo, Gene  
Cerles, Teresa  
Chavez, Joe & Gladys  
Coffin, Jill  
Combs, Jennifer  
Compton, Ginger  
Connors, Richard & Joetta  
Corralejo, Robin  
Cotter, Timothy & Gretchen  
Crittenden, Jerry & Ana  
Crockett, Ed & Karen  
Cua, Antonio & Carmen  
Dang, Thuan & Chi Tran

Danley, Glenn & Leslie  
Dao, Davis & Kim Anh Vu  
Davila, Gerry & Monica  
Davis, David  
De Anda, Julio & Norma Garcia  
Delgado, Daniel & Dorothy  
Diaz, Manuel & Gloria  
Dilores, Carl  
Domich, Dain & Chandra  
Drobny, Mark  
Duffy, Thomas & Barbara  
Eaker, Mark & Suzanne  
England, Morrison & Nancy  
Ferreira, Darrell & Mary Lynn  
Ferreria, Craig & Debra  
Fisher, Michael & Catherine  
Fitzgerald, Donald & Kathleen  
Fizer, Alan & Bernadette  
Flores, Edward  
Flores, M.  
Flynn, Jeremiah & Susan  
Freeland, Samuel & Barbara  
French-Hillblom, Brenda & Steve Hillblom  
Frye, William & Dian  
Gavino, Cezar & Nelie  
Goncalves, Alex & Paula  
Gonzalez, Mary  
Greene, Tina  
Griffing, John & Shelley Mydans  
Groesbeck, James & Teresa  
Guro, Michael & Hannah  
Gutierrez, Mario & Debra Johnson

Harp, Tami  
Hart, Joseph & Debbi  
Hayes, John & Michelle  
Hayes, Lise & Joe Hayes  
Henning, Richard & Debbie  
Hermann, Ronald & Barbara  
Hiner, Lawrence & Cherie  
Hirano, Russell & Carol  
Holquin, Nicholas & Julia  
Hu, Tom & Peggy Phang  
Hunt, Kimberly & Larry  
Hyde, Steven & Claire  
Irish, Marc & Karen  
Jacobs, Paul & Karen Moore-Jacobs  
Jensen, Robert  
Jensen, Valerie  
Johnston, Matthew & Mary  
Jonsson, Steve & Kathleen  
Jurado, Felipe & Theresa Riviera-Jurado  
Kania, Mark & Angelina  
Kemper, Lee & Carol McCall  
Kern, Jonathan & Laurie  
Kirby, James & Pamela Paris  
Klee, Alan & Renae  
Krause, Robert & Rhonda  
Laino, Nick & Jaynee  
Lam, David & Julie  
Lemus, Adolfo & Susan  
Lien, Michael & Darcy Ketchum Lien  
Link, Kenneth & Mary Kay  
Lui, For-Shing & Yokkuen  
Lyons, Robert & Mary Catherine

Maestretti, Timothy & Lisa  
 Magill, Timothy & Susan  
 Malinowski, Michael & Christine  
 Malm, Robin & June  
 McConnell, Robert  
 McGrath, Jackie  
 McKown, John & Stephanie  
 McLaughlin, H. Vincent & Shana  
 McMillan, Alan & Irene  
 Metcalf, Kathryn  
 Metcalf, Norman  
 Mickiewicz, Tim & Erin  
 Mindlin, Maria  
 Miranda, Anastacia  
 Montoya, Richard & Suzanne Vega-Montoya  
 Moose, James & Kirstie Wilson  
 Murphy, Timothy & Elizabeth  
 Nevis, Jerald & Judy  
 Nichols, Frederick & Patricia  
 Niehaus, Anne  
 Nordlander, Jeffrey & Lisa  
 O'Hara, Paul & Sheilah  
 Oliva, Amado & Lilliann  
 Olivas, Alfred & Kathy  
 Olson, Lance & Suzette  
 Osborne, Robert & Paula  
 Paist, Linda & Dennis Dugan  
 Palermo, David

Panen, Edwin & Wilma  
 Partain, Jacqueline & Russell  
 Parvin, Donald & Beth  
 Perez, Glen & Antoinette  
 Perrin, George & Florence Hunt-Perrin  
 Plasencia, Jorge & Nellie  
 Porter, Anthony & Cynthia Royster  
 Powell, Craig & Paige  
 Prentice, M. Scott & Debra  
 Pye, Kelvin & Cassandra  
 Rada, Richard  
 Riley, Jean  
 Rodriguez, Mark & Diane Telling-Rodriguez  
 Romeis, Rebecca  
 Roth, Robert & Patricia  
 Royo, Paris & Afie  
 Ruiz, Mark & Rosanna  
 Sanborn, Thomas & Linda  
 Sanchez, Anthony  
 Sanchez, Noel & Annette  
 Scheideman, Robert & Pamela Kennedy  
 Schetter, Frank & Jacqui  
 Schlosser, Michael & Deborah  
 Shempp, Howard  
 Sher, Adrienne  
 Sherman, Debra & Arthur Thorne

Silva, Steven & Heather  
 Slakey, Steven & Jacklyn  
 Smolich, Daniel & Victoria  
 Stathos, Frank & Patti  
 Strong, Charles & Jacquelyn  
 Taugher, Brian & Nancy  
 Taylor, Donald & Stella  
 Taylor, John & Suzanne  
 Taylor, Robert  
 Trefethen, John & Suzanne  
 Tucker, Robert & Julie  
 Uyeda, Lance & Anne  
 Vaden, Ronald & Jill  
 Valverde, David & Sylvia  
 Van Gundy, James & Kari  
 Vasquez, Raymond & Lorraine  
 Vestil, Victor & Maria  
 Walters, Mark & Deborah Leon-Walters  
 Washington-Kumeh, Marie  
 Wilson, Clarke & Velma  
 Wilson, John & Kelley Sue  
 Wong, Kin-Man & Jenny  
 Woods, Margenia  
 Woodsford, Ron & Debbie  
 Wright, Daniel & Catherine  
 Zeman, Richard & Anne  
 Zuna, Slavko & Marjana

*If you have not yet pledged to the campaign, we encourage you to do so. Your gift is tax-deductible, and payment options are available to fit any budget. We are hoping for 100% participation by the end of the year, but we need your help. For further information, please call Janie Desmond Ison at (916) 733-3608, or Debbie Woodsford at (916) 733-3605.*

Mark your calendar for **Christian Brothers Theater** fall musical "Little Shop of Horrors". It's the first-ever Broadway production of everyone's favorite boy-meets-girl, plant-eats-world phenomenon.

*Meek, mild-mannered, out-of-luck Seymour Krelbourn has just discovered an exotic little plant with a strange and unusual appetite. The plant is growing remarkably fast—and so is Seymour's love for Audrey, his co-worker at the flower shop. But she has a boyfriend...and the plant has a bloodthirsty secret that threatens the entire planet. The feeding frenzy begins, as Seymour becomes a celebrity and the plant becomes a larger-than-life sensation.*

*Set in a New York Skid Row florist shop, this dark comedy is loaded with music, songs, and surprises.*

**Select your show from the following:**

FRIDAY, NOVEMBER 14 at 7:00 p.m., SUNDAY, NOVEMBER 16 at 2:00 p.m., FRIDAY, NOVEMBER 21 at 7:30 p.m., SATURDAY, NOVEMBER 22 at 7:30 p.m., SUNDAY, NOVEMBER 23 at 2:00 p.m.

Seating is limited. Early arrival is recommended. There will be no late seating. You may pre-order your tickets with the coupon on this page. Thank you for supporting the students involved in the arts at CB!

**Christian Brothers High School**  
 4315 Martin Luther King Jr Blvd, Sacramento, CA 95820

presents



**Advance Ticket Sales**

# of ticket(s)  
 ADULT - STUDENT

ADULT: \$12  
 STUDENT: \$8

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Friday  
 November 14 - 7:30pm  
 Sunday  
 November 16 - 2pm  
 Friday  
 November 21 - 7:30pm  
 Saturday  
 November 22 - 7:30pm  
 Sunday  
 November 23 - 2pm

Information only  
 (916) 532-8286

TOTAL: \$

Payment enclosed  
 I cannot attend but my donation is enclosed

Payment must be made to guarantee ticket reservations. Please mail your ticket reservation and payment to Christian Brothers HS.

NAME: \_\_\_\_\_  
 Phone: \_\_\_\_\_

E-mail: reservetickets2003@yahoo.com

# November 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> SAT I & II (not @CBS) Loretto Homecoming
<b>2</b>	<b>3</b> Staffing Day No Classes Boosters 7pm	<b>4</b> Frosh Retreat Ed of Trustees 4pm, SMAT Lounge Report Card Night 5:30-8pm ABDFEGC	<b>5</b> Classes Begin 9:00am Curriculum Committee 3:15pm Alumni Mtg 7pm BDE	<b>6</b> Classes Begin 8:00am Night Rally, 7:30pm	<b>7</b> AFGC	<b>8</b> Homecoming Dance 8-11pm
<b>9</b>	<b>10</b> ABCDEFG	<b>11</b> VETERANS' DAY No Classes Crab Feed Planning Mtg. 6:30pm	<b>12</b> Mathletes @Elk Grove AGCD	<b>13</b> Classes Begin 9:00am Community Mtg. 7:45am Faculty Preview Fall Musical 7:30pm BEF	<b>14</b> Fall Musical, 7:30pm ABFGECD	<b>15</b> Boosters Crab Feed & Dance
<b>16</b> Fall Musical, 2pm	<b>17</b> Progress Reports Due ABCDEFG	<b>18</b> Verification Due PSO Mtg 6:30pm ABDFEGC	<b>19</b> Curriculum Committee 3:15pm PSO Parent Information Night 7pm ACDE	<b>20</b> Classes Begin 9:00am Mail Progress Reports Department Meetings BFG	<b>21</b> Scholar Mtg. Fall Musical, 7:30pm ABFGECD	<b>22</b> Fall Musical, 7:30pm St. Francis Homecoming 8-11pm
<b>23</b> Fall Musical, 2pm	<b>24</b> ABCDEFG	<b>25</b> Dressy Dress Day Thanksgiving Liturgy ABDFEGC	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<b>Senior Retreat</b>			<b>Thanksgiving Break</b>		
<b>30</b>						

Spirit Week

Venaver (Browning, Mortana)

October						
S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28	29	30	31	

December						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# November 2003 -- Athletics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>Staffing Day</b> <b>No Classes</b> (M)Soccer @ Cordova IV 3pm/ Var 3:30pm (W)Golf Sections (W)Vbal @ Cordova 4/5:30/7pm	4 (W)Tennis SVC League Match	5	6 (W)Tennis SVC League Match TBA	7 (M)Soccer Section Playoffs 1st Round @ CBS 3:30pm Ftbl Homecoming vs Union Mine @SCC 3:30/5:30/7:30pm	8 CC:Subsection Angela's Camp TBA <b>(M)Water Polo Cal Var Tou...</b>
9	10 (W)Golf Norcal •(W)Tennis Team Sections	11 <b>VETERANS' DAY</b> <b>No Classes</b>	<b>Spirit Week</b>		14 Ftbl @Rocklin 5:30/7:30pm* CC:Section TBA (W)Tennis Team Section	15 (M)Soccer Section Finals
16	17	18	19	20	21	22
23 PAL Basketball Coaches Mtg 1pm	24 <b>(W)Tennis Team Section+</b>	25	26	27	28	29 CC: State FinalsTBA
30	<b>Thanksgiving Break</b>					

October

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	1	2	3	4		
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



# Falcon Family News

Christian Brothers High School Monthly Newsletter

December/January 2003

Dear Parents:

It is Wednesday, November 20th, and I am at 33,000 feet on my way to Chicago with three of our visual and performing arts teachers to attend the annual Brother Huether Lasallian Workshop sponsored by the Christian Brothers. Next to me sits a knit-one, pearl-two grandmother and a nun in full religious habit. They are discussing religion, Jesus, and the resurrection. (So far the nun is winning!) In front of me are a young couple and their remarkably quiet two-year-old son.

I wish I had the window seat. I enjoy looking out upon the world: "Glory be to God for dappled things....Landscape plotted and pieced—fold, fallow, and plough;" as Hopkins writes in "Pied Beauty." At home, at school, and in life I do not often see the world from the 33,000-foot view. We live our lives mostly at "sea level" in the ordinary hustle of our daily lives, relationships, and responsibilities. Once in a while, though, we have opportunities to glimpse reality from a different vantage point where we can see patterns and designs and where we don't see fixed boundaries or borders.

At the risk of suborning heresy, I imagine that the Incarnation and birth of Jesus were about what God saw at the 33,000-foot level: a disordered, broken, babbling world of desperation, indifference, and evil.

I imagine that what God saw was a world in need of a word—the *Word*. "In the beginning was the Word, and the Word was with God, and the Word was God." (John 1:1) The Incarnation is once and for all and for all time. Jesus—the *Word*—came for one reason. We see that reason "advertised" on posters during professional football games—"John 3:16": "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."

Students struggle with the mystery of the Incarnation. They get themselves trapped in the same philosophical arguments that prompted the Council of Nicea (325 A.D.): How can God be a man? How can a man be God?

They find it hard to believe that Jesus was like us in all things but sin. Just like us. He had his diapers changed,

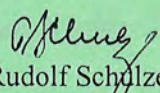
got the flu, and had to be taught by his parents to walk, speak, count, write, sing, and play—just like any other kid. We know that Jesus would have attended Christian Brothers High School if there had been one in Nazareth. We also know that he got into a bit of trouble at the age of twelve (Luke 3:41ff.) when he stayed behind in Jerusalem listening to and asking questions of the teachers in the temple while his parents frantically searched for him for three days. You will recall that we do not hear about Jesus again until he's about thirty years old. An eighteen-year "time out"! We know, too, that Jesus was tempted like we are, had feelings like we do, and had to make choices.

The true miracle of the Incarnation is that no part of creation had ever been without the Word who, in union with the Father and the Spirit, fills all things that are. But 2000 years ago, the Word entered the world in a new way. Jesus came to destroy the power of death so that we might know what it means to live as full human beings—that we might learn *how* to live for God. By becoming one of us, Jesus has shown us that the beauty and grace of our humanity is to *praise* God by developing and sharing our talents and gifts, to *revere* God by acknowledging that we are created in God's image in spite of our weaknesses and limitations, and to *serve* God by serving one another.

I am privileged to witness the Incarnation every day in the lives of your sons and daughters. I see the Word taking shape in them through your example and our teaching. I marvel at the tenacity with which they search for truth, struggle to find meaning in our world, and grapple with the elusive and insidious power of evil. They want so much to love and be loved.

As we celebrate the Incarnation and Jesus' birth, we welcome again the Word which God speaks in our hearts and minds.

Merry Christmas and God's blessings on a new year filled with good health, peace, and joy!

  
Rudolf Scholze  
Principal

## **CAMPUS MINISTRY NEWS**

### **A Prayer for the Lighting of the Advent Wreath**

*Creator God, all powerful Lord of Light,  
bless our wreath of evergreens with its candles.  
May our Advent be a time of preparation.  
Help us reflect on the power of light to dispel darkness  
in our world and in our lives.  
Touch our hearts with the warmth of your love.  
May the increasing light of these candles  
brighten our minds and hearts  
to be steadfast in faith, joyful in hope,  
and untiring in love,  
so that we are ready again to receive true peace,  
Jesus, the Light of the World,  
our Lord and Savior. Amen.*



**Liturgy News:** A special part of our Thanksgiving Liturgy was the first appearance of the new Liturgical Dance Club. Its five members led the student body in singing the "Alleluia" in sign language; they also prepared the worship space and the altar during the opening procession and the offertory. We thank Fr. Brian Crawford, OSJ, for celebrating with us that day.

Our Advent Prayer Service will be Thursday, December 12 at 9:30 a.m. in the gym. Please join us.

**Retreat News:** The Frosh retreats are completed. Many thanks to the members of the Senior Retreat Leadership Team for helping with the five Frosh retreats. The next Senior retreat will be January 12-13. Permission slips will go home the first week in December. The Sophomore and Junior retreats begin in January. These are optional retreats, so students must sign up to attend. Sign-up sheets are now available in the Campus Ministry office. A letter to parents with details regarding these retreats will go home the first week in December.

### ***Holiday Office Hours***

**The school office will be closed for Christmas Vacation from Monday, December 23, 2002 through Friday, January 3, 2003. The office will re-open on Monday, January 6, 2003. Classes for the spring semester begin on Tuesday, January 7, 2003. Have a safe and wonderful Holiday Season!!**

### **ATTENTION STUDENTS and FAMILIES:**

*Effective immediately, the Main Office will no longer be paging students after school, except in an emergency situation. These announcements frequently disrupt meetings, tutoring and other activities taking place in classrooms after school hours. Please make plans for carpools and other arrangements ahead of time. Thanks for your cooperation.*

*Spirit Sweepstakes*

*\$2,500 cash*

**You still have a chance to WIN**

**Purchase your Spirit Sweepstakes ticket today -- \$250 each**

**VISA & MasterCard accepted!**

**Hawaiian Vacation**



For ticket purchases or more information, call the CB Development Office at (916) 733-3600.



## Student Activities

Student Activities accepted applications for over \$30,000 of QSP money, which were due on Friday, November 22<sup>nd</sup>. The Executive Council will review the applications during the first week of December and set up interviews with each of the groups that applied for funds. The Executive Council hopes to have final decisions on the allocation of funds by December 13<sup>th</sup>. Please note: Students will have a QSP holiday on Monday, March 10, and no classes on Tuesday, March 11 due to a faculty curriculum development day.

In December we are looking forward to Christmas with our annual Christmas Dance on Saturday, December 7<sup>th</sup> from 8:00-11:00 pm. A reminder to all students and parents that normal dance dress code will be in effect. The theme for the dance is "Nightmare Before Christmas." Tickets are \$4 in advance and \$5 at the door. Student Council members will be getting into the Christmas spirit as Secret Santas to each other during the week of December 9 - 13<sup>th</sup>, and celebrating at our ASB Christmas party on Sunday, December 15<sup>th</sup>.

The New Year starts off with our Mother Son/Father Daughter Dance on Saturday, January 11<sup>th</sup>, 2003. Desserts from Ettore's will be served starting at 7:00 pm in the cafeteria. Refreshments include coffee from Java City along with Ms. Holmes' famous sherbet fruit punch. There will be dancing from 8:00-11:00 pm, with pictures available from 5:00 - 10 :00 pm. Bids are \$20 per couple and will be on sale the week before the dance. All profits from the dance will go to our sister school in Africa. We are looking forward to seeing all the students and their parents dancing the night away.

### THE YEARBOOK NEEDS SENIOR BABY PICTURES

The yearbook staff would like parents to send one baby picture of their child as soon as possible. A letter was sent home in early October. We need good quality, wallet-size pictures. Parents are also asked to write a message--two or three short sentences--not to exceed 250 characters. The cost is now \$50, payable to *Christian Brothers Yearbook*. Be sure to write "Yearbook" on the envelope. The staff will return the pictures at the end of the school year. For further information, please call Mrs. Rosenfield at extension 1094.

#### 2002 Crab Feed & Auction Committee Chairs

Thank you to the following individuals who generously donated their time, energy and talents.  
We couldn't have done it without you!

##### Crab Feed Chairpersons

Jennifer Ehrhardt & Mike McCarthy

##### **Bar**

Marty Clark, Supplies

Mike Newman, Operations

##### **Food Preparation**

Rose Guerrero

##### **PowerPoint Technology & Graphics**

Brother Roch Dufresne, FIC

##### **Registration**

Sally Medina

##### **Reservations**

Debbie Woodsford

##### **Serving and Logistics**

Art Camacho & Silvia Flores

##### **Set-Up**

Susan Magill

##### **Staff Liaison**

Donna Adam

##### **Supplies**

Diane Calkins, Karen Weddle & Shauna Pompei

##### Volunteer Coordinator

Nancy Henrikson

##### Auction Chairpersons

Elaine Archibald & Claudia Page

##### **Baskets**

Marianne Hardin

##### **Cataloging**

Pam Lygren & Jane Rojas

##### **Comptroller & Cashier**

Paul McKenna

##### **Decorations**

Mary Daffin

##### **Hospitality**

Debra Prentice & Michelle Wallner

##### **Logo Design**

Page Design, Inc.

##### **Marshals & Spotters**

Paul Medina

##### **Program**

Sally Cebberos

##### **Solicitation**

Rebecca Baumann, Valerie Boles, Kathy Fitzgerald, Lynne Giovannetti, Kit Haman, Cheri Hostler, Cindy Leathers, Debijeane Machado, Pat Mette, Carol Malinowski, Marilyn McCarthy, Liz Murphy, Patti Stathos, Suzanne Trefethen, Phyllis Westman, Mary Whelan-Miille, Barbara Zanze & Anne-Marie Zeman

## Service Learning News

Our science classes did a fabulous job with their food drive for KIDSCAN with the Elk Grove Food Bank. Our school collected 2,843 non-perishable food items. That is more than 100% participation from our students.

Thank you to Lasallian Youth for all their efforts in providing holiday cheer for students at Oak Ridge Elementary School on Halloween. The candy-filled bags were such a special treat for the children!

The lovely ladies of Delta Nu dressed in costume and visited Primrose Alzheimer's Home for Halloween. They are planning a second trip in December to delight the residents with manicures.

The school was involved with another important food drive. The faculty and students prepared Thanksgiving Baskets that were distributed to families through St. Francis Terrace, a housing complex serving needy families in Sacramento.

Mrs. Mundo's Spanish classes have been working on stories that will be translated and decorated for sick children through Ronald McDonald House. The stories will hopefully help take their minds off being in the hospital. **Service Learning is alive and well!!**

### SOPHOMORE PARENT ACADEMIC PLANNING MONDAY, JANUARY 27, 2003

A SOPHOMORE PARENT  
ACADEMIC PLANNING EVENING WILL BE HELD  
IN THE CAFETERIA FROM 7:00 - 8:30 PM ON  
MONDAY, JANUARY 27TH WITH  
ADMINISTRATORS AND COUNSELORS TO  
EXPLAIN BOTH THE PRE-REGISTRATION  
PROCESS AND ANSWER QUESTIONS FOR  
PARENTS CONCERNING ACADEMIC PLANNING  
FOR COLLEGE ADMISSION. ALL PARENTS OF  
SOPHOMORES ARE ENCOURAGED TO ATTEND.

### Placement Exam

On Saturday, January 25, 2003, the Admissions Office will be administering the Placement Exam for the class of 2007. Typically every year the number of those taking the exam and applying to Christian Brothers substantially exceeds the number of freshmen we are able to accept. Next year's freshman class promises to be no exception, with preliminary sign-ups for the January exam reaching record levels. In spite of the increased competition for a spot in next year's class, Christian Brothers is always looking for quality young men and women and their families to join one of Sacramento's longest and oldest traditions.

Christian Brothers remains committed to serving the community of Sacramento, as it has for the past 125 years, in providing a comprehensive and challenging college preparatory education in the vision of the founder, St. John Baptist de La Salle. Registration for the Placement Exam can be made by contacting the Admissions Office at 733-3690 before January 23<sup>rd</sup>.

## Course Pre-Registration for 2003-2004

Friday, January 31, 2003

\*\*\*\*\*

Pre-registration is the students' opportunity to choose courses for the following year. Students will be given a course catalog on Friday, January 24th. The catalog will list a description of the courses, their pre-requisites, as well as the requirements for Christian Brothers' graduation and the UC and State University entrance requirements.

The schedule for Pre-Registration day, Friday, January 31st, will be as follows:

8:00—8:30	Freshmen A-L
8:30—9:00	Freshman M-Z
9:00—9:30	Sophomores A—L
9:30—10:00	Sophomores M-Z
10:00—11:00	Juniors A-L
11:00—12:00	Juniors M-Z

Pre-registration allows the school to create a schedule with the number of sections to ensure a class size appropriate for a quality education. Christian Brothers hires teachers for the next school year based upon these numbers. Students should consider their course selections and their alternatives carefully. A student's request for a schedule change in August may have to be denied if a class would become too large.

Please note that there are no classes on this day and the only times students must be present are during the hours indicated above. Unexcused absences will result in detention.

## NEWS FROM THE GUIDANCE DEPARTMENT

The autumn has seen a whirlwind of activities organized, hosted, and presented by the Guidance Department to assist students and parents in both academic guidance and college planning. Everything from classroom visits, personal counseling sessions, Frosh Guidance Night, College Night for Seniors, Testing Day, and Staffing Day -- the Guidance Department has been busy providing services to help students succeed! A new event this year was the **College Fair for Private and Parochial High School Students**, hosted by Christian Brothers' counselors in October. This event was a huge success, with over 70 colleges and universities represented, and nearly 600 students and families in attendance.

The CBHS website has proven to be a wonderful new tool in providing information to students and parents about college planning, upcoming college events, and the latest news in the college application process. The address is [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org); click on **College Counseling and Career Center** to find many folders full of current and reliable news. In addition to the website, counselors are always available to answer your questions or concerns via telephone or e-mail. Give us a call or call the Guidance Department main number (733-3680) if you would like an appointment.

As you may know, Christian Brothers provides one of the most comprehensive programs of **Advanced Placement** course offerings in the region. We currently offer twelve Advanced Placement courses, with over 300 of our students currently enrolled in one or more AP class. We are pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2002 exam results:

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

*Moriah Balingit*

*Christina Carrigan*

*Warren Hodges*

*Melissa Huston*

*Kristen Koenig*

*Christiana Leong*

*Benjamin McAlister*

*Nicholas Meyer*

*Tyler Monson*

*Evan Nussbaum*

*Sean O'Rourke*

*Carlos Ramos*

*Shawn Richardson*

*Elizabeth Sylva*

*Michelle Takehara*

*Cory Thompson-Briggs*

*Kyle Zarzana*

**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 these exams on *full-year courses* (or the equivalent)]:

*Emily Conner*

**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 these exams on *full-year courses* (or the equivalent)]:

*Chelsea Coons*

*Kevin Lui*

*Christopher Patterson*

*Keetah Thompson*

### **CONGRATULATIONS!**

To Eagle Scout Matthew Frye, who passed his Eagle Board of Review on July 16, 2002. For his Eagle Project, Matt assembled, painted and installed two park benches and poured two concrete pads in Greenhaven along the Pocket Canal Parkway in Seymour Park.

### **SPECIAL ACHIEVEMENTS**

If you know a Christian Brothers student or recent graduate who has achieved special distinction in academic, athletic, artistic or other unique endeavors, you are invited to share that accomplishment. Please drop a note or send an e-mail to Rona Gordon, Administrative Assistant to the Principal at ([rgordon@cbhs-sacramento.org](mailto:rgordon@cbhs-sacramento.org)).

Here is a summary version of one of the many articles on our website to assist you and your child in college planning. The full text of this article can be found on the CBHS website [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) - click on ***College Counseling and Career Center***.

## ***Narrowing Options/Making College Decisions***

How do I choose a college that is right for me? And what does that mean – a college that’s “right” for me? The following steps can guide you on the path to the right campus for you:

### **Step 1 – Take a self-inventory**

To help you identify your unique characteristics and priorities, try asking yourself some questions:

- *What are my goals?*
- *What are my interests?*
- *What are my abilities?*
- *What is my learning style?*
- *What kind of worker am I?*
- *What kinds of relationships are important to me?*

### **Step 2 - Consider Types of Colleges**

Now that you know your desires, try to eliminate colleges that will not fit your needs. You can narrow the field by considering college characteristics and the strengths and weaknesses each has to offer.

- *What type of college are you interested in?*
- *Where do you want to go? Consider location.*
- *What size of college do you want to attend?*
- *How selective should the college be?*
- *What types of academic programs are offered?*
- *What is campus life like?*
- *Do you want to attend a school with a religious orientation?*
- *How much will it cost?*

### **Step 3 - Time for Research**

Begin to concentrate on the few schools that may fit your needs. The Internet and the library are terrific places to start.

- If possible, go on a campus visit (see [Planning College Visits](#) section of the CB website). If you cannot visit the campus, send for a video.
- Look up statistics on each college in college reference and guide books.
- Go to the home page of each of the colleges on your list. From there you can link to all sorts of pages that give copious information related to the institution.
- Send for viewbooks and catalogs.
- Attend College Fairs, College Information Evenings, Open Houses, etc.
- Ask questions! Find out all you can from as many people as you can.
- Try some of the opinion based books, such as *Fiske's Guide to Colleges* or *Rugg's Recommendations*. These are based on interviews and surveys and will help you get a feel for the college from the students' perspective.

### **Step 4 - Decision-making**

Most students do not have a magic moment when their choice becomes clear - rather it is a process of elimination, weighing options, and long hours of thought. You may find that you still have too many colleges to choose from. Be selective. Send in your applications using the 2-2-2 rule: Two colleges that are safe or "fall back on" schools, two colleges that are mid-range, and two colleges that are a "stretch." If you are not accepted to some of your choices, don't take it personally. Ask questions, do the research, and then listen to your heart. Your future awaits!

## Winter Sports Update

**Women's Volleyball Wrap-Up** The Varsity team ended the season with a league record of 4-8, overall 5-10. Junior outside hitter Nia Freeman was voted the team's Most Valuable Player, and was also selected to the All League Team. Alisa Kuwabara was voted "Most Improved," Haley Relles was "Most Inspirational," and Megan Cassidy won the "Coach's Award."

The Junior Varsity had a league record of 7-5 (3rd place) and 9-6 overall. Sophomore Kim McGann and freshman Kelly McGrane were voted co MVP's. Kayla Simas won the "Coach's Award."

The Freshmen also had a 7-5 league record and 9-6 overall. Erika Crane was voted "Most Improved," Katie Tonello was MVP, and Kristine Ward earned the "Coach's Award."

### ATTENTION FROSH PARENTS

Great News! The Class of '06 hooded sweatshirts are spiriting this way in early December. Watch for a letter coming soon.

### *Congratulations!* **2003-2003 Scholastic All-CIF Honorees**

*Moriah Balingit, Varsity Cross Country*  
*Matthew Boyd, Varsity Soccer*  
*James Delgadillo, Varsity Soccer*  
*Claire Gilbert, Varsity Cross Country*  
*Ryan King, Varsity Cross Country*  
*Larry Nguyen, Varsity Soccer*  
*Elizabeth Nolan, Varsity Cross Country*  
*Shawn Richardson, Varsity Football*  
*Melissa Singh, Varsity Golf*  
*Cody Smith, Varsity Football*  
*Angela Stassi, Varsity Tennis*  
*Megan Wong, Varsity Golf*  
*Kyle Zarzana, Varsity Cross Country*

## *Boosters*

Winter Sports have started and it's time to buy your *Booster* membership if you haven't already. The basketball games this winter will be a hot ticket...so buy the membership to receive free admission to all home games (except play-offs).  
Call Donna Adam at 733-3662 to purchase a membership.

### *News from the Development Office*

Please make the following changes in your PSO Buzz Book:

<u>Junior Class Rep</u>	<u>Home Phone #</u>	<u>Assigned to:</u>
Gene Castillo	(916) 371-7124	A-I
Kim Hunt	(916) 444-9650	A-I
Kathy Fitzgerald	(916) 448-6611	J-Q
Carol Pennington	(916) 608-0819	R-Z

*Welcome Kathy and Kim!*

*Parents!* Don't forget that the class representatives are each family's link back to the school for information. If you have any questions you need assistance with, please call the class representative assigned to your family by grade level and last name.

**PSO DIRECTORIES ARE STILL AVAILABLE!** The PSO Directory "Buzz Books" are \$25.00 and included with your PSO membership. If you are already a PSO member and have not picked up your BUZZ book, call Donna Adam at 733-3662.

**WEBSITE UPDATE:** The website for the Development Office will be up and running the first week of December. You're just a click away from all the latest information and updates about the Alumni Association, Boosters and PSO. You will find details on annual giving, memorials, and scholarships to bring you up to date and stay informed. Look for volunteer announcements, snack bar hours and spirit wear for sale!

### **SWIM TEAM PARENTS' NIGHT**

With spring just around the corner comes Spring Sports, and there's no time like the present to prepare for the CB Swim & Dive Teams. Parents and students are invited to get information on next season and meet  
Coach Eddie Cebreros,  
Assistant Coach Dave Nelson, and  
Dive Coach Dede Crain  
on Monday, December 16, 2002 at  
7:00 p.m. in the Christian Brothers cafeteria.  
We hope to see you there!

# January 2003

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	<p><i>Grades Due</i>  <b>Staff Prayer &amp; Breakfast</b>  <b>Dept Curriculum Development Day</b>                      No Classes                      Boosters Mtg 7pm</p>	<p><i>Verifications Due</i>                      (m)BB @Oak Ridge 4:30/6/7:30pm</p>	<p>Curriculum Comm Mtg 3pm                      Mathletes @CB 4pm                      Wrestling @Oak Ridge 6pm                      (w)BB vs Oak Ridge 4:30/6/7:30pm                      Alumni Mtg 7pm</p>	<p><i>Mail Grades</i>                      (m)BB @Cordova 4:30/6/7:30pm</p>	<p>(w)BB vs Cordova 4:30/6/7:30pm</p>	<p>(W)BB vs Modesto Christian JV&amp;Var 1/2:30pm                      Wrestling Tourney TBA  <b>Mother/Son &amp; Father/Daughter Dance 7-11pm</b></p>																																																																																				
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	<p>Soph Parent Academic Planning 7-8:30pm, Cafe</p>	<p>Junior Retreat                      (m)BB @Galt 4:30/6/7:30pm</p>	<p>(w)BB vs Galt 4:30/6/7:30pm                      Wrestling @Galt 6pm</p>		<p>Pre-reg Day                      Special Schedule                      (m)BB vs Oak Ridge 4:30/6/7:30pm                      (w)BB @Oak Ridge 4:30/6/7:30pm</p>	<p>A Night of One Acts 7:30pm</p>																																																																																				