

# FALCON FAMILY NEWS

## PRINCIPAL SHARING: MENDING NETS, CATCHING FISH

One morning beside the Sea of Galilee, Jesus studied those He'd soon call to be disciples. They were doing their day's work: at shore mending their nets, upon the water catching fish.

Our Lord knew that a profitable catch first required careful net-mending, even of smelly nets covered with fish scales. Like good fishermen, we can't succeed in our responsibilities with a net full of holes.

Ahead of each school year, we, at Christian Brothers, embrace a fisherman's diligence when preparing to guide those students entrusted to our care in their daily encounter with God's Holy presence. We too hustle to get things ready for them to enjoy a college preparatory, Catholic education in the Lassallian tradition.

As our first school bell approaches, allow me to highlight some new preparations that'll help us continue to touch our students' hearts.

### SCHOOL CALENDAR - AUG. '08

AUG 7	Freshmen Scholars Rope Trip
AUG 8	Frosh Lock-In, Ice Cream Social
AUG 11	Community Prayer Breakfast & Outreach Day – NO SCHOOL
AUG 12	Community Gathering & Professional Day – NO SCHOOL
AUG 13	Senior Processing Day; Transfer Student Orientation
AUG 14	Fall Semester classes begin Welcome Back Coffee Main Lawn 7:30-8:30 a.m.
AUG 15-17	Senior Retreat Leadership Team Retreat
AUG 18	Fall sports begin
AUG 20	Friends of the Arts Mtg. 6:30 p.m. Rm. 109
AUG 21	Classes begin 8:00 a.m. Mass of the Holy Spirit 9:30 a.m.
AUG 22	Make-up Picture Day
AUG 23	SAT Prep Class – 9:30 a.m.-12:30 p.m.
AUG 25	Frosh Student Council Apps available
AUG 26	Special Schedule – Early Dismissal Fall Athlete Meeting Back to School Night
AUG 27	Classes begin 9:00 a.m..
AUG 29	Frosh/Soph Open Dance at St. Francis 7:30-10:30 p.m.
AUG 30	Red & Blue Scrimmage

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### Curricular Renewal in What CB Students Learn.

In support of high quality learning for college success and life beyond, CB made the following curricular changes in our English and Religious Studies programs starting this year.

We've focused our writing coursework on those who need it most, while remaining open to all. Sophomores will be assessed in the content/skills to write a concise, compelling, grammatically sound essay. Students who demonstrate competency in the curriculum of our *Mastering the Essay* class may opt-out of taking it to fulfill the junior year English requirement. These students can still take *Mastering the Essay*, or an additional writing elective either junior or senior year, but they're not required to do so.

Every senior will study one semester of Comparative Religions. They'll explore spiritual practices of the major world religions. They'll seek to understand their relationship to each other, the individual and the transcendent. Each religion will be explored in comparison with our Catholic faith upholding the ecumenical spirit of Vatican II. CB graduates will better appreciate the diverse religious beliefs of the world in which they live.

### Excelling in How CB Students Learn.

Our founder, St. John Baptist de La Salle, inspired and expected professionalism of his teachers. With that spirit every summer most of CB's faculty head back-to-school. They respect that their professional growth as educators results in overall improvement for student learning.

Over the past couple of months, graduate schools and conferences and seminars around the country found our teachers as students themselves. Here are just a few examples.

Some were completing advance post-graduate degrees in theology, education, and foreign language. Others were trained in infusing more innovative educational technology into what/how students are learning. Twenty more faculty attended conferences on differentiated instruction to focus upon varied practices that modify pace, depth, and complexity in learning.

### Campus Improvements (More Cool-Air, 2nd Gym)

Two substantial campus improvements are nearing completion. First of all, early dismissals for "Hot Weather Days" will be a thing of the past as we fully extend air conditioning throughout campus.

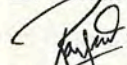
Last year the library and Little Theater, cafeteria and the upper deck (200s and 400s) classrooms, were all air conditioned. Now it's the remaining lower-level classrooms turn. The 100s and 300s classrooms will soon also have energy efficient renovations, new lighting, and HVAC units.

On the heels of school wide cooler-air, will come CB's 2nd Gymnasium in November. This 18,000 square foot structure will contain two practice basketball/volleyball courts, a weight room, restrooms, and a concession stand.

We'll see an immediate benefit to meet our students' needs with this major new facility which will greatly expand our capacity to hold athletic practices, physical education classes, student activities and faith celebrations.

In advance, welcome back. We're prepared, and looking forward, to another great year together.

Live Jesus in our hearts, forever!



Raymond Burnell,  
Principal

# GUIDANCE DEPARTMENT NEWS



## Welcome to the 2008-2009 school year!

The Guidance Department is busy preparing to welcome your student to a new year full of opportunities! The counselors will visit classrooms and share important academic and college information with your son or daughter soon after school begins. Additionally, each student will have a pre-scheduled individual meeting with his/her grade level counselor during the fall semester. We would also like to inform you of several upcoming events sponsored by our department that will assist us in supporting your child.

AUGUST '08

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FALL SEMESTER

### SAT PREP

Christian Brothers is offering an SAT exam preparation course for class of 2009 students planning to sit for the October 4 SAT. The class will be taught by our own English and Math teachers and will be held every Saturday morning from 9:30 am – 12:30 pm beginning August 23 (omitting August 30 due to the Red & Blue Scrimmage) and ending October 4\*. The class will meet in rooms 601 and 611. The cost is \$150 per student and space is limited. Please go to the CB website to register. The registration deadline is August 8. We will be offering another six-week course for juniors beginning in late January in preparation for the March 14, 2009 SAT exam.

\*Seniors will need to register at [www.collegeboard.com](http://www.collegeboard.com) for the for the October 4 test.

### UPCOMING FIRST SEMESTER GUIDANCE EVENTS:

**SAT Preparation Class for Seniors (in preparation for the October 4 SAT Exam):** Six Weeks, Saturdays, 9:30 am – 12:30 pm beginning August 23 (excluding August 30 due to the Red/Blue Scrimmage) in Rooms 601 and 611. See box for details.

**College Night for Seniors and Their Parents:** Wednesday, September 10 at 7:00 pm in the CB Cafeteria

**Frosh Guidance Night:** Wednesday, September 24 at 7:00 pm in the CB Cafeteria (Parents only)

**College-Bound Athletes (Sophomore Parents):** Wednesday, October 1 at 7:00 pm in the CB Cafeteria

**Testing Day:** Wednesday, October 15, minimum school day

**Staffing Days:** Wednesday and Thursday, October 22 and 23, minimum school days

**Parenting Teens:** Wednesday, November 12, 7:00 pm in the CB Cafeteria

**College Financial Aid Night for Seniors and Their Parents:** Wednesday, December 10 at 7:00 pm in the CB cafeteria

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

Please visit our website at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) (Guidance/College Center) for more information.

**REMINDER...** Links to **RELIGIOUS STUDIES SUMMER READING GUIDES** for Freshmen and Sophomores can be found on the CB web site homepage under "Latest News" – "Bookstore Information".

## BACK TO SCHOOL NIGHT

ENTER TO LEARN  
LEAVE TO SERVE

August 26 2008  
5:30 p.m.

Join us to meet your  
student's teachers.

## A Parent's Prayer

Loving God, help me give my children the best – not of material goods, but of myself, cherishing them on good days and bad, theirs and mine. Teach me to accept them for who they are, not for what they do; to listen to what they say, as I want them to listen to me; to encourage their goals, not mine; and to laugh with them and be silly. Let me give them a home where respect is the cornerstone, integrity the foundation, and happiness is high enough to raise the roof. May I give them the courage to be true to themselves, the independence to take care of themselves, and the faith to believe in a power much greater than their own. See that I discipline my children without demeaning them, demand good manners without forgetting my own, and let them know they have limitless love, no matter what they do. See that their responsibilities are real but not burdensome, that my expectations are high but not overwhelming, and that my thanks and praise are thoughtful and given when they are due. Above all, let me ground these children so well that I can dare to let them go. And may they always be blessed by You. Amen.

Welcome to the 2008-2009 school year! A very special welcome to the new families joining our CB community for

the first time as your son or daughter enters the freshman class or transfers to our school. The Campus Ministry program provides liturgies, prayer, and a four-year retreat program for our students. **We also offer prayer and spiritual resources for parents. Please come by and visit the Campus Ministry office in Brother Bertram Hall.** If you have any questions or concerns, please contact Mrs. Susannah Nelson, Director of Campus Ministry, at 733-3626 or at [snelson@cbhs-sacramento.org](mailto:snelson@cbhs-sacramento.org); or Ms. Mary Alice Bennett, Assistant Campus Minister and Liturgy Coordinator, at 733-3600 ext.

## Retreats

The Senior Retreat Leadership Team will participate in their training session/retreat August 15-17 at St. Joseph's Camp. These seniors will be busy this school year leading the Frosh, Sophomore, and Junior retreats.

The **Senior Kairos Retreats** will be September 30-October 3, November 11-14, January 27-30, and March 17-20. 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. A letter will go home in September to all senior parents with details about this retreat.

**Junior retreats**, a one-day retreat held at Christ the King Retreat Center in Citrus Heights, 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 "Christ's Message for Me – My Journey." Juniors are also invited to make their Kairos retreat early, the week after school is out, when they are "brand-new" seniors.

**Junior Retreat Dates:** Feb. 17; March 24; April 7 and 21

**Junior Kairos Retreat:** May 26-29

**Sophomore retreats**, held at the Newman Center (across from CSUS), will begin in February. Focusing on "Who Is Christ in My Life? What Are My Choices and Values?" 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:** Feb. 13 and 20; March 6; April 3

**Frosh retreats** occur during the first semester at the Marellio Retreat Center in Loomis. Frosh attend these retreats with their religious studies classmates and teacher. This is a mandatory retreat; all frosh are required to attend. With the theme "Who Am I?" the frosh will explore their self-identity, their new CBHS identity, and their new membership in the worldwide Lasallian family. Details of this retreat will be in a letter to frosh parents that will be sent home in August.

**Frosh Retreat Dates:** Sept. 5, 12, and 19; Oct. 24 and 31

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

**Save this date!** The **Parent/Student Retreat** will take place **Saturday, February 7**, from **8:30 A.M. to 2:30 P.M.** at **Christ the King Retreat Center**. You won't want to miss this opportunity to spend a special time of prayer, fellowship, and reflection with your CB student. **All parents and all grade level students are welcome.** More details later!

## Liturgies

We will begin the school year with our **first school liturgy**, the **Mass of the Holy Spirit**, on **Aug. 21**. **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. 2 – School Liturgy

Nov. 6 – School Liturgy

Nov. 16 – Frosh Family Liturgy

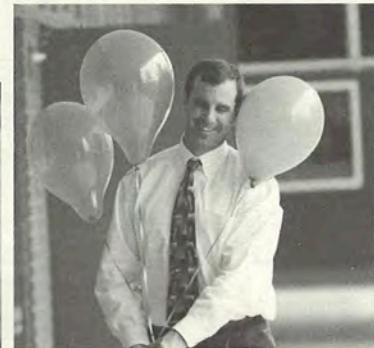
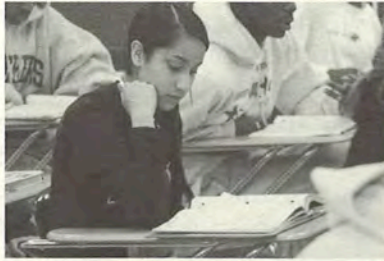
Dec. 8 – Immaculate Conception Liturgy

# CB MEMORIES

AUGUST '08

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FALL SEMESTER



... Memories

## SCHOOL CALENDAR UPDATE

The following changes have been made to the printed 2008-09 School Calendar and have already been posted to the online school calendar on the CBHS web site:

### Additions:

**Booster Club meetings** – first Monday of each month unless on a holiday, then on the following Monday – at 6:00 p.m., Bertram Hall Board Room

**Alumni Board meetings** – first Wednesday of each month at 7:00 p.m., Bertram Hall Board Room

**Junior/Senior Scholars Monterey/San Francisco trip** – Monday-Tuesday, March 9-10, 2009.

**Grad Night meetings** – Tuesdays: September 16, January 20, February 24, March 24, April 28, May 19 at 6:30 p.m.

**Transition to College Night** – Wednesday, April 22 at 7:00 p.m., Cafeteria

### Deletions:

**Ven a Ver Tijuana** – January 20-24 and February 17-21, 2009

### Changes/Corrections:

- La Salle Club Baseball Hall of Fame Dinner – April 18, 2009
- Summer School begins – June 15, 2009
- Open Mic Auditions – from November 26 to November 24, 2008
- ACT exam at CB – from October 18 to October 25, 2008

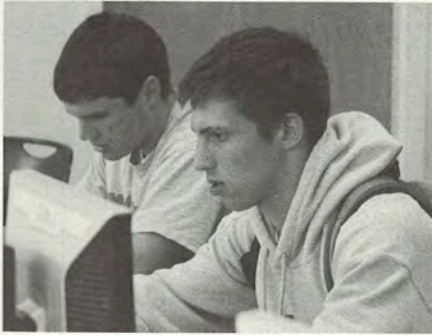
### Set Rotation Changes:

- Friday, February 6 – ABGCEDF
- Wednesday, May 6 – AGCD
- Thursday, May 7 – BEF
- Wednesday, May 13 – BFG
- Thursday, May 14 – ACDE

## IF YOU MISSED THE JULY BOOK SALE.....

The Bookstore will also be open on Saturday August 9 and Wednesday, August 13 from 9:00 a.m. – 12:00 p.m., on Monday, August 11 from 5:00-7:00 p.m., and again on Thursday and Friday, August 14 and 15 from 7:00-8:00 a.m. and 2:00-4:00 p.m. Returns and exchanges are accepted within two weeks from date of purchase (for books purchased at the book sale in July, you may return up to August 29, 2008). You must have your bookstore cash register receipt for all returns or exchanges.

# CB MEMORIES



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FALL SEMESTER

## The Lasallian Parent Club

invites you to an informal social on  
**Wed. Sept. 5 at 6:30 pm in Room 106.**

The **LPC** is an active group of current and alumni parents who are a source for school information and updates.

LPC members help build school community through parent events and meetings. You **are invited to become involved to find your place on campus.**

Meet other parents and have fun getting to know CB.

**We look forward to meeting you!**

For more information contact:  
Donna Adam at [dadam@cbhs-sacramento.org](mailto:dadam@cbhs-sacramento.org) or call (916) 733-3662.

## Parent support in the CBHS Community

Your volunteer support builds a stronger school community.

Can you volunteer "Just 2 hours?"  
**Community spirit is working together!**

Fill out and return the Parent Volunteer Form that will be mailed the first week of August. Your name will be added to the volunteer data base and the event chair will be updated with your name/information.

You will be notified by the volunteer coordinator to confirm your participation!

Contact Donna Adam with questions.  
(916)733-3662 or [dadam@cbhs-sacramento.org](mailto:dadam@cbhs-sacramento.org)

# STUDENT ACTIVITIES

## We have a number of fun events planned for August and the beginning of school!

On August 8th the **Freshman Lock-In 2012** will be held. At this event our student council and volunteers from the senior class host all the incoming freshmen to an entire night of activities. It is a great way to make new friends even before school starts. Parents are invited to stay for the new parent ice cream social that evening. Check-in is at 6:30 p.m. with activities for freshmen starting at 7:30 p.m. **Attention** freshmen and parents: if you have not signed up to attend Freshman Lock-in 2012 it is **NOT too late**. Turn in your RSVP in the main office.

August 13 is **Transfer Student Orientation**, with check-in at 9:00 a.m. in the cafeteria and dismissal at 10:30 a.m. New transfer students will meet in the cafeteria for introductions and ice breakers. Later they will be taking a tour which will include finding their lockers and their classrooms. Students are to come in dress code and bring their class schedule, their books, and a lock in a backpack. When the morning ends, they will be ready for their first day of classes on Thursday.

Also on August 13, **Senior Processing Day** will begin at 10:30 in the gym. The activities will include a class meeting and being measured for their caps and gowns. This processing day is important and **REQUIRED!!!** Seniors are to be present and in dress code!

August 22 is **Make-up Picture Day**. Any student/staff member who did not have their yearbook picture taken last spring will have one last opportunity to have their picture taken on August 22. The photographer will be on campus all day. Students will receive a form in homeroom and will be called out of class at a specific time for their picture.

On Friday, August 29, from 7:30 to 10:30 p.m. St. Francis High School will host the first **Catholic High School Dance** of the school year, with freshmen and sophomore students from all five Catholic high schools dancing under the stars while they celebrate being back together after a long summer holiday. Tickets will be limited so be sure to plan ahead and buy on the first day of sales, August 25 outside the SAC.

**Freshmen class officer elections** will be held on September 12th. Applications will be available in the SAC starting August 25 and are due Thursday, September 4th. Student Council is a great way to be involved in the events of our school. Student Council members receive leadership training, plan all the dances and rallies, represent our student body during Open House and Back-to-School Night, and are involved in many other events here at CBHS.

The **Quality School Program (QSP)** magazine drive is due to blast into high gear on September 5. From September 5th through September 24th our students will be working diligently to sell magazine subscriptions. This is CB's only fundraiser of the year, and has funded club, athletic, and arts programs at our school. Every student's participation in this event is very important, and your subscriptions are greatly appreciated! Please be sure to save all magazine orders and renewals for the CBHS student of your choice. We honor renewal notice prices if they beat QSP prices. You can also buy magazines and gifts on line from the address on our school web site

*We hope you enjoy the rest of your summer -- Student Council looks forward to seeing you all back later this month.*

## STUDENT COUNCIL OFFICERS FOR 2008 – 2009

### ASB OFFICERS

**PRESIDENT:** Rebecca Mosbarger  
**VICE-PRESIDENT:** Katie Amegin  
**SECRETARY:** Katie Jelich  
**TREASURER:** Raeann Cooper  
**RALLY CHAIRS:** Donald McFadden and  
Mina Mohaddess  
**PUBLICITY/HISTORIAN:** Elise Delgado

### SENIOR CLASS COUNCIL

Eleni Lewis, President  
Kevin Crawford  
Joel Johnston  
Colin Rooney  
Claire Taylor  
Spencer Underhill

### JUNIOR CLASS COUNCIL

Julian Antunez  
Dawn Fleming  
Andrew Florita  
Jonathan Laubacher  
Alex Schrick

### SOPHOMORE CLASS COUNCIL

Miguel Francisco  
Dominga Noe  
Mayeley Paez  
Ruby Santos  
Taylor Valmores

**(Freshman Class Council members  
are elected in September)**

## GO FALCONS!!!

The athletic world has had a very busy summer preparing for our 2008-09 athletic campaigns. We are pleased to announce three new and not-so-new faces to lead our men's basketball, baseball and softball programs this year.

**Bill Benford** is taking the helm of our men's basketball program. Bill has been an integral part of the program for the past 5 years as the head of our JV team.

**Rich Henning '78** will head our baseball program. Rich is the former men's basketball head coach as well as being the associate athletic director. Joining Rich will be **Paul Carmazzi '74** who brings a wealth of baseball knowledge and experience from his coaching tenure at Sacramento City College. Also joining the staff is **Steve Barsanti '78**, our Dean of Students who also comes with a rich baseball resume.

**Chad Clay** is taking over the softball program. Chad has vast softball experience both leading very successful high school programs and a long history with the ASA Breeze organization.

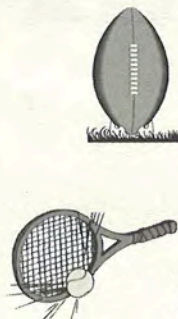
### Important reminders for fall sport athletes:

**1. Official practice for all fall sports begins Monday, August 18.** Many teams will be conditioning during August; for specific information regarding conditioning and practice times please look at the athletic calendar on the website or contact the head coach.

**2. Student-Athletes must submit a completed 'athletic consent and release' form to the coach** on the first day of tryouts. The form is available on the athletic website under 'Athlete Forms'. Part of the form is a doctor's clearance so please plan on having everything in order before August 18.

**3. Mark your calendars for Saturday August 30** at our annual '*Red/Blue Scrimmage*' kicking off our fall sports.

**We look forward to much success and many memorable moments this year; we welcome you to join us in the excitement!**



Christian Brothers

*Boosters*

invites your family to the 2008



Red/Blue Scrimmage

JOIN US FOR OUR FALL  
SPORTS KICK-OFF!

Enjoy DJ music, barbeque, and raffle give-aways.  
Meet coaches, Booster Board members & other families

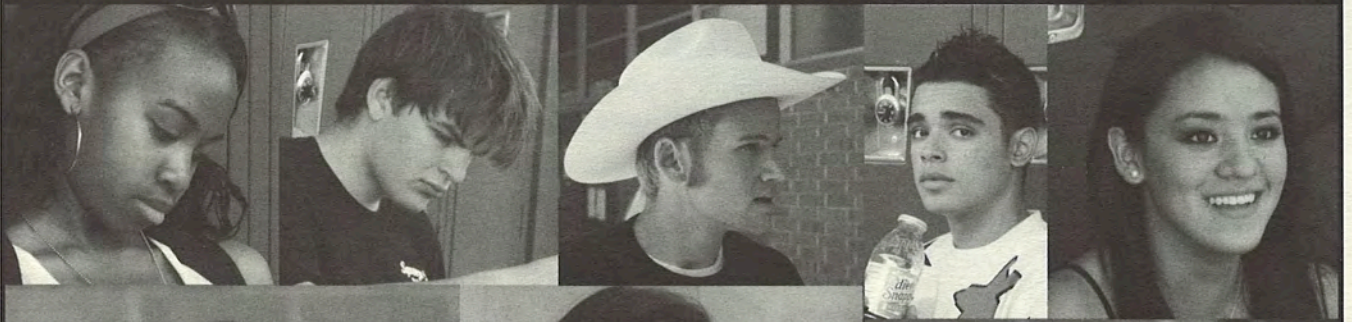
Saturday, August 30, 2008  
9:00 a.m. -- CBHS Football Field

# FALCON FAMILY FACES

AUGUST '08

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FALL SEMESTER



Christian Brothers Annual Alumni

## Wine, Beer & Food *Extravaganza*

For more information:  
Call (916) 733-3600  
Go to [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)

Friday  
**September 5**  
7 p.m. - 10 p.m.



CHRISTIAN BROTHERS HIGH SCHOOL  
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# FALCON FAMILY NEWS

Message from the President:

**WELCOME BACK TO SCHOOL**



Dear CB Community:

The beginning of school is my favorite time year! Returning students and parents are excited and energized following the summer break. Freshmen are nervous as they begin navigating the uncertain waters of high school. Our faculty is refreshed and ready for the challenges of inspiring students as they help them prepare for success in college and life. I absolutely love every moment of it, particularly this year, as I am, for the first-time, the parent of a freshman. Enjoying the entire process with new eyes, from Freshman "Lock-In" to Back-to-School Night and all that comes in between, has been such a joy and such a powerful reminder of just what a wonderful community we have here at Christian Brothers High School.

This summer, we began the process of surveying graduates one and five years after graduation. While we continue to compile the results, I'm pleased to report that as of today, 99 percent of these recent graduates indicated that if they could go back and choose again, they would choose to attend Christian Brothers. Mary Hesser, CB's Director of Guidance tells me that an 80 percent positive response rate is the optimal goal for a high school. We have certainly surpassed that and I am incredibly proud of our faculty and staff who make this such a wonderful place for our students.

I know that for many of you, providing a Catholic education necessitates a tremendous financial sacrifice. Although the

cost of an education at CB is comparable to other area Catholic high schools, and lower than the Northern California average, we recognize that your commitment is significant. Sadly, given the current state of the economy, we have lost a number of students whose parents are no longer able to afford tuition. Please know that we are steadfast in our dedication to utilizing sound business practices and resolute in our commitment to preserve the excellence and Lasallian spirit that are the very heart of a CB education. Currently, CB allocates \$1.1 million toward tuition assistance. The actual need may be closer to \$2 million. We ask that all of our families, who are in a position to give, do so generously. If you know of families or friends who are in a position to give, we welcome the opportunity to tell them our story.

Thank you, again, for your sacrifices of time and treasure and for giving us the privilege of educating your sons and daughters. As my eldest son begins his journey with the Class of '12, I look forward to celebrating the many successes and joys of this year and hope it is filled with many blessings for you and your families.

Live Jesus in our hearts forever!

God Bless,  
*Lorcan P. Barnes*

Lorcan P. Barnes  
President  
(916) 733-3603

September '08

FALL SEMESTER



SCHOOL CALENDAR - SEPT. '08		ENTER TO LEARN, LEAVE TO SERVE	
Sept. 2-3	Fall Play auditions	Sept. 13	SAT Prep Class — 9:30 a.m.-12:30 p.m.
Sept. 3	Lasallian Parent Club Mtg. 6:30 p.m.	Sept. 15	Coaches Open Forum 7:00 p.m.
	Alumni Mtg. 7:00 p.m.	Sept. 16	QSP Collection Day
Sept. 5	Frosh Retreat		Grad Night Mtg. 6:30 p.m.
	Alumni Wine, Beer & Food Extravaganza 7-10:00 p.m.	Sept. 17	Friends of the Arts Mtg. 6:30 p.m.
	Junior/Senior Open Dance @ Loretto 7:30-10:30 p.m.	Sept. 18	Classes begin 9:00 a.m.
Sept. 6	SAT Prep Class 9:30 a.m.-12:30 p.m.		Club Day @ lunch
Sept. 8-12	Frosh Campaign Week		Fall Spirit Rally — Falcon Flex
Sept. 8	Booster Club Mtg. 6:00 p.m.	Sept. 19	QSP Collection Day
Sept. 9	QSP Collection Day		Frosh Retreat
	College Fair @ Jesuit H.S. 7:00-9:00 p.m.	Sept. 20	SAT Prep Class — 9:30 a.m.-12:30 p.m.
Sept. 10	College Night for Seniors and Parents 7:00 p.m.		Admissions Ambassador Training 9:00 a.m. — noon
Sept. 11	Classes begin 9:00 a.m.	Sept. 21	Sophomore Family Liturgy 9:30 a.m.
	Senior Class Prayer Service — Falcon Flex	Sept. 22	QSP Collection Day
Sept. 12	QSP Collection Day	Sept. 24	Classes begin 9:00 a.m.
	Frosh Retreat		QSP Collection Day
	Frosh Elections	Sept. 25	Holy Bowl Rally and BBQ @ lunch
		Sept. 26	TENTATIVE QSP Holiday
			Frosh/Soph Open Dance @
			Jesuit 7:30-10:30 p.m.
		Sept. 27	SAT Prep Class — 9:30 a.m.-12:30 p.m.
			HOLY BOWL
		Sept. 29-Oct. 3	Wellspring Week I
		Sept. 29	Winter Coaches Mtg.
		Sept. 30-Oct. 3	Kairos 23
		Sept. 30	Open Mic Auditions

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# GUIDANCE DEPARTMENT NEWS

September '08

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FALL SEMESTER

## Welcome to Christian Brothers, all new and returning families!

As the school year gears up, counselors are busy assisting students with strategies for academic success and also distributing a substantial amount of college planning information. Each counselor has scheduled **individual conferences** with each of his/her students, so all students will be seen by their counselor this Fall for one-on-one counseling. In addition, Mrs. Hesser is visiting junior and senior English classes to discuss college planning and the resources available to students in our College Center and on our website. Mrs. Hesser will be hosting **College Night for Seniors and Their Parents** on **September 10 (7:00 pm, CB Cafeteria)** to present important and timely college information to seniors and parents.

## Reminders for everyone:

School is in full swing! Summer jobs have ceased. Trips to the beach or lake are behind your college-bound children and the bell has sounded for the 2008-2009 school year. Monitor these early weeks of school and make certain your son or daughter attends to the following tasks:

- Launch the year determined to be as **successful** as possible. Don't allow the college exploration, decision-making or application process to become a distraction.
- **Review the courses** on your child's current schedule and make certain they are pointing toward her or his college goals. Plan ahead for next year's classes. Also look at upcoming testing dates and their registration deadlines.
- Juniors and Seniors should **schedule visits** to the colleges they haven't seen to this point. Revisit those where unanswered questions exist. For seniors, this is the countdown year and they will soon be refining their list of colleges and initiating the application process.
- Make sure your child **listens to the daily announcements and KBFT, and checks the CB website** in order to hear about specific fall college evenings presented by specific colleges/universities that provide information about the admission and financial aid application process. Remind them to sign up for any of the 30-40 college **rep visits** on our campus and to **attend the College Fair** that CB co-hosts with the other Catholic high schools. This year it will be held at Jesuit H.S. on **Monday, Oct. 13**, from 7-9 pm.

## College Exploration for SENIORS

The early weeks of the senior year are a time when college exploration will continue and it is time to narrow down a "short list" of those colleges and universities that match up with desired characteristics identified by your son or daughter as important to their educational ambitions and needs. Unlike the junior year and earlier, this year is one that will be influenced by **deadline dates** and other milestones when tasks must be completed. The soundest piece of guidance you can give your senior student is to create a "**things to do**" list as the new school year begins. An orderly approach to all of the admission and financial aid applications tasks will ensure they do not become a distraction to the important things that must continue in the classroom.

- **Juniors** should begin to **map out a long-range strategy** for college exploration. Sometime soon each student must identify those characteristics that she or he is looking for in a college and now is the time to begin thinking about those criteria. Initial exploration can involve general college guides and videos or the more specific information presented by colleges on their websites as well as **exploring the guidance section of the CB website**. Juniors should plan on taking the SAT or ACT March or later of the 2008-2009 academic year. Each junior has received an individual code that allows students to register at our college planning website, **CB's Family Connection**. If they have not already done so, Juniors should complete the personality profile/career interest survey at Family Connection called "**Do What You Are**" by the end of this semester.
- Some anxious **sophomores** may want to become more engaged in the school-to-college transition, but this is a time for them to **concentrate on the classroom** and do the best job they can do to bring home **good grades in challenging college prep classes**.

See below for fall college admission test dates:

SAT Test Date	Registration Deadline
October 2 (at CB)	September 9
November 1	September 26
December 6	November 5

ACT Test Date	Registration Deadline
September 13	August 12
October 25 (at CB)	September 19
December 13	November 7



## A Parent's Prayer

*O Heavenly Father, make me a better parent.  
Teach me to understand my children, to listen patiently to what they have to say and to answer all their questions kindly.  
Keep me from interrupting them or contradicting them.  
Make me as courteous to them as I would have them be to me.  
May I ever be mindful that my children are children and I should not expect of them the judgment of adults.  
Let me not rob them of the opportunity to wait on themselves and to make decisions.  
Bless me with the wisdom to grant their reasonable requests and the courage to deny them privileges I know will do them harm.  
Make me fair and just and kind. And fit me, O Lord, to be loved and respected and imitated by my children.  
Amen.*

## Liturgies

We began the school year with our first school liturgy, the Mass of the Holy Spirit, on August 21. We were honored to have Fr. Loreto Rojas of St. James Church (Davis), as our presider at the Mass. The Seniors who were trained as Eucharistic Ministers were commissioned in their special ministry of distributing communion at our liturgies, and students were recognized for the many hours of service they have given to the community. We also welcomed new teachers and staff members to our community.

**Attention Sophomore Parents!** The **Sophomore Family Liturgy** is right around the corner! Join us for Mass, followed by a continental breakfast, on **Sunday, September 21 at 9:30 a.m. in the gym.** Our presider will be Fr. David Colhour, C.P., from Christ the King Retreat Center.

### Upcoming Liturgies:

Sept. 21 – Sophomore Family Liturgy  
Oct. 2 – School Liturgy  
Nov. 6 – School Liturgy  
Nov. 16 – Frosh Family Liturgy  
Dec. 8 – Advent Prayer Service

**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.

## Retreats

The Senior Retreat Leadership Team held their training session/retreat in August at St. Joseph's Camp. By the end of the three days there, after praying, eating, and sharing time together, we felt like one big family! These 21 seniors will be busy this school year leading the Frosh, Sophomore, and Junior retreats.

The **Senior Kairos Retreat** dates are September 30-October 3, November 11-14, January 27-30, and March 17-20. A letter will go home this week to all Senior parents with details about this retreat. Sign-ups are now available in the Campus Ministry office.

The **Frosh Retreats** begin this month. The Frosh attend these retreats with their religious studies classmates and teacher. This is a mandatory retreat; all Frosh are required to attend. Details of this retreat were sent home to parents in a letter from Campus Ministry.

### Frosh Retreat Dates:

September 5, 12, and 15; October 24 and 31  
Check the CB web site under "Campus Ministry" for details on these retreats.

**Save this date!** The **Parent/Student Retreat** will take place **Saturday, February 7, from 8:30 A.M. to 2:30 P.M.** at **Christ the King Retreat Center.** You won't want to miss this opportunity to spend a special time of prayer, fellowship, and reflection with your CB student. All parents and all grade level students are welcome. More details later!

*Words of St. John Baptist de La Salle*

*You must not doubt that it is a great gift of God, this grace he has given you to be entrusted with the instruction of children, to announce the Gospel to them and to bring them up in the spirit of religion.*

(Meditation 201.1)

## May the Force be with you—the FALCON FORCE that is. Welcome Back!

Two hundred fifty freshmen enjoyed an exciting Lasallian welcome when student council members and senior volunteers hosted them at **Lock-In 2012**. Activities included a dance, ice breakers, rally, games, and an early morning prayer service with a slide show. The freshmen saw the sun rise on the football field while they enjoyed donuts and cocoa and embraced their new experience as members of our Christian Brothers community. They had a fantastic night and look forward to four great years here at Christian Brothers High School.

### The Quality School Program (QSP)

drive is due to blast into high gear on Friday, September 5. From September 5-24 our students will be working diligently to sell magazine subscriptions. Please be sure to save all magazine orders and renewals for the CBHS student of your choice. We honor renewal notice prices if they beat QSP prices. Orders may also be placed online. Go to our school website and click on the QSP link (or go to QSP.com); select "SHOP NOW" and enter: **425012001**. Online orders placed during the drive will help earn the student of your choice prizes.

QSP benefits all students and their activities. All organized groups of students involved in student activities on campus are eligible to request funds earned from the drive to support their goals. Last year, the Student Council heard many proposals from their peers. Among the groups who benefited from magazine sales were athletics, visual and performing arts, and clubs. The Athletic department received heart monitors; uniforms and supplies for the rugby team; fencing for the softball field; and uniforms for the football team. The band, choir and KBFT all received funds to help improve their programs.

Many of our clubs also received much needed funding. For example, Big Brothers received funds to sponsor their yearly activities; Communion and Liberation received money for Study Days they sponsored at the end of each semester, and the Black Student Union, German Club, and Muslim Student Association received funds for cultural experiences that benefit their members and our school. Open Mic Night, Theater Club, and the Sticks n' Strings Club were able to buy microphones and other sound equipment for their various performances. Wellspring, Zoo Club, Baking Club and Scientific Olympiad also received funds from our magazine drive. Financial support for our many student activities is not the only benefit of the QSP drive. Students also learn how to identify needs, make proposals and persuasive presentations, and practice negotiating skills as these funds are allocated.

### Freshman class officer elections

will be held on September 12. Our freshman look to be a dynamic and eclectic class. Applications are now available and are due Thursday, September 4. September 8 - 12 will be Campaign Week. There should be many great campaign posters decorating our halls. The freshman class will hear the candidates speak on Thursday during Falcon Flex period and will have the opportunity to vote on Friday, before school, during break and at lunch.

### Club Day activities

will be held during lunch on September 18. We have approximately 30 clubs here at CBS and they will all be represented with information booths that day. Any student should be able to find a club to match his/her interests. The clubs will advertise what they do and where and when they meet.

### The Fall Spirit Rally

is scheduled for September 18. All students stay for Falcon Flex period that day to attend the rally. Drum line sets the beat, each class will be judged on how many members are wearing their spirit shirts and who can chant the best cheer!

### The Sophomore Family Liturgy

is already being planned by the sophomore class council. It will take place Sunday morning, September 21 at 9:30 a.m. in the gym, with a continental breakfast served in the cafeteria afterwards.

### Holy Bowl

is coming on September 27. To fire up for this traditional cross-town challenge we will have a Spirit Day and BBQ on Thursday September 25. During lunch students will rally to cheer on our football team and show their support as we head into this annual athletic battle. Our newest club, the Falcon Force, has some surprises planned for Holy Bowl this year, so plan now to attend.

### Safetyville USA

is looking for volunteers to help run game booths at their annual Halloween Party for Sacramento area children. The party is on Saturday, October 25, from 10-4 p.m. Call Terry at 916-366-7233 x 202.

### AIDS Run/Walk:

8th Annual Sacramento AIDS Run/Walk is on Sunday, September 14, 2008, on the West steps of the Capitol. This is a great way to support a good cause and an opportunity for the whole family to exercise together. For more information call 916-448-1110 or email [Capcityaidsfund@yahoo.com](mailto:Capcityaidsfund@yahoo.com).

OPPORTUNITY

the summer please remember to  
Christian Service hours.

transcripts.  
our website under

where they volunteered.  
with their hours with a signature.  
Service Learning, or school-wide  
Service Center or contact her at

# VISUAL & PERFORMING ARTS

Each year we ask the question: "How can this year surpass last year in the 'world of arts' at Christian Brothers High School?" But after seeing the enthusiasm and excitement of our students and faculty in their classrooms, it is evident.

Once again the Visual and Performing Arts Department has a calendar filled with brilliant events and tremendous opportunities for our arts students. As the bar continues to be raised throughout the visual and performing arts arena at Christian Brothers, the students respond as CB students tend to do - they jump even higher!

As a result of past successes, our award winning programs remain in high demand throughout the Sacramento region and beyond. This year we will have student artists and musicians competing in Orlando, Florida; Los Angeles; CSU East Bay; CSU Sacramento; and UNV Reno, continuing the legacy of our premier arts programs.

There are also countless opportunities to see our students showcase their talents locally and here on

campus. If you are interested in coming to any of our events, would like to be involved as a volunteer or have any thoughts, ideas or questions regarding the arts at Christian Brothers, please feel free to contact Ron Slabbinck, the Director of Visual and Performing Arts, at rslabbinck@cbhs-sacramento.org or (916) 733-3617.

Last, if you are an enthusiastic advocate of the arts, please check the calendar for our monthly "Friends of the Arts" meetings. Attending these meetings is the best way to keep up-to-date with our ever growing calendar, share your ideas, and stay involved as a valued volunteer.

*We are looking forward to a wonderful year of outstanding exhibits and performances by our very gifted and talented CB students.*

You are invited to a  
**Root Beer Float Social**

**Wed. Sept. 3 at 6:30pm  
in Room 106**



Special guest speaker:  
**Kenny Kirrene '78,**

**CBHS Director of Admissions**

Hosted by the Lasallian Parent Club (LPC)

*You are invited to meet other interesting  
parents, learn more about  
Christian Brothers  
and have fun.*

***We look forward to meeting you!***

**Auction 2009 Planning Meeting**  
**Tuesday, September 9 at 6:30 pm**  
**In the Christian Brothers Library**  
**Come join the auction crew!**

For more information call Sally Sylva at 995-4290  
or email at cbhsauction08@gmail.com

## ATTENTION: DRIVERS' ED STUDENTS



If you have signed up for Drivers' Education during this school year, the following changes have been made in the classes being offered.

**FALL SEMESTER, 2nd quarter:** Only a morning session will be offered. If your first choice was for the 2nd quarter afternoon session, you have been placed in your second choice time slot.

**SPRING SEMESTER, 3rd quarter:** Both a morning and an afternoon session will be offered. If you signed up for the morning session and would like to take the afternoon session instead (or if you would like to switch from another session to the 3rd quarter afternoon), please contact Rona Gordon in the Main Office as soon as possible (733-3674, rgordon@cbhs-sacramento.org).

**\*REMEMBER if you are only eligible for SPRING SEMESTER, 4th quarter because of your age, you CANNOT move up to the 3rd quarter session.**

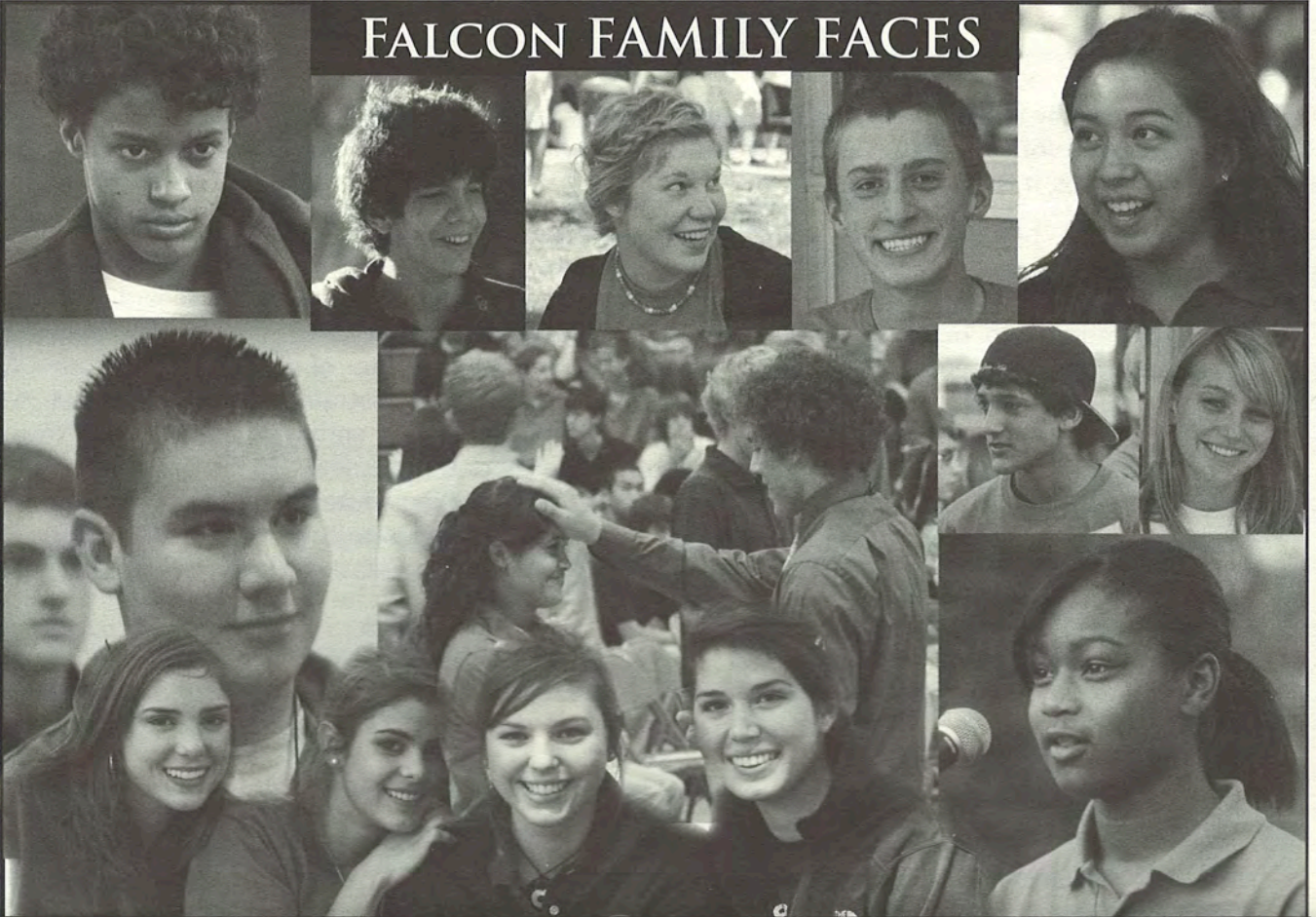
## CALLING ALL SENIOR PARENTS: We need your help with Grad Night!

*Grad Night is a safe and sober all-night extravaganza for graduating seniors, planned by senior parents.*

*The first Grad Night planning meeting is Tuesday, September 16th at 6:30 pm in the cafeteria.*

*We will be signing up for committees so be sure to attend! Questions? Contact Jake Hunley (jhunley@cbhs-sacramento.org) or Karen Perone (kperone@cbhs-sacramento.org).*

# FALCON FAMILY FACES



September '08

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FALL SEMESTER

Christian Brothers Annual Alumni

*Wine, Beer & Food  
Extravaganza*

For more information:  
Call (916) 733-3600  
Go to [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)

Friday  
**September 5**  
7 p.m. - 10 p.m.



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# FALCON FAMILY NEWS

## PRINCIPAL SHARING: INSPIRED BY OUR STUDENTS

In the Holy Land, there are two major lakes.

Up north, is the deep blue Sea of Galilee. Throughout the seasons it welcomes plenty of fresh rain water and mountain streams, only to give it all away into the Jordan River that flows down Israel's countryside. As a result of this generosity, the waters there are full of life. The neighboring hills all around it are green and growing.

At the lake on the other end, well, that's a whole other story.

Here much fresh water also flows in. But not a drop is given out. Because of that selfishness this lake is stale; no life survives there. A smelly mist hangs over the water all the day long. And the entire region is hard, dark, barren. That's why its name – the Dead Sea – fits so well.

At Christian Brothers our students embrace the life-giving goodness reflected by the Sea of Galilee. CB's motto (ENTER TO LEARN, LEAVE TO SERVE) focuses them on the belief that the true measure of a one's life is not *what we gain* for ourselves, but rather *how much we give* to others.

Every year, hundreds of CB students make the loving compassion of our Lord present to real human needs through their community service. From tutoring little kids next door at Oakridge elementary, to caring for those at the Sacramento Food Bank, to aiding the people of Tijuana who are trapped in a vicious cycle of poverty.

Inspired by our students' goodness, CB's faculty/staff started this year by extending a helpful hand of service. Together, as a Lasallian community of educators, we reached-out to support four vital groups serving those most in need within our own neighborhood.

At the Bishop Gallegos Maternity Home, that offers a safe haven for unmarried pregnant women who have no family or community support, our tasks varied. We helped with interior painting, yard work, shelf construction, and collation of donated items for their fundraising auction. In addition, we spent time interacting with the babies and their mothers.

Near campus we went to the aid of the Moral Values Program; a home-based program that provides education and

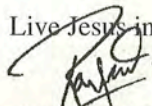
support for youth facing poverty, crime, substance abuse and other challenges. Here our CB crew was busy preparing food baskets, doing some much needed gardening, washing windows, organizing shelves and supplies, and tutoring summer school students.

At the Sacramento Food Bank, within our Oak Park neighborhood, we assisted with necessary behind the scenes work such as sorting clothes and groceries. Our efforts supported the food bank in its ministry to alleviate the immediate pain and problems of those facing hardships, and moving them toward self sufficiency and financial independence.

Our final location was St. Patrick School; one of the remaining five "SUCCEED" parish schools that keep Catholic education open as "beacons of light" in depressed, urban areas of Sacramento. Here we worked side-by-side with the St. Pat's community on several campus beautification projects and helped teachers prepare their classrooms and library for another school year.

On this entire day of outreach, CB's Faculty/Staff walked the path our students travel every day. Learning, serving. Together, we enjoyed the Prophet Isaiah's promise: "And a child shall lead them."

Live Jesus in our hearts forever!



Raymond Burnell,  
Principal



October '08

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FALL SEMESTER

### SCHOOL CALENDAR - OCT '08

OCT 1	Open Mic Auditions auditions Athletic/Guidance Night for Soph Parents of College Bound Athletes 7:00 p.m. Alumni Mtg. 7:00 p.m.
OCT 2	Classes Begin 8:00 a.m. School Liturgy 9:30 a.m. Alumni Mtg. 7:00 p.m.
OCT 4	SAT @ CB SAT Prep Class 9:30 a.m.-12:30 p.m.
OCT 5	CB OPEN HOUSE and Arts Expo 12:30-3:30 p.m.
OCT 6	School Holiday
OCT 7-10	Midterm Exams
OCT 7-17	Penny Drive
OCT 7	Booster Club Mtg. 6:00 p.m.
OCT 10	Open Mic Night 7:00 p.m.
OCT 13	Private/Parochial College Fair @ Jesuit HS 7:00-9:00 p.m.
OCT 15	Testing Day/Senior Mass (Minimum Day/Special Schedule)

### ENTER TO LEARN. LEAVE TO SERVE

OCT 16	Classes begin 9:00 a.m. Mathletes @ McClatchy HS
OCT 17-19	PAL Volleyball Tournament
OCT 22-23	Staffing Days (Minimum Days/Special Schedule)
OCT 22	Friends of the Arts Mtg. 6:30 p.m.
OCT 23	Classes begin 9:00 a.m.
OCT 24	Frosh Retreat
OCT 25	ACT @ CB
OCT 25-31	Ven a Ver New Orleans
OCT 27	Faculty/Staff Professional Day – no classes
OCT 28-31	Red Ribbon Week
OCT 30	Classes begin 8:00 a.m./Early Dismissal Parent-Teacher Night
OCT 31	Classes begin 9:00 a.m. Frosh Retreat

### INSIDE:

Guidance  
Campus Ministry  
Christian Service  
Student Activities  
Athletics  
Visual & Performing Arts  
Falcon Family Faces

# GUIDANCE DEPARTMENT NEWS

October '08

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FALL SEMESTER

**TESTING DAY** Wednesday, October 15, 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. **School will begin at 9:00 a.m. on October 17 and will be dismissed no later than 12:15 pm** (depending on which test your child is taking, dismissal could be earlier). Coordinated by the counselors, teachers administer the following assessments to students:

- **Juniors will take the PSAT/NMSQT Exam** (preliminary SAT). This test is great practice for the SAT, and also allows high achieving students to qualify for participation in the National Merit Program.
- **Sophomores will also take the PSAT Exam** (preliminary SAT); however their test will be normed for 10th graders. This test is great practice for the SAT.
- **Freshmen will take the PLAN exam** (practice ACT.) This is an opportunity for ninth graders to experience what the ACT test is about. The PLAN also includes a career component and invites students to self-report college plans and academic strengths and weaknesses.
- **Seniors will attend the Senior Diocesan Liturgy at the Cathedral downtown.**

*Please mark your calendars for this important day!*

Results of the exams will be returned to students by their counselor in January, 2009. If you have any questions, or if we can assist you in any way, please call the Guidance Department at 733-3680.

## Upcoming Guidance dates:

- OCT. 4** SAT at CB (only stand-by registration available – see Ms. Kambas)
- OCT. 15** Testing Day
- OCT. 25** ACT at CB (only stand-by registration available – see Ms. Bell)
- OCT. 25/26** Staffing Days (if your student will be Staffed, you will receive a letter in the mail one week before the date)
- NOV. 1** SAT not at CB (late registration deadline October 10 – [www.collegeboard.com](http://www.collegeboard.com))
- DEC. 6** SAT not at CB (registration deadline November 5 – [www.collegeboard.com](http://www.collegeboard.com))
- DEC. 13** ACT not at CB (registration deadline November 7 – [www.actstudent.org](http://www.actstudent.org))

## Quarter Exams (“Midterms”)

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

Tuesday, October 7	English/Science
Wednesday, October 8	Foreign Language/Social Studies
Thursday, October 9	Math/Religion
Friday, October 10	Fine Arts/PE

The last day of the quarter is Friday, October 10th. Grades are due on Monday, October 13th. Second Quarter eligibility will be determined from these grades. Grades entered after October 10th cannot change eligibility. **All** students with a grade point average below 2.0 will be ineligible for sports during the second quarter. The ineligibility period starts on October 19th. Report cards will be sent out on Thursday, October 16th. Ineligibility letters will be mailed on Friday, October 17th.

## Some tips to help students do their best on the exam:

*Remind your child to get plenty of rest the night before the test*

*Students should eat a nutritious breakfast the morning of the test and bring a healthy snack for the break (the cafeteria will be closed October 15)*

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

*Remind your child to bring two sharpened #2 pencils and his/her calculator. Encourage your child to develop long-term ways to prepare for college admission exams. These include extensive reading and writing (for pleasure, beyond homework) as much as possible, developing strong study habits, increasing vocabulary, and utilizing free preparation materials*





## A Prayer

*O God, we remember when the disciples of Jesus were terrified  
after a long night on a turbulent sea.  
When they cried to you for help,  
you stilled the sea and brought them to safety.  
We ask now that you comfort and still the hearts of those suffering  
from the effects of Hurricane Gustav and Hurricane Ike.  
We pray for those who have been displaced  
and who cannot return to homes damaged or destroyed by the storm.  
We pray for those whose lives were lost  
and for those who now must grieve the loss of a loved one.  
We pray for those who need food, water, and basic shelter.  
Help us all to be Christ-like in our compassion and outreach.  
Amen.*

## Liturgies

The members of the Class of 2009 will join the seniors of St. Francis High School, Mercy High School, St. Patrick-St. Vincent High School, Loretto High School, and Jesuit High School at the **Diocesan Senior Liturgy** on **Wednesday, October 15** at 10:00 A.M. at the **Cathedral of the Blessed Sacrament**. The presider will be Bishop Jaime Soto.

Join us for the **October 2 School Liturgy** at **9:30 A.M. on the main lawn**. Our theme is "Let Your Light Shine." Our presider is Fr. Derek LaBranch of St. John the Baptist Church in Folsom.

Join us for the **November School Liturgy** on **Thursday, November 6** at **9:30 A.M.** The theme is "Coming Home." Our presider is Monsignor James Church, Class of 1950.

The **Frosh Family Liturgy** will be celebrated **Sunday, November 16** at **9:30 A.M.** in the gym, followed by a continental breakfast in the cafeteria. **More info will be coming home soon in a letter to all Frosh parents.**

## Retreats

Two more **Frosh Retreats** are scheduled for **October 24 and 31**. Look for permission slips coming home with your son or daughter if they are scheduled to attend.

**October 24 –**

**Ms. Bennett's F set and Ms. Greene's F set**

**October 31 –**

**Ms. Lystrup's F and G sets**

**Kairos 24** for seniors is **November 11-14**. Permission forms will go home soon for all those who have signed up to attend this retreat.

The **Parent/Student Retreat** is a time for you and your CB student to relax, reflect, and renew your relationship. Mark your calendars now for **Saturday, February 7** at **Christ the King Retreat Center** in **Citrus Heights, 8:30-2:30!**

## Wellspring Week:

For the last 20 years Christian Brothers' students have been coming to school at 6:00 a.m. on Fridays to cook breakfast for the women at Wellspring Womens' Center in Oak Park. This year, in addition to cooking for Wellspring, our students will also be cooking for the Sacramento Area Emergency Housing Center (SAEHC). SAEHC is excited about a hot breakfast once a week and our students are pleased to serve.

During the week of September 29 – October 3, 2008, the Wellspring Breakfast Club will be collecting donations of syrup, pancake mix, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies will be used throughout the semester to feed our neighbors at Wellspring and SAEHC. Thank you in advance for your generosity.

# CHRISTIAN SERVICE

*Christian Service-Learning is a teaching method that integrates learning, action, and reflection to strengthen community and build on Christian Brothers' core Lasallian principles. The service is integrated into the student's structured academic studies with time to research, reflect, discuss, and connect their experiences to their understanding of Catholic social teaching. This enables students to apply problem solving and critical thinking skills to social needs in real world environments.*

*Within our Christian Service-Learning curriculum, students gain experience in serving others through Direct Aid and Social Change. For the third year in a row, freshman students will have the opportunity to directly assist those in need at the Sacramento Food Bank located in Oak Park.*

*We would like to extend an invitation to all freshman parents to come and participate with your son or daughter during this Christian Service field trip. Your presence will help the tour of Oak Park go smoothly. You may also learn things about Oak Park you didn't know before. Shared experiences like these are a great educational tool for fostering communication for your family and contributing to a larger understanding of the neighborhood. If you would like to participate or if you have any questions, please email Mrs. Stephanie DeBenedetti-Emanuel at [sdebenedetti@cbhs-sacramento.org](mailto:sdebenedetti@cbhs-sacramento.org) or call (916)733-3653.*

## Christian Service Clubs on Campus

### Sunday Lunch Club

Christian Brothers' students and Mr. Havey serve lunch at the Sacramento Food Bank and Family Services the 2nd and 4th Sundays of every month from 8:00-2:00 p.m. If you would like to join the Sunday Lunch Club, please see Mr. Havey in room 408.

### Big Brothers

Big Brothers are sophomores, juniors, and seniors who mentor Oak Ridge Elementary students once a week on Thursday mornings. They also plan one party or fun activity a quarter, including a harvest day party, a Christmas party, and a Valentine's Day activity. If you are interested in joining this club please see the moderator Mrs. Moulton in room 604.

### Christian Service Corps

Christian Service Corps is made up of students who work together to plan and implement almsgiving projects on CBHS campus. These include our three almsgiving projects during Thanksgiving, Advent, and Lent. If you are interested in joining please see the moderator Ms. DeBenedetti-Emanuel, in the Christian Service Center.

### Lasallian Youth

Lasallian Youth is a worldwide movement in Lasallian schools to promote the tenets of faith, service, community, and social justice in education among the student body and within the broader community. At Christian Brothers High School, Lasallian Youth sponsors a bi-weekly tutoring program for Oak Ridge elementary school on Mondays and Thursdays from 3:00pm - 4:00pm. They also plan holiday parties, as well as an annual field trip in the spring.

Every summer the District Office of Education brings students and faculty together to participate in the annual Lasallian Youth Assembly for secondary school students. Last year our students spent a week in San Francisco with 100 other Lasallian students working with and serving the poor. Stay tuned for details about this year's trip. If you are interested in being part of Lasallian Youth, please see Dr. Peterson & Mr. Fresques in room 208.

### Run to Feed the Hungry

*The 15th Annual 10K Run & 5K Run/Walk to Feed the Hungry takes place on **Thanksgiving Day, November 27, 2008**. CB will have a team again this year, so stay tuned for more details on how to sign up. You do not have to be an athlete to participate. Children and dogs on a leash are welcome. This is a great opportunity to run/walk or volunteer as a family. All the proceeds benefit our neighbor, Sacramento Food Bank and Family Services. For more information check out their website: [www.sfbs.org](http://www.sfbs.org) or see Ms. DeBenedetti-Emanuel in the Christian Service Center.*

RUN TO FEED



THE HUNGRY



### Annual Cold Weather Gear Drive

Our annual cold weather gear drive, to benefit the Sacramento Food Bank and Family Services, will be on January 6-9, 2009. As the weather starts to turn and you begin to drag out your cold weather gear, please take an extra minute to see if there is anything you are no longer using. Donations of gently used and clean coats, jackets, gloves, scarves, and winter hats are needed.

### Environmental Club:

The Environmental Club will sponsor the 9th Annual Penny Drive to take place October 7-17, 2008. The Penny Drive is a competition between all four classes and the faculty. Pennies are considered positive points and silver coins and dollar bills are considered negative points. The group with the most positive points wins. One group can sabotage the other by putting in silver coins and dollar bills into a different class, so watch out for your classmates! All proceeds benefit the Cosumnes River Preserve.

## CLUBS GALORE:

CB clubs have already added numerous new members to their ranks this year. If only there was more time in the day for our students to be able to participate in the plethora of clubs that are available at CB. With over thirty clubs to choose from, there really is something for everyone. On September 18, club officers set up on the lawn to display and promote their clubs. We had the usual strong showing from our many returning clubs, including Lasallian Youth, BSU, MAYA (now Latino Club), APC, Engineering and Robotics, and many more; but also a grand entrance from our new clubs who are just joining the family of organizations that strong support, enrich, and contribute to our CB community.

## QSP MADNESS:

The annual QSP magazine drive started off very enthusiastically with a high level of participation and although collections have officially ended, internet orders are still coming in. Thanks to all of you who helped out and participated, your generosity is greatly appreciated! As of Thursday, September 25 we had collected more than an incredible \$100,000 to help provide support for our clubs, athletics, arts, and other student activities, far surpassing our goal of \$80,000.

## RED RIBBON WEEK:

From October 27th - October 31st, CB will be actively partaking in Red Ribbon Week. Our eyes and ears will be tuned in to try and win the drug awareness 'factoid' prizes that are offered to students. Questions will be posed during KBFT or morning announcements, with the answers posted on campus for the students to find. We work diligently all year to help our students make healthy choices, and educational awareness is an important step for them as they become more independent.

## HOMECOMING TIME AGAIN:

Mark your calendars! Homecoming Week is on its way. Our Student Council has been hard at work creating a week of activities, games, and a dance that are sure to bring excitement. The Powder Puff games will be once again take place during this week. Each day will have a unique theme that CB students are encouraged to dress up for, as well as a chance to win some prizes! Our Night Rally will be the evening of November 6th. The entire CB community including parents and siblings are invited to attend. The program generally includes the introduction of our royal court, a performance by the cheerleaders (and hopefully the football team), games, and a slide show. Plan now to join us for these Homecoming activities. The week of activities will come to grand finale on Saturday, November 8th with our Homecoming game, parade, and dance all taking place.

## CB SPIRIT IGNITED:

The Holy Bowl Rally which took place last week kicked CB students' spirit into high gear! Led by our new Rally Chairs Donald McFadden and Mina Mohaddess, our football team was honored and cheered on to victory in our annual game against Jesuit, with the thunderous support of CB's unyielding school spirit. During lunch that day, our football team stepped up to receive the traditional symbol of team unity: Mohawk haircuts! The excitement of the Holy Bowl Rally included a fantastic performance from our cheerleaders. The rally also marked the culmination of our annual QSP drive, which only added to the spirit as CB teachers performed the QSP "teacher challenges". The entire football team then led the student body in an energetic singing of our school song.



***Congratulations to the  
Freshman Class Council***

**Aaron Asbury  
Candace Guthmiller  
Briana Lovett  
Clare Manning  
Meg Taylor**

# ATHLETICS

October '08

6

FALL SEMESTER

## Cheerleading:

The squads look great and stunts are impressive in the marathon sport that covers two seasons. The Christian Brothers community would like to congratulate head coach Crystal Jarvis and her husband Chad on the arrival of her daughter Cara Lee, born September 25. While Crystal is away, Coach Vanessa Ruiz will be assisted by Lupe Sharer with the squads.

## Cross Country:

Many outstanding runners were lost to graduation, but Coach Delgado has the teams competing well in meets throughout Northern California. The Varsity men recently went to the Stanford Invitational and took 25th place competing against Division 1 schools. They are currently number 9 in the state in Division 4 rankings and are led by senior Jason Howard. The varsity women graduated 6 of 7 state runners, but the Frosh/Soph team has strength and the future is bright. The JV men, which for the sport of cross country only is made up of juniors and seniors, look to once again win the section title and the Frosh/Soph team is also very strong.

## Football:

Our frosh football team takes a 1 – 2 record into league play. They defeated Laguna Creek to open the season and fought hard, but came up short against San Joaquin Memorial and Jesuit. The JV team again begins the season with an impressive 3 – 0 record. The team had big wins over Burbank and San Joaquin Memorial, and continued their winning streak against Jesuit with a 1 point victory. Our varsity team jumped into the city standings with an impressive win over Burbank to open the season. They promptly followed up with a tough win down in San Joaquin Memorial, where Josh Tucker rushed for 328 yards and earned Prep of the Week by the Sacramento Bee. The team was ready for the big showdown with Jesuit at the 38th annual Holy Bowl. With a 19 – 7 point lead we looked ready to snap the streak against our rival, but Jesuit stepped up with 13 points in the final 5 minutes to take a 20 – 19 lead. Our final drive was stopped with 16 seconds remaining and we came up just short of an amazing comeback.

Regardless of the setback, our squad is ready to challenge for the league championship and again advance into playoffs.

## Women's Golf:

Our Lady Falcons are off to the best start ever, by posting a 3 – 1 league record. They have posted wins against El Camino, Ponderosa and Vista del Lago. The team is led by seniors Bianca Gaytan and Megan Padilla, but freshman Lauren Dahl and Emily Achando have also been impact players for the young Falcon team.

## Men's Soccer:

Our JV team is led by first year coach Mario Moreno '93 and is looking strong with a 1 – 1 league and 4 – 4 – 1 overall record. The varsity players are coming together under new coach Jake Hunley '96, with an impressive 2 – 0 victory at Ponderosa, and are currently 3 – 0 in league and 7 – 6 – 1 overall. Our Falcons are looking to challenge for a league title and again compete in section playoffs.

## Women's Tennis:

Led by 2007 singles league champion Ashley Turpin, our women's tennis team is off to a great start with a 3 – 0 league and 6 – 0 overall record. They have tough competition coming up with Ponderosa, Oak Ridge and Galt in the next three matches. Our ladies look to qualify as a team for the section tournament.

## Women's Volleyball:

Our women's volleyball is again a force at all three levels. The frosh are currently 10 – 2 and the JV hold a 11 – 2 record and a championship at the CIVT tournament with a win over St. Francis in the finals. Our varsity squad has been tremendous under Jeff Deter. They are currently the number 1 ranked team in the area, and will be the feature of Access TV when they take on Oak Ridge on Thursday night, October 2, in the Ron Limeberger Gymnasium.

## Women's Water Polo:

Our team is beginning to make waves in local water polo with a championship trophy in the Sierra Shootout B Division. They began league play with a convincing win over Rio Linda and look to move up in league standings.

## Men's Water Polo:

The men's team has been the surprise of the area. The JV squad is 7 – 8 overall with all the losses a 1 or 2 goal differential. The varsity team, led by seniors James Dewey and Bubba Jones, are currently 2 – 1 in league and 11 – 3 overall. A highlight was winning the championship of 1 loss teams in the Sierra Shootout.

## Other News:

It is with a heavy heart we say goodbye to Sean Melendez, our women's soccer coach. Sean led the program for three years, winning league and section titles along the way. In August Sean accepted a full time position in Colorado, leading a newly formed soccer club. We are very sad to see him leave, but are excited at this great opportunity for him to share his talents with over 1,000 young soccer athletes. The soccer position will be posted until October 3 when applications will be reviewed and applicants will be invited to interview.



The Christian Brothers High School La Salle Club  
Invites you to attend the 14<sup>th</sup> Annual

# Coaches' Hall of Fame

Saturday, November 1, 2008  
Social – 6:00 p.m., Dinner – 7:00 p.m.  
\$18.00 per person Christian Brothers High School

The honored Coaches for 2008 are:



**Guy Andersen**  
**Debbie Colberg**  
**Steve Da Prato**  
**Don Mc Cormick**  
**Max Miller**  
**Dan Schwartz**  
**Ray Willett**

The Ron Limeberger Award will be presented to Coach Dan Delgado

---

**PLEASE RSVP IF YOU PLAN TO ATTEND!**

*Your tickets will be held at the door. If you are making reservations for a group,  
please include the names of your guests to facilitate the ticket pick up.*

Make reservations before Oct. 26, 2007 by returning this portion with your check made out to "The La Salle Club".

Please mail all reservations to Treasurer Jean Lahey, 4550 Capri Way, Sacramento, CA 95822

- \* I would like reservations for \_\_\_\_\_ number of people at \$18.00 per person.
- \* I would like to make a general donation to support Coaches' Night in the amount of \_\_\_\_\_.

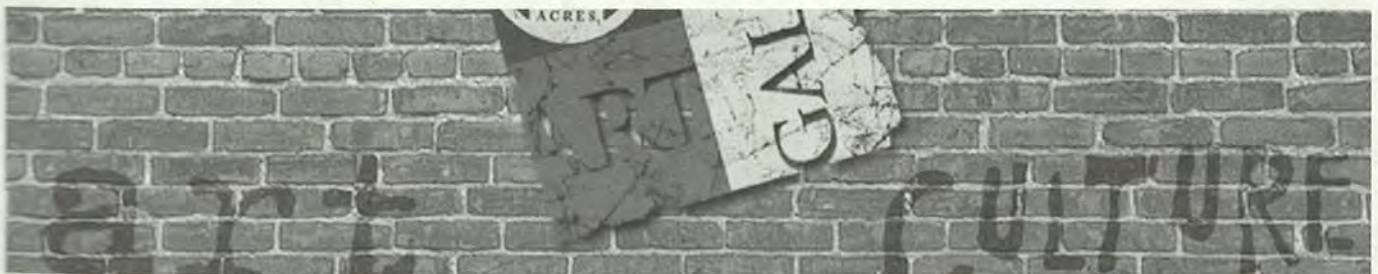
Please *print* your name \_\_\_\_\_ Phone# \_\_\_\_\_

Any questions, call Jim Westlake, 483-3766, Jean Lahey, 457-5268 or Anna-Lea Caudwell, 362-4626.

# VISUAL & PERFORMING ARTS

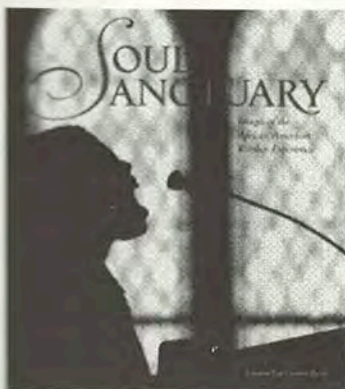
On September 12, 2008, Pope Benedict, during his Apostolic Journey to France, spoke on the origins of western theology and the roots of European culture. In his speech, he addressed the integral role that music plays in prayer. Not only was singing important he noted, but required when praising God, and you were expected "to pray and sing in a manner commensurate with the grandeur of the word handed down..." His conclusion was that: "(t)his intrinsic requirement of speaking with God and singing of him with words he himself has given, is what gave rise to the great tradition of Western music."

This month, our student musicians, student artists, actors and production crews will be honoring this tradition with their own individual voices in a variety of venues. The 5th annual Arts Expo will take place in conjunction with our **Open House on Sunday, October 5th from 12:30 to 3:30 p.m.** This is the only opportunity this year to see all of our artists showcasing their gifts in one location. If you like what you see at the Arts Expo, you can get more of our students as they present their artwork for the first time at the **40 Acres Art Gallery** at 35th and Broadway. The opening reception for this art show takes place from **5:00 to 8:00 p.m. on Saturday, October 11.** If that isn't enough, you can visit the new and improved Visual and Performing Arts website, **www.cbarts.org**, where you will be able to see our most recent events on pages dedicated to the visual arts, choral and instrumental music, theatre, digital media arts and more! Once you are hooked, you will want to join our parent support organization, **Friends of the Arts** at their monthly meeting in room 109 at **6:30 p.m. on Wednesday, October 22.** We look forward to meeting you at any or all of these events.



## CB SENIOR TO DANCE AT MONDAVI CENTER FOR THE PERFORMING ARTS

Senior Jazmine Santacruz will be dancing in the Instituto Mazatlan Bellas Artes de Sacramento at the Mondavi Center for the Performing Arts on Sunday, October 12 at 3:00 p.m. For tickets, go to [MondaviArts.org](http://MondaviArts.org) or call 866-754-2787 (toll-free). Congratulations Jasmine!



## CB STUDENTS TO EXHIBIT WITH NATIONALLY-KNOWN PHOTOGRAPHER AT 40 ACRES ART GALLERY

Sacramento Bee art critic Victoria Dalkey calls it one of the top five "must-see" shows for this fall! Jason Miccolo Johnson: Soul Sanctuary is a nationally-travelling exhibition that is coming to 40 Acres Art Gallery in October. Noted photographer Johnson captures the essence of black churches in America through poignant and spiritual photographs taken across the United States.

Joining Johnson will be student-photographers from Christian Brothers and Sacramento High Schools who will exhibit collections of photographs that display their vision of the religious beliefs within their own family, community and culture. Student photographers from Christian Brothers include seniors Alberto Davalos and Amy Albertson, along with juniors Ally Watt, Melissa Roberts and Jena Blackwell. Each student will have a grouping of their photographs on display. A video presentation will be on display by junior Andrew Monarque.

Please join us for the opening reception for these talented artists at 40 Acres Art Gallery on Saturday, October 11 from 5:00-8:00 p.m. 40 Acres Art Gallery is located at 3428 - 3rd Avenue, just off Broadway (next door to Starbucks). The exhibition will be on display from October 14 to December 27, 2008.

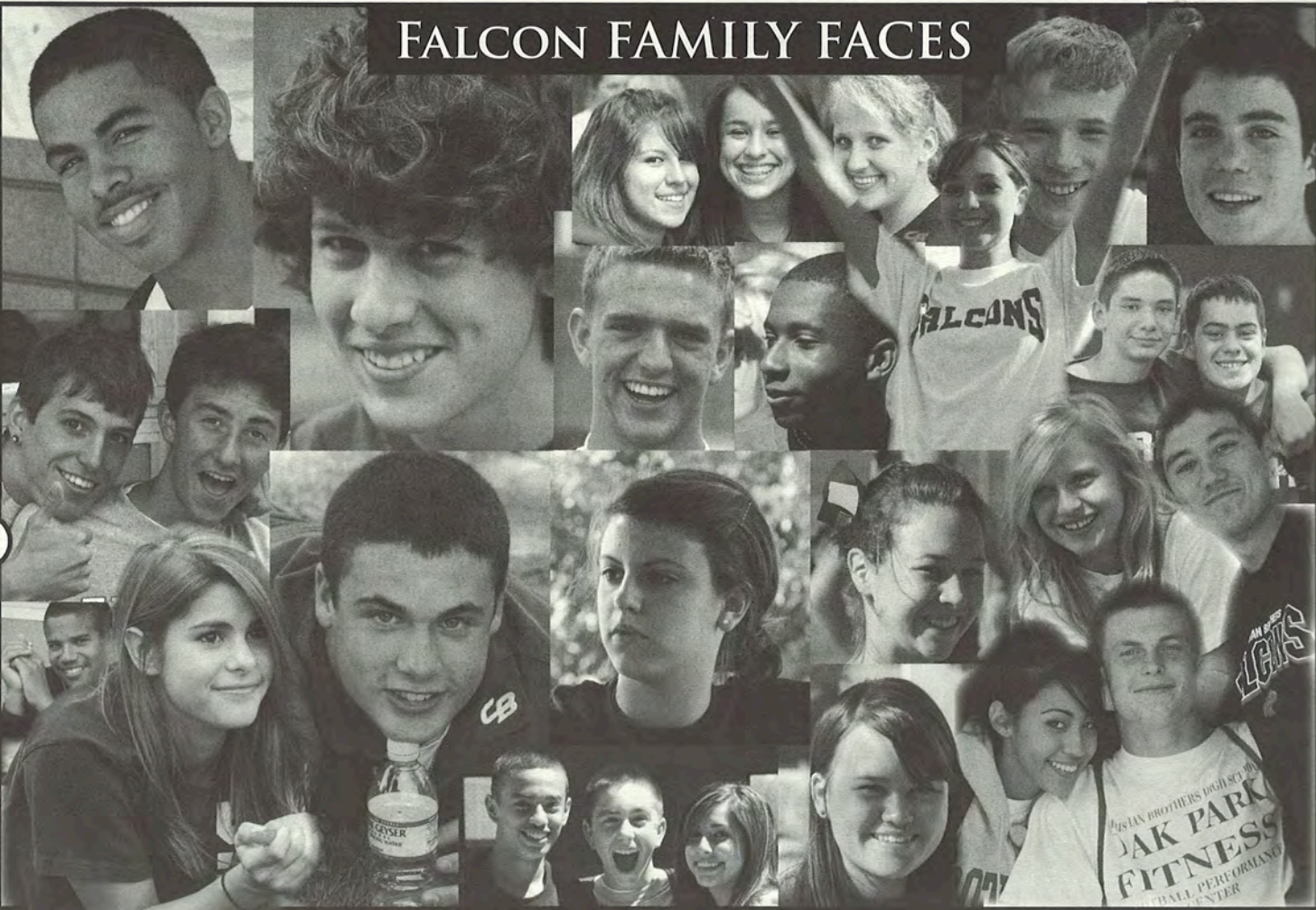
This is the first time that the students of Christian Brothers have been invited to exhibit at 40 Acres Art Gallery. Considering the great reputation of the gallery in Sacramento, this is quite an honor. For more information on 40 Acres Art Gallery go to [www.40acresartgallery.org](http://www.40acresartgallery.org).

# FALCON FAMILY FACES

October '08

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FALL SEMESTER



## CHRISTIAN BROTHERS OPEN HOUSE

### SUNDAY, OCTOBER 5

12:30 PM – 3:30 PM

Informational Presentations at 1:00 pm & 2:00 pm

4315 Martin Luther King Jr. Blvd.

Sacramento, CA 95820-2727

For more information, please call (916) 733-3690



CHRISTIAN BROTHERS HIGH SCHOOL

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# FALCON FAMILY NEWS

**PRINCIPAL SHARING: WE ARE ALL CALLED**

*Wherever God has put you, that is your vocation. It is not what we do, but how much love we put into it. We ourselves feel that what we are doing is just a drop in the ocean. But if that drop was not there, I think the ocean would be less by that missing drop.*  
 - Mother Teresa of Calcutta

We all have a calling in life. Here at Christian Brothers our faculty/staff have been called and gifted to educate.

Together, we educate those young men and women entrusted to our care: to wake up every morning ready to learn and willing to serve... to always remember that they are in God's holy presence... to live with Jesus in their hearts.

That's our **VOCATION**.

Answering the call of one's vocation is more than fulfilling the dream of, "what I want to be when I grow up." A vocation is an authentic call coming from God's voice within – with an invitation to honor the *nature of our true self*. A sense of vocation gives purpose, power, and passion to our life.

As one of our CB teachers, Thom Cate, puts it with his students: *My vocation is what I am called to do; that drive within me that defines and guides my actions and goals on earth. I am called to Teach; it's not just what I do, it's what I am. It doesn't matter if it's biology, ecology, plant physiology or fencing. I am a Teacher. I teach.*

Our students' vocation (right now) is being a student and, at the same time, to explore for their lives' vocation.

Every springtime CB dedicates a week to raise the level of consciousness of what vocation means, and how we discern God's call for us. Starting next month, we'll expand this effort to deliberately promote a culture of vocations throughout the school year.

First of all, many of our traditional guidance and campus ministry services will be fused together to nurture an awakening and awareness of our students' personal vocations. Next, we'll soon dedicate the **First Friday** of every month as a **Vocation Awareness Day**.

There'll be several special dynamics on these days that'll help focus students' attention, vocationally.

• Our school-wide morning prayer will reflect upon three questions: 1. How has God been at work in my life? 2. How

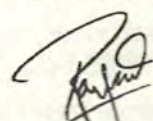
have I responded to God's presence in my life? 3. How am I being called to respond now?

• On First Fridays, the Chapel will be open all day and there will be at least one faculty member there praying for students from 8 to 3 to place value upon prayerful discernment.

• Also on each First Friday students will be asked to wear Professional Attire (please see box below). By doing so students will learn, practice, and develop the habit of dressing appropriately for future careers/vocations.

Whether we're just discovering or realizing our life's calling, CB's new intentional vocational experiences promise to inspire many rich thoughts and conversations.

Live Jesus in our hearts, forever!



Raymond Burnell,  
Principal

**Students to wear Professional Attire On Vocation Awareness Days**

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" on the Vocation Awareness Days (the First Friday of every month). When wearing Professional Dress Attire, all students are required to abide by the guidelines stated Page #19 of our Parent-Student Handbook throughout the entire school day.

- CB's initial First Friday, Vocations Awareness Day will be for senior students only on Friday, Dec. 5th, 2008.
- Friday, January 9th, will be a First Friday, Vocation Awareness Day with "Professional Dress Attire" for all Students.
- Any student having a financial issue regarding the cost of professional dress, should contact our Registrar, Mrs. Jan Warren, for help.

**SCHOOL CALENDAR - NOVEMBER '08**

NOV 1 La Salle Club Coaches Hall of Fame Dinner  
 NOV 3-7 Homecoming Week and Powder Puff  
 NOV 3 Booster Club Meeting 6:00 p.m.  
 NOV 5 Lasallian Parent Club Mtg. 6:30 p.m.  
 Alumni Mtg. 7:00 p.m.  
 NOV 6 Classes begin 8:00 a.m.  
 School Liturgy 9:30 a.m.  
 Night Rally 7:30 p.m.  
 NOV 8 Homecoming Game & Dance  
 NOV 8-10 District Vocation Retreat for Male Students  
 NOV 10-21 Thanksgiving Food Drive  
 NOV 10 Winter Sports begin  
 NOV 11 Veterans' Day – NO CLASSES  
 NOV 11-14 Kairos 24

NOV 13 Senior Class Mtg. – Falcon Flex  
 NOV 14,15,16 Fall Play (Nov.14-15 7:00 p.m., Nov. 16 2:00 p.m.)  
 Mathletes – Florin H.S.  
 NOV 16 Frosh Family Liturgy 9:30 a.m.  
 NOV 18 Friends of the Arts Mtg. 6:30 p.m.  
 NOV 19 Catholic High School Night for Prospective Students 7:00 p.m.  
 NOV 20 Classes begin 9:00 a.m.  
 Winter Sports Mtg. – Falcon Flex  
 NOV 21,22,23 Fall Play (Nov. 21, 22 7:00 p.m., Nov. 23 2:00 p.m.)  
 NOV 24-25 Open Mic Auditions  
 NOV 25 Ambassadors' Dinner  
 NOV 26-28 Thanksgiving Recess

**ENTER TO LEARN, LEAVE TO SERVE**

**INSIDE:**

- Guidance
- Campus Ministry
- Christian Service
- Student Activities
- Athletics
- Visual & Performing Arts
- Falcon Family Faces

November '08  
FALL SEMESTER



# GUIDANCE DEPARTMENT NEWS

November '08

N

FALL SEMESTER

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 Parents of College-Bound Athletes* evening to *College Night for Seniors*, from Testing Day to Staffing Days -- the Guidance Department has been busy providing services to help students succeed! Christian Brothers co-hosted the **College Fair for Private and Parochial High School Students**, held at Jesuit High School on October 13. This event was a huge success, with over 100 colleges and universities represented, and approximately 800 students and families in attendance.

As you may know, Christian Brothers provides one of the most comprehensive programs of **Advanced Placement** course offerings in the region. We currently offer fourteen Advanced Placement courses, with close to 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 2008 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):

Stephanie Achondo  
Tyler Anderson  
Matthew Aronson  
Taylor Chamberlain  
Taylor Chang  
Elisa Cuomo  
Elise Delgado

Nathaniel Domek  
Edward Henry  
Clifford Huang  
Gregory Hufford  
Claire Jennings-Bledsoe  
Stephen Johnson  
Joel Johnston

Joseph Lipper  
Kelly McEnerney  
Denise Miller  
An Nguy  
Erin Riley  
Katherine Rodota  
Tracy Schwartz

Kelsey Sharp  
William Simmons  
Ann Steimel  
Christopher Sylva  
Spencer Tierney  
Briana Wilborn

## 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):

Kevin Amegin  
Kevin Bonsignore  
Hannah Coyner

Benjamin Dagang  
Geanna Flavetta  
Jason Howard

Kate Jelichich  
Eleni Lewis  
Trevor Meek  
Blair Pierroz

*Congratulations  
Falcons!*

## AP Scholar With Distinction

Granted to students who receive an average grade of at least 3.5 on all AP Exams taken, and grades of **3 or higher on five or more** of these exams on *full-year courses* (or the equivalent):

Nathan Conner  
Amanda Delia  
Alexander Hall  
Megan King  
Joseph LaBriola

Connor Long  
Ian Markham  
Gregory Miguel  
Allison Moser  
Collin Mulhern

Andrew Nelson  
Cimone Nunley  
Erin Perry  
Robert Scherer

David Tracy  
Margaret Waterhouse

## AP National Scholar

Granted to students who receive an average grade of at least 4 on all AP Exams taken, and grades of **4 or higher on eight or more** of these exams on *full-year courses* (or the equivalent):

Alexander Hall  
Joseph LaBriola

## Upcoming Guidance Events:

### SAT Tests:

Test Date: **November 1**

Deadline to Register: **Stand-by registration only**

Test Date: **December 6**

Deadline to Register: **November 5**

### ACT Test:

Test Date: **December 13**

Deadline to Register: **November 7**

### Financial Aid Night for Seniors and their Parents:

**December 2** (note change of date),

7:00 p.m., CB Cafeteria

### JOB OPPORTUNITY

#### @ CHRISTIAN BROTHERS

We are searching for a new DATABASE COORDINATOR for the Advancement Office. Strong database experience, and familiarity with multi-layered queries, Excel spreadsheet reporting, Microsoft Office Word, and mail merges preferred. This will be a 32 hour/per week, 12 month position, with excellent benefits. Please send hard copy of cover letter and resume to:

Paul Rieschick, Director of Advancement,  
Brother Bertram Hall.

## A Prayer of Thanksgiving

Dear Lord,

*We give thanks  
for our many blessings  
as we pray for those in need.*

*We give thanks  
for our family and friends  
as we pray for those who are lonely.*

*We give thanks for our freedom  
as we pray for those who are oppressed.*

*We give thanks for our good health  
as we pray for those who are ill.*

*We give thanks for our comfort and prosperity  
as we share our blessings with others.*

*In this season of Thanksgiving,  
may the love of God enfold us,  
the peace of God dwell within us,  
and the joy of God uplift us.*

Amen.

## Clothes Closet

Our CB Clothes Closet is in need of clean and gently used CB sweatshirts - all sizes. The weather is getting cooler and our supply is almost gone. While you are looking for those sweatshirts, if you find other CB logo wear that you are no longer wearing, we could use more M, L, XL and XXL polos and T-shirts. Please bring your donations to Mrs. Warren in the Main Office.

### WORDS OF

*St. John Baptist de La Salle*

**Today receive Jesus  
with respect and thanksgiving.  
Give Jesus love in return for love.**

(Meditation 26.3)

## Retreats

**Kairos 23** was a bonding experience of faith and fellowship at Our Lady of the Oaks Retreat Center in Applegate in October. The senior retreatants came to know themselves, their classmates, and their relationship with God on a deeper level. Many thanks to the adult and student leaders who put hours of time into preparing and leading this retreat!

### Senior Retreat Dates:

Kairos 24 - November 11-14

Kairos 25 - January 27-30

Kairos 26 - March 17-20

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

The Frosh have been enjoying the facilities of the Marelo Youth Retreat Center in Loomis and the exploration of who they are as new members of the Lasallian family on the **Frosh Retreats**. Many thanks to their religious studies teachers for accompanying them on these special days of reflection and fellowship. Special thanks, also, to the Senior Retreat Team Leaders who led the Frosh in activities and discussions throughout the day.

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

The **Parent/Student Retreat** will take place on **Saturday, February 7** at **Christ the King Retreat Center** in Citrus Heights. The day will begin with a continental breakfast at 8:30 a.m. and conclude at 2:30 p.m. Lunch is included. **Mark your calendars now** for this special opportunity to share a day of relaxation, renewal, and reflection with your CB son and/or daughter. What a perfect Valentine gift for you to give to each other - the gift of time together! There is no fee for this retreat. If you have any questions, please contact Susannah Nelson, Director of Campus Ministry, at 733-3626.

## Liturgies

**Thursday, November 6 - "Welcome Home" Liturgy** to honor our alumni during CB's Homecoming Week - **9:30 a.m.** - in the gym with our presider, Monsignor James Church, Class of 1950.

**Parents are always welcome at our school liturgies.**

**Sunday, November 16 - Frosh Family Liturgy - 9:30 a.m.** - in the gym with our presider, Fr. Dennis Thiessen, SDS. We look forward to celebrating this liturgy with the Frosh students and their families. It will be followed by a continental breakfast in the cafeteria. **Please RSVP in the main office**, using the form you received in the mail.

# Homecoming 2008

Homecoming Week will be the first week in November. The theme this year is "Vintage V-Day; Welcome Home". The celebration will last all week with theme days, Powder Puff football, Night Rally, parade at half time of the varsity football game, royalty, and a dance. Each class council has chosen a branch of the military to honor during this week. They will include their themes in the spirit games on Wednesday, the skits performed during the Night Rally and with their floats in the parade. The Air Corps, Navy, Marines and Army will all be honored themes of the week.

## Spirit Days

The theme days this year include:

### Stoplight Day: What IS acceptable?

- T-Shirts that are the color of red, yellow, or green.
- Wear red if you have a date or do not wish to attend the homecoming dance, yellow if you are unsure of your status, green if you do not have a date and wish to attend the homecoming dance.
- Only if you are in **solid** red, yellow or green shirt may you wear jeans.

### Patriotic Day: What IS acceptable?

- T-shirts that are the color of red, white, and/or blue
- May wear jeans, sweatpants, knee-length shorts, and jackets if the item is red, white, or blue
- Hair color and face paints are allowed
- Hand decorated patriotic shirts are allowed as long as they are appropriate

### Comfy Day: What IS acceptable?

- Pajama top
- Pajama bottom –no flaps that open front or back. May be layered
- No boxers unless layered
- Slippers—must have closed toes and heels
- Robes
- Night-hats
- Sweatpants
- Sweatshirts

### Camouflage Day: What IS acceptable?

- Primarily camouflage shirt, sweatshirt, sweater, or pants
- Any or multi-colored camouflage design
- Hand decorated shirts are allowed as long as they look like camouflage and are appropriate. No size alterations— no cutting

## Powder Puff Season:

One fun tradition we have during Homecoming Week is our Powder Puff flag football competition. The games start on Monday with the freshmen playing the sophomores and the juniors playing the seniors. The consolation game will be played on Tuesday and the championship game take place on Friday. All teams show teamwork and sportsmanship on the field. By the noise and the crowds watching the games it is apparent the players and their enthusiastic supporters enjoy themselves during these games each year.

## Night Rally:

A fun event to plan to attend during Homecoming Week is the Night Rally. The rally starts at 7:30 p.m. in the Ron Limeburger gym on Thursday, November 6. The entire Christian Brothers community is invited to attend this event. Our drum line will start the rally and will be followed by the announcement of the prince and princess from each class, performances by the cheerleaders and football team, and skits from famous movies depicting the theme from each class council. A number of games and other surprises are promising to make this a Night Rally you will not want to miss. The grand finale will include our cheerleaders and football team leading us in the CB fight song!

## Parade:

During half time of the varsity game on Saturday, November 8th we will hold our Homecoming Parade. Each class council will have a float on display and a convertible carrying their royalty. The King and Queen of Homecoming 2008 will be crowned on the football field.

## Homecoming Dance:

The grand finale of homecoming is the Homecoming Dance. It will be held in the Ron Limeburger Gym starting at 7:30 p.m. Saturday, November 8th. Students have been excitedly inviting guests for this semi-formal dance. It is always a well attended dance with the students looking so grown-up in their finery. Remember, that semi-formal means conservative dress. Appropriate wear includes:

### For Girls:

- Girls may wear halter, strapless and spaghetti strap dresses as long as the dress is modest, in good taste and appropriate for the girl's body type. Dresses and skirts can be no shorter than 4 inches from the middle of the knee.
- Everyone is to wear dress shoes (absolutely no tennis shoes - this includes Vans).

### For Boys:

- For a semi-formal dance, boys are to wear a dress shirt, tie, dress slacks or docker style pants.
- Everyone is to wear dress shoes (absolutely no tennis shoes - this includes Vans).

# ATHLETICS

## Student-Athletes:

As seasons wind down for some, and gear towards playoffs for many, it is time to recognize the accomplishments of our student-athletes who succeed in their athletic endeavors while effectively balancing the demands of academics.

**The following teams achieved a grade point average of 3.0 or better in the first quarter:**

JV Football **3.0**

Men's Varsity Water Polo **3.05**

JV Cheerleading **3.05**

Women's Frosh Volleyball **3.14**

Freshmen Football **3.16**

Women's Golf **3.24**

Men's JV Soccer **3.24**

Women's Varsity Volleyball **3.29**

Cross Country **3.44**

Men's Varsity Soccer **3.44**

Women's JV Volleyball **3.5**

Women's Tennis **3.5**

Women's Varsity Water Polo **3.51**

## The following individuals earned a 3.5 g.p.a. or better in the first quarter while fulfilling their responsibilities to their teams:

**Cheerleading:** Jessica Cordiero, Hayley, Langstraat, Nicole Quinn, Jessica Irizarry

**Cross Country:** Cameron Goodman, Geanna Flavetta, Elliot Wenzel, Miguel Francisco, Spencer Tierney, Marina Hernandez, Melissa Huang, Matthew Havey, Kelsey Wong, Sarah Woolston, Daniel Hansen, Greg Hufford, Evan Lian, Jimmy Barnes, Iris Perez, Connor Santna, Jason Howard, Will Houston, Marie Tucker, Emiy Giorgy, Mitish Patel, Colin Rooney, Johathan Hester-McCullough, Mary Coyner, Patrick Donovan, Michelle Hufford, Jessica Szarek, Kristen McEnerney, Catherine Durham, Scott Fenocchio, Andrew Stoltenbert, Steven Leyva, Jordan Reza, Connor Gardner

**Football:** Nick Stathos, Chase Haman, Matt McCarthy, Josh Tucker, Eddie Ralph, Ade Jackson, Robbie Templeton, Paul McFadden, Kevin Hua, Alexander Bickler, Cody Trescott, James Reedy Jr., Kelly Hertel, Alec Castaneda, Alejandro Cuomo, Daniel Bonilla, Shane Brennan, Ryan Peabody, Marcus White, Caleb Stringer, Aaron Asbury, Kyle Castaneda, James McNamara, Eamon Smith-Fagan

**Women's Golf:** Lauren Dahl, Emily Achondo, Natalie Hastings

**Men's Soccer:** John Downey, Ruben Montoya, Tim Elliott, Stephen Johnson, Kyle Patterson, Scott Valine, Michael Porter, Connor Lee, Casey Long, Kian Zanganeh, Anthony Franzoia, Phillip Emerson, Daniel Levis, Andrew Stoltenberg

**Women's Tennis:** Katie Sylva, Emily Bonsignore, Katie Amegin, Mina Mohaddress, Cydne Hirstein, Hannah Wilson, Ashley Turpen, Maria Vitali, Alexandra Watt, Morgan Dahl

**Women's Volleyball:** Caitlynn Richard, Samantha Schumann, Kelly Pelz, Megan Engstrom, Maggie Henderson, Jamie Ralph, Samantha McKibben, Jennifer Lysaght, Kayla Gardner, Vriana Lovett, Alexis Macy, Samantha Mulligan, Jamie Quinn

**Men's Water Polo:** Grady Pierroz, Kevin Amegin, Michael Marsalla, Jarrett Omand, Michael Gonzalez, Tanner Janich

**Women's Water Polo:** Britney Belme, Morgan Murphy, Lindsay Otto, Hannah O'Malley, Kathleen Schiavenza, Devyn Cotter, Casey Ferreirae, Anya McCall, Clare Manning, Emma Powell



*Congratulations to Nick Stathos who was named Scholar/Athlete by "Great American Rivalry Series", and presented with a college scholarship at this year's Holy Bowl.*

## Two important reminders for student-athletes and parents:

1. Communication is always the key to a great experience. When challenges arise please follow these steps:
  - a. Student-Athlete talks to coach
  - b. Parent sets a meeting to talk to coach
  - c. Parents contact the Athletic Director to discuss issues.

***If any of these steps are omitted, it puts everyone in a bad position and resolution becomes near impossible.***

2. Many of our sports are enjoying great seasons and the support has been overwhelming. Concerns have been raised over fan behavior at contests, and it is important to always remember to be cognizant that we as fans also represent Christian Brothers High School. Please keep the yelling of support at the top of the priority list and refrain from negative comments concerning opponents, officials, coaches and even our own players. Likewise, please show respect for our opponents regardless of contest outcomes. We are blessed with many talented athletes and coaches and are enjoying much success that we can all take pride in. Our athletic department expects great sportsmanship from our athletes, coaches and fans, and we expect to conduct ourselves as a school community with **INTEGRITY \_ HONOR \_ EXCELLENCE.**

## Go Falcons!

# VISUAL & PERFORMING ARTS

**Eat, sleep, vote and come to a Christian Brothers Visual & Performing Arts event.** These are the things that one must do to sustain and nourish his/her body, mind and spirit during the month of November. We can't help you out with the vote, but we have plenty of opportunities to keep you happy and healthy.

**If art is your thing**, the 40 Acres Art Gallery will continue showing work by Christian Brothers' artists throughout this month. It is an impressive show, considered to be one of the top exhibits not to be missed in the Sacramento region.

**If you are into theater**, our drama department debuts its season with the production of "The Whole Darn Shooting Match" on November 14, 15, 16 and 21, 22, 23. This zany comedy, set amidst the advertising industry of the 1960's, channels the great comedic writing of the 1950's established by Sid Caesar, Mel Brooks, Larry Gelbart, Neil Simon and Woody Allen. Tickets are \$8 for adults and \$4 for students and seniors.

**If you dig music**, Grammy nominated vocal quartet "The Bobs" will be returning to CB to present a master class on Monday, November 17. Seats are extremely limited, so contact Ron Slabbinck by email at rslabbinck@cbhs-sacramento.org or call 733-3617, immediately if you are interested in watching this dynamic group of vocal acrobats.

**If you enjoy community**, camaraderie and social fun, our December Friends of the Arts meeting has officially been changed to Tuesday, November 18 at 6:30 p.m. in the choir room (109). School president Lorcan Barnes will be our guest, so please come out and support the arts.

**And mark your calendars...Coming up in December...**our instrumental Christmas Concert will be on Wednesday, December 3rd at 7:00 p.m. in the gymnasium. The following week our choral department will present their concert on Thursday, December 11, also at 7:00 p.m. in the gymnasium. Plan on arriving early, as seats for these events fill up quickly.

**We hope you'll join us 'in harmony' at these wonderful events that showcase the tremendous talents of our student performing artists.**

## 2009 Spaghetti Feed

The 2009 Spaghetti Feed will be held on Friday, February 20, 2009. As in past years there will be a silent auction of theme baskets, 50/50 raffle, music, and of course a fabulous pasta dinner with garlic bread, salad and a drink. Coffee, Gelato, Italian Sodas, and additional soft drinks and water will available for purchase during and after dinner.

In previous years, this Spaghetti Feed has been cost free event. Everything for the entire night has been donated: food, entertainment, silent auction baskets, etc. I, again this year, would like your help to make this event fun, successful, and cost free. If you have a business that can contribute pasta food products of any ethnicity, please contact Phil Silver at [psilver1@comcast.net](mailto:psilver1@comcast.net), or (916) 772-4872 or (916) 759-6559. I'm specifically looking for different types of pastas from around the world. If there is anything else that you can contribute to the evening, please contact me.

Every penny raised during this dinner will be given to the Senior Class Grad Nite Committee to assist them with their fundraising. Last year the Spaghetti Feed raised almost \$5,500 to help create a safe and fun final event for the Senior class. This year we hope to do even better.

**Please mark your calendars and plan to attend the February 20, 2009 Spaghetti Feed.**

There will be a pre-purchase ticket order form available in an upcoming Falcon Family News.

Thank you, I'll see you at the Spaghetti Feed.

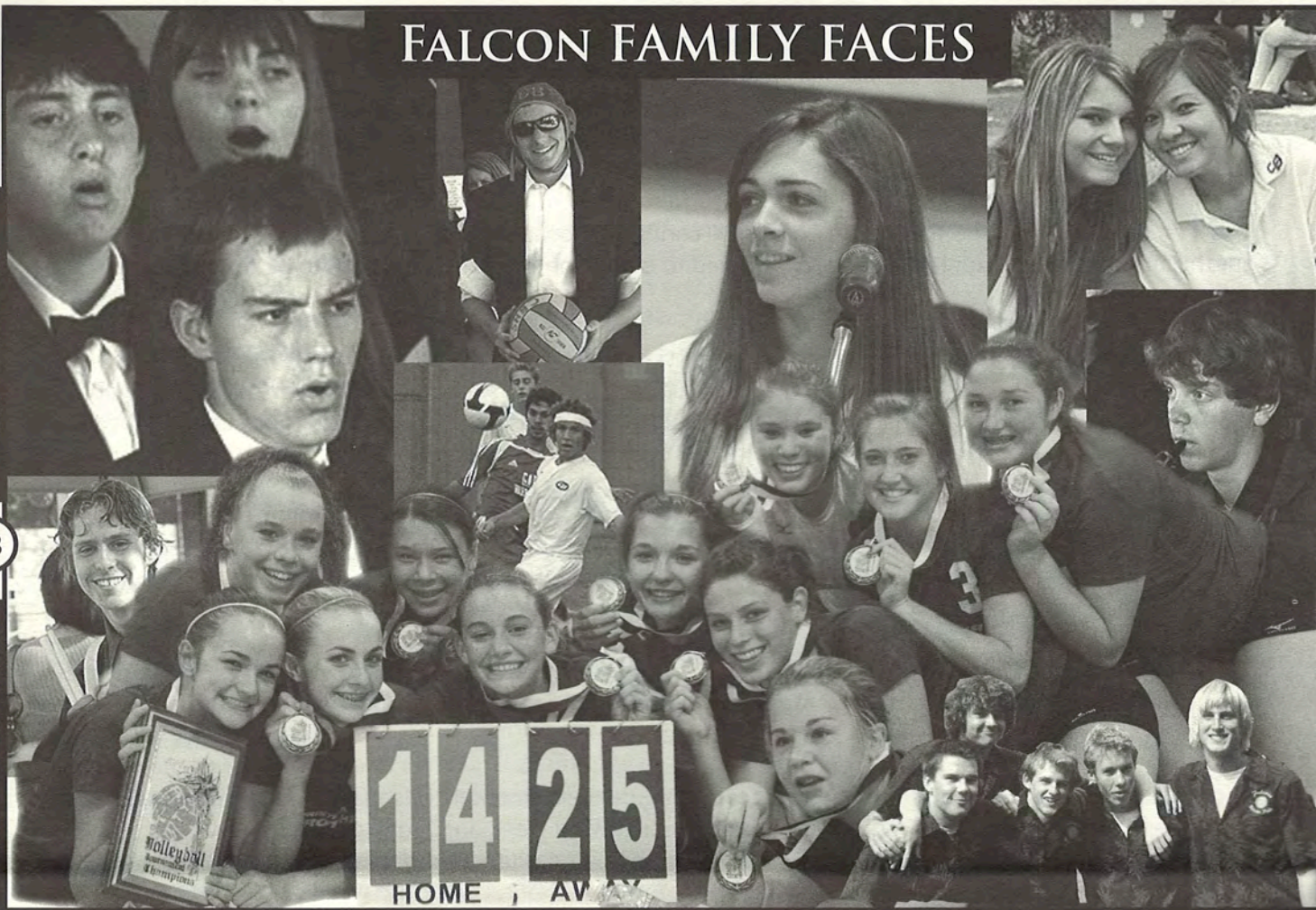
Phil Silver (AKA: Head Pasta Noodle)

# FALCON FAMILY FACES

November '08

FALL SEMESTER

8



## LASALLIAN CORE PRINCIPLE



### FAITH IN THE PRESENCE OF GOD

We believe in the living presence of God  
in our students, in our community and  
in our world.



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# FALCON FAMILY NEWS

PRINCIPAL SHARING: "GIFTS FOR A SPECIAL STOCKING."

Once upon a midnight clear, there echoed a child's cry. A blazing star beamed into a stable and wise men traveled bearing birthday gifts.

We haven't forgotten that night over the centuries. Each year we celebrate it with stars on top of pine trees, with the sounds of choirs and bells, with gifts. Especially, with gifts.

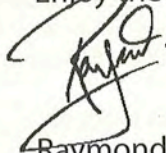
You give me a tie, I'll give you a book. Mom always wanted an iPhone and even the puppy could do with a new toy. Oh we forget no one, adult nor child. Come Christmas morning all the stockings are richly packed full.

All, that is, except one. And sometimes, lost in all of our celebrating, a few even forget to hang it up.

It's the stocking of that little child born lying in a manger. It's His birthday we're celebrating. "For was born unto us that day in the City of David, a Savior, who is Christ our Lord." Let us always remember that.

Let us ask ourselves what He would wish for most, and then let each put in Christ's stocking their share: LOVING KINDNESS, HUMBLE HEARTS, and A STRETCHED-OUT HAND OF CHARITY. All those bright and shining gifts which bring peace on earth and good will toward all.

Enjoy the Blessings & Miracle of Christmas,



Raymond Burnell  
Principal



*The Word didn't become a philosophy, a theory or a concept to be discussed, debated, or pondered. But the Word became a life to be followed, enjoyed, and loved.*

*May your heart know Him... enjoy Him... and love Him, always.*

DECEMBER '08

FALL SEMESTER

## SCHOOL CALENDAR - DEC. '08

ENTER TO LEARN, LEAVE TO SERVE

DEC 1-5	Oakridge Christmas Party Almsgiving
DEC 1	Booster Club Mtg. 6:30 p.m.
DEC 2	Financial Aid Night for Seniors/Parents 7:00 p.m.
DEC 3	Instrumental Concert 7:00 p.m. / Alumni Mtg. 7:00 p.m.
DEC 4	Classes begin 9:00 a.m. Senior Class Mtg./Junior Class Prayer Service - Falcon Flex Kairos 24 Reunion 3:00-5:00 p.m.
DEC 6	Open Mic Night 6:00 p.m.
DEC 8-12	Advent Almsgiving
DEC 8	Immaculate Conception Liturgy 9:30 a.m.
DEC 9	Oak Ridge Christmas Party Jazz Band and Choral Elementary School Tour

DEC 10-12	Review Days
DEC 11	Mathletes - Johnson HS / Choral Concert 7:00 p.m.
DEC 12	Classes begin 8:00 a.m. / Red & Green Spirit Day School-wide Music Assembly
DEC 13-14	PAL Girls Basketball
DEC 15-18	Semester Exams (special schedule) QSP Requests for Funds
DEC 18- JAN 4	Christmas Recess
JAN 5	Faculty/Staff Professional Day - no classes
JAN 6	Spring Semester begins

**INSIDE:**

- Guidance
- Christian Service
- Campus Ministry
- Student Activities
- Athletics
- Visual & Performing Arts
- Falcon Family Faces

# GUIDANCE DEPARTMENT NEWS

## About College Entrance Exams

Most colleges and universities require a college entrance test score as part of the application process. The two national tests are the **ACT** and the **SAT**. While here in the West the SAT is more widely known (and three times as many students take the SAT as the ACT), ALL four-year colleges and universities will accept either score. Both tests are offered at local area high schools 6-7 times throughout the year. Christian Brothers is a test center for both the ACT and the SAT - we administer both exams on dates in October, April, and May.

Research indicates that students often perform differently on the ACT and SAT. The ACT test content has four areas: English, Math, Reading, and Science Reasoning. The goal of the ACT is to measure academic achievement in the four areas and contains analytical and problem-solving exercises related to what has been learned in class. The SAT determines critical reading, math, and writing skills, and is designed to measure academic aptitude in analytical skills, numeric reasoning, and writing. **Current juniors should use the next few months to prepare for the SAT and plan on taking it for the first time in March.**

Though the trend seems to be to begin taking these tests earlier and earlier in a student's high school career, we do not see any significant benefit to this action. Taking the tests too early is not advised, especially if the student has not covered the course work necessary to gain the skills needed for a successful testing experience. Since Christian Brothers has all freshmen take the PLAN test (the practice ACT exam) and all sophomores and juniors take the PSAT (the preliminary SAT exam), we have avenues for students to explore the testing experience. There is never a penalty for taking a test early, however, or for taking a test more than once. The UC system takes the best score from one sitting; many private colleges and the CSU system will take a student's highest score from each section from different sittings and combine them into the highest possible score.

Since colleges will accept either the SAT or ACT and take the highest score, we recommend that students take both tests at least once. A student who has had three years of science may do better on the ACT; a student who is strong in English and writing may do better on the SAT. It will help to compare results from the PLAN and the PSAT and see which score is stronger to help predict your score on either test. By taking **both** exams, students increase their chances of achieving a successful score.

**SAT Subject** tests are subject area tests that UC and a few selective private colleges require. The UC system requires two subject area tests that are the student's choice (in addition to the SAT or ACT). Students who plan to apply to highly selective colleges should check to see how many Subject Exams are required. It is important to register and take these exams by fall of the senior year. We recommend juniors take the tests in the spring of their junior year. Seniors should not take the tests into the year 2009, as these test dates are too late to be submitted with other application material. Students should register for the SAT test online at [www.collegeboard.com](http://www.collegeboard.com) and the ACT at [www.actstudent.org](http://www.actstudent.org) (or paper registration packets are available in Edward Hall).

Admission test scores are only one piece of information a college looks at when considering applications. A student's GPA, number and rigor of college prep courses completed, and other factors are also considered. These factors include co-curricular activities, the college essay, community service, and other aspects of the individual that make him/her distinctive. It should also be noted that a growing number of schools are accepting applications with no testing requirement; instead they are requiring writing samples or other data. Be sure to come to College Nights here at CB and check out the college section of the CB website for more information.

### FINAL EXAMS ARE COMING UP SOON!

Final exam week is December 15-18th. Teachers and students will be reviewing for finals on December 10 - 12th. The following practices are in effect for our final examination preparation week on December 10 - 12th:

1. No new major topics or units will be introduced and no tests or major examinations will be given. Minor quizzes may be given.
2. Review periods will assist students with organizing and synthesizing the course material.
3. A reasonable amount of homework may be given and will complement and assist the student's review.
4. The final examination will be **comprehensive** in nature for the semester.

#### Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).

2. The **Handbook** on pg. 8 states the following:

"All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an "Incomplete" for their final grade and will need to make up their final exam after Christmas break. Upon correction of the final exam, the final grade will be entered into the student's transcript."

3. Students who are absent for one final during finals week may make up that exam after A set on Thursday, December 18th.

#### FALL SEMESTER EXAMINATION SCHEDULE

TIME	MONDAY December 15	TUESDAY December 16	WEDNESDAY December 17	THURSDAY December 18
9:00 am - 10:35 am	B SET	D SET	F SET	A SET
10:35 am - 10:50 am	BREAK	BREAK	BREAK	
10:55 am - 12:25 pm	C SET	E SET	G SET	



## Advent Almsgiving

Christian Service Corps will be sponsoring our Advent Almsgiving December 8-12, 2008. They will be collecting money to benefit St. Bernard Project in New Orleans. St. Bernard Project is a non-profit, community-based organization that is focused on helping families move back into their homes that were damaged by Hurricanes Katrina & Rita. This nonprofit started in August 2006 to help the community of St. Bernard Parish rebuild. They have a goal of rebuilding 175 homes by Christmas Day, so 175 families can come home for Christmas. Donations can be brought to the Christian Service Center in the main hallway.

## Walk to benefit Loaves & Fishes

Loaves & Fishes is sponsoring a walk "Take the High Road" to raise money for the various services they offer to homeless and low income people. The 3k walk will be held on February 22, 2009, in William Land Park at Village Green. The walk will start at 10:00 a.m. with check in beginning at 9:30 a.m. Registration fee is \$25.00. If you want to receive a free t-shirt, your registration needs to be postmarked by February 1, 2009. Registration forms are available in the Christian Service Center or you can call Loaves & Fishes directly at (916) 446-0874.

## Ven a Ver — New Orleans

On August 29, 2005, Hurricane Katrina hit the Gulf Coast causing the levee system in New Orleans to fail. As many of us watched in disbelief on the TV, much of New Orleans flooded. Three years later, much of the most heavily damaged areas in New Orleans have still not been rebuilt. Some folks will never be able to return due to financial issues. Many more are still waiting for their FEMA money so they can rebuild their houses. On October 25 – November 1, 2008, Mr. Hogan and Dr. Peterson took nine CB students on an immersion trip to help out the victims of Hurricane Katrina. The students, Jena Blackwell, Adriadna Castillo, Kayla Fernandez, Robby Mulligan, Kyle Peterson, Natalie Reyes, Colin Rooney, Megan Schaap, and Brittany Young, were overwhelmed by the devastation they saw in New Orleans, especially in the Ninth Ward. Jocelyn Sideco, their guide in New Orleans, provided the students with essential education to help them understand why rebuilding a neighborhood is not as easy as it seems. The students returned with a passion to continue to help our brothers and sisters in New Orleans. You can help too, with your contribution to our Advent Almsgiving.



Above is a picture of the Ven A Ver group with the Loze Family whose house they were rebuilding.

## Annual Oak Ridge Halloween Party

Nineteen Lasallian Youth students delivered 500 goody bags to every classroom, K-6th grades, at Oak Ridge Elementary School on October 31, 2008. CB students were met with cheers of delight and children proudly wearing their costumes. Oak Ridge students were quickly reminding one another to say thank you for the candy and to use their best manners. When the bell rang for recess the Oak Ridge students gleefully asked Lasallian Youth to stay and play. Our students graciously agreed and they were the hit of morning recess. It was a fun day for both the Oak Ridge and Lasallian Youth students.

## Thanksgiving Food Drive

Christian Service Corps sponsored our Thanksgiving Food Drive this year. Despite the downturn in our economy, we were successfully able to feed 45 families at the Mercy Housing: Lance Apartments in Carmichael. Our students got a chance to meet the residents of the Lance Apartments and share some holiday spirit when we dropped off the food. Thank you to all our families who were so generous with their donations.

## Annual Oak Ridge Christmas Party

Lasallian Youth will sponsor our annual Christmas Party for Oak Ridge Elementary School on Tuesday, December 8, 2008. If CB students would like to bring in an unwrapped toy for a Pre-K–3rd grader, please sign up in room 207 with Dr. Peterson. Each elementary school student will have a chance to sit on Santa's lap, get their picture taken, and receive a gift. There is nothing like watching 20 young children open a Christmas gift at the same time. The exclamations of joy are a great way to share in the Christmas spirit.

## Annual Cold Weather Gear Drive

Our annual cold weather gear drive, to benefit the Sacramento Food Bank and Family Services, will be on January 6-9, 2009. As the weather starts to turn and you begin to drag out your cold weather gear, please take an extra minute to see if there is anything you are no longer using. Donations of gently used and clean coats, jackets, gloves, scarves, and winter hats are needed.

### IMPORTANT DATES TO REMEMBER

#### **SAT** Deadline to Register

January 24	December 26
March 14	February 10
May 2 (@CB)	March 31
June 6	May 5

#### **ACT** Deadline to Register

February 7	January 6
April 4 (@CB)	February 27
June 13	May 8

# CAMPUS MINISTRY

DECEMBER '08

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FALL SEMESTER

## Advent Prayer

*Come, long-expected Jesus.*

*Excite in me a wonder at the wisdom  
and power of Your Father and ours.*

*Receive my prayer as part of my service of the Lord  
who enlists me in God's own work for justice.*

*Come, long-expected Jesus.*

*Excite in me a hunger for peace: peace in the world,  
peace in my home, peace in myself.*

*Come, long-expected Jesus.*

*Excite in me a joy responsive to the Father's joy.  
I seek His will so I can serve with gladness,  
singing, and love.*

*Come, long-expected Jesus.*

*Excite in me the joy and love and peace  
it is right to bring to the manger of my Lord.*

*Raise in me  
sober reverence for the God who acted there,  
hearty gratitude for the life begun there,  
and spirited resolution to serve the Father and Son.*

*Amen.*

Several books and pamphlets are available in the Campus Ministry office with ideas for activities and prayers for families during the Advent season. Please call or come by and visit.

May you and your family enjoy a peaceful and prayerful Advent – all the joys of the Christmas season – and a New Year filled with God's grace and blessings.

## Words of St. John Baptist de La Salle

*If you wish to profit by the coming of Jesus Christ in you, you must let him be the master of your heart.*

*Meditation 85.2 (Vigil of the Nativity)*

## Liturgies:

Please join us for the **Immaculate Conception Liturgy** on **Monday, December 8 at 9:30 A.M.** in the school gym. Our presider will be Fr. Robert Presutti, LC. **Parents and family members are always welcome at our school liturgies.**

## Retreats:

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

### Sophomore Retreat Dates:

February 13 and 20; March 6; April 3

### Junior Retreat Dates:

February 17; March 24; April 7 and 21

The **Junior Kairos** will be May 26-29. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat and the Junior Kairos.

There are two more **Senior Kairos Retreats** this school year. **Kairos 25** will be **January 27-30**, and **Kairos 26** will be **March 17-20**. Sign-up sheets are available in the Campus Ministry office for these retreats.

Don't forget! Mark your calendars! The **Parent/Student Retreat** will be **Saturday, February 7, 8:30-2:30**, at **Christ the King Retreat Center in Citrus Heights**. Plan now to share this special time of prayer and reflection with your CB son/daughter. Questions? Call Mrs. Nelson at 733-3626.



On November 16 we had our **Freshman Class Liturgy**. As always the freshmen worked hard to have many hands help. The members of the class were invited to not only attend the freshman class liturgy but to participate in the event. We were enriched as a large number of families turned out to pray together as members of a larger family. A continental breakfast was served afterwards in the cafeteria.

Our fall **Blood Drive**, originally scheduled for November 30th, has been rescheduled to January 9th. Many students begin a life long commitment of giving with their first blood drive, a gift that can truly save a life.

We have two activities in December; our **Spirit Day** on December 12 and the allocation of our QSP profits. Friday, December 12 will include a combination **band, orchestra, and choir concert** during the day for our students. For this special day, students will be allowed to dress in holiday dress with as much red and green as possible to show holiday spirit. During break we always have a nice surprise brought to us by Student Council. For many community members this is their favorite day of the year and a great way to end review week as our students enter into their semester finals.

Before Christmas break begins, the **profits from our QSP magazine drive** will be allocated by the Student Council. This community's generosity, again, shone brightly as the students' annual QSP magazine subscription fundraising drive ended. The students sold over \$100,000 dollars worth of magazines. Members of clubs, sports and other student extra curricular activities are invited to apply and present their proposals for needed funds to the Student Council. The funds offer students opportunities to purchase various items for their activities that we would not otherwise have the funds to purchase. Co-curricular activities keep our students interested in school and help them grow physically, emotionally and socially. It's great to see our students support their own interests, preparing them for the real world.

The Student Council is hoping everyone is looking forward to the **favorite dance of the year. The Mother -Son / Father -Daughter Dance** will be held on January 17th. This is a benefit, dessert dance with desserts at 7:00 p.m. and the dance beginning at 7:30 p.m. The theme title has not been exactly determined yet but we know it will have something to do with Comic Book Heroes! Considering this is a dance where most attendees dress up in costume, Student Council members are looking forward to lots of Heroes attending our dance that evening. Naturally the extravagantly delicious chocolate fountain will make its return again this year. All profits from this dance go to our sister school in Ethiopia

**Again "Thank You"** ---the Student Activities Department wishes everyone a blessed Christmas and is thankful for the presence of our students on this campus. May they manifest the glory of God that is within them and let their light shine.

## *Vintage V-Day, Welcome Home* was the theme for this year's **Homecoming Week**

The week included Powder Puff football games, lunch-time activities, Spirit Dress days, a Night Rally, a parade during half time of the Varsity Football game, and of course, the Dance. Following is a recap of the week's special activities:

- Powder Puff football may have gotten off to a rainy start, but ended with the Junior girls victorious, followed by the Sophomore girls.
- On Monday, the students were invited to dress like one of the three colors of a stop-light to signify their date status for the Dance.
- On Tuesday, we got into our USA/Election Day spirit with a star-spangled Patriotic Day.
- Wednesday, we were able to relax, proverbially, as we enjoyed Comfy Day.
- During lunch on Thursday, an obstacle course was put together for the creative expression of each class's individual theme. That evening, the Night Rally started off with the CB Drum Line, followed by the Glow Stick Dance choreographed by our own Dominga Noe and costumed by our own Mina Mohaddress. The rally was interspersed with Mr. Eckel's marvelous Exploding Pumpkins of Science, skits, Boot Camp Games, Cheerleaders, and the introduction of the Royal Court.
- We wrapped up the school week with Camo Day, getting ourselves into the spirit of the Homecoming Theme.

During the parade on Saturday the members of the **Royal Court** were re-introduced and the King and Queen announced. **This year's Royal Court members are:**

**Queen:** Vivana Becerra

**Senior Princesses:**

Destini Bouldin

Elise Delgado

**Junior Princess:**

Whitney Swain

**Sophomore Princess:**

Brittany Rojo

**Freshman Princess:**

Lauren Dahl

**King:** Jonathan Carrillo

**Princes:**

Martin Harris

Ryan Metzen

**Prince:**

Melaku Deng

**Prince:**

Yancarlo Sandoval

**Prince:**

Aaron Asbury



# ATHLETICS

DECEMBER '08

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FALL SEMESTER

## As fall sports wind down, we have much to be thankful for:

- Our **men's cross country team** went to the State Meet for the third year in a row. Not only did they go, they were incredible. The team placed fifth in the race behind an amazing set of performances that included Jason Howard's 28th place finish and PR. Jason's supporting cast included Nick Perez (16:56), Spencer Tierney (17:06), Elliot Wenzel (17:11), Cameron Goodman (17:12), Daniel Hansen (17:35) and Greg Hufford (17:53). With these guys, CB continued to improve at the state level, bettering last year's 12th place finish by 7 whole spots!
- Our **varsity football team** are co-champions of the Sierra Valley Conference and qualified for Division 2 playoffs
- Our **men's varsity soccer team** were semi-finalists in Division 2 playoffs
- Our **frosh and JV volleyball teams** were again league champions of the Sierra Valley Conference.
- Our **women's varsity volleyball team** is four-peat champions of Division 4 section playoffs and is currently the number 2 seed in the Northern California Championship Tournament. The team has continued to roll with impressive wins in the first two rounds of NorCal championships. They are returning to the championship game for the third consecutive year with a home match against section rival Ripon High School on Tuesday, December 2. If they prevail, they will travel to Irvine for the state championship match December 6.



## The following individuals were recognized for achievements in league play this season:

**Football** – 1st Team: Mike Lahey, Jamie Borup, Ryan Lutz, Marcus McDaniel, Corey Crowder, Asante Cleveland, Alex Hua, Dylan Orr  
**Josh Tucker – MVP; Andre Johansen – Co-Coach of the Year**

**(W) Golf** – 1st Team: Bianca Gaytan (qualified for Divisional Tournament)

**(M) Soccer** – 1st Team: Chris Small, Vinnie Valine, Stephen Johnson, Tim Elliott, Ruben Montoya

**(W) Tennis** – 1st Team: Ashley Turpen (Repeat League Champion)

**(W) Volleyball** – 1st Team: Erika Cuevas, Katie Hoekman; **Kayla Neto – Co-MVP**

**(M) Water Polo** – 1st Team: James Jones, Diego Garcia

**(W) Water Polo** – Laura Braggi, Kathleen Schiavenza

Thanks coaches, athletes, parents and fans for a great start to our school year

**Go Falcons!**

## CHRISTIAN BROTHERS

*Annual Auction* Set Sail to Asia  
 March 21, 2009



**For more information on sponsorships, advertising, and donation forms,**

visit our link from the CB Home Page at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org).

**For information on the auction,** contact Sally Sylva or Elizabeth Belme at 733-3605 or by e-mail at [cbhsauction08@gmail.com](mailto:cbhsauction08@gmail.com).

### Support the 2009 CB Auction ...

#### ADVERTISE YOUR BUSINESS IN THE AUCTION CATALOG

Advertising space ranges from \$250 to \$1500

#### BECOME AN EVENT SPONSOR

Sponsorships range from \$500 to \$20,000 and include tickets to the auction, sponsorship amenities, advertising in the auction catalog, and links for your business to the auction website.

#### DONATE AN ITEM TO THE AUCTION

Ideas for donations include gift cards to Southwest Airlines, gift cards to local restaurants, wine, vacation homes, tickets to local events, hotel gift cards, hosting a dinner party, CB apparel, college sweat shirts, gift baskets, and cash donations.

#### ATTEND!

Tickets are \$75 per person or \$700 for a table of 10, so put your auction tables together now and reserve a spot at this exciting event.

#### VOLUNTEER!

Become involved with the planning of the auction by attending our next meeting on Tuesday, December 9th at 6:30PM in Bertram Hall at CB.

# VISUAL AND PERFORMING ARTS

The great Spanish cellist and conductor, Pablo Casals said: "Real understanding does not come from what we learn in books; it comes from what we learn from love of nature, of music, of man. For only what is learned in that way, is truly understood." Of course, Casals was not suggesting that as students prepare for their exams they throw away their text books. He does propose however, that to truly enjoy life, you must get out and experience it. And, to experience the arts gives us the opportunity to, as Aristotle suggests, take part in "a whole life lived well."



Our instrumental program will be kicking off the Christmas Season with their *Holiday Concert* on Wednesday, December 3rd at 7:00 in the gymnasium. The following week our choral department will present their *Choral Concert* on Thursday, December 11th at 7:00 in the gymnasium. Both of these concerts are free to the public.

And last, our Honors Chorale and Vocal Jazz Ensemble, *CB City Rhythm* have been invited to be

the guest choirs in the Advent Concert Series at St. Teresa of Avila in Auburn. Come and experience this rare opportunity to hear our two top choirs perform their best music from the entire first semester. This free concert begins at 7:00 p.m. on December 20th, 2008. There is no better way to kick off the holiday season than to listen to beautiful music in a gorgeous church on a crisp winter night in Auburn. It is guaranteed to put you in the holiday spirit.

Please come out to support our students and usher in the Christmas season at any or all of these events. We love seeing you there. And, as always, if you have any questions, please feel free to contact Ron Slabbinck, Director of Visual and Performing Arts, at [rslabbinck@cbhs-sacramento.org](mailto:rslabbinck@cbhs-sacramento.org) or 733-3617.

So, in order to follow the advice of both Casals, the musical prodigy, and Aristotle, one of the great philosophers, one needs look no further than our very own CB student artists.

There are only a few days left to catch our artists' work at the *40 Acres Art Gallery*. It is truly an inspiring show so don't miss out on this great opportunity to support our students and our local community.

Our drama department closed "*The Whole Darn Shooting Match*" on November 23rd and is already rehearsing its "*Festival of One Acts*" to be performed in January. Meanwhile, join us at *Open Mic Night* on Saturday, December 6th at 7:00 p.m. All proceeds will benefit the Advent Almsgiving Project of our Christian Service Corps. Tickets are \$1.

## 2009 • 4th Annual Pasta Feed

It's time again for the **4th Annual CB Pasta Feed to help defray the cost of a safe and fun Senior Grad Night**. The dinner will be on **February 20, 2009** and is open to the entire CB community. Dinner will include pasta (vegetarian, meat sauce or plain), salad, drinks, and dessert. **Drive-thru service** begins at 4:30-7:30 p.m. Seating in the cafeteria for the **sit-down dinner** is from 5:30-8:30 p.m.

**Tickets are \$10 per adult, \$7.00 per child ages 6-12, and under 6 is free.**

You may use the form below to order your tickets or pick up a form in the Main Office. Musical entertainment will be performed for your listening pleasure and there will also be a **silent auction** and **50/50 raffle**.

So come out and join us on February 20, 2009 for a delicious and enjoyable evening.

**Yes, I would like to support Grad Night by participating in the Senior Spaghetti Feed Dinner.**

Name: \_\_\_\_\_  We will be dining in  Drive-through

E-mail: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Please indicate quantity:** Adult \_\_\_\_\_ Meat \_\_\_\_\_ Marinara \_\_\_\_\_ Child \_\_\_\_\_ Meat \_\_\_\_\_ Marinara \_\_\_\_\_ Plain

Please reserve \_\_\_\_\_ adult tickets (\$10.00 each) \_\_\_\_\_ child tickets (\$7.00 each) \_\_\_\_\_ free tickets

Cash (hand deliver to Main Office)  Check (payable to CBHS)  Charge credit card (name, number, expiration date)

Name: \_\_\_\_\_ Number \_\_\_\_\_ Exp \_\_\_\_\_

Raffle Tickets (\$1.00 each) \_\_\_\_\_ tickets

**Grand Total \$** \_\_\_\_\_

**Your confirmation will be e-mailed. Raffle tickets will be at will call when you arrive at the cafeteria or the drive-through. Simply give your name and enjoy your dinner. If you do not receive your e-mail confirmation, call Phil Silver at 772-4872. Thanks for supporting Christian Brothers graduating class of 2009.**

# FALCON FAMILY FACES



FALL SEMESTER

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DECEMBER '08

**Before your holiday shopping, sign-up with eScrip, schoolpop or TARGET.**

*Scrip & Debit cards are an easy way for schools to raise funds: You do your everyday shopping, and CBHS receives a percentage of the total of your purchases. Simply register with your grocery store and our scrip merchant-partners (visit our website for the list) and continue to do your shopping as always. The CBHS office staff is happy to help you register*

**Don't forget your Raley's/Bel Air and Nugget Market Cards!**

*If you don't have one, contact the Main Office to obtain a card with registration information. CBHS website: [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) Parent Information/Scrip Fundraising*



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# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT:

*Best Wishes for Good Health & Happiness in 2009*



W elcome back to school. I hope your holidays were blessed and filled with the joy of family, friends and renewed hope for a prosperous and healthy 2009.

This past November, we celebrated the grand opening of our new Field House. Many of our student athletes have already benefitted from improved practice court availability, and our physical education students and teachers have not had to do without a "classroom" when the Ron Limberger '53 Gym was needed for the choir and band Christmas concerts. Our women's volleyball team captured the Northern California Championship and our varsity basketball teams are both off to impressive starts.

The joy of opening this new facility and publicly announcing the Building on the Tradition Campaign – Phase II is tempered by the significant financial concerns facing our community and nation. The mortgage crisis, corporate downsizing, pending furlough days, rising unemployment and a tumultuous stock market are impacting increasing numbers of CB families. Further, the most vulnerable among us continue to be the most vulnerable - several students will not be returning to school after the Christmas break as their families can no longer afford the cost of tuition and we have already stretched our tuition assistance to capacity.

Christian Brothers High School is not immune to the challenges facing businesses and governments. Despite sound investment policies, our endowment has been significantly impacted by the stock market. Good business practices

and our investment policy dictate that we only spend a portion of the accumulated earnings from the endowment fund each year. Because the accumulated earnings have been lost to market conditions, we will be relying on the generosity of our alumni, parents and friends to help us even more for the foreseeable future.

As we finalize our school budget for the 2009-10 school year, we are working diligently to ensure that we are able to keep tuition as low as possible without jeopardizing mission-critical programs and course offerings.

The Building on the Tradition Campaign – Phase II continues and addresses the need to build our tuition assistance endowment and provide our students with the facilities essential to developing their God-given gifts. The campaign is an important, long-term investment in Catholic, Lasallian education in Sacramento.

In its more than 132 year history in Sacramento, Christian Brothers High School has weathered the Great Depression, economic recessions and significant financial challenges and has always emerged stronger. Driven by our compelling mission and our generous community, I am confident we will continue to thrive for 132 more years.

Live Jesus in our hearts forever!

Lorcan P. Barnes  
President  
(916) 733-3603

JANUARY '09

SPRING SEMESTER

## SCHOOL CALENDAR - JAN. '09

ENTER TO LEARN, LEAVE TO SERVE

JAN 5 Faculty/Staff Professional Day – NO CLASSES  
Booster Club Mtg. 6:30 p.m.  
JAN 6-9 Sacramento Food Bank Cold Weather Clothing Drive  
JAN 6 Spring Semester begins  
JAN 7 Lasallian Parent Club Mtg. 6:30 p.m.  
Alumni Mtg. 7:00 p.m.  
JAN 8 Classes begin 9:00 a.m.  
JAN 9 First Friday (Professional Dress attire)  
Blood Drive  
JAN 14 College Night for Juniors & Parents 7:00 p.m.  
JAN 15 Classes begin 9:00 a.m.  
Mathletes Laguna HS  
Winter Spirit Rally – Falcon Flex  
JAN 17-19 District Vocation Retreat for Female Students

JAN 17 Mother/Son Father/Daughter Dessert and Dance 7:00-11:00 pm  
JAN 19 Martin Luther King Jr. Holiday – NO CLASSES  
JAN 20 Grad Night Mtg. 6:30 p.m.  
JAN 22 Classes begin 8:00 a.m. Celebrating Diversity Liturgy 9:30 a.m.  
One Acts 7:00 p.m. (Jan. 23-24 7:00 pm, Jan. 25 2:00 pm)  
JAN 24 CB Placement Exam  
JAN 26-30 Wellspring Week II  
JAN 26-28 Spring Musical Auditions  
JAN 27-30 Kairos 25  
JAN 29 Mastering the Essay Exam for Sophomores 7:45 a.m. Classes begin 9:00 a.m.  
JAN 30-31 Lenea Festival @ CSUS  
JAN 31 SAT Prep Class 9:30 a.m.-12:30 p.m.  
Annual Alumni Dinner 6:00 p.m. Social; 7:00 p.m. Dinner

## INSIDE:

Guidance  
Christian Service  
Campus Ministry  
Student Activities  
Athletics  
Visual & Performing Arts  
Falcon Family Faces

# GUIDANCE DEPARTMENT NEWS

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

JANUARY '09

N

SPRING SEMESTER

As pages 9 and 10 of the CB Parent/Student Handbook emphasize, "F's" and "D's" are bad news on report cards! It is important for you and your student to understand that neither "D's" nor "F's" are acceptable. "F" grades must be repeated for credit in order to graduate from Christian Brothers High School. "D" grades, though worth 5 credits towards graduation, are NOT accepted by four-year colleges and universities. **All California State University campuses, University of California campuses, and most private institutions require a "C" or above in ALL core courses** (core courses are approved History, English, Math, Lab Science, Foreign Language, Visual and Performing Art, and Elective courses - also known as the "a-g" list of approved courses - see below for a chart of these requirements). If students have "D's" on the transcript in any a-g courses and do not remediate them they are **not eligible** to apply for admission to CSU and UC, and therefore are seriously limiting their choices for college.

If your child would like to keep his/her options open and remain eligible to apply to a four-year college, the Guidance Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in a-g approved courses. Students may enroll in a variety of classes during the 2009 CBHS summer school session in order to remediate a grade. While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new

credits and the new grade will be used when calculating the grade point average.

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

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

### SUBJECT REQUIRMENTS

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

*If you wish to view the approved a-g course list for Christian Brothers, go to the CB website, click on Guidance/College Center under "Popular Links" and click on the CBHS UC a-g List folder.*

**One student was left off the list of AP Scholars reported in November's newsletter.**

**Elliot Wenzel** received the **AP Scholar with Honor award** from College Board. AP Scholar with Honor is 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.

**Congratulations, Elliot!**

## REMINDER – ALL STUDENTS TO WEAR "PROFESSIONAL ATTIRE" ON FRIDAY, JANUARY 9th

*To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" on Vocation Awareness Days (the First Friday of every month). When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on Page #19 of our Parent-Student Handbook throughout the entire school day. Please note the following Professional Attire dress code distinction between upper and lower division ladies: No skirts allowed for Freshman and Sophomore ladies.*

*Any students having financial issues regarding the cost of professional dress attire should contact our Registrar, Ms. Jan Warren, for assistance.*



## Annual Cold Weather Gear Drive

– Our annual Cold Weather Gear Drive, to benefit the Sacramento Food Bank and Family Services, will be on January 6-9, 2009. Winter has barely begun and it is already extremely cold outside. Please consider looking through your closets to see if you have any of the following items that you are not using. We are collecting gently used and clean coats, jackets, gloves, scarves, and winter hats.

## Summer Opportunities

**Breakthrough Sacramento** is a non-profit, run by Adolfo R Mercado '92, that is dedicated to offering an **academic summer program** for students from under-resourced schools in the Sacramento area. Breakthrough uses a "students teaching students" model to match dynamic high school and college students with first-generation college-bound middle and high school students. Breakthrough is looking for students who are interested in a 6 week summer internship. This is a great opportunity for students who think they might want to pursue a career in education. Applications are due on February 28, 2009, and are available at: [teachbreakthroughs.org/apply-to-teach/](http://teachbreakthroughs.org/apply-to-teach/).

Breakthrough can also be found on Facebook.

If students think they might be interested in the summer program, but want to get some first-hand experience with the organization, they can volunteer to be a tutor during Spring Semester. Breakthrough has tutoring programs at seven schools around the Sacramento Area including middle schools in South Sacramento, Meadowview, Dos Rios, Del Paso Heights, Sierra Oaks, and Little Pocket.

If you are interested in more information please call Breakthrough at (916) 481-8811 or see Ms. DeBenedetti-Emanuel in the Christian Service Center.

**Camp ReCreation** is looking for volunteers (minimum age 16 years old) to spend a week working as a cabin counselor one-on-one with a camper who has a developmental disability. The sessions are June 14-20 and June 28-July 4, 2009. For more information please call (916) 733-0136, or e-mail the organization at [mail@camprec.org](mailto:mail@camprec.org).

## West Coast Walk for Life

– The West Coast Walk for Life will take place on Saturday, January 24, 2009, in San Francisco. The walk starts at 11:00 a.m. St. Mary's Church is sponsoring a bus to the walk. The bus leaves at 8:30 a.m. on Saturday. The cost is \$20. Please call St. Mary's directly for more information (916) 452-0296.

## Walk to benefit Loaves & Fishes

– Loaves & Fishes is sponsoring a walk "Take the High Road" to raise money for the various services they offer to homeless & low income people. The 3k walk will be held on February 22, 2009, in William Land Park at Village Green. The walk will start at 10:00 a.m. with check in beginning at 9:30 a.m. Registration fee is \$25.00. If you want to receive a free t-shirt, your registration needs to be postmarked by February 1, 2009. Registration forms are available in the Christian Service Center, or you can call Loaves & Fishes directly at (916) 446-0874.

## Thanksgiving Food Drive

– At press time of our previous newsletter we were unable to tally up all the food donations from this year's Thanksgiving Food Drive. Although our country is in a recession we had record high donations this year. We were able to feed 100 families that live at two different Mercy Properties for Thanksgiving. We were also able to assist an additional 20 families for Christmas. In addition to the food we donated to the Mercy Properties, we also donated 25 bags of food to the Sacramento Food Bank. Thank you all for your generosity during a time when so many of our brothers and sisters are in need.

## Advent Almsgiving

– Christian Service Corps sponsored our Advent Almsgiving to benefit St. Bernard Project. St. Bernard Project is a non-profit organization that was founded after Hurricane Katrina hit the Gulf Coast in 2005. Their sole mission is to help the people of St. Bernard Parish rebuild their houses. While in New Orleans this October, our Ven A Ver students got a chance to work with St. Bernard Project and meet some of the families who lost their homes. Christian Service Corps was inspired by the stories the Ven A Ver students shared upon their return to campus. In efforts to help some of these families, we raised over \$1,100 to help rebuild houses in New Orleans.

## FALCON FAMILY NEWS ONLINE...

*In keeping with efforts to be environmentally conscientious and cost efficient, we will be sending you an electronic message on the first of each month, beginning in March 2009, with a link to access the Falcon Family News online. The newsletter is already posted every month on our web site, with a link directly from the homepage. The online version reduces the consumption of paper, ink and energy, and also provides some significant cost savings. All the news, photos, and other time-sensitive information will be available to you in an easily readable format.*

*If, however, you would still prefer to receive a printed (hard copy) version of the newsletter, please contact Rona Gordon by phone (916-733-3674) or e-mail ([rgordon@cbhs-sacramento.org](mailto:rgordon@cbhs-sacramento.org)), and we will continue to mail a print copy to you. If we don't hear back from you, please continue to enjoy the Falcon Family News online in the months ahead.*

# CAMPUS MINISTRY

## Liturgies:

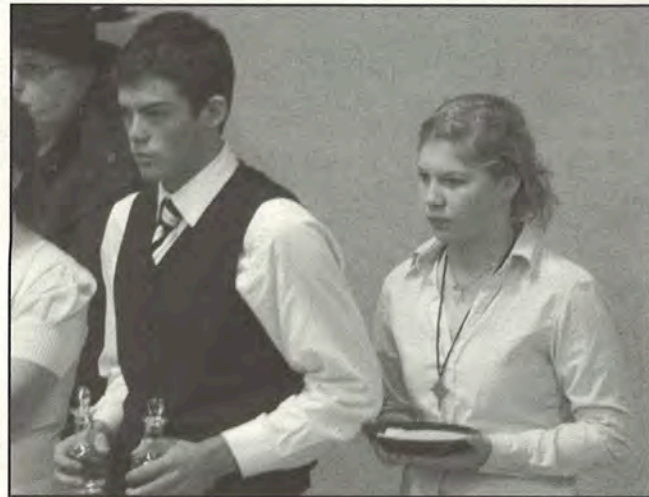
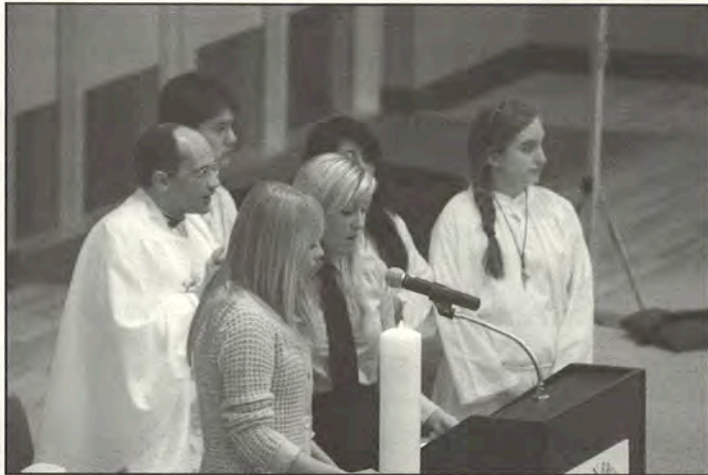
You are warmly invited to all the prayer services and liturgies that the school celebrates. They begin at **9:30 a.m.** and are held **in the Gym**. Here is the list of upcoming liturgies for the Spring 2009 Semester:

- Thursday, January 22** Celebrating Diversity Liturgy  
(Our presider for this liturgy is Bishop Emeritus Francis Quinn)  
**Wednesday, February 25** Ash Wednesday Prayer Service  
**Sunday, February 22** Junior Class Family Liturgy  
**Thursday, April 9** Holy Thursday Prayer Service  
**Sunday, April 26** Senior Class Family Liturgy  
**Wednesday, May 13** St. La Salle Liturgy

JANUARY '09

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SPRING SEMESTER



## A New Year Prayer

Loving God,

*God of our yesterdays, our today, and our tomorrows.*

*We praise You for Your unequalled greatness.*

*Thank You for the year behind us and for the year ahead.*

*Help us in Your new year, Lord, to fret less and laugh more.*

*To teach our children to laugh by laughing with them.*

*To teach others to love by loving them.*

*Knowing, when Love came to the stable in Bethlehem,*

*He came for us. So that Love could be with us,  
and we could know You.*

*That we could share Love with others.*

*Help us, Lord, to hear Your love song in every sunrise,*

*in the chirping of sparrows in our backyards,*

*in the stories of our old folks, in the fantasies of our children.*

*Help us to stop and listen to Your love songs so that we may know  
You better and better.*

*We rejoice in the world You loved into being.*

*Thank You for another new year and for new chances every day.*

*We pray for peace, for light, and for hope, that we might spread  
them to others. Forgive us for falling short this past year.*

*We leave the irreparable past in your hands, and step out into the  
unknown new year knowing You will go with us.*

*We accept Your gift of a new year and we rejoice in what's ahead,  
depending on You to help us do exactly what You want..*

*In Jesus' name,*

*Amen.*

## Retreats:

Don't forget! Mark your calendars! **The Parent/Student Retreat** will be **Saturday, February 7, 8:30-2:30**, at **Christ the King Retreat Center** in **Citrus Heights**. Plan now to share this special time of prayer and reflection with your CB son/daughter.

**Reservations must be made to attend this retreat. Please see the home page of the CB web site for the reservation information. You can also reserve your space on this retreat by calling Susannah Nelson, Director of Campus Ministry, at (916) 733-3626.**

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

**Sophomore Retreat Dates:** February 13 and 20, March 6, April 3

**Junior Retreat Dates:** February 17, March 24, April 7 and 21

The **Junior Kairos** is **May 26-May 29**. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat **and** the Junior Kairos.

There are two more Senior Kairos Retreats this school year. Kairos 25 will be held January 27-30, and Kairos 26 will be held March 17-20. The Kairos 25 retreat is now full; a sign-up sheet is available in the Campus Ministry office for Kairos 26 in March. **The March Kairos is the last opportunity for members of the Class of '09 to attend their senior retreat.**

## Words of St. John Baptist de La Salle

*The star did not appear to the Magi in vain, for this sight caused them to receive the grace of God,  
and it made this day a day of salvation for them because they showed themselves most faithful to the divine inspiration.*

*Are we attentive to the inspirations we receive from God?*

*- Meditation 96.1 (Feast of the Epiphany; Matthew 2:1-12)*



***Lasallian Youth shares Christmas joy with over 300 K-3 students at Oakridge Elementary, to deliver the gifts from our Toy Drive.***

## *Mark your calendars now for the* **Mother-Son/Father-Daughter Benefit Dessert Dance and Social**

This event will be held on Saturday, January 17. This year's theme is "Super Family, Super Dance," so we're hoping to see some of our favorite Comic Book Super Hero characters—old and new! If costumes don't float your boat, and you would rather be more comfortable coming casual, that's fine too. Socializing plus desserts will begin at 7:00 p.m., and dancing will be from 7:30-11:00 p.m. Tickets will go on sale Tuesday, January 6 and will cost \$25.00 per couple and \$7.00 for each additional family member. Plan to attend this special event! All proceeds go to our sister school, Meki Catholic School in Ethiopia, so have a "Super" time while helping a "Super" cause.

Another "super" event coming in January is our first **Blood Drive** of the season. The Blood Drive will be held on the first Friday back after break, January 9, 2009. Many of our community members, including students, show how they are "Super Heros" by saving lives through giving blood on these very important days.

During second quarter, members of the Executive Student Council heard presentations from student groups requesting money earned during our **QSP** magazine drive. Groups from all over campus requested funds for various reasons. Some of the clubs and organizations who were allocated money are the Baking Club, Big Brothers, BSU, Communion and Liberation, Drama Club, Engineering and Robotics Club, Equestrian Team, German Club, Literary Arts Journal, Open Mic Night, Senior Class Grad Night, Speech and Debate, Stix-n-Strings, and Student Athletic Trainers. The amounts requested by all groups were more than what was available, so the Student Council had their work cut out for them. Conversations and negotiations occurred as part of the decision-making process, while keeping the needs of our students and our LaSallian mission in their hearts and in their minds. Those receiving money were notified the day of our last final for the semester. They are now ready to improve the programs that serve our students.



## Our Fall Sports have finally finished, and what a finish it was!!

**Cross Country:** After a long and arduous journey we ended the season at the CIF State Championships in Fresno. Going into the race we were rated 9th overall behind some of the state's best, and some relatively unknown teams that were placed in the top ten based on one race! When it was all said and done, the Varsity boys had placed fifth in the race behind an amazing set of performances that included Jason Howard's 28th place finish and PR. Jason's supporting cast included Nick Perez (16:56), Spencer Tierney (17:06), Elliot Wenzel (17:11), Cameron Goodman (17:12), Daniel Hansen (17:35) and Greg Hufford (17:53). With these guys, CB continued to improve at the state level, bettering last year's 12th place finish by seven whole spots! Finishing 5th among 24 teams is no small feat. In order to finish in the top 5, they all had to be 'on' and they were!

**Women's Volleyball:** The women's Volleyball team found themselves once again in the Northern California Championships at home. We were the number 2 seed in the tournament, and with the number 1 seed being upset by Ripon High School, the championship game was a rematch of the section championship. Ripon came ready to play and controlled the first two games. With backs against the wall and championship in serious jeopardy, our team showed determination and resilience coming back to beat Ripon in 5 games. Erika Cuevas helped create an energy and force in the deciding games. The championship allowed our Lady Falcons to head south for a state title game in Irvine on December 6. We went up against the reigning division 4 state champion, Santa Fe Christian out of San Diego. Our team played hard, but it wasn't enough to upset the champions. Named to the State Tournament 1st team were Katie Hoekman and Kayla Neto. Kelly Pelz received the State Tournament Sportsmanship Award. Our very own Kayla Neto graced the cover of the Bee's sport section when she was named volleyball's 'All City' Player of the Year. Joining her on the 1st team was Kelly Pelz; Erika Cuevas was named to the 2nd team, and Katie Hoekman received Honorable Mention for the area.



### Winter Sports begin!

**Wrestling:** Our wrestling program is bigger than ever with a 40-person roster. For the first time in many years we have 4 female wrestlers competing. They have had two league matches so far and have competed against the two strongest programs in the league, Ponderosa and Oak Ridge. Our Falcons competed to the best of their ability, but experience won out and we fell in both matches. After the Christmas break we look to have more success with the rest of the league.

**Men's Basketball:** Our frosh team is currently 5 – 3, with a 2nd place finish in the Mira Loma Tournament, and a devastating 39 – 40 loss in the championship game to Pleasant Grove. The JV team is off to a 6 – 3 record with a big win over St. Mary's on their way to a 3rd place finish in the Jesuit Tournament. The varsity team, under the leadership of Bill Benford, is off to a great start at 10 – 2, and won the championship at the Rosemont Tournament.

**Women's Basketball:** The frosh team is currently 5 – 5 in a tough preseason schedule. A highlight to-date was a 3-point victory over McClatchy on the way to a 2nd place finish in the Rio Linda Tournament. The JV squad stands at 5 – 5, but coach Swan Wainwright expressed his pride in the improvement of the team in losses and the intensity displayed by the team in tough competition. The varsity team is off to a fast start at 9 – 1, with a first place finish in the Burbank Tournament, and is currently playing for the championship in the Oak Ridge Tournament.

### TIME TO GET READY FOR THE SAT!!

Christian Brothers is offering an SAT exam preparation course for class of 2010 students planning to take the March 14 sitting of the SAT. The class will be taught by our own English and Math teachers. Christian Brothers SAT Prep will be held Saturdays from January 31 – March 7. The cost is \$150 per student. Space is limited!! Fill out the registration form (download from CB website or pick up in the Main Office) and mail or bring to the Main Office or Br. Edward Hall by January 9!!

# VISUAL AND PERFORMING ARTS

From all of the Visual and Performing Arts faculty,  
**welcome back!**

We hope that your holiday was relaxing, meaningful and filled with great memories.

December was an enormously successful month for our musicians, as our instrumentalists and vocalists impressed audiences in Davis, Elk Grove, Antelope, Sacramento and Auburn. Once again, our vocal Jazz Ensemble, CB City Rhythm received a superior rating at the CSUS Jazz Festival. Also, if you did not get to hear them live, you had the opportunity to hear them win the KNCL Holiday Idol contest for the second year in a row, being called the "USC of high school choirs" by hosts, Pat and Tom.

The New Year brings opportunities to see our actors and artists in action. Our Drama department will be presenting their student-written and directed One Acts on January 22-25, as they prepare for the Lenea High School Thespian Festival at CSUS, and our artists will once again be featured in the 20th Street Art Gallery Self-Portrait show. Christian Brothers' students always show extremely well in this, one of the most highly regarded student art shows in Sacramento.

As always, please feel free to link to our arts webpage to see the most up-to-date information on our programs. Just click the CB Arts button on the Christian Brothers website. If you have any questions about our programs, please contact Ron Slabbinck, Director of Visual and Performing Arts at 733-3617.



# FALCON FAMILY FACES

SPRING SEMESTER



JANUARY '09



CB Alumni Association



## Annual Alumni Dinner

(This event is for alumni 21 and older)



SATURDAY EVENING

# January 31, 2009

Cocktail Social at 6:00 p.m. • Dinner at 7:00 p.m.

Where: Christian Brothers High School

Advance Ticket: \$35 or \*\$25

\*Graduate Classes ending in "4" or "9" are offered an advance discount ticket price of \$25.

At the Door: \$45

For Information: (916) 733-3647 or [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org)

This event reserved for 21 & older no one under 21 allowed



CHRISTIAN BROTHERS HIGH SCHOOL

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# FALCON FAMILY NEWS

## PRINCIPAL SHARING: "ENCOUNTERING GOD'S PRESENCE."

It's one of Scripture's most precious moments. On his last trip to Jerusalem, Jesus stops in a small Galilean village to teach. There our Lord is surrounded by folks who bring their children to feel his touch. Jesus embraces each child; blesses them within welcoming arms, and calls upon all those who'll listen... "let the children come to me."

For almost 133 years, Christian Brothers High School has answered that call to guide students in God's holy presence. By emphasizing one's faith journey as part of our Catholic, college preparatory education we help CB students to encounter Jesus alive in their hearts.

Together we experience daily religious studies/prayer, monthly faith celebrations, as well as spiritual retreats and vocation awareness throughout the year. These encounters inspire us who learn, teach or belong within our Lasallian community to grow as persons of faith.

CB presents the message of the Catholic faith formally through eight semesters of **religious studies** in accordance with the Catechism of the Catholic Church. We've been commended for our talented and dedicated religious studies faculty, the diversity of theological approaches and pedagogical perspectives, and the faithful presentation of our religious studies curriculum.

Our entire school life exists within the **context of prayer**. We focus ourselves daily with many moments of personal and communal prayer. We begin our mornings in common prayer. Prayers are said before every class, at club meetings, at athletic events, banquets, concerts, programs, and retreats. In short, we see everything through the eyes of faith. Seeking and revealing God beside us.



Living our Catholic and Lasallian heritage, we gather approximately once a month to **worship as a faith community**. Students and teachers work together to plan liturgies and prayer services. In addition, on four designated Sundays, students return to campus and celebrate class liturgies with their families and fellow classmates.

Our Campus Ministry offers a **four-year retreat program** for all students – which is a vibrant component of their faith formation. Freshmen retreats are mandatory; sophomore and junior retreats, as well as the senior Kairos retreats, are optional. These retreats all build upon each other leading up to Kairos. The Kairos retreat for seniors is an optional four-day, three-night retreat focusing on the unconditional love of God and in the relationships God sends us.

All year long, many of our guidance and campus ministry services aim at awakening within our students a **sense of personal vocation**. We dedicate the First Friday of every month as a Vocation Awareness Day. On these days students are asked to give special consideration to their vocation; that authentic call from God's voice within to honor the nature of our true self.

Being centered in, and nurtured by, the life of faith is an essential dynamic of a Lasallian education. Our founder St. John Baptist de La Salle respected the reality of God's saving presence in the midst of daily experience.

With such encounters at CB, God's presence gradually becomes an evermore living and appreciated reality for us all.

Live Jesus in our hearts forever!

Raymond Burnell, Principal

### INSIDE:

- Guidance
- Athletics
- Campus Ministry
- Visual & Performing Arts
- Christian Service
- Falcon Family Faces
- Student Activities

## SCHOOL CALENDAR - FEB. '09

## ENTER TO LEARN, LEAVE TO SERVE

FEB 1	Lenea Festival at CSUS	FEB 11-12	Open Mic Auditions	FEB 20	Sophomore Retreat
FEB 2-4	Spring Musical Auditions	FEB 12	Classes begin 9:00 a.m.		Grad Night Pasta Feed Dinner
FEB 2	Booster Club Mtg. 6:00 p.m.		Mathletes – Monterey Trail HS		Open Mic Night 7:00 p.m.
FEB 4	Friends of the Arts Mtg. 6:30 p.m.		Sophomore Class Prayer Service – FALCON FLEX	FEB 21	SAT Prep Class 9:30 a.m.-12:30 p.m.
	Alumni Mtg. 7:00 p.m.	FEB 13	Red & Pink Spirit Day	FEB 22	Junior Family Liturgy 9:30 a.m.
FEB 5	Classes begin 9:00 a.m.		Sophomore Retreat	FEB 23-27	Pre-Reg Week – Special Schedule
FEB 6	First Friday Vocation Awareness Day (Professional Dress attire)	FEB 14	Valentine Date Dance 7:30-10:30 p.m.	FEB 24	Grad Night Meeting 6:30 p.m.
FEB 7	SAT Prep Class 9:30 a.m.-12:30 p.m.	FEB 16	SAT Prep Class 9:30 a.m.-12:30 p.m.	FEB 25	Classes begin 8:00 a.m.
	Parent/Student Retreat	FEB 17	Presidents' Day – NO CLASSES		Ash Wednesday Prayer Service 9:30 a.m.
	20th St. Art Gallery High School	FEB 18	Junior Retreat		Lenten Almsgiving begins
	Self Portrait Show	FEB 18	Sophomore Parents Academic Planning Night 7:00 p.m.	FEB 27	Frosh/Soph Open Dance @ Loretto;
FEB 10	Spring Sports begin	FEB 19	Classes begin 9:00 a.m.		Jr./Sr. Open Dance @ St. Francis
			ASB Information Mtg. for Prospective Candidates 8:00 a.m.	FEB 28	SAT Prep Class 9:30 a.m.-12:30 p.m.
			Spring Athlete Mtg. – FALCON FLEX		Catholic High School Choral Festival

# GUIDANCE DEPARTMENT NEWS

## Seven Myths About College Admission – Advice for Students

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

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

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

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

**Myth #5:** "Ivy League colleges are the only ones worth applying to." **Fact:** This is another cliché. The Ivy League colleges (Brown, Columbia, Cornell, Dartmouth, Harvard, Univ. of Pennsylvania, Princeton, and Yale) are among the most selective in the nation, but they may not offer what you want; besides, did you know that the Ivy League is simply an athletic league, like the Big 10 or Pac-10? Certainly the Ivy League is known for its academic quality, but it does not have a monopoly on academic excellence! It is worthwhile to explore other areas of the country and to remember that many prominent men and women have graduated from non-Ivy League schools. Suggested reading: Looking Beyond the Ivy League by Loren Pope and Ivy League Programs at State School Prices by Robert Sullivan.

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

**Myth #7:** "If I make the wrong decision about college, my life will be ruined." **Fact:** While it is important to realize the significance of your college choice, you should remember that if you find, in spite of an informed choice, that you are not well-suited to your college, you can transfer to another college. So be conscientious, but don't envision yourself as a character in a Greek tragedy.

FEBRUARY '09

SPRING SEMESTER

### Upcoming Guidance Events:

**February 18** Sophomore Parent Academic Planning Night, 7-8:30 pm, CB Cafeteria

**February 23 - 27** Pre-Reg week (special schedule, early dismissal)

**March 18** Exploring Colleges for Juniors and Their Parents 7-8:30 pm CB Cafeteria

**April 22** Transition to College for Seniors –

Letting Go and What I Wish I Had Known, 7-8:30 pm, CB Cafeteria

### SAT/ACT registration deadlines:

**FEBRUARY 10** for the **March 14 SAT exam** – go to [www.collegeboard.com](http://www.collegeboard.com) to register

**FEBRUARY 27** for the **April 4 ACT exam** – go to [www.actstudent.org](http://www.actstudent.org) to register

## Pre-Registration 2009-2010

Once again it is time for our students to start planning their schedule for next year. Counselors have already been meeting with the students to discuss their schedule for next year. On January 30th, pre-registration materials were sent by mail to students and parents. These materials included a pre-registration worksheet along with the course catalogue. Please take some time to sit down and discuss with your child his/her schedule for next year. Pre-registration is very important to you and to the school. From the results of this day we will decide whether a course will be offered and determine the number of sections for each course.

On Tuesday, February 17th, students will be given additional registration materials in homeroom. Throughout the week of February 17-20 students will meet with their teachers to get placement signatures for the classes they plan to take next year. Teachers will advise students based upon current grades and the required pre-requisites for each course. If students improve their grades, teachers can still move them to a higher level at the end of April when teachers review all course level placements again.

During Pre-registration week (February 23 – February 27), Christian Brothers will follow a modified schedule and school will be dismissed at 2:15. Students will pre-register in the tech center according to the following schedule:

Monday, February 23rd	Juniors (A – M)	2:20 – 3:20
Tuesday, February 24th	Juniors (N – Z)	2:20 – 3:20
Wednesday, February 25th	Sophomores (A – Z)	2:20 – 3:20
Thursday, February 26th	Freshman (A – Z)	2:20 – 3:20
Friday, February 27th	Make-up pre-registration	2:20 – 3:00

All teachers will be available in their classrooms from 2:15 – 3:15 for any last minute course recommendations and signatures. Upon completion of pre-registration, students may request a duplicate of all their requested classes.

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



## Summer Opportunities

**Breakthrough Sacramento** is a non-profit, run by Adolfo R Mercado '92, that is dedicated to offering an academic summer program for students from under-resourced schools in the Sacramento area. Breakthrough uses a "students teaching students" model to match dynamic high school and college students with first-generation college-bound middle and high school students. Breakthrough is looking for students who are interested in a 6 week summer internship. This is a great opportunity if you think you might want to pursue a career in education. Applications are due on February 28, 2009, and are available at: [teachbreakthroughs.org/apply-to-teach/](http://teachbreakthroughs.org/apply-to-teach/). You can also find Breakthrough on Face Book.

If students think they might be interested in the summer program, but want to get some first hand experience with the organization they can volunteer to be a tutor during Spring Semester. Breakthrough has tutoring programs at seven schools around the Sacramento Area including middles schools in South Sacramento, Meadowview, Dos Rios, Del Paso Heights, Sierra Oaks, and Little Pocket. If you are interested in more information please call Breakthrough at (916) 481-8811 or see Ms. DeBenedetti-Emanuel in the Christian Service Center.

**Camp ReCreation** is looking for volunteers (min age of 16) to spend a week working as a cabin counselor one-on-one with a camper with a developmental disability. The sessions are June 14-20 and June 28-July 4, 2009. For more information please call (916) 733-0136, or e-mail to [mail@camprec.org](mailto:mail@camprec.org).

### CB Student Honored as Volunteer of the Year

Albert Davalos was honored as Volunteer of the Year for Project RIDE. Project RIDE is a non-profit organization that offers therapeutic horseback riding for children and adults with special needs. Albert started volunteering for Project RIDE in June of 2008. During the month of June, Albert volunteered for 11 hours a day. His main duties included training the horses, helping to translate for the Spanish speaking students, assisting students while they are riding the horses, and general maintenance of the facility. Albert has continued to volunteer at Project RIDE on an as needed basis. Congratulations Albert!

**Reaching Out** The **Bishop Gallegos Maternity Home** is a non profit group home established in 1993 for mothers in crisis pregnancies. Last August, a group of Christian Brothers' staff and faculty performed their Outreach Day at the home and decided that the large yard would be a perfect place to design a fruit and vegetable garden. The director, Lenore Mullarkey, always dreamed of a garden and in years past did try to grow some tomatoes. The "gardening group" at CB is making Lenore's dream come true, as they have just planted blueberry bushes and a variety of fruit trees to initiate the first stage of the garden. In early spring, the group will be planting a variety of herbs and vegetables in raised beds to complete the garden. It is the hope of the gardening group that the women who pass through this home will take away a little knowledge and joy in the simple act of making things grow, and that they will continue to try and live a little greener and healthier as they move on in their lives. Since the home accepts no Federal funds, we are relying on donations from the CB community to buy the supplies for the garden. Anyone wishing to help is encouraged to contact Diane Heine at [dheine@cbhs-sacramento.org](mailto:dheine@cbhs-sacramento.org).

## Feeding the Hungry at St. Ignatius Parish

Sharing God's Bounty Dinners for the Hungry that take place on the 4th & 5th Wednesdays of the month at St. Ignatius Parish, from 5:30 p.m. to 7:30 p.m. If you are interested please see Ms. DeBenedetti-Emanuel for details.

## Annual Cold Weather Gear Drive

Thank to everyone who donated gently used and clean coats, jackets, gloves, scarves, and winter hats to our annual coat drive. We successfully filled 5 large barrels to benefit the Sacramento Food Bank and Family Services. Our friends at the Food Bank were very thankful for our efforts.

## Walk to Benefit Loaves & Fishes

Loaves & Fishes is sponsoring a walk "Take the High Road" to raise money for the various services they offer to homeless & low income people. The 3k walk will be held on February 22, 2009, in William Land Park at Village Green. The walk will start at 10:00 a.m. with check-in beginning at 9:30 am. Registration fee is \$25.00. If you want to receive a free t-shirt, your registration needs to be postmarked by February 1, 2009. Registration forms are available in the Christian Service Center or you can call Loaves & Fishes directly at (916) 446-0874.



Senior Martin Harris volunteered at St. Hope-Triumph Preschool – he is playing the patient while the preschoolers pretend to be doctors and nurses.



# CAMPUS MINISTRY

## Liturgies:

The **Junior Family Liturgy** is **Sunday, February 22 at 9:30 a.m.** in the gym. Fr. Innocent Subiza will be our presider. Juniors and their families are warmly invited to attend the liturgy and the continental breakfast that follows. Please check your mail for a letter from the school with more information about this event and an RSVP form for you to return to the school office.

You are invited to attend the **Ash Wednesday Prayer Service** on **Wednesday, February 25 at 9:30 a.m.** in the gym. The prayer service will include the distribution of ashes. We look forward to your presence as we begin our Lenten journey together.

## Retreats:

The **Parent/Student Retreat** still has room! What better Valentine gift could you give your family than time away together? The Parent/Student Retreat is always held on the first Saturday of February, and provides an opportunity for prayer, reflection, discussion, and renewal for parents and their CB students. This retreat has a four-year cycle of themes relevant to teenagers and parents, with each theme focusing on a different aspect of effective communication. This year's retreat is **Saturday, February 7 at Christ the King Retreat Center in Citrus Heights**, beginning at 8:30 a.m. and ending at 2:30 p.m. You can still RSVP on our website. There is no fee for this retreat.

**Sophomore Retreats – February 13 and 20, March 6, and April 3 – at the Newman Center (across from CSUS).** Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

**Junior Retreats – February 17, March 24, and April 7 and 21 – at Christ the King Retreat Center in Citrus Heights.** Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

**Senior Kairos 26 Retreat – March 17-20 – Christ the King Retreat Center in Citrus Heights.** Room is still available on this retreat. **This is the last chance for members of the Class of '09 to attend their senior retreat!**

## REMINDER – ALL STUDENTS TO WEAR "PROFESSIONAL ATTIRE" ON FRIDAY, FEBRUARY 6th

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" on **Vocation Awareness Days** (the First Friday of every month). When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on Page #19 of our Parent-Student Handbook throughout the entire school day. Any students having financial issues regarding the cost of professional dress attire should contact our Registrar, Ms. Jan Warren, for assistance.

## A Valentine Prayer

*Gracious God,  
you gave Saint Valentine the courage  
to witness to the gospel of Christ,  
even to the point of giving his life for it.  
Help us to endure all suffering for love of you,  
and to seek you with all our hearts;  
for you alone are the source of life and love.  
Give us the courage and love  
to be strong witnesses of your truth  
to our family, our friends, and our world.  
Amen.*



## WORDS OF St. John Baptist de La Salle

Never speak to anyone except with kindness,  
and if you fear to speak otherwise, keep silent.

- Meditation 65.2

## FALCON FAMILY NEWS ONLINE...AND IN THE MAIL!!!

Communicating on a regular basis with all of our CB families is very important. To ensure that every CB family receives the information they need, we've decided to continue to mail the monthly Falcon Family News to every household. The newsletter is available online as well, and can be accessed directly from the CB homepage under "Popular Links." If you would prefer to read the online version only, and not receive a printed copy, please let us know by contacting Rona Gordon at (916) 733-3674, or e-mail [rgordon@cbhs-sacramento.org](mailto:rgordon@cbhs-sacramento.org).



**WINTER SPIRIT RALLY** took place on Thursday, January 15th. It started with our amazing drum line marching in leading the cheering senior class; after prayer, the action began. Our Rally Chairs, Mina and Donald, put together a number of incredibly wild games designed to see which class was the best! Between feeding a friend cake while blindfolded and performing their best karaoke routine while “serenading” a favorite teacher, our students showed off their talents and team work. To make things even better, for the first time KBFT gave us a live feed of the competition, broadcasting the rally on a large screen so everyone in the gym could enjoy the action.

## Mother –Son / Father – Daughter Dance

No it wasn't a comic book convention on our campus. It was out “Super Family, Super Dance” benefit. Great costumes, incredibly delicious desserts, and High Top Posse, our student's favorite DJ, all helped to make the dance, well, SUPER! Congratulations to Cat Woman and the Penguin (junior Cassie and dad Dan Drysdale) for winning the costume contest, and “Dancing with the Stars” sophomore Amanda Friel and her dad Michael for winning the dance contest. The desserts were wonderful, the chocolate fountain was heavenly. The proceeds from this dance will be donated to help our twin school, Meke Catholic Mission School, in Ethiopia.

## Valentines' Dance

Early in February the Senior Student Council will host “Pretty in Pink”. It will be a date dance with a photographer snapping pictures of the students with hearts all a flutter. For this dance, boys are to wear a dress shirt, tie, dress slacks or docker style pants and dress shoes. NO DENIM. Girls may wear a nice dress or skirt, or dress pants, and dress shoes. No part of the skirt may be shorter than 4 inches above the knee. No plunging neckline-front or back (no backless dresses). However, halter, strapless and spaghetti strap dresses are allowed. As always, we ask that students use thoughtful judgment by dressing in a respectful, neat manner.

## SPIRIT DAY

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

## Elections

will be here sooner than you know. All students are welcome to run for office and get active in planning school events. The first informational meeting, for the Associated Student Body (ASB) offices, will be Thursday, February 19 at 8:00 a.m. in room 106

## Junior Class Family Liturgy

Sunday, February 22 is the Junior Class Family Liturgy and ring ceremony. The Junior Class Officers have been planning the liturgy and continental breakfast. All juniors attending will receive a class of “09” memento. Those having ordered rings will also receive their rings. All families with junior class students are invited and encouraged to attend this memorable event. Please plan to stay afterwards for a continental breakfast and time to socialize with the other families.



# ATHLETICS

## Our winter sports are having some great successes on the courts and mat; highlights include:

### M – Basketball

- The frosh team is impressive with a 3 – 2 league record and 9 – 8 overall record
- JV are currently 3 – 2 in league actions and 11 – 6 overall
- Our varsity team is 3 – 2 in league play and 13 – 4 overall and ranked number 19 in the area

### W – Basketball

- Our frosh team is currently 2 – 3 in league play and 9 – 9 overall
- The JV team is 3 – 2 in league action and 11 – 7 overall
- Varsity is 4 – 1 league record and 15 – 5 overall record. They are currently ranked number 7 in the area.



FEBRUARY '09

9

SPRING SEMESTER

**Wrestling:** The wrestling team is having a solid season. Despite the fact that we are 1-3 in league competition, we are wrestling well and look to end up 3-3 in the SVC. Our team lacks depth but we have several individuals who are among the best in the 150+ team Sac Joaquin section. Senior Captain Ryan Lutz has a record of 24-6 and has won two tournaments so far this season. Junior Dylan Orr has a record of 19-5 and one tournament title. Senior Captain Jason Howard has a 21-10 record, has made 2 tournament finals and is ranked in the top 10 in the SJ section. Junior Jameson Cordeiro has a record of 18-8 and has made 3 tournament finals this season. All four of these wrestlers are returning SJ divisional placers and are looking towards qualifying for the State Meet in Bakersfield. Sophomore Robin Davis has earned two 2nd place finishes in his first year of Varsity competition. He, along with all the rest of the Varsity team, are working hard as they gear up for the post season.

The JV team is making solid progress as well. Most of our JV team has never wrestled before, but now that they have a couple of months under their belts, they are starting to win matches at a rapid pace. Tournament medalists include Alex Bickler, Reggie Smith, Aaron Asbury, Vince Bouldin, Kelly Hertel, Simon Diaz, Greg Mundy and Mike Palmer.

This season we also have a group of women wrestlers on the squad. Madily Amez, Rebecca Ruiz and Ruby Santos have all had their hand raised in victory so far this season.

**Scholar-Athletes:** Along with our successes in competition our athletes have been impressive in the classroom. Every one of our winter sports teams achieved a 3.0 or better g.p.a.:

Men's JV Basketball	3.00	Women's Varsity Basketball	3.55
Men's Frosh Basketball	3.14	Women's Frosh Basketball	3.61
Men's Varsity Basketball	3.16	Women's JV Basketball	3.73 (every athlete is above a 3.0)
Wrestling	3.19		

**The following winter athletes distinguished themselves as scholar-athletes by achieving a 3.5 or better g.p.a. in the first semester.**

**Men's Basketball:** Nick Domek, Daniel Levis, Jared Cottini, Christopher Lusich, Connor Lee, Casey Long, Paul McFadden, Nathan Goncalves, Matt McCarthy, Paul Sikes, Paul Drozd, Eddie Ralph

**Women's Basketball:** Kayla Gardner, Emily Achondo, Mary Coyner, Maggie Henderson, Victoria Jimenez, Lauren Dahl, Elizabeth Wilson, Emily Richardson, Melissa Huang, Marina Hernandez, Britney Belme, Megan Carmazzi, Ashlee Difuntorum, Casey O'Connor, Meg Taylor, Hannah O'Hearn, Natalie Hastings, Geanna Flavetta, Megan Walters, Sarah Woolston, Amara Wainwright, Megan Padilla, Chelsea Williamson, Katie Hoekman

**Wrestling:** Rebeca Reyes, Jason Howard, Kyle Jelicich, Christopher Venegas, Kelly Hertel, Miguel Ruiz, Alexander Bickler, Luan Nguyen, Riginals Smith, Aaron Asbury, Caleb Orozco, Connor Sheedy, Ryan Lutz, Erika Vaca

### BIG CHANGES IN THE ATHLETIC DEPARTMENT:

After 5 years in Athletic administration, Rich Henning is stepping down effective February 28, 2009. His leadership in the department will be greatly missed. Fortunately for the athletic community, Rich will continue as our head baseball coach. The department is in the process of filling this important position with the goal to have someone in place by the end of February.

# CHRISTIAN BROTHERS HIGH SCHOOL

## 2009-10 School Year

(as of January 21, 2009)

This calendar includes key dates for holidays and major events that impact the instructional program.  
The complete calendar for the 2009-10 school year will be available in early August 2009.

<b>Aug.</b>	13, 14	Faculty/Staff Professional Days
	17	<i>Fall Semester Begins</i>
<b>Sept.</b>	1	Back to School Night – Early Dismissal
	7	Labor Day – School Holiday
<b>Oct.</b>	4	Open House
	5	School Holiday – School Closed
	14	Testing Day/Senior Mass – Minimum Day
	16	<i>(1<sup>st</sup> Quarter Ends; 43 Days)</i>
	19	Faculty/Staff Professional Day – No Classes
	28, 29	Staffing Days – Minimum Days
<b>Nov.</b>	4	Parent Teacher Night – Early Dismissal
	11	Veteran’s Day Holiday – School Closed
	25-27	Thanksgiving Recess – No Classes
<b>Dec.</b>	14-17	Semester Exams – Minimum Days <i>(2<sup>nd</sup> Quarter Ends; 39 Days)</i>
	18-Jan 3	Christmas Recess – No Classes
<b>Jan.</b>	4	Faculty/Staff Professional Day – No Classes
	5	<i>Spring Semester Begins</i>
	18	Martin Luther King Holiday – School Closed
<b>Feb.</b>	12	School Holiday – School Closed
	15	Presidents’ Day Holiday – School Closed
<b>Mar.</b>	11	<i>(3<sup>rd</sup> Quarter Ends; 45 Days)</i>
	12	Community Outreach Day – No Classes
	15	Faculty/Staff Professional Day – No Classes
<b>Apr.</b>	1	Holy Thursday – Minimum Day
	2-9	Easter Recess – No Classes
	26	Community Retreat – No Classes
<b>May</b>	21	Founders Day
	24-27	Semester Exams – Minimum Days <i>(4<sup>th</sup> Quarter Ends; 46 Days)</i>
	28	Baccalaureate and Graduation
	31	Memorial Day Holiday
<b>June</b>	21	<i>Summer School Begins</i>

# VISUAL AND PERFORMING ARTS

February is one of our biggest months of the year for the **Arts** at Christian Brothers. We have just completed auditions for our musical **"Pippin"** to be performed during the first week of April. The cast looks fantastic, so get your tickets early and enjoy this wonderful show with lyrics and music written by Stephen Schwartz, also known for his musicals "Godspell" and "Wicked".

The reception for the 8th annual **High School Self-Portrait Show** will be Saturday, February 7th at **20th Street Art Gallery**. Our own Findlay McIntosh is again the chairperson for this event. Come downtown that evening to enjoy the talents of our CB artists at a professional venue.

Our first **Open Mic Night of 2009** will take place on February 20th in our Little Theater. Auditions are the week before, so encourage the teen American Idol in your house to audition. This is always a fun evening with amazingly talented performers. Tickets are only \$1 and can be purchased at lunch during show week.

On February 24th River City Community Services will be visiting Christian Brothers Ceramics class as they do their final preparations for the **Empty Bowls Luncheon**. Art instructor Rob Boriskin has joined forces and our school provides over 150 bowls (that are designed by our Ceramics' students) in which soup is served to guests who purchase a \$25 ticket to the event. The luncheon is from 11:00 a.m. to 2:00 p.m. on March 10 at the Masonic Temple. If you would like more information, please contact Rob Boriskin.

Our choirs are preparing for their festival season that takes place late this month. Honors Chorale was invited to participate in an invitation only choral festival at CSU East Bay on February 25th. This festival will feature six of the state's premiere high school choral ensembles and our students are proud and honored to have been invited. Three days later, all of our choirs will be participating in the third annual **Catholic High School Choral Festival** at St. Ignatius church. The event is free, but there is an opportunity to make a goodwill offering that benefits the Sacramento Food Bank.

As our choirs prepare for their festival, our Instrumental program will be prepping for its first trip to the **Golden Empire Music Festival** in five years. They are working on the most challenging literature to have ever been performed by a Christian Brothers Instrumental ensemble. Our Jazz Band is preparing for its trip to Disneyland where they will be critiqued and recorded by some of Disney's top players and directors. They will be ready and primed for the annual **Jazz Dessert**, which takes place in mid-March.

Once again, the **Student Television Network recognized our KBFT broadcast as the #1 live news broadcast in the nation**. This is an amazing accomplishment, considering the number of schools in this country that are now equipped with the technology to run a program. Congratulations to KBFT director, Brendan Hogan for leading our students to a national championship once again.

**If you have anything you would like to share regarding the arts at Christian Brothers, please contact Director of Visual and Performing Arts, Ron Slabbinck or come to our Friends of the Arts Meeting on February 4th at 6:30 in room 109.**

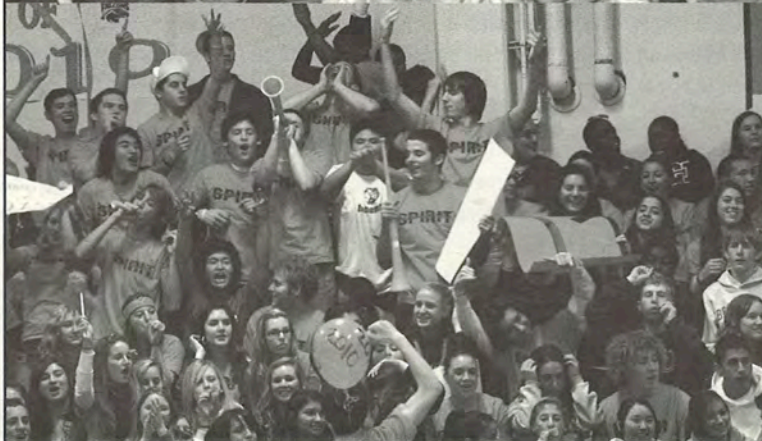


## 2009 ANNUAL PASTA FEED

*It's time again for the 4th Annual CB Pasta Feed! The Pasta Feed fundraiser helps defray the cost of a safe and fun Senior Grad Night.*

*The dinner will be on February 20, 2009, and is open to the entire CB community, friends and neighbors. This year the dinner has become more than just a spaghetti feed - a variety of hot and cold pasta dishes will be served. Garlic bread, green salad, drinks, and dessert will also be available. We will not have drive through service this year, but we will offer take-out orders from 4:30 p.m. through 7:30 p.m. You must come in to choose your dinner and have it packaged to go. Dining in will begin at 5:30 p.m. to 8:30 p.m. Tickets are \$10 per adult, \$7.00 per child 6-12 years old, and under 6 are free. For your listening pleasure during dinner, musical entertainment will be performed again this year by the CB Jazz Choir, followed by the Slack Cats. There will also be a silent auction and 50/50 drawing. So come out and join us on February 20, 2009 for a fabulous evening of food and entertainment! Ticket order forms may be picked up in the CB main office, are available by clicking the link under "Latest News" on the CB web site [www.chbs-sacramento.org](http://www.chbs-sacramento.org), or requested from Phil Silver (aka: Head Pasta Noodle) at [pnsilver@gmail.com](mailto:pnsilver@gmail.com).*

# FALCON FAMILY FACES



SPRING SEMESTER

8

FEBRUARY '09

CHRISTIAN BROTHERS



*Annual Auction*

ANNUAL AUCTION CRUISE TO ASIA

**Saturday, March 21, 2009**

6:00 PM

FIELD HOUSE

CHRISTIAN BROTHERS HIGH SCHOOL

\$700 Table discount (10 guests per table)

\$75 per person (Purchase on or before 3/09/09)

\$90 per person (Purchase after 3/09/09)

Family Style Dinner Catered by the Supper Club

For more information on the auction, preview of the auction catalog, absentee bids, the Golden Ticket Raffle and reservations, please visit the auction website at <http://cbhs-sacramento.maestroweb.com>



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# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT AND PRINCIPAL

Dear Parents,

These are extraordinary times. Our local, state, and national economies are struggling and we know these challenges are directly affecting many of you. Last month we learned that Loretto High School was closing at the end of this school year. Many of these young women have expressed a desire to come to Christian Brothers and we are ready to welcome them into our Lasallian community.

We are grateful for the sacrifices you make to send your daughters and sons to Christian Brothers, but most especially during these difficult times. As always, we work hard to keep the tuition increase as low as possible while maintaining excellence for our students. Tuition for the 2009-10 school year will be \$11,200 (an increase of \$220) and the registration fees (enrollment and co-curricular) will remain at \$625. This represents an increase of 1.9% over 2008-09, our lowest increase in over a decade.

Lasallian education advocates a strong commitment to serving those less fortunate. Here at Christian Brothers we encourage community service, teach social justice, and create a truly Christian atmosphere for young people. We also go one step further by ensuring that we provide sizable tuition assistance to include students from low and modest income families in our school community.

Though our education endowment has been hit hard by the market downturn, we remain committed to providing strong tuition assistance for our families in need.

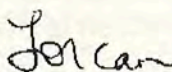
We anticipate allocating \$1.1 million in need-based tuition assistance to approximately 200 families in 2009-10. We are grateful to our parents and alumni who support the Annual Fund. Without your support, this would not be possible.

As has been our experience for the past several years, demand for enrollment is high. In a couple of weeks, you will receive in the mail registration information for 2009-10. In order to assure your child's place at Christian Brothers for next year, it is necessary that you submit these forms, along with the registration fees by May 1st.

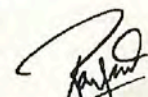
We believe that the financial investment you make to provide for your children an excellent education (in addition to your investment of love and support!) will pay dividends for a lifetime. We are humbled by our responsibility – and inspired by the opportunity! – to provide your daughters and sons with an excellent Catholic, Lasallian, college prep education.

If you have any questions relating to tuition, registration, or any matters related to your daughter's/son's education, please do not hesitate to contact either one of us.

Live Jesus in our hearts, forever!



Lorcan P. Barnes  
President  
(916) 733-3603  
lbarnes@cbhs-sacramento.org



Raymond Burnell  
Principal  
(916) 733-3674  
rburnell@cbhs-sacramento.org

MARCH '09

SPRING SEMESTER

### SCHOOL CALENDAR - MARCH '09

### ENTER TO LEARN, LEAVE TO SERVE

March 1	PAL Basketball TOC	March 9-10	Junior/Senior Scholars Monterey/SF Trip	March 24	Junior Retreat
March 2	Booster Club Mtg. 6:00 p.m.	March 11	Lasallian Parent Club Mtg. 6:30 p.m.	March 25	Grad Night Meeting 6:30 p.m.
March 3	ASB Apps available	March 12	Classes begin 9:00 a.m.	March 27	College Night for Juniors for Loretto Transfer Students 7:00 p.m.
March 4	Loretto Transfer Student Enrollment Night 4-7 p.m.	March 13	Mathletes – Sheldon HS	March 30	Special Schedule/Early Dismissal
	Friends of the Arts Mtg. 6:30 p.m.	March 14	Admission Letters mailed – Class of 2013	March 31-April 3	Diocesan Choral Festival 8:00 a.m. - 3:00 p.m.
	Alumni Mtg. 7:00 p.m.	March 16	Jazz Dessert	March 31	Upper Division Ball
March 5	Classes begin 9:00 a.m.	March 17-20	ASB Apps and Speeches due	March 31	Community Retreat – no classes
March 6	First Friday Vocation Awareness Day (Professional Dress attire)	March 17	Kairos 26	March 31	ASB Campaign Week
	Blood Drive	March 18	St. Patrick's Spirit Day	March 31	Class Council Apps available
	Soph Retreat	March 18	Exploring Colleges for Juniors & Parents 7:00 p.m.	March 31	Frosh Enrollment Night – Field House
	Frosh/Soph Open Dance 7:30-10:30 p.m.	March 19	Vocal Jazz Concert @ ARC 8:00 p.m.		
March 7	SAT Prep Class 9:30 a.m. - 12:30 p.m.	March 19	Classes begin 9:00 a.m.	Guidance	
	Academic Advising for Loretto Transfer Students	March 21	CB Annual Auction	Christian Service	Athletics
	Diocesan Academic Decathlon	March 22-23	Sophomore Scholars Russian River Trip	Campus Ministry	Visual & Performing Arts
March 9	Faculty/Staff Professional Day – no classes	March 23-27	Vocation Awareness Week	Student Activities	Falcon Family Faces
		March 23	Sacrament of Reconciliation		

INSIDE



# GUIDANCE DEPARTMENT NEWS

## ***CB Students Achieve Highly!***

The **National Merit Scholarship Program** is conducted by the National Merit Scholarship Corporation in conjunction with the College Board, and is a competition open to all high school juniors who take the Preliminary SAT (PSAT) test. Winners of scholarships are chosen on the basis of their abilities, skills, and accomplishments. In October each year, approximately 1.3 million high school juniors take the PSAT. Of those, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the Program, and approximately 15,500 are named Finalists. The class of 2009 boasts 9 students with National Merit Commended status, and three students who achieved National Merit Finalist status. The commended students are:

**Nathan Conner  
Hannah Coyner  
Benjamin Dagang  
Matthew McCarthy  
Denise Miller  
Collin Mulhern  
Vincent O'Brien  
Christopher Sylva  
Zachary Walters**

**Our National Merit Finalists**, who represents the top 1% of high school students in America, are:

**Emily Clemons  
Claire Taylor  
Elliot Wenzel**

## ***Congratulations, Falcons!***

### **Upcoming Guidance Events:**

**Wednesday, March 18** ~ Exploring Colleges for Juniors and Their Parents, 7 pm CB Cafeteria

**Tuesday, March 25** ~ Loretto Transfer Students College Night for Juniors and Their Parents, 7 PM CB Cafeteria

## **SUMMER SCHOOL UPDATE....**

Returning CB students were sent a Summer School 2009 pre-registration form with their Pre-Reg packet in February. Students may enroll in year-long, 10-credit courses (Algebra I, Algebra IB, Geometry, Algebra IIA, Biology, and Chemistry) which meet for six full weeks, or semester-length, 5-credit courses (Senior Composition, Civics, Psychology, Health & Fitness, and Weight Training/Yoga) which meet for three weeks. Fees are \$600 for a 10-credit course; \$450 for one 5-credit course, or \$600 for two. Final course offerings are dependent upon enrollment numbers. If a course is cancelled by the school, deposits will be refunded.

Remedial courses for either or both semesters of World History I, World History II, Freshman Lit & Comp, Sophomore Lit & Comp, American Lit, US History, Spanish I, Spanish II, Advanced Physical Science, and Religious Studies will be offered contingent upon enrollment numbers. Students who know that they must make up credits for the first semester of World History I or II, and/or U.S. History, and/or Lit & Comp, and/or Spanish I or II should pre-register for these classes. Remedial classes run for a full six weeks.

Students whose second-semester grades indicate remedial attention may register for summer school in June. If remedial courses are not available because of low enrollment, students will need to make arrangements with Assistant Principal Mr. Schumann for approval to attend summer school programs at a public school or community college.

Summer school brochures will be available soon in the Main Office or online.

YOU ARE INVITED TO AN INFORMAL EVENING FEATURING

***Mary Hesser, CBHS Director of Guidance***

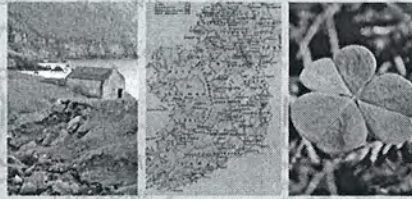
**Wed. March 11 at 6:30pm in Room 106**

Hosted by the Lasallian Parent Club (LPC)

Join us to learn more about Family Connection, The Parent Corner and working with the College Counselors at CBHS

Meet other interesting parents, learn more about Christian Brothers and have fun.

We look forward to seeing you! Please respond to [dadam@cbhs-sacramento.org](mailto:dadam@cbhs-sacramento.org) if you plan to attend.



# Annual Charity Auction

CHARITY AUCTION CRUISE TO IRELAND

SATURDAY MARCH 15, 2008

6:00 PM

SPONSORED BY CHARLIE McCULLY, CLASS OF '34

RON LIMEBERGER GYM

CHRISTIAN BROTHERS HIGH SCHOOL

4315 MARTIN LUTHER KING, JR. BLVD.

SACRAMENTO, CALIFORNIA

\$60 PER PERSON (PURCHASE ON OR BEFORE 3/01/08)

\$75 PER PERSON (PURCHASE AFTER 3/01/08)

FAMILY STYLE DINNER CATERED BY THE SUPPER CLUB

CASUAL CRUISE ATTIRE

MASTER OF CEREMONIES

DAN ELLIOTT

CHANNEL 10 NEWS ANCHOR

SILENT AND LIVE AUCTION

ENTERTAINMENT BY

CHRISTIAN BROTHERS VOCAL JAZZ CHOIR

RESERVATIONS BY MARCH 1 APPRECIATED

RAFFLE TICKETS

WIN A TRIP FOR TWO TO IRELAND OR

A \$5000.00 TRAVEL VOUCHER

\$25.00 PER TICKET OR 5 TICKETS FOR \$100.00

DRAWING WILL BE HELD DURING THE AUCTION ON MARCH 15, 2008

NEED NOT BE PRESENT TO WIN

ADDITIONAL RAFFLE TICKETS ARE AVAILABLE AT BERTRAM HALL.

## Lenten Almsgiving

Each year during the liturgical season of Lent CB engages in a school wide Almsgiving project to benefit an organization that serves the poor and vulnerable. This year the Christian Service Corps (CSC) will be sponsoring our Lenten Almsgiving to benefit the Youth Alive program at Dorothy's Place in Salinas, Ca.

Youth Alive provides a safe after-school enrichment opportunity for children living in two farm labor camps near Soledad. They provide tutoring, athletic activities, computer assistance, art projects, field trips, and a summer camp to 200 youth, ages preschool through high school.

## Wellspring Week

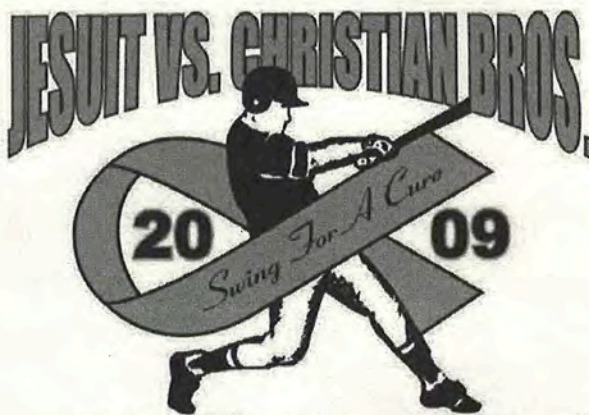
Wellspring Breakfast Club had their bi-annual donation drive the week of January 26-30, 2009. They successfully collected enough syrup, pancake mix, aluminum foil, and cooking oil to help feed our neighbors at Wellspring and the Sacramento Area Emergency Housing Center throughout the spring semester. Thank you to all who donated.

## St. Baldricks

Sophomore Anthony Ferrigno is challenging any CB students to join him in shaving their heads on Thursday, March 12. Anthony is shaving his head in honor of Christopher Pacheco, a 14 year old teen that died of cancer last July. This event is being sponsored by St. Baldrick's. If you are interested in joining Anthony, you can register at [www.stbaldricks.org](http://www.stbaldricks.org) and make sure to join the "CBHS Falcons" team or catch up with Anthony around campus for more details.

## Ven A Ver — Salinas

Each spring semester CB sponsors an immersion trip to our sister school, Centro La Salle, in Tijuana, Mexico. However, this year for the first time in 20 years we were not able to go to Tijuana due to the increase in violence. Although we were disappointed, we found another great place to serve. Our group went to Dorothy's Place, a soup kitchen in Salinas, CA, to spend five days living, working, and praying with the poor and vulnerable. Mr. Fresques & Mrs. Olson took eleven amazing students - Kevin Amegin, Viviana Becerra, KC Conyers, Anne Dalisay, Bianca Gayton, Hannah Jorge, Cecily Ortiz, Nick Perez, Jasmine Santacruz, Mazie Sleppy, and Paul Woolston - on the ride of their lives. Showers and personal space were limited, but the students came back with a new appreciation for all that they have been given. They also came back with a new found respect for the Franciscan Workers who run Dorothy's Place and live a simple lifestyle.



Saturday, March 7th @ Sacramento City College 5 PM

Adults \$5 Students \$3 Survivors wearing pink admitted free

Proceeds benefit the Albie Carson Breast Cancer Foundation

[www.albieaware.org](http://www.albieaware.org)



**Next Saturday, March 7, Jesuit and Christian Brothers high schools will play their annual baseball game at 5:00 p.m. at Sacramento City College.**

The teams have combined to have a **Breast Cancer Awareness** game called "Swing for a Cure", to help raise awareness about breast cancer, while also raising some money for a charity.

The Albie Carson Breast Cancer Foundation will receive proceeds from the gate and T-shirt sale profits. Albie Carson was a graduate of St. Francis and had children that attended Jesuit and CB; the foundation president had sons that attended CB, which made this charity an obvious choice for support.

# CAMPUS MINISTRY

MARCH '09

4 SPRING SEMESTER



**The Sacrament of Reconciliation** will be offered to all students on **Monday, March 23** throughout the school day. Encourage your son or daughter to sign up in his or her religious studies class for the opportunity to receive this sacrament during the Church season of Lent. If you have any questions, please contact **Mary Alice Bennett** at 733-3600 ext. 1040.

## Retreats:

The **Kairos 26 Senior Retreat**, the last senior retreat of the year, will be **March 17-20** at Christ the King Retreat Center in Citrus Heights. Spaces are still available on this retreat. Please remember the retreatants, student leaders, and adult leaders in your prayers during these four days of spiritual reflection and growth.

The next **Junior Retreat** is **Tuesday, March 24** at Christ the King Retreat Center. The next **Sophomore Retreat** is **Friday, March 6** at the Newman Center.

### WORDS OF St. John Baptist de La Salle

Never let yourself be wrongly persuaded that God has abandoned you. On the contrary, be sure that God is more ready than ever to welcome you into his arms.

*Letter 108 - To a Member of a Religious Community of Women, date unknown*

*Lent is a season of being invited by God in a deeply personal way. "Come back to me, with all of your heart," our Lord beckons. It is an extraordinary invitation to each one of us. God invites us to drop the defenses that we hold up between ourselves and God. God offers an entire Lent season, an entire lifetime, of loving us unconditionally, no matter what we have done. From the first day of Lent, the Ash Wednesday readings make God's call to us clear: "Return to me with your whole heart." We don't have to say anything. We only have to show up.*

*Our acceptance of this call, this appeal to our hearts, is simple if we can only get beyond our fear. All we have to do is say to our Lord, "I'm here. Where do I start? Yes, I want to be with you."*

*What's the next step on our journey home? We could take the earliest moments of our day, before we have gotten out of bed, to thank God for such a loving invitation and ask for help in opening our hearts to it. We could remember throughout the day the invitation that has moved our hearts: Come back to me, with all of your heart. And we can rejoice along with God. That is the invitation of each day of Lent. Today is the day to accept it.*

## Falcon Families Celebrate!



# ATHLETICS

## WINTER/SPRING SPORTS UPDATE

### Basketball

For the first time in our history both our men's and women's basketball teams go into playoffs as the number one ranked school in Division IV. Our women open playoffs February 24 against Bret Hart and our men begin February 25 with Hilmar. Playoffs are single elimination, and with wins the ladies play Thursday, February 26 and the gentlemen play Friday, February 27. All games will be played in the Ron Limeberger gymnasium with a 7:00 p.m. tipoff. Semifinal action moves to Tokay Wednesday, March 4 and section championships will be held Saturday, March 7 at Arco Arena. We encourage everyone to support our teams during their playoff runs.

MARCH '09

9

SPRING SEMESTER

**All the basketball teams experienced success this season!**

M – Varsity	8 – 4 league and 18 – 6 overall
M – JV	8 – 4 league and 16 – 4 overall
M – Frosh	9 – 3 league and 15 – 9 overall
W – Varsity	10 – 2 league and 21 – 6 overall
W – JV	8 – 4 league and 16 – 9 overall
W – Frosh	3 – 9 league and 10 – 15 overall



### Rugby

The varsity squad began the season beating De LaSalle of Concord 44 – 7, and followed up as repeat champions of the International Division of the Kickoff Tournament. They have continued their winning ways with 2 more victories for a 5 – 0 start to the season. The varsity B team is 3 – 1 to date, and the Frosh-Soph are 2 – 3 in action.

The remainder of spring sports are gearing up for competition in spite of the wet weather. It is highly recommended to check the sports calendar daily for changes to schedules as spring sports constantly have to adapt to Mother Nature.

## GO FALCONS!!



### Wrestling

We had 4 of our 6 wrestlers place at the divisional tournament. Robin Davis placed 6th. Jason Howard was 5th. Dylan Orr finished in 3rd and Ryan Lutz is the D-2 Section Champ at 171 pounds. Jason and Ryan have now placed in the D-2 meet 3 times, and Dylan has placed twice. This is the first time Robin placed, and he missed the Masters meet by a single point, losing 2-1 in his match for 5/6 to a wrestler from Granite Bay who had defeated him in the second round on Friday 8-0. As a team we placed 9th out of 22 teams and our boys had a combined record of 16 wins and 10 losses. We did a bit better than last year and finished with more team points than we ever have. Jason, Ryan and Dylan all qualified for the masters meet Thursday and Friday, February 26 and 27 at UOP.

#### Correction:

Please note that **Reginald Smith** distinguished himself as a scholar athlete on the Wrestling Team by achieving a 3.5 or better gpa in the first semester.

# VISUAL AND PERFORMING ARTS

## February was another month filled with awards for our fine CB artists and musicians.

Thespians **Chris Burlando ('10)** and **Rebecca Wolfing ('09)** took home the "Most Improved" award at this year's *Lenea Festival* at CSU Sacramento, where they performed their duet from CB's *"Evening of One Acts"*.

The **20th Street Art Gallery's High School Self Portrait Show** provided a venue for many of our finest artists with **Chris Sylva ('09)** and **McKenzie Swanson ('11)** receiving Honorable Mentions and **Denise Miller ('09)** taking home an Excellence in Medium award.

Trombone player **Ben Dagang ('09)** performed in the *All-State Honors Band* for his fourth and final year, finishing his tenure in the first chair for his instrument. Very few students are able to make the *All-State Honors Band* for all four years of high school, so we are especially proud of his accomplishments.

Singer **Amanda Hahn ('10)** finished in second place in the *2009 CMA Awards*, capping off what has been a thrilling year for her as a performer. If you missed her performance, don't worry, you will have many more opportunities to hear this wonderful singer in the future.

## And coming up...

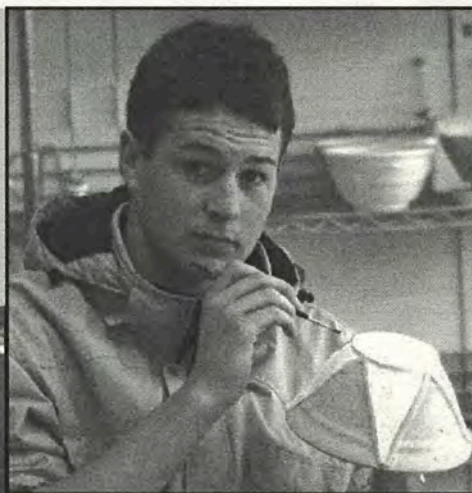
As the rain continues to pour down, comfort becomes the primary concern for many. And what better way to feel comforted than by an evening of jazz accompanied by decadent desserts and a flowing chocolate fountain! Come to the Ron Limeberger Gymnasium on **March 14th at 7:00 p.m.** for the **Jazz Dessert**. Tickets are \$10 for adults and \$5 for students and seniors. This sell-out event is the showcase event of our music department and features our amazing instrumentalists and singers.

Just two short weeks after that, you can return to the gym for our production of *"Pippin,"* our spring musical, which runs from **April 2nd through April 5th**. With words and lyrics by Stephen Schwartz, this journey through a young man's coming of age is filled with brilliant music, humorous dialogue and a wonderful cast of CB actors and actresses. Tickets will be available in the main office one week before the shows opening.

Once again, congratulations to our many talented students who won awards this past month, and we hope to see you at one of our many upcoming events. As always, link to our arts page from the CB website and stay up to date with everything going on in the world of arts at CB!

### Ceramics class added in SUMMER SCHOOL

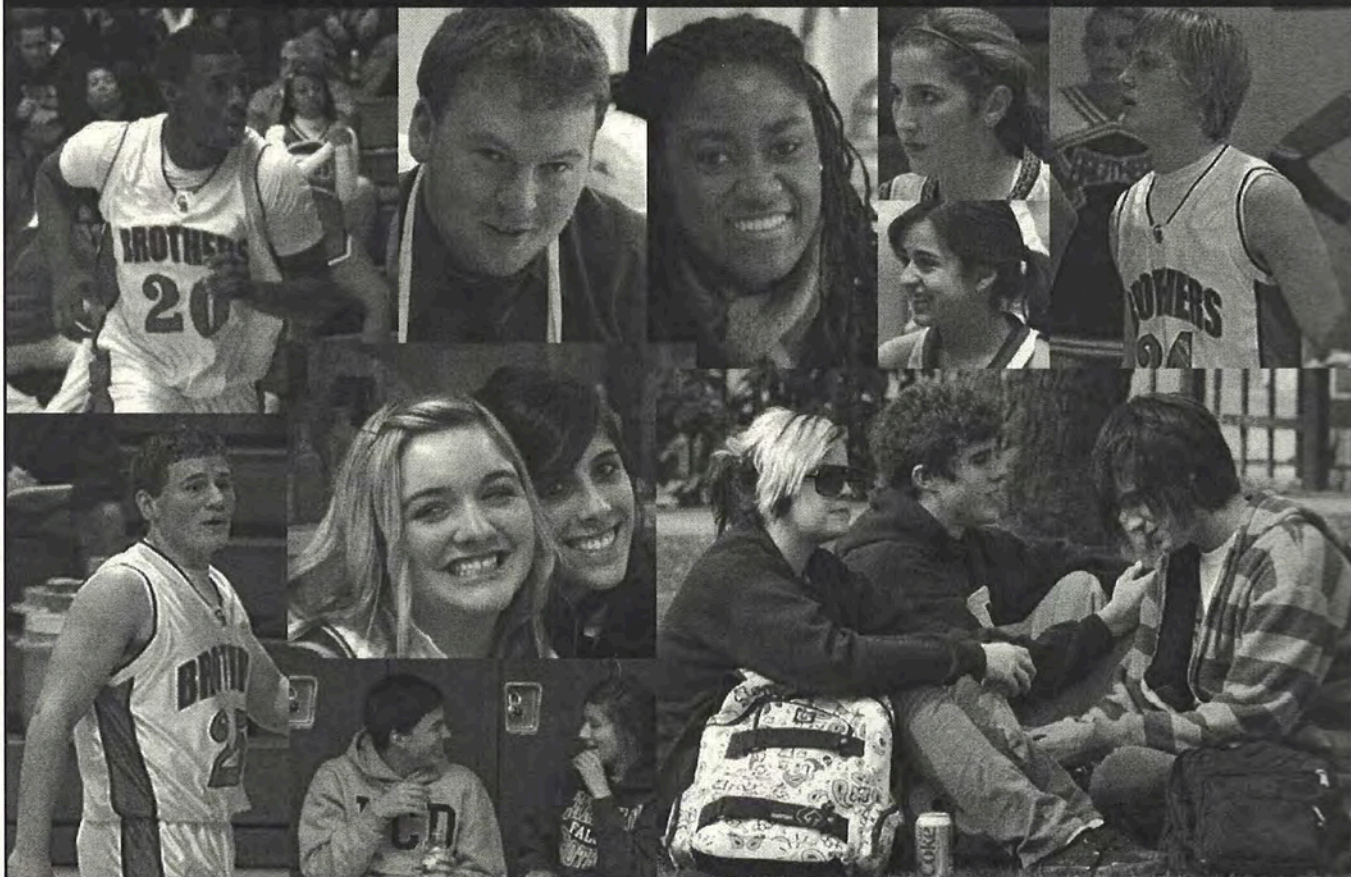
A Ceramics class was inadvertently omitted from the pre-registration form; however, Ceramics will be offered this summer as a 3-week, 5-credit course during the first summer school session (Monday, June 15 – Thursday, July 2, 8:00 a.m. – 12:50 p.m.). Please contact Mrs. Warren if your son/daughter wishes to enroll in Ceramics (733-3632).



Congratulations to art instructor **Robert Boriskin** for organizing the second annual **CB Bowl-a-Thon**. The bowls will be used by **River City Community Services** at their **Empty Bowls fundraiser luncheon** on **March 10th**.



# FALCON FAMILY FACES

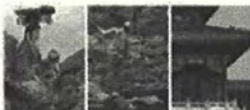


SPRING SEMESTER

8

MARCH '09

CHRISTIAN BROTHERS



*Annual Auction*

ANNUAL AUCTION CRUISE TO ASIA

**Saturday, March 21, 2009**

6:00 PM

FIELD HOUSE

CHRISTIAN BROTHERS HIGH SCHOOL

*\$700 Table discount (10 guests per table)*

*\$75 per person (Purchase on or before 3/09/09)*

*\$90 per person (Purchase after 3/09/09)*

*Family Style Dinner Catered by the Supper Club*

*For more information on the auction, preview of the auction catalog, absentee bids, the Golden Ticket Raffle and reservations, please visit the auction website at <http://cbhs-sacramento.maestroweb.com>*



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# FALCON FAMILY NEWS

## PRINCIPAL SHARING

*EVERY 15 MINUTES*

As Lasallian educators we're to be **GUARDIAN ANGELS** for those entrusted to our care.

Our founder, St. John Baptist de La Salle, frequently invoked such an angelic image for teachers in 17th Century France. Today this invocation extends to both parents as well as teachers. Caring and watchful like the guardian angel, we must find ways to enlighten and aide children.

We must be alert to signs of trouble, in order to keep students out of danger. Thus, as De La Salle wrote in meditating on the guardian angel, *"You should see clearly every obstacle ... and keep away every harm."* That's why our Christian Brothers community experienced the "Every 15 Minutes" (E-15<sup>M</sup>) program last month. This proactive educational approach was embraced to teach our students the real-life effects that unhealthy choices can have.

In just two days time, E-15<sup>M</sup> dramatically presented to our students the very damaging consequences that can occur when driving under the influence.

During the first day the "Grim Reaper" called one student from class every 15 minutes and they became one of the "living dead." A uniformed CHP officer and our campus minister read that student's obituary to those remaining in the class. Each obituary was posted on the students' lockers. A tombstone was place in their name beneath our campus cross.

By mid-morning, a mock drunk driving collision involving pre-selected students and a faculty member was staged on campus for the benefit of the entire student body. It began with a recorded 911 call that triggered an emergency response by law enforcement, firefighters, paramedics, and the coroner. Each agency used this drill as a training exercise to simulate real life responses.

As part of the staging there were several fictitious consequences: one participant was booked with a felony DUI offense, one participant was pronounced dead at the scene, one participant was life-flighted by helicopter and listed in critical condition (passing away later), and one participant was sent via ambulance to the hospital. There was an intense reality to this simulation – not only in what we witnessed, but in what we felt deeply.



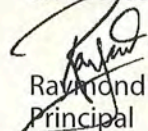
On day two a special assembly was held, with a video that powerfully showed the previous day's events and a prayer service. Parents, whose daughters and sons were involved in the program, emotionally spoke about their reactions. Student participants shared their heartfelt experience. Dee Sova, mother of a CB senior who was horribly killed by a drunk driver in front of the school six years ago, also helped educate us about the ripple effect poor choices have on everyone.

The assembly ended with a call to action by Mr. Danny Delgado, who had been portrayed as killed earlier by the mock crash. He urged everyone to make responsible choices when any drug, alcohol, marijuana, etc, is involved. *"Choices have consequences so please make the best decision for you, your family, your friends and the hundreds of other people that will be affected by your decision"*, exhorted Mr. Delgado.

With E-15<sup>M</sup>, Christian Brothers shared together several real-life lessons without any real life risks. Although none of these situations and simulations actually occurred, the emotions were genuine.

E-15<sup>M</sup> challenged us all to think about drinking, driving, personal safety, our responsibility to make mature decisions and the impact these choices have upon ourselves, those closest to us, and countless others.

Live Jesus in our hearts, forever!

  
Raymond Burnell  
Principal

### SCHOOL CALENDAR - APRIL '09

ENTER TO LEARN, LEAVE TO SERVE

April 1-3 ASB Campaign Week	April 9 Classes begin 8:00 a.m.
April 1 Alumni Mtg. 7:00 p.m.	Holy Thursday Prayer Service 9:30 a.m.
April 2 Classes begin 9:00 a.m.	MINIMUM SCHOOL DAY – Special Schedule
April 2-4 Spring Musical "Pippin" 7:00 p.m.	April 10 Good Friday
April 3 First Friday Vocation Awareness Day (Professional Dress attire)	April 10-17 EASTER RECESS
Sophomore Retreat	April 18 La Salle Club Baseball Hall of Fame Dinner
April 4 ACT @ CB	April 20 Bishop Soto Visit to Christian Brothers
April 5 Spring Musical "Pippin" 2:00 p.m.	April 21-24 Multicultural Week
April 6 Booster Club Mtg. 6:00 p.m.	April 21 Junior Retreat
April 7 Junior Retreat	April 22 Transition to College Night for Seniors & Parents 7:00 p.m.

April 23 Classes begin 9:00 a.m.
April 26 Senior Class Liturgy 9:30 a.m..
April 27-30 Class Council Campaign Week
April 27 Scholars Dinner/Awards Convocation
April 28-29 Open Mic Auditions
April 28 Grad Night Mtg. 6:30 p.m.
April 29 Friends of the Arts Mtg. 6:30 p.m.
April 30 Classes begin 9:00 a.m.
LaSalle Art Show 7:00 p.m.

### INSIDE:

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Falcon Family Faces



## Empty Bowls Project

For the third year in a row, Mr. Boriskin's Ceramics classes participated in the 6th Annual Empty Bowls Project to benefit River City Community Services (RCCS). Empty Bowls is RCCS's way of "Fighting hunger one bowl at a time by raising hunger awareness and donations to alleviate hunger in the Sacramento area." Local artists are asked to donate handmade ceramic bowls which are given out to participants who buy a \$25.00 lunch ticket. A simple lunch of soup, bread, and cookies, is donated and prepared by Sacramento area chefs and restaurants. Our students donated 219 beautiful bowls, which entailed throwing, decorating, glazing and firing the bowls. Mr. Boriskin proudly announced that Christian Brothers donated the most bowls of any other school in the area. Our students raised \$5475 to benefit the clients of RCCS, without ever leaving their classroom. Eight students and six staff members were able to attend the Empty Bowls luncheon. It was a great opportunity for our students meet the recipients of their bowls, to see be inspired by the design work of other sculptors, and to meet other Sacramento area artists.



## Three Students taking on the fight against cancer

Senior Ryan Lutz, junior Robby Mulligan and freshman Samantha Mulligan are sponsoring a team of Christian Brother's students and their families to join the "Relay for Life" and raise money for cancer research. Come out and join them on Saturday, May 30th at 10:00 a.m. for a 24 hour relay. The race will be held at Cosumnes River College. Last year the "Falcons" team had several students and they are looking to increase those numbers this year. If you are interested, please come by Christian Service and sign up on the bulletin board in the main hallway or catch Ryan, Robby, or Samantha on campus.

## Seniors Donate CB Gear

Are you graduating and can't wait to get rid of your CB gear? Well bring it to Christian Service. We are asking all graduating seniors to donate their unwanted, gently used CB gear, including CB t-shirts, CB polos, CB dress sweaters, CB jackets, CB fleece sweaters, CB sweatshirts, long pants, capri pants, walking shorts, and shoes. In addition, we are collecting any clothing that meets are professional dress code or dance dress code including slacks, women's dress shirts, men's dress shirts, ties, dress shoes, and homecoming or prom dresses. You can bring your donations by the Christian Service Center. All donations will go to other CB students who are in need.

## Annual Shred & E-Waste Recycling Day

St. Mel's Parish in Fair Oaks is sponsoring their annual fundraiser to benefit St. Vincent de Paul, "Shred & E-Waste Recycling Day" on Saturday, May 9, 2009. You can shred old checks, bank statements, old tax records, etc... from 9:00 a.m. - 1:00 p.m. at St. Mel's Parish lower parking lot. A large shopping bag is \$6.00 and a file box is \$12. You can also recycle e-waste materials including computers, old TV's, and all other electronics from 9:00 a.m. - 3:00 p.m. in the lower parking lot. E-Waste recycling fees are \$5.00 for one item and \$2.00 for each additional item. If you have further questions please contact Martha Rusnak at 916-966-9430.

## National Down Syndrome Congress 37th Annual Convention

The Down Syndrome Information Alliance is hosting the National Down Syndrome Congress Information Alliance's annual conference on July 31-August 2, 2009 at the Sacramento Convention Center. They are looking for 350 dedicated volunteers to work in a variety of positions during the weekend to ensure all who attend have a great experience.

## Community Service Documentation Forms Due

Attention all seniors who have done community service hours and want to be considered for a Christian Service Award, please turn in your documentation forms by Wednesday, April 8. Please turn in all forms to Ms. DeBenedetti-Emanuel in the Christian Service Center. Service hours generated from the first day of freshman year to the last day of senior year are eligible to be documented. It is never too late to document your service hours. If you have questions, please see Ms. DeBenedetti-Emanuel in Christian Service or 916-733-3653 or [sdebenedetti-emanuel@cbhs-sacramento.org](mailto:sdebenedetti-emanuel@cbhs-sacramento.org).

### To document service please follow the steps below:

1. Students who volunteer can document their hours for college applications.
2. Students can pick up a new form in the Christian Service Center or on the website, under Christian Service.
3. Students should fill out one form for each agency or placement where they have volunteered.
4. Students need to assess themselves, write a short reflection, and have a supervisor verify their hours.

## VENAVER

Applications for VENAVER 2009-2010 are available in Christian Service. All sophomores and juniors are encouraged to apply. We will be going to Salinas, CA, on November 3-7, 2009 and to New Orleans, LA, on January 12-17, 2010. The VENAVER program encompasses six components and learning goals faith, community, Christian Service-Learning, social justice, immersion, and simple living. This is an intense immersion experience in which students have the opportunity to see, experience, and live for 5-7 days in a setting unlike any other. VENAVER provides the participants with a cultural experience that invites students and teachers to affirm a common bond among all people as children of God. It also challenges perceived boundaries between oneself and others, as well as, oneself and God. For an application, please sign up on the bulletin board out side the Christian Service Center in the main hallway.

# CAMPUS MINISTRY

## Retreats:

There are two **Junior Retreats** remaining – **April 7 and 21**. Space is still available on these retreats – encourage your son or daughter to sign up in the Campus Ministry office.

**Attention Junior Parents!** **Kairos 27** takes place **May 26-29** at **Christ the King Retreat Center** in Citrus Heights. This four-day retreat is for **current juniors only** – it will be their first opportunity to participate in their senior Kairos retreat program. This is an ideal opportunity for those students who want to make this retreat but are concerned about missing three days of school or have other school activity commitments (e.g. sports, drama, band, choir) that make attending a Kairos retreat during the school year difficult. In addition, the students who attend this retreat will be eligible to lead the other Kairos retreats during the 2009-2010 school year. Please encourage your son or daughter to sign up in the Campus Ministry office.

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SPRING SEMESTER

## Liturgies:

All family members and alumni are invited to the **St. La Salle Liturgy**, which is our last school-wide mass. This special mass honors both our founder, St. John Baptist de La Salle, and the Christian Brothers who reside in our community. *The liturgy will be in the gym on Wednesday, May 13, at 9:30 a.m.*

The **Senior Family Liturgy** will take place **Sunday, April 26, at 9:30 a.m.** in the gym. We look forward to celebrating with Seniors and *their family members as their journey through CB draws to a close.* The presider will be Fr. Brian Atienza, the Director of Vocations for the Diocese of Sacramento. The liturgy will be followed by an awards ceremony and a breakfast.

## Easter Prayer

*Raise me up! Renew my life!*

*Father of life,*

*I see the light again!*

*I was in darkness and had lost hope,*

*but Jesus Christ, your son,  
has won out over death - for me.*

*I celebrate today your love,  
the life you give me.*

*I feel your presence as you breathe  
on my mind and open my heart.*

*So many times in my life  
my eyes are closed*

*but today I see the risen Lord  
in the breaking of the bread.*

*Thank you for this morning of hope,  
thank you for such incredible love.*

*Amen.*

## Christian Brothers SAT Prep • June 1-5, 2009

**COST: The cost is \$150 per student (make checks payable to Christian Brothers)**

Christian Brothers is offering an SAT exam preparation course for CBHS **class of 2010** students planning to take the **June 6** sitting of the SAT. The class will be taught by our own English and Math teachers.

**Space is limited!! Registration Deadline:**

**Fill out the registration form and mail or bring to the Main Office or Br. Edward Hall by May 15.**

All classes will meet in Rooms 601 and 611.

**Classes will be held daily for three and a half hours (9:00 a.m. - 12:30 p.m.)**

**Students will divide their time at each session between Critical Reading/Writing and Math preparation.**

SAT PREP

## Italian students looking for host families:

Would you like to have an Italian student live with your family next year? For the past seven years *Sacro Cuore* High School has sent students to CBHS for a year of English immersion. Presently we are looking for families who would like to host a student for the 2009-2010 academic year. *Sacro Cuore* is a Catholic language, scientific and artistic academy in downtown Milan, and each year several of their students have attended CB for a junior year abroad. Over the past seven years the Italian exchange students have been near the top of their class academically and have involved themselves fully in the life of the school. They are highly motivated and excited to know the "American experience". A host family should be willing to welcome a student as a member of their family for the academic year, beginning in mid-August and ending at the end of the school year. A host family is not responsible for financially supporting the student and is paid a cost of living stipend monthly. If you are interested in exploring the idea of hosting a student please contact Dr. Holly Peterson at CBHS (733-3600, ext. 1086).

## ***CB students Gave Generously at the March 6 Blood Drive!***



Students enjoyed a wonderful night at the Upper Division Ball, "Mystique Masquerade", which took place on March 27th, dancing with our favorite DJ, "Hightop Posse".

### **Student Council Elections**

It's that time of year again. Yes, that's right, Student Council elections are upon us. Students have had the opportunity to throw their hats into the political ring beginning with a campaign week for positions on the Associated Student Body (ASB) Council, which runs from March 31st through April 3rd. Elections for the ASB Council will be held on April 3rd. The election cycle continues with Class Council applications due on April 8th. Please note this date change from April 9th. The competition resumes on April 27th with the beginning of Class Council campaign week—with speeches made by all the candidates on April 30th—and ends on May 1st with the elections.

### **Multicultural Week**

April 21st marks the beginning of Christian Brothers' annual Multicultural Week, which runs through Friday, April 24th. Each day of the week has a different school club or clubs providing the day's activities, giving the students the opportunity to see a glimpse at other cultures represented on campus. On Tuesday, the German Club, the French Club, the Jewish Student Union, and the Muslim Student Union will be showcasing their respective dress, culture, and entertainment. Wednesday will feature the "MAYA" club, Thursday will feature the "BSU", and Friday will be "APC" day. Of course, what multicultural celebration would be complete without food? Full meals on each day will be \$3.00.

### **Senior Family Liturgy**

On April 26th, the Senior class will be celebrating their Senior Family Liturgy at 9:30 a.m. The Senior Class Council spent many hours planning this liturgy and hopes their work will create a beautiful celebration that marks the beginning of the graduation process.

### **Auditions for the Last Open Mic Night**

For all of our talented artists and anyone else who would like to take to the stage, auditions for the last Open Mic Night of the year are on April 28th and 29th.. Open Mic Night itself will take place on May 8th at 7:00 p.m., so mark your calendars now.

*Finally, the Student Activities Department would like to wish all of our community a Happy Easter and a joyous spring.*

## **AWARDS CONVOCATION**

The Awards Convocation will be held on Monday, April 27th. The evening will begin at 7:00 p.m. and conclude at 8:15 p.m. Following the Convocation, students and parents are invited for a social in the cafeteria featuring refreshments and dessert goodies. The Awards Convocation honors the achievements of our students for the 2008-2009 school year. Special departmental awards will be given along with Scholar-Athlete, Academic Excellence and Signum Fidei awards. Students on Honor Roll for the previous two semesters will also be recognized at this event.

# ATHLETICS

## WINTER SPORTS

**Basketball** Congratulations to our men's and women's basketball teams for very successful seasons! Our ladies made it to the section semifinals before falling to Hilmar in a tough contest. Our men competed in the section final, losing to powerful Modesto Christian. Our men then went to the Nor Cal championship tournament and lost first round to the eventual state champion, Salesian High School.

**The following athletes were named to the first team of the Sierra Valley Conference:**

Sterling Arterbury, Samiya Lee, Megan Padilla and Amara Wainwright  
Sterling, Samiya and Megan were all chosen for the Optimist Teams  
Sterling and Samiya were recognized on the 'All City' Honorable Mention team

Also, congratulations to Ruby Santos who placed third at the California Women's state wrestling meet recently in Fresno. She lost her first match to the eventual state champ, but battled back for 3rd place.

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SPRING SEMESTER



## SPRING SPORTS

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

Freshman Baseball	3.11	JV Baseball	3.34
Varsity Baseball	3.1	Dive	3.05
M - JV Golf	3.45	M - Varsity Golf	3.38
W - Lacrosse	3.67	M - Fr/So Rugby	3.02
W - Varsity Soccer	3.56	JV Softball	3.3
Swimming	3.22	M - Tennis	3.68
Track and Field	3.16		

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

**Frosh Baseball** Bradley Petkus, Jose Sepulveda, Shane Brennan, John Hallsten

**JV Baseball** Connor Lee, Christopher Iliff, Reeve Axelgard, Taylor Schnepf Varsity Baseball: Paul Drozd, Travis Hart, Christopher Kunz, Ryan Metzen Dive: Reginald Smith

**M - JV Golf** Alexander Contreras, Michael Signorotti, Estevan Tovar, Dylan Fuller, Andrew Stoltenberg

**M - Varsity Golf** Jarrett Link, Joseph Cohen, Aleksander Fornalski, Conner Penfold, Michael Porter

**W - Lacrosse** Kelsey McNamara, Emily Clemons, Melissa Huang, Kate Jelicich, Hannah Coyner, Marina Hernandez, Morgan Murphy, Sarah Wong, Mary Mooney, Jourdan Messick, Elsie Michaels, Christine Van Beck, Misa Mulhern

**M - Frosh/Soph Rugby** Sean Dunston, Kevin Hua, Marcus White, Kostantino Johal, Jordan Sipes, James Reedy Jr.

**M - Varsity Rugby** Kevin Amegin, Daniel Hansen, Matthew Havey, James Jones IV, Cole Lancaster, Ruben Montoya, Josh Walters

**W - JV Soccer** Julia Hidalgo, Madison Fondale, Juana Patlan W - Varsity Soccer: Madeline Walsh, Britney Belme, Ashlee Difuntorum, Sarah Long, Abigail Williams, Laura Broggi, Rachel Cheney, Alexandria Schrick, Megan Walters, Elise Delgado, Geanna Flavetta, Eleni Lewis

**JV Softball** Sana Mahmood, Lindsay Otto, Priscilla Hai, Cristina Patlan, Lauren Kwok, Casey Ferreira

**Swimming** Devyn Cotter, Michael Gonzales, Nicole Gugeler, Diana Jacinto, Tanner Janich, Michael Petuya, Grady Pierroz, Kathleen Schiavenza, Nicholas Stathos, Dylan Tabor

**M - Tennis** Michael Cohen, Nathan Connor, David Dalisay, Andrew Florita, Jamison Kato, Michael LaRosa, Johathan Laubacher, Nicholas Leathers, Ryan Peabody, Colin Rooney, Connor Santana, Christopher Sylva

**Track and Field** James Barnes, Viviana Becerra, Lauren Dahl, Catherine Durham, Megan Engstrom, Dawn Fleming, Kayla Gardner, Emily Giorgi, Cameron Goodman, Mary Henderson, Ade Jackson, Steven Leyva, Jennifer Lysaght, Iris Perez, Steven Pham, Jamie Quinn, Jordan Reza, Jennifer Rodrigues, Robert Templeton, Erika Vaca, Andrew Vaughn, Jasjit Virk, Kelsey Wong

**M - Varsity Volleyball** David Dalisay, Nathan Goncalves, Casey Long

# VISUAL AND PERFORMING ARTS

**Walk into the Slabbinck house and you will see a lot of things...** Legos, Lincoln logs, Princess dresses, children's books... basically, if a four or six year old (or forty year old) would play with it, it is there. Look a little more closely and you will notice a beautiful piece of artwork on the wall in the kitchen. It is a colored pencil work by one of Christian Brothers' own student artists. Look on the piano in our living room and you will see a handcrafted ceramic bowl... also made by one of the many talented Christian Brothers artists.

**At CB, our student artists continue to be recognized in art shows and galleries around Sacramento.** And it is due in no small part to our gifted visual art instructors. With a curriculum that establishes a solid foundation in art that can be focused and specialized for each student as they progress through their years at Christian Brothers, our art department and its students are a beacon in the world of high school visual arts.

The finest CB artists will show their work in the "La Salle Art Show" on Thursday, April 30th. This is the culminating visual arts event of the 2008-2009 school year. Artwork will be displayed throughout the SMAT wing hallway and in the faculty lounge. The evening is highlighted with a reception and award ceremony from 7:00-8:30 p.m. Most student work is for sale and a portion of the proceeds goes to the Christian Brothers Endowment Fund. Please stop by and enjoy this truly impressive show. Who knows, you may even add to, or start your own collection of original works.

And you might as well set up camp because the very next evening our instrumental program will be presenting their final concert of the year in the Ron Limeberger Gymnasium. Enjoy a variety of songs from your favorite Broadway shows performed by all of our Christian Brothers instrumental ensembles. It is the first of three consecutive Fridays where you have the opportunity to hear our Christian Brothers musicians. The following Friday is Open Mic Night, and the Friday after that is the 7th Annual Hollywood Bowl Concert.

## Correction to March '09 Newsletter:

Please note that MacKenzie Swanson received an "Excellence in Medium" award for her photography at the High School Self-Portrait Art Show.

*If you have any questions about these "must see" events, please call Ron Slabbinck, Director of Visual and Performing Arts at (916)733-3617.*



## Third Annual Catholic Choral Festival

Christian Brothers co-hosted the Third Annual Catholic Choral Festival on Wednesday, February 25, 2009.

Choir directors Holly & Ron Slabbinck from Christian Brothers High School and Dr. Tony Lien from Loretto High School started this event three years ago as to build collaboration between the Catholic high schools and to raise money for the poor and vulnerable in the Sacramento area.

Each year the all-day festival is held at St. Ignatius Church, where a professional collegian choral director is hired to spend the day working with the students. The culminating event is the evening concert in which the schools perform for their families and the community. In addition to the individual school performances, all 300 students perform a combined piece that they learned that day under the guidance of the visiting choral director. This is a great opportunity for the students from each school to lay aside

their rivalries and to watch and learn from one another through music.

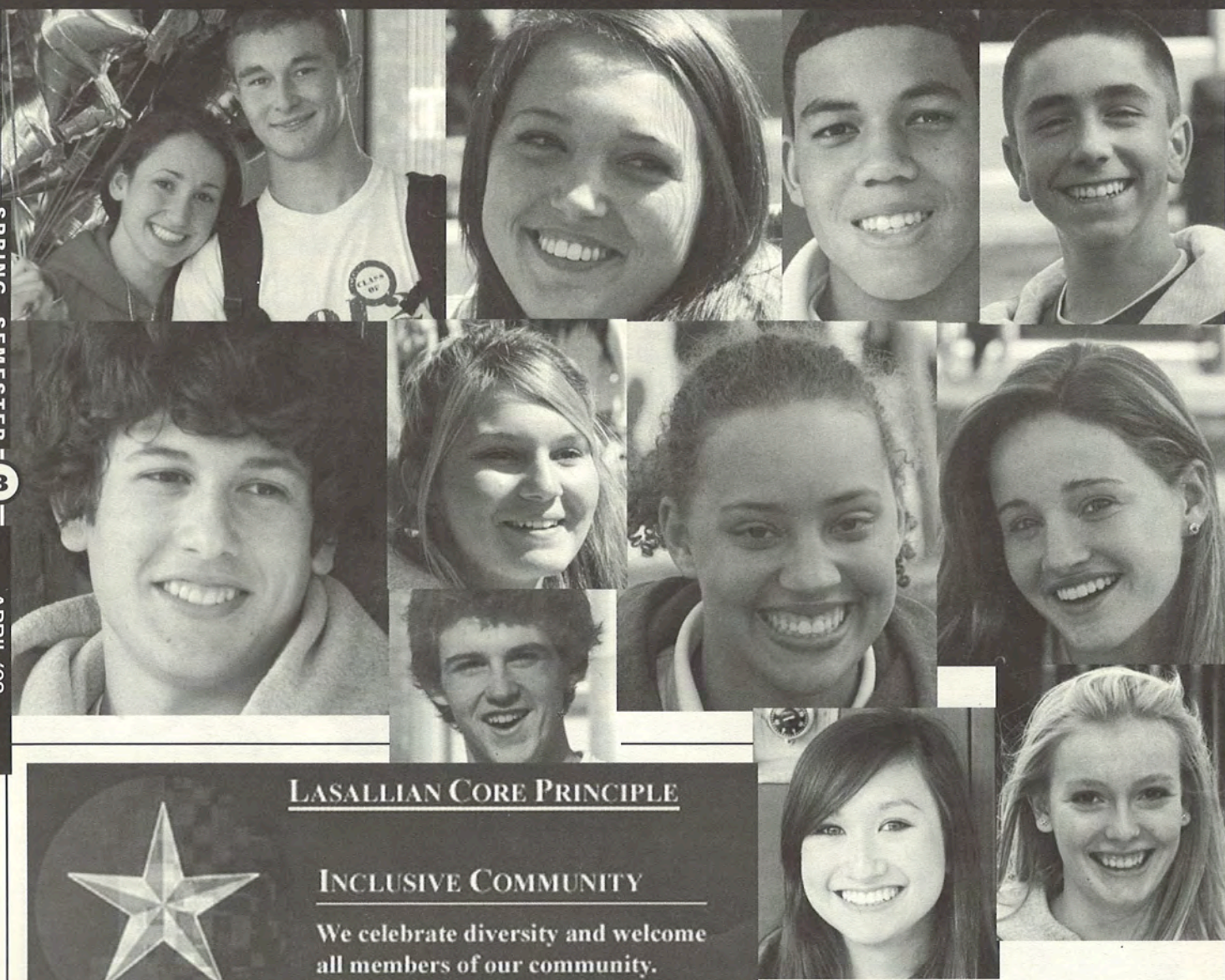
The first year all proceeds from the event went to Cristo Rey High School. The second year proceeds benefitted the Mustard Seed School at Loaves and Fishes. This year the choral festival raised \$3,630 for the Sacramento Food Bank and Family Services. Kelly Siefkin, Communications & Development Director from the Sacramento Food Bank, gave a speech to the audience explaining the various programs they run and stories of how their efforts affect the community.

Thank you to everyone involved for making this a standing room only event and a terrific fundraiser for the Sacramento Community for the third year in a row.

# FALCON FAMILY FACES

SPRING SEMESTER

APRIL '09



## LASALLIAN CORE PRINCIPLE



### INCLUSIVE COMMUNITY

We celebrate diversity and welcome all members of our community.



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# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT:

*Faith Formation...the core of our Catholic, Lasallian mission*



As a college preparatory school, our expectation is that our graduates are academically prepared to succeed in college. As a Catholic, Lasallian school, this expectation is couched in a much greater calling: the spiritual and moral development of our students. We want Christian Brothers graduates

have the foundation to live rewarding, faith-filled lives of service to God and others.

The parent – school partnership is critical in our shared mission to care for your daughters and sons. Your opinions matter! To this end, in late March, we e-mailed a survey to CB families. The survey focused on faith formation. I am grateful to the 285 families (38% response rate) who completed the survey. Some highlights include:

- 96 percent of respondents *agree* or *strongly agree* that “CB promotes a spirit of community among faculty, students and parents.”
- 96 percent of respondents *agree* or *strongly agree* that their “child is developing into a person who is socially, emotionally, spiritually, intellectually, physically and morally whole.”
- 92 percent of respondents *agree* or *strongly agree* that “CB creates an environment that fosters an appreciation of the cultural and religious diversity of others.”
- 91 percent of respondents *agree* or *strongly agree* that their “child respects the presence of God in oneself, in others, and in the world through the experience of service, especially to the poor and vulnerable.”

Further, 88 families shared additional thoughts in the free response section of the survey. These comments provide valuable feedback for our staff. The information and comments gathered have been shared with our Campus Ministry team, religious studies teachers, and members of the administration. We will use this feedback to continually identify ways in which to better meet the needs of our students and celebrate the holy presence of God in them, our classrooms and activities.

In the future, we plan to survey our parents on a number of topics. Thank you for your participation in the past and in the future. Please feel free to contact me if you would like to discuss the survey results or have any ideas you would like to share about enhancing our community.

God bless,

Lorcan P. Barnes

President

(916) 733-3603

lbarnes@cbhs-sacramento.org

### LASALLIAN CORE PRINCIPLE



#### FAITH IN THE PRESENCE OF GOD

We believe in the living presence of God in our students, in our community and in our world.

## SCHOOL CALENDAR - MAY '09

May 1	First Friday Vocation Awareness Day Class Council Elections Instrumental Concert 7:00 p.m.	May 8	Staff Appreciation Day Open Mic Night 7:00 p.m.
May 2	SAT @ CB	May 9	CB Welcome Retreat for Loretto Transfer Students
May 4-14	AP Exams	May 11-15	De La Salle Week Oak Ridge Clothing Drive
May 4	Booster Club Mtg. 6:00 pm	May 11-12	Picture Days
May 6	Alumni Mtg. 7:00 pm	May 11	Fall Coaches Mtg. 6:00 p.m.
May 7	Classes begin 9:00 a.m. Mathletes CSU Sacramento Frosh Class Prayer Service – Falcon Flex	May 12	Lasallian Parent Club Mtg. 6:30 p.m.
		May 13-14	Review Days
		May 13	Classes begin 8:00 a.m. St. La Salle Liturgy 9:30 a.m.

## ENTER TO LEARN, LEAVE TO SERVE

May 14	Senior Spirit Day
May 15	Founder's Day – Special Schedule/Early Dismissal 7th Annual Hollywood Bowl Concert
May 18-21	Semester Exams
May 19	Grad Night Mtg. 6:30 p.m.
May 22	Baccalaureate & Graduation/Grad Night
May 25	Memorial Day
May 26-29	Kairos 27

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# GUIDANCE DEPARTMENT NEWS

## GEAR UP FOR SUMMER!

The counselors would like to remind students and parents that summertime is a good time to continue college planning and academic preparation. Parents: studies have shown that students who suffer from the dreaded "B" word (boredom) in the summer are more likely to engage in at-risk behavior with drugs, alcohol, early sexual activity, and "partying" than those students who are involved in structured, productive activities. Busy, involved students who are working on academic pursuits, a summer job, or enrichment activities are better prepared for the rest of high school and for college. In addition to the many outside summer program opportunities available as well as CB's own Summer School Program (check out the link on CB's homepage for our summer programs), there are several other things that students should be doing this summer:

**All** underclassmen, remember to spend time this summer completing your summer reading assignments!!!

**Sophomores:** consider taking the SAT Subject Exam on June 6 in a subject area you just completed (for example, AP World History or Chemistry)

**Juniors: A checklist of reminders:**

### **MAY**

- Take SAT or SAT Subject Exams May 2. Students who did not register in time can come to CB on May 2 as stand-by registrants (there is a late fee - see Ms. Kambas for details).
- Register for the June 13 ACT Exam by May 8. Go to [www.act.org](http://www.act.org) to register
- If enrolled in AP classes, take Advanced Placement Exams
- Plan for a challenging senior year
- Start checking out financial aid and scholarship resources. Try [www.fastweb.com](http://www.fastweb.com) or [www.finaid.com](http://www.finaid.com)
- Study hard for your finals

### **JUNE**

- Take the SAT or SAT Subject Exams June 6 (the requirement for UC is any two Subject Exams of your choice as long as they are not in the same curriculum area). It is a good idea to take an SAT subject area test in a curriculum area you've just completed, for example, US History or Chemistry.
- Take the ACT June 13

### **SUMMER**

- Complete summer "homework" for college admission (distributed by Mrs. Hesser to all juniors in May - this is due the first day of school in August!)
- Send for college applications or check out [www.commonapp.org](http://www.commonapp.org)
- Study for SAT/ACT
- Begin drafting college essay
- Do something extraordinary! Try a summer program on a college campus, work at a summer job, or travel.

**Seniors: A checklist of reminders:**

### **MAY**

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend by **MAY 1!**
- Congratulate yourself (but stay focused on finals!) You did it!
- Tell Mrs. Hesser by May 1 where you were admitted and where you have decided to enroll
- Advanced Placement Exams for AP students
- Fill out housing forms and pay careful attention to deadlines concerning housing deposits, etc.
- Write "Thanks but no thanks" letters to colleges you will not attend
- Take the Analytical Writing Requirement (previously known as the Subject A Requirement) test for UC-bound students or the ELM & EPT for CSU-bound students
- Enjoy your graduation and begin your college journey!

### **JUNE**

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

## Final exams are coming up soon!

Final exam week is May 18 - 21st. Teachers and students will be reviewing for finals on May 13th & 14th. The following practices are in effect for our final examination preparation days.

1. No new major topics or units will be introduced and no tests or major examinations will be given. Minor quizzes may be given.
2. Review periods will assist students with organizing and synthesizing the course material.
3. A reasonable amount of homework may be given and will complement and assist the student's review.
4. The final examination will be comprehensive in nature for the semester.

## Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The Handbook on pg. 8 states the following:  
All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an "Incomplete" for their final grade and will need to make up their final exam during the summer break. Upon correction of the final exam, the final grade will be entered into the student's transcript.
3. Students who are absent for one final during finals week may make up that exam after A set on Thursday, May 21st.



## Volunteer Opportunity at the Sacramento Food Bank

Sacramento Food Bank & Save Mart grocery stores are hosting Moms-4Moms, a Mother's Day event benefiting the Mother-Baby program at the Food Bank. Volunteers age 10 and up are needed to staff informational tables at 8 local Save Mart grocery stores on Mother's Day, Sunday, May 10th. Please come volunteer with your mom and collect donations, as well as celebrate and help mothers throughout the Sacramento area! Volunteers under age 18 must have an adult present. Participating Save Marts are in Carmichael, Folsom, Orangevale, Rocklin, and Sacramento. Please call Kelly Siefkin (916) 456-1980 at the Sacramento Food Bank if you are interested in helping.

## Three Students taking on the fight against cancer

Senior Ryan Lutz, Junior Robby Mulligan and freshman Samantha Mulligan are sponsoring a team of Christian Brother's students and their families to join the "Relay for Life" and raise money for cancer research. Come out and join them on Saturday, May 30th at 10:00am for a 24 hour relay. The race will be held at Cosumnes River College. Last year the "Falcons" team had 10 students and they are looking to increase those numbers this year. If you are interested, please come by Christian Service and sign up on the bulletin board in the main hallway or catch Ryan, Robby, or Samantha on campus.

## Seniors Donate CB Gear

Are you graduating and can't wait to get rid of your CB gear? Well bring it to Christian Service. We are asking all graduating seniors to donate their unwanted, gently used CB gear, including CB t-shirts, CB polos, CB dress sweaters, CB jackets, CB fleece sweaters, CB sweatshirts, long pants, capri pants, walking shorts, and shoes. In addition, we are collecting any clothing that meets are professional dress code or dance dress code including slacks, women's dress shirts, men's dress shirts, ties, dress shoes, and homecoming or prom dresses. You can bring your donations by the Christian Service Center. All donations will go to other CB students who are in need.

## Community Service Documentation Forms Due

Please turn in all forms to Ms. DeBenedetti-Emanuel in the Christian Service Center before finals week. Service hours generated from the first day of freshman year to the last day of senior year are eligible to be documented. It is never too late to document your service hours. If you have questions, please see Ms. DeBenedetti-Emanuel in Christian Service or call 916-733-3653 or send an e-mail to [sdebenedetti-emanuel@cbhs-sacramento.org](mailto:sdebenedetti-emanuel@cbhs-sacramento.org).

### To document service please follow the steps below:

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

## National Down Syndrome Congress 37th Annual Convention

The Down Syndrome Information Alliance is hosting the National Down Syndrome Congress Information Alliance's annual conference on July 31-August 2, 2009 at the Sacramento Convention Center. They are looking for 350 dedicated volunteers to work in a variety of positions during the weekend to ensure all who attend have a great experience.

## Annual Shred & E-Waste Recycling Day

St. Mel's Parish in Fair Oaks is sponsoring their annual fundraiser to benefit St. Vincent de Paul, "Shred & E-Waste Recycling Day" on Saturday, May 9, 2009. You can shred old checks, bank statements, old tax records, etc... from 9:00am - 1:00pm at St. Mel's Parish lower parking lot. Large shopping bag is \$6.00 and a file box is \$12. You can also recycle e-waste materials including computers, old TV's, and all other electronics from 9:00 am-3:00 pm in the lower parking lot. E-Waste recycling \$5.00 for one item and \$2.00 for each additional item. If you have further questions please contact Martha Rusnak at 916-966-9430.

## Catholic Vacation Bible School

Presentation, Our Lady of the Assumption, St. John Evangelist, and St. Philomene Parishes are hosting a Catholic Vacation Bible School on July 27-31. They are looking for high school students to be "Crew Leaders." Registration deadline to volunteer is June 15. For more information please contact Jane Rocha, DFF St. Philomene [jane@stphilomene.com](mailto:jane@stphilomene.com) or (916) 481-6757 ext 204.

## FALL SEMESTER FINAL EXAMINATION SCHEDULE

TIME	MONDAY May 18	TUESDAY May 19	WEDNESDAY May 20	THURSDAY May 21
9:00 am - 10:35 am	B SET	D SET	F SET	A SET
10:35 am - 10:50 am	BREAK	BREAK	BREAK	
10:55 am - 12:25 pm	C SET	E SET	G SET	

# CAMPUS MINISTRY

*On behalf of the Campus Ministry team, I express our gratitude for being able to "pray and play" with your sons and daughters through our liturgies, prayer services, and retreat program this year. May your family be filled with the love and grace of God, and may your summer be a time of rest, renewal, and relaxation.*

**Susannah Nelson,**  
*Director of Campus Ministry*

## Liturgies:

Our **St. La Salle Liturgy** in honor of our founder, **St. John Baptist de La Salle**, will be Wednesday, May 13, at 9:30 a.m. in the gym. **PARENTS ARE ALWAYS WELCOME AT OUR SCHOOL LITURGIES.** Please join us for this special piece of our De La Salle Week celebration.

The **Baccalaureate Liturgy** for the graduating Class of 2009 will be **Friday, May 22 at 9:00 a.m.** at the Cathedral of the Blessed Sacrament. Bishop Jaime Soto will be the presider.

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

## Retreats:

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

The next **Kairos** retreat is **May 26-29** at Christ the King Retreat Center and is for **current Juniors only**. See Mrs. Nelson in Campus Ministry for more information.

## *Life is very simple:*

*We are living in a world that is absolutely transparent to God, and God is shining through it all the time.*

*This is not a fable or a nice story. It is true.*

*God manifests himself everywhere, in everything, in people, in nature, and in events.*

*You cannot be without God.*

*It's impossible.*

*Simply impossible."*

*Thomas Merton*

## WORDS OF St. John Baptist de La Salle

All your care for the children entrusted to you would be useless if Jesus Christ himself did not give you the power, the quality, and the energy that is needed to render your care useful.

*(Meditation 195.3)*

## **Parents - Please support CB!!**

With the end of the school year rapidly approaching, I would like to encourage any parent who has not already contributed to this year's Annual Giving Program (Parents Fund) to consider making a gift to CB before graduation.

These are difficult times for many of us. But time and time again, we have seen that the Christian Brothers community is supportive and caring. Your gift will help the neediest families among us. Contributions to the Annual Giving Program will go to tuition assistance and will help ensure that we have the resources necessary to allow friends of your sons and daughters to remain at CB. The size of your gift would be determined by your individual circumstances, but we hope every parent would consider a gift of some amount.

To contribute, please make your check payable to Christian Brothers and:

- drop it off at the Main Office or at Brother Bertram Hall, or
- mail it to the Advancement Office, 4315 Martin Luther King Jr. Blvd, Sacramento, CA 95820,
- or for credit card gifts, please call the Advancement Office (733-3608).

Thank you for your consideration. Have a relaxing and productive summer.  
God bless,

Paul Rieschick  
Director of Advancement

## Founder's Week begins May 11th

and ends on the traditional "fun day" Friday, May 15, when students receive their yearbooks in homeroom. During the morning students will enjoy activities offered around campus. The Mary Lawn will feature the annual car show put on by the Car Club. It's always a poignant day for our seniors as they celebrate for the last time as members of the school-wide community before embarking on their next adventures.

**A Special Spirit Day** will take place on May 14th to honor the seniors of CB. Each student will be asked to wear purple in support of the graduating class. Congratulations seniors, you're almost there!

**For those returning in the fall:** be sure to save all your magazine orders for our **QSP magazine drive!** This important event will start very quickly after school begins next fall. This is our only student fundraiser and helps support the co-curricular activities here at CB

**ATTENTION incoming freshmen:** If you did not register for **Lock-In** it is not too late! The registration form is available online and on the counter in the main office. **DO NOT MISS** this event! **Lock-In** is a great way to start your high school years!

## Congratulations to our New ASB STUDENT COUNCIL OFFICERS for 2009-10

President: Andrew Florita  
 Vice-President: Alex Schrick  
 Secretary/Treasurer: Zachary Anderson  
 Rally Chairs: Cassie Drysdale and Ruby Santos  
 Publicity/Historian: Diavonti Escasena and Dominga Noe

## Welcome Transfer Students from Loretto!!

On Saturday, May 9, the CB community will welcome our new transfer students from Loretto at a retreat on our campus from 9:00 a.m. – 2:00 p.m. The day will begin with a continental breakfast, followed by a prayer service. Loretto girls will pair up with CB students for other activities including ice breakers, a scavenger hunt, and cooperative games. It will be an opportunity to get to know new friends and learn more about everyday life at Christian Brothers. We are looking forward to seeing everyone on May 9th!

**Picture Days** – May 11-2: All students except seniors will have their pictures taken. These pictures will be used for ID cards and yearbook pictures for the 2009-2010 school year. Juniors will have their senior portraits taken during the summer – more information on senior portraits will be coming later.

## STUDENTS HONORED AT AWARDS CONVOCATION

### DEPARTMENTAL AWARDS

#### ENGLISH

Class of 2012, Marie Tucker, Nicholas Domek  
 Class of 2011, Miranda Friel, Connor Lee, Abigail Williams  
 Class of 2010, Kelsey McNamara

#### VISUAL & PERFORMING ARTS

##### ART AWARDS

Class of 2012, Michelle Hufford  
 Class of 2011, Vito Tullo  
 Class of 2010, Eden Redmond

##### INSTRUMENTAL AWARDS

Class of 2012, Reginald Smith  
 Class of 2011, Christopher Iliff  
 Class of 2010, Kevin Hack

##### CHORAL AWARDS

Class of 2012, Emily Braaten, Mitchell Shahbazian  
 Class of 2011, Miguel Francisco, Hannah Wilson  
 Class of 2010, Evan Lian, Gabriela Luera

##### DRAMA STAGECRAFT AWARDS

Class of 2012, Juana Patlan  
 Class of 2011, Miranda Friel, Scott Fenocchio  
 Class of 2010, Eden Redmond

##### DRAMA BEST ACTING AWARDS

Class of 2012, Jane Campbell, Johnathan Tierney  
 Class of 2011, Samuel Lovell  
 Class of 2010, Mitchell Owens

##### LASALLIAN TELEVISION TECHNICAL AWARD

Class of 2010, Andrew Monarque  
**LASALLIAN TELEVISION NEWSCAST AWARD**  
 Class of 2011, Michael Gonzales  
 Class of 2010, Kelsey McNamara

### LANGUAGE

#### FRENCH AWARD

Class of 2012, Jonathan Limhengco  
 Class of 2011, Abigail Williams  
 Class of 2010, Dulma Altan, Cydne Hirstein

#### GERMAN AWARD

Class of 2012, Lindsay Otto  
 Class of 2011, Sana Mahmood  
 Class of 2010, Cameron Goodman

#### SPANISH AWARD

Class of 2012, Zachary Tarro  
 Class of 2011, Cassandra Moore  
 Class of 2010, Alexander Bayani

### MATHEMATICS

Class of 2012, Ryan Peabody  
 Class of 2011, Zachary Anderson, Scott Hollingsworth  
 Class of 2010, Nyssa Muheim, William Simmons

### MATHLETES

Class of 2012, John Biarlucci  
 Class of 2011, Zachary Anderson  
 Class of 2010, Raeann Cooper, Steven Pham

### PHYSICAL EDUCATION

Class of 2012, James Barnes, Jamie Quinn  
 Class of 2011, Emily Giorgi, Scott Valine  
 Class of 2010, Travis Hart, Megan Walters

### RELIGION

Class of 2012, Katherine Hunt, Marie Tucker  
 Class of 2011, Christopher Iliff, Robert Templeton  
 Class of 2010, Jourdan Messick, Alexander Bayani

### SCIENCE

#### LIFE SCIENCE

Class of 2012, Nicholas Domek  
 Class of 2011, Scott Hollingsworth  
 Class of 2010, James Dewey

#### PHYSICAL SCIENCE

Class of 2012, Daniel Bonilla, Nicholas Gleghorn, Miguel Ruiz  
 Class of 2011, Melissa Huang  
 Class of 2010, Jarrett Link

#### AMERICAN ASSOCIATION OF PHYSICS TEACHERS – PHYSICS AWARD

Class of 2010, Grady Pierroz, Megan Walters

### SOCIAL STUDIES

Class of 2012, Kelly Hertel, Abby Scurfield  
 Class of 2011, Alexander Contreras, Robert Templeton  
 Class of 2010, Alexander Bayani, Kelsey McNamara

### SCHOLAR-ATHLETE

Class of 2012, Ryan Peabody, Jamie Ralph  
 Class of 2011, Britney Belme, Ade Toussaint Jackson  
 Class of 2010, Cameron Goodman, Megan Walters

### ACADEMIC EXCELLENCE

Class of 2012, Ryan Peabody  
 Class of 2011, Miranda Friel  
 Class of 2010, Jarrett Link, Kelsey McNamara

### SIGNUM FIDEI AWARD

Class of 2012, James Barnes  
 Class of 2011, Miguel Francisco, Abigail Williams  
 Class of 2010, Alexander Bayani

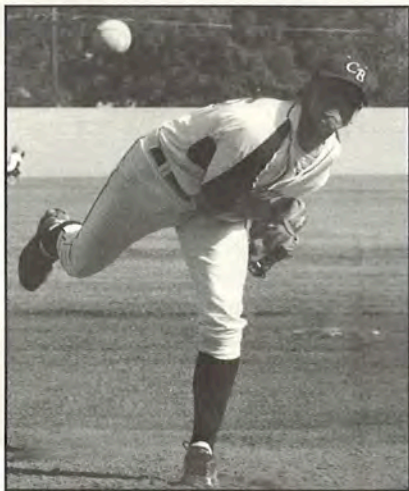
# ATHLETICS

## As our spring programs begin winding down we have much to celebrate:

Our Varsity Golf team is once again on the brink of their fourth consecutive league championship and is gearing up for another playoff run.

Our Rugby team qualified to compete in the National Championships in Pittsburgh PA!

Our Student Athletic Trainers placed 4th in the small schools division at a statewide competition recently.



### At this time of year we congratulate the following individuals:

#### Scholar – Athlete for Spring Sports (correction)

We apologize for inadvertently omitting Donald and Paul McFadden, who while competing in Rugby this spring maintained a g.p.a of 3.5 or better at the 3rd quarter grading period.

#### Christian Brothers Scholar – Athletes of the Year

Freshman: Ryan Peabody and Jamie Ralph  
Sophomore: Brittany Belme and Ade Jackson  
Junior: Cameron Goodman and Megan Walters  
Senior: will be announced at Baccalaureate

**SVC Scholar – Athletes** Sports recognized by the Sierra Valley Conference and California Interscholastic Federation Criteria: Junior or Senior; Cumulative (weighted) g.p.a. 3.7 or greater; Minimum 2 varsity letters; Good citizenship.

**The following SVC scholar – athletes** are first year recipients and receive a patch: Cameron Goodman, Kelsey McNamara, Grady Pierroz, Megan Walters, Diana Jacinto, Sarah Woolston, Rachel Cheney, Dominique Bennett, Ashley Turpen, Kelly Pelz, Michael Cohen, Dawn Fleming, Nicole Gugeler, Devyn Cotter, Jessica Jones, Alexandra Watt, Nathan Connor, Stephen Johnson, Kevin Amegin, Eleni Lewis, Daniel Hansen, Ryan Metzen, Kyle Patterson, Tim Elliott, Elsie Michaels, Jarrett Omand, Paul Sikes, Joseph Cohen, Colin Rooney, Chelsea Williamson

**The following SVC scholar – athletes** are second year recipients and receive a certificate: Kate Jelich, Hannah Coyner, Spencer Tierney, Elliot Wenzel, Greg Hufford, Chris Sylva, Emily Clemons, Ruben Montoya, Geanna Flavetta, Jason Howard, Nick Leathers, Conner Penfold, Kaitlyn Amegin, Viviana Becerra, Aleksander Fornalski, Nick Stathos, Elise Delgado

### Congratulations!



### Tri – Sport Athletes:

The following student – athletes have committed to playing three seasons of sports throughout the course of the 2008-09 school year.

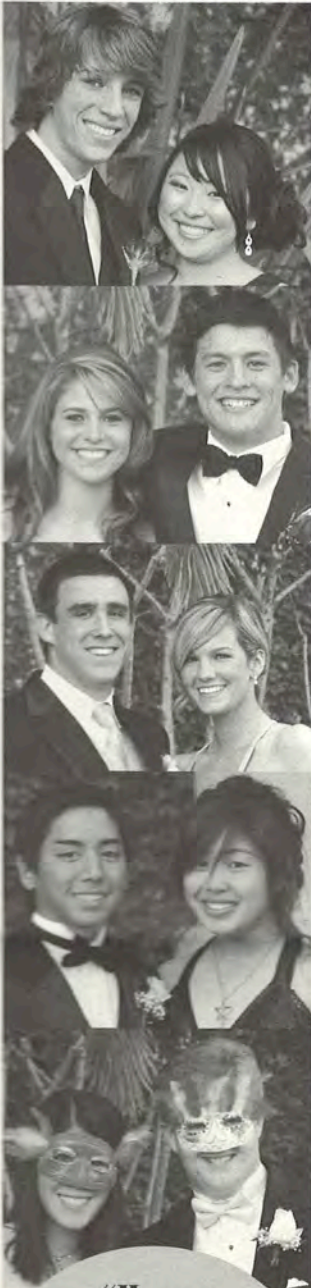
**Freshmen:** Marisa Becerra, Jared Cottini, Lauren Dahl, Kayla Gardner, Christopher Goodier, Maggie Henderson, Anjanique Johnson, Daniel Levis, Elizabeth Moore, Samantha Mulligan, Michael Palmer, Ryan Peabody, Kevin Whitall

**Sophomores:** Britney Belme, Vincent Bouldin, Dondre Butler, Robin Davis, Natalie Hastings, Marina Hernandez, Melissa Huang, David Hudnall, Connor Lee, Casey Long, Jennifer Lysaght, Paul McFadden, Shannon McNamee, Nicole Quinn, Sean Steimel, Shelby Stewart, Andrew Stoltenberg, Devin Wallner

**Juniors:** Ekenna Anya-Gafu, Asante-Jabari Cleveland, Megan Walters, Sarah Woolston

**Seniors:** Geanna Flavetta, Bianca Gaytan, Matthew McCarthy, Marcus McDaniel, Josh Tucker

# VISUAL AND PERFORMING ARTS



“Happy memories of Upper Division Ball....”



• **What an amazing year it's been! In the world of Visual, Performing and Media Arts, once again our students have outdone themselves. Here are just a few of the highlights:**

• **KBFT** was once again rated #1 in the nation, while our Senior Video and Video III classes await their results having once again submitted films for the Tower of Youth Film Festival.



• Our brilliant student artists took home numerous awards at the 20th Street Art Gallery Self-Portrait show and provided over 200 bowls to be auctioned off at the Empty Bowls Project.

• **Honors Chorale** participated in a challenging and inspiring invitation only festival at CSU East Bay, representing Christian Brothers along side of some of the finest high school choirs from around the state.



• Our theater students presented a great season of shows, culminating with "Pippin", one of CB's best productions to date and our Open Mic Night continues to be a huge draw for CB artists of all types.

• Our jazz band was adjudicated and performed at Disneyland for the second consecutive year.

• Our string orchestra returned to perform in San Francisco.

• **CB City Rhythm** won the KNCI Holiday Idol contest for the second consecutive year.

• A band consisting of CB alumni won the Contemporary Jammies.

• Our Jazz Band and CB City Rhythm competed in the Reno Jazz Festival, the largest competition in the nation for High School and Collegiate Jazz Ensembles.

• **Looking ahead:** There are only two more events you can catch this year if you want to see our fabulous students in action: **Open Mic Night on Friday May 8** at 7:00 in our Little Theater, and the **7th Annual Hollywood Bowl Choral Concert on Friday, May 15** at 7:30 on the Mary Lawn. Bring your blankets and picnic baskets for this one!

• **This summer and beyond:** Calling all young aspiring artists and musicians! Our **CB Summer Arts Camp** runs from June 15-25 and is open to any current 5th through 8th grade student. Students can choose between art, theater, instrumental music and choral music.

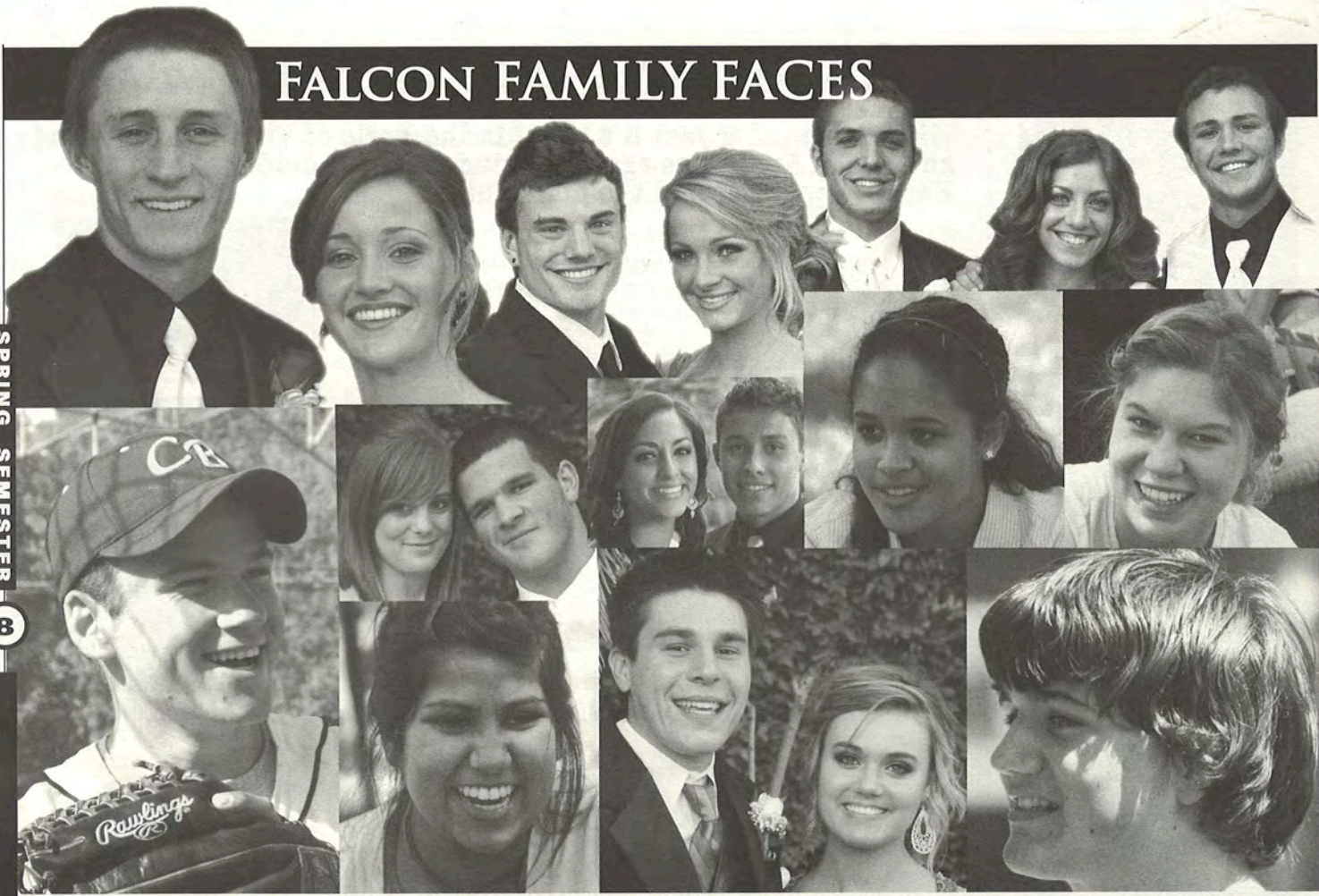
• **Calling any interested student attending CB in the fall!** Christian Brothers will be forming a competing **Dance Club starting in the 09-10 school year.** The old north weight room in the Limeberger Gymnasium, which used to be a dance room many years ago, is being fully renovated to accommodate students wishing to participate in dance at CB.

• If you have any questions or suggestions regarding the Visual, Performing or Media Arts here at Christian Brothers High School, please contact Ron Slabbinck, Director of Visual and Performing Arts at [rslabbinck@cbhs-sacramento.org](mailto:rslabbinck@cbhs-sacramento.org).

# FALCON FAMILY FACES

SPRING SEMESTER

3



*The Christian Brothers High School Alumni*



## ANNUAL GOLF TOURNAMENT

*Monday, June 8, 2009*

*El Macero Country Club in Davis.*

***Don't miss this opportunity***

*to gather together to share a good time, connect with old classmates and friends, and catch up while benefiting the alumni efforts to support the school.*

Contact the Alumni Relations Office at 733-3647 for more information or go to the school website for registration information.



CHRISTIAN BROTHERS HIGH SCHOOL

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