

# FALCON FAMILY NEWS

A MESSAGE FROM THE PRINCIPAL

Dear Parents,

Welcome to the 2013-14 academic year at Christian Brothers High School! We are delighted to begin another year of excellence in teaching and learning, partnering together with you in providing a human and Christian education for your children. This year brings many new and exciting innovations to our rigorous college preparatory curriculum and we are ready for a splendid year!

Let's talk about the biggest change we are embracing - the implementation of our iPad program. Many of you may have watched the amusing clip from Germany that has been going around the internet the past few months. It shows a daughter and father in the kitchen and the daughter asks (in German), "So papa, how do you like the iPad we got you?" He answers positively. However, no one needs to know German in order to understand the daughter's look of both horror and bemusement as she realizes that her father is using the iPad as a cutting board for vegetables, then takes it to the sink and rinses it, and finally loads it into the dishwasher! It is a humorous reminder that change, for any generation, can be difficult.

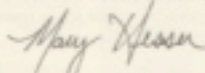
We realize that increased technology does bring changes for both students and teachers this year. Our teachers began training with the device in the summer of 2012. Their enthusiasm and willingness to explore and create wonderful opportunities to enhance learning and the overall classroom experience has been inspiring. Students will utilize the iPad for a wide variety of class activities, as a research tool, creative apparatus and a catalyst for out-of-class interactions. In addition, students will use Schoology, a learning management system, as a means of keeping track of course information and expanded communication with teachers.

In terms of the iPad as it relates to textbook use, currently, approximately a third of our school texts are in digital platforms. We fully expect this number to increase well into the future. Unfortunately, many publishers do not yet have digital versions of their texts and some digital

versions are actually more expensive than their print counterparts. Our teachers were instructed to make book choices with the best interests of our students and families in mind. You may be familiar with Adam Bellow's vision of "The Last Backpack Generation," with students having all needed resources in devices that store data in the cloud. That day is coming, but it will take time.

Thomas Friedman (author of *The World is Flat and That Used to be Us*) recently shared that our children are **hyperconnected** and are growing up in a fundamentally different world than when we were in school. While that is true, other truths remain - and that is the connection of relationships. Christian Brothers is the place to be for **rigor** - students graduate college-ready; **relevance** - students learn 21st century skills that prepare them for careers not even invented yet; but most especially **relationships**. Our Founder, St. John Baptist De La Salle, shared with teachers that "To touch the hearts of your students is the greatest miracle you can perform." We are committed to touching the hearts of the students entrusted to our care - your children. While the iPad provides an important tool to enhance learning, nothing replaces the precious relationships we build together as we proclaim Gospel values and encourage faith and morals at our Catholic, Lasallian school. It is an honor and a privilege to collaborate with you in this vital endeavor. Thank you. Here's to a fantastic year together!

Live Jesus in our hearts,



Mary Hesser

Principal

*Domine Opus Tuum*

## GUIDANCE AND COUNSELING DEPARTMENT

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 (with the exception of the seniors) will have a pre-scheduled **individual meeting with his/her grade level counselor** during the fall semester. Seniors may request a counseling appointment when needed. We would also like to inform you of several upcoming events sponsored by our department that will assist us in supporting your child.

### UPCOMING FIRST SEMESTER COUNSELING & GUIDANCE EVENTS:

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

**Saturday, September 8** - SAT Preparation Class for seniors begins (in preparation for the October 5 SAT Exam): Four Weeks, Saturdays 9/7, 9/14, 9/21, 9/28 from 9:00 a.m. – 1:00 p.m. Please see the CB website for details and registration form.

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

**Wednesday, September 11** - College Night for Seniors and Their Parents: at 7:00 p.m. in the CB Cafeteria.

**Thursday, September 12** – Common App Workshop from 8-9 a.m. and during Falcon Flex.

**Wednesday, September 18** - Fresh Parents Guidance Night at 7:00 p.m. in the CB Cafeteria (parents only).

**Thursday, September 19** – College Essay Review Workshop at 3:00 p.m.

**Tuesday, September 24** – Private/Parochial College Fair at St. Francis High School (6:30 - 8:30 p.m.)

**Friday, September 27** – DUI Court School-wide Assembly (morning in the gym)

**Tuesday, October 1** – Mandatory Upper-Division Parent Evening re: Drugs and Alcohol at 7:00 p.m.

**Thursday, October 3** – Mandatory Lower-Division Parent Evening re: Drugs and Alcohol at 7:00 p.m.

**Thursday, October 3** – Two CSU Application Workshops for seniors (8-9 a.m. and Falcon Flex)

**Thursday, October 10** - Two UC Application Workshops for seniors (8-9 a.m. and Falcon Flex)

**Wednesday, October 16** - Testing Day: PLAN for sophomores and PSAT for juniors. (9 a.m. – noon)

**Tuesday and Wednesday, October 22 & 23** - Staffing Days: (minimum school days with 12:15 p.m. dismissal)

**Thursday, November 7** - All-College Application Workshops for Seniors (8-9 a.m. and Falcon Flex)

**Tuesday, November 5** – Getting Noticed, Getting In: Guidance/Athletic Night from 7-9 p.m. in the CB Cafeteria

**Tuesday, December 3** - College Financial Aid Night for Seniors and Their Parents at 7:00 p.m. in the CB cafeteria

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

**Mr. John Riley-Portal** will be the counselor for the freshmen (Class of 2017). **Mr. Armando Diaz** ('94) will be the counselor for the sophomores (Class of 2016). **Mr. Kirk Purdy** and **Ms. Melissa McClellan** will have the juniors (Class of 2015). Mr. Purdy will have the students whose last names begin with A-L, and Ms. McClellan will have those students whose names begin with M-Z. **Ms. Blaire Moskat** is the counselor for the seniors (Class of 2014). **Mr. John Higgins** (longtime retired CB counselor) will be doing academic and personal counseling three days per week during the Fall Semester while Mrs. Moskat is out on maternity leave. In addition, **Mr. Kent Morrison** will once again serve as the school's Wellness Counselor. **Ms. Diane Heine** ('71) is the Administrative Assistant to the Counseling Department.

Mr. Purdy is the Director of Counseling & Guidance and Ms. McClellan is the Director of College Counseling.

**NAVIANCE/FAMILY CONNECTION** - The Counseling & Guidance Department encourages all students and parents to utilize the many facets of our web-based tool for personal, career and college planning! You may click on the link on the front page of the school website in order to access Family Connection. Right now is a great time to update your resume, explore careers and colleges and finish any activity that your counselor has asked you to complete. If you have forgotten your username (which is your e-mail address) or your password (one you have chosen on your own), please contact your counselor or Ms. Diane Heine (Administrative Assistant) in the Counseling Center in Br. Bertram Hall. If parents would like to establish their own account, please contact Diane Heine by e-mail or phone (733-3680).

## LASALLIAN STUDENT LIFE

### Campus Ministry News.....

*I am excited to begin my second year with the Christian Brothers community! I am thankful for the opportunity to serve and nurture the prayer and faith life of our students, faculty & staff, and families! May the God who loves us and made us guide our steps this new school year. In the words of St. John Baptist De La Salle, "Remembering that God is with you, will help and inspire you in all that you do." So as we prepare to begin this new school year, let us remember.....*

*Blessings!*

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

### Liturgy & Worship....

**Fest of the Assumption of Mary.....**On November 1, 1950, Pius XII defined the Assumption of Mary to be a dogma of faith: "We pronounce, declare and define it to be a divinely revealed dogma that the immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul to heavenly glory." The pope proclaimed this dogma only after a broad consultation of bishops, theologians and laity.

For Catholic Christians, the belief in the Assumption of Mary flows from our belief in and understanding of Mary's Immaculate Conception. We believe that if Mary was preserved from sin by the free gift of God, she would not be bound to experience the consequences of sin and death in the same way that we do. We believe that because of the obedience and fidelity of the Blessed Virgin Mary, at the end of her earthly life, she was assumed both body and soul into heavenly glory.

Mary is a model for each of us, and her Assumption into heaven reminds us that there is hope for you and me. What happens to the Virgin daughter of Nazareth at the end of her earthly pilgrimage will happen to each of us if we are faithful and obedient as she was.

Taken up into heaven, Mary shows us the way to God, the way to heaven, the way to life. She shows it to her children baptized in Christ and to all people of good will. The Queen of the world reveals to individuals and to nations the power of the love of God whose plan upsets that of the proud, pulls down the mighty from their thrones and exalts the humble, fills the hungry with good things and sends the rich away empty (Luke 1:51-53).

**Please join us as we celebrate this special feast day at our Opening School Liturgy on Thursday, August 15th at 9:20 a.m. in the gym.**

### Retreats.....

**SRLT ready for a new year!** I am excited to introduce to our Christian Brothers Community the members of this year's Senior Retreat Leadership Team (SRLT)! At the end of July our student team, along with 4 staff members, attended a training and planning retreat in South Lake Tahoe! These young people came together to share a wonderful retreat experience in an amazing setting right on the edge of Lake Tahoe to learn and grow as Christian leaders. Great attention was given to the development of leadership skills such as group facilitation, teamwork, communication, pastoral care, and planning. Our school community is blessed to have such a remarkable group of seniors answer the call to serve in retreat ministry at Christian Brothers! Members of SRLT for 2013-2014 are: Lauren Adams, Austin Brown, Colleen Brown, Paige Carpenter, Bianca Chamorro, Jenna Culley, Ted Datanagan, Katie Elhardt, Taylor Fedorenko, Natalia Gonzalez-Smith, Julia Grajeda, Camille Hill, Charlie Ibarra, Adam Johnson, Hayden Jones, Nia Jones, Shannon Jose, Alexandria Landeros, Neena Lynton, Veronica Martinez, Andrew McGee, Maddie MacLeod, Meghan O'Hearn, Elenamaria O'Malley, Dannielle Olson, Jacqueline Olson, Megan Perry, Brittney Rodriguez, Allie Schwartz, Taylor Shields, Marget Tabunda, John Wagstaff, and Mary Zannetti. Special thanks to my colleagues Kirk Purdy, Diane Heine, and Gloria Bauer for their support and presence on our SRLT retreat!

### Prayer for the New School Year

Dear Lord, as we begin this new school year, we gather once again as your community of believers.

We thank you for the energy and the spirit that you renewed in us through the summer months.

We thank you for the time to enjoy our family and friends and to reflect on what is important in our lives.

Let this year be marked by enthusiasm and love so that, with the inspiration of your Spirit, we may continue to grow in our faith.

Help us to fulfill Your hope for us with honest intentions and works of faith.

Let us be gentle with ourselves and bring laughter, joy and love to others.

We ask this in your name.

Amen



## CHRISTIAN SERVICE

### Welcome back to the new school year!

#### Incoming Freshmen:

Our CB community has a longstanding service commitment to Wellspring, an Oak Park organization that serves women in need. The Breakfast Club serves a hot breakfast of pancakes and eggs and also prepares peanut butter and jelly sandwiches each week for the women of Wellspring. As Lock-In nears we encourage incoming freshmen to bring two of the following items as part of our Breakfast Club/ Wellspring Drive. The following items are needed:

- Pancake Mix (mixes with water only)
- Foil
- Oil (any oil except olive or coconut oil)
- Peanut Butter
- Jelly
- Bread
- Cash or check donation for the purchase of Eggs. If writing a check please make it out to CBHS and in the memo put Breakfast Club/ Wellspring. Please give cash to Ms. Lystrup or Ms. Holmes as they will be at Lock-In throughout the event.

#### Christian Service Hours:

All service hours are now documented online. You can access your hours and record them through Family Connection. Once you have accessed Family Connection student information, click the tab that reads x2vol. These students login and record their service hours online. All students, with the exception of incoming freshmen and transfer students, have been registered. Incoming freshmen will be registered online in their Freshmen Religious Studies class. Please keep in mind that incoming freshmen cannot transfer any summer hours. Service hours begin when they start their freshmen year at CB. For all new transfer students or any questions please see Ms. Lystrup in the LSLO (room 106) or Ms. Heine in the Counseling Office to register.

#### Ven-a-Ver:

This is a Juniors only opportunity for service immersion. Students will be made aware of the application process in the spring of their sophomore year. It is mandatory that a student have a minimum of a 2.5 grade point average to be considered for an interview. Students who turned in their applications for Ven-a-Ver Tucson, AZ/Nogales, Mexico will be interviewed at the end of August.

#### Ven-a-Ver San Dolores, Los Angeles, CA. :

There will be a mandatory meeting for parents of participants in Room 106 August 21 at 6:00 p.m. Please bring to the meeting a copy of your son's or daughter's tetanus shot, medical record numbers, a copy of government issued photo student I.D., (California license, California I.D., or identification papers), and payment. Electronic payment may also be made online under the Student Life Christian Service Ven-a-Ver webpage. Also, a reminder, each student was given a copy of "Tattoos on the Heart" by Father Greg Boyle; hopefully your son or daughter has read it over summer as we will be discussing it in our mandatory student meetings. Ms. Lystrup and Ms. Flaherty will be the adults who accompany the students to L.A.

#### Ven-a-Ver Browning, Montana:

We will have a mandatory meeting for parents of participants in Room 106 on September 17 at 6:00 p.m. We will need a copy of your son's or daughter's tetanus shot, medical record numbers, a copy of government issued photo student I.D., (California license, California I.D., or identification papers), and payment. Electronic payment may also be made online under the Student Life Christian Service Ven-a-Ver webpage. Ms. Lystrup and Mr. Schumann will be the adults who accompany the students to Browning.

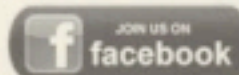
#### Christian Service Opportunities:

Christian Brothers has many service opportunities for your son or daughter.

- **Tutoring:** Lasallian Youth, Kids 4 Kids, E49er's, and Saint Robert's Kids
- **Service:** Breakfast Club, Respect Life, Christian Service Corps, Best of Friends, Super Blankets, Empty Bowls, and Interact
- **Empowerment:** Communion and Liberation, Helping Others, and Dignity

#### Other Service Opportunities:

American River Parkway, The MIND Institute, Loaves and Fishes, Camp Recreation, Sacramento Food Bank and Family Services, Francis House, WIND Youth: ...to name a few.



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

Wine, Beer & Food Extravaganza!  
On **Friday, September 6** at Christian Brothers High School  
To make your reservation visit [www.cbhswinetasting.com](http://www.cbhswinetasting.com).

## STUDENT ACTIVITIES

### Congratulations, ASB Student Council Officers 2013-2014:

PRESIDENT: Margret Tabunda  
VICE PRESIDENT: Charlie Ibarra  
SECRETARY: Iris Fan  
TREASURER: Derek Uy  
RALLY CHAIRS: Brendan Gormley,  
Ryan Hedum,  
Andrew McGee  
PUBLICITY/HISTORIAN:  
Iris Anderson and Maret Marcin

#### Senior Class Council

Neena Lynton  
Natalie McElvy  
Austin Ryu  
Vincent Salazar  
Sam Swanson  
Zaria Watkins

#### Junior Class Council

Justin Baker  
Jack Barnes  
Joseph Delgadillo  
Daniel Lee  
Victoria Linares  
Ritam Sarmah

#### Sophomore Class Council

Katelyn Bates  
Braeden Bourke  
Will Ervin  
Austin Greiner, Jr.  
Von Thompson  
Kelly Xia

#### Freshman Class Council

Jillian Byers  
Justin Dacanay  
Julia Hammer  
Carley Huntington  
Grace Leu  
Allison McGovern  
Callahan "Cal" Shelley

### Welcome back to a fun-filled year of Student Activities! Here are some upcoming events we are looking forward to:

**Frosh Lock-in** is August 9-10. It is not too late to sign up. Register at <https://secure.acceptiva.com/?cst=ab1439> or go to our information for Freshman parents under the Admissions tab on the CB website.

#### Senior Class Meeting

The mandatory **Senior Class Meeting** starts the excitement of senior year for the members of the class of 2014. Part of this meeting is measuring for graduation gowns. Student ID cards will be available for pick-up before the meeting begins. All seniors should report to school at **10:00 a.m. on Wednesday, August 14** - remember to be in regular school dress code.

#### Frosh/Soph Open Dance

CB will host the first **Frosh/Soph Open Dance** of the year. The dance will be held on the CB campus on **August 23 from 7:30 to 10:30 p.m.** Freshman and Sophomore students from all four Catholic High Schools will have the opportunity to purchase a bracelet that will admit them into the dance. Bracelets will go on sale at the Student Activities window near the Student Store on Monday, August 19 for \$7.00.

#### Fundraiser

At both Lock-In and the Frosh-Soph Dance we will hold a **fundraiser for the women of Wellspring**. Please bring items such as syrup and pancake mix or peanut butter and jelly, or a monetary donation for the purchase of items such as eggs and milk.

#### Magazine Drive

Our annual **Magazine Drive** will kick off at the end of August with the **first collection day September 10th**. This is a fun time for students and B set classes to compete to see who can sell the most magazines. Funds go to help with many activities like sports and clubs that our students are involved in on campus. You may send in your order or purchase on line. If you do not wish to purchase a magazine for personal reading, please consider buying one through our "Kids for Kids" program, which provides magazines for children who cannot afford to buy their own. Look for more details soon.

## Wine, Beer & Food Extravaganza!

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

**This event drew a sell-out crowd of over 1,800 guests last year.**

**If you plan to attend, please make your reservations now, before ticket sales are closed.**

# ATHLETICS

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

## TRACK

Two Christian Brothers athletes competed in the Junior Olympic Qualifying Track and Field meet. Kara Romani '15 took 3rd in the 7 event heptathlon, and 2nd in the 400m and 800m hurdles. Danielle Jackson '15 took 2nd in the discus. Both qualified for the National Junior Olympics.

## BASEBALL

The baseball program had over 60 participants in our summer Falcons program. The Junior Legion team won its second consecutive league championship and was a runner up in the area tournament. A number of CB athletes competed for Manhart Senior Legion (19U) and the Sacramento Cats. The Cats, comprised of players from various local high schools, participated in Los Angeles and San Diego national tournaments.

## GIRLS BASKETBALL

The women's basketball program attended the Chico State team basketball camp this summer and played in the Monterey Trails summer league. The coaching staff is very excited about the future of the program! The Lady Falcons will return several talented players along with a super incoming freshman class, and they are eager to defend their section championship and make a deep run towards the state title!

## FOOTBALL

This summer has been very productive for the Christian Brothers football program. The Varsity, JV and Freshman teams have been training for the upcoming season. After implementing the offense and defense that the players would use for the season, the varsity and JV teams traveled to Moraga to participate in a three day camp against five other Bay Area teams. The varsity squad also competed in 7 on 7 competitions with Burbank and Antelope HS throughout the summer, demonstrating a competitive spirit and tremendous promise for the upcoming season. The freshman team traveled to Folsom to compete against Oak Ridge, Folsom and Sacramento High Schools. The freshmen made huge strides during the week and competed very well, generating a lot of excitement for the upcoming season. The players and coaches look forward to seeing the Christian Brothers community at the games.

**On another note,** the Christian Brothers Junior Falcons football program recently began its second year where it will field four teams from age 6-14 years old. Our high school players and coaches put on a three day camp for the Junior Falcons in late July. Over 50 athletes volunteered to help train and coach these future Brothers players. The turnout was very successful and we would like to encourage Christian Brother families to get involved in the program and encourage young athletes to learn football fundamentals and brotherhood at an early age. Thank you in advance for all of the support you give us!

## BOYS' WATER POLO

The 2013 boys' water polo program has had a very busy summer, with 5 athletes qualifying for the Junior Olympics in Orange county. Seniors Spencer Tibbitts and Austen Takahashi, junior Kyle Smith and freshman Max Vesperian will be making their first trip to nationals as they compete for the Capitol Area Premier squad. Senior Zane Janich plays for American River Water Polo, ranked as one of the top teams headed into nationals. These 5 athletes have taken the next step to develop their water polo skills and knowledge by sacrificing a large part of their summer to train and compete in various summer tournaments throughout California. Their training and experience will be a major asset for the 2013 water polo team.

## DIVING

Two CB divers have had a busy summer. Kourtney Clark participated in a Regional Competition in Oregon and her performance was good enough to qualify her to attend the Zone meet in Pasadena in July. She competed on the 1M, 3M, and Platform dives and is doing very well in her age group. Julia Griggs continues to make significant progress in her training and will make significant contributions next year. Coach Dede Crayne is eager to add female and male divers to our CB team next year. If you are interested please contact her via email: [capitaldivers@msn.com](mailto:capitaldivers@msn.com).

## SWIMMING

Junior Matthew Lemire, and sophomore Ashley Madrigal-Geary traveled to Redding for the 2013 Sierra Nevada Long Course Meters Junior Olympics. In order to participate, both athletes had to meet strict time standards. Both student athletes did exceptionally well and continued to improve their times from the high school season. In early August, Ashley will swim at a major west coast regional meet in San Jose.

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

### Baseball

Zach Ewertson '14  
Steven Talbert '14  
Austin Johnson '13

### Softball

Haley Snyder '14 CVC MVP Pitcher  
Taryn Sigl '13  
Lucia Lopez '13  
Antonia Hagels '15

### M-Golf

Andrej Bevinis '13 MVP  
Hunter Rappleye '13  
Brandon Munso '13

### W-Soccer

Kerlyn Bates '16  
Lindsay Pope '14  
Kayla Thompson '14

### Swimming

Ashley Madrigal-Geary '16  
Jacob Lemire '13

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

- All athletes must have the athletic packet completed and turned in to their coach prior to any participation or tryouts for athletics. To download the packet, please go to the **CB website / Student Life / Athletics / Files and Links**.
- Fall tryouts officially begin **Monday, August 12**. To obtain specific tryout/practice information contact the head coach directly. The **head coach directory** is available on the main page of the Athletics page under **Announcements and Events**.

## UPCOMING EVENTS

### Thursday, August 8

6:30 p.m. New Parent Athletic Orientation, Cafeteria

### Monday, August 12

Fall Sports Begin

### Saturday, August 24

9:00am-1:00pm, Blue-Red Scrimmage  
**Volleyball** - Ron Limeberger Gym  
**Soccer** - Varsity Soccer Field  
**Football** - Game Field

# MEDIA, VISUAL & PERFORMING ARTS

**Welcome to the world of the arts at Christian Brothers High School!** Once again Christian Brothers High School is demonstrating its commitment to educating the whole person as it builds a brand new theater (the walls are going up as you are reading this!) This 350 seat state-of-the-art theater with classrooms will serve media, visual and performing artists for generations to come. Whether a student's passion lies onstage, backstage or behind the scenes, this space, coupled with our specialized faculty will prepare future alumni for college and beyond. If you are interested in the arts at Christian Brothers High School or want to get involved in our program, please contact Director of Media, Visual and Performing Arts, Ron Slabbink or come to our first **Friends of the Arts meeting at 6:30 p.m. on August 21** in Room 109 where you can meet the amazing group of parents who volunteer and help make our programs so successful. For information on upcoming auditions and events in the arts, please check the school calendar on the CB website.

Under construction.....



Coming in Spring, 2014!

## CBHS VOLUNTEER OPPORTUNITIES 2013-2014

The groups & committees listed extend an open invitation to all CBHS parents to become involved by volunteering to help make CB... the place to be. Visit the CBHS website at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) (click on 'Getting Involved' under the Parents tab) to view the opportunities and sign up online. Join us!

**CB Falcon Athletic Volunteers (FAV)** would like to extend an invitation to become active volunteers in support of CB athletics. Your participation is essential to your child having a positive experience in our CB sports program.

**Friends of the Arts (FOTA)** is an organization that gives parents an opportunity to support the visual and performing arts at Christian Brothers. Join the Friends of the Arts to support our talented students during their various activities.

**The Lasallian Parent Ambassadors (LPA)** The Lasallian Parent Ambassadors are parents who serve the CBHS community as hospitality ambassadors. This is an easy way to meet current and alumni parents and become involved.

### **The Magazine Drive - Late August through September**

The Magazine Drive raises funds for our student clubs and organizations, as well as for tuition assistance. Adult volunteers are needed to help collect and tabulate the magazine orders when students turn them in.

### **Wine, Beer & Food Extravaganza: September 6, 2013**

The Wine, Beer & Food Extravaganza is organized by the Christian Brothers Alumni Association. Volunteers are not necessarily alumni of CBHS, and they receive complimentary admission to the event.

### **CBHS Open House October 6th, 2013 (11:00am - 2:00pm)**

The CBHS Open House welcomes visiting parents and middle school students to demonstrate why CB is the place to be for exceptional academic programs, the arts, athletics and more - all in a faith-filled, nurturing community.

### **Alumni Dinner: February 1, 2014**

The Alumni Dinner is also organized by the Alumni Association. Volunteers are needed to help set up, serve dinner, and be a part of the clean-up crew.

### **Auction Committee - March 29, 2014**

The Christian Brothers High School's auction includes a gala dinner for 400 attendees and features a silent and live auction. This major fundraising event is tremendously exciting and the committee has fun making it all happen.

### **Grad Night - May 23, 2014**

Traditionally all parents are invited to help plan and organize the all night celebration after graduation. Parents run the event which is a supervised, fun, safe and sober environment for the graduating class.



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## FALCON FAMILY FACES





# FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

## Year 138 is off to a great start

A recent article in the Sacramento Bee reported a downward trend in private education and growing enrollment in area charter schools. At Christian Brothers, we are bucking that trend, with a 4.5 percent increase in enrollment over last year and our largest freshman class in five years.

As we begin our 138th year of Catholic, Lasallian education in Sacramento, the hard work, planning, year-long teacher training, and infrastructure investment paid off on August 16 when 1,100 iPads merged onto CB's new superhighway without a hitch. The world is opening to our students in ways we never dreamed possible 20 years ago. And yet, many of the traditional rites of passage are holding strong – Frosh Lock-In, a Community Mass, the Blue and Red Scrimmage, Back-to-School Night and this month's Holy Bowl. Maybe that is the magic of CB, continued educational innovation and excellence built on a foundation of tradition, community and faith.

Our international student community has grown from 12 students last year (the program's first year) to 18 students this year. We are grateful to the families who have welcomed these young men and women into their homes for an enriching, cultural adventure. I encourage those of you who might be interested in hosting a student next year to contact Patricia Gallagher, our International Student Program Director.

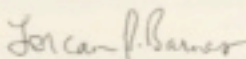
The Victor and Phela Vesci Strength and Conditioning Center opened at the end of August. This new cardio and core conditioning room will enhance the strength, agility and safety of all student-athletes, improve the health and well-being of all of our 1,045 students, and ensure that all teams are in top physical condition when they take to the court, the pool or the field.

Thanks to the generosity of many alumni, parents, and friends, The George Cunningham '40 Performing Arts Center is still on schedule for spring performances. If you haven't contributed to this project, there is still time to purchase naming rights for a seat in the Thea Stidum Theatre!

We are grateful to you for entrusting us with the sacred responsibility of preparing your sons and daughters for success in college and beyond. Our Principal, Mary Hesser, faculty members, and staff work hard to ensure your confidence in Christian Brothers is well placed. As parents who invest considerable resources in your children's education, please know that we take our fiscal and educational responsibilities seriously. We have worked hard to keep tuition increases to a minimum. Over the past four years our tuition increases have averaged 1.3%, compared to 3.9% for all northern California Catholic high schools. And we are proud to lead the region in tuition assistance. In 2013-14, we are distributing \$2.15 million in need-based tuition assistance to 392 deserving students (37.5% of our students.) We are able to do so thanks in large part to the generosity of our benefactors who support our annual fundraising efforts and who have donated to our endowment over the years.

We are honored that you have chosen to partner with us. Your family makes CB ... *the place to be.*

Live Jesus in our Hearts!



Lorcan P. Barnes, President  
733-3603, lbarnes@cbhs-sacramento.org

## COUNSELING AND GUIDANCE DEPARTMENT

Welcome to Christian Brothers, all new and returning families! Counselors are busy assisting students with resolving personal issues, helping them plan strategies for academic success and providing college planning information. Each grade-level counselor in grades 9-11 is scheduling **individual conferences** with each of his/her students, so all students will be seen by their counselor this semester for one-on-one counseling. Mr. John Riley-Porter is having all freshmen complete the "Learning Styles Inventory" on Family Connection. The freshmen are now all able to access this very important website for college and career planning and personal awareness. Mr. Armando Diaz has the sophomores taking "Do What You Are," a personality profile/career interest survey. In addition, Ms. Melissa McClellan and Mr. Kirk Purdy are visiting junior English classes to discuss college planning and the resources available to students in our College Center, on Family Connection and on our school website. Ms. McClellan has already visited all of the senior classes to give very specific information on how the counselors will assist in the college application process. Mr. John Higgins is the long-term sub for senior counselor, Mrs. Blaire Moskat (who is out this semester on maternity leave) and he has already visited the seniors to introduce himself. The department will be hosting **College Night for Seniors and Their Parents** on Wednesday, **September 11 (7:00 pm, CB Cafeteria)** to present important and timely college information to seniors and parents. On **Wednesday, September 18 (7:00 p.m., CB Cafeteria)**, our entire department will be hosting **Frosh Parents Guidance Night** for all parents of freshmen students. We will give parents a preview of what to expect from the Counseling & Guidance Department over the next four years and we will discuss important issues concerning Academic, Personal and College Counseling.

### College Exploration for Seniors

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

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

- Launch the year determined to be as successful as possible. 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. Seniors 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 college evenings presented by specific colleges/universities and the dates and times for our **college application and essay writing workshops**. 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 St. Francis High School on **Tuesday, September 24**, from 6:30-8:30 pm.
- Juniors should begin to **map out a long-range strategy** for college exploration. Sometime soon, each student must identify those characteristics that she or he is looking for in a college and now is the time to begin thinking about those criteria. Initial exploration can involve general college guides and videos or the more specific information presented by colleges on their websites. Juniors should plan on taking the SAT or ACT March or later of the 2013-2014 academic year. Each junior has received information that allows them to log on at our college planning website, **CB's Family Connection**. If they have not already done so, juniors should complete "Do What You Are" and the "Career Interest Profiler".
- Some eager **sophomores** may want to become more engaged in the high school-to-college transition, but this is a time for them to **concentrate on the classroom** and do the best job they can do to bring home **good grades in challenging college prep classes**.

### UPCOMING SAT/ACT TEST DATES

ACT Test Date	Deadline to Register	SAT Test Date	Deadline to Register
SEPT. 21	August 17	OCT. 5	September 6
OCT. 26 @CB	September 27	NOV. 2 @CB	October 3
DEC. 14	November 8	DEC. 7	November 8

...Continued on Page 4

## LASALLIAN STUDENT LIFE

### Campus Ministry

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

The week before school, our Christian Brothers Faculty, Staff, and Administration gathered for a day of reflection at Christ the King Retreat Center. The theme that we will focus on as teachers and staff this year is "We Are One Body....Creating Community." We are committed to strengthening and to living this important core principal in our actions and interactions with others!

Christian Brothers kicked off its new school year with a wonderful liturgy celebrating the Feast of the Assumption! We welcomed the presence of Fr. Michael O'Reilly, from the Cathedral of the Blessed Sacrament, who shared insightful and challenging words of inspiration while helping to commission our student Eucharistic Ministers and bless our entire CB community at the start of a new school year!

Retreat registration is happening NOW for Juniors and Seniors. There are 2 ways to register:

1. Via Schoology using your browser (not the iPad app). Once logged in-- from the Schoology home page, click the magnifying glass to search. Type: ministry. Select CB Campus Ministry. Here you will find forms for Jr./Sr. retreats available to download. You may pay with cash or check and submit forms to Ms. Yearwood.
2. Via CB webpage. Select "Student Life"/Select "Lasallian Student Life"/Select from the left menu: "Student Retreats". Scroll to bottom of page for Junior or Senior retreat info. Here you will see the link for permission forms and also a link for "Pay Now" using credit/debit card with the option to pay entire fee or partial now/balance at time of retreat.

**SAVE THE DATE**—The Fresh retreat will be held at Christian Brothers on Wednesday, October 16 from 9:00 a.m.-12:00 p.m. This is a mandatory, all-class event. More info will be shared in the Freshmen Religious Studies classes in September and an email will be sent to parents with additional details.

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

**"FREEDOM** is not only a gift, but also a summons to personal responsibility. Americans know this from experience -- almost every town in this country has its monuments honoring those who sacrificed their lives in defense of freedom, both at home and abroad. The preservation of freedom calls for the cultivation of virtue, self-discipline, sacrifice for the common good and a sense of responsibility towards the less fortunate. It also demands the courage to engage in civic life and to bring one's deepest beliefs and values to reasoned public debate.

In a word, freedom is ever new. It is a challenge held out to each generation, and it must constantly be won over for the cause of good." (Welcoming Ceremony Address at the White House, Washington, D.C., Wednesday, 16 April 2008.)

In these powerful words by Pope Benedict, XVI, we receive not only an affirmation, but a challenge. A call to be responsible in our daily living, both in word and in action. A call to be peacemakers and to work to bring about the Kingdom of God here on earth. The month of September affords us several opportunities to hear this call and to respond through prayer and reflection.

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

On September 21, the United Nations invites all people to celebrate the International Day of Peace. This is a day devoted to strengthening the ideals of peace, both within and among all nations and people. This day of peace offers an opportunity to pause, reflect, and consider how best to break the vicious cycle of violence that conflict creates and how to, instead, create a culture of peace.

On September 25, we invite all students, staff, and parents to join us for See You at the Pole. See You at the Pole™, a global day of student prayer, began in 1990 as a grass roots movement with ten students praying at their school. Twenty years later, millions pray on their campuses on the fourth Wednesday in September. It is simply a short time of prayer before school to lift up our friends, families, teachers, school, and nation to God. In conjunction with the International Day of Peace, we will gather around the Peace Pole on the main lawn for our prayer service. We will begin at 7:30am on the 25th. Please consider starting off your morning by joining us for this special time of prayer!

### Prayer for Peace

**God of peace**, bring your peace to our violent world: peace in the hearts of all men and women and peace among the nations of the earth. Turn to your way of love to those whose hearts and minds are consumed with hatred.

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

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

## LASALLIAN STUDENT LIFE

### Christian Service

#### Service Hours:

Seniors who would have completed 75+ hours need to enter them online through Family Connection by mid-September if they want the hours to appear on their transcript. All senior service hours need to be online by April 30. Students with 75+ hours will be given a pin for graduation and those students with 500+ hours will be given a cord for graduation. For questions please stop by the LSLO and see Ms. Lystrup.

#### Service-Learning:

As we prepare for our upcoming service-learning activities please remember that Service-Learning is mandatory as it is connected to the classroom curriculum. We begin Service-Learning in October so look for permission slips in the near future from your son or daughter. Parents of freshmen students are welcome to join us on our service-learning activity to the Sacramento Food Bank and Family Services.

#### Venaver:

Those students who applied for the Tucson, Arizona/Nogales, Mexico Otro Lado immersion will be interviewed the first and second weeks of September. All applications are in. Interviews will take place after school.

### Social Justice Board:

Students interested in getting involved in local and global justice issues should stop by the LSLO at break for more information.

### Christian Service:

The following organizations need volunteers; please see Ms. Lystrup for further information:

- *St. John the Evangelist Elementary School* in Carmichael needs volunteers for their Annual Fall Festival on September 7 from 3:00 p.m. -10:00 p.m.
- *St. Francis Elementary School* is in need of an assistant Varsity girl's rec volleyball coach. Practices are 3:30 p.m.-5:00 p.m. on Tuesdays and Thursdays. See Ms. Heine in the Counseling Center.
- *St. Robert Catholic School* is looking for Spanish III and IV students to teach Spanish to 2nd-5th graders on Mondays from 3:20-4:15 p.m.
- *St. Joseph Parish Catholic School* needs help for their Parish Festival on September 8 from 8:00 a.m.-8:00 p.m.

*Thank you to all parents, students, faculty, and staff who contributed to our Wellspring Breakfast Club drive. It was a success and we appreciate your contributions.*

...Continued from Page 3

### TEST PREP FOR SAT AND ACT:

There are now three ways at Christian Brothers to do test preparation prior to taking the SAT or ACT exam.

- Saturday SAT prep class with our own English and Math teachers (9 am-1 pm on four consecutive Saturdays beginning September 7). Cost of the course is \$150.
- Revolution Test Prep for the SAT (new this year!). This course will be taught six consecutive Thursdays leading up to the November 2 SAT. Classes will run from 3:15-6:15 pm on-campus (18 total hours of instruction). The Standard Group course costs \$599. The Hybrid Course costs \$899 and includes four hours of private tutoring and an online Virtual Tutor. Financial Aid is available for the Standard Group course. Call your grade-level counselor or Ms. McClellan for details.
- PrepMe on CB's Family Connection can prepare a student for either the SAT or the ACT exam. This is free of charge to all CB students. Juniors may also use this to prepare for the PSAT, which will be given on October 16.

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

### MANDATORY PARENT EVENING - On Tuesday,

October 1 and Thursday, October 3, Christian Brothers will host a mandatory parent night. Over the next four years we would like to form a partnership with our parents over some of today's most pressing issues: Teenage Drug and Alcohol Use; Mental and Emotional Health, Sex and Sexuality and Social Media and Technology. This year's topic is Teenage Drug and Alcohol Use.

The upper-division evening is on October 1st and the lower-division night is set for October 3rd. Parents are being asked to come for one of the two nights. We are excited to have Jackie Long, an expert speaker who will be addressing topics from today's current drug and alcohol trends and culture, drug use recognition, parent resources and parenting tips, and how to be proactively involved in keeping our students, your kids, safe. More detailed information on these evenings will be forthcoming.

### DUI COURT ASSEMBLY COMING TO CB!

Another component of our drug and alcohol awareness program this year will take place on Friday, September 27 when a real, live DUI sentencing will take place in the Ron Limeberger Gymnasium with all of our students present. It promises to be a very powerful and educational event for all of our students.

## LASALLIAN STUDENT LIFE

### Student Activities

#### Frosh Lock-in for the Class of 2017

was an exciting time for our incoming freshmen. It began with an ice cream social and ended with the sun rising on their future years at Christian Brothers. All night long they were involved in activities including an inflatable obstacle course, dance, and more, where they met and made new friends among the classmates with whom they will share the next four years.

#### Frosh/Soph Dance

Christian Brothers High School hosted the first Open Dance of the year for the local area Catholic high schools. The theme was "Backyard Beach Party" featuring favorite DJ Hightop. The dance was very well attended and a huge success. Our invited guests were lower division students from Christo Rey, St. Francis, and Jesuit high schools. DJ Hightop definitely "rocked the house" as he taught us new dances and a good time was had by all.

#### Clubs Galore

CB clubs will be active beginning September 27 when we have our Club Day. All students interested in joining a club should come to the main lawn during lunch on that day to sign up. All of our clubs welcome new members, and there is always a club to meet the interests of every CB student!

#### Magazine Drive

Our annual Magazine Sales Drive will officially kick off on Thursday, September 5, with the first collection day on Tuesday, September 17. We made close to half our sales goal on the first collection day last year because of the great prizes and competition among classes, and we are hoping to improve on that outcome this year! The students will be working hard to sell those magazines to acquire 'ducks', which earns them candy and possibly cash. Teachers are competing against one another for pigs and pizza. Magazine subscriptions can be purchased online or you may turn in your order to your favorite student. Please remember that this is our only school-wide fundraiser during the year, which raises funds for various student-centered clubs, projects, and activities that benefit the entire student body.

#### Holy Bowl

'Blue-Out' Spirit Day' will be Friday, September 20, the day before Holy Bowl. Students need to be dressed in as much blue as possible. The dress code guidelines will be advertised soon. Activities at lunch will include a blue water balloon toss, face painting, snow cones, shirt design, etc. Falcon Force will be pumping up the crowd at Holy Bowl on Saturday, September 21. Students, please sit in the Falcon Force student section and bring your loudest cheers. Falcon Force t-shirts will be on sale for students and family members all week prior to the big game at the Student Store, and on the lawn during lunch on September 20.

### International Student Program

ISP Growth continues.....

The 2013-2014 school year marks the second year of Christian Brothers' International Student Program. Our eight students from China and one student from Sweden have returned and we are thrilled to have them back. Our new students this year include seven students from China, one from Italy and one from Spain. We also have a student from Venezuela through the end of September. Our international students and their parents decided to make CB their place to be, bought plane tickets, agreed to live with CB families, packed their bags and flew to California. They are now attending classes. What they left behind are their parents, their friends, their homes, their belongings, their culture, their school and their language. It's difficult to imagine the sacrifices they are making so that they can go to CB with our Sacramento-based students and live with our CB families. Our international students are working hard to perfect their English skills as they learn the curriculum. It is no easy task. We wish them a successful and joyful year!

If you happen to see our students at school, at CB events, or anywhere else around the Sacramento area, please be sure to say hello and introduce yourself.



Andrea / Spain

Ben / China

Maggie / China



Luca / Italy

Danny / China

Neil / China

Wen / China



Ophelia / China

Wendy / China

Maria Sofia / Venezuela

# ATHLETICS

**Congratulations to Gary Gshwandtner who was selected as the 2013 IHE (Integrity • Honor • Excellence) Coach of the Year.**

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

- September 6, 7 Men's Water Polo at Sierra College
- September 12 Women's Golf v. Oakmont at Bartley Cavanaugh (3:15)
- September 13, 14 Women's Water Polo Tournament at Sierra College
- September 18 Cross Country League Meet at Maidu Park (4 pm)
- September 20 Men's Soccer v. Jesuit at CBHS- Varsity (3:30), JV to follow
- September 21 Football- Holy Bowl at Hughes Stadium - (Frosh- 2/JV-4:30/Varsity-7pm)
- September 24 Women's Tennis v. Oakmont at Laguna Creek Racquet Club (3:30)
- September 26 Women's Volleyball v. St. Francis(H) - Fr (4pm), JV and Varsity to follow

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

6

**VOLLEYBALL:** Currently there are thirty seven players on the three squads. Varsity's expectations are high with eight returners, including All-Conference Players Jaymee-Lee Bulda and Nastassja Bowman. The team is rounded out by the talents of two freshmen and three sophomores. Captains Sydney Rankin, Jaymee-Lee and Nastassja will provide the team with leadership and experience to help lead this team to a successful season. Diane Heine heads the varsity with returning assistants Neil Davidson and Leah Klemenhagen. The JV team once again is piloted by Dina Bulda and Bobby Fresques. Florian Tria is back to lead the freshmen squad but will be without her coaching partner (and husband), Joe Broadhead. The teams are looking forward to competing in some competitive tournaments and of course the Holy Court contest with St. Francis which will be held on Thursday, September 26th at CB. This contest will be dedicated to Breast Cancer Awareness night when both teams will compete to "Block out Cancer". Be sure and wear your pink and come cheer the teams on.

**CHEER:** This year the cheer team has 40 girls consisting of Frosh, JV and Varsity. The coaching staff includes head coach Vanessa Ruiz '04, assistant coaches Courtney Arrieta '04, Lupi Sharer and Alisha Ruiz. Come out to the football games in the fall and watch our outstanding cheer squad perform. Pictures and videos of the cheer team are also posted on the CB athletic website under Cheer.

**FRESHMAN FOOTBALL:** Freshman Football is off to a good start with a squad of 39 players beginning practice in mid-August. A number of players have been a part of the Falcons Pop Warner program so they bring tackle football experience. The team is led on offense by Matt Marengo at QB, Carlos Stahl and Niko Orr at running back, receivers Christian Montanez, Joe Macauley, and Chris Milton. Our line is anchored by Connor Capewell, Elias Robinson, and Raul Arambula. Defensively, we have Patrick Barnes, Jimmy Ghilardi, Julian Knox and Matt DeSimone. The Freshman coaching staff consists of Rolf Schumann (Head Coach/Def. Coordinator), Skip Gonsalves (Off. Coordinator), Danny Soto (RB/LB coach), Darrin Stahl (WR/DB coach) and Abu Jalil (Line coach). The Blue/Red scrimmage was an exciting event. The boys did well and got their first real taste of high school football as they scrimmaged Pioneer. The Falcons begin the regular season with contests against El Camino, Antelope and Pioneer before squaring off against Jesuit at Hughes Stadium on September 21.

**VARSITY FOOTBALL:** The varsity football season began with 40 athletes reporting for fall camp under the tutelage of Head Coach George Petrisans. A strength of this year's squad includes a number of returning starters on both sides of the ball:

- Hayden Jones - 1st Team All-CVC TE
- Logan Sryder - 1st Team All-CVC ILB
- Brendan Gormley - 1st Team All-CVC DB
- Brandon Thompson - 2 Way Starter-DB/R
- Austin Hart - 2 year starter @ LB
- Mason Stahley - Starting RB
- Erik Bloomquist - Starting DB
- Zach Ewertsen - 2 Way Starter OL/DL
- Ryan Hedum - 2 Way Starter OL/DL
- Julian Angulo - Starting OL
- Ryan Graggs - 2 year starter- DB (2 Year Letterwinner)
- Chris Guillen - Significant time as a sophomore at QB

A number of talented juniors are competing for playing time on both sides of the ball. They include:

- Kellen Ralph - OL
- Brodrick Price - OL
- Jalen Swanigan - DB/WR
- Cevon Mitchell-Ford - RB/DB

The Falcons return for their final season in the always competitive CVC. The Blue and Red Scrimmage vs. Pioneer was very successful. The team had plenty of reps needed to evaluate the players in game situations. The players came out with great energy and the coaches were very happy with how they executed in the scrimmage. This year's varsity coaching staff includes John Wiley - DC/DB, Josh Calista - ILB, Jim Ghilardi - DL, Lou Patrone - OL/RB, Pat Gormley - Outside WR Coach, Dan Carmazzi - OC/QB and Sean Morris - Inside WR Coach. For more information on this year's schedule, go to the following link: [http://www.cbathletics.org/index.cfm?action=main\\_team&ID=36130](http://www.cbathletics.org/index.cfm?action=main_team&ID=36130)

## JV FOOTBALL

The JV football team is off to great start to the season. We have 33 players all working hard to improve on the field. The team is coached by Charlie Bart, Dale Milton, Ron Kerekes, and CB graduates Jon Ward and Dylan Orr.

**CROSS COUNTRY:** The Cross Country team returned from Lake County after a long weekend of running, playing and bonding. 50 of the team's 73 runners, along with 3 coaches and 11 parents, headed north for CB XC's annual cross country retreat. Special thanks to parents Janet Pedrotti, Rochelle Kay, Mr. and Mrs. Ryan Wong, Elise Montrose, Cathy DeVera, Curtis Taylor, Mike Sparks, Joanne Hufford, Lori Toomey and Mrs. Delgado for chaperoning this fantastic trip. Special thanks to Mrs. Janet Rosenthal who so generously has allowed us to use her property for 16 years. Although a few new members were added to our SCRUB CLUB, there were lots of laughs, hills and good times. Next up is the Lagoon Valley Classic in Vacaville on September 8, 2013.

*Continued...*

## MEDIA, VISUAL & PERFORMING ARTS

... "To be or not to be" ... Well that may be from a different show, but Shakespeare will be alive as CB theater director Connor Mickiewicz holds auditions for our fall production of **"A Midsummer Night's Dream"**. Auditions are Tuesday, Wednesday and Thursday, September 3, 4 and 5, from 3:00 to 5:00 p.m. in the dance room. Auditions are open to any CB student and all are encouraged to audition. Please direct any questions to Mr. Mickiewicz or MVPA Director, Mr. Slabbinck.

Also, the men in our CB Choral department will be creating spectacular sounds at the CSUS **Real Men Sing Choral Festival** on Friday, September 20. Our young men will join forces with 300 other male high school singers from around the Sacramento region to fill Capistrano Hall with glorious music. And at the end of the event, our CB vocalists have been asked to perform a feature selection for the rest of the participants. It will be a wonderful culmination to a spectacular celebration of song.

And if you'd like to meet our FOTA scholarship recipients and hear them share their summer camp experiences, which were made possible in part by the monetary support they received from **Friends of the Arts**, please join us at our next Friends of the Arts meeting on Wednesday, September 25 at 6:30 p.m. in the choir room (109). This is a great way to meet members of our arts support group. These casual meetings are open to anyone who believes that the arts are an important part of educating the whole person. If you want to see the great results provided by this fine organization, this is the meeting to attend. We'd love to see you there.

**As always, if you have any questions about the wonderful world of arts at CB, contact Mr. Ron Slabbinck. He'd love to hear from you!**

### More Athletics...

**WOMEN'S WATER POLO:** Things are looking up for this year's women's water polo program. We had 33 girls try out for the team this fall, the largest group of girls to ever participate in the program's entire history. CB will be able to field two teams (Varsity and JV) this year, which will help further develop the talent and skill level of our girls and program. With only losing one senior to graduation last year, Coach Shaun Waterhouse is looking for some of the returning seniors (Julia Grajeda, Bailey Carpenter, Anna Blake) and some of our returning juniors (Mackey Grieve, Carleigh Osen, Sydney Rodriguez, Ivy Kolb, and Tia Eliopoulos) to really step up their game at the varsity level this season. CB welcomes newcomer Jane Ferguson who has been a welcome addition to the program. The coaching staff has not changed, and neither has their high expectations for their ladies' performance in the pool and in the classroom. The Lady Falcons are happy to be using the pool at Sacramento City College for our "home" pool this year for practice and games. It is not only the closest pool to CB's campus, but it is also one of the few indoor pools in the area. We are hoping for large number of supporters to come out and help us create a positive, energetic, atmosphere that really develops a home field advantage for ourselves. We need a group to be loud, proud, and help us blow the roof off of the pool! We hope to see you all around the pool deck.

**WOMEN'S TENNIS:** Coach Eva Rico has 27 athletes on the team this year, from all grade levels. After a year away from the program, Lindsey Donovan returns as the #1 seeded player on the squad. The squad has the depth and talent to compete for the league championship, with Bella Vista offering a major challenge in league play.

**WOMEN'S GOLF:** Head Coach Gary "the Colonel" Gshwandtner and assistant coach Karen Achondo take over the program this year. They welcome back the following athletes: Lauren Seitz -Senior, CVC All League; Marissa Lopez-Junior, CVC All League; and Katrina Jacinto-Sophomore, CVC All League.

Newcomer freshman Beah Cruz will follow in the footsteps of her older sister Natalie Cruz '12, now playing at Hawaii, who was a member the CB team that went to the 2011 State Championship under Coach Debbie Henning. Beah just tied Emilee Hoffman, a sophomore at Vista Del Lago and one of the top golfers in the area, at the state fair junior tourney at Haggin Oaks with an 80. This year's team is striving to repeat as CVC champs in 2013, with their primary league competition coming from Del Campo and Oakmont. Sophomores Sara Waters, Natalie Nunes, Julia Griggs and Megan Martis round out the squad as they challenge for playing time as one of the top six golfers. Both coaches and athletes are looking forward to a fun and successful season for the Women Falcons!





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### FALCON FAMILY FACES





# FALCON FAMILY NEWS

A MESSAGE FROM THE ADMISSIONS DIRECTOR

## You Can Feel It in the Air...

In the Admissions office we can definitely feel a change in the air, a shifting in temperature, a change of color in our gardens. The first leaf has fallen, the sun rises later and sets earlier. Our children are choosing to wear pants instead of shorts, sweatshirts instead of t-shirts. At CB we also sense a change. We feel an increased level of excitement and enthusiasm, of energy and expectation. Something is afoot here at Christian Brothers.

One reason may be because of the changes in our physical plant. Mr. Barsanti and his crew have certainly been busy this past year. When giving tours, we have many new sites to visit. The International Languages wing is now complete, and when walking through it on a quiet day we can hear French, German, Spanish and Mandarin, the languages of the United Nations. The vista from the eastern second story window of the SMAT wing is of the George Cunningham '40 Performing Arts Center where one can often find Mr. Barnes enthusiastically inspecting the previous day's construction progress, his shoes lightly coated with dust. Wending our way along the path towards the newly built Counseling Center our senses are tantalized by the scents of various plants and flowers, their colors vibrant despite the lateness of a dying season. Stopping in front of our new Counseling Center, one can see reflected in the glass of the window Mrs. Heine's "Peace Garden," a place of sanctuary and retreat. It is to this garden many of our students go to replenish after exhausting themselves on the various cardio machines in our newly-dedicated Vesci Fitness Center.

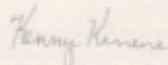
Another reason is perhaps because we were able to speak at length with parents at the New Parent Ice Cream Social Orientation Night and Back to School Night who spoke of their satisfaction with their choice of high school and of their gratitude that "CB has more than delivered on what was promised at Frosh Welcome Night." These parents spoke of the alacrity that our teachers, administrators, and support staff demonstrate when responding to parent emails and phone calls, of their willingness to give their time "outside of the school

day at all hours of the day and night." One comment in particular stands out from a parent who stated "her daughter felt loved by her teachers, that she felt more like a daughter than a student." Perhaps this is why we have so few students transfer out of CB, and why so many transfer into CB.

Perhaps it is because of the exciting iPad program launched this August after eighteen months of infrastructure upgrades and extensive professional training for our teachers. Certainly teaching and learning has seen a paradigm shift reflecting the use of technology in the classroom. Chalkboards have been replaced by screens, paper and pencil by devices and keyboards. Gone are the images of students as beasts of burden overloaded with pounds of books on their backs. Many books are now stored electronically on the iPads. Far from diminishing contact between student and teacher, the iPads actually stimulate interaction as teachers and students collaborate in exploring the use of technology in the classroom.

Or, perhaps it is because for the first time we here in Admissions have freshman daughters who share with us their emotions and experiences. Our inquiries as to "how their day went" are rewarded with responses of depth and volume, personalizing for us the experience that is now shared by the hundreds of applications we reviewed last year in crafting the Class of 2017. We have been nourished by their comments about how much they like their classmates, how much like siblings they've become, how much it feels like family here at CB.

Whatever the reason for this sense of change, it is definitely there, strong and palpable. We feel it on campus, on the field, on the court. Something is most definitely afoot here at CBI!



Director of Admissions

## COUNSELING AND GUIDANCE DEPARTMENT

### TESTING DAY:

**Wednesday, October 16**, is an important day for students at CB. Testing Day is a **half-day of school** that involves the sophomores and juniors in college admission testing and career planning. For **SOPHOMORES and JUNIORS** school begins at **9:00 am** and will be dismissed no later than **12:15 pm** (**FRESHMEN** report to their on-campus Frosh Retreat at **8:45 am** and are dismissed at **12:30 pm**). Coordinated by the counselors, the teachers administer the following assessments to students:

- **Juniors will take the PSAT/NMSQT Exam** (preliminary SAT). This test is great practice for the SAT, and also allows high achieving students to qualify for participation in the National Merit Scholarship Program.
- **Sophomores will take the PLAN exam** (practice ACT.) This is an opportunity for 10th graders to experience what the ACT test is all about. (The ACT is continuing to grow in popularity at CB, in California and throughout the nation). The PLAN also includes a career component and invites students to self-report college plans and academic strengths and weaknesses.
- **Most seniors will be given the day off** (some will be on campus facilitating the Freshman Retreat); however, this day is a great opportunity for college visits. Each senior should be ready to begin applying to college in October and if he/she has not visited local or regional colleges yet, this mid-week day is a perfect time to schedule a tour and find out more about a college while it is in full swing. In addition, remember that seniors are allowed two days per year for college visits, but the procedure to request the day(s) as excused must be done in advance of the visit (forms are available in the CB Counseling Center or may be downloaded at the CB website – go to the Student Forms folder in the Guidance/College section and you will find the "Request to Visit a College" form). There is no need to fill out this form for October 16. **It is also important to note that the Dean of Admissions of St. Mary's College in Moraga will be here on the 16th to interview seniors who have applied to SMC. These appointments will begin at 11:00 a.m. and will run throughout the day. A signup sheet is posted in the Counseling Center. Space is limited.**

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

- Remind your child to get plenty of rest the night before the test.
- Students should eat a nutritious breakfast the morning of the test and bring a healthy snack for the break (the cafeteria will not be open that day, so students who will be staying on campus for sports practices, etc. may want to bring a sack lunch).
- Students received information and material about the PSAT & PLAN from their counselor. For juniors, this included a PSAT Official Student Guide with a practice exam. Please encourage your child to prepare for the test by taking the practice exam at home before Testing Day. Students may also prepare for the exams by utilizing the PrepMe program on their Family Connection. This program can be performed on a PC. We are currently working to make sure that we are able to have students use this program on their iPads.

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

**Results of the exams will be returned to students by their counselor in January/February, 2014.** If you have any questions, please call the Counseling and Guidance Department at 733-3680.

### Upcoming Counseling & Guidance dates:

- October 1 & 3** Mandatory Parent Nights on Drugs and Alcohol (October 1 is upper-division Night and October 3 is lower-division night). Please note the information immediately following this calendar of events.
- October 5** SAT Exam not @ CB
- October 10** UC/CSU Application Workshops (8-9 a.m. and Falcon Flex)
- October 16** Testing Day / Senior local college visits / SMC admissions interviews
- October 26** ACT @ CB
- November 2** SAT @ CB (registration deadline October 3 – [www.collegeboard.com](http://www.collegeboard.com))
- November 7** General College App Workshops (8-9 a.m. and Falcon Flex)
- December 3** College Financial Aid Night (7:00-8:30) in the CB Cafeteria
- December 7** SAT not at CB (registration deadline November 8 – [www.collegeboard.com](http://www.collegeboard.com))
- December 14** ACT not at CB (registration deadline November 8 – [www.actstudent.org](http://www.actstudent.org))

### MANDATORY PARENT NIGHTS

Tuesday, October 1 (upper-division) and Thursday, October 3 (lower-division) there will be a presentation for parents on the many aspects of drug and alcohol use by teens. This is the first of a four-year cycle addressing today's most challenging topics in a very proactive and preventative fashion. Mr. Jackie Long, a retired Special Agent Supervisor with the California Department of Justice, Bureau of Narcotic Enforcement will address current developments in high school drug and alcohol use, trends and culture, drug use recognition and symptoms, parent resources and tips and how we can proactively guide teens through this challenge.

The evening will begin with a 6:30 p.m. check-in (as attendance will be taken) and a 7:00p.m. program start. We are asking that at least one parent attend one of the presentations, on whichever night works best for them. We feel that this is a very worthwhile program and we are looking forward to seeing parents attend this event. Please contact Kent Morrison, Wellness Counselor, with any questions regarding the evening.

# LASALLIAN STUDENT LIFE

## Campus Ministry *Celebrate Life!*

The month of October brings us many opportunities for prayer and reflection...In the Catholic Church, during the month of October, we celebrate Respect for Life and also the month of the Rosary. We call upon the intercession of the Blessed Mother for strength as we work to build a culture of life in our world today.

### Prayer & Worship

- **Please join us for our Homecoming Prayer Service on Tuesday, October 15 at 9:30 a.m. in the gym.** The theme for our service is "Celebrate Life!" We will pray in gratitude for the gift of life that we are given and we will also recognize Breast Cancer Awareness month. Breast cancer is something that has affected many within our Christian Brothers community. We would like to extend a special invitation to parents, grandparents, relatives and friends who are facing breast cancer or who are breast cancer survivors. Please invite them to join us for this special service where we will offer a special prayer of blessing and healing. If you have lost a loved one to breast cancer, please submit the name of the person you would like to remember to Jen Yearwood via email [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) no later than October 5th.
- **The Freshman Family Liturgy** will be celebrated **Sunday, October 27 at 9:30 a.m.** in the gym, followed by a continental breakfast in the cafeteria. Our presider will be Father LaSalle Hallissey from De La Salle High School in Concord. Information about registration for this event is on the school website. **Frosh families must RSVP online no later than October 17 by using the link via the Christian Brothers website (on the homepage, under "Latest News").**
- We will celebrate **All Saints' Day** on **November 1** with a liturgy at **9:30 a.m.** in the gym. Please join us!



Mary, patroness of America, renew in us a love for the beauty and sanctity of the human person from conception to natural death; and as your Son gave His life for us, help us to live our lives serving others. Mother of the Church, Mother of our Savior, open our hearts to the Gospel of life, protect our nation, and make us witnesses to the truth. Amen.

### Retreats

- **The Frosh Retreat is October 16.** This is a mandatory retreat for all members of the freshman class. It will be held on campus. Frosh must check in at the gym by 8:45 a.m. The retreat will end at 12:30 p.m. Information was emailed to all Frosh parents in the middle of September. Frosh students must be in school dress code for this retreat! (Frosh are encouraged to wear their class spirit shirt)
- **Overnight Retreat Registration...**...all Junior and Senior retreat registration must be completed by November 1. All forms and payment information is on the school website. Once on the website, select "Student Life"; then "Lasallian Student Life"; then "Student Retreats." Here you will find permission forms to download and the option to pay by Visa/debit card. Even though students may desire to attend a retreat in the Spring, all registration **must be completed by the above deadline!** Below are the dates of the Overnight Retreats for the year:
  - **Junior Retreat:** Nov. 4 & 5 / Dec. 2 & 3 / Feb. 3 & 4 / March 3 & 4 / April 7 & 8
  - **Senior Kairos Retreat:** November 12 - 15 / January 21 - 24 / March 25 - 28

## VOCATIONS

**Marian Shackel** has been an essential member of the Christian Brothers High School community since 2000. As a teacher in the English Department, her reputation as a stellar academic, instructor, peer, and Lasallian stands only to strengthen the gifts she brings to her ministry. A native of Southern California, Ms. Shackel is an alumna of Holy Names College in Oakland and Mount St. Mary's College in Los Angeles, majoring in English and minoring in Drama. Ms. Shackel's vocation journey has taken her on a few adventures, including answering phones at a Chinese take-out and an initial desire to be an actress! "If someone told me I was going to be a teacher, I would have run the other way!" admits this born educator. Still, no journey has been as interesting as teaching high school. Two of her favorite teacher-models were college professors, whom she describes as "tough, but approachable—women whose passion for their subjects was apparent in each class they taught!"

Ms. Shackel's integrity as an educator emulates the values she has been taught in and out of the classroom. Throughout her life, Ms. Shackel's family has played an integral support role in her vocation journey, guiding and encouraging her along the way. She describes her family—especially her parents—as being "delighted with my vocation. Were it not for the financial challenges of a large family, my Dad would have been a teacher, too." She credits many of her good virtues to members of her family members: she learned patience from her Aunt Pip, generosity from her Aunt Tina, and perseverance from her mother. "My mom is an active 93-year-old who enjoys life despite its ups and downs" says Ms. Shackel, "she is my role model." With examples and models like the ones she has encountered in life, it is no wonder that she is a beloved and respected educator. To Ms. Shackel, a vocation is a calling—it is not what you do; it is what God calls you to do. "Find that which gives you joy and pursue it with passion," she advises. We are blessed that Ms. Shackel's vocation journey has brought her to Christian Brothers High School.

# LASALLIAN STUDENT LIFE

## Christian Service

### Freshman Service-Learning

Ms. Spinelli, Mr. Guro, and Mr. Hovey will be taking their freshman religion classes to volunteer at the Sacramento Food Bank and Family Services (SFFS) throughout the month of October. Our new teachers will also be accompanying the students to assist in the service work. Students need to have all permission forms signed-including the SFFS One Time Volunteer form. Please make sure students are wearing their spirit shirts and that they are wearing shoes that cover the whole foot and are comfortable to walk and work in. This mandatory service-learning project gives freshmen the opportunity to walk through Oak Park and learn what the neighborhood and its resources have to offer. If you have any questions please call Ms. Lystrup or your student's Religious Studies teacher.

### Venaver San Dolores

Los Angeles: The following students will be leaving October 20-26 for their Venaver immersion. Immersion activities will consist of service at Father Boyle's Homeboy Industries, tutoring at San Dolores Mission School, working at the soup kitchen on Skid Row, as well as a trip to the Museum of Tolerance. As part of their preparation students met weekly and read Father Greg Boyle's book, *Tattoos on the Heart*. Please pray for the following: *Liwen Luo, Karina Miramontes, Christine Cottenil, Victoria Linares, Conner Swan, Jack Barnes, Taylor Ross, Lizzie Hovey, Madison Winn, Natalie Maas, and Colton Wackman*. Ms. Lystrup and Ms. Flaherty are the accompanying adults.

## Christian Service

- **Lasallian Youth:** Please see Dr. Holly Peterson
- **Wellspring Breakfast Club:** Please see Mr. Danny Delgado
- **Best of Friends:** Please see Ms. Jennifer Lystrup
- **Christian Service Corps:** Please see Ms. Jennifer Lystrup
- **The Interact Club:** Please see Ms. Holly Keller
- **The Blanket Club:** Please see Ms. Adriana Mundo

Any students interested in starting a Social Justice Committee please see Ms. Lystrup in Room 106.

## Student Activities

### Homecoming Week

Student Council is excited about their preparations for **Homecoming Week**. This year's theme is "Grease". During the week of October 14 - 19 students will participate in many jazzin' activities. We have **Powder Puff** games every day at lunch. Hey dudes, come out and support the Lady Falcons as they compete with other classes and the Lady Falcon Faculty! We encourage the faculty and students to dress to the theme on all **Spirit Days** that week or you'll be cruisin' for a bruise! As the two culminating activities we will have a far out **rally** at the end of the day on Friday and our amazing **Homecoming Dance** on Saturday. So gents, get your flat-tops ready, and ladies dust off your poodle skirts. The dress code has been posted and **guest passes** are available in the main office and LSO. They are due by October 11.

### Magazine Drive

Students have two weeks left to sell magazine subscriptions. **Our goal is \$100,000** and we still have a ways to go to meet this challenge. **SELL, SELL, SELL!** Those students who have sold or will sell, come to the student store to claim your prizes. Also, join us on September 27 and October 3 on the main lawn to enjoy the magazine sale games during lunch.

### Freshman Family Liturgy

Our **Freshman Family Liturgy** will be held **October 27**. Freshman families, you are invited to join us at 9:30a.m. in the Limeberger Gym for the service, and following the liturgy please come to the cafeteria for a continental breakfast. Please RSVP on the CB website.

## International Student Program

Mr. Dale Milton currently teaches World History 2, Economics and Civics. He is also Department Chair for Social Studies. In his 10th year of teaching at CB and as one of CB's favorite teachers, Mr. Milton has some interesting insights into the world of ISP.

During the 2012-2013 school year, Mr. Milton taught three ISP students. Mr. Milton and his family previously hosted an Italian student from Milan so Mr. Milton has some familiarity working with international students experiencing a foreign culture in the home, and the struggles of second language acquisition while working with the rigor of a college preparatory school.

When asked about his experience with the international students, Mr. Milton had a lot to say. He expressed that first and foremost, international students are like any other CB student. "We must meet them where they are and then move forward together." Mr. Milton describes newly arrived international students, as "middle of the road" students because they follow directions, work for everything they want and, too often, go unnoticed because they are quietly doing what is expected. Mr. Milton equates their beginning work to climbing a mountain as they master the English language, our CB culture and American ways. At some point, the ISP student hits a plateau and then maneuvers through hills and valleys of mastery of curriculum the remainder of the year. What impresses him is that some of our international students come at such a young age and plan to stay either three or four years with CB.

Mr. Milton thinks that international students are exemplary. He believes that these students bring value to our American students. "They bring new values, new modalities and new techniques as they give us an appreciation of other rules and other political systems. Our international students are global citizens, they are excellent students and this helps our (American) students."

Mr. Milton knows that our international students will do well at CB. If they "get involved in the CB community (sports, arts, events), they will love it (high school) and make it their own experience." Mr. Milton looks forward to teaching international students again soon.

**Congratulations to these outstanding students who were honored at our annual Awards Assembly:**

**ENGLISH**

Class of 2016  
Henry Agnew  
Nicolette Washburn  
Class of 2015  
Madeleine Nicolas  
Dante Mazza  
Class of 2014  
Madeline MacLeod

**VISUAL AND PERFORMING ARTS ART AWARD**

Class of 2016  
Adrian Arla  
William Legrand  
Seamus Hudnut  
Eleanor Weber  
Class of 2015  
Amanda Maurer  
Madeleine Nicolas  
Class of 2014  
Karia Bernardo

**INSTRUMENTAL AWARD**

Class of 2016  
Min Hyung Lee  
Class of 2015  
Lee Charles Ross  
Class of 2014  
Matthew Reade

**CHORAL AWARD**

Class of 2016  
Henry Agnew  
Marcela Bendala  
Class of 2015  
Ritam Sarmah  
Maurs Tomassetti  
Class of 2014  
Allison Lian  
Sergiy Vasylyev

**DRAMA TECHNICAL AWARD**

Class of 2015  
Garrick Sigl  
Class of 2014  
Kimberly Taketa

**DRAMA BEST ACTING AWARD**

Class of 2015  
Eric Pytel  
Class of 2015  
David Alcalá  
Katherine Vrome  
Class of 2014  
Domonic Tavlanini

**LASALLIAN TELEVISION TECHNICAL AWARD**

Class of 2015  
Daniel Lee  
Class of 2014  
Lucas Dudley

**LASALLIAN TELEVISION NEWSCASTER AWARDS**

Class of 2015  
Natalie Maas  
Class of 2014  
Emma Bradford

**FOREIGN LANGUAGE**

**FRENCH AWARD**  
Class of 2016  
Seamus Hudnut  
Min Hyung Lee  
Class of 2015  
Elizabeth Dewey  
Natalie Maas  
Class of 2014  
Sophie Lee  
Madeline MacLeod

**GERMAN AWARD**

Class of 2015  
Kristen Gelbel  
Victoria Coleman  
Class of 2014  
Zoe Haenggi-Wattenberg

**MANDARIN AWARD**

Class of 2016  
Nicolette Washburn  
**SPANISH AWARD**  
Class of 2015  
John Jedzynski  
Class of 2014  
Andrea Gil

**CONNER SWAN**

Class of 2013  
Karia Bernardo

**MATHEMATICS**

Class of 2016  
Min Hyung Lee  
Brittany Leek  
Elmer Lizarde  
Timothy Mendosa  
Class of 2015  
Ryan Bandaccari

**DANIEL KEVER**

Class of 2014  
Dana Kimball  
Sophie Lee  
Kimberly Taketa

**MATHELETES**

Class of 2016  
Min Hyung Lee  
Class of 2015  
Katherine Chen  
Class of 2014  
Dana Kimball

**PHYSICAL EDUCATION**

Class of 2016  
Kirsten Gruber  
Mallah Haroldson  
Elmer Lizarde  
Alexander Poroli  
Class of 2015  
Anthony Guzzetta

**ANDREA MARTINEZ**

Class of 2014  
Allison Schwartz

**RELIGION**

Class of 2016  
Maria Pearson  
Adam Wong  
Class of 2015  
Anna Dahl  
Miya Takahashi  
Class of 2014  
Julia Grajeda  
Charlie Ibarra  
Dana Kimball

**SCIENCE**

Class of 2016  
Henry Agnew  
Nicolette Washburn  
Class of 2015  
Ryan Bandaccari  
Madeleine Nicolas  
Hongyi Huang  
Matthew Lendire  
Class of 2014  
Sophie Lee  
Sergiy Vasylyev

**SOCIAL STUDIES**

Class of 2016  
Adriana Alvarado  
Seamus Hudnut  
Class of 2015  
Madeleine Nicolas  
Ritam Sarmah  
Class of 2014  
Matthew Reade

**SPECIAL AWARDS**

**SCHOLAR-ATHLETE**

Class of 2016  
Mallah Haroldson  
Elmer Lizarde  
Class of 2015  
Camden Belliveau  
Lauren Overstreet  
Class of 2014  
Prestin Barnett  
Haley Seyder

**ACADEMIC EXCELLENCE**

Class of 2016  
Min Hyung Lee  
Class of 2015  
Ritam Sarmah  
Class of 2014  
Sergiy Vasylyev

**SIGNUM FIDEI AWARD**

Class of 2016  
Ehain Vallejo  
Class of 2015  
Daniel Lee  
Dante Mazza  
Class of 2014  
Dana Kimball

**CB TALON Student Corner**

*The Band's New Instrument*

By Jessica Reynolds, Talon Arts Editor

The iPad has proven its success within CB classrooms from Science to English courses. Can it prove its usefulness within a classroom filled with instruments?

Mr. Travis Maslen, Christian Brothers Band Director, is pleased to confirm the surprising and valuable benefits of the iPad within his Instrumental Band classroom. He exclaims his ease of quizzing his students as he is starting to do video quizzes.

"In the past, what I had them do used up a lot of class time. They would come in and play their scale for their weekly quiz," he says. "Now I just create an assignment in Schoology and they record themselves playing."

Senior Alysa Toth ('14), part of the String Ensemble, confirms that with the additional class time students spend "less time on quizzes and more time on actually getting the songs right in class."

Another one of Mr. Maslen's students, senior Neena Lynton ('14), agrees. "Schoology has been the biggest part [of the class] because that is how Maslen uploads all of our music, and we just transfer all of it to our iBooks and it becomes a PDF. I organize all of it," the senior says. "All our warm-ups are on one shell, all of our melodies are on another shell. It's just a whole lot easier."

Mr. Maslen says some special guests helped him discover how the vital iPads can be for his class. "We actually had a group come here last year called the Axiom Brass, the number one brass ensemble. They came here and performed for us. They all used the iPad's," the band director says.

Neena, who attended the Axiom Brass visit, commented that the four piece brass section had their music on iPads, and that she prefers this style better than actual paper. "It's easier to organize and store, because before we just had a big black folder with tons of papers in it and it was hard to find which piece was with what," she says. "On the iPad it's always near."

Alysa predicts that the iPads will greatly prove their value during the spring when concerts held outside will be performed. Wind, which has been a huge disruption to performances in the past, will be hindered by the iPad's study nature. "Performances will probably be better and easier because you won't lose your music," Alysa states. "Part of the performances is turning the page - now with the iPad, page turning is not an issue."

With this school year just beginning, Mr. Maslen is sure to find even more uses for the iPad throughout the year. "Yesterday we were talking in class about some version of a song they had found on YouTube," he says.

This unpredictable use of the iPad not only gave Mr. Maslen insight for the correct song to perform for an upcoming school liturgy, but also demonstrated one of the many changes the iPad will continue to add to his classroom.



# ATHLETICS

## FALL SPORT UPDATES

### Cross Country

Christian Brothers XC is off and running. With four meets under our feet, the Falcons have proven themselves to be worthy opponents to some of the area's best teams. At the Lagoon Classic in Vacaville, the Falcons finished 1st in the Frosh Boys' race, 2nd in the Varsity Boys' race and top ten in each of the other races. In the Hornet Invitational hosted by CSU, Sacramento, the CB Boys' varsity was able to capture 9th place in what was solidly a large school race. Our next two races will take the varsity teams to Stanford University and Clovis in Fresno to compete against some of the top schools in the state. It should give us a preview of this year's state finals and let us now where we currently stand among those storied programs.

### Girls Volleyball

**Varsity:** Women's varsity volleyball is entering its 3rd week of nonconference action. The team had an outstanding stretch where they beat 5 successive opponents who were ranked in the Bee top 20, including wins over Rocklin and Oak Ridge which moved the Falcons into the #3 ranking. They are working hard to continue their streak when they face the Bruins of Ponderosa and St. Francis in the annual Holy Court. The team is looking forward to this weekend's "Founders Classic Tournament" to be held at Sacred Heart Cathedral High School in San Francisco. The girls will be spending the day on Friday at one of two service projects in San Francisco, working either with "Mission Girls" (an afterschool program targeted to Latina girls) or the "Kenya Ministry" by the Daughters of Charity (an organization that is a training center for young women who did not finish high school or who are single mothers). On Saturday, the girls will compete in matches with fellow La Sallian schools - host Sacred Heart Cathedral, St. Mary's, Berkeley and La Salle, Oregon.

**JV:** A highlight of the JV volleyball team's early season was winning the championship at the Vista Del Lago tournament. The squad has exhibited good balance in posting additional impressive wins against strong opponents such as Rocklin, El Camino and Rio Americano.

**Freshmen:** The Girls Frosh volleyball team currently has a record of 5 wins and only 1 loss against powerhouse Rocklin High School in pre-season matches. All 11 team members bring their strengths onto the court during each match and are looking forward to the start of league play against Oakmont High School on Oct 2. They are currently getting ready to being a part of Holy Court when they play against St. Francis.

### Boys Water Polo

**Varsity:** The Varsity water polo team has had a very heavy front-loaded schedule. CB has played some of the top competition in the Sacramento and Central Valley area. There have been some great wins, including an exciting 11-10 victory over Dixon when Spencer Tibbits scored the winning goal with 1 second left. Despite some tough losses, the team is growing and building upon every game played. Most importantly, the Varsity is off to a 2-0 start in league play with two solid performances against Oakmont and Rio Linda.

**JV:** The JV Falcons are having a very strong season thus far. Only tasting defeat one time, the Falcons hold a solid record of 6-1.

The Falcons appear to be one of the top JV squads in the Sacramento region. Upcoming tournaments at Oakmont HS and Jesuit HS will offer the JV team significant competition and an opportunity to gain some needed experience.

### Cheerleading

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

### Girls Tennis

The women's tennis team is off to a 4-1 start, including three 5-4 victories over Elk Grove, El Camino and Oakmont. The latter victory signaled a successful league start as well for the Lady Falcons. This year's team has an effective balance of experienced upper division returners combined with a large number of promising newcomers.

### Girls Golf

The season has barely begun for the Lady Linksters but the girls' golf team is already 5-0. The team has recorded impressive wins in league play, where they are undefeated after four matches.

### Boys Soccer

With a very busy early season schedule, the boys' soccer team has laid a solid foundation for the beginning of league play with a 5-2-2 record. No doubt one of the highlights included a 1-1 tie with traditional rival Jesuit which is nationally ranked. The JV soccer team is currently 3-3-1 under head coach Mario Moreno.

### Women's Water Polo

The 2013 women's water polo program is off to a much improved start this season and has recorded some impressive wins, including a thrill-packed sudden death victory over league rival Oakmont. Both varsity and JV teams are tied for first and undefeated in league! This year's varsity squad has exhibited a balanced attack and is poised to make a bid for the playoffs. The athletes and coaches hope to see more of the CB faithful pool side during the season.

### Football

**Varsity:** Varsity football began the season winning their first three games over River City, Placer and McClatchy before losing to Holy Bowl rival Jesuit. This year's team displays an exciting offense led by senior Mason Stahley who leads the team in rushing, all-purpose yards and scoring. Junior QB Chris Guillen has demonstrated versatility both as a passer and runner in leading the team in total offense. The offensive line has done an outstanding job opening lanes for the running backs and protecting the passer. On defense, seniors Austin Hart and John Wagstaff are the leading tacklers, while Wagstaff and Zac Ewersten are the sack leaders. Ryan Griggs has been a consistent performer in the secondary and leads the team in interceptions. Special teams have also been a strength for this year's team.

## MEDIA, VISUAL & PERFORMING ARTS

The accomplishments of our media, visual and performing arts students are stacking up already, and the year has only just begun! Auditions are now complete for our fall play "A Midsummer Night's Dream", and after a rigorous audition, twenty individuals were cast from the fifty that auditioned. The rehearsals are now in full swing, and lines are being learned, memorized and perfected for a November performance.

In the world of visual art, Sam Swanson was accepted into the American Icon digital art show which was shown at the **Sausalito Arts Festival** over Labor Day, Amanda Maurer participated in this year's "Chalk it Up" festival, and Caitlin Berger and Josh Levis both sold pieces of art at the **CB Wine, Food, & Beer Extravaganza**.

Our musicians have already set the tone for this year, as all of the men from our choral program were featured performers at the "Real Men Sing" choral festival at CSU Sacramento, where 350 high school male singers from 18 schools gathered for a day of singing and camaraderie. Our men gave a rousing performance of "The Pirate King" from Gilbert and Sullivan's "The Pirates of Penzance". They will be presenting an encore performance at CB's **Open House** on Sunday, October 6, so tell all of your friends with 8th graders to come out and listen. And of course, not to be outdone, our women will be featured at the **Women's Choral Festival** at CSU Sacramento on Friday, October 4. This festival will include 500 female high school singers, and the women in CB's **Women's Chorus** and **Chamber Choir** will combine at this event to represent Christian Brothers and its fine choral program. Finally, our award-winning **Vocal Jazz Ensemble** brought the sounds of jazz to the **Waterleaf** at Land Park, lighting up the faces of residents and visitors alike with their beautiful ballads and fabulous swing tunes.

Our instrumentalists have been performing as well. The **pep band** and **drum line** kept the crowds going throughout the **Holy Bowl Rally** and at Hughes Stadium for the **Holy Bowl** itself. Our elegant **string ensemble** "Dolce Fuoco" and **jazz combo** also provided music, creating a beautiful atmosphere at the **Heringer Estate Art Auction** in Clarksburg. And you will be able to catch our CB jazz combo at the **Our Lady of Assumption** annual fundraiser on October 12.

Kudos also to Seniors Emma Bradford and Lucas Dudley who will travel to New York in early October for the 1st "All American High School Film Festival". This festival received over a thousand submissions for 6 categories. Their music video has been nominated for two awards. The first is for best of category and the second nomination enters their film into a camera giveaway for best cinematography. This is a tremendous honor and an example of KBFT's continued success on the national stage.

And if you are looking for an opportunity to see our talented students first hand, please join us at our first **Open Mic Night** of the year on Friday, October 25 at 7:00 p.m. in the cafeteria. If you have not been to an Open Mic Night at CB, you are missing out. The talent of our students never ceases to amaze. Tickets will be sold during lunches the week of Open Mic. This event sells out, so get tickets early.

And as always, please join us at any or all of our **Friends of the Arts** meetings. Whether you are a parent, advocate, or are just passionate about the arts, you are always welcome. See the school calendar for dates throughout the year.

## FALL SPORT UPDATES...

**JH** The JV Football Team is off to another great season. With wins against River City and CK McClatchy, they took their 2-1 record into Hugh Stadium to square off against their nemesis, the Jesuit Marauders in the 43rd Annual Holy Bowl. The Falcon's offense looked great as the team drew first blood with an exciting 51 yard touchdown run from Quarterback Braeden Bourke. The Falcons entire defense was outstanding and shutout the Marauders taking a 7-0 lead into the locker room at halftime. The Marauders gave the Falcons a scare as they tied the game at 7 late in the 3rd quarter. But CB recaptured the lead with less than 2 minutes to go and a touchdown run from Austin Vonhof gave the Falcons a 13-7 lead, sealing the victory for Christian Brothers.

**Freshmen:** While the freshman football team has started slowly record-wise, the players have shown significant improvement in their skill level. Both the offensive and defensive lines have made progress, with Elias Robinson and Raul Arambula leading the way on the offensive front and Jimmy Ghilardi and Chase Davis on the defensive side. Nico Orr has been a consistent performer in the secondary along with Anthony Davis at linebacker. Aaron Ewing, Pat Barnes and QB Matt Marengo have sparked the offense.

### Athletic Reminders:

1. **Winter sports begin on Monday, November 11.** All prospective athletes must have a **completed Athletic Packet** which can be downloaded from the Athletic section of the school website under Files and Links.
2. Don't forget the **Homecoming football game on Friday, October 18** against Rio Linda at Hughes Stadium. Game times: 5:00 and 7:00 p.m.
3. **Additional key contests:**
  - Cross Country- CVC Center Meet, Wednesday, October 9, @ Maidu Park in Roseville.
  - Soccer v. Bella Vista at CB, October 31, 3:00 p.m.
  - Girls and Boys Water Polo v. Bella Vista at Sac City, October 29, 5:00/6:00 p.m.
  - Girls Tennis v. Bella Vista at Laguna Creek RC, October 24, 4:00 p.m.
  - Girls Golf- CVC League Tourney, October 14, Haggin Oaks, 9:00 a.m.
  - Girls Volleyball Vista del Lago Tournament, October 12, all day.



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FALCON  
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# FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF COUNSELING & GUIDANCE

## "FIT IS IT" WHEN IT COMES TO APPLYING TO COLLEGE

Even though we have been blessed with warmer-than-usual autumn weather, you knew that it was inevitable that we would be in for a big change soon! If your family is like mine, now is the time to pull out the warmer clothing and perhaps head out to the nearest mall or other clothing stores to buy some new seasonal fashion items. Going shopping with my two daughters is an adventure and it takes patience, an open mind, some parental direction and yes...money.

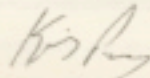
Perhaps the same can be said when it comes to that other fall ritual for high school seniors called College Admissions. At Christian Brothers, the college planning process starts early. Parents seek out the education that we offer because one of the things we provide (among many) is a college preparatory experience. It is an expectation that many families have when considering CB as their "place to be." When freshmen log on to Family Connection for the first time within weeks of their arrival, they (and their parents) have access to a massive amount of college planning information on this website. Other events such as the PLAN test, Sophomore Academic Planning Night, the PSAT, two College Nights for Juniors and Their Parents, "Getting Noticed, Getting In" for athletes, and many workshops during senior year, along with countless conversations with teachers, counselors and parents, mark milestones in the process of picking the "right fit" college for them.

This brings me back to that shopping trip at the mall. When we try on clothes, we are many times looking for everything to come together in all ways possible. Sometimes, we find the design we are looking for, only to find out that they don't have our size. Other times, we think that we have found what we need and then discover that it just doesn't feel as comfortable as we thought it would. We might look for only major brand name clothes when what fits us best is something that has a name on it that we have never heard of before. Then, there are those times when we find something that has everything that we like and we are very excited, and then we look at the price tag and...ouch! It is

not quite in the family budget and we head back to the racks to search for something that we can afford. College shopping can be a lot like that.

Just like a shopping trip or even the family vacation, the college planning journey can be a combination of FUN and STRESS. It is true that college planning and the admissions process during senior year can become complicated and can have any number of twists and turns, many of them logical and many more... highly emotional. Patience, an open mind and parental direction goes a long way in college planning just like it is does in shopping. My best advice is what we have been telling parents and students for years in the Counseling and Guidance Department...TRY TO FIND THE RIGHT FIT FOR YOU! You are the unique and wonderful person that God made you to be and you deserve happiness and the best possible outcome for yourself!

We feel fortunate as counselors to be able to work with our students during the entire four years that they are here, culminating in what happens after they move on from graduation. Most of our students (99%) will attend college and the majority have discovered that they crafted a college experience that fits them best. It is because they checked things out, planned things out, prayed, asked for assistance and guidance along the way, considered all of the possible outcomes of their choices and then made the best decision for their own personal happiness. Good luck to all of you Falcons, and especially the Class of 2014! Have fun, cope positively with the inevitable stress, and let us know how we can help!



Director of Counseling & Guidance

NOVEMBER '13

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FALL SEMESTER

INSIDE:

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Campus Ministry  
Christian Service  
Student Activities

Media, Visual &  
Performing Arts  
Athletics  
Falcon Family Races

# COUNSELING AND GUIDANCE DEPARTMENT

NOVEMBER '13

2

FALL SEMESTER

Autumn is always a very busy time in the Counseling Department! We recently held our annual Fresh Parents Guidance Night, hosted two Mandatory Parent Nights on Drugs and Alcohol, coordinated Testing Day for our sophomore and junior students, hosted the most recent ACT exam, are giving the SAT on-campus this Saturday, and we conducted numerous staffing meetings with students, parents and teachers for students in need of academic intervention. We are also in the midst of a very busy college application period with our seniors. We continue to provide personal counseling and academic guidance along with extensive college planning performed by our Director of College Counseling, Ms. Melissa McClellan. Our Class of 2014 counselor, Mrs. Blaire Moskat is out on maternity leave this semester, but is also writing letters of recommendation for many of the seniors whom she has gotten to know over the past three years.

As you may know, Christian Brothers provides one of the most comprehensive programs of Advanced Placement course offerings in the region. We currently offer fifteen Advanced Placement courses and have approximately 500 AP exams scheduled to be taken by our students in May. We are very pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2013 exam results.

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

Hannah Ahern	Prestin Barnett	Jordan Broadhead
Kevin Camacho	Austin Chan	Cydney Chilmidos
Eric Domek	Marielena Encinas	Madeline Esquivel
Iris Fan	Sylvia Francisco	Maxwell Fuhs
Mateo Garnica	Gurshawn Grewal	Elena Groen
Carter Hafner	Vivian Hai	Austin Hart
Rodrigo Herrera	Laura Kalmanson	Catherine Karalli
Morgan Leu	Jackson Long	Madeline MacLeod
Savannah Muzzi	Elenamarie O'Malley	Gavin Owens
Gabrielle Patterson	Kelsey Pfirman	Nicole Pineda
Matthew Reade	William Richard	Kyle Rodrigues
John Romieh	Brenna Sharer	Joshua Stone
Kimberly Taketa	Robert Tucker	Sergiy Vasylyev
Clara Wankat	Sophia Weber	

**AP Scholar With Honor** (granted to students who receive an average score of at least 3.25 on all AP exams taken, and scores of **3 or higher** on **four or more** of these exams on full-year courses (or the equivalent)):

Kathryn Benson	Adam O'Elia	Kaalen Kirrene
Peter Mackensen	Relly Metzker	Carleigh Nivens
Lauren Payne	Bryan Petkus	Angela Maya Rothman
Benjamin Taylor		

**AP Scholar with Distinction** (granted to students who receive an average score of at least 3.5 on all AP exams taken, and scores of **3 or higher** on **five or more** of these exams on full-year courses (or the equivalent)):

Tatjana Bowman	Delenn Breedlove	Michael Carroll
Maria Castro	Alexander Daly	Ryan Dempsey
William Dobson	Elizabeth Herrera	Clara Johnson
Rachel Kim	Dana Kimball	Sophie Lee
Brianna Pressey	Brandan Schultz	Korbinian Thalhammer

**National AP Scholar** (granted to students in the United States who receive an average score of at least 4 on all AP Exams taken, and scores of **4 or higher** on **eight or more** of these exams)

Alexander Daly	Ryan Dempsey	Korbinian Thalhammer
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**CONGRATULATIONS TO THESE CURRENT AND FORMER STUDENTS!**

## Upcoming Guidance Events:

**SAT Test Dates:** November 2 @ CB; December 7 - not at CB (deadline to register is November 8)

**ACT Test Dates:** December 14 - not at CB (deadline to register is November 8)

**"Getting Noticed-Getting In" Athletics/Guidance Night:** Tuesday, November 5 at 7:00 p.m. in the CB Cafeteria

**College Application Workshop (general) for Seniors:** Thursday, November 7 from 8:00-9:00 a.m. and at Falcon Flex

**Fundamental College Prep College Field Trips:** Thursday, November 14 (all day to St. Mary's College)

**College Financial Aid Night for Seniors and Parents:** Tuesday, December 3 at 7:00 p.m. in the CB Cafeteria

## Campus Ministry Reflections in November

The beginning of the month of November brings us two opportunities for prayer and reflection... Friday, November 1, the Feast of All Saints Day, is a holy day of "opportunity" when the Catholic Church honors the lives of those holy men and women who serve as models of our faith. We also remember those who transformed the world and who are now "rejoicing in heaven." Their example inspires us and they accompany us through their prayer and intervention. Many of the Saints were everyday and ordinary people, living with extraordinary faith. The Gospel passage which we hear on this feast day is from the Sermon on the Mount in Matthew 5: 1-12, the Beatitudes. This Gospel issues a challenge for all of us to be saintly. These "Be-Attitudes" invite us to examine our lives and reflect upon how we can follow in the footsteps of the Saints. So when you notice that I chose to use the word "opportunity" in place of obligation, I did so intentionally. All Saints Day is an opportunity—a chance to remember and honor the lives of the official Saints, but also an opportunity to consider our everyday call to sainthood as faithful followers of Christ.

When you hear the word "saint" or "holy person," what do you envision? Do you believe that God has set you apart and for God's mission in the world? Who are some of the "saints" who have encouraged and mentored you in your faith?

Saturday, November 2, All Souls Day, is a day in which we pray for and honor our loved ones who have died. This is another opportunity to offer a prayer of thanksgiving for the time we were given with these special individuals, even if for only a short time. On this day, take a moment to remember the gift of your loved one's presence and the specific ways in which he or she touched your life.

Here at Christian Brothers we are marking the importance of these two days in a variety of ways. On All Saints Day we will celebrate an All School Liturgy together. We will learn more about the lives of specific Saints and we will also share a special video tribute of loved ones who have died and will include photos submitted by staff, students and alumni. In addition, throughout the month of November, members of the Christian Brothers community may write the names of loved ones who have died in our Book of Remembrance on the altar in the main hallway. Our Maya Club also has a beautiful "Día de Los Muertos" altar of remembrance where students may place a picture or a trinket that symbolizes the loved one who is to be remembered. This will also remain in the main hallway for the month.

As you prepare to gather around your table for Thanksgiving Dinner, please find a table prayer to share. Blessings during this month of giving thanks! -Jen Yearwood, Director of Campus Ministry

### Retreats

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

We are registering for the remaining junior and senior retreats and would like to have all students interested in attending one of the upcoming retreats signed up. This means even if a student plans to attend a retreat sometime between January and April, they must sign up NOW! This helps us in planning ahead for transportation and the retreat centers regarding food and lodging. In addition, some of the retreat dates tend to fill up fast- the best way to secure a retreat spot is to have your medical form and payment turned in. So... PLEASE speak with your son/daughter and determine which retreat date will work best. Here they are again:

**Junior Overnight:** December 2-3, February 3-4, March 3-4, and April 7-8

**Senior Kairos:** January 21-24, March 25-28

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

**On Wednesday, October 16th the Class of 2017** shared a time of retreat together. Joined by 35 of our Senior Retreat Leaders, a great time was had by all.

### Save the Date...

**Parent-Teen Mini Retreat** will be held on campus this year on February 12 from 6:00-9:00 p.m. Students from all classes (fresh-senior) are encouraged to attend with one or both parents. More info to come next month....

**Family Bunco Night** will be held on campus on Thursday, April 3 from 6:30-8:30pm. Please join us for a fun filled evening! More info in coming months.....

### Thanksgiving Table Prayer

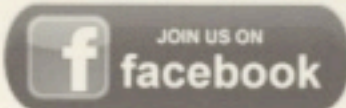
Lord God, our hearts are crowded with gratitude as we celebrate the feast of Thanksgiving.

We have come to this our feasting table with great joy and eagerness, for we are truly grateful to You, our God, for all that we have been given.

We pause now and, in silent prayer, do thank You for the great generosity of Your gifts.

*Pause for silent reflection.*

We also thank one another for gifts - especially for the gifts of love and affection that we have freely shared. We are thankful for all who are present at this our feast as well as for all those who have labored in love in order to bring this dinner to our table. May You, our God, bless this Thanksgiving feast and all of us who shall share it in Your holy name. Amen.



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

# LASALLIAN STUDENT LIFE

## Christian Service

**Canned Food Drive:** Our annual canned food drive takes place November 1 - 7. We are asking that all students bring two canned good items (not expired date) or more during the drive. We also request that each student brings at least two canned food items to the All Saint's Day Liturgy on November 1st. All food goes to our partners at the Sacramento Food Bank and Family Services. Last year we collected over 1000 cans and we hope to exceed our goal this year. Thank you!

**Advent Almogiving:** Each year our Advent almogiving is directed to St. Patrick's Academy. We ask for NEW books for students between grades K-6. Please wrap them and identify with a tag boy or girl and grade. We top the book drive off with a Christmas Party at St. Patrick's with the students from CB's Lasallian Youth Club handling the gifts out to the students. Please see Dr. Peterson in Room 202 to drop off books.

**Christian Service Learning:** Social Justice students participating in Displace Me: Homelessness will be involved in an overnight immersion experience on the CB campus to learn first-hand about the reality of being homeless. Displace Me: Homelessness begins Tuesday, November 5 at 5:00 p.m. and ends Wednesday, November 6 at 3:30 p.m.

**Ven-a-Ver - Browning Montana:** The following students will be leaving November 10 and returning November 16 for Ven-a-Ver Montana: Isabelle Lambert, Nicholas Garcia, Sarah Poslusony, Frank Huntington, Nemesia Steiner, Patricia Kershoff, Antonia Hagell, Vincent Villegas, Katie Vrame, Alexandra Lloyd and Gabrielle Wood. Accompanying adults: Ms. Jennifer Lystrup and Mr. Rolf Schumann. Please pray for them. Also, the Ven-a-Ver parent dinner is Thursday, November 7 at 6:00 p.m. Please remember to RSVP to [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org)

**Ven-a-Ver - Otro Lado Tucson, AZ/Nogales Mexico:** Though student participants will not be leaving until February please make sure all student participants have their CA I.D., (needed for airline boarding and Border Patrol) and their passport or any other papers needed to cross the border. Please DO NOT wait until last minute.

**Ven-a-Ver - Los Angeles San Dolores:** Please make sure the Ven-a-Ver bags are returned to the LSLO by November 1st.



## Christian Service Opportunities:

The Sacramento Life Center needs student volunteers 16-18 years old to help check in the guests for their 2013 Salute to Life Dinner and Auction. Students will be needed November 19 at the Hyatt Regency Hotel Grand Ballroom. If you are interested please email: [themarottis@gmail.com](mailto:themarottis@gmail.com).

Student tutors are needed at Holy Cross. Please see Ms. Lystrup in the LSLO.

## Student Activities

**Homecoming - GREASE** was indeed the word for our fantastic Homecoming Week. Student Council had it "made in the shade" with spirit dress days, a cool rally, and an "out o' sight" parade at the Homecoming football game. The dance was "torn o' fun" and we crowned our new king, **Zach Ewertson** and our new queen, **Lily Jones** which put us on Cloud 9. **Congratulations to the Homecoming Royalty for 2013.**

**Magazine Sale** - Thank you to all the parents, teachers, and students who put in needed hours to raise funds necessary to fund our clubs and contribute to athletics, visual arts, and more. We raised over \$90,000 to support our programs.

**Frosh Liturgy** - The Freshman Council has worked diligently to create a spiritual liturgy for their families, friends, and classmates. They worked with their moderators, **Ms. Stephanie Roybal** and **Mrs. Lorie Frias**, as well as **Ms. Jen Yearwood**, Director of Campus Ministry, on their theme "Be You, Be Us." A delightful breakfast was served in the cafeteria following the liturgy. Thank you, Frosh.

**Spirit Day** - On Thursday, October 31 Student Council hosted a Spirit Day. Teachers got into a "ghostly" mood and had candy for those students who dared brave their classroom to Trick or Treat. We also held our annual Bacon Race using the pigs won by teachers during the Magazine Sale. This event is one of the highlights of the sale, with teachers finding creative ways to increase the competition and make those pigs fly across the tarmac!

## Six Tips for Improving the SmartTuition Payment Experience

1. Be sure to have your unique 13 Digit Smart Tuition account number (example ID#1188712345645) available before calling Smart Tuition 888-868-8828. It is printed on your "Smart Welcome Letter" and also on your monthly invoice. Our school code is #11887.
2. You can always make a payment by phone or web at no additional cost to you. If paying by phone, be sure to select the "Smart automated payment" option.
3. Remember that it takes one business day for a payment to post to your account. Be sure to make a payment at least one business day prior to your scheduled payment due date to ensure it is received on time. If you are mailing a payment, be sure to mail it to the SMART TUITION PROCESSING CENTER, PO BOX 54228, LOS ANGELES, CA 90054-0228 and it needs to arrive there one day prior to the due date on your statement. When possible, avoid the New Jersey address. It takes significantly longer for your payment to arrive.
4. You can always change your payment method or due date (due dates are the 5th or the 20th). You can go online and enter that payment or call 888-868-8828 24 hours a day, seven days a week and use Smart's automated payment system. Please be sure to make this change at least three business days prior to your scheduled payment date.
5. You can always contact Smart Tuition by email as well as phone. Simply send your question to [parents@smartrtuition.com](mailto:parents@smartrtuition.com) and receive a reply within 2 business days.
6. If you require any support from Christian Brothers High School, please contact Susie Griffin at 916-733-3644 or [sgriffin@cbhs-sacramento.org](mailto:sgriffin@cbhs-sacramento.org) for immediate assistance.

## MEDIA, VISUAL & PERFORMING ARTS

October has passed, all of our musical ensembles had fantastic performances at Open House and are now putting **Christmas Concert** music together, the sugar rush from trick-or-treating has just about subsided, and there is a chill in the air. It is the perfect time to come out and support our aspiring thespians as they grace the stage with magic and the complexities of love in the Christian Brothers High School production of Shakespeare's **"A Midsummer Night's Dream"**. Sophomores Eric Pytel and Maddy Mason and freshman Ian Farrell lead an all-star cast, playing Puck, Helena and Bottom respectively in this fantastical romantic comedy. The production runs November 15, 16, 22, 23 at 7:00 p.m. and November 17 and 24 at 2:00 p.m. at the New Helvetia Theater at 10th and R Streets in Sacramento. Tickets are \$10 adult and \$5 student and will be available for purchase at the box office. Please email theater director Mr. Mickiewicz at [cmickiewicz@cbhs-sacramento.org](mailto:cmickiewicz@cbhs-sacramento.org) for more information.

Also, just in case you missed the first **Open Mic Night**, come out and support our talented students as they perform in the next Open Mic Night, taking place on Friday, December 6 at 7:00 p.m. in the cafeteria. After a wonderful show last month, this is sure to be a sold out event, so put it on your calendars now!

And as always, you, your friends, or anyone who values the arts in school are welcome to come to our **Friends of the Arts** meetings. The next meeting is Wednesday, November 20 in the choir room. You may also check the school calendar for all upcoming media, visual and performing arts events. For any questions or comments, please contact Director of Media, Visual and Performing Arts, Mr. Ron Slabbinck at [rlabbinck@cbhs-sacramento.org](mailto:rlabbinck@cbhs-sacramento.org).

### CB TALON Student Corner *Young Superstars On Varsity Volleyball*

By Ally Mattos, Talon Sports Reporter

*Making a varsity sport is never easy regardless of age, but the varsity volleyball team has many talented exceptions.*

The 2013 Women's Varsity Volleyball team has a squad made up of unique and skilled players. Most of the roster are upperclassmen, with the exception of three sophomores, **Ashlynn Fresques** ('16), **Kate James** ('16), and **Elizabeth Robinson** ('16), and two freshmen, **Paloma Bowman** ('17) and **Ryann Thomson** ('17).

"It's usually not my criteria to pull up freshmen for experience," **Coach Diane Heine** explains. "I've brought up maybe five freshmen in the past five or six years. They definitely need to be well qualified, skilled, and meet the same expectations of the upperclassmen."

When looking at skill level, players were chosen solely based on their ability and what they can bring to the team. With the freshmen, age is not taken into account when looking to put together a squad. They are expected to meet the same skills and criteria as any upperclassman on the team.

"I think that it's not a matter of ability, it's a matter of being able to communicate and play at a higher level against older girls, and I think these freshmen have stepped up to the level," **Nastassja Bowman** ('15) says. "They give excitement, their own unique skills, they're able to

communicate and can contribute to the team."

"All of the juniors and seniors on the team are considered as role models for the younger players. They are looked up to and used as examples by these underclassmen."

Being a freshman on varsity is quite rare and exceptional, but can be an intimidating experience. But the younger girls have been welcomed with open arms.

"The whole team is very welcoming and supportive," says Paloma. "Therefore, it was an easy transition to playing with older girls. But while I'm playing, I don't necessarily think about my age because I feel as if our team is one big unit -- not individuals."

Playing any sport requires bringing the player's best efforts to the table, regardless of age. The coaches not only look for who meets the skill level, but who will fit best with the team and make them successful.

Freshmen are no different from the sophomores, juniors and seniors. They have to fight for their playing time just as any other player would.

"The playing time is based off of the coaches' decisions, who they think has worked hardest in practice, and who brings out the best in the team," Paloma says. "I think the amount of playing time I get is fair because everyone earns their playing time through great effort and executing the skills they have."

Every player on the varsity volleyball team rightfully earned their position and playing time, proving that age is nothing but a number when it comes to sports.

### VOCATIONS

**Lincoln Snyder** is a Christian Brothers composite, traversing CB as a student, faculty member, and now as the chairperson of the Board of Trustees. He calls Christian Brothers his "Hazel California" from the song made famous by the Eagles, referencing the line "You can check out any time you like, but you can never leave." Lincoln's broad experiences here, combined with some formal training from the Brother's District of San Francisco and a few decades of maturity, have shaped his view and understanding of what it is to have a vocation. When in his twenties, Lincoln felt that vocation was defined by a person's job, like his brother James. James always wanted to be an actor/entertainer, which has blossomed into a career where he has shown passion and persistence. As such, James' career has defined his adult identity. Lincoln's calling(s) had a few more twists and turns.

After graduating from Georgetown University's School of Foreign Service (1996), Lincoln accepted a job in Poland. Using his skills for languages and relationship-building, he embarked on a career in multinational corporate business, but the wear and tear of 180,000+ miles in the air each year, and the needs of a growing family, got Lincoln thinking about a different kind of lifestyle. An invitation to teach a summer school social studies class at CB in 2002 was his opening. This twist of fate led to two years of full-time teaching at his alma mater, an experience which deepened his commitment to the Lasallian charism and gave him a lasting appreciation for the craft of teaching. Teaching, however, was not to be his final vocational stop. With family ties to Poland through his wife Aga, and a former boss begging for his return, Lincoln set out again for Poland and corporate business. God was still working-the-clay that would become a vocation for Lincoln. Naturally the demands and pressures of corporate life had not changed, but in 2007, his vocational pieces began to fall into place. Lincoln was invited by his father to join the family real estate business and make another trans-continental move. Shortly thereafter, Kevin Valine '73 asked Lincoln to serve on the Christian Brothers Board of Trustees, bringing him back to CB again.

With a sense that he will be doing even more in the future involving the Lasallian world, Lincoln is participating in the District of San Francisco's Discerning Leadership Program. Through the program he has gained a deep appreciation of the example set by St. John Baptist de la Salle as a person who strove his entire life to solve very human problems, rather than viewing images of the ethereal saint of his school years. "I'm grateful to have the opportunity to serve Christian Brothers High School. Focusing on the needs of the school and working with the dedicated men and women of the Board of Trustees to ensure that CB is here to serve future generations of students has really been a gift to me. I plan to be of service for as long as CB will have me."

# ATHLETICS

## FALL SPORT UPDATES

### Men's Soccer

The CB Men's Soccer Team is having a tremendous season. The Falcons have secured the league title in their final season in the Capital Valley Conference, going 7-0-1 (through 8 games). Kristian Heptner is currently the leading goal-scorer in the area (26 goals in 6 games) and heads the attack for the Falcons, while a stingy defense led by seniors Jack Long, Cameron McKibben, Ross Nichols and sophomore Tomas Buchmiller have held their opponents in check. Heading down the home stretch, the Falcons are looking to secure home-field advantage throughout the playoffs to aid in their quest for a section championship.

### Women's Golf

The Falcons finished 10-0 in league and also captured two league tournaments. Four athletes made the CVC All-Conference team: Beah Cruz, who was named league MVP, Katrina Jacinto, Lauren Seitz, and Marissa Lopez. The Falcons placed 3rd at the Division 2 Section championship. Beah Cruz was low gross medalist and went on to compete at the Masters division tourney.

### Cross Country

As the 2013 XC Season winds toward championships, the end is shaping up to be very interesting for the Falcon runners. The boys' varsity is looking to rekindle the State Meet flame after finishing 10th at Stanford and 7th at the very competitive Clovis Invitational. They are led by senior Max Pedrotti who is currently rated among the top 20 D4 runners in the state. The girls also improved their chances to return to the California State Championships with solid performances at Clovis. Steady performances by sophomores Reagan Tweedy and Emily Simi along with junior Maddie Murphy and senior Callin Simi have really energized the team at just the right time. 9th graders are proving to be the future for the Falcons as they continue to run varsity workouts at close to varsity times. The future truly looks bright for CB XC.

### Girls' Volleyball

Currently all 3 levels remain undefeated in league play. The varsity squad is looking forward to the upcoming St. Francis Tournament which should further help them prepare for post season play.

### Girls' Tennis

Highlighted by a stunning victory over rival Oakmont High School, the girls' tennis team qualified for the playoffs. The Lady Falcons finished second in league with a 7-3 mark.

### Men's Water Polo

After a hard fought 11-10 loss to Bella Vista in the first round of league play, the boys' water polo team anticipated the return match-up which will determine the league title. Standouts in the Bella Vista game included goalie Kyle Smith and seniors Spencer Tibbitts, Jonathan Piner and Zane Janich. Playoffs await the Falcons as they complete league play and a challenging tournament schedule.

### Women's Water Polo

The varsity water polo team was also competing for a playoff spot as they looked forward to a season-ending clash with first place Bella Vista. The JV girls' team won the Oakmont JV tournament championship as they continued to show improvement over the season.

### Football

The varsity football team kept its playoff hopes alive with a thrilling 38-36 victory at Del Campo. With less than 2 minutes left, the Falcons marched the length of the field to set up Hayden Jones' game-winning field goal with two seconds left on the clock. Ce'von Mitchell-Ford and Mason Stahley formed a potent one-two punch in the backfield with 3 touchdowns, while QB Chris Guillen had two scoring tosses to Erik Bloomquist and Brandon Thompson.

### Reminders:

1. Winter sports begin on Monday, November 11. All prospective athletes must have a completed Athletic Packet which can be downloaded from the Athletic section of the school website under Files and Links.
2. Be sure to check the athletic website for upcoming playoff contests involving our fall sports teams.
3. Tuesday, November 5 is the annual 'Getting Noticed Getting In' presentation on college athletics and the recruiting process. The presentation begins at 6:30 p.m. in the cafeteria.

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

Cross Country- JV	4.0	Cross Country-V	4.0
Girls Tennis	3.8	Girls Water Polo- V	3.77
Student Athletic Trainers	3.53	Girls Golf	3.5
Boys Soccer-V	3.5	Cheerleading- V	3.45
Volleyball-JV	3.37	Cross Country-Frosh	3.36
Volleyball- Frosh	3.36	Cheerleading- JV	3.34
Volleyball-V	3.31	Football-V	3.3
Girls Water Polo-JV	3.25	Football- JV	3.15
Boys Water Polo	3.09	Football- Frosh	3.0

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

**Cheer:** (F) Brenna Patterson (JV) Victoria Burbridge, Madison Gudmann, Synthia Ramirez, Mackenzie Stames, Kathryn Anoskey, Maci Meyer (V) Isabelle Lambert, Zaria Watkins, Hannah Richardson, Madison Hamzy, Taylor Fedorenko, Sydney Garcia

**Cross Country:** (Sub V) Juan Alba, Brandon Chan, Jonathan Claridad, Vincent Diaz, Jacob Montrose, Bridget White, Miranda Esquivel, Laura Gorry, Nicholas McHale, Colin Campbell, McKenna Decker (JV) Herbert Wang, John McHale, Nicholas Garcia, Nemesia Steiner, Connor Gorry, Matt Lemire, Pat Bell, Rio Fernandez, Susanne Swanson, Joshua Abulencia, Cornelius Kasbergen, Fallon McMahon, Nathaniel Lintz, Inigo Nazareno, Taylor Turner (V) William Tracy, Michael Sparks, Eric Domek, Adam Wong, Anna Louise Dahl, Emily Simi, Elmer Lizarde, Michayla Mabourakh, Callin Simi, Reagan Tweedy, Gareth Durham, Parker Kaye, James Pedrotti, Madison Murphy

**Football:** (Fr) Raul Arambula II, Matt Bell, Dominic Hinton, Ben Slakey, Matt DeSimone, Jacob Esquivel, Chris Milton, Pat Barnes, Christian Montanez, Carlos Stahl, Kasen Taylor (JV)

## FALL SPORT UPDATES...

Joshua Brouwer, Ben Brouwer, Braeden Bourke, Daniel McCarthy, Steve Schneider, Malcolm Anderson, Tyler Guillen, Cooper Murphy, Jacob Sandlin (V) Saihei Basra, Kyle Cherry, Austin Hart, Brendan Smith-Fagan, Keoni Mark, Zach Ewertsen, Kristian Heptner, Ryan McGee, Ryan Moore, Erik Bloomquist, Logan Snyder, Matt Spain, Chris Guillen, Ryan Hedum, Mason Stahley, John Wagstaff, Sean Olson, Keilen Ralph, L.C. Shorter

**Girls Golf:** (V) Natalie Nunes, Beah Cruz, Marissa Lopez-Alvarez, Julia Griggs, Katrina Jacinto

**Boys Soccer:** (JV) Vincent Diaz, Francisco Mejia, Colin Campbell (V) Seamus Hudnut, Camden Belliveau, Jackson Long, Quentin Barbosa, Alan Cervantes, Mark Wassmer, Louis Heinzer, Jackson McMullen, Kristian Heptner, Elmer Lizarde, Jacob Rohrer, Luca Bertazzoni, Joe Delgadillo

**Women's Tennis:** (V) Sophie Lee, Carly Mayer, Agata Aks, Kendall Johnson, Hannah Hawkins, Jana Brown, Brittany Leek, Sophia Davis, Katherine Chen, Carly Mayer, Rebecca Mazur, Yuwen (Wendy) Song, Wei (Vivian) Wang, Isabella Granucci, Faye Messner, Yesenia, Lopez-Ambriz, Alexis Navarro, Lindsay Donovan, Julia Rinaldo, Remington Kirana, Lindsay Doll

**Women's Volleyball:** (Fr) Marley Downey, Makenna Haroldson, Carlissa Loftus, Kacey McCarley (JV) Makenna Chapman, Natalie Flynn, Erin Clark, Mackenzie Lusich, Ceyenna Tillman, Megan Klotz (V) Lauren Overstreet, Paloma Bowman, Ashlynn Fresques, Nastassia Bowman, Jill Thomas

**Men's Water Polo:** (JV) Efrain Vallejo (V) Edwin Ballesteros, Spencer Tibbitts, Jason Hao, Spencer Hao, Austen Takahasi

**Women's Water Polo:** (JV) Maliah Haroldson, Mary Hymes, Maria Gonzalez, Danika Piotrowski, Madelyn Kenshol, Anna Sorensen (V) Carleigh Osen, Ivy Kolb, Julia Grajeda, Emma O'Malley, Mary Zannetti, Allison Blake, Anna Blake, Catherine Hallsten, Patricia Kenshol, Kalani Mark, Jane Ferguson, Megan O'Hearn, McKinley Grieve, Bailey Carpenter, Sydney Rodriguez

**Student Athletic Trainers:** Stephanie Jimenez, Ameyalli Chavez, Bianca Chamorro, Halle Hurtado, Colleen Brown, Jenna Culley, Grace Leu, Claire Jones-Ruman

## CVC SCHOLAR-ATHLETE AWARD

**ELIGIBILITY:** Athletes who are members of a CVC recognized Varsity Team are eligible for the award. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing.

**GPA:** Athletes must have a cumulative 3.50 (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of Semesters from 9th grade onward.

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

The following athletes are being recognized as **CVC scholar athletes:**

**Cross Country:** William Tracy, Michael Sparks, Eric Domek, Adam Wong, Anna Louise Dahl, Emily Simi, Elmer Lizarde, Michayla Mabourakh, Cailin Simi, Reagan Tweedy, Gareth Durham, Parker Kaye, James Pedrotti

**Football:** Saihei Basra, Kyle Cherry, Austin Hart, Brendan Smith-Fagan, Keoni Mark, Zach Ewertsen, Erik Bloomquist, Logan Snyder, Ryan Hedum, Mason Stahley

**Girls Golf:** (V) Natalie Nunes, Katrina Jacinto

**Boys Soccer:** (V) Seamus Hudnut, Camden Belliveau, Jackson Long, Quentin Barbosa, Louis Heinzer, Jackson McMullen, Elmer Lizarde, Joe Delgadillo, Mark Wassmer, Alan Cervantes

**Girls Tennis:** Sophie Lee, Carly Mayer, Brittany Leek, Agata Aks, Lindsay Donovan, Jana Brown, Kendall Johnson, Hannah Hawkins, Sophia Davis, Katherine Chen, Faye Messner

**Women's Volleyball:** Lauren Overstreet, Ashlynn Fresques

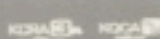
**Men's Water Polo:** Edwin Ballesteros, Jr., Spencer Tibbitts, Spencer Hao, Jason Hao

**Women's Water Polo:** Ivy Kolb, Allison Blake, Patricia Kenshol, Julia Grajeda, Megan O'Hearn, Carleigh Osen

Because Cheerleading and Student Athletic Trainers are not part of CVC approved sports they do not qualify for this honor, however, we recognize the advanced accomplishments of the following scholar-athletes of these two programs who meet the same qualifications:

**Cheerleading:** Isabelle Lambert, Hannah Richardson, Zaria Watkins, Sydney Garcia

**Student Athletic Trainers:** Halle Hurtado, Colleen Brown, Claire Jones-Ruman, Stephanie Jimenez, Ameyalli Chavez



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10K Run / 5K Run/Walk

Thanksgiving Morning 2013

## Run to Feed the Hungry

We invite ALL members of the CB community (and their friends, neighbors, and relatives) to join CB's team at this year's **Run to Feed the Hungry**. We would like to earn the title of biggest team (in terms of number of participants). With your help, we can make this happen! Rain or shine, this Thanksgiving Day event benefits the Sacramento Food Bank and Family Services. Participants may choose a 5 or 10 kilometer walk or run (it is OK to walk the entire course). **Register online by following the links on the homepage of the CB website.** Race times: 10k - 8:30 a.m.; 5k - 9:05 a.m. Location: J St. at the entrance to CSUS. **Remember, you must register by midnight on 11/6/13 to be included in the CB Team and receive all of the team benefits including a custom CB race shirt.**



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FALCON  
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# FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CAMPUS MINISTRIES

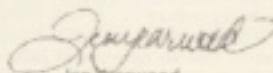
Dear Parents and Families,

As the holiday season begins to kick into full gear, I am challenged to take pause and reflect on the gift of Advent. The word Advent, from the Latin, means "coming" or "arrival." For Christians, Advent is the four week period of preparation before Christmas. Advent is one of those Church seasons that I think we could do better. So often we tend to want to jump ahead to the celebration of Christmas, rather than simply being present in the season of Advent. Advent invites us to slow down, reflect, quiet ourselves, and to patiently wait. All of these things, it would seem, stand in direct opposition with the world in which we live. As we begin this Advent season, I'd like to invite all of you to join me in considering two important elements of Advent—waiting and preparing. While I busily enjoy all of the secular aspects of the season, I am intentionally reminding myself of the importance of waiting and preparing my heart to receive the Christ child at Christmas.

Let's start with waiting....we all do it but few of us do it well and without angst. Waiting well is a lost art in the fast-paced, instantaneous pace of life that we are now accustomed to. Smart phones, GPS, drive-thru's, high speed internet, online shopping with overnight delivery....all of these things have helped us become a more impatient people. Having to wait in the line at the supermarket or for longer than 10 minutes for a table or for a file to download, or for a red light to change can all be for us a source of major irritation. By and large, we do not like to wait. Of course, there are some things we must wait for that are beyond our control. In our own Christian Brothers community, we have those who have waited for the arrival of a new baby, those who wait patiently at the bedside of a loved one who is dying, those who wait for a medical diagnosis, those who wait for peace and understanding as they struggle with senseless loss, those who have applied to college and now must await decisions. All of us must wait- but we all have the ability to choose whether we will wait in hope or wait in dread and frustration. Perhaps the season of Advent is inviting us to find blessing in the waiting. Perhaps when we slow down and practice more patience we may glean glimpses of peace and greater understanding of the meaning of trust.

Let me say a few words about the second primary element of Advent- preparing. At this time of year, most of us busy ourselves with making preparations for our Christmas celebrations. We prepare travel itineraries and reservations...we prepare lists for finding that perfect gift, we prepare our homes with decorations of lights, garland, and trees, we prepare our favorite holiday dishes and desserts to share. All of these preparations are important and good but Advent calls us to focus on another equally important and necessary preparation- the preparation of our hearts. Advent allows us time to pray and reflect on the place that we are preparing for the Christ child to once again enter our lives. We are invited to journey with Mary as she prepares to birth the greatest gift of the season, Jesus. We are invited to journey with Joseph as he prepares to accept God's will for his life. We are invited to journey to the humble stable where our journey of faith begins. This is not a hurried journey, meant for us to merely "make it through" until next time. We are all invited to prepare, not only our homes, but also our lives to receive the ultimate gift given for us...."For God so loved the world, that he gave his only Son." (John 3:16). My prayer for us all is that Advent will not be lost for us in the rush to bring on Christmas. Somewhere in the midst of the thanksgiving turkey, mad shopping rushes, bright flickering lights, and Santa sightings, may we find moments to pause...to breathe....to prepare...to wait and to remember the real reason for the season. One of the old adages my mom always told me was "good things often come to those who wait..." Could this be any truer knowing what Christmas will bring?

May your Advent time of waiting and preparing be fruitful and may your Christmas season be filled with blessings of peace and love!



Jen Yearwood,  
Director of Campus Ministry

## COUNSELING AND GUIDANCE DEPARTMENT

**College Financial Aid Night for Seniors and their Parents will be held Monday, December 9, 2013 at 7:00 pm in the CB Cafeteria.** We will be going over the FAFSA, Cal Grant information, federal grants, scholarships, etc. See you there! Since this evening is primarily for parents, it is not necessary for students to attend.

### About College Entrance Exams

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

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

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. Since Christian Brothers has all sophomores take the PLAN test (the practice ACT exam) and all 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. Colleges will see every score (unless a student chooses SAT score choice, which we do not recommend), but always take the highest score. The UC system takes the best score from one sitting; many private colleges and the CSU system will take a student's highest score from each section from different sittings and combine them into the highest possible score (superscore).

Since colleges will accept either the SAT or ACT and take the highest score, we recommend that students consider taking both tests at least once. It will help 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 either recommend or require. Currently, the UC system encourages taking tests in subject areas in which a student hopes to major in college, but these tests are not required. Students who plan to apply to highly selective colleges should check the school's website to see how many Subject Exams are required. It is important to register and take these exams by fall of the senior year. We recommend juniors take the tests in the spring of their junior year. They will then have time to take the tests again in the fall of their senior year if they wish to improve their scores. Seniors should not take the tests into 2014, 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).

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

### IMPORTANT DATES:

Grade-level counselors for the Class of 2013 and the Class of 2014 will visit classrooms in January and February to return PSAT and PLAN exam results and prepare students for the 2014-15 Pre-Registration Process!

	TEST DATE	DEADLINE TO REGISTER
<b>SAT</b>	January 25	December 27
	March 8	February 7
	May 3 @ CB	April 4
<b>ACT</b>	June 7	May 9
	February 8	January 10
	April 12 @ CB	March 7
	June 14	May 9

### TIME TO GET READY FOR THE SAT!

#### — Christian Brothers SAT Prep —

Christian Brothers is offering an SAT exam preparation course for class of 2014 students planning to take the March 8 sitting of the SAT. The class will be taught by our own English and Math teachers.

**WHEN:** January 25, February 1, February 8, February 15, 2014 (9:00 am-1:00 pm)

**WHERE:** CB SMAT BUILDING

**COST:** The cost is \$150 per student

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

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

#### — Revolution Prep SAT Course —

We also will be hosting an on-campus SAT Prep Course through our affiliation with Revolution Prep, a national test prep company. It will be held on Thursdays beginning March 20. Check it out at [www.revolutionprep.com](http://www.revolutionprep.com).

**WHEN:** March 20, March 27, April 3, April 10, April 24, May 1, 2014 (3:15-6:15 pm)

**COST:** \$599 (some financial aid is available for families who need it). Contact Melissa McClellan (733-3679) or Kirk Purdy (733-3686) for details.

#### — PrepMe on Family Connection —

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

**TUTORING** - Is your son/daughter in need of tutoring? REVOLUTION PREP offers unlimited 1-on-1 online tutoring in almost every subject for \$99/month. They call it their "GPA Protection Plan". Log on to [www.revolutionprep.com](http://www.revolutionprep.com) for details.

**Please NOTE this addition: Agata Aks is an AP Scholar with Honor** (Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams.)

## Campus Ministry

### Prayer & Worship

Worship...Please join us for an **Advent Prayer Service** on Thursday, December 5 at 9:30 a.m. in the Gym. Our theme will be "Waiting for the Light".

As you busily make holiday preparations this Advent and Christmas season, here are a few blessings you may want to share with your family....

### BLESSING OF A CHRISTMAS TREE

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

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

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

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

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

*(adapted from Catholic Household Blessings and Prayers)*

### ADVENT DINNER BLESSING

Come, Lord Jesus! Open our minds and hearts and souls as we wait for you to be born anew in our lives and in our family. Help us to experience your love in our family today.

*(Family members each share one way they have experienced the love of the Jesus and or family in their home today.)*

As we prepare for the coming of your Son, O God, we give you thanks for the love of your son, Jesus, which we have experienced in our home today. We give you thanks for this food and drink, signs of your gracious love. May this meal strengthen us to share your gifts with the hungry and all who look for your justice and mercy. Grant this through Christ our Lord. Amen.

## Retreats

### REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS IN ITS FINAL DAYS!

We are registering for the remaining Jr. and Sr. retreats and would like to have all students interested in attending one of the upcoming retreats signed up. This means even if a student plans to attend a retreat sometime between February and April, they must sign up NOW! This helps us in planning ahead for transportation and the retreat centers regarding food and lodging. **The January Kairos is NOW FULL**, which leaves only one remaining Kairos for seniors scheduled for March 25-28!



Junior and...



Kairos Retreats



**The December Junior Retreat is also full!** PLEASE speak with your son/daughter and determine which retreat date will work best... Junior Overnight: February 3-4, March 3-4, and April 7-8 . Information about the retreats, as well as links to register online are on the CB webpage (tabs-Student Life, Campus Ministry, Student Retreats). \*\*\*All overnight retreats must be registered for by December 15th.

**Sophomore All Class Retreat....** On Friday, January 10, the Class of 2016 will gather for a mandatory day of retreat. The retreat will be held at the CSUS Alumni Center from 8:30 a.m.-2:30 p.m. It is your responsibility to drop off and pick up your student from the Alumni Center—their day begins at this location! Do not drop them off at Christian Brothers! The theme of the retreat will focus on "Values & Choice" as well as further developing class unity. Our day will be facilitated by Ms. Yearwood and the Senior Retreat Leadership Team. If you have questions, please contact Ms. Yearwood via email [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org).

### Save the Date...

Parent-Teen Mini Retreat will be held on campus this year on February 12 from 6:00-9:00 p.m. Students from all classes (fresh-senior) are encouraged to attend with one or both parents. More info to come...

**Family Bunco Night** will be held on campus on Thursday, April 3 from 6:30-8:30 p.m. Please join us for a fun-filled evening! More info in coming months....

# LASALLIAN STUDENT LIFE

## Christian Service

**Canned Food Drive:** This year our canned food drive collected almost 1,400 items of food for the Sacramento Food Bank Family Services (SFBFS). A particular shout out goes to junior Josh Hickie. He donated 540 2-pound bags of rice. A huge thank you to him.

## Lasallian Youth Christmas Party:

Each year during the season of Advent we ask students to buy a new book(s) for the children of St. Patrick's Academy here in Oak Park. The Christmas party for St. Pat's students is December 11. Please have all new books wrapped with grade (2nd - 6th) and gender. For further information please contact Dr. Holly Peterson at [hpeterson@cbhs-sacramento.org](mailto:hpeterson@cbhs-sacramento.org)

**Venaver:** With two Venavers (San Dolores, Los Angeles and La Salle Blackfeet School in Browning, Montana) successfully completed we are now moving toward Venaver Tucson, AZ/Nogales, Mexico. Those participants in Venaver Tucson should continue to check their Schoology for notification of mandatory meetings or contact Ms. Fernandez, [afernandez@cbhs-sacramento.org](mailto:afernandez@cbhs-sacramento.org) or Mr. Guro at [tguro@cbhs-sacramento.org](mailto:tguro@cbhs-sacramento.org). If there are any questions about Venaver please contact Ms. Lystrup at [lystrup@cbhs-sacramento.org](mailto:lystrup@cbhs-sacramento.org).



## Christian Service Opportunities on Campus:

The following clubs meet weekly and offer service to those in need:

- Wellspring-contact Mr. Delgado
- Interact Club-contact Ms. Thayer
- Kids4Kids-contact Mr. Hovey
- Super Blankets Club-contact Ms. Mundo
- Christian Service Corps-contact Ms. Lystrup
- Best of Friends (Camp Recreation)  
-contact Ms. Lystrup

## Service Opportunities:

If you are interested in **servicing the homeless** on Wednesday evenings please see Ms. Lystrup in the LSLO.

The year's California International Marathon (CIM) 2013 needs **student volunteers Sunday, December 8th** to help to serve as Course Monitors and Group Leaders. There will be 8000 runners and the race starts at the Folsom Dam and ends downtown at the State Capitol. Volunteers are needed from 7:30 a.m. - 12:00 p.m. For more information contact [www.runcim.org](http://www.runcim.org)

## Student Activities

### MERRY CHRISTMAS FROM STUDENT COUNCIL!

The elves on Student Council are busily preparing for the Christmas Season. We are looking forward to a Spirit Day on December 11. The dress code will be announced. The Junior Class Council will be joyfully preparing hot cocoa to serve with candy canes after the Christmas Music Assembly.

**Shhhh. Don't tell the children, but Santa Claus is coming to Christian Brothers High School.** He will be attended by his elves and riding in his sleigh. The students will have a photo op during break and lunch.

**Leadership class will be selling Candygrams** at lunch following Thanksgiving Break, and they will be distributed on Spirit Day. We are also enthusiastically holding a door decorating contest for all B set classes. CB will be rockin' with Christmas Cheer.

### January News

The Junior Class will be seeking "Justice" and "Marveling" at the ...Yes, You Guessed It... **THE ANNUAL MOTHER/SON AND FATHER/DAUGHTER DANCE.** We are so excited to announce the theme of "SUPERHEROES". We are going to have an exciting ComicCon adventure. The date is January 25, 2014. Start planning your costume now!

Student Activities wishes a wonderful holiday season to all.  
God Rest Ye Merry CB Community.



Save the Date for the Christian Brothers Auction

**GAME ON!**

March 29, 2014

## International Student Program

As Americans, Thanksgiving represents much to us collectively and individually. For our CB international students, this Thanksgiving was their first or second time to celebrate this American holiday while living in the U.S. Our international students observed how we Americans celebrate a day special to us, yet known throughout the world.

Here's a smattering of what some of our international students gave thanks for:

"I am thankful for my parents, my host family and this school. My life is good." - Liwen from China, second year at CB

"I am thankful for having the opportunity to be here. It is not easy to do what we are doing, being away from our home country, our family and friends, our bed, our language, our culture... But even though right now it seems like the effort is for nothing, everything has a reward, trust me." - Andrea from Spain, first year at CB

"I give thanks for my parents and my extended family who inspire and motivate me to continue my journey." - Hongyi from China, second year at CB

"I'm thankful for the friends, for the good things, and the bad things, from which I learn a lot every day. There's always a great mystery behind everything, and we don't even realize it! I'm thankful for this opportunity here in the US!" - Luca from Italy, first year at CB

"Ms. Virk because she's giving us a test BEFORE the holidays. Truly, I give thanks for all the teachers in the school for all their help and guidance. I give thanks for my classmates and my American friends, especially Maddy and Lauren who introduced me to their friends." - Neil from China, first year at CB

I give thanks to the teachers, administrators and staff of CB who have embraced the difficult but promising journey these international students are making and the assistance they offer at every turn. I give thanks to the host families who offer a nurturing home and family life to keep these students healthy and happy. I give thanks to our international students who grace us with their culture, reminding us that the world is small and we have much to learn from one another. - Ms. Gallagher, International Student Program Director

## CB TALON Student Corner

### Leaders of Faith

By Ted Datanagan, Talon Community Editor

As a Christian Brothers student, you are given the opportunity to grow in your faith. One way we have the chance to grow in our faith is during various retreats during the school year. Christian Brothers' retreats are run by Campus Ministry and the Senior Retreat Leadership Team (SRLT).

"The purpose of the group is to serve as student leaders and facilitators during the retreat," said Ms. Jennifer Yearwood, the Director of Campus Ministry.

With this huge responsibility given to the team, there is an application and interview process to become a SRLT member.

Before you are able to pick up an application and schedule an interview, there are some pre-requisites you need to meet. First, you must be a senior at CB and in good standing with the school. Second, you must be open to sharing with others what faith means to you.

Why would you want to join? Some members of SRLT shared their experience.

"I joined because I had wonderful experiences going on retreats my freshman, sophomore and junior year," says Taylor Fedorenko ('14). "I want to be able to give others the same experience I had." Taylor added that she is very involved with service in the community and shares that as another reason why she wanted to join, as does Chelsea Valine ('14). "I love helping others and I saw this as an opportunity to help others grow in their faith with God," the senior says.

Members of the team are looking forward to making this year's retreats a great and positive experience for all.

"I am looking forward to making the retreats fun and exciting" says Carleigh Nivens ('14). Fellow Retreat team member Megan Perry ('14) adds, "I'm excited to have uber amounts of fun bonding with the freshman."

Just like a sports team, the Senior Retreat Leadership Team has to train. This summer the team of 33 members went to Zephyr Point Retreat Center in South Lake Tahoe for a three-day overnight training retreat. Besides new friendships and fun times at the beach, the student leaders were taught skills they can use for retreats and for life.

"During the trip to Zephyr Point they were trained in small group facilitating, ice breakers, planning and communication methods," says Ms. Yearwood. "After completing the trip they are highly trained in campus ministry." Even though they are trained, the group has monthly meetings and training sessions focused on upcoming retreats.

All in all the Christian Brothers community is very lucky to have the Senior Retreat Leadership Team on campus. These 33 members are prepared and eager to be leaders of faith.



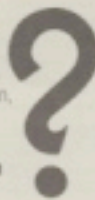
**This year at the CB Auction it is GAME ON!** Join us for a fun-filled evening themed with our favorite childhood board games. We predict a little of that competitive spirit to surface in both the planning and the bidding!

Our parent committee, led by chairperson **Susie Jones**, is already at work planning a wonderful evening for all our guests, with the goal of raising **\$250,000 for our kids**. But it doesn't all happen on one night in March. Between now and then, many parent volunteers are needed to help. Get your game on and join the fun! **Here are three ways you can help.**

**Volunteer** - All are welcome. Call 916-733-3647 for details.

**Donate or Sponsor** - Our wish list and donor forms can be found on the school website. Click "Supporting CBHS." **Plan**

**to Attend** - Save the Date and Game ON!



# ATHLETICS

## Congratulations to the following student athletes who committed to these colleges in November:

Haley Snyder	Softball	Stanford
Chelsie Valine	Volleyball	Sonoma State
Jayne Omand	Equestrian	Texas Christian
Jaymee-Lee Bulda	Volleyball	Boise State
Lucas Still	Baseball	Williamette

**Girls Volleyball: Varsity:** The Varsity team went undefeated in league to capture the CVC League title. All-League honors were awarded to Iris Anderson, Jaymee-Lee Bulda, Nastassja Bowman and Elizabeth Robinson. Honorable Mention went to Ashlynn Fresques and Paloma Bowman. Congratulations to Junior Nastassja Bowman who was voted MVP of the CVC league this year. The team, currently ranked number 3 in the area by the Sacramento Bee, won its second round playoff game against Rio Americano; the Falcons will face Vista Del Lago for the Section D-III championship.

**JV:** The JV team tied for first place in the CVC with Bella Vista with a league record of 9-1. JV team awards went to the following athletes: MVP - Erin Strech, Most Inspirational - McKenna Chapman, Most Improved - Gabby Carvalho

**Freshmen:** The freshman team finished 15-2 overall and were undefeated in league play. Fresh team awards were given to the following athletes: MVP - Marley Downey, Most Improved - Mindy Rocas, Most Inspirational - Makena Haroldson, Coach's Award - Male Shelley

**Boys Water Polo: Varsity:** The 2013 men's varsity water polo team finished season second in the CVC with an 8-2 record. This is the final year of CBHS in the CVC and in the four year we finished 2nd twice, and 1st twice. It was a challenging year for the Falcons. A lot of young players made important contributions to the team; the team really came together at the end of the season and proved to be one of the toughest teams down the stretch. The Brothers won their second ever play-off game with a 10-3 win over McClatchy High School, and had one of its closest games in a loss against eventual Section winner Rio Americano HS 6-11. Our final record was 21-12. All-League honors were awarded to Austen Takahashi, Zane Janich and Spencer Tibbitts.

**Girls Water Polo: JV -** The JV team finished second in the CVC with a 6-2 record. Highlighted by two winning streaks of 7 and 5 games, and a first place finish in the Oakmont Invitational, the Lady Falcons finished a very successful season 15-6.

**Varsity -** In a season marked by significant team improvement, the varsity placed third in league with a 6-4 record, earning a trip to the section playoffs. It was only the second appearance ever by a Falcon team in the water polo section playoffs. The Lady Falcons secured a playoff berth in an unusual manner: they had to replay a sudden death overtime with Oakmont. In a tense but exciting finish to the regular season, the Falcons prevailed on a goal by Jane Ferguson with 6 seconds left in the contest. Riding the momentum from the Oakmont victory, Christian Brothers secured its first ever section victory by an 11-6 margin over River City and advanced to the quarterfinals. Two Falcons received All League recognition: Junior Mackey Grieve and sophomore Jane Ferguson.

**Football Varsity -** The varsity currently sports a 5 game winning streak and a 9-3 record as it enters the 3rd round of the playoffs against Sacramento High School (10-2). Playing its best football

of the year, the Falcons finished the regular season with 3 road victories, including two exciting comeback wins. Hayden Jones kicked a FG with 7 seconds on the clock to cap a length of the field drive to beat Del Campo 38-36. Eric Bloomquist's electrifying 90 yard PIC six sealed the win over Casa Roble which secured a 2nd place league finish and a spot in the playoffs. In a wild back and forth final season contest against Bella Vista, Chris Guillen's two point conversion run completed a 45-44 victory. In a dominating performance against first round foe Pacheco, the team played a complete game in a 54-20 win, ending a 27 year drought since its last playoff victory. And in the second round of the playoffs against number one seed American Canyon, the team rallied from a 14-0 deficit on the road to capture a hard fought 30-27 victory. Highlights were QB Chris Guillen's 3 TD passes, including a record tying 99 yard completion to Brandon Thompson, and an outstanding goal line stand by the defense that stopped the Panthers at the 1 yard line to set up the game clinching touchdown.

**Cheerleading -** While still busy with supporting the football team, the CBHS cheerleaders are in full swing learning basketball cheers. Year round, they are continually working to improve skills and learn multiple cheers for the different sport seasons.

**Cross Country -** The cross country team has had a very busy and successful fall season. The boys are currently ranked 6th in the state for D-4. With senior Max Pedrotti leading the charge, the boys varsity runners finished 2nd in the Section D-4 competition to earn a spot in the State Championships in Fresno over Thanksgiving weekend. Key varsity contributors include Parker Kaye, Eric Domek, Gareth Durham, Mikey Sparks, Elmer Lizarde, Adam Wong and Nick McHale. The girls varsity team finished a respectable seventh in a large field. Top varsity girls runners include Cailin Simi, Maddie Murphy, Anna Dahl, Emily Simi, Elizabeth Rivera, Reagan Tweedy and Bridget White.

**Girls Golf -** The Falcons finished 10-0 in league and also captured two league tournaments. Four athletes made the CVC All-Conference team: Beah Cruz, who was named league MVP; Katrina Jacinto, Lauren Seitz, and Marissa Lopez. The Falcons placed 3rd at the Division 2 Section championship. Beah Cruz was low gross medalist and went on to compete at the Masters division tourney.

**Girls Tennis -** The girls tennis team finished 7-3 in the CVC and earned a trip to the section playoffs. The Falcons opened the Division 2 team tennis playoffs with a 9 - 0 win over Pioneer before losing to eventual section finalist Rio Americano. Seniors Lindsay Donovan, Agata Aks, and Sophie Lee earned All-League recognition.

**Boys Soccer -** The varsity Soccer team capped off a memorable championship season with a thrilling 3-2 victory over number one seed Central Valley in the D-3 Section finals. Sparked by Kristian Heptner's hat trick in the finals, the Falcons fended off repeated shots on goal in the second half. The Falcons reached the section finals after recording two convincing home victories over Patterson and Ceres. The following athletes received CVC All League recognition: Jackson Long, Cameron McKibben, Ross Nichols, Tomas Buchmiller, Louis Heinzer and league MVP Kristian Heptner, who finished second in goals scored in the entire section. Jackson McMullen and Seamus Hudnut received honorable mention. Team Awards were awarded to: MVP- Kristian Heptner; Most Valuable Offensive Player- Louis Heinzer; Most Valuable Defensive Player- Jack Long; Most Inspirational- Cameron McKibben; De La Salle Award- Alan Cervantes.

## MEDIA, VISUAL & PERFORMING ARTS

*"We wish you a Merry Christmas! We wish you a Merry Christmas!  
We wish you a Merry Christmas, and a Happy New Year!"*

If you are not singing along already, you will be once you join our fantastic student artists and musicians as we celebrate the holidays in our final performances of 2013. And if you come out to one of these events, you will be seeing one of the final performance to be held outside of the new theatre!!

The student-run Open Mic Night will take place in the cafeteria on **Friday, December 6 at 7:00 p.m.** All proceeds benefit a local charity and tickets will be available for purchase during lunches the week of the show. Kick off the holiday concert season at this amazing event.

The very next day you will have the opportunity to hear our award-winning vocal jazz ensemble at the Harris Center for the Performing Arts as they join the "Voices of California" barbershop chorus for their holiday concert entitled "Believe". Tickets cost \$15, \$25 and \$35 and may be purchased at [www.harriscenter.net](http://www.harriscenter.net).

For an elegant evening of traditional Christmas music, please come out and enjoy the Choral and Instrumental Concerts, which will take place on **Tuesday, December 10** and **Wednesday, December 11** respectively. These free concerts will be in the Ron Limberger gymnasium at **7:00 p.m.** Our programs will be in top form as they will just have returned from their Annual Elementary School Tour. These will be the last Christmas concerts to be performed in the gymnasium, so come out for a bit of nostalgia. Featured guests at this year's choral concert will be the St. Francis Elementary School Choir under the direction of Ms. Janet Stites.



James Snyder '99, stage, film and television actor, returns to his alma mater

### BROADWAY at Christian Brothers High School – a Benefit Concert

*Presented by the Friends of the Arts and the CBHS Advancement Office.*

**Please Join Us for this Exclusive Performance on  
Friday, December 20, 2013 at 7:00 p.m. at CBHS.**

The show will include a varied collection of songs from his musical career. Snyder, who got his start in our very own CBHS theater program, made his Broadway debut in 2008. His stage credits include the Los Angeles and Vegas productions of *Rock of Ages* as Drew, *The Fantastics*, *Hamlet*, *Fanny*, *Carousel* and *Oklahoma*. Snyder originated the leading role of Wade "Dry-Baby" Walker in the Broadway show *Dry-Baby*. His film credits include *An American in China* and *She's the Man*. James most recently joined *Idina Menzel* (*Wicked*), *LaChanze* (*The Color Purple*) and *Anthony Rapp* (*Rent*) in the Broadway-bound musical *It's a Wonderful Life* by Tony Award and Pulitzer Prize-winning writers Tom Kitt and Brian Yorkey. The show is currently enjoying a pre-production run in Washington, D.C. and opens on Broadway in March 2014. For reservations please visit [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) or call 916-733-3647. Seating is limited, and reservations are encouraged.

## VOCATIONS

"A vocation is God's calling for you; it is His invitation into a relationship with Himself. God, knowing who we are, our talents, our personalities and temperaments knows what is best for us; in other words, what will make us most happy. In fact, He knows better than we do." This definition of "vocation," from Mrs. Mary Alice Spinelli, explains her approach to life. Mrs. Spinelli knew she had a vocation as an educator since her days as a student here at Christian Brothers High School. An alumna from the class of 1999, Mrs. Spinelli was then known as Mary Alice Bennett. She looked at the happiness that her mom, Mrs. Jill Bennett, a CB PE teacher and Athletic Director, had as an educator and felt called towards the same vocation.

Though her first job was as a janitor for her uncle's office building, Mrs. Spinelli was certain she wanted to be elementary school teacher. She quickly learned that elementary education was not her ultimate calling when she had an internship in college as a teacher's aide for a 2nd grade classroom. Still, she knew she had the talents to be an effective educator, except for older students. When we are in a crisis, often God will use those around us to help us with discernment, and for Mrs. Spinelli this came in the form of her best friend. Her friend told her not to worry about figuring out her whole life at that moment, but rather to focus on just the next step. She first started to discern which classes were of interest to her. At the time, she was taking an intriguing early world civilizations course with a fascinating teacher. Soon she found herself drawn towards the humanities portion of history, including the study of government, the arts, religions, literature and even the foods of different cultures. She attended CSU Sacramento graduating with a major in Social Science and a minor in Religious Studies, and she received her teaching credential from St. Mary's College in Moraga. Over the past 9 years, Mrs. Spinelli has taught at Christian Brothers in both the History and Religion Departments. She also has a vocation as a daughter, sister, wife, and mother. Speaking in regards to her vocation as a mother, she said, "It is the greatest, hardest, and most important job of my life."



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FALCON  
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# FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT

## *BUILDING FOR THE FUTURE*

**H**appy New Year! As we begin 2014, there is much to look forward to at Christian Brothers High School. In April, we will open the doors of the George Cunningham '40 Performing Arts Center, home of the 350-seat Thea Stidum Theatre. It has been rewarding to see the building take shape and envision the generations of students who will grace its stage. The Cunningham Center culminates more than seven years of planning and work on the Building on the Tradition Campaign – Phase II which began in April 2007, and also brought us the field house and has grown our tuition assistance endowment.

I am profoundly grateful that we have accomplished all of this without taking on debt. These school improvements, and the addition of the Science, Math and Technology wing which opened its doors in 2002 as part of the Building on the Tradition Campaign – Phase I, have been **funded with donations from generous alumni, parents, families and friends of the school.**

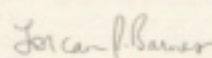
Now as we look ahead, we are working to develop a new Campus Master Plan that addresses the needs of the future and the ways in which our facilities can best serve our students. Throughout the process, we are guided by five key principles: community, identity through affordable design, flexibility and collaboration, environment for learning, and sustainability. Much more than a collection of buildings, our campus is the hub of activities and a gathering place for the CB community. As stewards of not only the environment but our finances, we will embrace today's sustainability standards while making economically appropriate choices to reduce operating costs and improve our community and environment.

In November, we gathered a group of parents, students, alumni, prospective families, faculty, staff and friends to help us craft a vision of CB's campus in the next 10 to 15 years. Over the past

few weeks, our architects have been working on different concepts to present to CB's Campus Master Plan Steering Committee (five CB administrators and seven friends of the school with experience in construction, facilities, etc.) The architects and Steering Committee will go back and forth on concepts, narrowing the focus with each step. In early 2014, we expect to have a Campus Master Plan complete with project priorities and estimated costs. The plan will be used by school leadership over the next several years to determine the sequence in which projects will be undertaken. Timelines of implementation of the projects are contingent on our continued successful fundraising.

Providing students with facilities and programs that allow them to explore and develop their God-given gifts is essential. Facilities are important; however, the students are the reason CB exists. I am grateful to all who have contributed to the Building on the Tradition Campaign – Phase I (1999-2002) and Phase II (2007-2014). This generosity allows us to continue the 138 year tradition for teaching and caring and ensures that *CB is the place to be* for generations to come.

Live Jesus in our hearts!



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



January 2014

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

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## COUNSELING AND GUIDANCE

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

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

If your child would like to keep his/her options open and remain **eligible** to apply to a four-year college, the Counseling & Guidance Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in a-g approved courses. Students may enroll in a variety of classes during the 2014 CBHS summer school session in order to remediate a grade. While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new credits and the new grade will be used when calculating the grade point average.

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

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

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

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

**ATTENTION PARENTS OF JUNIOR STUDENTS:** College Night for Juniors and Their Parents will be held **Wednesday, January 15 at 7:00 p.m.** in the CB Cafeteria. Important information regarding the college planning process will be presented by Ms. McClellan and Mr. Purdy (grade-level counselors).

**PLAN (10th grade) and PSAT tests (11th grade)** will be returned to students during classroom visits in January and February. Counselors will go over results with students by explaining and analyzing their scores and will also assist students with **pre-registration** for classes in the 2014-2015 school year. Please ask your son/daughter to see his/her exam results (you may also check the scores on Family Connection, as they have already been posted). Look for a mailing regarding pre-registration in early February.

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

#### SAT TEST PREP NEWS:

Two SAT Prep courses will be offered this spring in order to help juniors prepare for the exam. Our Saturday morning class (9:00 a.m.-1:00 p.m.) taught by Ms. Cassetta and Ms. Safford, will begin on January 25 and will lead up to the March 8 SAT. Registration forms are available on the school website and the cost is \$150.

The class offered by Revolution Prep (which is also an on-campus class from 3:15-6:15 p.m. on Thursdays) will begin on March 20 and will conclude on April 24 just before the May 3 exam. Go to [www.revolutionprep.com](http://www.revolutionprep.com) to register. Cost is \$599. Limited financial aid is available.

Please contact Melissa McClellan (733-3679), Kirk Purdy (733-3686) or Diane Heine (733-3680) with any questions.

#### UPCOMING GUIDANCE AND COUNSELING DEPARTMENT EVENTS:

**Wednesday, January 15:** College Night for Juniors and Parents  
7:00 p.m. in the school cafeteria

**Thursday, February 6:** RACC Mini-College Fair - On-campus during lunchtime (12:10-12:55 p.m.)

**Tuesday, February 18:** "Sophomore Academic Planning Night" - 7:00 p.m. in the school cafeteria

**Wednesday, March 12:** "Exploring Colleges for Juniors and Parents" - 7:00 p.m. in the school cafeteria

**Wednesday, April 30:** Transition to College Night for Seniors and Parents - 7:00 p.m. in the school cafeteria

## Campus Ministry

### Reflections for the New Year

As we begin 2014, I would like to share with you a meditation from our Christian Brothers' Founder, St. John Baptist de La Salle. The meditation, which was written in honor of the feast of the Epiphany, is as follows: "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?" (Med. 96.1) As it is custom for many of us, we will be looking for ways to improve our lives by setting goals for the start of a new year. These "resolutions" and plans are often made with great intent, honored for a period of time (some longer than others), and then, as something called "life" happens, we may lose our focus. I'm all for a good set of resolutions but I've learned that the more intentional I am in my reflecting and selecting of resolutions, the better I am able to work toward true growth and change. One "aha" moment I have had when it comes to things of this nature, is to include God in the process. By inviting God into my struggles, or areas that I am hoping to change, and then praying for wisdom and strength for the dedication and work that must be done, I am better off for the journey ahead. The new year gives us the opportunity to take pause and reflect on all that is going well and all that may need some renewing or changing along our journey. Our faith in God gives us the roadmap for how to reach our destination. Happy New Year and happy journeying into 2014! May you and yours be filled with blessings of peace!

-Jen Yearwood, Director of Campus Ministry

### Retreats...

**REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS NOW COMPLETED!** Thank you to all those who registered early for our overnight retreats! If you missed the deadline, there are limited spots open on the remaining retreats. Please contact Ms. Yearwood immediately [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) to register for:

Junior Overnight: February 3-4, March 3-4, and April 7-8  
Senior Kairos: March 25-28

#### Sophomore All Class Retreat....What are my values?

On Friday, January 10th, the entire Class of 2016 will gather for a mandatory day of retreat. Our Sophomores will come together to further build and strengthen class bonds and unity, but also to reflect on the very important theme of values and choices. Their day together will begin at 8:30 a.m. at the CSU Alumni Center (on the back side of the Sacramento State University Campus). Parents are responsible for bringing their students to the retreat and picking them up from the retreat. There is no transportation from Christian Brothers to the retreat so please make note on the calendar that school on Friday, January 10 for sophomores begins on at 8:30 a.m. at the CSU Alumni Center! Students are to bring a lunch and to wear dress code pants and their purple class shirt or other CB shirt. The retreat will be led by Ms. Yearwood and the members of the Senior Retreat Leadership Team (SRLT). An email with all of the retreat day information was sent out in early December to all Sophomore parents—if you did not receive the email, please contact Ms. Yearwood or Ms. Heine immediately!

### "Improved Family Relationships"... One of Your Resolutions????

The annual Parent-Teen Mini Retreat will be held on campus this year on Wednesday, February 12 from 6:00-9:00 p.m. Students from all classes (fresh-senior) are encouraged to attend with one or both parents. A light supper will be served. Please join us as we break bread together and work to break down some of the barriers that may be affecting the relationships we have within the family. Our evening will include fun, prayer, discussion and sharing! Please make plans to join us for this special time for family! In order to plan ahead for food and seating, you are urged to pre-register no later than JANUARY 19 by sending an email to Ms. Yearwood [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) including the names of parent(s) and student(s) that will attend from your family! There is no cost for this event! Looking forward to sharing this time with you all!

**Sophomore Family Liturgy ... Sunday, January 12 at 9:30 a.m.** All sophomore families are invited to join us for a special mass & light breakfast to follow at Christian Brothers. Please RSVP for this event via the CB webpage, homepage, latest news!

#### Save the Date...

Family Bunco Night will be held on campus on Thursday, April 3 from 6:30-8:30 p.m. Please mark your calendar and plan to join us for a fun filled evening! More info next month!

# LASALLIAN STUDENT LIFE

## Christian Service

### Happy New Year Everyone!

**Venaver:** Otro Lado Tucson, AZ/Nogales, Mexico: Participants need to be aware that all paperwork, identification, and forms must be completed and turned in to Ms. Anna Fernandez. Check the Schoology Group for meetings as well. Also, the Family Dinner is Thursday, January 30. Please remember to RSVP to [afernandez@cbhs-sacramento.org](mailto:afernandez@cbhs-sacramento.org).

**Venaver:** Beginning this semester presentations will be made in sophomore Religious Studies classes about applying for Venaver. All applicants must have a minimum GPA of 2.5 and the appropriate forms signed off by parents and coaches, as well as two teacher recommendation forms in order to be interviewed. For further questions please contact [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).

**Christian Service Corps:** Volunteers for Christian Service Corps are needed. If you are interested in campus-wide service such as helping during school-wide service drives, as well as Advent and Lenten Almsgiving, please see Ms. Lystrup in the LSLO, room 106.

**Service Hours:** Please remember to submit your service hours online through Family Connection. Service hours must be turned in by announced deadlines. If you have any questions please contact: [dheine@cbhs-sacramento.org](mailto:dheine@cbhs-sacramento.org) or [jlystrup@cbhs-sacramento.org](mailto:jlystrup@cbhs-sacramento.org).

### Service Opportunities:

#### Life Guard Academy Classes:

Dates: January 25 – February 9, 2014, SIX classes total. Students must attend ALL SIX of the classes to pass. Times: Classes are held on Saturdays from 9:00 a.m. to 5:00 p.m., and on Sundays from 9:00 a.m. to 3:00 p.m. Price: \$185. HOWEVER! If you decide to work for the City of Sacramento, you can be reimbursed \$150 for finishing the summer in good standing. Location: Aquatics Training Center at 2268 Glenn Ellen Circle, Sacramento, CA 95822. See <https://www.facebook.com/sactoLGA>.

#### Students-Looking for a Service Club?

Check out the following:

**Wellspring:** Mr. Delgado

**The Super Blankets Club:** Ms. Mundo

**Interact Club:** Ms. Holly Keller

**Kids4Kids:** Mr. Havery

**Lasallian Youth:** Dr. Peterson

**Christian Service Corps:** Ms. Lystrup

**Peer to Peer Tutoring:** Ms. McClellan

**Best of Friends (Camp Recreation):** Ms. Lystrup

## Student Activities

### HOLY BATCAVE BATMAN!

**IT'S THE MOTHER/SON – FATHER/DAUGHTER DANCE!** (Family Dance)

**WAZOOO! FLAME ON!** That's right all you comic book, graphic novel, and Super Hero movie fans. It is time for the annual Family Dance and we are donning our Super Hero costumes! Come join the fun and enjoy an evening with your CB Community as we dance the night away to music by DJ HighTop and devour delicious desserts from Ettore's. **SHAZAM!** The date is January 25, 2014 and you may purchase your tickets online now or at the LSLO window the week prior. Tickets are \$30. Costumes are not required, but so much fun. We will hold a costume contest and a dance contest. **GREAT KRYPTON!** Winners get a free picture package and bragging rights.

**Sophomore Family Liturgy:** The Sophomore Family Liturgy will be held on January 12, 2014 in the gym. Please join us for a time of reflection with the sophomore class and their families. There will be a continental breakfast served in the cafeteria following the liturgy.

### Magazine Sale

Thank you to all who contributed to the Magazine Sale. The profits have been allocated by the Associated Student Body to various clubs, sports and visual-performing arts. A few of the recipients of the funds were:

- KBFT
- Ski and Snowboard Club
- Open Mic Club
- Literary Arts Journal
- Grad Night
- Science Olympiad

And many more... Again, thank you for supporting the only school-wide CB fundraiser of the year.

## GAME ON!

Christian Brothers  
AUCTION  
March 29, 2014

### This year at the CB Auction it is GAME ON!

Join us for a fun-filled evening themed with our favorite childhood board games. We predict a little of that competitive spirit to surface in both the planning and the bidding!

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

### Here are three ways you can help.

- Volunteer** – All are welcome.
  - Donate or Sponsor** – Our wish list and donor forms can be found on the school website.
  - Click "Supporting CBHS."
  - Plan to Attend** – Save the Date and Game On!
- Call 916-733-3647 for details.

## CB TALON Student Corner

### Narnia: The Mystery Behind Room 305

It may take on the same name as the mysterious world beyond the wardrobe as written by C. S. Lewis, but this club is one of the most inclusive on campus.

By Belen DeReyes  
Talon Arts Reporter

How did room 305 come to be the home of "Narnia" – one of the most recognized clubs at Christian Brothers? It all started just like any other student hangout.

"A few kids noticed that I was here for lunch, and they asked if they could eat their lunch in here too." **Mr. Findlay McIntosh** says of the group of kids who spend time in his classroom.

The name "Narnia" made its way through social media among students and became the official calling card of the group. Narnia, however, is known officially to CB as the Anime/Manga club.

This free space is not only for students to enjoy their lunch, but also to escape in order to finish homework. Or perhaps to just meet some really cool people.

"The Anime/Manga club seems to be a place where like-minded kids get to hang out, eat their lunch, watch movies and just socialize" say Mr. McIntosh. "There is an open door policy, and I think I leave everyone to their own devices. I respect your privacy."

But the club's president, **Elizabeth Moorhead ('15)**, has been a part of Narnia since day one of her freshman year and has shown extreme dedication to what she considers her sanctuary. "My brother brought me into room 305 on the morning of my first day of school, welcomed me in the club, and showed me around," she says. "I can't imagine life without that room."

So what exactly goes on in the Anime/Manga club? If you thought this club was just a bunch of avid fans of "Naruto" or "Pokemon" sitting around and "fangirling/fanboying" out...you are partially correct. There is a love of many anime and manga alike within the walls of 305. But there is so much more to the world of Narnia that people hardly even know about.

"We watch movies and we talk to each other. A lot of students that come in are artists." Elizabeth reveals about the warm and welcoming atmosphere. Should a passerby happen to walk into the room you'll get a familiar and open feeling. And that's exactly what Liz wants for current and future members.

"As president, I make sure we have parties (seasonal). Everybody celebrates their birthday. I bring in movies and make sure we have a good public image."

Everybody has responsibilities within the club. **Jamie-Lee Parliament ('15)** takes on the role of filling in for Madame President when she is away or has other things to do. "I keep order when the president isn't here. I make sure things run smoothly." Jamie-Lee says of her contribution to the club.

The Anime/Manga club has done an amazing job in keeping its members feeling like they have a home away from home.

"This club means a lot to me. It is where I've met most of my friends here at CB." Jamie-Lee reminisces about her times in room 305. "It's just a place to go to any time of day and spend time with like-minded people." **Amanda Maurer ('15)** explains about her experiences in Narnia. "We are like a family."

Mr. McIntosh would definitely recommend coming to check out the room. "If you are looking to make new friends or broaden your social network. Try it out one day after school," the art instructor says.

So next time you think about looking for a place to hang out after school or eat lunch, just stop by room 305, aka Narnia.



## CAMPUS LIFE

### International Student Program

The International Student Program at Christian Brothers continues to expand. This semester, we welcome Grace Ho, a sophomore, from Singapore. Grace was attending school in Australia and decided to look into attending school in the U.S. Our ISP program, in its second year at CB, has now grown to 19 international students.

Our current ISP students are thriving. They've made huge strides in their language acquisition and skills in the little time they've lived in the U.S. Our ISP students are maintaining high GPAs, many are active in sports or clubs, and most are becoming well-adjusted to our American ways. Many teachers comment on the breadth and depth of the work ethic of many of our ISP students. After all, they've had to learn English as well as the content of the curriculum along the way.

Our ISP host families are awesome. They've opened their hearts and homes to our students of another culture as they've made adjustments in their daily lives to make our international students feel welcome and part of their family. You, too, are invited to entertain the idea of hosting next year. Contact Ms. Gallagher at 733-3640 for more information.

This past fall, Ms. Gallagher traveled to China to interview potential students for next year. She also traveled to a conference in Miami to meet with agencies from around the world with intent to bring more students, one at a time, to our campus. She met representatives from Argentina, Brazil, Colombia, France, Germany, Ghana, Martinique, Mauritius, Mexico, Peru, Russia, Slovakia, Spain and Turkey, just to mention a few. We are yet unsure where our future students will originate but the program will grow with students from around the globe. The intent is to bring the world to CB students so that they can have a better understanding of the world in which they live. With that understanding, our students, our children, may contemplate possibilities and realize opportunities in this connected and global society.

## MEDIA, VISUAL & PERFORMING ARTS

January is an exciting month in the world of the arts! We have now entered the year 2014, the year our new theatre opens! And to celebrate, we will be holding auditions for our **spring musical**, "The Drowsy Chaperone". This show will be the premiere event in the new Performing Arts Center and any CB student can audition, so watch the CB calendar and listen to announcements for official audition dates. If you have not heard about this Tony award-winning musical, the description below should whet your appetite!

**THE DROWSY CHAPERONE** pays tribute to the Jazz-age shows of the 1920's and the power those shows held to transport us into a dazzling fantasy and to lift our spirits in times of sadness. The audience is greeted by the narrator, Man in Chair, sitting on a darkened stage. He is a fan of vintage musicals who seems to be suffering from free-floating depression, and he quickly decides to cheer things up by playing a record of the original cast recording of a (fictional) Broadway musical entitled "The Drowsy Chaperone". No sooner has the needle touched the record than we, together with the narrator, are transported to a 1928 Broadway theater and into "The Drowsy Chaperone", a play-within-a-play crammed full of every cliché, gag and gimmick from the golden age of musicals.

- Music Theater International

You will also have the opportunity to see eight of our CB Choral students as they participate in **the Capitol Section Honor Choir Concert** on Sunday January 26 at 4:00 p.m. at the Fremont Presbyterian Church. Tickets are available through Mr. Slabbinck or at the door.

And on Monday, January 27, our Honors Chorale will be joining the **Fresno Pacific University Choral program** in a combined concert under the direction of Dr. Zachary Durlam. Dr. Durlam brings with him a background in choral music from some of the finest choral universities in the nation, earning his B.A. at Luther College, his M.A. at the University of Iowa and his D.M.A. at Michigan State University. He travels around the country as a clinician and guest soloist and is an active member of the American Choral Director's Association. The concert will take place at 7:00 p.m. Contact Mr. Slabbinck for information on this exciting event!

Lastly, **congratulations to all of our Media, Visual and Performing Arts students** for a spectacular first semester. The Christmas concerts, holiday shows and Open Mic nights were a wonderful way to kick off the season and remind us once again why...if you want to be involved in the arts, CB is the place to be.

## VOCATIONS

*Reflections on vocation with Mr. Tomás Capogreco...*

I liked a lot of my teachers growing up. It's really hard to pick a favorite. One that had a huge impact on my career is Ada Rosco. She was my Spanish grammar teacher at Sac State. What I liked most about her, now that I reflect on it, was how relentlessly tough she was. She was one of the toughest teachers I've ever had. She was great at explaining grammar and teaching it and expected her students to do their part too. She was very well organized and expected the same of her students. She had no problem shaming you publicly in class if you were not succeeding. Sometimes it was downright scary to go to class. I learned more about Spanish grammar from her than anyone else. I'm glad I had the experience of being her student.

There were a lot of people who helped me along the way in my vocation journey. First, I'd have to mention all the teachers in my life. There are so many that had such a positive impact on my life. Just to name a couple, Fred Quantamattoe inspired me and taught me to love the Spanish language. Bill Cerney was great at fostering relationships with students. He was real with his students and I think I often try to emulate that in the classroom. He was a great and inspiring teacher. My family, of course, was also a huge contributor to my vocation today. They put me through school and never gave up on me even when I was stumbling through some very tough times in my life. They always believed in me and encouraged me to succeed. And finally the community at Christian Brothers High School - as a young 25-year-old teacher with very little experience, the Brothers and the faculty here at CB have really helped guide and mentor me into the teacher I am today. I really have a lot of people to thank for where I am today in my life, without them it would have been a lot harder to get here.

My favorite thing about being a teacher is being able to share my knowledge and passion of Spanish with my students. My students are everything to me. I absolutely love being in the classroom. It is by far the best part of my day. I love teaching and building relationships with my students. I love the co-curricular aspects of teaching as well. I love traveling with students and sharing new experiences with them. That could be taking them to a foreign country or doing a service project with them here in California. I love being a part of their retreats and watching them discover themselves and grow spiritually. And most of all I really enjoy keeping in touch with my students after they graduate and hearing their stories; especially if they can tell them in Spanish!

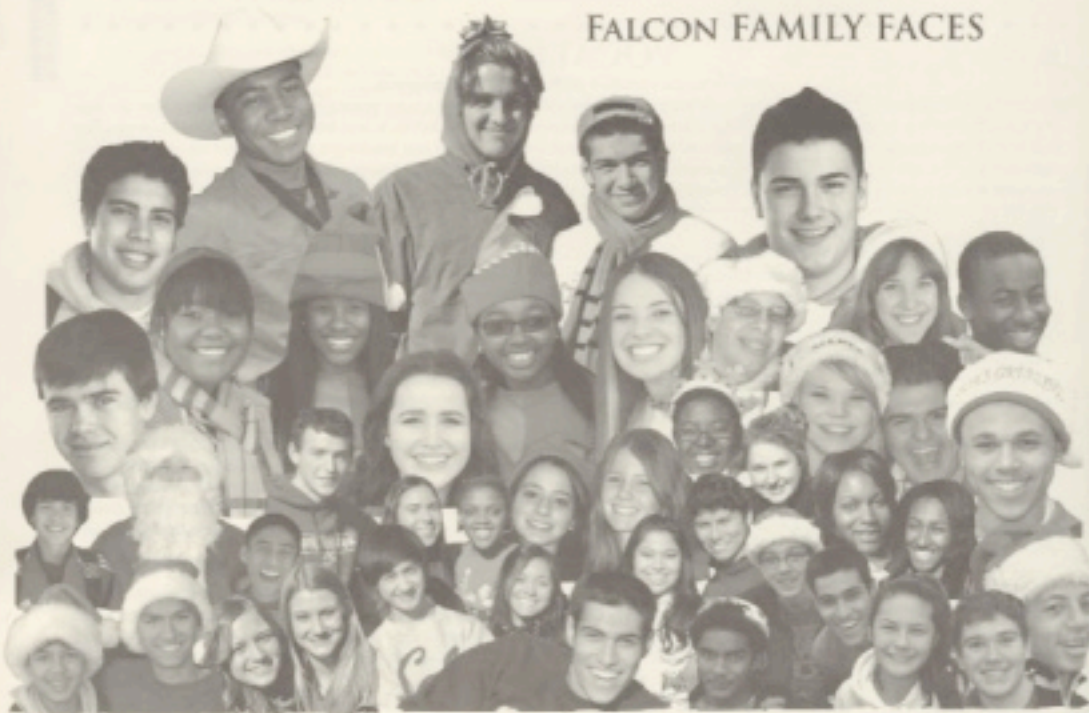
As far as young people seeking their vocation, my recommendation would be to experience as much as you can to see what is a great fit for you. Follow your heart. You will know when something clicks. After that, be willing to put in the hard work that it takes to build your career and fulfill your dreams. Nobody starts off right in their career exactly where they want to be. It takes a lot of hard work and perseverance, sometimes years, if it's something you love, stick with it until you reach your goal. In the end the reward will be wonderfully fulfilling.



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## FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRESIDENT

Dear Parents:

**T**his past weekend, Christian Brothers High School hosted its largest dance of the school year, the Family Dance. One might think that more students would attend Upper Division Ball, Sadie Hawkins or even our open dances that welcome students from the area's other Catholic schools. On the contrary, at Christian Brothers High School, it is the Family Dance that inspires such fervent attendance. We welcomed mothers, sons, fathers, daughters, brothers, uncles, aunts, etc. Hundreds of families and friends enjoying special time together. That, to me, is a great example of the Catholic, Lasallian community at Christian Brothers.

At the heart of our mission as a Catholic, Lasallian school is that sense of community and mindfully creating a learning environment where students are safe in discovering and fostering their God-given gifts. As we do so, we are grateful to work in partnership with families as we prepare our young men and women for success in college and even more so, in life.

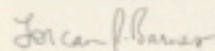
We recognize that you make tremendous sacrifices to send your children to Christian Brothers. Recently, the Board of Trustees approved a tuition increase of 3.3 percent. Tuition for 2014-15 will be \$12,250 and the registration fee \$625 for a total of \$12,875. Our tuition remains below the average for Catholic high schools in Northern California and a recent tuition review revealed that most Catholic high schools in Northern California will be passing along tuition increases that average 4 percent. Our constant challenge is balancing mission-centered excellence with affordability. Please know that we work hard to invest your resources well in your children's education and to improve efficiency, maintain distinction, and control costs.

In terms of practical matters, we will again be facilitating student registration online and coordinating tuition payments through SMART Tuition. In March, you will receive an email that will include instructions on accessing the registration website and completing the process.

We also recognize that the cost of Catholic education is prohibitive for some families. Our Catholic, Lasallian mission calls for us to serve the poor. We embrace this opportunity. In 2013-14, we are distributing \$2.1 million in need-based tuition assistance to 393 students. That is more than one-third of our student body. We expect these numbers to be similar in 2014-15. Tuition assistance comes from three sources: endowment earnings, fundraising efforts, and the operating budget. We are grateful to all of our parents, alumni and friends who support our fundraising activities. Your ongoing support is critical to our mission!

Thank you for entrusting us with the gift of your children. We are working diligently to ensure that the sacrifices you are making for your children today - tuition, time, and example - will reap rewards long into the future.

Live Jesus in our hearts!



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



FEBRUARY '14

1

SPRING SEMESTER

February 2014

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

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## Campus Ministry

### Reflections for February... Are You "Fired Up?"

In preparation for Christian Brothers serving as this year's host for the annual Diocesan Fired Up Confirmation Conference for youth, I have been reflecting on the role of the Holy Spirit in everyday life. Our founder, St. John Baptist de La Salle, in one of his meditative writings says, "Earnestly ask Jesus Christ to make his Spirit come alive in you, since he has chosen you to do his work." (Med 196.1) What an amazing reminder that the very presence of Christ lives within each of us through the power of the Holy Spirit. We have been called and chosen to share the "Good News" with others that they may see the fire of our faith burning within us. We are not called to respond out of duty or obligation but out of the desire to say "yes" to this important mission and to offer our response with zeal and enthusiasm. The power of the Holy Spirit in our lives gives us the strength to stand up for what is right and just...to discern well and make sound decisions...to practice empathy and compassion for others...to respect life in all forms. The Holy Spirit is our helper and our guide. It is a gift that we are each given. We must decide for ourselves whether we will open this gift and put its power to work in our lives or allow it to lay idle, as if collecting dust on a shelf. On February 22 & 23 over 1800 young people will gather in anticipation of receiving the Sacrament of Confirmation this year and in celebration of the presence of the Holy Spirit in their lives. Fr. Tony Ricard, an enlivened priest and speaker from New Orleans, will serve as the conference keynote. We are blessed that Fr. Tony will join our CB community for an all school "Mass of the Holy Spirit" on Friday, Feb. 21st at 1:30pm. Parents and guests are welcome to attend! Who knows? You may leave this mass just a little bit fired up! Here is a simple prayer you can offer each day: "Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit, and they shall be created and You shall renew the face of the earth. Amen." Blessings!

-Jen Yearwood, Director of Campus Ministry



### Retreats...

**REGISTRATION FOR JUNIOR OVERNIGHT AND SENIOR KAIROS RETREATS IS NOW COMPLETED!** Thank you to all those who registered early for our overnight retreats! If you missed the deadline, there may be limited spots open on the remaining retreats. Please contact Ms. Yearwood immediately [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) to register for:

Junior Overnight: March 3-4 OR April 7-8  
Senior Kairos: March 25-28

**Sophomore Retreat....**The Class of 2016 gathered for a day long retreat at CSU Sacramento on Friday, January 10th! Thank you so much to our student leaders and staff who worked hard to make the day success! Thank you parents for your flexibility and support of this important event! Here is a group photo of the class.



The Class of 2016

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

**THERE IS STILL TIME TO REGISTER** FOR the annual Parent-Teen Mini Retreat which will be held on campus this year on February 12 from 6:00-9:00 p.m. Students from all classes (fresh-senior) are encouraged to attend with one or both parents. A light supper will be served. Please join us as we break bread together and work to break down some of the barriers that may be affecting the relationships we have within the family. Our evening will include fun, prayer, discussion and sharing! Please make plans to join us for this special time for family! In order to plan ahead for food and seating, you are urged to email Ms. Yearwood immediately ([jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org)) including the names of parent(s) and student(s) that will attend from your family! A There is no cost for this event! Looking forward to sharing this time with you all!



### Peace, Love & Bunco

**Save the Date...FAMILY BUNCO NIGHT** will be held on campus on Thursday, April 3 from 6:30-8:30 p.m. Please mark your calendar and plan to join us for a fun filled evening! Don't worry if you have never played bunco! And dads, you can get in on the fun too! Come dressed in your favorite TYE-DYE clothing and accessories! Don't miss out on this evening of good ole' family fun, snacks, and prizes! Cost is \$8 per family! Please sign up NOW to reserve your spot! Send a check or cash (attention Campus Ministry) along with the number of people in your family who will attend to: Christian Brothers High School 4315 Martin Luther King Blvd., Sacramento, CA 95820

## LASALLIAN STUDENT LIFE

### Christian Service

**Ven-a-Ver:** Please pray for the following students who are participating in Ven-a-Ver Otro Lado Tucson, AZ/Nogales, Mexico February 2 - 8: Dante Mazza, Yesenia Lopez-Ambroz, Joshua Nickel, Spencer Hao, Kendall Johnson, Jason Hao, Quentin Barbosa, Sydney Swanson, Andrea Gil, Fallon McMahon, Bailey Heng, and Joe Delgadillo with adult leaders: Ms. Anna Fernandez and Mr. Thomas Guro.

In March, presentations will be made in the sophomore Religious Studies classes for those wishing to participate in Ven-a-Ver 2015-2016. Please note that Ven-a-Ver is for juniors only and a 2.5 GPA is required for those wishing to go through the application process. For further inquiries about the program check out the Christian Service webpage or contact [jlystrup@chhs-sacramento.org](mailto:jlystrup@chhs-sacramento.org).

### Service Hours:

Please make sure all service hours are electronically turned in through Family Connection/Naviance within an appropriate timeframe. All seniors' service hours must be turned in by April 30, 2014. Students with 100 service hours will receive a service pin to wear on their graduation gowns.

### Christian Service Corps:

There will be a meeting for Christian Service Corps Thursday, February 6 at lunch in room 106. All are welcome to join.

### Students-Looking for a Service Club?

#### Check out the following:

**Wellspring:** Mr. Delgado

**The Super Blankets Club:** Ms. Mundo

**Interact Club:** Ms. Holly Keller

**Kids4Kids:** Mr. Havey

**Lasallian Youth:** Dr. Peterson

**Christian Service Corps:** Ms. Lystrup

**Peer to Peer Tutoring:** Ms. McClellan

**Best of Friends (Camp Recreation):** Ms. Lystrup

### Student Activities

#### With the start of spring semester CB SPIRIT IGNITED!

#### Mother/Son Father/Daughter FAMILY DANCE

#### Which Super Hero Were You?

Holy Bat Cave Batman! The Super Heroes Family Dance was a Blast! DJ Hightop, with his great music selection and invitation to various groups to hop on stage and show us their moves, always makes this event more than just a dance. He always makes everyone feel at ease as he shows us how to dance to the music. Add on the delicious Ettore's desserts and Mrs. Holmes' sherbet party punch and we have A Super Night to remember. Congratulations to the winners of the costume contest and the dance contest. The final decisions were difficult. There were so many great costumes including: Captain Corn Husker, Iron Man, the Penguin and Poison Ivy, to name a few. The judges for the dance contest had a very difficult time as there were some amazing moves on the dance floor. We look forward to seeing you again next year. Seniors, this was a bittersweet evening for you as it is the last time for you to show off your parents' "coolness", but you did make some great memories.

### CLUBS GALORE

CB clubs remain active. Here are two new clubs in the spotlight:

**Moot Court** which is moderated by Mary Jane D'Arcy, Vince Leporini and Michael Hood.

**Disney Club** which is moderated by Mr. Zannetti.

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

### VALENTINE CELEBRATIONS

The Sadie's Dance will be February 8 with the theme "Royal Masquerade". Ladies - ask your Prince Charming soon. This is a date dance which means students from other schools may attend. But, as always, CB students are welcome to come single to a Sadie's dance. Please check with the Deans, Senior Council, or Ms. Hoekman for the dress code and watch for dress guidelines advertised to be advertised.

Valentines' Day is February 14. Candy grams will go on sale the week before and we will have spirit dress that day. Wear your pink or red shirt and jeans.

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

### ASB OFFICERS NEEDED

Parents - It is time for your student to consider running for Associated Student Body officers. The applications will be available in Room 106 beginning February 20 and they are due back on March 3. The offices available are Student Body President, Vice President, Secretary, Treasurer, Rally Chairs, and Publicity/Historian. Please encourage your student to run for office. It is a time and work commitment; however, they will also have a lot of fun, including camp experiences during the summer. Many students choose not to run because they are required to speak in front of their peers. All public speakers are nervous, that is normal. Please help your student understand that he or she should not be afraid to step up to the plate. Being an ASB officer is great opportunity for students to learn leadership skills and make an impact on their school.

## CAMPUS LIFE

### International Student Program

While our second and first year ISP students continue their intensive English speaking immersion outside of school, our ISP students also persist to work diligently in and out of the classroom. These students came to Christian Brothers High School to master curriculum as they learn from our excellent and skilled teachers. They are also here to master the English language. Mastering the language comes from all aspects of their American immersion: in the classroom, at lunch, in the hallways, while commuting, in their host family's home and everywhere else they find themselves while living here in the U.S. Our ISP students are doing a great job mastering the English language and our American ways. However, at times, following and learning about curriculum and culture is difficult. We are thankful to the students' commitment, the great teaching in the classroom, the nurturing and committed host families and all of the students, teachers, staff and administrators who make our ISP students feel at home in our CB community. Our ISP students feel welcomed and supported by everyone.

At this time, we are already admitting ISP students for next year. As we are only in our second year with ISP at CB, we are already interviewing, accepting and starting the process to bring students from around the globe to "Enter to Learn, Leave to Serve" for the 2014-2015 school year. Along with this process comes the need to start finding CB host families for our international students. If you have any interest in finding out more, we urge you to contact us. Inquiry isn't a commitment to hosting but finding out more about how you could help will most likely promote a greater understanding of the world in your own household and within our Christian Brothers community. We provide you with much information, a liaison to guide you along the way, a program orientation, a generous stipend to offset expenses and much more. Please consider contacting Ms. Patricia Gallagher at 916/733-3640 or send an email of inquiry about the host family program to [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org). **We want all of our international students to live in warm, nurturing homes as they work with intent to succeed at CB. Is your family one of those that can provide these young students a safe haven for a school year? We look forward to your call or email!**

### Pre-Registration 2014-2015

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 2014-15. On February 3, pre-registration materials will be sent to students and parents via email. The email will include a cover letter, a pre-registration worksheet and FAQ's. The 2014-15 course catalog is not being sent to you; it can be found on the CB website under 'Academics'. Please take some time to sit down and discuss with your child his/her schedule for next year. Pre-registration is very important to you and to the school. From the results of this day we will decide whether a course will be offered and determine the number of sections for each course.

On Tuesday, February 18, students will be given additional registration materials in homeroom. Throughout the week of February 18-21, 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 24 - February 28), Christian Brothers will be dismissed at 2:15. Thursday dismissal will be at 2:25 as normal. Students will pre-register in the library according to the following schedule:

Monday, February 24	Juniors (A - M)	2:20 - 3:20
Tuesday, February 25	Juniors (N - Z)	2:20 - 3:20
Wednesday, February 26	Sophomores (A - Z)	2:20 - 3:20
Thursday, February 27	Freshmen (A - Z)	2:30 - 3:30
Friday, February 28	Make-up pre-registration	2:20 - 3:00

**All teachers will be available in their classrooms from 2:15 - 3:15 p.m. for any last minute course recommendations and signatures.**

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

### ATTENTION PARENTS:

## PLEASE COMPLETE THIS TECHNOLOGY SURVEY

Christian Brothers is partnering with BrightBytes, an educational software company, in order to learn more about our students' school and home technology use for learning. For that reason, we are reaching out to ask you to take part in the Clarity questionnaire. Your participation is essential in helping us form a more complete picture of technology use for learning in your students' lives. Please know that all of your responses will remain anonymous to protect your privacy.

Students participated in taking a similar questionnaire in homeroom on Monday, January 27. All faculty will complete the survey instrument on Thursday, January 30, and the survey will open for parents from January 31 to February 15. A link to the survey will be sent in the weekly Friday Phone Call message. Thank you in advance for helping us better reach your students with 21st century learning tools.

## ATHLETICS

### Upcoming Events

**Saturday, February 1** - Rugby @ Jesuit 1:00 p.m. Varsity, 3:00 p.m. JV

**Monday, February 10** - Spring Sports Begin

**Tuesday, February 11** - Senior Night-Girls Basketball v. Del Campo (H) 7:00 p.m.

**Saturday, February 15** - CVC Wrestling Championships @ Del Campo 8:00 a.m.

**Saturday, February 15** - Rugby v. De La Salle (H) 1:00-3:00 p.m.

**Tuesday, February 18** - Senior Night-Boys Basketball v. Bella Vista (H) 7:00 p.m.

**Friday, February 28** - Swimming Invitational @ Jesuit 9:00 a.m.

### Winter Sports Update:

**Wrestling:** With the season well under way and League competition heating up, the CB wrestling team is turning heads! Highlights include our dual at Oakmont and the prestigious all girls State wide event in Napa. Daniel McCarthy set the tone for things to come as he started the team off with a huge win - which happened to be CB's first win against them in years. Janet Fillick, Mathew Spain, Zach Steving, Jalen Yip, Joseph Guervana, and Mike Mabourakh followed up with convincing wins in their matches. When it was all over, CB and Oakmont came to a very rare, 42-42 tie. After going through 7 different tie break criteria, the dual was very narrowly awarded to the home team. Special mention goes to freshman wrestler Chris Tak who filled our varsity 126 spot. Well done team!

The girls' team headed to Napa for a two day tournament where they competed in the largest girls tournament in the state - with 430 girls and 101 teams represented. All of our girls won a match at this prestigious tournament. Our top finisher was Alex Glaudé. Alex wrestled last year's State silver medalist, National bronze medalist and #1 seed in the tournament, and showed absolute dominance by beating her 10-2. She then went on to beat the #3 seed in the finals. The varsity team will host Casa Roble in the Ron Lihmberger gym January 29th which will be our senior night!

### Boys Basketball

**Freshmen:** The Freshman team is riding a 7 game winning streak going into the third week of the CVC League schedule. A major confidence builder for league play was an exciting 36-32 victory over Jesuit; it marked the third year in a row the freshman team has beaten the Marauders. The young Falcons are 13-5 overall with Casey Loftus (13.6 ppg) and Pat Barnes (7.8) leading the way on offense.

**JV:** Battling a number of injuries, the JV team has amassed an overall record of 12-8 and are currently 3-0 in league play. The team's strong play after a 1-5 start is attributed to their commitment to defense and the will to never quit. Key wins for the JV team came prior to league with inspired victories over both Capital Christian and Jesuit. Those victories sparked us going into league as our team is playing the best we have played all season and is firing on all cylinders. Jackson Balartac (11.3 ppg), Darien Davis (9.5 ppg) and Jamari Jackson (8.8 ppg) lead the team in scoring.

**Varsity:** The varsity is 12-8 overall and 2-1 in league. A key highlight in the preseason was a 55-54 win over Lincoln where the Falcons rallied from a 19 point deficit. Senior Prestin Barnett (9.9 ppg) leads the team in assists and steals while Brendan Thompson (9.7 ppg) leads the team in rebounding.

### Girls Basketball

**Freshmen:** The Freshman team is 8-3 and is off to a 3-0 start in league. In the key highlight of the preseason, the Lady Falcons won the Del Campo Tournament, including a convincing 58-47 win over St. Mary's in the finale. All the players stepped up their games at the tournament, with tourney MVP Erin Chelini and All Tourney selection Makera Haroldson leading the way.

**JV:** The JV team is 12-4 and is off to a 2-0 start in league. In the key highlight of the preseason, the Lady Falcons defeated St. Francis 50-43.

**Varsity:** After a grueling and challenging non-league campaign, the varsity is 10-9 and 3-0 in league play, having won their last 7 games. In the key highlight of the preseason, the Lady Falcons beat St. Francis in a thrilling overtime victory 54-46. The team has balance on offense with top rebounder Kira McKechnie (11.4 ppg), Dominique Hart (8.3 ppg), top playmaker Kalani Mark (8.0) and Alicia Gonzalez (7.9 ppg) leading the way.

### Fall Sports Follow-up

**Boys Water Polo update to January newsletter - the following students received team awards:**

Varsity Most Valuable - Zane Janich

Most Inspirational - Austen Takahashi

Varsity Most Improved - Max Crimmins

Coaches Award - Spencer Tibbitts

Coaches Award - Max Verspielen

Zane Janich was also named to the All Section Water Polo team, the first Falcon athlete to receive such recognition.

**Boys Soccer:** Junior Kristian Heptner received the Sunwest Sports Men's Soccer Player of the Year Award. He led the Sacramento area with 36 goals (2nd in the Sac-Joaquin Section), including 3 in the Section Championship game. Kristian was also named the CVC league MVP.

**Varsity Football:** Hayden Jones was named to the Sacramento Bee All City First Team Defense as an all-purpose player. The following student athletes received honorable mention: Chris Guillen-DB; Mason Stahley-RB; Austin Hart-LB; Erik Bloomquist-DB.

### Spring Sports Preview

**Swimming:** Matt Lemire recorded first place finishes and PRs in the 1650 free, 1000 free and 500 free at a local USA swimming invitational in January. His performances qualified Matt for the Far Western championships.

## GAME ON!

The Christian Brothers Auction is coming up on  
Saturday, **March 29, 2014.**

Every parent is invited to join in for this fantastic evening of fun, games, fabulous food and amazing auction items. An invitation is included for you in this newsletter.

The Auction raises over \$220,000 each year to support our school! Parent support is essential to this effort. A committee of parents is hard at work collecting donations of items and sponsorships, planning our dining experience, and preparing decorations. Please join in the effort. Here's how you can help:

**Donate an item** for the live or silent auctions. Items can be dropped off in the school office, or call 733-3647 for pickup.

**Volunteer on the committee**, or on the night of the event.

**Become an event sponsor.**

Come to a Gift Gathering Party hosted by fellow parents.

**Attend the auction!**

Find out more at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org), "Supporting CBHS" or call 733-3647. On behalf of the Auction Committee, thank you!

# MEDIA, VISUAL & PERFORMING ARTS

Auditions for our spring musical "The Drowsy Chaperone" will take place on February 3, 4, 5, and 6. Any student interested in auditioning can get details and more information by joining the CB Musical 2014 Schoology Group, or contacting theater director Mr. Connor Mickiewicz. Auditions are as follows:

February 3-4 General auditions/ Dance call • February 5 Callbacks • February 6 Final callbacks

## CB TALON Student Corner

### Disc Jockey Duo

These two CB sophomores want to bring some good vibes to your party.

By Daria Hoffman - Talon Staff Writer



At first glance, sophomores Aaron Cervantes ('16) and Beau Paulsen ('16) seem like average teenage boys full of cooties and other mysterious things.

But upon closer inspection, one might be surprised when discovering they have a booming side hobby. The two are partners in a growing disc jockey business.

When the Talon first sat down with these kids, they seemed excited to talk about their favorite passion. Beau was inspired by his parents who "have always been really into music" and Aaron shared that when he was younger, "if there was any music around I'd always be involved with it."

But, the boys haven't always been partners.

"I met [Aaron] freshman year," Beau says. From the looks of it, they really hit it off. During the interview, there were inside jokes and a few laughs.

"[Beau] gets contacts for all the gigs and drags me along," Aaron says kiddingly about their partnership.

At a gig, they don't just play songs that sound similar.

"You definitely have to be able to read how people are feeling," Beau says. "You have to have an ear for music."

The two agreed that it is really hard trying to find a music genre that fits every single person at an event. Aaron mentions that they "try to reach the general audience," but it's impossible to keep everyone happy all the time.

Although they face a lot of the same struggles as top-notch DJs, Aaron and Beau are quite different from other entertainers.

"Most DJs, they have their booth, they put their headphones on, and they kind of hide," Aaron says. "We get into the crowd, we party with them!"

For the pair, the most important thing is making sure everyone has a good time.

The duo are excited about what's next for their aspiring business.

"Right now, [the] dream is to do, like, a big high school dance," Beau says.

When going even further into the future, Beau shared that he "definitely hopes to do it through college, but maybe on a more professional level." "I want it to be a pastime or hobby to get some money on the side, because it's definitely a lot of fun," Aaron adds.

If you ever need music for an event, be sure to talk to them!

## VOCATIONS

Featuring Dr. Bill Iliff

"Looking back, I clearly think the seeds to my vocational path were planted during my days as a student at CB. The central theme always seemed to keep coming back to one of service. The first ideas I had about vocation came from a career day at Christian Brothers when I sat in on a presentation about the healthcare professions. It just seemed like a really interesting career possibility". These impressions led Bill Iliff to volunteer at the UC Davis Medical Center to further explore different careers in the medical profession. Undergraduate studies at UCLA were followed by admission to their dental school, which, over time resulted in marriage, family (two CB grads), and a long career in dentistry.

For many, it may seem like a big leap of faith from running a dental practice, which he still does, to teaching biology at CB part-time. However, as with many vocations, it is not necessarily a straight line path. "I'd been coaching baseball for some 20 years and had noticed that the kids from CB just always seemed so enjoyable - their positive attitudes and willingness to work and learn new things. Comments I made to a school administrator years ago about this caused him to suggest I consider teaching someday. Things kind of fell into place, first substitute teaching for a couple of years and then joining the science department. I consider myself incredibly fortunate."

Bill expressed that a vocation can sometimes find you rather than the other way around, and that long term success rarely comes from just natural ability. Success comes from persistence. The connection he finds between the vocations of medicine and teaching is a common thread of serving others. "As a dentist, I am sensitive to people's needs and try very hard to make people feel comfortable and cared for - that is the essence of what we do." He then added, "As a teacher, I want my students to know that what is happening in their lives is very important to me. We are here as teachers to serve our students."



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## FALCON FAMILY FACES



# FALCON FAMILY NEWS

## A MESSAGE FROM THE DIRECTOR OF MEDIA, VISUAL, AND PERFORMING ARTS...

According to Archbishop Desmond Tutu, the African term "Ubuntu" provides an overarching philosophy that in order for any one individual to reach his or her full potential, all others must also achieve their potential. It means that all of humanity is inextricably linked; we are all a part of a global fabric. When one achieves greatness, we all benefit. When one suffers, we all suffer. It suggests that global empathy exists on a cellular, spiritual level.

It is the spirit of Ubuntu that I witness every day at Christian Brothers High School. Whether it's a student who sits next to someone who is alone during lunch, a student who holds the door for another (something that anyone who has visited our campus has likely witnessed), or a teacher who just listens to someone who is struggling with something in his or her life, the Christian Brothers High School community truly embodies the ideals of Ubuntu.

Leonard Bernstein wrote: "The key to the mystery of a great artist: that for reasons unknown to him or to anyone else, he will give away his energies and his life just to make sure that one note follows another inevitably... The composer, by doing this, leaves us at the finish with the feeling that something is right in the world, that something checks throughout, something that follows its own laws consistently, something we can trust, that will never let us down." - The Joy of Music.

So how does one connect Desmond Tutu, the philosophy of Ubuntu, and Leonard Bernstein? Desmond Tutu, in his book "No Future without Forgiveness," suggests that "[h]armony, friendliness, community are great goods. Social harmony is for us the 'summum bonum' - the greatest good". His use of the word 'harmony' brings the two together. Ubuntu presents the possibility of a world in harmony, in which beauty and greatness is revealed through the altruistic actions of all human beings, and dissonance is replaced with consonance; in which people recognize their contributions as being infinitely valuable, to the benefit of all.

In less than one month, the George Cunningham Center for the Performing Arts will open, giving many groups of

students the opportunity to learn, discover, create, design, build, perform and display their talents. Musicians will sing and play songs that move audiences and inspire the soul. The sonorities created will leave the audience and performers "with the feeling that something is right in the world". Artists will allow the contrast and complement of colors and textures to manifest in a visually harmonious way that is thought provoking, emotional and captivating. The beauty and power of word and motion, on stage and in film, in the form of a play, student-written one act, musical, dance, student-created film or student-directed broadcast, will give voice to the gifts each of our students carry in their hearts and minds every day. In short, Christian Brothers High School students will be finding ways to reach their full potential. They will be contributing to the greater good and manifesting the spirit of Ubuntu in their words and actions.

I feel truly blessed to be a part of such an amazing community. In a world where it could be easy to overlook the wonder that resides right in front of our eyes, Christian Brothers brings it into focus and magnifies it for the world to see. Each student is infinitely valuable, a physical manifestation of the image of God. It is through this lens that students are seen, and it is through this lens that their gifts are projected.

I welcome you to come to one of the performances in our beautiful new facility. It certainly is beautiful. But more importantly, you will have the opportunity to witness our talented, empathic, inspiring students in their element, achieving greatness, discovering their potential, and becoming an outward expression of Ubuntu, for all to live, breathe and experience.

In harmony,



Ron Slabbinck  
Director of Media, Visual and Performing Arts

March 2014

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

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# COUNSELING AND GUIDANCE

## 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 of each year, approximately 1.5 million high school juniors in some 22,000 high schools take the PSAT/NMSQT. Of those, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the program, and approximately 16,000 are named Semi-Finalists and 13,000 are named as Finalists. The class of 2014 boasts seven students with National Merit Commended status, and one student who achieved National Merit Finalist status. The commended students are:

<b>Adam D'Elia</b>	<b>Austin Hart</b>
<b>Dana Kimball</b>	<b>Winston Limhengco</b>
<b>Madeline Macleod</b>	<b>Ben Taylor</b>
<b>Robert Tucker</b>	

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

**Matthew Reade**

The **National Achievement Scholarship Program** names 3,100 Outstanding Participants each year based on performance on the PSAT/NMSQT. These students represent the top 3% of the more than 160,000 Black Americans who requested consideration in the program in 2014. This year, Christian Brothers has three students who were named as Outstanding Participants. They are:

<b>Bryant Lamar</b>	<b>Haley Snyder</b>	<b>Zaria Watkins</b>
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## Congratulations, Falcons! We are very proud of you!

### GRAD NIGHT – CLASS OF 2014

*Grad Night for the Class of 2014 will be held on Friday, May 23, after graduation. Parents of seniors – invitations have gone out, so please make sure your student responds. If a student is in need of sponsorship, please contact Julie Peabody (jpeabody@cbhs-sacramento.org). Parents of freshmen, sophomores, and juniors are asked to donate gift cards in \$10-\$20 value for places such as Jamba Juice, Starbucks, etc., to be used as raffle prizes for the seniors at Grad Night. Thanks so much for your support.*



### Reminders:

**Seniors are reminded** to please get all scholarship offers, awards and college admissions acceptance letters to Ms. Heine, Mrs. Moskat or Ms. McClellan in the CB Counseling Center. Seniors should also update their admission status to all colleges on their Family Connection.

**Junior parents** may contact Mr. Kirk Purdy (last names A-L) or Ms. Melissa McClellan (last names M-Z) if they would like to set up an individual college planning appointment this spring or summer.

### Upcoming Counseling & Guidance Events:

**Wednesday, March 12** – “Exploring Colleges for Juniors and Their Parents” will be held at 7:00 pm in the CB Cafeteria. Representatives from different college systems will be on hand to present general information and will answer more specific questions during break-out sessions.

**Saturday, April 12** – The ACT exam will be held on the CB campus. The regular registration deadline is Friday, March 7. Students may register at [www.actstudent.org](http://www.actstudent.org).

**Wednesday, April 30** – “Transition to College Night for Seniors and Their Parents” will be held at 7:00 pm in the school Cafeteria. Find out what parents and students can expect next year during the first year of college from our panel of parent and student experts in the CB community.

**Saturday, May 3** – The SAT exam will be held on the CB campus. The regular registration deadline is Friday, April 4. Students may register at [www.collegeboard.com](http://www.collegeboard.com).

### Questions???

If parents or students have any questions regarding the ACT, SAT or test preparation options for these exams, they are urged to contact their grade-level counselor

### Smart Tuition

#### and Re-Enrollment for 2014 -2015

Re-Enrollment for the 2014-2015 school year begins in March. You will receive an email from Jan Warren, Registrar, that links you to the infoSnap website. Please complete the enrollment contract for the 2014-15 school year. The registration fee will be billed to your 2013-2014 Smart Tuition account in the month of May. Please keep in mind that your student is not officially enrolled for the next school year until the registration fee is paid. If you have any questions regarding re-enrollment, your Smart Tuition account, or the registration fee, please contact Susie Griffin at 916-733-3644.



**Campus Ministry****Lenten Reflections for March.... Journey to the Cross** *This coming Wednesday,*

*March 5th, we begin our Lenten journey with our celebration of Ash Wednesday. On this important day, we recall our humanity and our sinfulness so to better examine our spiritual hearts and minds. This 40 day journey invites us to examine how we are living our lives relative to the Gospel message of Christ. From the first day of Lent, the Ash Wednesday readings make God's call to us clear: "Return to me with your whole heart." "A clean heart create for me, O God." Psalm 51 offers, "Give me back the joy of your salvation." That is exactly what our loving God wants to give us, the joy of salvation. God is inviting us on a journey... a journey to the cross... a journey to return home. Yet we spend so much time trying to think of how to return and what to say, how to begin the conversation. It's only when we finally appear after so much time away, embarrassed and confused, that we understand we don't have to say anything. We only have to show up. Look up there on the road ahead of us: our loving God is jumping up and down for joy. The invitation to us has been heard. We have returned home! But, wait... What stops us from this great reunion? What keeps us from accepting this invitation to something deeper in our lives with God? We feel in our hearts that there are things we should say first: "wait... but... if only" and finally, "If God really knew about me..." It doesn't matter. None of it matters. Only the joy that we have turned to God and that like a loving father or mother, God is smothering us with embraces and joyful cries. We have returned! Come back to me, with all of your heart. Our acceptance of this call, this appeal to our hearts is simple if we can only get beyond the 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." Our hearts have been opened and we have taken the first step toward the rejoicing parent on the road. No explanations are necessary, only to pause and picture in our hearts the joyfully loving and unblinking gaze of God that falls on us. 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. We could take a moment at the end of each day to reflect on how well we journeyed with Jesus that day. This is the invitation of each day of Lent. Today is the day to accept it. (reflection from [www.creighton.edu](http://www.creighton.edu))*

So many times during Lent we hear about "giving something up." If you are interested, here are a couple of websites that offer some new ideas for a Lenten sacrifice:  
<http://www.catholicallyear.com/2014/02/outside-box-66-things-to-give-up-or/html> or <http://www.piercedhands.com/100-things-to-do-for-lent/>

As we mark the beginning of Lent here at Christian Brothers, Campus Ministry is inviting our community to make a "Lenten promise." At our Ash Wednesday liturgy all will be challenged to prayerfully reflect and select something worthwhile and intentional in the way of sacrifice. So here are a few ideas that may get us all thinking about what to "give up" in a different way...

**Retreats...**

**Only 1 Junior Retreat Remains....** April 7 & 8 will be the last opportunity for members of the class of 2015 to participate in a Junior Retreat—Please contact Ms. Yearwood immediately [jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org) to register! Cost is \$80.

**It's All About Family....** In mid-February, 105 teens and parents gathered on campus for the annual Parent Teen Mini-Retreat. This was a beautiful evening that provided family members some solid, quality time together to share, play, and pray together. Thank you to all the families who carved out some time in their busy schedules to join us for this worthwhile event! If you participated in this retreat, please tell a friend so we can continue to grow our participation! We look forward to next year's family retreat day! If you would like a copy of the family picture that was taken at the retreat, please email Ms. Yearwood ([jyearwood@cbhs-sacramento.org](mailto:jyearwood@cbhs-sacramento.org))!

**Kairos \$1 for Current Juniors....** Members of the Class of 2015 are invited to participate in a summer Kairos retreat opportunity on June 2-5th. Cost of the retreat is \$160 (\$80 deposit due by April 30th) to secure your spot, first come, first served. This is an excellent retreat to consider, especially for those students who are concerned about missing class time in senior year or who may wish to serve as a Kairos leader on subsequent retreats. Please contact Ms. Yearwood for more info!

Give up resentment and become more forgiving.  
 Give up hatred and return good for evil.  
 Give up complaining and be more grateful.  
 Give up pessimism and become more hopeful.  
 Give up worry and become more trusting.  
 Give up anger and become more patient.  
 Give up pettiness and become more noble.  
 Give up gloom and become more joyful.  
 Blessings along your journey to the cross!

-Jen Yearwood, Director of Campus Ministry

**Prayer & Worship**

- **Please join us on Wednesday, March 5th** for our Ash Wednesday liturgy at 9:30 a.m. in the GYM. Our Lenten theme will be "Journey to the Cross."
- **Jr. Family Liturgy, Ring Ceremony & Breakfast** will be held on Sunday, March 23rd at 9:30 a.m. in the GYM. All Jr. families are asked to RSVP to this event no later than March 17th (via the CB homepage - under Latest News).

# LASALLIAN STUDENT LIFE

## Christian Service

**Lenten Almsgiving:** Ash Wednesday begins March 5 and marks the beginning of Lenten Almsgiving. Each year we give to our sister school in Ethiopia. In the past we have given to our school in Meki and because of our almsgiving help and assistance they have been able to move forward with projects and have succeeded in their endeavors. Our new sister school is Addis Ababa in Ethiopia. We will be selling bracelets to benefit our new sister school and the various improvements needed at their school. Their most urgent needs are to buy science lab equipment and chemicals, math and science reference books, and 40 computers. Bracelets will sell for \$5.00 at both lunches. If you would like to donate, please make a check to Christian Brothers High School and in the memo field write Twinning Program.

**We Day:** We Day is an initiative of the Free the Children Organization - a day that students from all over California will meet at the Oracle Theatre in Oakland to celebrate service and hear speakers who encourage youth to take action in their communities. It is an inspirational day to connect with other teens who are engaged in service to make a difference. All CB students participating in We Day will meet Monday, March 10 after school in the LSLO to pick up the permission forms for We Day. We will again meet on March 24 after school in the LSLO to prepare for the event. Students participating in We Day must be in front of the school on March 26 at 6:45 a.m. and ready to board the bus. We will return at 4:00 p.m.

## Ven-a-Ver (Come and See):

Presentations for Ven-a-Ver will take place this month in the Religious Studies classes. Applications will be available March 6 and are due no later than March 28. Parent, athletic coach, co-curricular coach, and two teacher recommendations are needed. All parts of the application must be turned in for consideration. Please note that a GPA of 2.5 is required to be considered as a candidate for Ven-a-Ver.

## Volunteer Opportunities:

Volunteers are needed on March 1 at 9:00 for the **St. Francis Parish Mardi Gras Gala**. Please see Ms. Lystrup in the LSLO.

Volunteers are needed to work at the **Gem and Mineral Show in Roseville** March 22-23. Please see Ms. Lystrup for further information.

The City of Elk Grove is hosting a youth fair on March 22 from 10:00 a.m.-1:00 p.m. to showcase community service opportunities, activities and things to do, job opportunities, health and wellness and internship opportunities. Students can earn community service hours for participating and there will also be free food (always a bonus for teenagers!). For more questions check out the flier in the LSLO.

## Student Activities

### VALENTINE CELEBRATION

The Sadie's Dance was held February 8 with the theme "Masquerade". Thanks to the talents of our leadership students, the cafeteria was decorated beautifully with creative masks and gorgeous lighting. The dance floor was ignited to the tunes of DJ Good Times. It was electric!

### ASB OFFICERS NEEDED

Parents of current juniors - It is time for your student to consider running for Associated Student Body officers. The applications are available in Room 106 and they are due March 3. The offices available are Student Body President, Vice President, Secretary, Treasurer, Rally Chairs, and Publicity Historian. Please encourage your student to run for office. It's a commitment of time and work, but they will also have loads of fun, including camp experiences during the summer. Many students choose not to run because they are required to speak in front of their peers. All public speakers are nervous, that is normal. Please help your student understand that he or she should not be afraid to step up to the plate. Being an ASB officer is a great opportunity to be a school leader. Campaign Week is held March 10 - 13.

### CLASS COUNCIL CAMPAIGN

Class council applications are available in Room 106 on March 17. The class council campaign week begins April 28 with speeches scheduled for May 1 and elections on May 2.

### CLUBS GALORE

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

**The Cooking Club** has a new moderator this semester. Welcome to Mrs. Virk who is taking over for Ms. Hoekman during the spring semester. The club meets during Falcon Flex on Thursdays and finds creative ways to plan and prepare meals. The highlight of every meeting is definitely eating all the delicious creations.

**The French Club** also has a new moderator, Madame Howorun. She is our new French teacher and wrestling coach from Canada. Please wish her a warm Bienvenue.

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

### Watch for the following days in March:

**Spirit Day** - St. Patrick's Spirit Day is Monday, March 17. Wear green and you earn the privilege of wearing jeans.

**Liturgy** - Junior Family Liturgy is Sunday, March 23. This event is a great opportunity to enjoy worshipping as a class community and participating in the class ring ceremony.

**Dance** - Frosh/Soph Open Dance at CB on April 4.

## PEACE, LOVE & BUNCO

Save the Date...FAMILY BUNCO NIGHT will be held on campus on Thursday, April 3rd from 6:30-8:30 p.m. Please mark your calendar and plan to join us for a fun filled evening! Don't worry if you have never played bunco! And dads, you can get in on the fun too! Come dressed in your favorite TYE-DYE clothing and accessories! Don't miss out on this evening of good ole' family fun, snacks, and prizes! Cost is \$8 per family! Please sign up BY MARCH 28TH to reserve your spot! Send a check or cash (attention Campus Ministry) along with the number of people in your family who will attend to: Christian Brothers High School, 4315 Martin Luther King Blvd, Sacramento, CA 95820

A<sub>1</sub> U<sub>1</sub> C<sub>3</sub> T<sub>1</sub> I<sub>1</sub> O<sub>1</sub> N<sub>1</sub>



B<sub>3</sub>

H<sub>4</sub>

S<sub>1</sub>

## PATHWAY TO ENGINEERING

Envision a space filled with the latest design software, high power computers and cutting-edge equipment. It's a place buzzing with project-based assignments like programming robots and building bridges, where facts and figures are turned into ingenuity and inventiveness.

It's collaborative.  
It's creative.  
It's critical thinking.

Your help is needed to help make this vision a reality. **Raise your paddle on auction night and give students a Pathway to Engineering.** Recognizing the emerging opportunities in STEM fields, and the needs of our students in a changing world,

**Christian Brothers High School is launching an exciting Pathway to Engineering program in August 2014.** In UC approved courses, students will use industry standard 3-D modeling software to help them design solutions to solve real-world problems. As students learn and apply the engineering design process, they will work collaboratively and develop vital math, science, communication and critical thinking skills. Christian Brothers is extremely fortunate to already have three engineers on our faculty bringing professional experience to the program.

You can help implement this rigorous and innovative program. **The Fund-a-Project on Auction Night will raise \$50,000 to help build our engineering lab, expose students to areas of study that they might not otherwise pursue, and provide them with a foundation and proven path to college and career success. Raise your paddles to help create a new Engineering Lab!**

**Can't make it to the Auction, but still want to help? You can donate to the Engineering Program at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) (Supporting CBHS-Donate Now)**

### GAME ON!

**Make your Auction Reservations on or before March 8, for the advance ticket price of \$75 per person.**

**A**fter that, standard tickets are \$90 per person. Purchase your tickets at [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) (Supporting CBHS-Special Events)

# TAKE A *Chance*



## Attention Amazon Shoppers

Join Amazon Smile and Support CB! [Sign Up Today!](#)

**What is Amazon Smile?** AmazonSmile is a simple and automatic way for you to support Christian Brothers High School every time you shop Amazon, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support. We hope you'll choose CB.

**How do I shop at AmazonSmile?** To shop at AmazonSmile simply go to [smile.amazon.com](http://smile.amazon.com) from the web browser on your computer or mobile device. AmazonSmile looks exactly like Amazon. You may also want to add a bookmark to AmazonSmile to make it even easier to return and start your shopping at AmazonSmile.

**Which products on AmazonSmile are eligible for charitable donations?**

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

**Can I use my existing Amazon.com account on AmazonSmile?** Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

**How do I select a charitable organization to support when shopping on AmazonSmile?** On your first visit to AmazonSmile, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make on AmazonSmile generates a donation.

CB TALON Student Corner

### The Path to Citizenship

Two CB sisters realize the American Dream  
By Madison Winn - Talon Staff Writer

In January of 2014, Victoria ('15) and Maria Paula Linares ('16) ended the long, grueling process of becoming an official American citizen.

Born in Valencia, Venezuela, the sisters, their parents, and younger sister moved to the United States in 2003. For Victoria, then age 6, and Maria Paula, then age 5, their life in the U.S. first began in Corpus Christi, Texas.

However, this taste of American life was short, as they moved back to Venezuela later that year, but they returned to the States in 2005. They have been here in Sacramento ever since.

The transition for the sisters was hard as they had to learn a new language, culture, make new friends, and leave their family behind.

"Here [in Sacramento], we got better at English, but it was really sad because we didn't have any of our family," Victoria says.

This transition took about three years, and they finally became comfortable and fully American, but they were still not citizens.

The Linares family obtained green cards when they moved here, but after enjoying their lives in America, they decided to obtain full citizenship. In order to become an official American citizen, one must endure the process of naturalization.

This process for minors consists of living in the U.S. for eight years and the parents of the children must pass a test. Once the test is passed, the family becomes officially American.

Victoria describes earning her citizenship as like, "winning a Grammy." However, younger sister Maria Paula thinks it "doesn't feel any different because we have been here for so long."

Though differing on their opinions, both sisters are very thankful for their naturalization as they will be legally able to vote in the next election among many other American rights.

"I can eat French fries now and feel completely American!" Victoria says jokingly.

"[It's] cool having an American passport on top of our Venezuelan and Spanish passports," Maria Paula. "Just traveling and being able to hold that passport, it's really special."

Even here at Christian Brothers, students are realizing the American dream and the many freedoms and privileges we have here in the U.S.



## LASALLIAN STUDENT LIFE

### INTERNATIONAL STUDENT PROGRAM

Kate Haroldson and her three daughters Maliah '16, Makena '17 and Mierra (future Falcon) are hosting Liwen Luo '15 from China. Liwen arrived in Sacramento in August 2012. Kate thoughtfully describes the anticipation they felt driving to the airport to meet Liwen. They wondered if they would recognize her as she approached them as they eagerly awaited her arrival. They did. Together, they journey an international life here in Sacramento learning about culture, language and each other. Kate notes that dinner is their favorite time when they are usually all together. It is when they exchange ideas and talk about different and like attitudes of American and Chinese culture. Liwen is currently in her second successful year with the Haroldson family and will be welcomed back for her senior year in the fall. Liwen has become a part of their family and Kate is proud of the work Liwen has done to ensure her success as an exchange student in their family for the past two years. Life gets crazy among four girls and Liwen has been able to roll amidst the busy schedules. They have learned much about each other and look forward to another year together.

I asked Kate why she signed up to host a student. Her first response was "I believe in the program." She also quickly stated that "every child should live abroad at some point in their lives. I hope while my girls are in college they will have the opportunity of living abroad." She views the International Student Program here at Christian Brothers as an opportunity for our international students and Kate wanted her family to help make the international experience positive. Kate expressed that one could equate cultural lives to cars. "We are all in different cars (cultures) heading to the same place." Kate believes that this journey with her family (and in the winter her father George joins the household) is giving everyone involved an opportunity to make the world smaller and better.

Kate offered some advice to anyone considering hosting an international student. She stated the number one reason to consider hosting is that Christian Brothers has a program in place. Students are vetted and chosen to attend CB just as Admissions has a process to invite students to apply to attend CB. Our students from China come through a contracted Agency with offices in Boston, Los Angeles and throughout China. All of our international students pay their own tuition, they pay for their own books, iPads, activities, clothing, and medical insurance. All of our host families are reimbursed through a monthly stipend which defrays the cost of food, transportation and additional expense of adding a person to your home. What are a host family's responsibilities? Of course, first and foremost - keep the students safe. Make sure they get to school daily, that they get proper rest and nourishment, that they practice English as much as possible and that one treats them as you would want someone to treat your own child in another country.

We are always looking for great families affiliated with Christian Brothers to take a journey with an international student. If you are considering hosting but just unsure if you are ready to make the commitment, consider taking

Kate's thoughts into consideration. A program is in place. CB is here to foster an international education for students-American and International alike. For more information please call Patricia Gallagher at 916/733-3640 or send an email with your interest, questions or concerns to: [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org).



MARCH '14

7  
SPRING SEMESTER

# ATHLETICS

## Upcoming Events and Reminders:

<b>Friday, February 28</b>	Swimming Invitational @ Jesuit 11:00 a.m. Rugby v. Dixon (H) 3:00 p.m. Baseball v. McClechy (H) 3:30 p.m.
<b>Saturday, March 1</b>	Swimming Invitational @ Jesuit TBD
<b>Tuesday, March 4</b>	Lacrosse v. Bella Vista (H) 4:00 p.m. Baseball v. Franklin (H) 3:30 p.m.
<b>March 7-8</b>	Golf- Jesuit Tournament @ Ancil Hoffman All day Softball @ Davis Tournament 11:00 a.m. CBHS Tennis Tourney @ Laguna Creek RC All day
<b>Tuesday, March 11</b>	Soccer @ St. Francis 3:30 p.m. Volleyball @ Jesuit 6:00 p.m.
<b>Thursday, March 13</b>	Diving- Oakmont Invitational 4:00 p.m. Volleyball v. Woodcreek (H) 6:00 p.m. CBHS Girls Soccer Tournament 3:00 p.m.
<b>March 14-15</b>	Baseball v. Vacaville @ Sac City 1:00 p.m.
<b>Saturday, March 15</b>	Track-CVC Center Meet @ Rio Linda 3:30 p.m.
<b>Wednesday, March 19</b>	Rugby @ Bishop O'Dowd 5:30 p.m.
<b>Thursday, March 20</b>	Lacrosse v. Granite Bay (H) 4:00 p.m.
<b>Wednesday, March 26</b>	Softball @ St. Francis 3:00 p.m.
<b>Saturday, March 29</b>	

Be sure to check the athletic website for upcoming playoff contests involving our winter sports teams and the complete schedules for our spring sports teams.

## Winter Sports Update:

**Wrestling:** Our girls wrestling team competed in the Section championships in Stockton. Our girls wrestled their hearts out! Our top finisher was junior Alexandria Gaud who dominated the competition. Alex cruised to gold, winning her finals by a score of 20-4. Alex, as Section champion, will represent CB at the State championships in Fresno! Our boys wrestling team competed in the CVC League championships with the top four athletes in each weight class advancing to Sections. Our wrestlers brought their A game at the league championships as many of our wrestlers beat opponents who had beaten them in the regular season. Top finishers were Jack McHale and Mike Mabourakh who took 2nd place, 3rd place qualifiers Zach Steving, Jalen Yip, and Matthew Spain, and 4th place finishers Marcus Quackenbush and Daniel McCarthy.

### Mens Basketball

**Freshmen:** The Freshman team ended its season with an overall record of 19-8 coupled with an 8-2 league slate good for second place. The Frosh team had notable victories over Granite Bay, Rocklin, Jesuit, Oakmont and Sac High. All players made great contributions to the team.

**JV:** After starting the season 1-5, the JV basketball team ended the season on a 16-5 run. The JV hoopsters had an 8-2 record in league, losing only to Bella Vista. Key victories this year were against Capital Christian and Jesuit, in the same week. The team scoring leader was Darien Davis averaging 10.1 points per game, while Cameron Johnson was a standout on defense. Jackson Balantac excelled as a team leader who kept the players working together. The players persevered and everything they accomplished was because they came together as a team.

**Varsity:** The varsity posted a second place finish in the CVC with an 8-2 league record. Ranked #4 in Division 3, the Falcons start their playoff run against Manteca after finishing the season with an overall 18-9 record. Senior Preston Barnett (10 ppg) leads the team in assists while Brendan Thompson (9.6 ppg) leads the team in rebounding.

### Womens Basketball

**Freshmen:** The Frosh Women's basketball team wrapped up the season with a 13-5 overall record while going 8-0 in the Capital Valley Conference. The highlight of the season was winning the Yellow bracket in the Del Campo Sweet 16 Tournament. Every player contributed on the court to the overall success of the season. The players each showed a tremendous commitment to improving their individual skills and team play right up to the final game of the season.

**JV:** The women's JV team finished 10 - 0 in league play and only lost 4 games during the entire season.

**Varsity:** The varsity claimed a CVC championship after an unblemished 10-0 league record. Ranked #5 in Division 3, the Lady Falcons start their playoff run against Lincoln after finishing the season with an overall 17-10 record. The team looks to make a deep run in the playoffs and defend their section championship. Kalani Mark has been a steady playmaker at point guard while Samantha Earley has been deadly from 3-point range. Senior Alicia Gonzalez has sparked the team on both ends of the court. Congratulations to leading scorer Kira McKechnie who was selected by 'All City Preps' as a Von Housen Player of the Week during league play.

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

Frosh Women's Basketball	3.4
JV Women's Basketball	3.62
Varsity Women's Basketball	3.51
Freshman Men's Basketball	3.08
JV Men's Basketball	3.06
Varsity Men's Basketball	3.65
JV Men's Wrestling	3.08
Varsity Men's Wrestling	3.35
Varsity Women's Wrestling	3.43
Frosh Cheer	3.1
JV Cheer	3.4
Varsity Cheer	3.14

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

### FROSH CHEER- Brenna Patterson

**JV CHEER-** Madison Gudmann, Mackenzie Starnes, Victoria Burbridge, Maci Meyer, Synthia Ramirez

**VARSDITY CHEER-** Zaria Watkins, Isabelle Lambert, Madison Haruy, Taylor Fedosenko

**WOMENS WRESTLING-** Laura Kalmanson, Maria Angelina Pascual, Katelyn Bates

**JV MENS WRESTLING-** Christopher Tak, Joseph Krieg, Robert Parnatian, Joshua Abulencia

**MENS VARSITY WRESTLING-** John McHale, Daniel McCarthy, Jalen Yip, Matthew Spain, Janet Filfick

**WOMENS FROSH BASKETBALL-** Ayana Watkins, Lidia Chacon, Emily Hosoume, Makera Haroldson, Bridget White

**WOMENS JV BASKETBALL-** Adriana Alvarado, Maliah Haroldson, Audrey Nelson, Erika Zuchen Robles, Olivia Webber, Miranda Esquivel

**WOMENS VARSITY BASKETBALL-** Giselle Cartilier, Samantha Earley, Lauren Overstreet, Kalani Mark

**MENS FROSH BASKETBALL-** Garrett Cappello, Raul Azambula III, Christopher Mosby Milton, Casey Loftus

**MENS JV BASKETBALL-** Christopher Martin

**MENS VARSITY BASKETBALL-** Bryan Petkus, Preston Barnett, Joseph Delgado, John Barnes, Finn Whetstone, Madison Winn, Carter Melhop, Mason Stahlley, Hayden Jones, Liam Strech

**STUDENT ATHLETIC TRAINERS-** Colleen Brown, Grace Liu, Stephanie Jimernez, Halle Hurtado, Lauren Adams, Claire Jones-Rudman, Carley Coopwood, Jenna Culley, Arnyall Chavez

Continued on page 7

## COUNSELING AND GUIDANCE

### 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 of each year, approximately 1.5 million high school juniors in some 22,000 high schools take the PSAT/NMSQT. Of those students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the program, and approximately 16,000 are named Semi-Finalists and 13,000 are named as Finalists. The class of 2014 boasts seven students with National Merit Commended status, and one student who achieved National Merit Finalist status. The commended students are:

<b>Adam D'Elia</b>	<b>Austin Hart</b>
<b>Dana Kimball</b>	<b>Winston Limhengco</b>
<b>Madeline Macleod</b>	<b>Ben Taylor</b>
<b>Robert Tucker</b>	

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

#### **Matthew Reade**

The **National Achievement Scholarship Program** names 3,100 Outstanding Participants each year based on performance on the PSAT/NMSQT. These students represent the top 3% of the more than 160,000 Black Americans who requested consideration in the program in 2014. This year, Christian Brothers has three students who were named as Outstanding Participants. They are:

<b>Bryant Lamar</b>	<b>Haley Snyder</b>	<b>Zaria Watkins</b>
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## Congratulations, Falcons! We are very proud of you!

### GRAD NIGHT – CLASS OF 2014

*Grad Night for the Class of 2014 will be held on Friday, May 23, after graduation. Parents of seniors – invitations have gone out, so please make sure your student responds. If a student is in need of sponsorship, please contact Julie Peabody (jpeabody@cbbu-sacramento.org). Parents of freshmen, sophomores, and juniors are asked to donate gift cards in \$10-\$20 value for places such as Jamba Juice, Starbucks, etc., to be used as raffle prizes for the seniors at Grad Night. Thanks so much for your support.*



### Reminders:

**Seniors are reminded** to please get all scholarship offers, awards and college admissions acceptance letters to Ms. Heine, Mrs. Moskat or Ms. McClellan in the CB Counseling Center. Seniors should also update their admission status to all colleges on their Family Connection.

**Junior parents** may contact Mr. Kirk Purdy (last names A-L) or Ms. Melissa McClellan (last names M-Z) if they would like to set up an individual college planning appointment this spring or summer.

### Upcoming Counseling & Guidance Events:

**Wednesday, March 12** – “Exploring Colleges for Juniors and Their Parents” will be held at 7:00 pm in the CB Cafeteria. Representatives from different college systems will be on hand to present general information and will answer more specific questions during break-out sessions.

**Saturday, April 12** – The ACT exam will be held on the CB campus. The regular registration deadline is Friday, March 7. Students may register at [www.actstudent.org](http://www.actstudent.org).

**Wednesday, April 30** – “Transition to College Night for Seniors and Their Parents” will be held at 7:00 pm in the school Cafeteria. Find out what parents and students can expect next year during the first year of college from our panel of parent and student experts in the CB community.

**Saturday, May 3** – The SAT exam will be held on the CB campus. The regular registration deadline is Friday, April 4. Students may register at [www.collegeboard.com](http://www.collegeboard.com).

### Questions???

If parents or students have any questions regarding the ACT, SAT or test preparation options for these exams, they are urged to contact their grade-level counselor

### Smart Tuition and Re-Enrollment for 2014 -2015

Re-Enrollment for the 2014-2015 school year begins in March. You will receive an email from Jan Warren, Registrar, that links you to the InfoSnap website. Please complete the enrollment contract for the 2014-15 school year. The registration fee will be billed to your 2013-2014 Smart Tuition account in the month of May. Please keep in mind that your student is not officially enrolled for the next school year until the registration fee is paid. If you have any questions regarding re-enrollment, your Smart Tuition account, or the registration fee, please contact Susie Griffin at 916-733-3644.



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## FALCON FAMILY FACES





# FALCON FAMILY NEWS

## A MESSAGE FROM THE PRINCIPAL

Dear Parents:

“Almost everyone wants schools to be better, but almost no one wants them to be different.” This quote from educational leader Ray McNulty sums up the conundrum facing us as we strive to be 21st-century teachers and learners. Stability is a necessary anchor in our lives. If change were all that we ever experienced, we would probably go mad. Given our human nature to seek stability, it doesn't seem like we would be wired to accept or adapt to change. Most people I know do everything they can to keep things predictable—thinking that if we can predict things, we can deal with them, never minding that things are not perfect, and content with knowing at least we can cope with the known. This is a universal concept—Shakespeare wrestled with the natural tension between predictability and the unknown some 400 years ago when he wrote these lines from Hamlet: “That dread of something...undiscovered...makes us rather bear those ills we have than fly to others we know not of” (Hamlet III.I.78-82). Or, as Henry Ford said, “If I had asked the public what they wanted, they would have said a faster horse.”

We do all we can to maintain stability; we share the proverbial “fear of the unknown.” However, while keeping things as they are may be comfortable, it also prevents needed growth and improvement. As a school, it is especially important to realize this human tendency. Clinging to traditional practices often stifles required growth and improvement. “That’s the way we’ve always done it” is the opposite of necessary adaptation to changing times in a changing world.

One of our core principles as a Catholic, Lasallian school is providing a “Quality Education.” What does that look like in 2014? Well, to begin with, our children live in a completely different world than the one we grew up in. Information is at their fingertips – and the devices they hold in their hands each day connect them to over 1 billion websites. Today education is moving from teaching students content to teaching students how to learn and discern among the millions of choices of content available to them. While we still value stability, control, and standardization, it must be mixed with **uncertainty, ambiguity and disruptive** thinking in order to be effective.

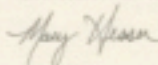
Making a better 20th Century School is not the answer – it is not about overlaying digitalization on old practices. We here at CB are in the business of transforming lives – and that means not only looking holistically at each individual student entrusted to our care to provide academic excellence, opportunities for moral and faith formation, and addressing adolescent developmental issues – it also means using the best available resources to meet their needs in understanding and succeeding in a very different landscape and future when it comes to college and careers. It is about becoming different not just better.

While initiatives such as our iPad program may seem like the new ‘different,’ the devices are only the beginning of a much more profound approach to empowering and equipping our students. Using researched-based best practices is important, but for true transformation a mixture of **BEST** and **NEXT** practices is needed. This concept, which is reflective of the direction needed in modern education, is a reconsideration of the old 3 R’s: **readin’, writin’, and ‘rithmatic**, which have given way to the new 3 R’s—**Rigor, Relevance, and Relationships**. Rigor, relevance, and relationships are not only key words on the forefront of most educational initiatives; they also ring true from the perspective of our faculty, who are embracing change in order to transform lives.

The three R’s must work in concert. College preparatory schools often promote increasing levels of rigor but at times neglect the very important need of relevance—relevance to the student in the context of the real world. Relevance makes rigor possible. Our new **Pathway to Engineering** program that will begin in August is an example of making learning relevant to our students, since studies show STEM careers to be the fastest growing – jobs that require deep educational qualifications and specific skills in the areas of science, technology, engineering and mathematics. And as for the third R, though we have known this intuitively for a long time, brain research increasingly indicates that positive relationships are a crucial component of learning. St. John Baptist de la Salle recognized this need, which has been a vital element of the Lasallian charism from its beginnings in the 17th century.

Innovative learning models today must prepare students to be both college **and** career ready. In order to accomplish both goals, learning must combine rigor and relevance in an environment of positive relationships. This is just a brief snapshot of where we are headed in terms of teaching and learning at Christian Brothers. Creativity and Innovation, Critical Thinking and Problem Solving, Communication and Collaboration, all in the context of Caring and Accountability, are the order of the day. As scholar John Schaar said, “The future is not some place we are going to, but one we are creating. The paths are not found, but made, and the activity of making them, changes both the maker and the destination.” Here’s to the future!

Live Jesus in our hearts!

  
Mark Hesser  
Principal

APRIL 2014

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

### INSIDE

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# COUNSELING AND GUIDANCE

## COLLEGE NEWS

Graduating Seniors have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2014! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2014 is one of the largest graduating classes in American history (over 3 million), the number of students applying to colleges has seen exponential growth.

In addition, a new trend has developed that has more seniors across the country applying to more colleges than ever in order to "hedge their bets." Many private colleges have reported that they have had a 30% increase in applications this year over last! This has resulted in record numbers of applicant pools. Since most campuses have from 45,000-65,000 applicants to fill freshmen classes of approximately 4500, one can see how difficult decisions have been for admission offices in 2014. In fact, for the fourth year in a row, many UCs have instituted a 'wait-list' for stellar students who were not admitted. It is difficult to know to what extent the wait-lists will be used and as a result, there have been disappointments - not only among our own students, but for tens of thousands of other California seniors.

Thankfully most of our seniors planned well and applied to not only 'reach' schools, but 'target' schools and 'safety' schools. As a result, CB students have options for next year and are able to begin their college careers at great schools. If any seniors are still grappling with final decisions, remember that Mrs. Moskat and Ms. McClellan are available to assist and support you. Seniors who will be attending community college should be applying right now and visiting the school to take your placement tests. Students who will be attending a CSU should be registering for ELM/EPT tests on the CSUS website (see Testing Center) if they are required to take them. Students attending a UC (and needing to satisfy the Entry Level Writing Requirement) should be receiving information on the May 10 Analytical Writing Placement Examination (AWPE).

The good news is that many of our students have been admitted to several prestigious universities and programs, including Stanford, Pomona, Northeastern, University of Chicago, UCLA, LMU, Santa Clara, Seattle University, Saint Mary's, etc., and many more too numerous to list. All of the colleges that our students have been admitted to will be listed in the graduation program.

Parents, be sure to have your senior go to the CB Family Connection website (see the letter mailed home to senior parents for details) as soon as possible, but NO LATER than APRIL 11 for scholarships and awards and by MAY 5 for college admittance. Students need to list ALL colleges to which they have been admitted and ALL scholarships, awards, etc. We must have this information in order to accurately recognize your child at the Senior Family Liturgy on April 27 and at graduation on May 23.

Our two informative college information evenings were very well attended by Juniors and their parents in January and March. Seniors, please mark your calendars for Wednesday, April 30 at 7:00 p.m. in the CB Cafeteria. We will hold one last meeting

for the class of 2014. The topic will be Transitioning to College. There will be general information about the practical issues related to going off to college, as well as break-out sessions. One breakout session will be for parents with a panel of CB parents of college students discussing "Letting Go" of your college-bound child; the other will be for students and consist of a student panel of CB alumni currently attending college who will share "what I wish I had known" before heading off to college.

## SUMMER PROGRAMS -- DO SOMETHING EXTRAORDINARY THIS SUMMER!

Summer will be here before we know it! Summer is a wonderful time for students to expand their horizons, enrich their lives with fascinating experiences, and improve their readiness for college through academic pursuits. There are many summer opportunities for high school students: classes, camps, travel study, volunteer service, and employment. Opportunities exist locally as well as across the country and abroad. Check out the CB Family Connection site for details and contact information or see your grade-level counselor.

We hope you will continue to use our most valuable tool for help with college planning the **CB Family Connection** site (<https://connection.naviance.com/cbhs>).

Sign-up information for the **CB College Boot Camp** for incoming Juniors and Seniors will be sent home via Family Connection on May 1st. Space is limited so register online early for guaranteed seating.

## Speaking of Summer Programs...

Summer School is a great opportunity to remediate any Ds or Fs students received so that they can maintain college eligibility. Please contact the student's grade level counselor if you have any questions. There is also a bulletin board in the Counseling Center with many summer opportunities at colleges and programs around the country.

**Sophomores and Juniors:** This spring is a good time to take the SAT and ACT exams! Be sure to check out our FREE personalized program, Prep Me, on Family Connection to help you prepare for both the SAT and ACT. Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take an SAT Subject exam, be sure to register to take the June 7 SAT Subject Exams (the registration deadline is May 9; go to [www.collegeboard.com](http://www.collegeboard.com) to register). Juniors, if you did not yet register to take the May 3 SAT Reasoning exam, please know that the regular registration deadline is April 4. The next ACT exam is June 14 - the registration deadline is May 9. Go to [www.act.org](http://www.act.org) to register.

### Congratulations to **Chrystian Villarreal '16**

who received his Eagle Scout award in December 2013. For his project, Chrystian constructed a sandbox with a lid that converts into bench seating for the children of Whitehead Elementary Preschool in Woodland, CA. Chrystian is the second member of his family to receive the award, following behind his great uncle David Telfoy, CBHS class of '84.

## Campus Ministry

### Reflections for April...

Last month we began our Lenten journey together. With only a few weeks to Easter we are given the opportunity to do a self "check up" for how we have been doing along the way. As we continue our journey to the cross, we can see that the struggles and falls that Jesus endured while bearing the weight of the world are not unlike our own feelings of fear, doubt, struggle and worry that we all encounter. The notion of standing by and watching a loved one die, as Mary did at the foot of the cross reminds us that we, too, must put our faith in God who has surely promised resurrection for those who believe. We know that the Spirit of Christ lives on in our hearts as we try our best to live lives that are hope filled and life-giving. As we continue along this journey, we do so together. The plentitude of amazing individuals living the Lasallian mission throughout our world and the recollection of many a grace-filled moment are enough to sustain us even when the road gets tough. So as we prepare to embark on the journey of Holy Week, I offer you these reflections to consider.....

On **Sunday, April 13**, the Church will celebrate **Palm Sunday** to celebrate the occasion of Jesus' arrival in the city of Jerusalem. *What do I celebrate most about Christian Brothers and the experiences it has provided to me? To my family?*

The **Paschal Triduum**, often called the Easter Triduum or simply the Triduum, consists of **Holy Thursday**, **Good Friday**, **Holy Saturday**. This includes the Great Easter Vigil, the high point of the Triduum. The word Triduum comes from the Latin word meaning "three days." The Triduum celebrates the heart of our faith and salvation: the death and resurrection of Christ, and is thus the high point of the liturgical year.

On **Holy Thursday, April 17**, we celebrate the Institution of the Eucharist and we commemorate the Last Supper where Jesus became servant by washing the feet of his disciples. *How have I "washed the feet of others"? How have my feet been washed by members of this CB community?*

On **Good Friday, April 18**, we mark the final moments of Jesus' life through our recollection of the crucifixion. *What feelings of loss, sadness, worry, or devastation am I feeling? How can I best acknowledge what pierces my heart?*

On **Holy Saturday, April 19**, we acknowledge the day that Jesus lay in the tomb. *Are there things I must let go of and prepare to leave behind?*

On **Easter Sunday, April 20**, we celebrate the Resurrection of Christ- Jesus' triumph over death and renewed hope for life in the Spirit. *What moments of grace have blessed me? What am I hopeful for in the future? What gifts of life, hope and renewal am I most thankful for?*

As we continue this journey together, know of my prayers for you. The hope and gratitude that fills my heart as I work and minister at Christian Brothers blesses me as I continue this amazing journey! Blessings for a Joyous Easter-

An Yearwood, Director of Campus Ministry

## RETREATS

The **final Junior Retreat** of the year will be held April 7 & 8 at Christ the King Retreat Center. Details and packing lists were emailed to parents of attending Juniors and information was also posted on Schoology.

The **Summer Kairos (KS1)** available to current Juniors will be held at Christ the King Retreat Center. Kairos \$1 for members of the Class of 2015 will begin taking registrations on April 1. Forms will be available outside Ms. Yearwood's office door and online (via the CB website). Cost of the retreat is \$160 (\$80 deposit due by April 30) to secure your spot, first come, first served. This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. Please contact Ms. Yearwood if you have additional questions.

### Are you a Leader?

Members of the Class of 2015 are invited to consider applying to be part of the Senior Retreat Leadership Team (SRLT) for next year. Applications for SRLT will be available the week before Easter break in the Campus Ministry office. This retreat team will work closely with Ms. Yearwood and will assist in leading the Frosh, Sophomore, and Junior retreats. There will be a mandatory SRLT Training Retreat for all team members that will be held July 27-30.

### Prayer & Worship

The **Senior Family Liturgy & Awards Ceremony** will be held on Sunday, April 27 at 9:30 a.m. in the GYM. Breakfast will follow. All Senior families are asked to RSVP to this event no later than April 15 (via the CB homepage - under Latest News).

### Other News

We regret that we are **canceling the Family Bunco Night** that was originally scheduled for April 3. We apologize for the inconvenience. Look for this event to make a reappearance next school year.

## Christian Service

**WE DAY:** Orade Theatre, Oakland, CA. Sixteen students and two moderators (Ms. Melissa McClellan and Ms. Jennifer Lystrup) participated in California WE DAY- an educational event that encourages students to lead both local and global change via service. The sixteen students: **Shannon Jose, Lauren Adams, Dante Mazza, Spencer Hao, Jason Hao, Madison Winn, Victoria Linares, Maret Marcín, Zaria Watkins, Lwenn Luo, Neena Lynton, Natalie McElvy, Sam Swanson, Vince Villegas, Jenna Cully and Jackie Nolan**, have donated their services both nationally and internationally, a WE DAY requirement. Students were treated to inspiring speakers such as: actor/activist Martin Sheen who offered a prayer for the impoverished; Magic Johnson, who encouraged students to continue to be present for those who are being bullied; Orlando Bloom who issued a message of hope and encouragement to those students who feel unsure about how to help; Seth Rogen, writer and actor who is involved in supporting Alzheimer's research; Clemantine Wamariya, a survivor of the Rwandan genocide, now a student at Yale whose message of love and compassion touched the audience; and many other social justice advocates and entertainers such as Selena Gomez, J Cole, and the Tenors were also on hand. The founders of Free the Children, WE DAY - Craig and Marc Kielburger - were present throughout the event, inspiring the 18,000 students in the auditorium to continue to advocate for the education of young girls in developing nations as well as combating other injustices locally and globally. Christian Brother senior Shannon Jose said, "I know there is so much more I can do to really make a change. WE DAY

Continued

# LASALLIAN STUDENT LIFE

## Christian Service - Continued from Page 3

was inspiring" ISP Junior Spencer Hao added, "Seeing thousands of students makes me realize how big the world is out there...I was really motivated." Senior Natalie McElvy, "I took a lot away from the speakers, especially Clementine Wamariya who reminded us to acknowledge everyone, especially the poor all around us, and that it doesn't have to be just the donation of money, it can be the donation of compassion." An inspiring day indeed!

## Social Justice Week:

This school year our theme has been **War** and its societal impacts. On Friday April 11 we will have an all school assembly with a guest speaker from the Wounded Warrior Project. Each classroom was given a poster of the Catholic Social Teachings and have been utilizing them for classroom discussion. Social Justice Week themes are cross curricular and connected to our Lasallian and Catholic mission.

## Lenten Almsgiving:

Almsgiving continues through the Lenten season and ends April 11. To date students have contributed a little over \$2,200 through bake sales and classroom donations. The money benefits our sister school in Ethiopia. If you would like to contribute please make a check to Christian Brothers High School. In the memo field note Lenten Almsgiving. Thank you.

## Ven-a-Ver:

Applications for Ven-a-Ver are due April 1. Students are responsible for following up on their completed applications. Interviews will begin after Easter break.

## Senior Service Hours:

All senior service hours are due by April 3 for graduation. Please input them online through Family Connection, Naviance, x2vol.



"CB's team supports the St. Baldrick's Foundation research to fight childhood cancer".

## Student Activities

It's that time of year again. Yes, that's right, Student Council elections are upon us. Students have the opportunity to throw their hat into the political ring beginning with campaign week for positions on the Associated Student Body Council, which ran from March 10 - 13. Elections for the ASB Council were held on March 16. Congratulations to our new ASB Council:

### ASB STUDENT COUNCIL OFFICERS 2014 - 2015

PRESIDENT: Victoria Linares

VICE PRESIDENT: Justin Baker

SECRETARY: Kevin Stenvick and Madison Winn

TREASURER: Connor Swan and Vincent Chandra

RALLY CHAIRS: Quentin Barbosa and Nick Garcia

PUBLICITY/HISTORIAN: Daniel Lee and Ritam Sarmah

The election cycle continues with Class Council campaign week to be held April 28 - May 1. Students running for Council will give speeches to the student body on May 1, with elections held on May 2.

## Clubs:

Student Council sponsored a **Multi-Cultural Day** on March 20. The weather was beautiful and students were able to appreciate a leisurely lunch on the main lawn while enjoying music from the Maya Club and the aromas wafting through the air from the various clubs. For example, the French Club made tasty crepes and the Urban Club provided delicious hamburger and fries.

### Our featured clubs this month are:

- The **Mini-Van/Urban Club** led by English teacher Tony Caselli. They love riding around Sacramento and vicinity in their mini-vans and munching on All-American food, such as hamburgers, hot dogs and French fries.
- The **Maya Club** led by Social Studies teacher Stephanie Roybal. Ms. Roybal has been the moderator of this club for many years and encourages her club to become active in the arts and festivals around town and in the Bay Area. In the past they have gone to San Francisco and visited the Mexican Museum at the Presidio, watched a documentary on Latin American immigration in the Moscone Center, and eaten lunch at a taqueria in the Mission District after touring Mission Dolores. This year they are going to see the movie "Cesar Chavez" here in Sacramento and then having lunch at a Salvadorean restaurant.

All are welcome to join any of the clubs on campus. Mr. Caselli and Ms. Roybal would love to see you at the next meeting. Please listen to the announcements or read the bulletin for information regarding times.

**Senior Celebration - Let's Party!** - The entire student body will celebrate the senior class on Thursday, **April 3**. Students are asked to wear orange that day, the senior class color, in support of our magnificent seniors. Fresh and Soph students are also invited to "Rent a Senior". The Student Activities window will be open from Monday - Wednesday so they may rent their senior. Students may bring accessories, such as hats, jewelry, etc. or clothes worn over clothes for the senior to wear at lunch. The senior is also asked to provide a treat for the "renter". The cost is \$2.00 and proceeds go to support Grad Night. Let's remember that we "keep it classy" here at CB.

The culminating activity for the day will be an exciting rally in the gym during Falcon Flex.

**We Should Be Dancin' YEAH!** - Our annual **Spring Frosh/Soph Open Dance** is on **April 4**. The theme is "Welcome to the Jungle". We welcome our friends from Jesuit, St. Francis and Christo Rey to join us as we kick up our feet or do the worm and get movin' to the beat of DJ Hightop's electrifyin' tunes. Tickets are sold at the Student Activities window from March 31 - April 4. They are \$7.

**Liturgy** - The Senior class will be celebrating their **Senior Family Liturgy** at 9:30 a.m. on **Sunday, April 27**. The class spends many hours planning this liturgy and invites all families to attend. Breakfast will be served in the cafeteria following the liturgy. Be sure to RSVP online on the CB website.

**Upper Division Ball** - The much anticipated Upper Division Ball will be held Saturday evening, **May 10** at the Arden Hills Country Club. The theme this year is "The Great Gatsby". Juniors and seniors anticipate this wonderful night as they enjoy an elegant dinner and an exhilarating dance.

## CB TALON Student Corner

### Color Coded

The real story behind CB colors, which code a key aspect in CB's school culture.

By Victoria Coleman—Talon Staff Writer



Blue, Red, White: the colors that identify the Christian Brothers Falcons. Colors are a large part of what identify CB, but what's the story behind this color scheme?

Ms. Kristen McCarthy described how these colors were adopted. Back between 1900-1910, CB utilized the image of the Boston Red Sox. However in the 1920s, St. Mary's College began calling themselves the Gaels, and CB experienced a change as well.

"We were given their cast off uniforms," Ms. McCarthy said. "We adopted the colors of St. Mary's because we used their uniforms. We became the Falcons."

Our primary blue is what truly identifies Christian Brothers as the Falcons.

"Back in the '70s and '80s, we were a little more red than blue, but now we are primarily our blue," the Director of Communications explained.

As the CB community has grown, blue has become the more dominant color. Many find the combination of blue and red appealing, but the blue is what really makes CB known.

"The focus on the blue identifies us. We stand out as a result of that," Mr. Tom English says.

"When you look up from the field at Holy Bowl and you see that sea of blue, you know that's Brothers' blue," Ms. McCarthy eloquently articulated.

Colors have a greater significance than people often realize. On a deeper level, Christian Brothers' colors contribute to the community.

"They are a form of cohesion. When you talk about the blue and the red, people automatically think of this school," Mr. English described.

"Our brand is important. The blue helps unite us all," Ms. McCarthy said. A likely reason for the blue dominance is the red and white dominance of CB's rival schools, St. Francis and Jesuit.

The fact that Christian Brothers has specific, precise colors down to what web colors, spot colors, and process colors must be used, is not something that everyone knows.

According to the Graphic Standards Manual of Christian Brothers High School, "use of the official colors is essential to the consistent presentation of ALL Christian Brothers publications."

CB may have strict guidelines, but they are crucial for CB to be CB. One guideline outlined in the Manual is that blue should always be the dominant color.

"I love our school colors. I love the blue, I think it just pops," Ms. McCarthy expressed.

She added that the blue, white, and red are All-American and represent Falcon Pride.

"I love the fact that it connects back to our history and takes us into the future," she says.

Having the foundation of school colors provides a starting place for identifying with the school. Perhaps that is why all schools have set colors — so they can form a greater sense of bonding and community between the students.

Mr. English enjoys the dominant blue, followed by red and white as "they are traditional and they blend well together."

Color is a large part of what holds people together, so recognizing and appreciating the code is key. Keep an eye out for that Brothers Blue!

## CAMPUS LIFE

### International Student Program

The news from the International Student Program is good news. We have 15 returning students (China, Sweden, and Singapore) and we have secured spots for additional students from Sweden, Equatorial Guinea, Colombia, Vietnam, and China thus far. We are awaiting confirmation from students from three other countries as well. We continue to add cultural and linguistic diversity to Christian Brothers High School. Most of our returning students will remain in their current host families, but with graduating seniors as hosts and an influx of more international students, we still need a few new host families.

This year, we have an English teacher hosting, parents of alumni hosting and many current students' families that have space in their heart and home with the desire to make a difference in someone's life. Next year, we have families that are new to the area and new to CB that have signed up to help these young people succeed too.

Dan and Joan Dillon are parents of alumnus Maggie '12 and they are currently hosting Maggie W. and Ophelia from China. When asked about hosting, Dan had this to say, "I think Maggie W. and Ophelia deserve the lion's share of the credit for our 'international' family's success. We have treated our (international) children as a sacred trust. We take it very seriously and try to consider how we would want our biological children treated if they were in the same circumstance. We always strive to create a home not (a place like) a dorm room. We have had our issues but we talk it out just like we do with our biological children. It all boils down to respect. I feel the parent must initiate the respect cycle. Once started, just like a bike, it needs constant attention if you want it not to stall!"

On another note, the stories of the rewards of cultural diversity continue. Mr. Barsanti recounted a classroom experience not long ago wherein curriculum in the AP Economics class became a conversation of real life experiences. Andrea from Spain was able to talk about the effect of high unemployment and Spencer from China was able to respond to the economic effects of the one child law. As Mr. Barsanti explained, the ability to discuss global economics in the classroom with real life experience brought the curriculum to life.

If this interests you, please contact Patricia Gallagher at [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org) to discuss how you and your family can get involved. No commitment necessary; just a conversation about the possibilities, commitments and expectations involved.

If you prefer, mark your calendar for either April 24 or April 30 at 6:00 p.m. to come to an information meeting about hosting an international student. More announcements of this meeting will be posted prior to Easter break and directly afterward.



# ATHLETICS

## Upcoming Events

Tues., April 1	Lacrosse v. Tamalpais (H)	4:30 PM
	Volleyball v. Chico (H)	7 PM
Thurs., April 3	Swimming v. Del Campo, Sac City	4 PM
Friday, April 4	Baseball v. Bella Vista (H)	4 PM
Tues., April 8	Soccer v. Bella Vista (H)	4 PM
Wed., April 9	Track-CVC Center Meet, Oakmont	3:30 PM
Thurs., April 10	Volleyball v. Del Campo (H)	6 PM
Sat., April 12	Rugby @ Bellarmine	1 PM
Mon., April 14	Softball v. Sheldon (H)	4 PM
Tues., April 15	Softball v. Rocklin (H)	4 PM
April 14, 16, 17, 19	Baseball Tournament, Dan McLaughlin Park	78A
Tues., April 22	Golf v. Del Campo, Bing Maloney	3 PM
Thurs., April 24	Diving v. Bella Vista, Capital Dive Club	4 PM
	Swimming v. Bella Vista, Sac City	4 PM
	Tennis v. Bella Vista, LCRC	4 PM
Sat., April 26	Baseball v. Jesuit, Sac City	7 PM
Tues., April 29	Lacrosse v. Casa Roble (H)	4:30 PM
Wed., April 30	Track-CVC Center Meet, Bella Vista	3:30 PM

### FALCON ATHLETIC VOLUNTEERS

Falcon Athletic Volunteers (FAV), our athletic parent support group is seeking new members. Members actively support various athletic events, including the Blue-Red scrimmage, Holy Bowl, Hall of Fame dinners, Open House, etc. The athletic department is also looking for parents who are interested in helping with game management. If you are interested in joining FAV or have any questions, please contact Dan Camuzzi (733-3670) or Gloria Bauer (733-3610).

### WINTER SPORTS WRAP-UP

**WRESTLING:** Alex Glaude '15 came up one point short in her bid to win a state title. She received the Sportsmanship Award at the State Tournament, a fitting finale to a great season. The boys' team advanced 9 wrestlers to the division championships, the most wrestlers in recent history. Mikhail Mabourakh '15 was our top finisher and came away with 3rd place and advanced to the Masters. Jalen Yip '15 had an outstanding tournament as well and was a point away from advancing to Masters. Team awards were distributed to: Varsity- Most Valuable Wrestler: Mikhail Mabourakh; JV- Most Valuable Wrestler: Christopher Tak; Girls- Most Valuable Wrestler: Alexandria Glaude.

**GIRLS BASKETBALL Varsity:** The varsity started the section playoffs with a convincing 53-39 victory over Lincoln. In 2nd round play, the Lady Falcons traveled to Florin where they battled the Panthers for four quarters before coming up short 60-50. The varsity finished the season 18-11. CVC All League honors went to Kalani Mark and Alicia Gonzalez. Junior Kira McKechnie was named League MVP. Congratulations to senior Alicia Gonzales who was selected to play in the 2014 Optimist All Star Basketball Game on April 5 at Center H.S. Alumni note: Our very own Ana Burch '13 was named Freshman of the Year in the CCAA Conference. Ana wrapped up her rookie season at Cal State Stanislaus with averages of 9.3 points and 4.3 rebounds, with a 41.2 three-point field goal percentage, ranking fourth in the Conference.

### SPRING SPORTS UPDATES

**DIVING:** The Christian Brothers dive team is off to a good start. With a team of 7 girls, this is the biggest team in several years. Returning divers Kourtney Clark, who is undefeated to date, and Julia Griggs are leading the team, with a number of newcomers are also scoring points in meets. In league competition, Bella Vista will be the team to beat.

**BOYS TENNIS:** The tennis team is off to a solid start, especially considering it is a very young group with no seniors with varsity experience. Junior captains Daniel Lee and Corey Louie have stepped up as leaders of team. The Falcons ended the pre-season with a 4-2 record, including a 2nd place finish in the 3rd Annual CBHS Preseason Tennis Tournament. As the team moves through the conference season, Coach Dexter Fong is looking for the entire squad to continue to improve.

**TRACK:** The 2014 squad enters league competition with high hopes due to a number of key returning performers. Natalia Smith Gonzalez, Lauren Adams, Raquel Comejo and Kara Romani make up an outstanding 4x100 meter relay team, with a goal to better their current school record. Kara Romani holds five school records, including the 100 meter dash which she set at a CVC center meet this year. Danielle Jackson leads the league in the shot put and discus.

**BOYS GOLF Varsity:** Welcome to a new and exciting season of Christian Brothers 2014 Men's Varsity Golf. With the leadership of seniors Michael Perez, Steven Lahey, Christian Contreras and Junior Jackson McMullen, the golf team has an opportunity to compete for another CVC Championship. JV - The 2014 CB JV Golf Team is seeking their first win in a league that includes perennial golf powers Oak Ridge, Folsom and Jesuit. Despite the early season losses, the team is making progress with more competitive showings in recent weeks. First year coach Sean Wong is looking for consistency and improvement as they enter the second half of the season.

**GIRLS LACROSSE:** The varsity girls lacrosse team started out the season in new territory with an opening record of 6-0, a first in program history. The team has successfully implemented a new, quick style of motion offense and the girls are averaging 20-goals a game. With 25 girls on the JV team this season, the program looks forward to continued success on the varsity level in the years to come.

**SOFTBALL Varsity:** The 2014 varsity's strength so far is in its pitching with Stanford bound senior Haley Snyder (.057 ERA; 71Ks in 37 innings) and junior Kira McKechnie (4-0, .091 ERA) who has committed to Fresno State. Competition is keen to replace a number of starters who have gone on to play in college. Ranked in the top 20 in the Sacramento Bee, the squad enters league play with a 7-4 record. JV - The JV girls' softball team is led by its co-captains and last year's only returning players, pitcher Ally Snyder and third baseman Sara Driver. Players with previous softball experience have been instrumental at keeping the games competitive and newcomers are steadily improving their skills with every practice and game. The team is currently 5-7 in pre-season play as they prepare for a competitive league season.

**BASEBALL Varsity** is off to an impressive 5-1 start this season. Returning all-leaguer Zach Ewertson leads the way with .647 batting average and 15 RBIs. Key returners include seniors Lucas Still, Zach Balantac, John Hallman, Steve Talbert, Brendon Gormley, Anthony Calderon, Colton Wackman and Joe McNamara. JV - The JV team is 3-4 early in season, including a couple of one run games with Elk Grove. Freshmen - The Frosh have started the season with a bang, going 7-0 with a big win over Davis.

**RUGBY:** The varsity rugby team lost a close one at the end against Bishop O'Dowd last weekend and is preparing for Saturday's game with Clayton Valley. Many of our seniors are still in the process of selecting which college they will be attending. The coaching staff has worked closely with the students and parents in exploring college opportunities. We are extremely proud of all our young men and wish them the best as they continue their education. A highlight for the JV team was its 38-12 win over De La Salle.

**GIRLS SOCCER:** The soccer team is off to another strong start. Both the JV and Varsity teams competed in the Cal Spring Classic Tournament in Woodland and came home with the championship trophies. The varsity team is finding its rhythm by mixing youth with experience. As the team heads into conference play, great things are expected from CB's footballers.

**SWIMMING:** The CB swim team is off to a great start, having participated in the Jesuit High School Invitational, and hosting a tri-meet with John F. Kennedy and Bella Vista High Schools. Athletes swam college length races that challenged their endurance. CB has three home meets in April and will also be hosting the CVC League championships this year at Sacramento City College on May 2-3.

**BOYS VOLLEYBALL Varsity/JV:** After a grueling non-league schedule, the boys' volleyball team began league play with 3 straight wins. Their overall record stands at 5-5. The JV team's record is 1-6.

# MEDIA, VISUAL & PERFORMING ARTS

## ...And in the world of MVPA

Our Jazz Dessert was a huge success, our choirs achieved spectacular ratings at festival and our KBFT/video production students had an incredibly successful run at the STN National Competition in Orlando, Florida last month. Their successes only amplify the excitement over the fact that...**THE NEW THEATRE IS FINISHED!**

We will be spending this month moving the band and choral classrooms in to the new facility as well as building sets, programming lights and designing the sound for our premiere public performance in the brand new space.

The first show to be performed in the **George Cunningham '40 Performing Arts Center** will be the musical production "The Drowsy Chaperone". The show will open the day after we return from Easter Break on April 25 at 7:00 p.m. The show runs April 25, 26 and May 2, 3 at 7:00 p.m. and April 27 and May 4 at 2:00 p.m. Tickets will be available on the CBHS website and are \$10 general, \$5 student/senior. We encourage everyone to purchase tickets in advance for this once in a lifetime, first ever performance in the new theatre.

Events coming up in the new space in May are the senior **Open Mic Night**, the **LaSalle Art Exhibit**, the **GQ Club Fashion Show** and the **Spring Instrumental Concert**. Details for those events may be found on the school calendar on the school website.

It would be impossible to name all of the people who made this a reality, but we would like to extend a warm **thank you** to the faculty, staff, administration, students and families in the CB community who have been so supportive through the entire process. We can't wait to see you at one of our upcoming events!

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## VOCATIONS

One can define "vocation" as American Theologian Frederick Buechner did when he said, "The place God calls you to is where your deep gladness and the world's deep hunger meet." Mr. Thomas Guro '03 sees this definition fitting for why he decided to become a religion teacher at Christian Brothers.

While attending CB as a student, Mr. Guro became involved in a variety of student activities that had a positive impact on his high school experience. He was active in several clubs, including Student Council for three years, and was in the yearbook class for three years. During his junior year, he was selected to go on a retreat that included other juniors from the Lasallian schools on the west coast. This experience started Mr. Guro's interest in wanting to continue to be part of the Lasallian family even after his high school days. Another important influence on his CB tenure was his interactions with the Brothers, who not only taught him in the classroom, but also laid the path for his eventual conversion from his Baptist upbringing to Catholicism. During his senior year, Mr. Guro realized he enjoyed the subject matter and the teachers of his religion classes. He wanted to return to CB to teach religion and offer students the Lasallian education he has experienced.

Mr. Guro's higher education took him to living in different parts of the country. He received his Bachelors of Arts in Religion and Philosophy at Christian Brothers University in Memphis, TN. Though he did not know anyone in Memphis, he quickly felt at home at this Lasallian school with the same core principles he had known in Sacramento. The Brothers in Memphis also continued to fuel his interest in wanting to be a Lasallian teacher. Immediately after receiving his BA, Mr. Guro went to the University of St. Thomas in St. Paul, MN for his Masters of Arts degree in Theology. While there he also had the opportunity to work at another Lasallian high school, De La Salle High School in Minneapolis, as a substitute teacher and Lasallian teacher. In the summers of 2011 and 2012, Mr. Guro returned to Sacramento and taught an Algebra 1 summer school course at CBHS. Following summer school in 2012, Mr. Guro was provisionally hired as a full-time religion teacher at CB. Now in his second year as a religion teacher, Mr. Guro finds his return to CB as exciting as he thought it would be, and has found fulfillment in what God had originally called on him to do for his vocation.

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## New Scholastic Award!

Christian Brothers is pleased to announce a new award that recognizes students who exhibit outstanding effort and improvement. The **Grade Point Average Achievement Award** is earned by students who raise their grade point average by at least 0.50% over the course of one semester (e.g., a student who goes from a 2.5 gpa to a 3.0 gpa or 3.0 to 3.5, etc., in one semester). We understand that putting forth the energy and perseverance to achieve this improvement merits celebrating! Congratulations to those students who achieved this goal. Their names are posted in the Main Hallway along with the Honor Roll lists.



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## FALCON FAMILY FACES





# FALCON FAMILY NEWS

## VEN-A-VER...COME AND SEE

**V**en-a-Ver is a social justice immersion that means "Come and See". Three immersions were offered during the 2013-2014 school year. For one week participating juniors live simply in community and work full days of service. This last school year Ven-a-Ver participants traveled to Los Angeles, CA, Browning, Montana, Tucson, AZ and Nogales, Mexico. Ven-a-Ver is powerful and transformative. Here are some of the students' comments about their experiences.

**Los Angeles, CA:** Our students stayed at Mission Dolores and worked with the children at the school. They got up at 5:00 a.m. and served breakfast to the homeless. They also met Father Greg Boyle who wrote the bestseller *Tattoos on the Heart*. They toured Homeboy/Homegirl Industries and heard the personal stories of former gang members who had a conversion of the heart and turned toward a better life with the help of Father Greg. The immersion ended with a trip to the Museum of Tolerance.

"It was the experience of a lifetime and has truly been life changing for me as many of my thoughts and perspectives have been expanded or changed; also this trip has been all I have thought about since we got back." **Madison Winn, participant**  
 "Since the trip, our group meets each Friday for lunch. We don't want to forget our incredible time there." **Natalie Maas, participant**

**Browning, Montana:** Twelve students traveled to our de Lasalle Blackfeet (DLSB) school in Browning. Each morning we drove 15 miles to the school and helped the Lasallian volunteer teachers in their classrooms. DLSB has only 80 students, many of whom are dealing with chronic poverty. Our students also had the opportunity to listen to tribal elders tell their stories of growing up on the reservation. They also hiked an area in Glacier National Park in 10 degree snowy and icy weather.

"I didn't want to leave. They are going through a lot. I want to return again. It was an amazing time and I appreciated being a part of it." **Nia Hagalis, participant**

"In 2012, 40% of the children were born with Fetal Alcohol Syndrome, up from 20% from 2000. The town is in despair. Most people, especially kids, spend every day thinking only

about survival — nothing is more pressing. Their mortality is omnipresent." **Nick Garcia, participant**

**Tucson, Arizona/Nogales, Mexico:** The immersion is also called Otro Lado: 'The Other Side'. Students traveled to Arizona and Mexico to gain a better understanding of immigration issues. Moderators Ms. Anna Fernandez, Spanish Teacher and Religious Studies Teacher Mr. Thomas Guro accompanied the students.

"Ven-a-Ver Otro Lado was a unique and amazing experience that I am glad CB has to offer to the students. Learning from textbooks about the immigration issues from a historical, legal and moral perspective is one thing. However, actually being able to experience it first hand with all the senses, being able to meet people involved with the issue on all sides, and being able to align it with a Lasallian influence is priceless. Knowing the issue from experiencing it first hand and living it is more impactful than knowing it as book smarts from reading. I know CB students found a sense of community throughout the week with one another, as well as with the students from San Miguel High School who joined us. It was a way of living in community and being able to live and learn about the issue in the safest way possible." **Thomas Guro, moderator**

"This year I had the privilege to also take two ISP students on this immersion. Not only did they learn about a topic that they were not aware or familiar with, but we also got to learn about their country in relation to this topic. They were able to teach us the similarities and differences on immigration in China versus the United States. It was impactful to see how much they had learned and grown within a week." **Ms. Anna Fernandez, moderator**

The Ven-a-Ver experience teaches our students to live out the gospels of social justice and to realize they truly can be the change they want to see in the world.

*Jennifer Lystrup*

Jennifer Lystrup  
 Director of Christian Service

MAY 2014

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

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# COUNSELING AND GUIDANCE

## SUMMER IS STILL A TIME FOR ACTION:

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

1. **All** underclassmen, remember to spend time this summer completing your summer reading assignments!!
2. **Sophomores:** consider taking the SAT Subject Exam on June 7 in a subject area you just completed (for example, AP World History or Chemistry). Update your resume and complete any other activities that are suggested on Family Connection (FC). Utilize PrepMe on FC to start preparing for the PSAT. See your counselor to check out College Summer Programs or check them out on FC.

### 3. Juniors: A checklist of reminders:

#### May

- Take SAT or SAT Subject Exams **May 3** or **June 7**.
- Register for the **June 14 ACT Exam** by **May 9**. Go to [www.actstudent.org](http://www.actstudent.org).
- Register for the **June 7 SAT** by **May 9** at [www.collegeboard.com](http://www.collegeboard.com).
- If enrolled in AP classes, take Advanced Placement Exams. They are mandatory per school policy.
- Plan for a challenging senior year. If you want to make changes other than what you pre-registered for, see your counselor.
- Update your resume on Family Connection and finish any other suggested activities.
- Start checking out financial aid and scholarship resources. Try [www.fastweb.com](http://www.fastweb.com) or [www.finaid.com](http://www.finaid.com) as well as the Scholarship Search on Family Connection.
- Study hard for your finals. This semester's grades are critical for college!
- Think about going on the summer Kairos retreat (June 2-5), especially if you have a lot of activities going on next year and don't want to miss three days of school.

#### June

- Consider taking the SAT or SAT Subject Exams **June 7** (remember that you may submit to the UC's any Subject Exams of your choice. They are not required). Some select private colleges do require them. It is a good idea to take an SAT subject area test in a curricular area you've just completed, for example, US History or Chemistry.
- Take the ACT on **June 14**.

#### Summer

- Complete summer "homework" for college admission (distributed by Ms. McClellan and Mr. Purdy in your English classes and available on Family Connection in the "document library" - **this is due the first day of school in August!**).
- Check [commonapp.org](http://commonapp.org) and other college admissions websites for dates when colleges begin accepting applications (the Common App and UC App both open August 1st).
- Study for SAT/ACT.
- Visit college campuses if possible. There are many "college tour" programs out there if you don't want to plan it on your own (see our college counselor Ms. McClellan for more information).
- Begin drafting your college essay (part of your summer "homework").
- Log on to Family Connection to research colleges and career opportunities.
- Do something extraordinary! Try a summer program on a college campus (we have a list on Family Connection), work at a job, or travel.

### 4. Seniors: A checklist of reminders:

#### May

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend by **MAY 1!**
- Congratulate yourself (but stay focused on finals!)
- Go to Naviance Family Connection by **May 2** and list the colleges where you were admitted and where you have decided to enroll.
- Take your Advanced Placement Exams (for AP students). It is **MANDATORY** that all AP students take their exam(s). It is school policy.
- Fill out college housing forms and pay careful attention to deadlines concerning housing deposits, etc.
- Write "Thanks, but no thanks" letters to colleges you will not attend.
- Take the Analytical Writing Requirement test for UC-bound students or the ELM & EPT for CSU-bound students if you are required to do so and are not exempt.
- Enjoy your graduation and begin your college journey!

#### June

- Make sure you have responded to all requests from your college of choice.
- **Have the CB Registrar (Mrs. Janet Warren) send your final transcript to your college of attendance no later than JUNE 15 (there is a form to fill out and you must pay \$2 for an official transcript)** - and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

### IMPORTANT REMINDER FOR STUDENTS WHO RECEIVE "D" OR "F" SEMESTER GRADES:

- All semester F's must be remediated during the summer in our Christian Brothers' Summer School.
- Any semester F's by seniors will cause you to not receive the CB diploma that you have worked for over four years.
- Semester D's could put a student in jeopardy of not being eligible for 4-year colleges and universities immediately after high school. We strongly suggest that D's be remediated in the summer! (If you have any questions regarding the need for taking these courses or the consequences of not taking them, please see the "CB Course Catalog" on the school website and/or contact your child's grade-level counselor).

### UPCOMING COUNSELING & GUIDANCE DATES:

**May 4 (Sunday)** - WACAC College Fair for students in grades 9-11 (and their parents). Over 100 colleges will be represented and there will be workshops on the NCAA, The Dream Act and Financial Aid. Students are encouraged to register in advance at the CSUS website ([www.csus.edu/admissions/wacac\\_sacramento](http://www.csus.edu/admissions/wacac_sacramento)) or e-mail [sacramentowacac@csus.edu](mailto:sacramentowacac@csus.edu).

**May 9** - Regular registration deadline for both the June 7 SAT and the June 14 ACT.

## Campus Ministry

As we enter the month of May we have the opportunity to celebrate Mothers. These remarkable women who care for us, teach us, guide us, nurture us, and inspire us are living examples of God's love here on earth. While I am no longer fortunate to have my mom with me I carry her presence and the lessons she taught me deep in my heart. As we celebrate our moms, we can also take time to honor and celebrate Holy Mary, mother of us all. Her grace, and strength, and willingness to answer God's call with complete truth and surrender should be an example for all of us as we strive to know and follow God's will for our own lives. Through the intercession of Mary, let us give thanks for the countless blessings that mothers are in our lives.

Blessings throughout this Easter season-  
Jen Yearwood, Director of Campus Ministry

## Retreats...

The Summer Kairos (KS1) available to current Juniors will be held at Christ the King Retreat Center on June 2-5, 2014. Kairos S1, for members of the Class of 2015, is currently taking registrations. Forms are available outside Ms. Yearwood's office door and online (via the CB website). Cost of the retreat is \$160 (\$80 deposit due by May 5) to secure your spot, **first come, first served.** This is an excellent retreat to consider, especially for those students who are concerned about missing class time during senior year or who may wish to serve as a Kairos leader on subsequent retreats. Please contact Ms. Yearwood if you have additional questions.

## Are you a Leader?

Members of the Class of 2015 are invited to consider applying to be part of the Senior Retreat Leadership Team (SRLT) for next year. Applications for SRLT have been made available via Schoology or in the Campus Ministry office. This retreat team will work closely with Ms. Yearwood and will assist in leading the Fresh, Sophomore, and Junior retreats. There will be a mandatory SRLT Training Retreat for all team members that will be held July 27-30. Applications are due NOW!

## Prayer & Worship

Founder's Day Liturgy...All members of the CB community are invited to join us for this special mass in honor of our founder, St. John Baptist de la Salle. Mass will be held outdoors at Christian Brothers on Monday, May 19 at 9:30 am.

## Reflections for May...

(By Marta S. Hardy)

A strong woman works out every day to keep her body in shape...  
But a woman of strength kneels in prayer to keep her soul in shape.

A strong woman isn't afraid of anything...  
But a woman of strength shows courage in the midst of her fear.

A strong woman won't let anyone get the best of her...  
But a woman of strength gives the best of her to everyone.

A strong woman makes mistakes and avoids the same in the future...  
But a woman of strength realizes life's mistakes can also be God's blessings and capitalizes on them.

A strong woman walks sure footedly...  
But a woman of strength knows God will catch her when she falls.

A strong woman wears the look of confidence on her face...  
But a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey...

But a woman of strength has faith that it is in the journey that she will become strong.

**Baccalaureate Liturgy**...This special mass for our Seniors and their families will be held at the Cathedral of the Blessed Sacrament on Friday, May 23 at 9:00 am. Because of limited space this liturgy is not open to the general public. Please pray for the graduates of the Class of 2014 as they look forward to new horizons!

**Special Thanks** to this year's SRLT (Senior Retreat Leadership Team) for their work and ministry throughout this year! You are all amazing! 2013-14 team members were: Lauren Adams, Austin Brown, Colleen Brown, Bianca Chamorro, Jenna Culley, Ted Datanagan, Katie Elhardt, Taylor Fedorenko, Natalia Gonzalez-Smith, Julia Grajeda, Camille Hill, Charlie Ibarra, Adam Johnson, Hayden Jones, Nia Jones, Shannon Jose, Alex Landeros, Neena Lynton, Maddy MacLeod, Veronica Martinez, Andrew McGee, Megan O'Hearn, Elena Marie O'Malley, Dannielle Olson, Jacqueline Olson, Megan Perry, Brittney Rodriguez, Allie Schwartz, Taylor Shields, Margret Tabunda, John Wagstaff, and Mary Zannetti.



## LASALLIAN STUDENT LIFE

### Christian Service

**Ven-a-Ver:** Students who filled out applications will be messaged on Schoology with the date and time of their interview. Interviews will take place after school in Room 105.

### Service Hours:

All service hours must be turned in for the 2013-2014 school year by May 9. Service hours must be turned in with in the year they have been completed. Any hours turned in outside of this school year (summer exception) will not be recorded. All hours are turned in electronically through Family Connection, x2 vol.

### American River Parkway:

Volunteers are needed for Sustainable Saturday on May 10, 2014 at 9:00 a.m.-12:00 p.m. for Invasive Plant Removal at Ancil Hoffman Park. RSVP at [mkane@arg6.org](mailto:mkane@arg6.org).

*Congratulation to the Class of 2014 for their many hours of dedicated service to the Christian Brothers High School and Sacramento Community.*

### Student Activities

**Can you believe it?** Just a few short weeks and our seniors will be walking down the graduation aisle, summer jobs will begin and summer vacations will be enjoyed. And as we say goodbye to our beloved seniors, we get ready to welcome our new incoming freshmen. We in Student Council would like to convey a special goodbye to our senior council members and ASB council who are graduating. As your lives change remember the laughter and sometimes tears, the dances and spirit days; and of course the donuts (to wake us up) on Thursday mornings. Thank you for all your hard work and the diligence with which you carried out your duties. We will miss you.

However, before we say goodbye, we still have upcoming events for which we need to prepare.

- **Class Council elections** are being held May 2, 2014
- The **GQ Fashion Show** will be held May 7 from 6:30 – 8:00 in the theatre. Come out and see our CB students “stylin” on the runway.
- **Upper Division Ball** takes place on May 10 at Arden Hills Country Club. The theme is “The Great Gatsby.” Look for more information on the website.
- And the Grand Finale for the year is **Founder’s Day**. This extraordinarily exciting and fantastically fun day occurs on May 16 and it will be held all over the campus. Activities include:
  - Students receiving their year books. Don’t forget to bring lots of pens.
  - For the athletes – we are planning an obstacle course, jousting, sumo wrestling, dodge ball, and basketball.
  - Those who love to sing, recite poetry, or play an instrument – a stage will be set for an impromptu Open Mic entertainment center.
  - If there are any students out there – any at all – who would just love to dunk a teacher – YEP – we will be sure to have a dunk tank through which you may address your grievances.
  - And when you get hungry and thirsty, slushies, hot dogs, and nachos are on the menu.

### Upper Division Ball

Student Council and Leadership Class will put on a grand UD Ball. Arden Hills Country Club will be resplendent with glamorous dresses and tuxedos on May 10, 2014. The theme for the dance is “The Great Gatsby” and student leadership will surpass all expectations with a breathtaking ball including a delicious dinner served in a beautiful and colorful setting. Following dinner the lights will be dimmed and the dance floor will explode. We anticipate the students will be dancing throughout the evening and leave with sweet memories of weeping flowers, blistered feet, and giggles.

*Finally a huge thank you to all the teacher moderators for all your hard work with the students this year!*

### CONGRATULATIONS!

Our congratulations to **Samuel Swanson** who is a 2014 National Young Arts Foundation winner! This distinguished accomplishment brings well deserved recognition to our school, the recipient, and the outstanding mentoring received from our dedicated arts teachers.

## Thank You From the Advancement Office!

**Our Annual Auction - Game On!** was a great success, in large part to the tremendous group of volunteers and our generous parents, alumni and friends that donate and participate in this community and revenue building event. Your generosity produced \$250,000 in revenue, of that \$82,000 goes toward the new engineering program. Thank you to those of you that participated by volunteering, donating and attending. If you were not involved this year and would like more information please contact Joanne McShane, Advancement Associate at 733-3643 or [jmcshane@cbhs-sacramento.org](mailto:jmcshane@cbhs-sacramento.org) for opportunities to join in.

*There are some fun themed Auction parties still available that you may attend and socialize with other parents while benefiting the school. Contact Joanne if you would like to sign up.*

May 9 - Margarita Night  
May 18 - Ricky Bobby NASCAR Party  
June 1 - Scribner Bend Tour and Tasting  
June 7 - Downton Abbey Tea

## Annual Giving Program

Did you know that parent donations provide \$200,000 each year for our school? This philanthropy ensures that Christian Brothers continues to improve in amazing ways and remains *The Place to Be!* We appreciate all who so generously contribute. If you have not contributed and would like to, visit [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org) and click Supporting CBHS and then Give Online Today. Every gift regardless of size makes a difference. For more information call 916-733-3643.

## Christian Brothers H.S. Wins 2014 Sacramento County Moot Court Competition

*Local High School Teams Argued Constitutional Rights Case*

The student attorneys raised some serious civil rights questions in court. Did authorities violate a student's rights after accusing her of vandalism and searching her backpack? Did they violate her constitutional rights when they removed her artwork from a public display?

After extensive deliberation, a panel of judges hearing the fictional case ruled that the Christian Brothers High School (Team 2) attorneys made the most convincing arguments and ruled that team was the winner of the 2014 Gordon D. Schaber Moot Court competition.

The Moot Court competition is an appellate-level proceeding in which high school students prepare and argue a case before a three-judge panel. The judges evaluate participants on the quality and persuasiveness of their legal reasoning and presentation, as well as their unscripted responses to spontaneous questions from the bench. The competition provides students the opportunity to learn about constitutional law and develop crucial public speaking and debate skills.

**Congratulations Team CB!**  
**Kudos to our students!**



## HAPPENINGS

### VEN-A-VER.... COME AND SEE



MAY '14

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SPRING SEMESTER



### NEED A RIDE???

If you are interested in sharing transportation to and from CB next year, please complete and return the Carpool Interest Form as soon as possible. Your information will be compiled and shared with other families interested in carpooling. Returning students and parents - the form is available on the CB website under the Parent Tab, Information and Forms. New freshmen - go to the Admissions tab, under Incoming Freshmen, to find the Carpool Interest Form for frosh.

### PARENTS

#### YOUR FEEDBACK IS NEEDED!

Please complete the 1 to 1 iPad evaluation survey now available online. Please go to the link below to provide us with your input regarding the technology initiative that was started this year. Your feedback is a vital part of our improvement plan. **The survey will remain open until the last day of classes, May 22.**  
<http://tinyurl.com/CBHS121EVAL>

International Student Program

Meet two of the students in our growing International Student Program....

**Katherine Chen** comes from Shenzhen, China and arrived August, 2012. Katherine chose CB because she wanted the weather of California, she wanted to live close to Berkeley, and she wanted a strong academic school. When asked if she feels that she made a good choice, Katherine replied "yes, because I now understand so much and am used to the American school system as I prepare for college." Katherine knows that coming to CB has helped her language skills tremendously. When she first arrived, she followed what the teachers were teaching but had trouble with the details. Now, Katherine says, "I catch the details." Katherine intends to return to CB next year and graduate. She admits that the idea of college applications sounds daunting. She has her sights set on Chemical Engineering and, hopefully, UC Berkeley. The intent to take four AP classes next year (Math and Science) makes sense. I asked Katherine what advice she'll give students coming in next year and she said, "I'll tell them to get involved in sports." Does Katherine have any regrets? Yes, she has only one. Her regret is that she came to CB as a sophomore instead of one year earlier as a freshman. Katherine will be among the students in our first International graduating class of 2015. Katherine is one of many examples how CB has successfully embraced, taught, and nurtured our International students. Katherine is currently living with the Hagelis family in Davis.



**Liwen Luo** comes from Nanchang, China and she also arrived in August, 2012. Why did Liwen choose CB? "I wanted to be part of a new International program and in a school where there were only a few Chinese students. Mr. Kirrene was friendlier than the others interviewing me and that mattered." When asked if she's still happy with her choice to attend CB, Liwen said, "yes, because the teachers understand our obstacles, I've met good people (American students) and the counseling department has helped us a lot." Liwen's host family, the Haroldsons, have been instrumental in guiding her outside the classroom. "Kate and Mr. Purdy helped me understand that getting into the right school (university) is more important than the name of a university." She's not going to worry about where she's going to university any more. Instead, Liwen has decided to try and enjoy being on CB's campus every day until graduation. Liwen knows that her English has improved significantly while at CB. "The first two months were difficult because I couldn't express myself and people were speaking so fast!" Liwen wanted us to know that "Chinese students are not used to starting conversations, but we are very good at answering questions." Liwen said that she is learning to speak out but it isn't natural for her. "So if you want to have a conversation with an International student, approach us, ask a question, and a conversation will begin."



To find out more about CB's international program, please contact Patti Gallagher at (916) 733-3640 or send an email to [pgallagher@cbhs-sacramento.org](mailto:pgallagher@cbhs-sacramento.org).

MAY '14

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SPRING SEMESTER

FINALS ARE COMING!!!!

Final exams are coming up soon! Final Exam/Review week is May 12-15 and 19-22.

The following practices are in effect for review days:

1. No new major topics or units will be introduced and no assessments of any kind will be given.
2. Review days are scheduled to assist students with organizing and synthesizing the course material.
3. All classes will meet on review days.
4. The final examination will be comprehensive in nature for the semester.

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The Handbook on page 9 states the following:  
All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an "incomplete" for their final grade and will need to make up their final exam at the beginning of summer vacation. Upon correction of the final exam, the final grade will be entered into the student's transcript.
3. Students who are absent for one final during finals week may make up that exam after E set on Thursday, May 22.

SPRING SEMESTER EXAMINATION/REVIEW SCHEDULE

TIME	MON MAY 12	TUES MAY 13	WED MAY 14	THURS MAY 15	FRIDAY MAY 16	TIME	MON MAY 19	TIME	TUES MAY 20	WED MAY 21	THURS MAY 22
9:00 - 10:30 am	F SET Review	F SET FINAL	A SET Review	A SET Final	Founders Day	8:00 - 9:30 am	C SET Review	9:00 - 10:30 am	C SET FINAL	E SET FINAL	E SET FINAL
10:30 - 10:55 am	BREAK	BREAK	BREAK	BREAK	BREAK	9:30 - 11:00 am	Founders Lunch	10:30 - 10:55 am	BREAK	Labor Day	
10:55 - 12:25 pm	G SET Review	G SET FINAL	B SET Review	B SET Final	Dismissal at 11:30 am	11:00 - 11:10 am	BREAK	10:55 - 12:25 pm	D SET FINAL		Make-up Exam Final
						11:10 - 12:45 pm	D SET Review				

# ATHLETICS

## Upcoming Events

<b>Thursday, May 1</b>	Lacrosse v. Justin Siena(H)	4:00 PM
	Volleyball v. Roseville(H)	5:00 PM
<b>Friday, May 2</b>	Softball v. Casa Roble(H)	4:15 PM
<b>May 2-3</b>	CVC Swim Championships @ SCC	All Day
<b>Monday, May 5</b>	Softball v. McClatchy(H)	4:30 PM
	Lacrosse @ Bella Vista	7:00 PM
	CVC Golf Championships @ Wildhawk	11:00 AM
<b>Tuesday, May 6</b>	Baseball v. Bella Vista(H)	4:00 PM
<b>Thursday, May 8</b>	Volleyball v. Oakmont(H)	6:00 PM
<b>May 9-10</b>	Section Diving Trials/Finals @ McClatchy, All Day	
<b>Friday, May 16</b>	CVC Track Championships @ Casa Roble	3:30 PM

## CHRISTIAN BROTHERS ATHLETIC HALL OF FAME

The Athletic Department is pleased to announce the inaugural class of the Christian Brothers Athletic Hall of Fame. The inductees are:

### Pre-1950

Joe Marty '31  
Waldon "Wally" Westlake '39  
Knezovich Brothers- Paul '38;  
Ray '41; Al '44, Melvin '47;  
Donald '49;  
1946 Baseball Team

### 1970-1993

John Cartwright '73  
Vince Delgado '84  
Danny Farrell '75  
Andy Fox '89  
Kevin McKechnie '93  
Jim Sarti '71  
Sutherland Brothers-  
David '84; Kevin '82

### 1950-1969

Monsignor James Church '50  
Mike Green '62  
Ron Limeberger '53  
Jim Mikach '58  
Dick Mooney '58  
Steve Scully '66

**The inductees will be honored at a banquet on Saturday, May 31, at 5 PM in the Field House. For more information about the banquet and the Hall of Fame, visit the website at <http://www.cbshof.com>.**

## SPRING SPORTS UPDATES

**DIVING:** The dive team is rapidly coming to the end of their season and is anticipating a strong showing at the CVC League competitions. Kourtney Clark will be in the hunt for the title of League champion, and we anticipate all 4 of our competitors to score in the top 10 at the varsity level.

**BOYS TENNIS:** With one more conference match remaining on our schedule, the boys tennis team continues to improve with the rapid development of five freshmen in the starting lineup. These young men (#1 singles - Jared Ferguson, #2 - Nick Hilton, #3 - Erik Ma, #4 - Fernando Gil, and #1 Doubles - Russell Lee) have matured and will be very solid competitors in 2015. Team captains, Daniel Louie and Daniel Lee, have shown good leadership skills. With the anticipated addition of another stellar group of freshmen coming to CB this fall, the future of CB tennis looks very bright. As it prepares for the league championships, the tennis team has an overall record of 7-8.

**BOYS GOLF:** Now that 3 quarters of the season is in the books, Christian Brothers Varsity men's golf team is in 2nd place with a record of 6-2 in the CVC. The team has earned a spot in the playoffs and still has an outside chance to win the CVC conference. With 2 matches and the league tournament left, the team will make a run for the trophy and continue the golf excellence of the past. Senior Michael Perez has been the top medalist in recent matches and has been supported with solid performances from Christian Contreras, Jackson McMullen, Steve Lahry, Camden Bellevue and Conner Hankey.

**SWIMMING:** With a league record of 2-2, the swim team faces a big test against Bella Vista as it prepares for the CVC championships and Section competition. The team continues to be led by an outstanding group of sophomores, including Jack Noonan, Andres Avila, Aaron Cervantes, Ashley Madrigal-Geary, Maliah Haroldson, and Akemi Alden. Junior Matt Lemire has also been a key contributor.

**BOYS VOLLEYBALL:** Varsity: The volleyball team has a solid hold on 2nd place with a league record of 6-2. In preparation for the playoffs, the Falcons are setting their sights on a rematch with Oakmont. A number of key players have stepped up their game, including seniors Benjamin Taylor and Adam Della and juniors Jacob Chellini and Inigo Nazzareno. The athletes have made tremendous efforts to strengthen their physical abilities and mental abilities.

**JV:** The JV volleyball team is looking forward to finish the season on a strong note after playing a very competitive non-league schedule. A season highlight was making it to the semi-finals at the UC Davis tournament. The team has a strong foundation with returning sophomores Kyle Lutz, Jacob Montrose, Elmer Lizarde, Carlos Serrano and Donovan Rooney. With 8 freshmen, a good nucleus is being developed for next year. Seniors Macy Machado and Sydney Rankin have brought a wealth of knowledge to the game as assistant coaches during practices and games.

**GIRLS LACROSSE:** The varsity lacrosse team is 8-2 and the JV team is 4-3. The JV squad recently recorded a program first by beating Davis. The varsity is looking forward to playing fellow Lasallian school Justin Siena on May 2 at 4:30 p.m. on Senior day. The seniors have made significant contributions on both defense and offense this season. A key for the varsity squad is a high powered offense which continues to score in double digits. The JV team has really raised their level of play this season while having fun and working together.

**BASEBALL:** Varsity: The Varsity team is currently in first place with a 9-1 league record and a 15-5 overall mark. In a true team effort, seniors Brendon Gormley, Lucas Still, Steve Talbert, Zach Balantac, John Hallman and Zach Ewertsen led the way as all are hitting over .300 for the year. They are supported by juniors Colton Wackman and Anthony Calderon who are also hitting above the .300 clip. Talbert, Still and junior Jim McCauley have spearheaded a consistent and balanced pitching staff. **JV:** The JV squad is currently 16-6, including an unblemished league mark of 10-0. Top hitters include Jeremy Wackman, Jack Scurfield, Jacob Sandlin, Tom Payne who have led a strong offensive line up capable of scoring a lot of runs. Ceto Munoz, Tal Mamea, Beau Paulsen, Davis Yasuda, Andrew Guems and Jeremy Wackman anchor the pitching staff. Defense has been a strong suit of the team, led by catcher and infielder Ryan Perez. Jackson Balantac leads the team in stolen bases. **Freshmen:** The freshman team sports a league record of 13-0 with big wins over Jesuit, Oak Ridge, Davis and Bella Vista. Overall the team has started the season with 18 straight wins.

**TRACK:** Max Pedrotti, Erik Domek, Julian Angulo, and Kara Romani participated in the Woody Wilson Invitational which features the area's best track athletes. They will be joined by Danielle Jackson and Erik Bloomquist at the Sacramento Meet of Champions, another highly competitive meet. David Iniguez, Matt French, Kasen Taylor, Roy Sandlin and Dominique McNeely posted personal bests in their events in the last league meet. Max Pedrotti also participated in the Stanford Invitational where he ran a personal best of 9:32 in the 3200 meter run. The team is getting ready for the CVC league finals where hopes are high for our girls 4 x 100 and boys 4 x 100 relays to go on to section competition. Erik Bloomquist is in pursuit of becoming the school's first 3-year league champion in the 100 meter, and Kara Romani has an excellent chance of going to sections and Masters based on her seasonal marks.

**SOFTBALL:** Varsity: The varsity squad currently stands at 10-10 and 2-3 in league play. The team has looked very promising as witnessed by wins over St. Francis and Rodriguez and very tight losses to area powers Sheldon, Rocklin and Vintage. The Lady Falcons are trying to adjust to the loss of 5 starters from last season's section runner-up team. Every position player this year is completely different than last season with the exception of first base and pitcher. While the Capital Valley Conference is extremely competitive this season, the team's chances of making the playoffs are still bright, especially with the return of absent and injured starters. With all the youth we have (one freshman, three sophomores and nine juniors) on this year's team and promising talent at the JV level, the future looks good for Falcon softball.

**GIRLS SOCCER:** The girls' soccer team currently is in 3rd place in the CVC. After beating Del Campo 3-0, the Falcons are on the verge of qualifying for the D-3 playoffs. Currently the team has a 4-2-2 record in league and an overall record of 9-5-6. With strong play from seniors Lindsay Pope, Kayla Thompson, Jenna Culley, Jackie Nolan, Colleen Brown and goalkeeper Katie Kerth, the team has formed a strong bond throughout the season. The team chemistry is coming together at the right time, as the team makes its playoff run. Other key contributors this season are midfielders Lexi De La Paz, Maddy Murphy and Isabella Manning. The offense has been spearheaded by junior Andrea Martinez (who leads the CVC in scoring), while the defense has been stifling their opponents with the help of sophomores Katelyn Bates and Miyah Mata, as well as contributions from Mackie Grieve and international transfer Andrea Badia-Serra.

**WINTER SPORTS WRAP-UP:** Congratulations to Alicia Gonzalez '14, Kira McKechnie '15, Preston Barnett '14 and Brandon Thompson '14 for being selected to the Sacramento Bee 'Honorable Mention' All City teams in girls and boys basketball this year!



## MEDIA, VISUAL & PERFORMING ARTS

**And it's beautiful!** The new **George Cunningham '40 Performing Arts Center** is open and our students have already graced the walls with a wonderful performance of **"The Drowsy Chaperone"**. If you haven't seen it, you still have three opportunities to catch it. May 2 and 3 at 7:00 p.m. and May 4 at 2:00 p.m. Get your tickets by following the link on the school website.

Also, please catch our upcoming VPA events. **The Instrumental Spring Concert** will be held in the Cunningham Performing Arts Center at 7:00 p.m. on May 8, and our final **Open Mic Night** honoring our seniors will be the following evening on May 9. On May 15 our **La Salle Art Show** will take place throughout the Performing Arts Center. Art may be viewed starting at 6:30 p.m. And last but not least, the 12th Annual **Choir Hollywood Bowl** concert will take place on Saturday, May 17 on the Main Lawn, starting at 7:30 p.m. We hope to see you at all of these upcoming events and wish you a relaxing summer.

And speaking of summer, if you know someone in 5th, 6th, 7th or 8th grade who enjoys the arts, check out our **CBHS Summer Arts Camp**. It runs from 8:00 a.m.-3:00 p.m. during weekdays from June 16-26. Check out the CB website for more information.

### CB TALON Student Corner

#### Silent Elmer

*CB student Elmer Lizarde is living proof that silence is a virtue.*

By Logan Tipton - CB Talon.com Staff Writer

As a Catholic school, many students at Christian Brothers participate in the eight weeks before Easter known as Lent. During the time of Lent, a person is suggested to give up something important to them up to test the strength of their faith in God.

One student took the Lenten process a step further by taking a vow of silence. This student, **Elmer Lizarde ('16)**, has vowed to remain silent for an entire eight weeks, including in the classroom and at home.

Interviewing Elmer was different than any other interview this Talon reporter has conducted. To answer my questions Elmer pulled out a notepad and a pencil and quickly scrolled out his response for me.

It was thanks to religion teacher **Mr. Paul "Brother" Hovey** that Elmer came up with his challenge. Brother Hovey had asked his class what they were giving up for Lent, which made Elmer start thinking of what he wanted to do.

"I decided to choose the hardest thing I could think of, so that if I managed to pull it off, I knew I could overcome pretty much whatever I wanted," he writes. "Theoretically of course."

The task of remaining silent required the support of his family and teachers, who were more than happy to help. Elmer inscribes to us that "they have been very patient and supportive."

Even though it is not over yet, Elmer's silence has already began teaching him invaluable life lessons.

"I've learned to be more patient, and to really think if what I'm trying to say is important enough to actually say, considering it takes ten times longer to communicate with people."

Perhaps we all have something to learn from Elmer's silence. Imagine a world where people always thought of what they were going to say before saying it. Feelings would be spared, mistakes would be less frequent, and the world would be a better place.

## VOCATIONS

### Thoughts on vocation with Ms. Loretta Kenney, English Instructor

Since vocation is "a calling," I use the philosophy that my dad taught me, which is, "you have been called to what you are doing, no matter what that is. If you don't invest in that calling, then you are not living up to your obligations." Working and applying yourself is the meaning of vocation. Working hard does not mean you don't have fun. If you bring humor and laughter in to your work then you can do a lot more work, and work a lot harder, and accomplish more because it's enjoyable.

I became a teacher accidentally. It wasn't a job that I had considered as an option until I was approached by several different people throughout my life. While I was in high school, I was approached by my Assistant Principal and the Guidance Counselor. Later in life I was contacted by the Principal of my children's school for the same reason. These two experiences opened my mind to the idea. Later, I began to substitute teach and was introduced to Susannah Nelson who needed a substitute for her classes at Loretto. I was then hired as a full time teacher, and so began my teaching career. These experiences prove the theory that vocation is a kind of calling that one receives throughout one's life.

My favorite parts of the job are the interactions with the students and the relationships that I can build. No two days are alike. The students keep me young and laughing. I hope that they learn from me, but I end up learning a great deal from them.

Wherever you go, bring passion to your job and infuse your own joy and love for that work and your days will be filled with peace and satisfaction.



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### FALCON FAMILY FACES

