

FALCON FAMILY NEWS

Dear Parents and Students:

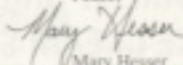
As a young woman in college, I had the wonderful experience of attending school in Germany. The year was back in the Pleistocene Age (1972-73), before cell phones and before the Internet. I relied on letters delivered to American Express for correspondence, and an international phone call required hours of planning and waiting. As a result, the world felt like a much larger place, and even in Europe, one could at times feel isolated and remote. Because of this, I was always attuned to the sound of an English voice. I could be traveling in a remote fjord in Norway or in the center of Paris, and when I heard that English voice, I would seek it out. "Where are you from?" would begin the exchange, and whether it was Minnesota or Australia, we were instant neighbors and old friends because of the connection of our language. Language has this unifying effect; when we share a language, we experience an intense sense of belonging. In the book of Acts, when the Apostles were gathered and received the gift of the Holy Spirit, they began speaking of God's glories—and each person who heard the message heard it in his or her own language. Those listening had an instant connection to both the message and the speakers. Familiar words fell on understanding ears, and a sense of belonging was the result. This was an essential part of the establishment of the Church—building a sense of community.

The work of the Holy Spirit will always result in building unity; and as we begin a new school year, I am happy to report that unity is alive and well at Christian Brothers High School. When Christians live in any kind of community, like that at Christian Brothers, we have a tendency to have friction with one another. This is evidence of our self-centered human natures at work which can have us hurt, exclude, harm, and tear down. But what Christ's Spirit stretches us to do is to help, to include, to comfort, and to build up. In all Catholic communities, we share the same spirit of Christ, regardless of our differences, and our spirits come together with God's Spirit to create that sense of community that we both

cherish and desire. A vital core principle of a Lasallian school is Inclusive Community—we include and respect not just the ones we like and befriend, but everyone in our community.

At Christian Brothers, we also share a common language—not just English, but the Lasallian language best recognized in the prayer which is recited by students and staff at the beginning of each class, meeting, or activity: "Let us remember... that we are in the holy presence of God; Live, Jesus, in our hearts... forever." No matter where one is in the world, any Lasallian, when hearing that prompt, will instantly respond. While its repeated use has the danger of becoming simply rote, it can also form that connection and belonging I mentioned previously. I believe that our students carry with them, both during their years at Christian Brothers and beyond, a real sense of the presence of God; they are continually reminded about what it means to have the Spirit of God dwelling within them and the very real significance of sharing that Spirit with all others. As we welcome you and your children to the 2010-11 academic year, my hope is that we can work together to allow the Holy Spirit to stretch us in such a way that we continue to build the sense of belonging to a community characterized by the holy presence of God. Our Founder, John Baptist de la Salle, also knew the truth of a saying that a wise person once shared with me: "Words are powerful. Choose carefully." So today and every day, *Let us remember... that we are in the holy presence of God. Live Jesus in our hearts... forever.*

Peace,



Mary Hesser

Principal

Domine apud nos

SCHOOL CALENDAR - AUG '10

August 2-4 Student Council Leadership Camp
 August 9 Fall sports begin
 Student Store open 9:00 a.m. - noon
 August 10 Local/Line Parent Club Board Mtg.
 August 11 Community Day of Reflection
 August 12 Faculty/Staff Professional Day
 August 13 Teacher Preparation Day
 Fresh Lock-In
 New Parents Orientation & Ice Cream Social
 Student Store open 5:00-7:00 p.m.
 August 16 Teacher Preparation Day
 Senior Processing Day
 Eucharistic Minister Training
 Transfer Student Orientation
 Student Store open 9:00 a.m. - noon

August 17 Fall Semester begins
 Welcome Back Coffee 7:30-8:30 a.m.
 Fresh/Senior Builders caucus 7:30-8:00 a.m.
 Fresh Student Council apps available
 August 19 Classes begin 8:00 a.m.
 Student Awards Assembly
 OSP Training - Falcon Flex
 Academic Awards Convocation 7:00 p.m.
 August 20 Make-up Picture Day
 Faculty/Staff Welcome BBQ
 August 21 Blue/Red Scrimmage
 SAT Prep Class - 9:30 a.m. - 12:30 p.m.
 August 25 Classes begin 8:00 a.m.
 Mass of the Holy Spirit 9:30 a.m.
 Fall Athlete Mtg. @ lunch

August 27 OSP Drive Kick-off
 Fresh-Soph Open Dance 7:30-10:30 p.m.
 August 27-2 Senior Retreat Leadership Team Retreat
 August 21 Special Schedule - early dismissal 2:00 p.m.
 OSP Collection Day
 Fresh Student Council apps due/interviews
 Back to School Night 5:30-8:30 p.m.

INSIDE

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

GUIDANCE DEPARTMENT NEWS

Welcome to the 2010-2011 School Year!

The Guidance Department is busy preparing to welcome your sons and daughters to a new school year and in doing so are also excited to welcome two new counselors to our CB community! Mrs. Blaire Moskat will be the freshman counselor (Class of 2014) and Ms. Melissa McClellan will be the senior counselor (Class of 2011). The counseling staff will be visiting classrooms to share important information and they will be having individual meetings with each student in their grade level during the 1st semester. We would like to inform you of several upcoming events sponsored by our department that will assist in supporting you and your child.

UPCOMING FIRST SEMESTER GUIDANCE EVENTS:

- **SAT Preparation Class for Seniors (in preparation for the October 9 SAT Exam):** Six weeks, Saturdays, 9:30 a.m. - 12:30 p.m. beginning August 21 (excluding September 4 due to the Labor Day weekend) in Rooms 601 and 611. See below for details.
- **College Night for Seniors and Their Parents:** Wednesday, September 22 at 7:00 p.m. in the CB Cafeteria.
- **Frosh Guidance Night:** Wednesday, September 29 at 7:00 p.m. in the CB Cafeteria (parents only).
- **Testing Day:** Wednesday, October 13 (PLAN test for frosh; PSAT for sophomores and juniors).
- **Staffing Days:** October 26, 27, 28. Minimum school days.
- **Getting Noticed-Getting In for College-Bound Athletes:** Wednesday, November 17 at 7:00 p.m. in the CB Cafeteria (co-sponsored with the CB Athletic Department).
- **College Financial Aid Night for Seniors and Their Parents:** Tuesday, December 7 at 7:00 p.m. in the CB Cafeteria.

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

SAT PREP

Christian Brothers is offering a SAT exam preparation course for the Class of 2011 students planning to sit for the October 9 SAT. The class will be taught by our own English and Math teachers and will be held every Saturday morning from 9:30 a.m. - 12:30 p.m. beginning August 21 (omitting September 4 due to the Labor Day weekend) and ending October 2nd. The cost is \$150 per student and space is limited. Please go to the CB website to register. The registration deadline is August 13. We will be offering another six-week course for juniors beginning January 8, 2011 for the March 5, 2011 SAT Exam.

*Seniors will need to register at www.collegeboard.com for the October 9 test! Deadline to register is September 10.

NEW PARENT ORIENTATION & ICE CREAM SOCIAL

To welcome new families to Christian Brothers, all parents/guardians of Freshmen and new Transfer students are invited to a New Parent Orientation and Ice Cream Social on the evening of Frosh Lock-in, Friday, August 13. The Ice Cream Social begins at 6:30 p.m., and the Parent Program will take place in the Field House from 7:30 - 8:30 p.m. Parent groups that support CB will be on hand for signups and Q&A. They will help you learn about school events and volunteering. You will also meet school administrators and hear a snapshot of their roles at CB. Find out about the nuts and bolts of being part of the CB community!

Please note - new transfers will have their own student orientation on Monday, August 16.

AWARDS ASSEMBLY and CONVOCATION

On Thursday, August 19, a student assembly will be held during the school day to celebrate the accomplishments of the 2009-10 academic school year. Sophomores, juniors and seniors will be recognized in front of the entire student body for their outstanding achievements in academics, Christian service, and athletics during the previous school year. Departmental honors will be presented to students and their parents at the Academic Awards Convocation in the evening.

CAMPUS MINISTRY

Welcome to the 2010-2011 school year!

A very special welcome to the new families joining our CB community for the first time as your son or daughter enters the freshman class or transfers to our school. The Campus Ministry program provides liturgies, prayer, and a four-year retreat program for our students. We also offer prayer and spiritual resources for parents. Please come by and visit the Campus Ministry office in Brother Bertram Hall. If you have any questions or concerns, please contact Mrs. Susannah Nelson, Director of Campus Ministry, at 733-3626 or at snelson@cbhs-sacramento.org; or Mrs. Mary Alice Spinelli, Assistant Campus Minister and Liturgy Coordinator, at 733-3600 ext. 1040 or at mspinelli@cbhs-sacramento.org.

Retreats

The Senior Retreat Leadership Team will participate in their training session/retreat August 27-29 at St. Joseph's Camp. These seniors will be busy this school year leading the Frosh, Sophomore, and Junior retreats.

The **Senior Kairos Retreats** will be September 28-October 1, November 30 - December 3, February 1 - 4, and March 22-25. This is a four-day, student-led retreat grounded in the Christian belief that God is very much a part of our real world, especially through the continuing presence of Jesus Christ as he shows himself to us through our family and friends. Kairos is an experience of Christian community, with a series of talks given by both student peers and adults. Prayer and self-discovery are also essential parts of this program, as well as the retreatants' involvement in discussions and other exercises. A letter will go home in September to all senior parents with details about this retreat.

Junior retreats, a one-day retreat held at Christ the King Retreat Center in Citrus Heights, occur during the second semester. A letter with details will go home to all junior parents after the Christmas break. The focus of this retreat is "Christ's Message for Me - My Journey." Juniors are also invited to make their Kairos retreat early, the week after school is out, when they are "brand-new" seniors.

Junior Retreat Dates: February 15; March 1 and 29; April 5

Junior Kairos Retreat: May 31 - June 3

Sophomore retreats, held at the Newman Center (across from CSUS), will begin in February. Focusing on "Who is Christ in My Life? What Are My Choices and Values?" these one-day retreats will be further explained in a letter to sophomore parents that will go home after the Christmas break.

Sophomore Retreat Dates: February 11 and 25; March 4; April 1

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

Frosh Retreat Dates: September 10 and 24; October 22 and 29

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

Save this date! The **Parent/Student Retreat** will take place **Saturday, February 5, from 9:00 A.M. to 3:00 P.M. at Christ the King Retreat Center.** You won't want to miss this opportunity to spend a special time of prayer, fellowship, and reflection with your CB student. **All parents and all grade level students are welcome. More details later!**

A Parent's Prayer

*Loving God,
I thank You for the gift of my children
and for the privilege and responsibility
of being a parent,
for this is my way of holiness.
May I regard each of my children
as a sacred pledge of Your love
and a beautiful sign of Your confidence in me.
Help me to pass on to my children
our greatest treasures,
faith in Your truths,
hope in Your goodness,
love in Your Name for all.
I entrust my children to Your loving care.
Banish from our home any bitterness or
lack of forgiveness.
Let us have time, deep concern,
and a sense of sacrifice for one another.
Help us to live in the way of Jesus,
sharing the truth and love of the Gospel message.
Give us Your Holy Spirit
to unite, bless, and inspire our family. Amen.*

Liturgies

We will begin the school year with our **first school liturgy, the Mass of the Holy Spirit, on August 26. Parents are always invited to join us at our school liturgies.** All liturgies are held in the gym and begin at 9:30 A.M.

Upcoming Liturgies:

September 26 - Sophomore Family Liturgy
October 7 - School Liturgy
November 1 - All Saints Day Liturgy
November 21 - Frosh Family Liturgy
December 8 - Immaculate Conception Liturgy

Words of St. John Baptist de La Salle

*If you show the firmness of a father
in withdrawing the children from evil,
you should also show the tenderness of a mother
in gathering them together, and in doing
them all the good in your power.*

(Meditation 181.2)

CHRISTIAN SERVICE

Class of 2011, 2012, & 2013 Service Hours

If you want to be considered for a Christian Service Award for 2009-2010, service hours are **due on the first day of school, Tuesday, August 17th, 2010**. The requirements for Christian Service Awards are: Class of 2013 - 25 hours; Class of 2012 - 50 hours; Class of 2011 - 75 hours. These service hours are cumulative and can be tracked from the first day of freshman year until the present.

Wellspring Week

For the last 20 years Christian Brother's students have been coming to school at 6:00 a.m. on Fridays to cook breakfast for the women at Wellspring Women's Center in Oak Park. During the week of September 28 - October 1, 2010, the Wellspring Breakfast club will be collecting donations of syrup, pancake mix, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies will be used throughout the semester to feed our neighbors at Wellspring. Thank you in advance for your generosity.

St. Patrick's SUCCEED Academy AFTER SCHOOL PROGRAM:

St. Patrick's SUCCEED Academy is looking for volunteers to help in their after school program. They need 2 to 3 students each day to lead and plan activities that highlight their interests and talents. If you are interested in helping please contact Megan Elliot at (916) 422-0123.

VENAVER: VENAVER (literally come and see in Spanish) is an intense immersion experience in which the students have the opportunity to immerse themselves in the lives of other people in our community, in our country, and in our world.

For over 20 years Christian Brothers High School students have journeyed to places near and far, including Montana, New Orleans, Louisiana, Salinas, CA, and Tijuana, Mexico, to be ambassadors of faith, hope, and love.

For the 2010-2011 school year we will be sponsoring two VENAVER trips:

VENAVER: Salinas - October 19-23rd, 2010

VENAVER: New Orleans - January 10-16th, 2011

Last fall all sophomores and juniors had a chance to apply for our two VENAVER trips. We had a large number of applicants, which resulted in 55 students being interviewed. Congratulations to the 22 students listed below who were accepted this year.

The following students were selected to accompany Ms. Hoekman & Ms. Roybal to Salinas, CA: Stephanie Brazier, Taylor Calles, Celina Culver, Marina Hernandez, Casey Kidwell, Nicole Martin, Lisa McMonagle, Hannah O'Hearn, Jamie Ralph, Lynette Sandoval, and Jessica Szarek.

The following students were selected to accompany Mrs. Peabody & Mr. Petrissans to New Orleans, LA: Allie Anderson, Else Buchmiller, Alex Contreras, David Dalisay, Megan Gormley, Maddy Grover, Danny Lewis, Shannon McNamee, Ryan Peabody, Ashley Radford, and Morgan Rothenbaum.

Summer is the Ideal Time for Campus Improvements

It has been a busy and productive summer at Christian Brothers. On June 1, construction began on a project to expand and enhance the school's entryway. The project establishes a centralized reception area to better serve students, parents and visitors; and allows for greater control in terms of monitoring students and guests.

"The change improves the aesthetics of the school and augments our efforts to protect the safety of our students, faculty and staff," explains CB President Lorcan Barnes.

Another boost to campus security efforts was the installation of an exterior camera system this past spring. This summer, technicians fine tuned the camera angles to ensure maximum coverage of the exterior and main access areas of the campus.

Throughout the school day, the system will be monitored primarily by support staff at the school's reception desk and as needed by the Attendance and Dean's offices. After hours, our security personnel will periodically monitor the system in addition to their routine campus checks.

"It is important to note that the camera system was not installed in response to any threat," says Dean of Students, Steve Barsanti '78. "It is simply a part of our proactive efforts to maintain a safe campus community following a safety audit conducted by the California Highway Patrol's Protective Service Division. Systems of this type are increasingly the norm at local schools and fellow Lasallian schools and are seen as a way to provide the best care possible."

Funding for the projects comes from the school's annual operating budget.

DRIVER'S EDUCATION CLASSES AVAILABLE

Christian Brothers is again offering a driver's education classroom course outside the regular school day to students 15 years of age or older. The class will meet daily each quarter before school. No academic credits are earned. The fee for this course is \$100 for 30 hours of classroom instruction in the rules and regulations of driving. Upon completion, a certificate is issued which meets the State of California requirement to obtain a driving permit. Registration forms are available on the CB website or in the Main Office. For more information, please contact Rona Gordon, Administrative Assistant to the Principal, at 733-3674.

Friends of the Arts

Christian Brothers High School delivers an extraordinary arts curriculum. Theater, painting, drawing, sculpture, media arts, and multiple choirs, bands and ensembles are just a sample of the CB arts world.

These foundations built at CB allow students to excel artistically and academically in college and beyond.

FOTA's mission is to support our visual and performing arts programs, faculty and students. Our efforts, whether financial or in volunteer time, are solely to enrich the experience of our students.

Please become a FOTA member and support CB arts and these great events!

Open House & Arts Expo (Oct. 3) • Open Mic (quarterly on Fri. nights) • Fall Musical (Nov. 12-14 & 19-21) • Choral Concert (Dec. 9) • Instrumental Concert (Dec. 10) • Lanes Festival (14-15) • One Acts (Jan. 21-23 & 28-30) • Self-Portrait Show (Feb. 5) • Jazz Dessert (Mar. 11) • Spring Play (Apr. 1-3 & 8-10) • LaSalle Art Show (April 28) • Instrumental Concert (April 29) • Hollywood Bowl (May 20) and more...

FOTA meetings: Aug. 25, Sept. 15, Oct. 27, Dec. 1, Jan. 12, Feb. 9, Mar. 2 & April 27.

Please check the online CB calendar for more events and times.

Yes! Please accept my tax deductible support of the CB Art programs.
Please make checks payable to CB Friends of the Arts.

Name: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Phone: _____

____ Friend: \$50 - \$99 ____ Patron: \$100 - \$249 ____ Benefactor: \$250 - \$499
____ Fellow: \$500 - \$999 ____ Lifetime Member: \$1,000+

Return to:

Friends of the Arts
Christian Brothers High School
4315 Martin Luther King Jr. Blvd.
Sacramento CA 95820

STUDENT ACTIVITIES

STUDENT COUNCIL OFFICERS 2010 - 2011

Associated Student Body Officers

Moderators: Rose Ann Holmes, Annie Hoekmann
and Kent Morrison

PRESIDENT: Taylor Valmores
VICE-PRESIDENT: Chris Wallace
SECRETARY: Sam Franzola
TREASURER: Chris Vegas
PUBLICITY/HISTORIANS: Julia Hidalgo
Erin Wakabayash
Britney Belme
Rodney Bridges

Senior Class Council

Moderators: Tom English and Marian Shackel
Kathleen Schiavenza, President
Zach Anderson
Celina Culver
Casey Kidwell
Paul McFadden
Ruby Santos
Andrew Stoltenberg

Junior Class Council

Moderators: Annie Hoekmann and Michael Hood
Patrick Donovan
Candace Guthmiller
Eileen Le
Christian Pusateri
Carlos Velazquez

Sophomore Class Council

Moderators: Bernie Eckel and Chuck Zannetti
Dalila Arbizu
Tatjan Bowman
Maria Castro
Holly Galvin
Jacob Rocas

Freshman Class Council

Moderators: Lorie Frias and Stephanie Roybal
Elections will be held in September

Frosh Student Council:

All freshmen interested in participating in Student Council are encouraged to pick up an application from Room 106. They will be made available August 17 and are due August 31. Student Council members of the sophomore, junior, and senior classes welcome new members to an exciting school year. Student Council is an integral part of the school community and makes important decisions regarding school activities and events. Those wishing to run for office will be involved in Campaign Week, September 7 - 10. Each student running will give a speech on September 9 and elections are held September 10. We hope to see many frosh run for Student Council. It will be a great year!

Welcome to the 2010-2011 school year!

Our year begins full of opportunities for students to become involved on the CB campus. Co-curricular activities keep our students interested in school and help them grow physically, socially, and emotionally. Through involvement in dances, rallies, the QSP drive, clubs and other activities our students learn to support their own interests.

FROSH LOCK-IN This is our first welcoming activity where members of the Student Council and the Senior class hold an all night event (August 13-14) for our incoming freshmen. By the end of Lock-In, our new frosh should have their books in their lockers, have attended their first rally and dance, have possession of a class spirit shirt, know their way around campus, have made new friends, and be familiar with the campus. The Frosh Lock-In concludes by watching the sun rise on their four years of high school at Christian Brothers.

Make-up Picture Day is August 20. If your student is a new transfer student, did not take their picture at Frosh Enrollment Night, or was absent on picture day last spring, they will be called to have a picture taken for the yearbook. Order forms for picture packages will be available in the main office and online. Students will also receive their ID card that day.

The annual QSP Magazine Drive Our annual QSP Drive will officially kick off August 27. Students will bring home envelopes with magazine selections and order forms. This fundraiser helps support the many student activities on campus. Plan to renew your magazine subscriptions through QSP this year and support our students and their campus activities. Orders may also be made online by clicking on the QSP link on the school website.

Frosh-Soph Open Dance This dance will be held August 27 and is open to all freshmen and sophomores attending a Sacramento Catholic high school. The cost is \$7.00. Students will need to be in dress code as stated in the Parent/Student Handbook, show a school ID, and have a pre-purchased bracelet to be admitted to the dance which takes place on our Mary Lawn from 7:30 - 10:30 p.m. This is a great way for our students to start the year and see their friends from various Catholic high schools.

Clubs Students have the opportunity to sign up for clubs on campus on our Club Day held September 9 during lunch. All active clubs will be on display and taking sign-ups for membership.

SAVE THIS DATE! The 7th Annual CB Pasta Feed will be held on April 8th, 2011

There are some changes this year, mainly there will be no pre-order sales and we may be expanding our dining area out to the tables under the awning or onto the main lawn grass area. **All meals will be sold at the door starting at 4:30 p.m. for take home and 5:30 p.m. for dining in.** This year, the Feed takes place during Lent but our own Chef Bob will be preparing both meat and meatless entrees in a beautiful spread and variety of Italian pastas, antipastos, salad, and Italian breads. Music will be provided by the Slack Cats (70's 80's melow rock), and the CB Jazz Choir will also perform for your listening pleasure. The Pasta Feed Committee is open to any and all Silent Auction donations for our sales tables, and there will be a 50/50 Raffle. For further information, please contact Phil Silver at 916-758-6559 or psilver@gmail.com.

ATHLETICS

Last spring ended another very successful year of Christian Brothers athletics including the following highlights:

MEN'S GOLF

5-peat league champions; 3-peat Division 2 champions; repeat divisional champions; 3rd place finish at Masters tournament; 2nd place finish at Northern California championships; 4th place finish at State tournament.

WOMEN'S SOCCER

SVC league champions; semifinalist section playoffs

BASEBALL

Advancing to Division 2 playoffs.

MEN'S BASKETBALL

Quarterfinalist Division 4 playoffs

WOMEN'S BASKETBALL

Semifinalist Division 4 playoffs; advanced to Northern California championships.

MEN'S CROSS COUNTRY

Competed in State meet 4th consecutive year

FOOTBALL

2nd place SVC league finish advanced to Division 2 section playoffs.

WOMEN'S GOLF

2nd place SVC league finish; 2nd place finish at divisional championships; 3rd place finish Masters tournament; competed at Northern California championships

WOMEN'S TENNIS

First ever SVC league championship; semifinalist Division 2 section team playoffs.

WOMEN'S VOLLEYBALL

SVC league champions; 5-peat Division 4 section champions; repeat champions Northern California championships; state Division 4 runner up

The athletic world has had a very busy summer preparing for our 2010 - 11 athletic campaigns. Welcome to all our returning students as well as the many new faces that are joining us this fall. We look forward to competition in our new league, the Capital Valley Conference (CVC) which includes Bella Vista, Casa Robles, Del Campo, Oakmont and Rio Linja high schools.



IMPORTANT REMINDERS FOR... Fall Sport Athletes

1. Official practice for all fall sports begins Monday, August 9. Many teams will be conditioning during August; for specific information regarding conditioning and practice times please look at the athletic calendar on the website or contact the head coach.

2. Student-Athletes must submit a completed 'Athletic Consent and Release' form to the coach on the first day of tryouts. The form is available on the athletic website under 'Athlete Forms'. Part of the form is a doctor's clearance so please plan to have everything in order before August 9.

3. A new form that was completed this summer is our Athletic Transportation and Liability Agreement. These forms can also be downloaded from our website and will be due by the second day of tryouts.

ATHLETIC TRANSPORTATION POLICY EFFECTIVE THIS YEAR:

Transportation **will not** be provided for:

- Varsity teams traveling to schools within a 20 miles radius.
- Any contest starting after 6:00 pm.
- Transportation home from sub-varsity contests ending after 6:00 p.m. and within a 20 miles radius of school.
- Any contest on a non-school day or weekend.

When buses are used they will be drop only and parents will be expected to plan for transporting their student home.

Parents are responsible for all athletic event transportation arrangements for their student with the exception of transportation provided by the School as outlined above.

Mark your calendars for... Saturday August 21

Our annual 'Blue/Red Scrimmage' kicking off our fall sports. All our athletic programs will be represented in this enjoyable start to our athletic season. The fun begins at 9:00 a.m. and wraps up around 11:00.

Schedules: Click on [CJ Sports Calendar](#) (under Popular Links). To view an entire season's schedule for a specific team click on the [Season](#) tab and identify what team you want to view. To get automatic alerts when schedules change simply click on [Get Alerts](#) and fill in appropriate information.

Driving Directions: For most league events click directly on the away event on the sports calendar and then click on [Directions](#). Mapquest will pop up. For others click on [Athletics](#), then [Driving Directions](#) and select the league, non-league or cross country meet locations to get directions.

Head Coach Directory: Click on [Athletics](#) and [Head Coach Directory](#) for phone and email information.

Sport Updates: Click on the [Boosters](#) icon (under Popular Links) and direct which sport(s) you want to view.

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

GO FALCONS!!!

VISUAL & PERFORMING ARTS

Welcome back to an amazing year of arts at Christian Brothers.

Last year, Christian Brothers students once again demonstrated why CB is one of the premiere arts high schools in Sacramento. With awards and recognition in the Student Television Network National Competition, the CSUS and Santa Cruz Jazz Festivals, the Jammies and the 20th Street Art Gallery Student Self Portrait Show, Christian Brothers truly is the place to be for aspiring musicians, visual artists, media artists and thespians.

For those of you who are new to Christian Brothers, welcome to a wonderful world of art. We have Visual and Performing Arts events throughout the school year including our fall musical, "You're a Good Man Charlie Brown," student written and directed one-acts, our spring play "The Crucible," art shows, instrumental concerts, choral concerts, KBFT and open mic nights... the possibilities are endless for students and audiences alike.

In a time where one of the things that makes us human, the arts, is being cut from educational institutions around the country, Christian Brothers continues to be committed to educating the whole person. With our vast array of college preparatory Visual and Performing Arts courses, our campus is always alive with the arts. We cordially invite you to attend our various events throughout the year and get involved in any way possible. Feel free to set up an appointment to visit one of our VPA classes and see why Christian Brothers really is the place to be artistic.

So...keep your eye on the electronic school calendar on the CB website or click on the "CB ARTS" button to keep up-to-date with our students and events. There are countless opportunities to see our fantastic students showcasing their talents and the website has the most reliable and current information. And as always, if at any time you have any thoughts, questions or compliments to share, please contact Ron Slabbinck, Director of Visual and Performing Arts.



August '10

7

FALL SEMESTER

Good Times Flow at the **WINE BEER & FOOD Extravaganza!**

On **September 10th**, the quad and Mary Lawn at Christian Brothers High School will be transformed into a festival of food, fun, beer, wine and live music. 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 evening starts out with the breezy tropical jazz sounds of **Gardenia Azul**. As you move into the Wine and Restaurant Area – the **Q-Balls** get the party started. And once everyone is warmed up, **Wonderbread 5** will rock the beer garden with everything from Journey and AC-DC to the B52's and the Black Eyed Peas.

Reserve now for the admission price of \$60 per person. After September 3rd, admission is \$75.

For reservations visit the school website at www.cbhs-sacramento.org or www.cbhswinetasting.com.

EVENT DETAILS

Main Event 7:00 to 10:00 p.m. – Brother Timothy Reserve 6:00 to 7:00 p.m.

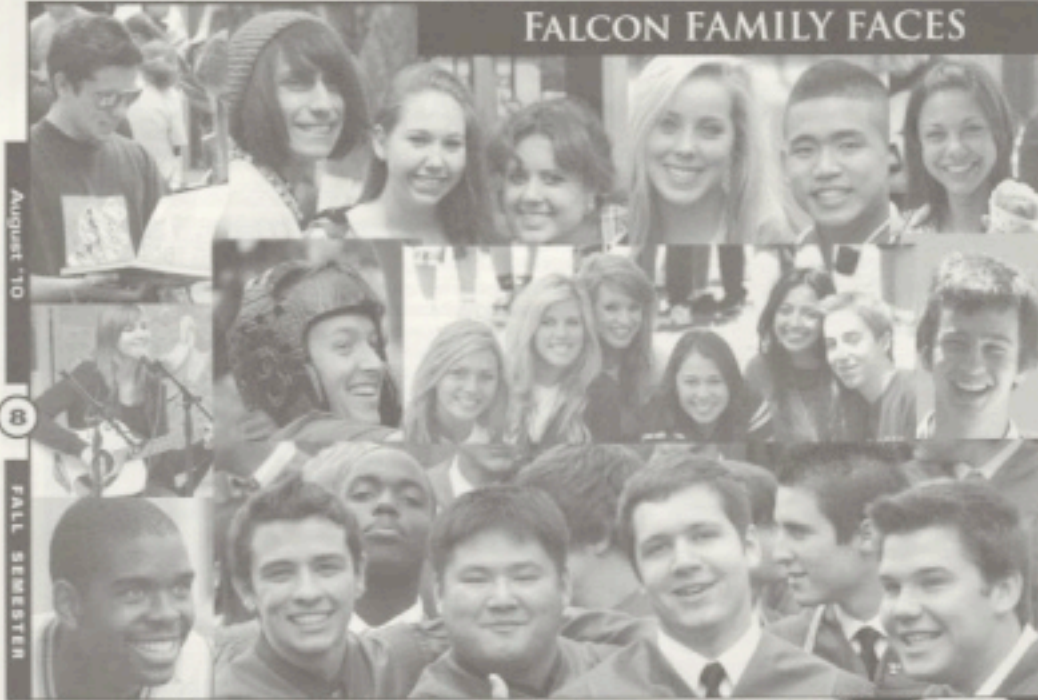
Place: Christian Brothers High School

Event shuttles available from East Sac and Midtown locations – see website for details

For the true wine aficionado – check out the **pre-event Brother Timothy Reserve VIP Tasting at 6:00 .pm.**, with wines of distinction and gourmet foods. Find out more at the event website.

We look forward to seeing you there.

FALCON FAMILY FACES



August '10

25

FALL SEMESTER



CB Alumni Association

WINE, BEER & FOOD

FRIDAY, SEPTEMBER 10, 2010

www.cbhswinetasting.com



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FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT:

"One of the main concerns of those who instruct others is to be able to understand their students and to discern the right way to guide them."

St. John Baptist de La Salle

Dear Parents,

Dress code checks, cell phone policies, and attendance regulations present daily challenges for Catholic educators, particularly at the beginning of the school year. While the days of a Brother facing off against a student in an after-school boxing match, or Sister Mary Immaculata dispensing justice with a ruler are long gone, "discerning the right way to guide" is a persistent challenge.

Fortunately, the challenges are typically minimal. One subject that does come up from time to time is whether or not a student's behavior outside of school has any bearing on his or her relationship with the school. I am not writing this in response to a particular incident, but rather as an affirmation of our commitment to your family.

St. John Baptist de La Salle insisted that the Brothers be with the students "from morning until night." He worried about the lives his students returned to when they went home each day. He worried about the company the students kept and who they associated with outside of school. Although our community is now comprised mainly of dedicated lay professional educators, the Catholic, Lasallian philosophy of caring for the whole child is woven deeply into our community.

Christian Brothers students are expected to conduct themselves with high standards both at school and on their personal time. It is important that they learn they are always representing their family and their school. Helping our students understand this is a vital part of our mission. A Catholic, Lasallian education

does not end at the culmination of the school-day, the semester, or even the school-year. Quite simply, we care what happens after the bell rings.

If a student's behavior outside of school is detrimental to himself/herself or the CB community, we would be remiss if we looked the other way. Teenagers make mistakes. We have understood that for 134 years. Our goals are to take all reasonable precautions to help students make good choices and to work with parents to help their sons and daughters learn healthy lessons from mistakes. At times, the lessons we are called to impart – as parents and as educators – are difficult. Yet, the lessons are always considered with careful, prayerful discernment, and a healthy dose of love.

As we begin our 135th year in Sacramento, we are grateful that you choose to partner with us to help our students – your sons and daughters – navigate the rough waters of adolescence. Together, we can achieve our shared mission to create leaders of tomorrow who are spiritually rich, morally courageous, and intellectually distinguished.

God bless,

Lorcan P. Barnes

Lorcan P. Barnes

President

(916) 733-3603

lbarnes@cbhs-sacramento.org



SCHOOL CALENDAR - SEPT. '10

SEPT. 1 Classes begin 8:00 a.m.
Professional Action Day for Students
OSP games @ lunch
Fall Athlete Mtg. – Falcon Flex
SEPT. 3 First Friday Vacation Awareness Day
Fresh Retreat
Jr/Sr Open Dance @ St. Francis 7:30-10:30 p.m.
SEPT. 6 Labor Day Holiday – No classes
SEPT. 7 OSP Collection Day
Localize Parent Club Welcome Social 6:30 p.m.
SEPT. 9 Classes begin 8:00 a.m.
Club Day @ lunch
Fresh speeches – Falcon Flex
SEPT. 10 Fresh Election
Fresh Retreat
OSP games @ lunch
Wine, Beer and Food Extravaganza

SEPT. 11 SAT Prep Class – 9:30 a.m. – 12:30 p.m.
SEPT. 13 Booster Mtg. 6:00 p.m.
Jesuit College Fair @ Jesuit HS 7:00-9:00 p.m.
SEPT. 14 OSP Collection Day
SEPT. 15 Friends of the Arts Mtg. 8:30 p.m.
SEPT. 16 Classes begin 8:00 a.m.
OSP games @ lunch
SEPT. 17 Blue and Red Spirit Day
Holy Bowl Rally
Fresh-Soph Open Dance @ Jesuit HS 7:30-10:30 p.m.
SEPT. 18 SAT Prep Class – 9:30 a.m. – 12:30 p.m.
Holy Bowl (Fresh 2:00 pm, JV 5:00 pm,
Varsity 7:00 pm) @ Hughes Stadium
SEPT. 21 OSP Collection Day
SEPT. 22 College Night for Seniors & Parents 7:00 p.m.

ENTER TO LEARN. LEAVE TO SERVE

SEPT. 23 Classes begin 8:00 a.m.
Fresh Class Mtg. – Falcon Flex
SEPT. 24 Fresh Retreat
Men's Choral Festival @ CHS
8:30 a.m. – 12:30 p.m.
SEPT. 25 SAT Prep Class – 9:30 a.m. – 12:30 p.m.
SEPT. 26 Sophomore Family Liturgy 9:30 a.m.
SEPT. 27 Faculty Professional Day – No classes
SEPT. 28 - OCT. 1
Whitening Week
Kaleis 33
SEPT. 29 Fresh Guidance Night 7:00 p.m.
SEPT. 30 Classes begin 8:00 a.m.
OSP games @ lunch

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

INSIDE

Guidance
Campus Ministry
Christian Service
Student Activities

Athletics
Visual & Performing Arts
Falcon Family Faces

CAMPUS MINISTRY

It is a tradition at Christian Brothers High School to begin each school year with the Mass of the Holy Spirit, at which we pray for the blessings of the Holy Spirit upon our school year. We invite you to pray the following prayer for yourself, your family, and our school community.

Retreats

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

The **Senior Kairos Retreat** dates are September 28-October 1, November 30-December 3, February 1-4, and March 22-25. A letter will go home this week to all Senior parents with details about this retreat. Sign-ups are now available in the Campus Ministry office.

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

Fresh Retreat Dates: September 3, 10, and 24; October 22 and 29. Check the CB web site under "Campus Ministry" for details on these retreats.

Save this date! The **Parent/Student Retreat** will take place **Saturday, February 5, from 9:00 A.M. to 3:00 P.M.** at **Christ the King Retreat Center**. You won't want to miss this opportunity to spend a special time of prayer, fellowship, and reflection with your CB student. **All parents and all grade level students are welcome. More details later!**

Words of St. John Baptist de La Salle

It is inconceivable how much Jesus Christ loves those who give up everything for him, and how many graces He gives them both for themselves and for others. As their hearts are empty of the things of this world, God fills them with his Holy Spirit.

(Meditation 167:2)

St. Augustine's Prayer to the Holy Spirit

*Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart to You, O Holy Spirit, that I may love what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, O Holy Spirit, that I always may be holy.
Amen.*

Liturgies

We began the school year with our first school liturgy, the Mass of the Holy Spirit, on August 26. We were honored to have Fr. Michael Estaris, a newly-ordained priest from St. John Vianney Parish, as our presider. Fifty-two Seniors were commissioned as Eucharistic Ministers, the faculty and staff recited a prayer of dedication to their vocation as Lasallian educators, and we welcomed new teachers and staff members. It was a joy to have so many parents and family members present!

Attention Sophomore Parents! The **Sophomore Family Liturgy** is right around the corner! Join us for Mass, followed by a continental breakfast, on **Sunday, September 26 at 9:30 a.m. in the gym**. More information and an RSVP form will be coming to you in the mail regarding this liturgy. **Parents are always invited to join us at our school liturgies.** All liturgies are held in the gym and begin at 9:30 a.m.

Upcoming Liturgies:

September 26 – Sophomore Family Liturgy
October 7 – School Liturgy
November 1 – School Liturgy
November 21 – Fresh Family Liturgy
December 8 – Immaculate Conception Liturgy



2009-2010 AWARD RECIPIENTS

Congratulations to the following students whose achievements in the 2009-10 year were recognized with the highest Christian Brothers awards, presented at a school-wide assembly on August 19:

Scholar-Athlete

Class of 2013
Maxwell Fuhs, Nicole Skow
Class of 2012
Samantha McKibben, Ryan Peabody
Class of 2011
Marina Hernandez,
Ade Jackson, Robert Templeton

Academic Excellence

Class of 2013 – Ryan Dempsey
Class of 2012 – Nicholas Domek
Class of 2011 – Melissa Huang
Signum Fidei
Class of 2013 – Maria Castro
Class of 2012 – James Barnes
Class of 2011 – Miranda Friel



CHRISTIAN SERVICE

September '10

4

FALL SEMESTER

Almsgiving:

Wellspring Week: For the last 20 years Christian Brother's students have been coming to school at 6:00 am on Fridays to cook breakfast for the women at Wellspring Women's Center in Oak Park. During the week of September 28 - October 1, 2010, the Wellspring Breakfast club will be collecting donations of syrup, pancake mix, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies will be used throughout the semester to feed our neighbors at Wellspring. Thank you in advance for your generosity.

Thank you to everyone who participated in the Pakistan Almsgiving sponsored by the Muslim Student Union. At press time we did not have a total of the amount we raised for UNICEF. Please stay tuned for more information.

MUSTARD SEED SPIN: You are invited to participate in this charity bike ride for kids of all ages on Sunday, September 26, 2010 at William B. Pond Recreation Area on the American River Parkway. All proceeds go to Mustard Seed School for homeless children, a part of Loaves & Fishes. Visit the website at www.mustardseedspin.org for details.

Christian Service-Learning:

Religious Studies - Freshmen parents - we need your help! We would like to extend an invitation to all freshmen parents to come and participate with your son or daughter during their Christian Service-Learning Project at the Sacramento Food Bank. Each freshman will participate in this project through his/her religion class. We need parents to help chaperone the walk to and from the Food Bank. Please see the schedule below for when your child will be attending:

Ms. Spinelli's Classes

C Set - Tues, October 12, 2010; 11:15am - 2:30pm
D Set - Thursday, October 14, 2010; 12:00pm - 3:00pm
G Set - Wednesday, October 20, 2010; 8:00am-11:15am
F Set - Thursday, October 21, 2010; 12:00pm-3:00pm

Ms. Greene's Classes

B Set - Thursday, November 4, 2010; 8:00am-12:00pm
E Set - Tuesday, November 9, 2010; 8:00am-11:15am
G Set - Tuesday, November 9, 2010; 11:15am - 2:30pm
C Set - Wednesday, November 10, 2010; 12:00pm-3:00pm
F Set - Wednesday, November 17, 2010; 8:00am-11:15am

Ms. Lystrup's Class

C Set - Wednesday, October 20, 2010; 12:00pm-3:00pm

If you would like to participate or if you have any questions, please email your student's religion teacher or Ms. Stephanie DeBenedetti-Emanuel at sdbenedetti@cbsi-sacramento.org or call (916)733-3653.

Outreach - Christian Service Awards

The following students of the Class of 2011 received a Christian Service Award for completing 75 or more hours of service during their years at Christian Brothers: Madily Arnez, Alanna Anderson, Zachary Anderson, Gabriel Bayard, Stephanie Brazier, Sofia Bunlie, Taylor Calles, Megan Carmazzi, Chelsea Carter, Lisa Caselli, Jordyn Chew, Alexander Contreras, Anne Conway, Celina Culver, Ashlee Difuntorum, Zoe Earl-Lynn, Vincent Egare, Scott Fenocchio, Emily Fitzsimmons, Miquel Francisco, Anthony Franzola, Miranda Friel, Shoshana Fulton, Andrew Gable, Zachary Giarrizzo, Megan Gormley, Veronica Gray, Dillon Greenberg, Martin Hall, Joseph Hill, Whitney Hoblit, Kevin Hua, Christopher Iff, Kyle Jellicoch, Connor Lee, Sarah Mackenzie Long, Sana Mahmood, Samuel Mayer, Kristen McEnemey, Lisa McMonagle, Shannon McNamee, Thomas Nguyen, Hannah O'Hearn, Mitesh Patel, Matthew Pulz, Megan Perry, Matthew Pulz, Nicole Quinn, Maya Ramirez, Morgan Rothenbaum, Kathleen Schlawerza, Anthony Sheppard-Sakakihara, Michael Signorotti, Meredith Stawicki, Mikaela Stirling, Andrew Stoferberg, Samuel Christopher Wallace, Cassandra Weber, Claire White, Abigail Williams, Hannah Wilson, Sarah Wolf, Kelsey Wong, and Melissa Wong.

The following students of the class of 2012 received a Christian Service Award for completing 50 or more hours of service last year: Adriana Arguello, James Barnes, Alexander Carbaugh-Rutland, Katherine Costa, Daniel Domich, Phillip Emerson, Nicole Jedzyski, Kostantino Johal, Theodore Libby, Jonathan Limhengco, Christopher Meade, Samantha Mulligan, Hannah O'Malley, Mitesh Patel, Ryan Peabody, Kevin Perfold, Iris Perez, Carl Pillo, Jamie Quinn, Matthew Rocas, Anthony Ruiz, Mitchell Shahbazian, Justin Alan Sjastheim, Clare Sonensen, Katherine Swanson, Connor Vick, Elizabeth Wilson and Jeremy Wright-Pace.

The following students of the class of 2013 received a Christian Service Award for completing 25 or more hours of service last year: Dalia Arbizu, Alexa Bachet, Zachary Brooks, Justin Cappello, Kayla Davis, Ryan Dempsey, Angelica DeTuro, Colleen Donovan, Sylvia Francisco, Omar Gray, Alexandra Haynie, Matthew Haynie, Thomas Herbert, Sarah Hotz, Meghan Larson, Samantha MacDonald, Peter Mackensen, Gabrielle Patterson, Kelsey Pferman, Brianna Pressy, Jacob Rocas, Michael Rose, Breanna Sharee, Nicole Skow, and Korbinian Thalhammer.

Documenting Community Service Hours

- Students who volunteer can document their hours for college transcripts
- Students can pick up a form in the Christian Service Center or on our website under Christian Service, Documenting Service Hours.
- Students should fill out one form for each agency or placement where they volunteered.
- Students need to reflect on their experience and have a supervisor verify their hours with a signature.

Any questions about Christian Service please see Ms. DeBenedetti-Emanuel in the Christian Service Center, sdbenedetti-emanuel@cbsi-sacramento.org, or (916)733-3653.

VENAVER 2010-2011:

Congratulations to the following students who were chosen last May to be part of our two VENAVER trips this year.

VENAVER: Salinas - October 19-23, 2010

The following students were selected to accompany Ms. Hoekman & Ms. Roybal to Salinas, CA: Stephanie Brazier, Taylor Calles, Celina Culver, Marina Hernandez, Casey Kidwell, Nicole Martin, Lisa McMonagle, Hannah O'Hearn, Jamie Ralph, Lynette Sandoval, and Jessica Szanek.

VENAVER: New Orleans - January 10-16, 2011

The following students were selected to accompany Mrs. Peabody & Mr. Petrisans to New Orleans, LA: Allie Anderson, Else Buchmiller, Alex Contreras, David Dalsay, Megan Gormley, Maddy Groves, Danny Lewis, Shannon McNamee, Ryan Peabody, Ashley Radford, and Megan Rothenbaum.

STUDENT ACTIVITIES

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

Other FUN events planned this fall:

Freshman class officer elections will be held on September 10. Our freshmen look to be a dynamic and eclectic class. Fresh council applications are due Tuesday, August 31. September 7 - 10 will be the campaign week. There should be many great campaign posters decorating our halls. The freshman class will hear the candidates speak on Thursday, September 9 during the Falcon Flex period and will have the opportunity to vote on Friday, September 10 before school, during break and at lunch.

Club Day activities will be held during lunch on September 9. We have approximately 30 clubs at CB and they will all be represented with information tables that day. Any student should be able to find a club to match his/her interests. The clubs will advertise where and when they meet on campus.

Blue and Red Spirit Day is set for September 17. Everyone wearing a Falcon Force t-shirt, or a solid color red or blue t-shirt will be allowed to wear jeans. The Holy Bowl Spirit Rally will also happen on this day.

A Freshman Class Meeting will take place during Falcon Flex period on Thursday, September 23. Carpool drivers should be sure to mark their calendars for pick up at 3:00 p.m. for frosh riders.

The Sophomore Family Liturgy will be held in the gym on Sunday morning, September 26 at 9:30 a.m. The sophomore council is already busy planning for this liturgy, which will be followed by a continental breakfast in the cafeteria. A letter and RSVP form will be sent home to all sophomore families.

FROSH LOCK- IN A BIG SUCCESS!! 280 incoming freshmen enjoyed an exciting Lasallian welcome when Student Council members and senior class volunteers hosted them at Lock-In 2014. Activities included a dance, ice breakers, rally, all night activities and an early morning prayer service including a slide show. The freshmen saw the sun rise on their freshman year at Christian Brothers while they enjoyed donuts and cocoa and embraced their new experience as members of this Christian Brothers community. They had a fantastic night and look forward to a great four years here at Christian Brothers High School.

The Quality School Program (QSP) Drive

blasted into high gear on Friday, August 27. From August 27 through September 21 our students will be working diligently to sell magazine subscriptions. Please be sure to save all magazine orders and renewals for a CBHS student. We honor renewal notice prices if they beat QSP prices. Orders may also be placed online. Go to our school website and click on the QSP link (or go to QSP.com); select "SHOP NOW" and enter code 425012001. Online orders placed during the drive will help earn prizes for the student of your choice. Our goal is \$100,000 this year. When we make our goal, we will earn a day off from school on November 12. Yes - that may be a four-day weekend since November 11 is Veterans' Day.

QSP benefits all students and their activities. All organized groups of students involved in activities on campus are eligible to request funds earned from the drive to support their goals. Last year, the Student Council heard many proposals from their peers. In addition to the financial support for our many student activities, students also learn how to identify needs, make proposals and persuasive presentations, and develop negotiating skills as these funds are allocated.

Some of the benefits from last year's magazine drive included the purchase of a much-needed camera for the football team, a batting cage for the softball team, and other supplies and equipment for the soccer and lacrosse teams and the athletic trainers. Many of our clubs also received funds to sponsor their yearly activities, including Big Brothers, Communion and Liberation, Black Student Union, German and French clubs, Engineering and Robotics, CB Cinema, Choir, and the Senior Class of 2010.

Please support our students with your magazine orders. The drive runs from August 27 - September 21. A day off on November 12 will only be earned if we make our goal of \$100,000 during the magazine drive.



ATHLETICS

Christian Brothers High School truly believes in the education of the whole person, as stated in the first line of our Athletic Department philosophy.

'The Athletic Department at Christian Brothers High School believes that athletics and participation in our athletic program is an educational activity that contributes to the physical, personal, social and spiritual growth of our student athletes and, therefore, develops student-athletes as Christian members of society.'

We strive to this end while balancing the high demands of competition. Our student-athletes consistently push themselves to their physical and emotional limits daily in their pursuit of excellence in sports. As a school and athletic department, we also understand that there are inherent risks associated with athletics. Our coaches take every precaution of safety where your sons and daughters are concerned, from keeping the environment safe and inspecting equipment to teaching correct technique. We are fortunate that the school views the safety of our student-athletes as a high priority by having multiple automated external defibrillators, (AED's) on campus to having a state-of-the-art athletic training facility and hiring a certified athletic trainer as a full time employee of the school. Darci Stark has been part of our community since May 2002. She received her Bachelor's Degree in athletic training from Barry University. She is certified by the National Athletic Trainers' Association and has a California single-subject teaching credential in physical education. Additionally she is a Certified Red Cross Instructor - Professional Rescuer. Since joining the community she has created a student athletic training program and instituted our concussion testing program.

Darci is the first point of contact in evaluation and care of injuries and responsible to verify that an athlete is ready to return to practice or competition. Her knowledge of both health and safety and the rigors of athletic competition make her uniquely qualified to make sure that athletes get back to full participation safely as quickly as possible.

As this year begins, we asked Darci to talk about two big safety issues, heat related illness and concussions, so you have a good understanding of the concerns and how we can work together to ensure the safety of your sons and daughters.

HEAT RELATED ILLNESS

As the temperatures begin to rise, the CB Athletic Staff wants to reassure you that we are taking precautions to help prevent heat related illness with all our athletes. By providing more frequent water breaks, decreasing the amount of conditioning during practices and always being on the look out for the signs and symptoms of heat illness, we hope to provide the safest possible experience for your sons and daughters. We also check the air quality on a daily basis and modify practices accordingly. In addition to the precautions we are taking at school, you can help by watching for symptoms at home and encouraging your athlete to continue to hydrate in the evenings and throughout the day at school. Sports drinks are a good alternative to water, but we recommend diluting the sports drink with water to decrease the amount of sugar being consumed.

Signs and Symptoms of Heat Exhaustion:

- Loss of coordination, dizziness or fainting
- Dehydration
- Profuse sweating or pale skin
- Headache, nausea, vomiting or diarrhea

Signs and Symptoms of Heat Stroke:

- Increase in core body temperature
- Hot and wet or dry skin
- Altered consciousness, seizures, confusion, emotional instability, irrational behavior
- Increased heart rate, decreased blood pressure, or rapid breathing

For more information, see the National Athletic Trainers Association website (www.nata.org)

CONCUSSIONS

A concussion is a disturbance in brain function that occurs following a blow to the head or a violent shaking of the head. While signs of a concussion may be immediately evident (see table below), it may also take several minutes or even several hours for the signs to be recognized. In addition, your son or daughter may not report having any symptoms for fear of being pulled from a practice or competition or because they don't want to let their coach or teammates down. As parents, your observations of your student athlete could be vital in recognizing a possible concussion.

Signs Observed

- Appears to be dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even temporarily)
- Shows behavior or personality changes
- Forgets events prior to hit (retrograde amnesia)
- Forgets events after hit (anterograde amnesia)

Signs Reported by Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling "foggy"
- Change in sleep pattern
- Concentration or memory problems

In January of 2007, Christian Brothers began using the ImPACT software program to help better manage concussions sustained by our student athletes. This computerized exam is used in professional, collegiate and high school sports programs across the country. While it does not diagnose a concussion, it will help us determine when the brain has fully healed. In addition to the use of the ImPACT program, we have developed a return to play protocol that includes: clearance from a physician, a return to baseline neurocognitive function as measured by the ImPACT software, followed by a gradual return to contact that is closely monitored by the Athletic Trainer, coaches and the parents. Our goal is to get the athletes back on the field as quickly as possible without jeopardizing their health.

VISUAL & PERFORMING ARTS

FAQ's about the Visual and Performing Arts Department at Christian Brothers High School:

1. We know that Christian Brothers has one of the finest and most comprehensive Visual and Performing Arts programs in the Sacramento area. How can my child get involved?

The best way for a student to truly experience the arts at Christian Brothers is to study one of the disciplines daily in a class. However, if your child hasn't enrolled in one of our many college preparatory VPA courses, there are still plenty of opportunities for him/her to get involved. With our open audition policy for the musical, play, one-acts and open mic nights, as well as a great need for techs and crew, whether your child wants to be on the stage or behind the scenes, there are many opportunities. Additionally, students do not have to be enrolled in one of our art classes to submit art for our various art shows that take place throughout the school year.

2. How do I find out about all of the events and accomplishments of the extremely talented students at Christian Brothers High School?

Visit the school website and daily bulletin for up-to-date information regarding our regularly scheduled VPA events, auditions and art show submission deadlines. If you want to see more about our programs, students, awards, recognitions and faculty, click on the 'CB Arts' button on the school website and you will be taken to our VPA webpage. You can also contact Director of Visual and Performing Arts, Ron Slabbinck, with any questions about any of the programs.

3. I keep on hearing about how much fun it is to help out at VPA events. Word on the street is that they are the place to be! How can I get involved?

The best place to start is at one of our Friends of the Arts meetings. You do not need to be a member to attend, and you will have the opportunity to become part of the network of support that allows Christian Brothers to serve its students with a passion for educating the whole person. See the school calendar for meeting dates.

4. I heard something about a capital campaign and a new theater. How is that going?

At our next Friends of the Arts meeting, school president Lorcan Barnes will be speaking to the membership about the state of the school, the state of our capital campaign and its impact on our future Visual and Performing Arts Center. The meeting is on Wednesday, September 15 at 6:30 p.m. in room 109.

Whether or not you have a student that is involved in the arts, please come and enjoy our performances, art shows and concerts throughout the year. Your patronage means the world to our students and you will discover why Christian Brothers truly is the place to be an artist!

September '10

7

FALL SEMESTER

WINE BEER & FOOD Extravaganza!

On Friday, September 10th Christian Brothers High School will be transformed into a festival of food, fun, beer, wine and live music. 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.

Main Event 7:00 to 10:00 p.m. – Brother Timothy Reserve 6:00 to 7:00 p.m.

At Christian Brothers High School • Event shuttles available from East Sac and Midtown locations –

For details or to make your reservation visit www.cbhwinetasting.com.

For the true wine aficionado – check out the pre-event Brother Timothy Reserve VIP Tasting at 6:00 p.m., with wines of distinction and gourmet foods. Find out more at the event website.

SAVE THIS DATE! The 7th Annual CB Pasta Feed will be held on April 8th, 2011

There are some changes coming this year. There will be no pre-order sales and we may be expanding our dining area out to the tables under the awning or onto the main lawn grass area. **All meals will be sold at the door starting at 4:30 p.m. for take home and 5:30 p.m. for dining in.** Yes, the food talked about during Lent but our own Chef Bob will be preparing both meat and meatless entrees in a beautiful spread and variety of Italian pastas, antipasto, salad and Italian breads. Music will be provided by the Slack Cats (70's 80's mellow rock), and the CB Jazz Choir will also perform for your listening pleasure. The Pasta Feed Committee is open to any and all Silent Auction donations for our sales tables, and there will be a 50/50 Raffle. For further information, please contact Phil Silver at 916-759-6558 or psilver@gmail.com.

FALCON FAMILY FACES



September '10

8

FALL SEMESTER



CB Alumni Association

WINE, BEER & FOOD

FRIDAY, SEPTEMBER 10, 2010
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FALCON FAMILY NEWS

INTEGRITY ♦ HONOR ♦ EXCELLENCE

Dear Parents,

These three seemingly simple words create the mantra of the Athletic Department at Christian Brothers High School. However, these words are anything but simple, or for that matter, easily maintained. The difficulty lies in the fact that these fundamental expectations are counter-cultural to what is encouraged in today's society. In a culture where winning is the only acceptable outcome, and anything less has no value, we are faced with the challenge to teach a bigger lesson.

INTEGRITY is the quality of always following one's moral principles. The quality of integrity helps us gain the respect and trust of others. A challenge faced by young people today is understanding the definition of moral principles. Where do kids look for guidance as they develop their own belief systems and morals? TV? The internet? Teachers? Coaches? Parents? How do we instill values of integrity in our youth when they often hear from trusted sources in their lives the phrase, "It's not a foul unless the official calls it"?

HONOR means to have or show great respect and admiration for somebody or something. Turn on any college or professional game and what do we often see demonstrated by players, coaches and fans? All too often we witness tantrums, foul language, berating, and excuse-making. Open newspapers and read about the behavior of our idols. Despite protestations of innocence, we often read about an athlete who has broken the law and has been proven by irrefutable evidence to be engaging in the use of performance-enhancing substances in an attempt to obtain a competitive advantage. How do young people learn about respect and honor when everywhere they turn they witness contradictory actions?

EXCELLENCE is the quality or state of being outstanding and superior. We often refer to excellence as a process, not an outcome. If students practice for excellence, the result will be excellence, both in effort and in the development of their maximum potential. Note that excellence is not equated with winning; but unfortunately, too often the primary emphasis is placed on the outcome (winning) instead of the process.

Some might consider the challenge to instill in our young people the qualities of integrity, honor, and excellence insurmountable. While our challenge is daunting to be sure, it is not impossible. When St. John Baptist de La Salle began his ministry in education he was considered a revolutionary. Like him, we are called to step away from social norms and be revolutionary, especially if our goal is to touch the hearts and minds of our students and teach them the values we hold dear.

The past five years we, as an Athletic Department, have taken one of the core principles of a Lasallian school and made it a focal point for the year. These core values: Faith in the Presence of God, Respect for All Persons, Inclusive Community, Concern for the Poor & Social Justice, and Quality Education, are the cornerstones of our Lasallian charism. If we as an Athletic Department instill these values in our student-athletes, we have indeed enjoyed success.

Our athletic program is competitive, but we hope that focusing on the process of excellence, being persons of integrity, and honoring those against whom we compete will render positive results. It is very much like the classroom, where a student who actively participates in class discussions, does the homework, and studies for the tests is rewarded with a positive outcome. There is no shortcut; it takes commitment, personal responsibility, and dedication to succeed. That is the process we strive to teach in each of our athletic arenas. Ultimately, the Athletic Department hopes to complement what happens in the classroom.

The last sentences of our Athletic Department mission statement read: Student-Athletes, coaches and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Lasallian values can be revealed, tested and proven relevant both to participants and the entire school community. Every member of our community must seek to encourage, instill, and foster such growth and development in our student-athletes.

St. John Baptist de La Salle.... Pray for Us
Live Jesus in our Hearts... Forever!

Jill Bennett
Jill Bennett
Athletic Director

SCHOOL CALENDAR - OCT. '10

OCT. 1 First Friday Vocative Awareness Day
OCT. 2 SAT Prep Class - 9:30 a.m. - 12:30 p.m.
Girls' Varsity Volleyball Tourney
OCT. 3 CB Open House and Art Expo
11:00 a.m. - 2:00 p.m.
OCT. 4 School Holiday - no classes
OCT. 5 Private and Parochial College Fair 6:30-8:30 p.m.
OCT. 6 Professional Attire Day for Students
CSD College Application Workshops
7:00 a.m./2:00 p.m.
OCT. 7 Classes begin 8:00 a.m.
School Library 9:30 a.m.
OCT. 8 SAT @ CB
OCT. 11 Booster Meeting 6:00 p.m.
OCT. 12 Open Mic Auditions after school L-1
LPC Speaker Series 6:30 p.m. SMAC Lounge

OCT. 13 Fresh/Soph/Jr Testing Day 9:00 a.m.-12:15 p.m.
Senior Class Convocation 9:00 a.m. - noon
Open Mic Auditions after school L-1
Ambassador Club Dinner
OCT. 14 Classes begin 8:00 a.m.
Mathletes @ McCarty HS
OCT. 15 First quarter ends
Women's Choral Festival @ St. Ignace Church
1:00-4:00 p.m.
OCT. 15-18 FRL Volleyball Tournament
OCT. 18 Faculty/Staff Professional Day - no classes
Race to Nowhere parent screening 6:30 p.m. Library
OCT. 19-23 Vexner Salutes
OCT. 19-22 Red Ribbon Week
Penny Drive
OCT. 21 Classes begin 9:00 a.m.

OCT. 22 Fresh Retreat
Open Mic Night 7:00 p.m. L-1
OCT. 23 ACT @ CB
OCT. 26 Staffing Day - classes begin 8:00 a.m.;
dismissal 12:50 p.m.
OCT. 27 Staffing Day - classes begin 8:00 a.m.;
dismissal 12:15 p.m.
Friends of the Arts Mtg. 8:30 p.m.
OCT. 28 Staffing Day - classes begin 9:00 a.m.;
dismissal 12:15 p.m.
UC College Application Workshop 1:00 p.m.
OCT. 29 Fresh Retreat
Halloween Spirit Day
OCT. 30 Fleet Building kick-off

GUIDANCE DEPARTMENT NEWS

October is always an extremely busy month in the Guidance Department! It is report card time and the official start of the "college application season." Here is a list of some of the events that are happening:

Tuesday, October 5 - CB is hosting the *Private and Parochial High School College Fair* from 6:30-8:30 p.m. in the Ron Limeberger Gymnasium and in the CB Field House. There will be over 100 colleges represented and upper division students and their parents are welcome to attend. This is a great opportunity to pick up literature and ask questions of the many college representatives. Information on Financial Aid will also be presented twice during the evening in the cafeteria.

Wednesday, October 6 - Mr. Purdy and Ms. McClellan will be conducting two **California State University Application Workshops** at 7:00 a.m. and 3:00 p.m. in Room 607. Seniors who are applying to any of the CSU's are invited to attend and learn how to fill out the online application.

Wednesday, October 13 - **TESTING DAY** will be held for all students in grades 9-11 from 9:00 a.m.-12:15 p.m. Freshmen will be taking the PLAN (which is a practice ACT test) and sophomores and juniors will be taking the PSAT (which is a practice SAT). For juniors, this test will also serve as the National Merit Scholarship Qualifying test. **Please make sure that the students get a healthy breakfast, bring two #2 pencils and arrive by 8:45 a.m.** (REMINDER - Seniors will be participating in a Senior Class Convocation from 9:00 a.m. - 12:00 p.m. on this date.)

Thursday, October 14 and Thursday, October 28 -

Mr. Purdy and Ms. McClellan will be conducting University of California Application Workshops for seniors who are applying to any of the UC's. October 14 at 8:00 a.m. in the Tech Center, October 28 at 1:00 p.m. in Room 607.

October 26-28 - Grade-level counselors will be facilitating staffing meetings for students who are "at-risk academically" at the quarter. Parents of those who are "staffed" will be informed by the counselors in the week prior to these meetings. There are special class schedules for each of these three days - please see the October calendar on page 1.

VOCATIONS PRAYER

Loving God, sometimes I feel so lost, I don't even know what I want or what I'm being called to do. Please help me remember then even when I'm feeling confused or frightened or aimless, You are still here with me. Even when I can't feel Your Holy Presence, or, through my own selfishness, I choose to ignore you, You never abandon me. I thank you for your loving patience with me.

Loving God, I take comfort in the fact that I never walk alone, for, even in my confusion, you are with me, guiding me quietly and gently.

Finally, God, give me the courage to become who you wish me to become, and the will to keep searching.

Because You never give up on me, I will never give up on you.

This prayer was adapted from a prayer by Emily Clemons, Alumna, Christian Brothers High School.

VOCATIONS

We interviewed our Freshman Counselor on the topic of vocations. We are happy to welcome Mrs. Blaire Moskat to CBHS.

"I went to St. Francis and Sac State—I'm a local girl. My first job was at Le Grande Confectionary and I worked there with my friend, Sophie. We scooped and molded chocolates behind the scenes. I learned how to work as a team: we all did separate tasks, but they required working together. That job taught me you can have fun at work! We laughed and it made us better workers.

I wasn't a little girl who dreamed of my wedding, but I did always think I'd someday be married. I didn't have much luck in high school, but then I met my husband and he's wonderful!

My advice is to shadow someone who is interesting to you and ask a lot of questions about their work: what do they do day-to-day? Do they enjoy their jobs? Do online research. This step is important because a lot of the ideas I had in my youth turned out to be the furthest thing from my later interests.

When I was trying to figure out my vocation, I prayed, and I definitely talked to my parents. I was dating my (future) husband and I talked to him about what I would do. I also reached out to the community, and I found a lot of satisfaction in that service.

On a random occasion, a parent came in to the school where I was working and we were talking, and she told me her son was a school counselor. This conversation opened a door for me: I started looking at my past experiences and everything just clicked in that one short conversation. I started researching the program at Sac State that week.

I believe in 'planned happenstance': things don't just happen for you, you have to work hard and continue to be dedicated, communicate with others, and develop relationships. It will feel like it fell out of the sky, but you have to put yourself out there.

During college, I would have liked someone to tell me what my vocation was! I was an English Lit. major and intended to teach, but three-fourths of the way through I realized I wanted to reach out to people in a different capacity. Instead, I went on a journey in which I had an 'aha' moment, and that journey led me to counseling. The journey is important. It helped me learn what I don't, as well as what I do, want to do. I was frazzled thinking I had wasted time not knowing what I wanted to do, then I realized my journey taught me, "This is me: I like being part of a helping profession, I'm not a business or science person." I think I'll be happy for the rest of my life."

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The Brothers Community at CBHS warmly invites parents to join them for daily Mass in the Brothers' chapel on campus. Uniting in a Eucharistic celebration is a powerful way to pray for our students as they discern their vocations during the important high school years. Masses are offered school days at 7:00 a.m., Monday through Friday.
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CAMPUS MINISTRY

October is celebrated in the Catholic Church as the month of the Most Holy Rosary. The word Rosary means "Crown of Roses." The Holy Rosary is considered a perfect prayer because within it lies the story of our salvation. In praying the Rosary, we meditate upon the mysteries of joy, sorrow, glory, and luminosity in the lives of Jesus and Mary. In reciting the Hail Mary, we invite Mary to pray for us.



*Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.*

Senior Class Convocation - a new event!

The Senior Class Convocation is Wednesday, October 13, from 9:00 a.m. to 12:00 p.m. in the gym. All seniors are required to attend and must be in school dress code. A light continental breakfast will be provided, followed by an opening prayer service. The morning will feature Dr. Iven, a group from Los Angeles with music and motivational talks that focus on self-esteem, self-confidence, and positive self-image. We are hopeful this will start a new tradition at CB for our senior class! A scene for the senior video featuring all the members of the senior class will also be filmed that day.

Words of St. John Baptist de La Salle

*Do you offer this prayer (the Rosary) as a tribute,
which is our Institute we pay to the Most Blessed
Virgin, and as a powerful way to draw down on our
Institute and on your work her help and protection?*
Meditation 100.2

Liturgies

Join us for the **October 7 School Liturgy at 9:30 a.m.** in the gym. The theme is focused on our vocational call, "Commitment to the Path." Parents are always welcome at our school liturgies.

The **Frosh Family Liturgy** will be celebrated **Sunday, November 21 at 9:30 a.m.** in the gym, followed by a continental breakfast in the cafeteria. Our presider is Fr. Dennis Thiesen, SDS. **More information will be coming home soon in a letter to all Frosh parents.**

Retreats

Two more **Frosh Retreats** are scheduled for **October 22 and 29**. Look for permission slips coming home with your son or daughter if he or she is scheduled to attend.

Kairos 34 for seniors is **November 30-December 3**. Permission forms will go home soon for all those who have signed up to attend this retreat.

The **Parent/Student Retreat** is a time for you and your CB student to relax, reflect, and renew your relationship. Mark your calendars now for **Saturday, February 5 at Christ the King Retreat Center in Citrus Heights, 9:00 a.m. - 3:00 p.m.**

"Read, read, read." --William Faulkner

"He that loves a book will never want a faithful friend, a wholesome counselor, a cheerful companion, an effectual comforter. By study, by reading, by thinking, one may innocently divert and pleasantly entertain himself, as in all weathers, as in all fortunes."

--Barrow

Starting in late October, you can make free pleasure-reading books available to our students. Please donate your's and your student's loved/gently-used books on the hallway shelf outside our Library/Media center (labeled "Put and Take"). Your books will find their way into the hands of an eager reader. There will be no charge for the books, but we do ask that students "Take" one book at a time, and "Put" books when possible. There will also be "Put and Take" boxes available in some classrooms.

Please share your reading stories! October's "Query" is, "Where were you when the seventh Harry Potter was released?" To respond, e-mail Ms. Greene at jgreene@cbhs-sacramento.org. Watch for your "Query" answers in the November edition of the Falcon Family News.

Favorite reads? Ms. Chadbourne recommends *The Girl With the Dragon Tattoo* by Stieg Larsson. ("This thriller will keep you enthralled from the first page. Besides, it takes place in the motherland (Sweden).") Hannah (Freshman) recommends the *Pretty Little Liars* series by Sara Shepard ("I read 12 of these in 6 days last summer!") Mr. Barsanti recommends *Superfreakonomics* by Steven Levitt and Stephen Dubner ("What crazy economists do with waaaaay too much time on their hands!") Brianna (Senior) recommends *A Child Called "It"* by Dave Pelzer ("This is a devastating, crazy, true story. You have to read it! It'll change your life. It made me grateful for my family.")

CHRISTIAN SERVICE

Almsgiving

Wellspring Week:

For the last 20 years Christian Brother's students have been coming to school at 6:00 a.m. on Fridays to cook breakfast for the women at Wellspring Women's Center in Oak Park. During the week of September 28 - October 1, 2010, the Wellspring Breakfast club has been collecting donations of syrup, pancake mix, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies has been used throughout the semester to feed our neighbors at Wellspring. Thank you for your generosity.

Environmental Club:

The Environmental Club will sponsor the 11th annual Penny Drive taking place October 19-22, 2010. The Penny Drive is a competition between all four classes and the faculty. Pennies are considered positive points and silver coins and dollar bills are considered negative points. The group with the most positive points wins. One group can sabotage the other by putting silver coins and dollar bills into a different class, so watch out for your classmates! All proceeds benefit the Cosumnes River Preserve.

Thanksgiving Food Drive:

Food Donations Needed for Lance Apartments Christian Service Corps is sponsoring a Thanksgiving Food Drive, **November 1-5, 2010**, to benefit Lance Apartments, a Mercy Housing Complex, in Sacramento. Our brothers and sisters who live at this low income residence are especially feeling the effects of the economic downturn. If every student brought in one can of vegetables or one package of stuffing that would be over 1,000 items. Please consider giving as generously as you can during these uncertain times. We will be collecting the following items below, as well as, cash for turkeys and other perishable items.

Canned Foods: Corn, green beans, carrots, pineapple, beets, cranberries, cranberry sauce, blueberries, cherries, strawberries, peaches, potatoes, peas, chicken broth, soups, tomato, sauces, and gravy.

Grains, Rice, & Pasta: Stuffing, pasta, rice, boxed scalloped potatoes, and fresh potatoes.

Desserts and dessert makings: Cake, brownie and cookie mixes, frosting, cookies, Jell-o, pudding, chocolate chips, marshmallows, flour, sugar (brown/white), evaporated milk, condensed milk, pumpkin, marshmallow cream, and sliced nuts.

Seasonings: Salt, pepper, thyme, oregano, cinnamon, and basil.

Miscellaneous: Crackers, snack foods, nuts (any variety), peanut butter, jelly, cranberries, creamer, etc.

Drinks: Water, juice, coffee, and tea.

Christian Service-Learning:

Religious Studies - Freshman parents - we need your help!

We would like to extend an invitation to all freshman parents to come and participate with your son or daughter during their Christian Service-Learning Project at the Sacramento Food Bank. Each freshman will participate in this project through his/her religion class. We need parents to help chaperone the walk to and from the Food Bank. Please see the schedule below for when your child will be attending.

Ms. Spinelli's Classes

C Set - Tuesday, October 12, 2010; 11:15am - 2:30pm
D Set - Thursday, October 14, 2010; 12:00pm - 3:00pm
G Set - Wednesday, October 20, 2010; 8:00am-11:15am
F Set - Thursday, October 21, 2010; 12:00pm-3:00pm

Ms. Lystrup's Class

C Set - Wednesday, October 20, 2010; 12:00pm-3:00pm

Ms. Greene's Classes

B Set - Thursday, November 4, 2010; 8:00am-12:00pm
E Set - Tuesday, November 9, 2010; 8:00am-11:15am
G Set - Tuesday, November 9, 2010; 11:15am - 2:30pm
C Set - Wednesday, November 10, 2010; 12:00pm-3:00pm
F Set - Wednesday, November 17, 2010; 8:00am-11:15am

If you would like to participate or if you have any questions, please email your student's religion teacher or Ms. Stephanie DeBenedetti-Emanuel at sdebenedetti@cbhs-sacramento.org, or call (916)733-3653.

Outreach - Christian Service Clubs on Campus

Kids for Kids: Christian Brother's students will be doing various service projects throughout the year to benefit children in our community. They hope to serve Sacramento Food Bank and Moral Values Program, as well as participate in Oak Park clean-ups. Please see Mr. Harvey in Room 408 if you are interested in joining the club.

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

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

Lasallian Youth: Lasallian Youth is a worldwide movement in Lasallian schools to promote the tenets of faith, service, community, and social justice in education among the student body and within the broader community. At Christian Brothers High School, Lasallian Youth sponsors a bi-weekly tutoring program. They also plan holiday parties, as well as an annual field trip in the spring. If you are interested in being part of Lasallian Youth, please see Dr. Peterson in Room 208 or Mrs. Peabody in Room 609.

Heartbeats: is a group of students who will be working to ensure that all forms of life are respected and protected - the unborn, the elderly, and the disabled. Please see Mr. Lavoisier or Mrs. Bowers in Room 502.

Off Campus Volunteer Opportunities:

Oak Park Farmers Market: Volunteers are needed to help out at the Oak Park Farmers Market on Saturdays from 9:00 a.m. - 1:00 p.m. until October 16th. If you are interested in volunteering please contact Sharon Eghigian at 916-452-4356 ext. 271 or Sharon@nwsc.org for more information.

Run to Feed the Hungry: The 17th Annual 10K Run & 5K Run/Walk to Feed the Hungry takes place on Thanksgiving Day, November 25, 2010. Christian Brothers will have a team again this year. You do not have to be an athlete to participate. People of all ages and athletic abilities are welcome. This is a great opportunity to run/walk or volunteer as a family. All the proceeds benefit our neighbor, Sacramento Food Bank and Family Services. Please see Mr. Jake Hunley for more details or follow the online instructions to join the Christian Brothers' team. - www.runtofeedthehungry.com

STUDENT ACTIVITIES

CB PRIDE PRESENTS "Give Yourself Some Credit" Cards

CB has implemented a new program this year called CB PRIDE. PRIDE stands for Personal Responsibility in Daily Effort. The goal of CB PRIDE is to recognize our hard working, conscientious students for the extra effort they put into their daily work. All students are eligible to participate. The first undertaking of CB PRIDE is the "Give Yourself Some Credit Card". Teachers will give out "credit cards" to students whose efforts go "above and beyond" by doing something extra or showing great character. Examples include academic improvement, helping or serving someone, improved behavior, attending tutoring, etc. The students then drop their cards into a box in the main office. Once a month, a drawing is held using the cards in the box. In August, we had 17 students win gift certificates for complimentary items to The Squeeze Inn, Leatherby's, B.J's, Jamba Juice, Subway, and Chick-fil-A. (Teachers who nominate students are also entered in a drawing.) September's drawing was held on September 30. Winners were informed the next day and their names were announced on KBFT. (This publication went to print before the names were drawn.) We wish to thank the organizations that donated gift certificates. If you are interested in donating a gift certificate, please contact Mrs. Larie Frias, 733-3600 ext. 1006.

QSP SALES HIT THE MARK!

Congratulations to all Christian Brothers parents, students, and staff for making our annual QSP Magazine drive a huge success. We achieved our goal! As of Tuesday, September 21, we had a total count of \$103,000 in sales, and we are still receiving orders. Thank you for all your hard work and dedication to the co-curricular programs at CB.

FROSH ELECTION RESULTS!

Our new Frosh Student Council members are: Agata Aki, Bailey Carpenter, Jasmine Osmary, Austin Ryu, Zac Salz, and Margret Tabunda. Welcome and congratulations!

COMING UP — RED RIBBON WEEK:

We will have special activities during the week of October 19 – 22 to remind students of the importance of staying healthy with their choices. Look for more information to come later.

HALLOWEEN SPIRT DAY

will take place on Friday, October 29. Details to follow.

HOME COMING/POWDER PUFF WEEK

is November 1-5, culminating with the Homecoming Game and Dance on November 6. The students voted in their homerooms for this year's Homecoming theme and it has been decided that our theme for Homecoming is New York City! The Student Council will be very active putting together floats (float-building kickoff is on October 30), organizing Powder Puff games (sign up ladies!), and preparing for the much-anticipated Homecoming Dance. Remember to get those guest passes in early. They are available in Room 106 beginning September 28.

October '10

5

FALL SEMESTER

PROFESSIONAL ATTIRE DAY on Wednesday, October 6!!

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

Our next "Professional Attire" day of this school year for all students will be on Wednesday, October 6. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Ms. Jan Warren, for assistance.

Race to Nowhere coming to Christian Brothers! Hard-Hitting Education Documentary Exposes the Silent Epidemic in our Schools

Race to Nowhere is a new film documentary dealing with the pressures faced by American schoolchildren and their teachers in a system and culture obsessed with the illusion of achievement, competition and the pressure to perform. Featuring the heartbreaking stories of young people across the country who have been pushed to the brink, educators who are burned out and worried that students aren't developing the skills they need, and parents who are trying to do what's best for their kids, *Race to Nowhere* points to the silent epidemic in our schools: cheating has become commonplace, students have become disengaged, stress-related illness, depression and burnout are rampant, and young people arrive at college and the workplace unprepared and uninspired.

Race to Nowhere is a call to mobilize families, educators, and policy makers to challenge current assumptions on how to best prepare the youth of America to become healthy, bright, contributing and leading citizens. Selected for viewing at many film festivals and premiering nationwide in October, this film will be a great conversation-starter for our school community. Please join us **MONDAY, OCTOBER 18, AT 6:30 PM IN THE CB LIBRARY** for the screening and a panel discussion with our counselors!

ATHLETICS

October '10

6

FALL SEMESTER

Men's Water Polo: The Men's Water Polo team put a lot of hard work and time into the pre-season and it is definitely paying off. The Falcons were able to win all four of their first games by pulling away in the 4th quarter, showing that they were the more conditioned team. CB was also able to start league play off with a win against a very strong Bella Vista team. The Varsity continued its undefeated water polo into the Sierra tournament making it all the way to the championship game. We faced a very strong Oak Ridge team and were unable to overcome the Oak Ridge solid defense, but everyone was excited about the 2nd place finish and a lot of respect earned from other teams. The Varsity Falcons are lead by seniors Diego Garcia and Brandt Takahashi, Junior Tanner Jarich, and senior goalie Brendan Page.

The Men's JV team has experienced the same success as the Varsity, having a very strong first half of the season. Most recently the JV team came away tournament champions in the Bella Vista JV tournament after winning three back-to-back games and beating El Dorado in overtime. The JV team is led by freshman Zane Jarich, sophomores Eric Graham and Jacob Lemier, and sophomore goalkeeper Mack Jarich.

Women's Water Polo: The 2010 Women's Water Polo team shows a lot of potential for growth, development and success this season under first-year head coach Shaun Waterhouse. There have been many changes this season besides the coach, the girls now practice at Sacramento City College's indoor pool, one of the nicest aquatic facilities in the area, and one of the closest to CB's campus! The women are currently 6-5 this season (overall), and 2-1 in league play. Last weekend we participated in the Woodcreek Tournament, posting a record of 3-2, enough for 6th place in the tournament! The players continue to improve individually and as a team on a daily basis.

The Lady Falcons are not only making an impact in the pool, they are also making an impact in the community! This is the second year in which the Women's Water Polo is running a charity fundraiser for the UC Davis Children's Hospital. "Goals for Kids" is a fundraiser in which donations are made for every goal scored in their league games during the season. Last year was a huge success, bringing in a little over \$2,000 for the Children's Hospital!

Volleyball: The freshman Women's Volleyball team started their season well. After having a 4-match winning streak, they won the championship at the Pioneer High Tournament. They followed it with another win against Pioneer High School. Their current record stands at 9 - 2 after suffering losses to Nevada Union and Ripon High School. They will be competing this weekend at the Oak Ridge Tournament.

The JV team is also doing well, taking first place in the Oakridge Tournament. They played Nevada Union in the championship game and won in 3. Overall, they are 9-1 for preseason. The team has great talent and this allows for many options with the hitters. These hard working young ladies are excited to start league play.

The Women's Varsity Volleyball team has been working hard in their preseason play. After losses to St. Francis and El Camino, the girls rallied with victories over Davis, Pleasant Grove, Vacaville Christian and Pioneer high schools. The team also had two competitive matches against Nevada Union and Oak Ridge, both resulting in heartbreaking 5-set defeats. The girls look forward to league play, which begins Thursday, Sept. 30 when we host Bella Vista.

Women's Golf: Our players are freshmen Lauren Seltz, Nora Tillman; juniors Emily Achondo, Lauren Dahl, Grace Kellison, Clare Sorensen; and senior Natalie Hastings. We have a great mix of experienced golfers and new players. We are undefeated thus far in league. Our goal this year is to win the league championship. We have beaten every team in the first half of the season, so we are on our way!

Women's Tennis: Women's Tennis is off to a fabulous start! League competition just started and we are 1-1. We had a close match against Bella Vista and lost 5-4, all three doubles teams went to three sets and lost very close third sets. We had a win over Oakmont 9-0! We have already made 20 blankets so far for charity, we have a goal of 20 more...let's go girls!!

Cross Country: Cross Country is off and running as we begin the new season. With a new league and a new division, we are faced with numerous challenges. Thankfully we have a blend of veteran runners along with new runners who will provide us with some exciting times. Top runners to watch this season include juniors Jimmy Barnes, Nic Domek, Johnathan Tierney and George Tzikas for the Men's teams; and seniors Kristen McEnemey, Emily Giorgi and Kelsey Wong for the Women's team, while juniors Samantha McKibben, Elena Villegas and Iris Perez will keep the seniors sharp. Second year runner Carl Dinnini and frosh phenom Cailin Simi are showing themselves to be worthy of the #1 and #2 positions on the women's team. The Falcons will soar in 2010!

Football: The Freshman Football team is off to a 4-0 start with impressive wins over powerhouse Folsom and a 35-0 victory in the Holy Bowl. Next game is against Oak Ridge followed by Bella Vista to start league play. The offense is led by Steven Lahey and running backs Austin Hart, Ryan Griggs, and Mason Stahley. Defense is led by Zack Evertsen and Brandon Thompson. The current JV record is 1 - 3 - 1; the Varsity level is currently at 3 - 2.

Cheerleading: The new cheer season is off to a great start. We have 39 girls this year. They all have been working very hard to bring spirit to CBHS. The girls show a lot of pride and unity in their performances. They began by kicking off the season to a good start at the Red & Blue Scrimmage. All three teams performed at the Holy Bowl Rally and at the Holy Bowl Varsity half time. The girls are looking forward to their Homecoming routine in November and their first competition in December.

Men's Soccer: CB's Varsity Soccer team is off and running (and kicking). The boys have been working hard and are looking for leadership and consistency on the soccer pitch. The team has had a number of very exciting matches over the last few weeks, including a win over Cristo Rey and draws with Rocklin and El Camino. As the team begins league play in the new Capital Valley Conference, CB looks to compete for the league title and advance to the playoffs.

The JV Men's Soccer men team is off to a solid start with a 5-2-2 record. They have shown great team play, competitiveness, effort, and a lot of pride. Jackson Long and Angel Hernandez have been our leaders in the back line with great defensive play and leadership, while Trevor Mallicoat and Waheed Fahad have anchored our offense. Overall every player has contributed to a great beginning to the season.



VISUAL & PERFORMING ARTS

For seven years, the CB Visual & Performing Arts department has put on its Art Expo in conjunction with the CB Open House. With 600 students involved in the Visual, Performing and Media arts, needless to say, it is always quite a show! Caricature artists are out on the main lawn sketching prospective students, pottery is being thrown in the ceramics room, art students are lining the halls by the library demonstrating drawing techniques, KBFT is streaming live broadcasts throughout the campus, there are monologues, scenes and rehearsals in L1, and performances by Jazz Band, Drum Line, our new select string ensemble, Men's Chorus, Women's Chorus, Chamber Singers, Concert Choir, Honors Chorale and CB City Rhythm... What a great official kick-off to our VPA season!

Coming up this month are more opportunities to witness the talents of our young artists. Following on the heels of a tremendous showing by our men in the "Real Men Sing" festival at CSU, Sacramento, our chamber singers and women's chorus members will be participating in a women's choral festival at St. Ignatius Church on October 15. The festival runs from 1:00-4:00 p.m., and will feature many of the high schools from around the Sacramento area. Our women will sing for and be critiqued by Dr. Magen Solomon, the new Conductor of the Stockton Chorale, who is a member of the choral conducting faculty of the University of Southern California's Thornton School of Music, and is in her fifteenth season as Artistic Director of the San Francisco Choral Artists.



Our first Open Mic Night will be on October 22 and will highlight some of our most talented performers. Auditions are October 12th and 13th and are open to any student on campus. All are welcome to audition and all are invited to attend. Seating is limited, so make sure to get your tickets in advance for one of only four Open Mic nights during the school year.

Finally, a new event at CB will take place on October 27 at 6:30 p.m. in Room 109. "Friends of the Arts" is sponsoring an informational meeting for anyone who is interested in pursuing any of the arts beyond high school. Information on how to pick the school that is right for you, how to get into your school of choice, and how to find scholarships and careers in the arts are some of the topics that will be presented. It is not too early to begin planning for college and all are welcome.

TREAT YOURSELF TO DINNER & THEATER

This is no "trick", but it will be a "treat" if you come to the 8th Annual CB Pasta Feed on April 8, 2011. This year the Pasta Feed will be held in conjunction with the Spring Play. All funds raised from both the Pasta Feed and the Spring Play will go to the Grad Nite Committee to help cover expenses for the Senior All Night Party. All meals will be sold at the door starting at 4:30 p.m. for take-home and folks going to the Spring Play, and dine-in sales will begin at 5:30 p.m. We will also have a Silent Auction and 50/50 Raffle. Silent Auction donations will be accepted beginning October 1. Please contact Phil Silver at: 916-772-4872 or psilver@gmail.com for further information or questions.

CAUTION PLEASE: Parents please use extra caution when leaving our campus in the mornings after dropping off your students, now that Oakridge Elementary is in session. We have received some concerns from the Oakridge parents that it can be unsafe for their children to walk on the sidewalk at the north end of our campus when cars are exiting in the morning. Thank you!

FALCON FAMILY FACES



October '10

8

FALL SEMESTER



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FALCON FAMILY NEWS

Dear Parents and Families:

Three years ago, I accepted the position of Admissions Director at Christian Brothers High School. After 17 rewarding years in the classroom, I was excited for the challenge and honored to be entrusted with the responsibility of building our school community. From my time here as a student, as a teacher, as the son of a proud alumnus, and now as a parent, I know there is no better place for young people to prepare for life in college and beyond. Quite simply, Christian Brothers High School is the place to be!

CB is the place to:

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

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

Be athletic in one or more of CB's 24 sports. With sports at the freshman, junior varsity and varsity level, students are able to develop skills and discover talent in areas they may not have anticipated prior to attending high school.

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

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

When I began this phase of my Lasallian journey, a parent commented to me that CB was the best kept secret in Sacramento. While that was not exactly encouraging news for an admissions rookie, it inspired me to hit the ground running. We launched our student ambassadors program, expanded our school and classroom outreach efforts, developed a comprehensive admissions plan, and put together a dedicated, enthusiastic admissions team.

From an admissions standpoint, this year's freshmen class is 20 percent larger than the Class of 2013. Attendance at October's Open House was up considerably and record numbers of students have already signed up to participate in Shadow Days. I believe I can say the secret is out.

You, as CB parents and families, are vital partners in telling our story. A number of you have welcomed us to your homes for informational nights with families from your parishes and schools. Prospective students and parents tell us that the positive stories shared with them by enthusiastic CB parents, students and alumni have inspired them to consider CB as they evaluate their high school options.

I am grateful to all the teachers, staff, students, parents and families who help us to ensure that after 135 years in Sacramento, Christian Brothers High School is still the place to be.

Sincerely,

Kenny Kirrene
Kenny Kirrene '78
Director of Admissions



SCHOOL CALENDAR - NOV. '10

NOV 1-12	Thanksgiving Food Drive	NOV 12	OSP Holiday -- no classes
NOV 1	All Saints Day Liturgy 9:30 a.m.	NOV 12, 13	Fall Musical 7:00 p.m.
NOV 2-5	Homecoming/Powder Puff Week	NOV 13	La Salle Club Hall of Fame Dinner
NOV 3	Classes begin 8:00 a.m.; dismissal 2:10 p.m.	NOV 14	Fall Musical 2:00 p.m.
	Parent-Teacher Night 5:30-8:30 p.m.	NOV 17	Athletics/Guidance Night 7:00 p.m.
NOV 4	Classes begin 8:00 a.m.; dismissal 1:55 p.m.	NOV 18	Classes begin 8:00 a.m.
	Falcon Flex 2:00-2:30 p.m.		Winter Athlete Mtg. -- Falcon Flex
NOV 5	First Friday Vaccines Awareness Day		Marblehead ID Clinic High School
	Homecoming Rally -- dismissal 2:00 p.m.	NOV 18, 20	Fall Musical 7:00 p.m.
NOV 6	Homecoming Game and Parade	NOV 21	Fresh Family Liturgy 9:30 a.m.
	Homecoming Dance		Fall Musical 2:00 p.m.
NOV 8	Winter Sports begin	NOV 22, 23	Open Mic Auditions after school
	Booster Meeting 6:00 p.m.	NOV 23	Blood Drive
NOV 9	Lasallian Parent Club Mtg. 8:30 p.m.	NOV 24-26	Thanksgiving Recess
NOV 10	Professional Athlete Day for students	NOV 29-DEC 2	Oak Ridge Christmas Gift Collection
NOV 11	Veterans' Day Holiday -- no classes	NOV 29-DEC 3	Kalene 34

INSIDE

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

GUIDANCE DEPARTMENT NEWS

November '10
2
FALL SEMESTER

The autumn has seen a whirlwind of activities organized, hosted, and presented by the Guidance Department to assist students and parents in both academic guidance and college planning. From classroom visits to personal counseling sessions, from Fresh Guidance Night to College Night for Seniors, from Testing Day to Staffing Days -- the Guidance Department has been busy providing services to help students succeed! Christian Brothers also hosted a very successful Private and Parochial College Fair on October 5, with well over 100 colleges and universities represented.

As you may know, Christian Brothers provides one of the most comprehensive programs of Advanced Placement course offerings in the region. We currently offer twelve Advanced Placement courses, with close to 400 AP exams scheduled to be taken by our students next May. We are pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2010 exam results:

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

Zachary Anderson	Matthew Griffone	Morgan Murphy
Britney Belme	Nicole Gugeler	Julian Rosario
Emily Bonsignore	Martin Hall	Kathleen Schiavenna
Emma Boorman	Marina Hernandez	Caitlin Schwartz
Rachel Cheney	Christopher Biff	Jordan Sipes
Alexander Contreras	Steven Leyva	Katherine Sylva
Devyn Cotter	Casey Long	Robert Templeton
Celina Culver	Sarah Long	Scott Valine
Sean Dunston	Paul McFadden	Samuel Wallace
Megan Engstrom	Mary Mooney	Alexandra Watt
Diavonni Escasina	Nyssa Muhlem	Megan Wilson
Anthony Frantzola	Miss Mulhern	Sarah Woolston

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

Michael Cohen	Ade Jackson	Eduardo Ramirez
Paul Drozd	Evan Lian	Rabeca Reyes
Melissa Farmer	Connor Lee	Kevin Thai
Miguel Francisco	Luan Nguyen	Rachel Wilson
Christine Hayes	Anne Peabody	

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

Dulma Altan	Kelsey McNamara
Alexander Bayani	Morgan Murphy
Gabriel Bayard	Steven Pham
John Downey	Grady Perrot
Miranda Friel	William Simmons
Cameron Goodman	Emily Sutfin
Travis Hart	Megan Walters
Scott Hollingsworth	Nathan Weisberg
Melissa Huang	Briana Wesleder
Leslie Lai	Matthew Wilson
Jarrett Link	Jonathan Wong

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

Alexander Bayani
Cameron Goodman
Jarrett Link

Congratulations Falcons!

Upcoming Guidance Events:

SAT	TEST DATE November 6 December 6	DEADLINE TO REGISTER Stand-by registration only November 5
ACT	TEST DATE December 11	DEADLINE TO REGISTER November 5

Getting Noticed-Getting In Athletics/Guidance Night
November 17, 7:00 p.m., CB Cafeteria

VOCATIONS

We interviewed teacher and coach, Mr. George Petrisson, on the topic of vocation:

"When I was 11, I wanted to be a pro football player. But in college, I enjoyed telling my younger teammates what they could do to be better. And I thought, 'This is a perfect role for me.' My new goal was to be a college football coach. I had a variety of coaching jobs while I went to grad school to get my Master's degree in History (San Jose State, then Cal).

Coach Brian Radoni was one of my most memorable mentors. He taught me how to be a good person, and also influenced my eventual decision to be a teacher. I don't think I would have gotten into this profession without his mentoring me. He was like a wiser, older brother, someone I trusted and could talk to and relate to. So to me, he was my best teacher.

Teaching at CB has been my most interesting job. In former coaching jobs I'd been moving every two or three years. I was working 80-90 hours a week and the pay wasn't very good. The coaching staff was often fired. When I finally made a decision to teach, my mother and father were happy because I finally had a stable salary! A few years ago, I had an opportunity to coach at the college level, and I surprised myself by realizing that I was really enjoying what I was doing here at CB. It was a moment of transition: I'd always thought of myself as a coach--now I thought of myself as a teacher, who coaches. I'm proud of being a teacher.

A book I want to be reading now is called Teammates. It's a true story about a guy who chose to forego being a scholarship player to be a walk-on player--why he decided to go through all the pain knowing he would only be a practice player.

When did I begin to know I'd choose the vocation of marriage? That's easy! When I met my wife, I knew she was the one. She is my sounding board and I talk to her about how I could have handled things better. I want to be that coach and teacher who inspired me when I was a kid and I'm always working towards that goal--it's a constant battle!

CAMPUS MINISTRY

A Thanksgiving Prayer

adapted from a prayer by Joanna Fuchs

*Gracious God, we are thankful for all that You give us, for all that You do for us, for all that You teach us,
Thank You for guiding us to live our lives in Your will, in Your purpose, in Your plan for us.
Thank You for Your protection from worldly influence and danger.
Thank You for bringing us gently to a deeper knowledge of You and what You want from us,
with Your love, mercy, compassion and grace.
Thank you for the blessings we experience in our lives, especially the precious people whom we love.
Thank You, Lord. Amen.*

Liturgies

Monday, November 1 –
All Saints' Day Liturgy – 9:30 a.m. – in the gym.
Parents are always welcome at our school liturgies.

Sunday, November 21 – Frosh Family Liturgy
– 9:30 a.m. – in the gym with our presider, Fr. Dennis Thiessen, SDS. We look forward to celebrating this liturgy with the Frosh students and their families. It will be followed by a continental breakfast in the cafeteria. **Please RSVP in the main office**, using the form you receive in the mail.

I don't regret that no one simply came out and told me what my vocation was. It's something you find on your way. That calling is something you love to do, that God has shone the light on for you, and it says "This is it" You know what they say: "If you love what you're doing, it's not really work."

To me, vocation means finding something I was called to do. I want to be a positive person for somebody, as my old coach was for me. This is what I am supposed to be doing! Stay on the path of what you really enjoy, and something will spark for you and show you the direction you should go. Have trust and faith in that plan."

.....
*"The challenge is not to find out whether you have a vocation but to identify the vocation you unquestionably have."
- Anonymous*

Vocations Prayer:
*"Remember that it is Christ who works through us—we are merely instruments for service."
-Mother Teresa, A Simple Path*

Retreats

Kairos 33 was a bonding experience of faith and fellowship at Our Lady of the Oaks Retreat Center in Applegate at the end of September. The senior retreatants came to know themselves, their classmates, and their relationship with God on a deeper level. Many thanks to the adult and student leaders who put hours of time into preparing and leading this retreat!

Senior Retreat Dates:

Kairos 34 – November 30-December 3 (now full)
Kairos 35 – February 1-4
Kairos 36 – March 22-25

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

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

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

The **Parent/Student Retreat** will take place on **Saturday, February 5 at Christ the King Retreat Center** in Citrus Heights. The day will begin with a continental breakfast at 9:00 a.m. and conclude at 3:00 p.m. Lunch is included. **Mark your calendars now** for this special opportunity to share a day of relaxation, renewal, and reflection with your CB son and/or daughter. What a perfect Valentine gift for you to give to each other – the gift of time together! There is no fee for this retreat. If you have any questions, please contact Susannah Nelson, Director of Campus Ministry, at 733-3626.

Words of St. John Baptist de La Salle

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

Meditation 28.3

CHRISTIAN SERVICE

Almsgiving

Thanksgiving Food Drive:

Food Donations Needed for Lance Apartments: Christian Service Corps is sponsoring a Thanksgiving Food Drive, November 1-12, 2010, to benefit Lance Apartments, a Mercy Housing Complex, in Sacramento. Our brothers and sisters who live at this low income residence are especially feeling the effects of the economic downturn. If every student brought in one can of vegetables or one package of stuffing that would be over 1,000 items. Please consider giving as generously as you can during these uncertain times. We will be collecting the following items below, as well as cash for turkeys and other perishable items.

Canned Foods: Corn, green beans, carrots, pineapple, beets, cranberries, cranberry sauce, blueberries, cherries, strawberries, peaches, potatoes, peas, chicken broth, soups, tomato, sauces, and gravy.

Grains, Rice, & Pasta: Stuffing, pasta, rice, baked scalloped potatoes, and fresh potatoes.

Desserts and dessert makings: Cake, brownie and cookie mixes, frosting, cookies, Jell-o, pudding, chocolate chips, marshmallows, flour, sugar (brown/white), evaporated milk, condensed milk, pumpkin, marshmallow cream, and sliced nuts.

Seasonings: Salt, pepper, thyme, oregano, cinnamon, and basil.

Miscellaneous: Crackers, snack foods, nuts (any variety), peanut butter, jelly, cranberries, creamer, etc.

Drinks: Water, juice, coffee, and tea.

Advent Almsgiving:

Our Advent Almsgiving will take place on December 6-10. More details will be shared in the mid-month newsletter.

Off Campus Volunteer Opportunities

Run to Feed the Hungry: 17th Annual 10K Run & 5K Run/Walk to Feed the Hungry takes place on Thanksgiving Day, November 25, 2010. Christian Brothers will have a team again this year. You do not have to be an athlete to participate. People of all ages and athletic abilities are welcome. This is a great opportunity to run/walk or volunteer as a family. All the proceeds benefit our neighbor, Sacramento Food Bank and Family Services. For more information check out their website www.RunToFeedTheHungry.com or contact Mr. Jake Hurley.

Sharing God's Bounty: Volunteers are needed to help out at Sharing God's Bounty Dinners at St. Ignatius Parish on the 4th & 5th Wednesdays of the month from 5:30 p.m. to 7:30 p.m.

Christian Service-Learning:

Religious Studies Christian Service-Learning: Each freshmen religion class has the opportunity to engage in a Christian Service-Learning project. In freshmen year Religion, students learn about St. John Baptist de La Salle's teachings on community. As part of this unit, students learn also learn what it means to be an Oak Park Community member by spending a day volunteering at the Sacramento Food Bank. Mrs. Spinelli & Ms. Lystrup have taken their classes to the Food Bank in October. Ms. Greene will be taking her classes in November.

Science Christian Service-Learning: In their Biology class students learn about the balance of ecosystems and the importance of native plants in a community. Each sophomore Biology class will be doing a Christian Service-Learning project with Davis-based SLEWS, the Student and Landowner Education and Watershed Stewardship. SLEWS "engages high school students in habitat restoration projects that enhance classroom learning, develop leadership skills and result in real habitat restoration." It's not just a day off-campus; SLEWS provides CB students with the opportunity to apply classroom lessons to real-world science, with applications in biological and habitat-restoration skills and techniques that put students at the interface between science and soil, in the field, rain or shine!

Outreach

At the October Athletic Student Council (ASC) meeting it was unanimously decided to implement a new program called ACTS - Athletes Committed to Service. This program would involve each sports team doing at least one service project a year. At the October coaches' meeting, the ACTS program was presented and coaches had the chance to share the various volunteer projects their teams are already doing. For coaches who are not already doing service projects, but would like to, the ASC will work with the Christian Service Director to make suggestions. The ASC was excited about the opportunity to do service projects with their teammates.

VENAVER:

During the week of October 19-23, ten students and two teachers had the opportunity to spend a week in Salinas, CA. They were hosted by the Franciscan Workers at Dorothy's Place, a local soup kitchen. Our students got a chance to work in the soup kitchen, a women's shelter, and an after-school program. They also spent a day working in the fields of a nearby farm. These young women gave Christian Brothers a great name in the Salinas community with their hard work, open minds, dedication to getting the job done, and willingness to live simply.



l-r back row: Ms. Roybal, Stephanie Brazier, Lynette Sandoval, Casey Kibwell, Nicole Martin, Lisa McManis, Taylor Callie, Ms. Hoekman-Voldtro, and Hannah O'Hearn; l-r front row: Jessica Sorek, Colina Galvez, and Marina Hernandez

PROFESSIONAL ATTIRE DAY – the SECOND Wednesday of this month! Wednesday, November 10

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" once a month. When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on page 19 of our Parent-Student Handbook throughout the entire school day. Please note Professional Attire dress code distinctions between upper and lower division students (i.e. no skirts allowed for Freshman and Sophomore ladies).

Our next "Professional Attire" day of this school year for all students will be on Wednesday, November 10. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Ms. Jan Warren, for assistance.

STUDENT ACTIVITIES

Frosh Family Liturgy: On November 21 we will have our Freshman class liturgy. The freshman Student Council is working hard to plan a meaningful and prayerful event for the members of their class and their families. Members of the class are invited to not only attend the freshman class liturgy, but to participate in the event. We hope to be enriched as a large number of families come together to pray as members of a larger family. Plan to stay for a continental breakfast which will be served immediately following in the cafeteria.

Blood Drive: Our Fall Blood Drive is scheduled for November 23. Many students begin a lifelong commitment to giving with their first blood drive, a gift that can truly save a life.

QSP Allocations: Another activity that begins in November is the allocation of our QSP profits. Before Christmas break begins, the profits from our QSP magazine drive will be allocated by the Student Council. This community's generosity was again reflected as the students' annual fundraising drive ended with over \$103,000 dollars in sales of magazines. Members of clubs, sports and other student co-curricular activities are invited to apply and present their proposals for needed funds to the Student Council. The funds offer students opportunities to purchase various items for their activities which would not otherwise be funded. Co-curricular activities keep our students interested in school and help them grow physically, emotionally and socially. It's great to see our students support their own interests.

Since we did reach our goal of selling \$100,000 worth of magazines in September, our student community also earned a day off. That day is Friday, November 12. Combined with the Veterans' Day holiday on Thursday, November 11, students will have a four-day weekend. Again, **thank you** all for supporting our students during their magazine drive.

HOME COMING 2010: "New York City" is the theme for this year's Homecoming Week. The week will include Powder Puff football games, lunchtime activities, Spirit Dress days, a rally, a parade during half time of the Varsity football game, and of course, the Homecoming Dance. We have scheduled activities each day of the week.

- Monday, we will celebrate our **All Saint's Day Liturgy**.
- Tuesday, we will have our first spirit day, **Stoplight-Comfy Day**. Everyone is welcome to come to school in their PJs, and in addition display red, yellow or green indicating the status of their date for the Homecoming Dance (red—I have a date, yellow—not sure, green—still available for a date!)
- Wednesday is **Broadway** (since NYC is famous for its Broadway musicals). Just think of any musical you have loved and dress as a character from that musical.
- Thursday students may dress in **Hip-Hop** attire (appropriately, of course).
- Friday the theme is **"What to Be When You Live in NYC"**. Students may dress as a Wall Street entrepreneur, hot dog vendor, cab driver, or any other NYC characteristic career.

Friday will also bring us our Homecoming Rally. It will start off with a bang, provided by the CB Drum Line. The Glow Stick Dancers, one of our favorite dance groups, are due to return this year. Choreographed by our own Dominga Noe, they have proven to be quite the show-stopper and we are all looking forward to seeing them again. A new group, The Single Ladies Dancers, will be making its much-anticipated debut this year. The rally will then be interspersed with class competitions, games, cheerleader stunts, the announcement of the Powder Puff winners, the drawing for the QSP trip to Hawaii, the drawing for the month of free tuition, and of course, the introduction of the Royal Court. During the parade on Saturday, the members of the Royal Court will be introduced again, and the King and Queen announced. In addition to the Royal Court in convertibles, the floats will be a big hit in the parade. The dance that evening will be a fabulous ending to a week full of excitement.

Set Sail to **Alaska**
CBHS Annual Auction
Saturday, March 19, 2011

HOW CAN YOU HELP?

It takes a village to create a successful Auction. Thank you for your support and we look forward to seeing you on March 19th!

It takes a village.... Our annual auction is the biggest fundraiser of the year; raising close to \$200,000 to support programs, academics and the arts at CBHS. In the past our auction has helped provide Smartboards for classrooms, equipment for the theater department, cameras for KBFT, equipment for the athletic trainers, the "bandshell" for the music department, and so much more! It may seem early to be thinking about our spring auction now, but a successful event depends on early planning and early support from you, our parent body.

DONATE We are already collecting fabulous items for the Silent and Live Auctions. A wish list and donor form is enclosed. Drop your donations off in Bertram Hall.

VOLUNTEER Volunteers are needed now. To find out more call: 733-3647. It's a great way to meet other parents and get involved with your child's school.

ATTEND Save the date! Gather a group of friends and set aside March 19th for a fantastic evening of dinner, auction fun and support for our students.

ATHLETICS

As seasons wind down for some and gear towards playoffs for many, it is time to recognize the accomplishments of our student-athletes, who succeed in their athletic endeavors while effectively balancing the demands of academics. The following teams achieved a grade point average of 3.0 or better in the first quarter:

Fresh Cheerleading	3.0
JW - Volleyball	3.13
JM - Soccer	3.17
Varsity M - Water Polo	3.21
Fresh W - Volleyball	3.25
Varsity Football	3.26
JV Cheerleading	3.3
Student Athletic Trainers	3.4
Women's Golf	3.45
Varsity Cheerleading	3.45
Varsity W - Volleyball	3.5
Varsity M - Soccer	3.51
Cross Country	3.63
Varsity W - Water Polo	3.66
Women's Tennis	3.82

November '10

6

FALL SEMESTER

Further, the following individuals earned a 3.5 gpa or better in the first quarter while fulfilling their responsibilities to their teams:

Cheerleading: Sydney Garcia, Veronica Martinez, Zaria Watkins, Breanna Share, Samantha MacDonald, Brynn Thomson, Alivia Owyong, Jessica Cordeiro, Shelby Stewart, Tessa Moroni, Jamie Quinn, Shoshana Fulton, Bill Ann Price

Cross Country: Abby Scurfield, James Barnes, Iris Perez, Miguel Francisco, Marie Tucker, Korbinian Thalhammer, Nicholas Domek, Abigail Williams, Tatjana Bowman, Michelle Hufford, Juana Patlan, Margaret Taylor, Johnathan Tierney, Emily Giorgi, Cristina Patlan, Sylvia Francisco, Samantha McKibben, Jordyn Chew, Mallory Velte, Stacy Smith, Carlana DiVinni, Brianna Pressey, Katherine Swanson, Connor Santana, Mitchell Shahbazian, Hannah Wilson, Callin Simi, Michael Gonzales, Matthew Pulz, Kristen McEnaney, Erin Kleo, Michael Ellis, Dylan Santana, Antonio Abarado, Madeline Esquivel, Andrea Bertazzoni, Catherine Durham, Elena Villegas, Kelsey Wong

Football: Erik Bloomquist, Eric Domek, Mateo Gamica, Austin Hart, Bryan Petkus, Ben Taylor, Julian Angulo, Zachary Ewertson, Dustin Ficenec, Anante Yarber, Zachary Brooks, Ade Jackson, Ryan Peabody, Robert Templeton, Kevin Hua, Kyle Castaneda, Kelly Hertel, Caleb Spinger, Alec Castaneda, Alejandro Cuomo, Anh Nguyen

Women's Golf: Clare Sorensen, Emily Achondo, Lauren Dahl, Grace Killison, Natalie Hastings

Men's Soccer: Sergey Vasylyev, Andrew McGee, Rodrigo Herrera, Jackson Long, Gavin Owens, Connor Lee, Jacob Greenstein, Anthony Franzola, Bradley Petkus, Kian Zanganeh, Joseph Hill, Daniel Levis, Timothy O'Connor, Scott Valine, Christopher Solari, Sean Steimel, Andrew Stoltenberg

Women's Tennis: Joyce Mok, Marina Hernandez, Melissa Huang, Mary Mooney, Erin Kennedy, Katherine Sylva, Sophie Lee, Maria Castro, Emily Bonsignore, Madeline MacLeod, Clara Johnson, Katherine Costa, Eileen Le, Sophia Davis, Androniki Fountos, Alexa Griggs

Women's Volleyball: Kathryn Benson, Hannah Hawkins, Sarina Klein, Lindsey Pope, Hannah Ahem, Elena Groen, Haile Hurtado, Daija Tillman, Sydney Rankin, Nicole Jedrzyński, Jamie Ralph, Caitlynn Richard, Julie Pfeifer

Men's Water Polo: Spencer Tibbitts, Tanner Jarich, Carter Haftel, Austin Whitted, Reginald Smith, Diego Garcia

Women's Water Polo: Lindsay Otto, Morgan Murphy, Marion Rosas, Nicole Skow, Nicole Martin, Casey Ferreliae, Kathleen Schiavenza, Julia Grajeda, Hannah Wilson, Kathryn Kerth, Hannah O'Malley, Britney Belme, Clare Manning, Ann Marks

Student Athletic Trainers: Alanna Anderson, Margaret Dillon, Lynae Adams, Lisa Caselli, Madelyne Grover, Natalie Hastings, Zoe Earl-Lynn, Sarah Wolf

This year we began a new realignment cycle in the California Interscholastic Federation Sac-Joaquin Section as a member of the Capital Valley Conference. Our new league has special league recognitions for Scholar Athletes with the following qualifications:

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 ninth grade. Athletes must finish the season in good standing.

GPA: Athletes must have a cumulative 3.50 (or above) weighted grade point average as well as a current 3.50 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters (or trimesters) from ninth 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: Abby Scurfield, James Barnes, Iris Perez, Miguel Francisco, Marie Tucker, Korbinian Thalhammer, Nicholas Domek, Abigail Williams, Tatjana Bowman, Michelle Hufford, Juana Patlan, Margaret Taylor, Johnathan Tierney, Emily Giorgi, Cristina Patlan, Sylvia Francisco, Samantha McKibben, Mallory Velte, Carlana DeNinni, Connor Santana, Mitchell Shahbazian, Hannah Wilson, Michael Gonzales, Madeline Esquivel, Catherine Durham, Kelsey Wong

Football: Zachary Brooks, Ade Jackson, Ryan Peabody, Robert Templeton, Kevin Hua, Kyle Castaneda, Kelly Hertel, Caleb Spinger, Alejandro Cuomo, Anh Nguyen

Women's Golf: Clare Sorensen, Emily Achondo, Lauren Dahl
Men's Soccer: Rodrigo Herrera, Gavin Owens, Connor Lee, Jacob Greenstein, Anthony Franzola, Bradley Petkus, Kian Zanganeh, Daniel Levis, Timothy O'Connor, Scott Valine

Women's Tennis: Joyce Mok, Marina Hernandez, Melissa Huang, Mary Mooney, Erin Kennedy, Katherine Sylva, Maria Castro, Emily Bonsignore, Clara Johnson, Katherine Costa, Eileen Le

Women's Volleyball: Nicole Jedrzyński, Jamie Ralph, Caitlynn Richard

Men's Water Polo: Tanner Jarich, Carter Haftel, Reginald Smith, Diego Garcia

Women's Water Polo: Lindsay Otto, Morgan Murphy, Marion Rosas, Nicole Scko, Casey Ferreliae, Kathleen Schiavenza, Hannah Wilson, Britney Belme, Claire Manning

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:

Cheerleading: Breanna Share, Samantha MacDonald, Jessica Cordeiro, Jamie Quinn, Shoshana Fulton

Student Athletic Trainers: Alanna Anderson, Margaret Dillon, Lisa Caselli, Madelyne Grover

VISUAL & PERFORMING ARTS

October saw some amazing performances in the world of Visual and Performing Arts. With one of the most successful **Open House/Art Expo** presentations, our young artists are now in full swing. Additionally, our chamber choir and women's chorus combined to present a captivating performance at the **Women's Choral Festival** at St. Ignatius church, CB City Rhythm and our string ensemble entertained guests at the **Ambassador's Dinner**, and we watched our talented students light up the stage in L-1 with our first **Open Mic** night of the year. Ghosts, goblins and ghouls couldn't keep the people away, and as is always the case with Open Mic night, the performers played to a sold-out crowd.

During November in the Visual and Performing Arts, it's all about the musical. The CB Little Theater has been cleaned out and prepped for our special guest...Charlie Brown.

Poor Charlie Brown! If it weren't for Lucy, Patti, Linus, Schroeder and Snoopy, he might actually have a shred of self-esteem... or does he! To find out, you will have to come to our fall musical production of **"You're a Good Man Charlie Brown!"** The show runs November 12, 13, 14, 19, 20, and 21. Friday and Saturday shows begin at 7:00 p.m. and Sunday shows are matinee performances beginning at 2:00 p.m. The show will be performed in our Little Theater (L-1) next to the library above the main office. Seating is limited, so get your tickets ahead of time to see the incredibly talented cast perform this delightful show. The first weekend is part of a four-day holiday thanks to the success of our QSP magazine drive holiday, but we are still expecting a huge crowd, so we look forward to seeing you there!

Finally, our last **Friends of the Arts** meeting of 2010 is on December 1 at 6:30 p.m. in Room 109, and the second **Open Mic** night of the season is on December 3. Come and support the arts at FOTA, then enjoy our student performers two days later. We always appreciate your presence!



"Read, read, read." -- William Faulkner

BOOKS NEEDED! Please donate your favorite, gently-used books for CBHS students! Your books will give our students good books to read, relax with, and enjoy. Send them with your student to the CBHS Library/Media Center. Questions? Please contact Ms. Greene jgreene@cbhs-sacramento.org. Thank you for helping us put great books into our students' hands! The love of reading is a lifetime gift.

Our answers to October's query: "Where were you when the seventh Harry Potter was released?" "I was at a swim meet and I couldn't get the book that day—but everyone else at the meet had a copy and was reading it between races." (Hannah, senior) "I was in line at midnight at the bookstore; I read it in one day." (Alex, senior) "Waiting at the door of Avid Reader, to buy the book on CD so we could listen while we finished our remodel." (Mrs. Coyner) "Korea." (Austin, freshman) "We got in line at the bookstore about an hour and a half before midnight—well, before that my mom had a party at our house because the book was going to be released. My mom read the book straight through, in fourteen hours." (Christina, freshman)

November's query: "What is one of the most memorable books you've ever read, and why?" Send your responses to jgreene@cbhs-sacramento.org and watch for answers in December's Falcon Family News!

Favorite reads? Mr. Eckal recommends *Clan of the Cave Bear* by Jean M. Auel, "a great book on how staying positive can turn adverse situations into positive situations, how struggle is what really makes us strong." Mrs. Holmes recommends *The Moonstone* by Wilkie Collins. "I liked it because of the mystique of moonstones, which are unusual gems that shimmer when moved, and also because it's considered the first English language detective novel."

8th Annual Pasta Feed

It's Thanksgiving time, and we at CB have a lot to be thankful for. We have a wonderful school, great teachers and dedicated staff, and lots of family events throughout the year. One of those events is the 8th Annual Pasta Feed being held during Lent on April 8, 2011. There will be plenty of non-meat dishes to choose from as well as all the rest of Chef Bob's specialties. Dinner will be \$12 per meal, and all tickets will be sold at the door. "To go" meals will be served at 4:30 p.m., "dine in" at 5:30 p.m.. This year's event will be held in conjunction with the Spring Play, so come on out, have a delicious meal, and enjoy a little theater while supporting the 2011 senior class Grad Night Party. If you have questions, please contact Phil Silver at 916-759-6559.

FALCON FAMILY FACES



November '10

2

FALL SEMESTER

CHRISTIAN BROTHERS HIGH SCHOOL
PARENT-TEACHER NIGHT,
WEDNESDAY, NOVEMBER 3, 2010, 5:30 – 8:30 P.M.



CHRISTIAN BROTHERS HIGH SCHOOL
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FALCON FAMILY NEWS

A MESSAGE FROM THE PRESIDENT:

Dear Parents,

Advent is a time of preparation and it marks the beginning of a new liturgical year. The theme of the season provides an appropriate backdrop for me to share with you some news that involved a long history of preparation and a new beginning in our school's storied history.

Last month, the De La Salle Christian Brothers District of San Francisco formally announced that a number of Christian Brothers' residential communities will be consolidated at the end of the school year. CB's residential community is one that has been selected for closure. Br. Christopher Donnelly, FSC; Br. Donald Johanson, FSC; and Br. Thomas Pham, FSC will be leaving CB next summer to join other Brothers' communities in the Western United States.

This change is reflective of the decline in religious vocations nationwide and allows for larger living communities for the Brothers, which is a vital component of their vocation to pursue works "together and by association." We are blessed in Sacramento to enjoy close proximity to the District of San Francisco headquarters in Napa and a number of Brothers' communities in the Bay Area. As such, we will maintain a close working relationship with the Brothers.

This change is also part of a long process of turning over school leadership to Lay Partners. For more than 300 years, the De La Salle Christian Brothers have focused their ministry on education. As such, they have been extraordinary teachers to all of us in sharing their mission, vision and values.

With considerable foresight, the District of San Francisco has invested extensive human and financial resources over the last sixteen years to provide Lasallian formation opportunities to trustees, faculty and staff. Our campus community includes a number of Lasallian Leadership Institute and Buttimer Institute of Lasallian Studies graduates who have benefited from these multi-year training programs. Other faculty members and staff

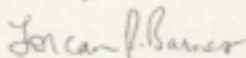
have participated in Lasallian formation activities nationally and abroad. Principal Mary Hesser recently attended a worldwide Session on Association at the Generalate in Rome.

Other Lasallian schools in the District of San Francisco have been without Brothers' communities for decades while successfully advancing the Brothers' Catholic, educational mission. At CB, day-to-day operations will remain the same. CB will continue to be owned by the Christian Brothers District of San Francisco. Our Board of Trustees is appointed by the Christian Brothers and our governance model ensures that the decisions we make continue to represent the Brothers' educational priorities.

CB Sacramento can be proud that the Brothers see us as a strong and stable Lasallian school, capable of carrying on the Lasallian tradition of Catholic education for generations to come. While we will deeply miss the daily presence of the Brothers on campus, CB will steadfastly remain a Catholic, Lasallian school. We are well prepared and proud to be entrusted with carrying on the school's 135-year tradition of excellence in education while inspiring the hearts and minds of the students entrusted to our care.

As we prepare to celebrate Christ's birth, let us count among our many blessings the gift that the Brothers have been to our school for 135 years.

Sincerely,



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



December '10

1

FALL SEMESTER

SCHOOL CALENDAR - DEC. 2010

ENTER TO LEARN. LEAVE TO SERVE

DEC. 1-3 St. Pat's Book Collection
Kierke 34

DEC. 1 Professional Artise Day for Students
Friends of the Arts 6:30 p.m.

DEC. 2-4 Women's Basketball Tourney @ CB

DEC. 2 Classes begin 9:00 a.m.

Junior Class Prayer Service - Falcon Plaza

DEC. 3 First Friday Vocation Awareness Day

Open Mic Night 7:00 p.m.

DEC. 6-10 Christmas Spirit Week

Advent Almogiving

DEC. 6 Choir/Jazz Band Tour

Booster Meeting 6:00 p.m.

DEC. 7 Financial Aid Night for Seniors &

Parents 7:00 p.m.

DEC. 8 Classes begin 8:00 a.m.

Immaculate Conception Liturgy 9:30 a.m.

DEC. 9 Mathletes @ Johnson HS

Choral Christmas Concert

DEC. 10 Christmas Music Assembly

Red & Green Spirit Day

St. Pat's Christmas Party

Instrumental Christmas Concert

DEC. 13-15 Review Days

DEC. 15 Finals Study Session for Students

2:00-6:00 p.m. followed by pasta dinner

6:00-7:00 p.m.

DEC. 16 B/C Set Final Exams

DEC. 17 D/E Set Final Exams

DEC. 17-19 PAL Women's Basketball Tourney

DEC. 20 F/G Set Final Exams

Kairos Christmas Gathering 12:30 p.m.

DEC. 21 A Set Final Exam

DEC. 22 - JAN. 4 Christmas Recess

DEC. 28-30 Men's Basketball Tourney @ CB

JAN. 5, 2011

Faculty/Staff Professional Day - no classes

JAN. 6, 2011 Spring Semester begins

INSIDE:

Principal's Message
Vocations
Guidance
Campus Ministry
Christian Service

Student Activities
Athletics
Visual & Performing Arts
Read, Read, Read
Falcon Family Faces

PRINCIPAL'S MESSAGE

Dear parents and students

On the shores of another sea, a potter settles down during his later years. His eyes become dimmed, his hands tremble and the moment to say good-bye has arrived. Then the initiation ceremony begins: the old potter offers to the young potter his finest piece of work. That is what is required by the tradition of the Native Americans of the Northeast: the artist who is retiring hands over his masterpiece, his magnum opus, to the new artist. But the young potter does not keep this perfect piece of pottery to contemplate and admire. Rather, he smashes it to the ground, breaks it into a thousand pieces, collects the broken pieces, and puts them into his lump of clay to make a new masterpiece. (Eduardo Galeano)

I have just returned from a historic international Conference held at the Casa Generalizia (worldwide headquarters of the Christian Brothers) on the topic of Understanding and Living Lasallian Association Today. Seventy-seven Brothers and lay partners from all the Regions of the world attended to discuss, process, and create new structures to further Lasallian association for mission. I had the privilege of representing Christian Brothers High School, the District of San Francisco, and the USA/Toronto Region of the Lasallian family. Rich conversation, much personal study, gifted presenters, and challenging small group work characterized our time together. Not only did I come to know and appreciate the way Lasallian education is lived-out around the world by meeting and living with so many committed men and women from other nations who have given their lives to the "human and Christian education of the young" - I was also able to discern how we at Christian Brothers form part of a global movement of faith, service, and community. We have a hopeful future lying ahead for our school and all the Christian Brothers' works around the globe.

As you read in Mr. Barnes letter, now is a significant period in history for the De La Salle Christian Brothers, both at CB and around the world. Some may view the departure of our local Brothers Community as dismaying; however, the Brothers and the faculty at CB sense an opportunity. We know that we shall remain firmly a Catholic, Lasallian school and that the core values, the mission, and the pedagogy we adhere to will remain strong. Because the

Brothers have been so very generous in the formation of the lay partners and have been welcoming and open to shared mission with us for many years, we are confident that God will continue to bless our CB community and keep it strong. We celebrate 135 years of history in Sacramento - and know that we will continue the tradition of a quality education that is inclusive, respectful of all people, concerned for the poor and for social justice, and, above all, having faith in the presence of God for many, many years to come.

So while the potter (the Brothers) hands us (the lay partners) the beautiful work of over 200 years of history, tradition, and excellence, we know they celebrate with us the new masterpiece we can create together. It is a time of hope! As Archbishop Oscar Romero said, "We must see with eyes wide open and feet firmly set on the ground, but with the heart also full of the Gospel and full of God." As we reflected on these realities at the Conference, a lovely symbol was drawn that encapsulates the current changes taking place in Lasallian education:

Together and by association, we pledge to move together with you, our school families, in tradition, transition, and transformation to new frontiers of quality Lasallian education for your daughters and sons. You may have noticed the Latin phrase after my signature on my correspondence. It says, "Domine Opus Tuum" - a statement our Founder, John Baptist de La Salle, repeated often. As we begin this transformative journey, let us all remember that "Lord, the Work is Yours."

Peace and joy to you this holiday season.

Mary Hesen
Domine opus tuum



VOCATIONS

Many of us gradually discern our vocation through the attention and insights of those who care for us. The following story is a memorable example of one mother's influence on her son, heard on NPR several years ago by our Vocations Coordinator and Religion teacher, Ms. Julie Greene:

The interviewer asked, "Who was influential in shaping your love for science?" Without hesitation, the scientist answered, "My mother."

When I was two years old, I was lifting a bottle of milk from my refrigerator. It was awkward for my two-year-old hands, and the bottle slipped from my grasp and fell to the floor. There was milk everywhere. My mother was very calm. She said, 'Let's play with it before we clean it up.' We pushed the milk around to see the shapes we could make with it on the floor. We tried to float different things across the surface of it. We looked to see what things absorbed the milk, and which didn't. When we were done playing, my mother and I cleaned up the milk. Then she told me to take the empty milk jug in the back yard, fill it with water, and find a way to hold it so the next time I wanted to get the milk, it wouldn't spill."

I went into the backyard and experimented holding the milk bottle. I found that if I hooked the fingers of one hand in the lip of the bottle, and held my other hand underneath the bottle, I could hold it securely."

"What did my mother teach me that day? That it's okay to make mistakes. To learn from my mistakes. And to play with my mistakes before cleaning them up. It is my mother who taught me, that day, to be a scientist."

Each of us can be a mirror for our young people, to reflect their strengths, gifts and talents back to them in meaningful and life-changing ways.

.....
"We must be careful with our lives, for Christ's sake, because it would seem that they are the only lives we are going to have in this puzzling and perilous world, and so they are very precious and what we do with them matters enormously." — Frederick Buechner

GUIDANCE DEPARTMENT NEWS

CORRECTION TO LAST MONTH'S ARTICLE ON AP SCHOLARS:

Please note ABIGAIL WILLIAMS is an AP SCHOLAR WITH HONOR for 2010! (Granted to students who receive a grade of 3 or higher on four or more of these exams)

IMPORTANT DATES:

	TEST DATE	DEADLINE TO REGISTER
SAT	January 22	December 23
	March 12	February 11
	May 7 @ CB	April 8
	June 4	May 6

	TEST DATE	DEADLINE TO REGISTER
ACT	February 12	January 7
	April 9 @ CB	March 4
	June 11	May 7

Grade level counselors will visit classrooms in January and February to return PLAN and PSAT exam results!

TIME TO GET READY...

Christian Brothers SAT Prep

Christian Brothers is offering an SAT exam preparation course for class of 2012 students planning to take the March 12 sitting of the SAT. The class will be taught by our own English and Math teachers.

WHEN: January 29, February 5, February 12, February 26, 2011 (9:00 am-1:00 pm)

WHERE: CB SMAT Rooms 601 & 611
COST: The cost is \$150 per student

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

Registration deadline:

Fill out the registration form available on the CB website and mail or bring to the Main Office or Br. Edward Hall by January 21!!
Space is limited!!

Financial Aid Night for Seniors and Their Parents will be held **Tuesday, December 7, 2010 at 7:00 p.m. in the CB Cafeteria.** Ms. Doris Keller, retired from the California Student Aid Commission, will be speaking. She is very knowledgeable and will go over the FAFSA, Cal Grant information, etc. Since this evening is primarily for parents, it is not necessary for students to attend. See you there!

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, April, 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 plan on taking it for the first time in March.**

Though the trend seems to be to begin taking these tests earlier and earlier in a student's high school career, we do not see any significant benefit to this action. Since Christian Brothers has all freshmen take the PLAN test (the practice ACT exam) and all sophomores and juniors take the PSAT (the preliminary SAT exam), we have avenues for students to explore the testing experience. There is never a penalty for taking a test early, however, or for taking a test more than once. 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.

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 require. Currently, the UC system requires two subject area tests that are the student's choice (in addition to the SAT or ACT) - although this will no longer be the case beginning with the class of 2012. They will be encouraged in subject areas in which a student hopes to major in college, but not required. Students who plan to apply to highly selective colleges should check to see how many Subject Exams are required. It is important to register and take these exams by fall of the senior year. We recommend juniors take the tests in the spring of their junior year. They will then have time to take the tests again in fall of their senior year if they wish to improve their scores. Current seniors should not take the tests into 2011, as these test dates are too late to be submitted with other application material. Students should register for the SAT test online at www.collegeboard.com and the ACT at www.actstudent.org.

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.

CAMPUS MINISTRY

Liturgies

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

Retreats

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

Sophomore Retreat Dates: February 11 and 25; March 4; April 1

Junior Retreat Dates: February 14-15 and March 28-29 (overnight retreats); March 1 and April 5 (single-day retreats)

The **Junior Kairos** will be May 31-June 3. Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat and the Junior Kairos.

There are two more **Senior Kairos Retreats** this school year. **Kairos 35** will be **February 1-4**, and **Kairos 36** will be **March 22-25**. Sign-up sheets are available in the Campus Ministry office for these retreats.

Don't forget! Mark your calendars! The **Parent/Student Retreat** will be **Saturday, February 5, from 9:00 a.m. to 3:00 p.m.**, at **Christ the King Retreat Center in Citrus Heights**. Plan now to share this special time of prayer and reflection with your CB son/daughter. Questions? Call Mrs. Nelson at 733-3626.



AN ADVENT PRAYER

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. As we prepare for the coming of your Son, O God, we give you thanks for the love of your son, Jesus.

Come, Lord Jesus!

Bring peace and healing in our family and our world. May we hear again your prayer – "that we may be one." May we prepare the way for you by being generous and forgiving. As we prepare for the coming of your Son, O God, we thank you for the blessing of your generosity and forgiveness.

Come, Lord Jesus!

Come and stay with our family and friends – and all who are dear to us. May your light shine brightly so that we see you everywhere. Help us to spread your light and joy by giving freely and happily to all we meet. As we prepare for the coming of your Son, O God, we give you thanks for your light which shines brightly among our family and friends.

Come, Lord Jesus!

We hunger, we thirst, we wait for you!

Come, Lord Jesus, and do not delay!

As we prepare for the coming of your Son, O God,

We are hungry and thirsty for signs of his love in our lives.

We give you thanks for this season of waiting and hopefulness for Jesus

to be even more present in the life of this family.

We ask this through Christ our Lord.

Amen.

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

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

Words of St. John Baptist de La Salle

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

Meditation 85.2 (1997) of the Institute

A THANK YOU for CB's WELCOMING HOSPITALITY

Have you wondered who the parent volunteers are behind the scenes at many of the CB gatherings? Who are the ladies in the recognizable bright green polo shirts with the helping hands and big smiles? Those wonderful members of the **LASALLIAN PARENT CLUB** cheerfully roll out the red carpet of hospitality at many CBHS events that welcome parents, students, friends, faculty and staff. The Ice Cream Social, Welcome Back Coffee, Open House, Placement Exam, Frosh Enrollment Night, Guidance Nights, school dances, and many more are hosted by this energetic group that makes sure everyone feels at home on our campus. A big thanks to them for all they do!!

CHRISTIAN SERVICE

Outreach:

Thank you to all our students who volunteer weekly in our Oak Park community through one of our Christian Service clubs.

- Kids for Kids tutors on Tuesday after school at St. Patrick Succeed Academy. Interested students should see Mr. Hovey in Room 201.
- Lasallian Youth tutors on Mondays at St. Patrick Succeed Academy. Interested students should see Mrs. Peabody in Room 609 or Dr. Peterson in Room 207.
- Wellspring cooks breakfast every Friday for the women at Wellspring Women's Center. Interested students should see Mrs. Heine in Ed Hall or Mr. Delgado in Room 108.

Christian Service-Learning:

Thank you to the freshmen Religious Studies teachers for completing another year of successful Christian Service-Learning projects. You've done a great job introducing our freshmen to what it means to embrace "Enter to Learn, Leave to Serve".

VENAVER - Displace Me:

On November 16-17, 24 students from Ms. Lystrup's Social Justice classes volunteered to participate in the Displace Me 'mini immersion.' Displace Me is known for addressing the issues of invisible children-Child Soldiers in Uganda. Ms. Lystrup's classes felt the "invisible children" in America are our homeless youth. Participants slept overnight on the Mary Lawn with nothing but a cardboard box and a sleeping bag. During the evening students were fed a bowl of soup with crackers, they were given water, and they listened to guest speakers who were formerly homeless and reflected about homelessness. "It was 34 degrees that evening and no one slept well. It was a strong reminder of what homeless youth on the streets and by the river must contend with during winter months," said Ms. Lystrup. The following day students had to ask for spare change during break and lunch time in order to eat. Participants were not allowed to go to brush their teeth, comb their hair, wear make-up, go to their lockers, or carry books or paper to class. At the end of the day the students reflected on their experience. While they understand they experienced nothing close to homelessness, they realized their discomfort and their feeling of displacement helped them empathize with those without a home. As for the spare change- CB students generously donated \$160.48 to the Displace Me participants, which will be used to purchase socks for the homeless.

Almsgiving

Thanksgiving Food Drive:

Christian Service Corps sponsored our Thanksgiving Food Drive this year. We collected enough food to fill 175 bags of food for the residents of the Lance Apartments, a Mercy Housing Community. Thank you to all our CB families who were so generous with their donations.

Lasallian Youth Christmas Party:

Lasallian Youth will be sponsoring our annual CB Christmas party for St. Patrick Succeed School. Wrapped books are needed for Pre-K thru 3rd grade. Please bring make sure that presents are in the \$15-20 range and labeled with the correct grade. Presents can be donated in Christian Service.

Advent Almsgiving:

Christian Service Corps will be sponsoring our Advent Almsgiving on December 6-10. CSC will be collecting diapers for Wellspring and school supplies for Mustard Seed School. This almsgiving will be a class competition, so the class who brings in the most donations wins. Each class has designated items to bring for the drive:

- **Freshmen** - size 3 diapers & notebooks, lined paper, & construction paper
 - **Sophomores** - size 4 diapers & pens, pencils, crayons, markers
 - **Juniors** - size 5 diapers & scissors, glue, & glue sticks
 - **Seniors** - size 6 diapers & rulers & pencil boxes
 - **Faculty/Staff** - baby wipes & water color tempera paints
- All donations can be made in the Christian Service Center.

Annual Cold Weather Gear Drive:

Our annual cold weather gear drive, to benefit the Sacramento Food Bank and Family Services, will be on January 10-14, 2011. As the weather starts to turn and you begin to drag out your cold weather gear, please take an extra minute to see if there is anything you are no longer using. Donations of gently used and clean coats, jackets, gloves, scarves, and winter hats are needed. Please donate in Christian Service.

Off Campus Volunteer Opportunities:

Sharing God's Bounty: Volunteers are needed to help out at Sharing God's Bounty Dinners for the Hungry that take place on the 4th & 5th Wednesday of the month at St. Ignatius Parish from 5:30 p.m. to 7:30 p.m.

SUPPORT CB WITH YOUR HOLIDAY SHOPPING

Help support CBHS with your Holiday grocery and gift shopping! CBHS will receive a percentage of your holiday shopping dollar totals by shopping at: Raley's/Bel Air, Nugget Market/Food 4 Less, Safeway or Save Mart.

New Nugget shopping cards will arrive Monday, 11/29. Nugget Markets Scrip Cards can be used at any Nugget Market and at the Food 4 Less franchises in Cameron Park, Woodland and Vallejo.

Drop by the Main Office or contact Donna Adam to sign up or if you have a question.
Call 916-733-3662 or email: dadam@cbhs-sacramento.org



STUDENT ACTIVITIES

Homecoming Wrap-up:

Student Council planned a fantastic Homecoming Week for our student body. Students voted for Homecoming Royalty and members of the **Royal Court** were:

Freshmen:

Princess **Grace Manning** and Prince **Brendan Gormley**

Sophomores:

Princess **Morgan Leu** and Prince **Austin Guillen**

Juniors:

Princess **Sydney Schornack** and Prince **Jimmy Barnes**

Seniors:

Princesses **Mayely Paez, Sarah Wolf** and Princes **Alec Casteneday, Vito Tullo**

Congratulations to **Tim Pfeiffer** and **Hannah O'Hearn** for being crowned King and Queen of Homecoming.

Winners of the Powder Puff games -

Juniors! Congratulations ladies!

Winner of the Homecoming floats was -

Seniors! Congratulations and good work.



QSP:

The Associated Student Body Council conducted QSP Allocation meetings to determine how the profits from our QSP fundraiser will be distributed. The groups receiving funds from the QSP drive are: Student Athletic Training, Literary Arts Journal, KBFT, Hip Hop Dance, German Club, BSU, Grad Night, Open Mic, GQ Club, Jazz Band, Science Olympiad, Beads for Life, Muslim Student Union, Cross Country, and Communion & Liberation.

COMING UP:

Watch for information about **Red and Green Spirit Day, December 10**. Students may wear jeans if they are wearing Christmas red and green.

Mother/Son - Father/Daughter Dance:

Flatten your flat tops and hop into your ragtops and get with it! The Mother/Son - Father/Daughter Dance will be boss. If you don't come to the dance you'll be cruizin' for a bruizin' with a knuckle sandwich. You'll be on cloud nine after eatin' the In "N" Out burgers and root beer floats. You'll be so popular with your kids you'll have it made in the shade. So get with it and don't be a party pooper. Mark your calendar for the Mother/Son - Father/Daughter Dance to be held January 22, 2011 at 7:00 p.m.



The Faculty / Staff team took on the Powder Puff Champions!

Set Sail to Alaska CBHS Annual Auction Saturday, March 19, 2011

In recent years, funds from the annual CB Auction have purchased equipment for the athletic trainers, lighting equipment for the theater department, Smartboards and classroom technology, cameras for KBFT, and much more. Every student has benefited from the generosity shown through the Auction. But it doesn't all happen on one weekend in March!

Between now and then, many parent volunteers will be working to put together this wonderful event. **And we want you to be a part of it.** **Are you crafty?** The decorations committee has a place for you. **Are you good at organizing people?** The volunteer committee needs you. **Are you a techie?** Maybe the Auction webpage could be your thing. From now through January we will be working hard to collect all those fabulous items for guests to bid on and buy. Once January comes, we'll be doing hands-on work with decorations and logistics. It all comes together in March, when we'll need many volunteers to set up, display items, and help run the Auction itself. **If you're looking for a way to be involved, and get to know some great fellow CB parents - the Auction is the place to be.**

HOW CAN YOU HELP?

Donate

an item, a service or a sponsorship

Attend

Save the Date - March 19, 2011

Volunteer

Call 916-733-3647 for more information.

Find auction donor forms and information on the school website at www.cbhs-sacramento.org

ATHLETICS

What a great fall season!!! Every one of our competing programs this fall went to playoffs. This is a first for Christian Brothers High School. Highlights include:

Cross Country - Our women competed in the state championships for Division 3 in Fresno on Saturday, November 27. Congratulations to Sam McKibben, Callin Simi, Carli DiNinni, Kristen McEnerney, Kelsey Wong and Emily Giorgi. Congratulations to Sam McKibben who earned 'All League' honors!



Football - Our freshman and JV teams are league champions; Varsity came in third and lost the first round of Division 3 playoffs to a tough Oakdale team. Congratulations to Aaron Terrell Bird for earning 'Most Outstanding Running Back' and Brian Lane for 'Co-Outstanding All Purpose Player'. Also congratulations to Ade Jackson, Vincent Bouldin, Alec Castaneda and Alex Hua who earned 'All League' honors.

Women's Golf - Our ladies captured two banners this fall; they are CVC league and Division 3 section champions. They came in 4th in the Masters Tournament. Congratulations to Clare Sorenson, Emily Achondo, Lauren Dahl and Natalie Hastings who earned 'All League' honors.

Men's Soccer - Our men came in 2nd in league action. They fell to McClatchy in the first round action of Division 2 playoffs. Congratulations to Sean Steimel, Vinny Valine, Anthony Franzola, Graham Caplan and Andrew Stoltenberg who earned 'All League' honors. Also, congratulations to Joe Hill who was named Wendy Heisman Award winner and will compete for national honors.

Women's Tennis - Once again we had a great season, earning co-champion status in the CVC. Our ladies advanced to the semifinals before falling to the eventual champion Granite Bay. Congratulations to Alexa Griggs, Hope Bailey, Kate Costa and Emily Bonsignore who earned 'All League' honors.

Women's Volleyball - Our freshman and JV teams were league champions and Varsity came in 2nd in CVC action. In Division 3 playoffs they upset higher seeds, Woodland and Vanden, before falling in the semifinals to Union Mine. Congratulations to Caitlyn Richard, Nikki Jedrynski and Meggie Larson who earned 'All League' honors.

Men's Water Polo - Our varsity team came in 2nd in league and advanced to playoffs for the first time in the program's history! They were defeated by Woodcreek in the first round action of Division 2 playoffs. Congratulations to Brendan Page, Diego Garcia, Tanner Janich and Brandt Takahashi who earned 'All League' honors.

Women's Water Polo - Our ladies also came in 2nd in league action and advanced to playoffs for the first time in their history! They were beat by McClatchy in the first round action of Division 2 playoffs. Congratulations to Kathleen Schiavenza, Brittany Rojo, Morgan Murphy and Nicole Skow for earning 'All League' honors.

The athletic department congratulates **Claire Torgeson** who just signed a letter of intent to compete at CSUS on a full ride gymnastics scholarship. **Congratulations!!!!**

Looking Forward

Winter sports began with a bang as CB hosted Ponderosa in our Foundation Game November 29. This was a varsity only basketball event that supports the section's Dale Lackey scholarship fund.

Our varsity women's basketball program will host the Holiday Classic Tournament December 2, 3 and 4 in our Ron Limeberger gymnasium.

Big Basketball Games to Mark on your Calendars:

- **Friday, January 7** - CB @ St. Francis
Games times 4:00/5:30/7:00 p.m.
- **Saturday, January 15** - CB hosts Jesuit
Game times TBA

New to the women's basketball staff is Malcolm Anderson as head freshman coach; assisting him is Gary Gshwandtner.

The wrestling program has a new coaching staff led by our own science instructor, Bernie Eckel. He will be assisted by Joe Wagstaff, Mario del rio Moreno and alumni Zach Yasonia '04.

VISUAL AND PERFORMING ARTS

"What a show!" is what you heard over and over again at our fall musical production of "You're a Good Man, Charlie Brown." The talented cast did not disappoint as a closing weekend of sold out shows demonstrated just how talented our Christian Brothers students are. Congratulations to our cast, Mr. O'Brien, Mr. Slabbinck, Mr. Maslen and Ms. Mungas for another memorable production.



And now it is time to get in the Holiday spirit with our **Choral and Instrumental programs**. Come and enjoy our choral department as they serenade you with familiar Christmas songs. This free concert begins at 7:00 p.m. on Thursday, December 9th in the gymnasium. Then on the following day enjoy the sounds of our instrumentalists as they bring the sounds of the holidays to the halls of CB. This free concert also starts at 7:00 p.m. on Friday, December 10th in the gymnasium.

And if that isn't enough, you can visit the Governors Mansion on Saturday afternoon, December 11, at 2:00 p.m. and enjoy the beautifully decorated mansion while listening to our fabulous vocal jazz ensemble, CB City Rhythm. They will be singing carols and holiday songs for the crowds. It is the perfect way to take a break from the hustle of shopping. We hope to see you there.



The CBHS Visual and Performing arts department would like to wish you a holiday season filled with beauty and music. We hope you take time to let your heart sing and dance with family and friends, and we look forward to seeing you at our VPA events next semester.

"Read, read, read." --William Faulkner
HAVE BOOKS LOOKING FOR A GOOD HOME?

Send them to the **CBHS Library/Media Center**, or to any teacher with a 'Put and Take' box. **Questions?** Please contact Ms. Greene jgreene@cbhs-sacramento.org. Your donations put great books into our students' hands! Thank you to those who have already donated books—our students have many fantastic titles to choose from!

Check out our new "Favorite Books" tab on the **CBHS Library & Media Center webpage**.
<http://cbhs.ca.campusgrid.net/home/People+&+Places/Library+&+Media+Center>

Answers to November's query: "What is one of the most memorable books you've ever read, and why?"

"I often think of my favorite childhood books that inspired me to read more which include E.B. White's titles, the *Little House on the Prairie* series and the *Anne of Avonlea* books. Adult books include F. Scott Fitzgerald & Hemingway for their descriptive prose; any books on art, and historical biographies which enhance my knowledge of different time periods."
Mrs. Adam

"Probably the best book series I've ever read is the *Harry Potter* series. The writing is exquisite, simple, and the stories and characters transport you into a different world that exists only in your head. You gain an affinity for the characters, and you can learn something from the lessons that exist throughout the book -- lessons about good and evil, making right decisions, and so on. A wonderful series." Mr. Hood

"*The Five Love Languages* by Gary Chapman taught me a lot about different expressions of love in personal relationships and how we can connect with family, friends and significant others in a much deeper way. *The Road* by Cormac McCarthy reinforced the importance of family during difficult times. The writing was okay, but the message was very good. *Mere Christianity* by C.S. Lewis uses reasoning and insights into the realities of the Christian faith. *The Source of Life* by Jurgen Moltmann gives a modern twist on the understanding of the Holy Spirit. Classics that I enjoy would be *To Kill a Mockingbird*, *Lord of the Rings* Trilogy, as well as *The Hobbit*, *Sun Also Rises*, *The Tempest*, most of Merton's works, Langston Hughes poetry. I enjoy this writing because they are timeless works which speak to me about life." Mr. Havey

FALL SEMESTER EXAMS

Final exams are coming up soon! Final exam week is December 16-21. Teachers and students will be reviewing for finals on December 13-15. The following practices are in effect for our final examination preparation week on December 13-15:

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

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The **Parent-Student Handbook** on pg. 9 states the following:
"All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an **"Incomplete"** for their final grade and will need to make up their final exam after Christmas break. Upon correction of the final exam, the final grade will be entered into the student's transcript."
3. Students who are absent for **one** final during finals week may make up that exam after A set on Tuesday, December 21.

FALL SEMESTER EXAMINATION SCHEDULE

TIME	THURSDAY December 16	FRIDAY December 17	MONDAY December 20	TUESDAY December 21
9:00 a.m. to 10:35 a.m.	B SET	D SET	F SET	A SET
10:35 a.m. to 10:50 a.m.	BREAK	BREAK	BREAK	
10:55 a.m. to 12:25 p.m.	C SET	E SET	G SET	

There will be a "Finals Study Day" on Wednesday, December 15 from 3:00 to 6:00 p.m., followed by a Pasta Dinner. Students should sign-up by December 13 in Room 207.

Grad Night Pasta Feed

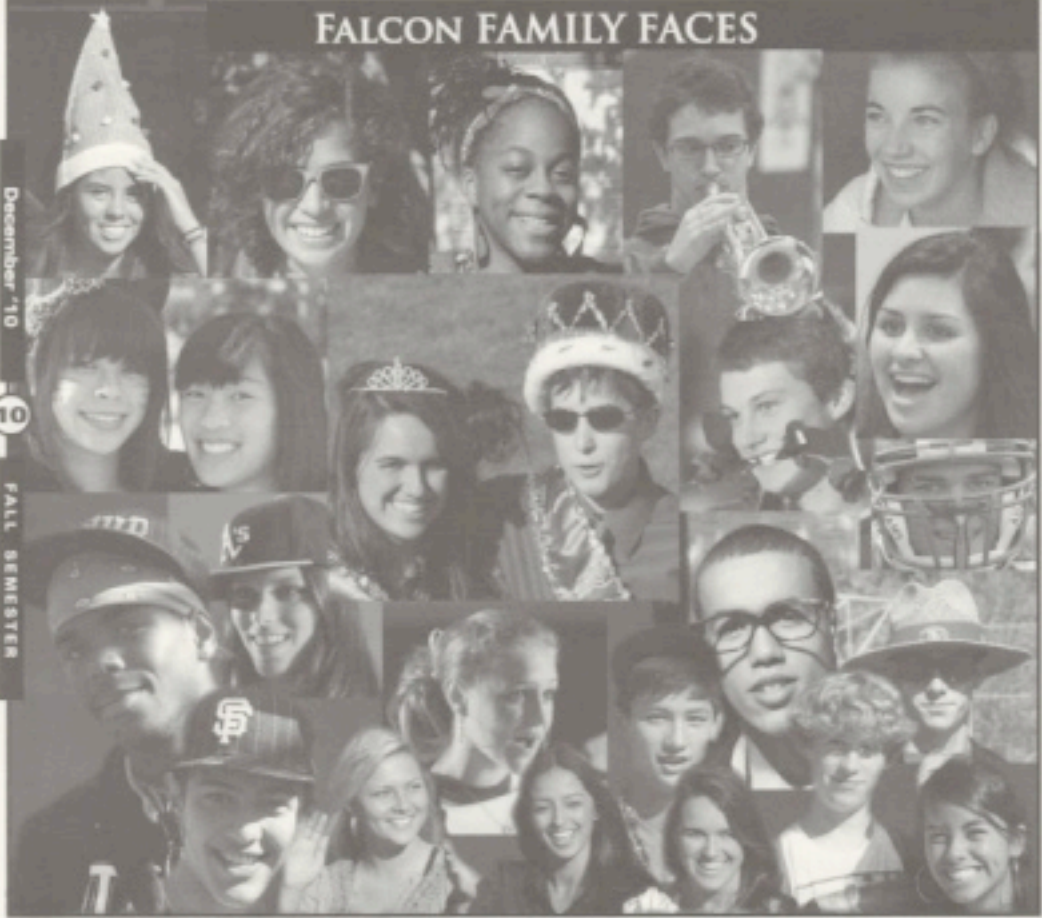
The Thanksgiving Holiday is now behind us for this year, and we are now fast approaching the Christmas break, with New Year's right behind. Your 2011 calendar is probably already starting to fill up. One date you don't want to miss is the **7th Annual Pasta Feed on April 8, 2011**. Enjoy great food, lively entertainment, and lighthearted camaraderie. All tickets are \$12 and are to be sold at the door. To-go meals will be sold starting at 4:30 p.m. and dine-in at 5:30 p.m. Don't miss our Silent Auction and 50/50 Raffle. Also, plan your evening accordingly so you can enjoy the CB Spring Musical or stay at the Pasta Feed and enjoy the wonderful music of the Slack Kats. This is an event you don't want to miss. If you need more information, please contact Phil Silver at 916-759-6559.

FALCON FAMILY FACES

December '10

10

FALL SEMESTER



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

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FALCON FAMILY NEWS

Dear Parents and Families:

On January 2, the Catholic Church celebrated the Solemnity of the Epiphany of the Lord. The word "epiphany" is a Greek word meaning "appearance" or "manifestation." The Gospel passage for that day tells the story of the journey of the Magi to Jesus. "We saw his star at its rising," they tell King Herod, "and have come to do him homage." As our Christian Brothers High School community begins a new year, let us look at these wise travelers, for they have something to say to us about how we live our lives in the holy presence of God and deepen our relationship with Jesus. (The inspiration for the following comes from the article "Advent Activity" by Mark Neilson of Creative Communications for the Parish.)

Keep a large focus. The Magi were led by a heavenly phenomenon, and by keeping their eyes on it, they found Jesus. Let us focus this year on something greater than ourselves, God is our midst, and we, too, will find Jesus.

Trim down for the trip. The Magi could only take what would fit on their camels, so most of what they had was left behind. The new year is a time to leave behind anything that could slow us down in developing our relationship with Jesus: holding grudges, unrealistic expectations, judgments of others, indifference in our relationships.

Travel together. One of the Magi traveling alone would never have made it. They needed each other for support and encouragement while they figured out the best direction to take. Let us endeavor to be faithful in joining with the whole Church, especially in attendance at Sunday worship; it is in community that we encounter God concretely in our lives.

Be people of hope. Hope kept the Magi going. Many had seen the star, but only these three risked everything to find the king. This new year is an opportunity for us to overcome discouragement, uncertainty, and the skepticism of others and risk everything for our relationship with God.

The Campus Ministry department of Christian Brothers High School is committed to accompanying your sons and daughters, as well as your family, in their "Magi journey" of faith formation. This is evident in the Campus Ministry Mission Statement: "The foundation of the Lasallian educational mission is the spiritual development of students, rooted in the Catholic tradition. Campus Ministry develops

an environment where spiritual growth and vocational discernment are encouraged, awakened, and nurtured for the students, faculty, staff, and parents of Christian Brothers High School through liturgies, prayer, and a four-year retreat program, all of which invite a deeper love and understanding of self, others, and God." It is our joy to provide opportunities for your sons and daughters to embrace God's presence in their lives through the faith formation programs that Campus Ministry offers.

In reflecting on the feast of the Epiphany, our Founder, St. John Baptist de La Salle, wrote the following: "Enlightened by the star, and even more so by the light of faith, the Magi go to announce a new Son of Justice in the place where he was born." In Meditation 197, he states: "Young people need the light of watchful guides to lead them on the path of salvation, guides who have an adequate understanding of what God expects of young people and of their usual shortcomings." Thank you for entrusting your son and daughter to us as together we are "enlightened by the star" of God's loving presence; in partnership as parents and educators, let us be the "watchful guides" who lead our young people on the path of salvation.

Blessed New Year to your family!



Susannah Nelson
Director of Campus Ministry

Further information about Campus Ministry and resources for parents can be found on the Campus Ministry area of the school's website. The Director of Campus Ministry can be contacted at snelson@cbhs-sacramento.org or by calling (916) 733-3626.

ENTER TO LEARN. LEAVE TO SERVE

SCHOOL CALENDAR - JANUARY 2011

JAN. 5 Faculty/Staff Professional Day - no classes
JAN. 6 Spring Semester begins
JAN. 7 First Friday Vacation Awareness Day
JAN. 8-10 Junior Scholars Trip
JAN. 10-16 Semester New Orleans
JAN. 10-14 Cold Weather Clothing Drive
JAN. 10 Booster Meeting 4:00 p.m.
JAN. 11 LPC Board Meeting
JAN. 12 Professional Attire Day for Students
Friends of the Arts Mtg. 4:30 p.m.
JAN. 13 Classes begin 9:00 a.m.
Falcon Flex - Spirit Rally

JAN. 15 Men's Basketball vs. Jesuit HS @ CB
JAN. 17 Martin Luther King Jr. Holiday - no classes
JAN. 19 College Night for Juniors & Parents 7:00 p.m.
JAN. 20 Classes begin 8:30 a.m.
Celebrating Diversity Liturgy 9:30 a.m.
JAN. 21 One Acts 7:00 p.m.
JAN. 22, 23 One Acts 2:00 p.m.
JAN. 22 8th grade Placement Indicator
Mother/Son Father/Daughter Dance
JAN. 24-28 Welcoming Week
JAN. 27 Classes begin 9:00 a.m.
Mastering the Essay written exam 7:45 a.m.

JAN. 28 Mastering the Essay objective exam 7:45 a.m.
JAN. 28, 29 One Acts 7:00 p.m.
JAN. 29 Placement Indicator Make-up
SAT Prep Class - 9:00 a.m. - 1:00 p.m.
JAN. 30 One Acts 2:00 p.m.

INSIDE

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

GUIDANCE DEPARTMENT NEWS

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

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

If your child would like to keep his/her options open and remain eligible to apply to a four-year college, the Guidance Department highly recommends that he/she remediate (repeat for credit) any "D" grades earned in a-g approved courses. Students may enroll in a variety of classes during the 2011 CBHS summer school session in order to remediate a grade. While previous grades are never removed from a student's transcript, if a student completes the course in summer school with a "C" or above, his/her transcript will reflect the new credits and the new grade will be used when calculating the grade point average.

For example, if your child is currently enrolled in Biology and received a "D" the first semester, he/she should consider repeating Biology this summer. If he/she is currently enrolled in a Math course or foreign language course and received a low grade the first semester, it is important to receive a "C" or above at the end of the spring semester. CSU and UC will "validate" (count as successful) the whole year of 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, pre-reg forms will be available in the Main Office in early spring. Check the CB website in February for further information regarding summer school.

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

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)

College Night for Juniors and Their Parents will be held Wednesday, January 19 at 7:00 p.m. in the CB Cafeteria.

Grade level counselors will be returning the PLAN test (9th grade) and PSAT test (10th and 11th grades) to students during class visits in January. Counselors will go over results with students by explaining and analyzing their scores and will also assist students with pre-registration for classes for 2011-2012. Please ask your child to see his/her exam results and also look for a mailing regarding pre-registration in early February.

8th Annual Pasta Feed

Your new 2011 calendar is probably already starting to fill up. One date you don't want to miss is the 7th Annual Pasta Feed on April 8, 2011. Enjoy great food, lively entertainment, and lighthearted camaraderie. **All tickets are \$12 and are to be sold at the door.** To-go meals will be sold starting at 4:30 p.m. and dine-in at 5:30 p.m. **Don't forget our Silent Auction and 50/50 Raffle.** Also, plan your evening accordingly so you can enjoy the CB Spring Musical or stay at the Pasta Feed and kick back to the wonderful music of the Slack Kats. This is an event you should not miss.

For more information, please contact Phil Silver at 916-759-6559.

CAMPUS MINISTRY

A New Year Prayer

Loving God,

God of our yesterdays, our today, and our tomorrows,
We praise You for Your unequalled greatness
Thank You for the year behind us and for the year ahead.
Help us in Your new year to fret less and laugh more,
To teach our children to laugh by laughing with them,
To teach others to love by loving them.
Help us to hear your love song in every sunrise,
In the chirping of sparrows in our backyards,
In the stories of our elders, and in the fantasies of our children.
We rejoice in the world You loved into being.
Thank You for another new year and for new changes every day.
We pray for peace, for light, and for hope, that
we might spread them to others.
We accept Your gift of a new year and rejoice in what is ahead,
Depending on You to help us do Your will. Amen.



January '11

3

SPRING SEMESTER

Retreats

Don't forget! Mark your calendars! **The Parent/Student Retreat will be on Saturday, February 5, 9:00 a.m. - 3:00 p.m.,** at Christ the King Retreat Center in Citrus Heights. Plan now to share this special time of prayer and reflection with your CB son/daughter. **Reservations must be made to attend this retreat. Please see the front page of the CB web site for the reservation information. You can also reserve your space on this retreat by calling Susannah Nelson, Director of Campus Ministry, at (916) 733-3626.**

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

Sophomore Retreat Dates: February 11 and 25, March 4, April 1

Junior Retreat Dates: February 14-15 and March 28-29 (overnight retreats); March 1 and April 5 (single-day retreats)

The **Junior Kairos is May 31-June 3.** Sign-up sheets are now available in the Campus Ministry office for this retreat. Juniors may attend both the Junior Retreat and the Junior Kairos.

There are two more **Senior Kairos Retreats** this school year. Kairos 35 will be held February 1-4, and Kairos 36 will be held March 22-25. The Kairos 35 retreat is now full; a sign-up sheet is available in the Campus Ministry office for Kairos 36 in March. **The March Kairos is the last opportunity for members of the Class of 2011 to attend their senior retreat.**

Liturgies

You are warmly invited to all the liturgies that the school celebrates. They begin at 9:30 a.m. and are held in the **gym.** Here is the list of upcoming liturgies for the Spring 2011 Semester:

Thursday, January 20 - Celebrating Diversity Liturgy

Each year we focus on a different cultural diversity subcommittee of the United States Conference of Catholic Bishops. This year our liturgy will celebrate Asian Pacific ministry and worship.

Sunday, February 27 - Junior Class Family Liturgy

(Please note: Time change for this liturgy is at 9:00 a.m.)

Wednesday, March 9 - Ash Wednesday Liturgy

Sunday, May 1 - Senior Class Family Liturgy

Wednesday, May 18 - St. La Salle Liturgy

Words of St. John Baptist de La Salle

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

Meditation 96: 1 (Feast of the Epiphany, Matthew 2:1-12)

CHRISTIAN SERVICE

Almsgiving

Advent Almsgiving:

Thank you to everyone who participated in the Advent Almsgiving Project for Wellspring Women's Center and Mustard Seed School. We successfully donated over 2,000 diapers and 20,000 wipes. This almsgiving was a class competition to see who could bring in the most diapers and school supplies per the number of students in their respective class. Congratulations to the Freshmen!

Annual Coat Drive: Our annual Coat Drive, to benefit the Sacramento Food Bank, will be on January 10-14, 2011. Winter has barely begun and it is already extremely cold outside. Please consider looking through your closets to see if you have any of the following items that you are not using. We are collecting gently used and clean coats, jackets, gloves, scarves, and winter hats.

St. Pat's Christmas Party:

Lasallian Youth raised over 400 gifts for the Christmas party that was held on Tuesday, December 7, 2010. Each student at St. Patrick's SUCCEED Academy had a chance to sit on Santa's lap, get a picture taken, and receive a gift. It was a delightful day for all those involved. Great job Lasallian Youth!

Wellspring Week: During the week of January 24-28, 2011, Wellspring Breakfast Club will be collecting donations of syrup, pancake mix, aluminum foil, cooking oil, travel toiletries, feminine products, and money for eggs. These supplies will be used throughout the semester to feed our neighbors at Wellspring Women's Center. Please bring all donations to Br. Edward Hall. Thank you in advance for your generosity.

Outreach

Senior Service Hours DUE – If you want to be considered for a Christian Service Award at graduation, community service hours are due on **March 1, 2011**. Any community service done between the first day of freshman year and February 28, 2011, counts towards the goal of 100 hours needed for an award.

This year we will have 5 levels of Christian Service Awards for seniors. Students who complete:

100 hours of service will receive a Christian Service Certificate.

250 hours of service will receive a Br. Edward Award

500 hours of service will receive a Br. Bertram Award

750 hours of service will receive a Br. Orna Award

1000 hours of service will receive a Br. James Miller Award

All award recipients will receive a Service Award Pin to wear on their gown at graduation. Service Documentation forms are in the Christian Service Center or on our website under Christian Service. Follow the links to documenting service. If you have any questions about Christian Service Awards, please see Ms. DeBenedetti-Emanuel in the Christian Service office or email her at sdebenedetti-emanuel@cbhs-sacramento.org.

Off Campus Volunteer Opportunities:

Breakthrough Sacramento is a non-profit, run by Adolfo Mercado '92, that is dedicated to offering an academic summer program for students from under-resourced schools in the Sacramento area. Breakthrough uses a "students teaching students" model to match dynamic high school and college students with first-generation college-bound middle and high school students. Breakthrough is looking for students who are interested in a 6-week summer internship. This is a great opportunity if you think you might want to pursue a career in education. The 2011 Breakthrough teacher application is now live at <http://www.breakthroughcollaborative.org/teach/apply>. **Application deadline is March 7, 2011 5:00 p.m.** You can also find Breakthrough on Facebook.

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

Camp ReCreation is looking for volunteers (minimum age of 16) to spend a week working as a cabin counselor one-on-one with a camper with a developmental disability. Session #1 is Saturday, June 11-Saturday, June 18 (June 11 is volunteer training at camp). Session #2 is Saturday, June 26-Saturday, July 2 (June 26 is volunteer training at camp). Volunteers need to come to an orientation on Saturday, March 19, from 1000 a.m.-12:00 p.m. (location to be announced). For more information please call (916) 733-0136, or e-mail at ma@camprec.org.

PROFESSIONAL ATTIRE DAY – the SECOND Wednesday of this month!

Wednesday, January 12, 2011

To promote presenting oneself appropriately for future careers/vocations, Christian Brothers' students are required to dress-up and out of regular school dress code by wearing "PROFESSIONAL DRESS ATTIRE" once a month. When wearing Professional Dress Attire, all students are required to abide by the guidelines stated on page 19 of our Parent-Student Handbook throughout the entire school day. Please note Professional Attire dress code distinctions between upper and lower division students (i.e. no skirts allowed for Freshman and Sophomore ladies).

Our next "Professional Attire" day of this school year for all students will be on **Wednesday, January 12**. Any student having financial issues regarding the cost of professional dress should contact our Registrar, Mrs. Jan Warren, for assistance.

STUDENT ACTIVITIES

Spirit Rally



On Thursday, January 13 during Falcon Flex, we will have a special **SPiRiT RALLY** to support our Men's Basketball team in their big game vs. Jesuit on Saturday, January 15, 2011 in the CB-gym. Come out to celebrate our upcoming victory over the Marauders. **Go Falcons!**

The Mother/Son Father/Daughter Dance

is just around the corner. Parents and students, flatten your flat tops, hop into your ragtops, and get with it! If you don't come to the dance you'll be cruizin' for a bruizin'! You'll be on cloud nine eatin' BBQ hamburgers and french fries served with root beer floats. Parents you'll be so popular with your kids you'll have it made in the shade, so don't be a party pooper. Mark your calendar for this much anticipated dance to be held on Saturday, January 22, 2011 at 7:00 p.m.

January '11

5

SPRING SEMESTER

VOCATIONS

We interviewed History teacher, Ms. Stephanie Roybal, on the topic of vocation. Ms. Roybal received her B.A. in History from St. Mary's College and earned her teaching credential in 2006.

"A vocation comes naturally but not easily; it's something you can't imagine going through life without doing. I used to think my vocation was teaching, but many of my most enjoyable moments happen outside of class time: interacting with students, sharing with their struggles and helping them make their own conclusions. It's not so much being a teacher, but working with students in their element that I love!

I was a girl scout all through high school. At summer camps I worked with young children and I learned I could make a difference by teaching. I taught crafts but lots of other things, too: patience, dealing with frustration, etc. Sonia Zulpo was my 5th grade teacher and she was my favorite. She had great energy—and an ability to be real with the students. She made education fun, but at the same time she treated us like people, not pupils. These experiences influenced my current vocation.

I've had jobs that helped me 'try on' my vocation. My first job was the summer after freshman year in college—orientation for incoming freshmen at St. Mary's. For the first time, I got to work with the age group I knew I wanted to work with. For three months I worked at a maternity store to make money for school. It was interesting to work with mothers of children who weren't even born yet, so I observed the 'parent craze' at a very different level!

My mom is my role model for living a full life. She's been an all-encompassing role model for me. She has always encouraged me to be what I want to be. And she has supported me in all the decisions I've made in my life and my vocation.

I'm still figuring out if marriage is a vocational calling of mine. I haven't closed my heart to God's decision for me, but I still need to find His answer.

I don't think I would have listened to anyone who told me what my vocation would be; it's a journey that needs to be taken on your own. With God's guidance, you'll get to your vocation, but what's the point if it's not going to be an adventure? My recommendation to students trying to discern their vocation is vocation makes you happy! If you're not happy, you're still searching. It's not just a job or career, but a calling.

I think you tend to work harder when you're involved in something you have a vocation in, even if you haven't recognized it yet. I think you're born with a vocation, but not necessarily born with an awareness of it! The thing you naturally work the hardest at may guide you to your vocation. It's hard because you want to be good at your vocation. Vocations aren't easy—you have to work hard at them. On the other hand, just because it's easy, or it's the job you've chosen, doesn't mean it's your vocation. This quotation captures it well: "Vocation is not just holding on. The commitment holds you. You can't not do the work." (Dolac, Keen, Keen and Parks, "Common Fire: Leading Lives of Commitment in a Complex World").

One thing most people don't know about me? I play three instruments well: clarinet, alto sax, and tenor sax. My favorite clarinet piece is "Whispery in Blue" by Gershwin. I performed that in middle school and I still have parts of it memorized to this day!

The book I am reading right now is "The Help" by Katherine Stockett. I like the way it's written. As a history teacher, I like that time period (civil rights movement South). Miss Skeeter, trying to make a difference and going about it the best way she can, that was a vocation for her. She was following her passion, and I liked that about her character."

*"The human mind plans the way, but the Lord directs the steps.
The lot is cast into the lap, but the decision is the Lord's alone," Proverbs 16: 9,33*

ATHLETICS

FALL SPORTS

Men's and Women's Soccer: Congratulations to the Christian Brothers Men's and Women's Soccer teams for achieving the 2010 NSCAA Academic Team Award for the 2nd year in a row. The NSCAA (National Soccer Coaches Association of America) annually recognizes teams across the country for their success in the classroom as well as on the field. To qualify for the award, teams must maintain a team G.P.A. of 3.25 or above for the entire academic year. Christian Brothers was the only school in California to receive this award for both their Men's and Women's teams. This award is recognition of all the hard work that our CB student-athletes have put into their academics while continually being successful on the soccer field.

Cross Country: It was a roller coaster season with injuries, fatigue and illness, but in the end the CBHS women's cross country team managed a fantastic showing at the State Finals. With the goal of finishing in the top 20, runners **Sam McKibben, Callin Simi, Carl DiNinni, Kristen McEnemey, Iris Perez, Emily Giorgi and Kelsey Wong** took off with 204 other Division 3 runners up, down and around the fast Woodward course.

By the end of the first mile, the races had set a quick pace with the leader coming past in 5:46 and CB's seven coming in between 6:40 and 7:15. At the two mile point, it was evident that each of the CB seven would accomplish some pretty solid times in the race as they came through under the desired seven minutes per mile needed to accomplish their team and individual goals.

When the race ended, Sam McKibben had finished 84, Callin Simi finished 127, Carl DiNinni finished 136, Kristen McEnemey at 168, and Iris Perez at 180, followed closely by Emily Giorgi at 181, and Kelsey Wong fighting through injuries to finish 189. The team achieved its goal finishing in the top 20.

Cheerleading: Congratulations to the CBHS Competition Cheer Squad! On December 5, the 25 members of the cheerleading squad represented CBHS in their first competition, placing 2nd and scoring high enough points to earn and win a bid to 2011 Disneyland National Cheer competition in Anaheim, CA. After months of practice, the girls performed and succeeded beyond any expectations. They hit their stunts and routine solidly with an abundance of enthusiasm. Rain or shine, the girls' dedication was evident in their performance! The coaching staff could not be more proud of the goals accomplished by the squad! CONGRATULATIONS.

Football: December 20 we received Andre Johansen's letter of resignation as head coach of our football program. For personal reasons he felt it best that he step aside at this time.

We thank Andre for his leadership these last six years; our program has grown under his guidance. We have captured league championships, gone to playoffs and sent a number of student-athletes to compete at the next level. He dedicated himself to building our football program and bringing pride to our school community.

We will immediately begin the process of finding a new leader for our football program. We hope to have a new head coach in place by the end of January to begin preparations for off-season programs and establishing schedules for next year.

Please direct any questions to Jill Bennett, Athletic Director, at jbennett@cbhs-sacramento.org.

WINTER SPORTS

Women's Basketball: The Frosh Girls Basketball Team is progressing well in the early season. They are attempting to absorb a lot of basketball fundamentals, skills, techniques and strategies in a short amount of time. Thus far the girls have battled changes in their social lives, large increases in the expected amount of homework and overwhelming projects, increased responsibility to practices, games and basketball program events, sacrifices in their personal lives, injuries and illnesses. Through it all they have a 4 and 1 record and are looking forward to the rest of the season.

The Christian Brother's **Lady Falcons JV** team is off to a great start during the early campaign of 2010-2011, taking two fourth places in very solid tournaments at Rio Linda and Whitney High schools. The JV team headed to Oak Ridge to compete in an elite tourney December 21, 22, 23, followed by a Tournament at Lincoln High school December 28, 29, 30. The team has been led by the scoring and play of guards Alicia Gonzalez and Sarina Munoz, and the rebounds and toughness of post players Jaden Garrett and Nicole Skow.

The Women's **Varsity** basketball team is off to a solid start against stiff competition with a 6-2 record. The Lady Falcons hosted their first annual "Christian Brothers Holiday Classic Tournament" December 2, 3 and 4 with a second place finish. They opened up this week against 5th ranked Bella Vista at the Oakridge Tournament before heading to the competitive West Coast Jamboree December 27. This year's team is again very young with only three seniors. The team looks forward to competing for a CVC league title this year as well as a deep run in the Division 3 playoffs!

Men's Basketball: At the start of tryouts there were 22 young men that wanted to play high school freshmen basketball. Only 13 made the team and the 2010-2011 CBHS season was upon us. Our pre-season started at the Rocklin High School Tournament where we won our first three games convincingly, putting us in our first Tournament Championship game as a freshman team in 4 years. We lost in the Championship game to Del Oro 60-49. We're looking forward to the rest of the season as this very talented team writes another chapter for our basketball program here at Christian Brothers.

JV began with a tremendous showing at the Grant and Natomas scrimmages, and went into Will C. Wood game with high expectations. We have a great core group of sophomores that were part of a great frosh team last year. We beat Will C. Wood by 18 points, ran into a well coached team at Oak Ridge and lost by 3, and then went on to beat a league opponent Del Campo handily. We are a very talented team that is exciting to watch - we play at a fast tempo and put on a good show. We look forward to representing CB in the league this season.

The Falcons **Varsity** team got off to a slow start, but we are now beginning to find our rhythm. We have good momentum going into our Christmas break stretch, where we have two home games against Natomas and McClatchy before we finish our tournament play after Christmas in the Dixon tournament. We look to improve on what we have done to this point and will be a very competitive team moving forward.

Wrestling: Wrestling is going well this year. We have the most members on a girls' team in the city of Sacramento. CB has twelve girls, with Ruby Santos being rated at 2nd in state for the 126 pounders. For the boys, Aaron Asbury has been selected as Varsity captain. It's starting out to be a great year.

Upcoming big games to mark on your calendars:

- Friday, January 7 **CB @ St. Francis**: game times 4:00 / 5:30 / 7:00 p.m.
- Saturday, January 15 **CB hosts Jesuit**: game times 3:00 / 4:30 / 6:00 p.m.

VISUAL & PERFORMING ARTS

We hope you will join us for these exciting upcoming events in January 2011:

Wednesday, January 12

Friends of the Arts Meeting, 6:30 p.m., Room 109

Friday, Saturday, and Sunday

January 14-16

Bob Smart Theatre Festival – American River College

Friday & Saturday, January 21-22

and January 28-29

One Acts Festival – CB Little Theater (Room L1)

Sunday, January 23

and Sunday January 30

One Acts Festival – CB Little Theater (Room L1)



January '11

7

SPRING SEMESTER

"Read, read, read." --William Faulkner

Thank You! Thank you to the Watkins and Phenix families, and numerous faculty and staff members, for donating books for our "Put and Take" shelves. A TA came to deliver materials to me today, saw stacks of books on the floor, and fell on them like a ravenous creature. She was disappointed she couldn't take six books home ("During finals week?" I asked) but she was very happy to settle on two titles. If you'd like to put free books in our students' hands for fun reading, send them to the CBHS Library/Media Center, or to any teacher with a "Put and Take" box. Questions? Please contact Ms. Greene jgreene@cbhs-sacramento.org.

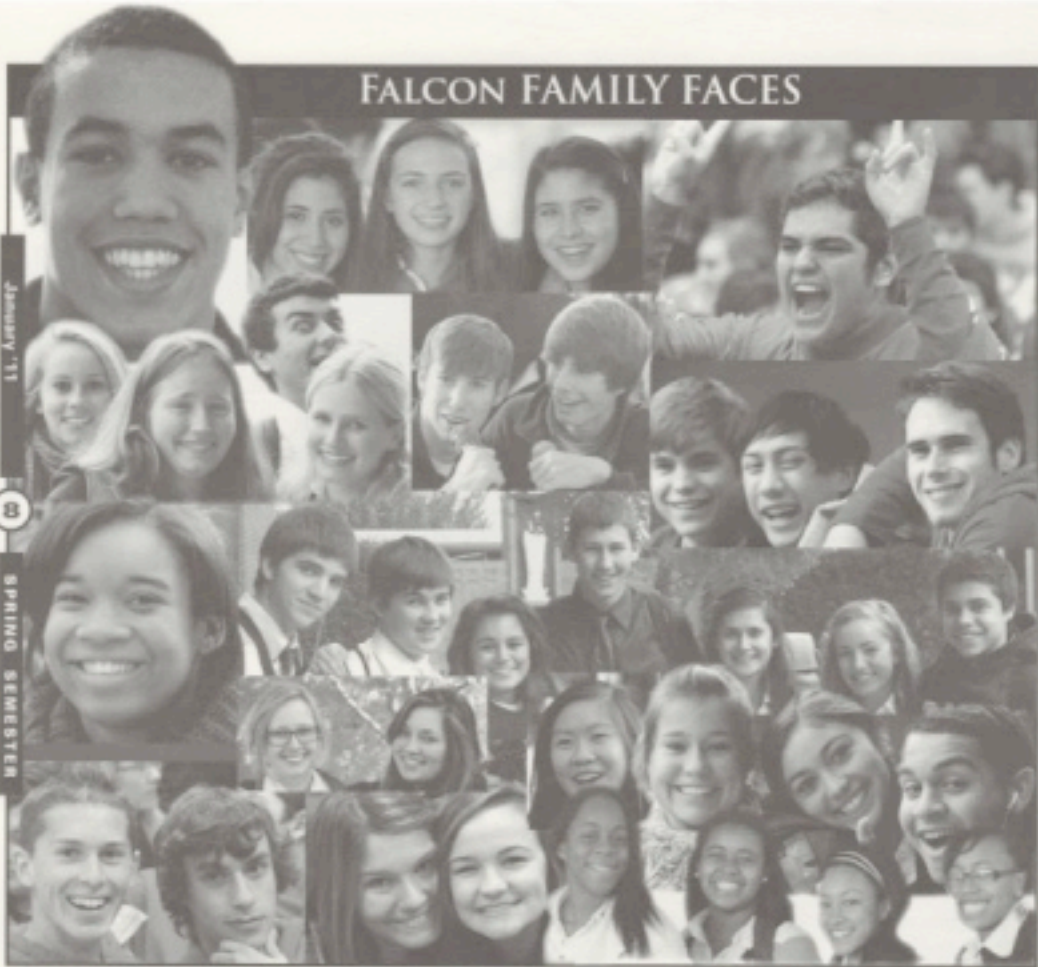
Ever wonder what Mr. Barsanti, Mrs. Holmes, Ms. Roybal, Ms. Greene, and Mr. Eckel read for fun? Check out the "Favorite Books" tab on the CBHS Library & Media Center webpage. Want to share your choices for "Favorite Books"? Email Ms. Greene at jgreene@cbhs-sacramento.org and they'll be added to the website.

"One of the most memorable books that I have ever read is *Catcher in the Rye*. I first read it in English class here at Christian Brothers. My teacher (Mr. Kimene) introduced us to the novel as a reading assignment, but once I began reading it I couldn't put it down. I really enjoyed reading about a character that I could relate with (Holden Caulfield). The many different themes in the story are similar to the issues that teens deal with on a regular basis. I felt that this story was speaking to me and at times I imagined that I was the main character. I have read this book a number of times since first being introduced to it in high school, as I still find it relevant in my life and the issues that we all deal with." --Mr. Hunley, '96

"The only thing better than good English writing is—I can't think of anything. You just don't pour it pureed over your potatoes. You savor it as if it were a fine chardonnay. What on Earth does it matter if you stop and repeat a phrase, roll it around on your tongue, dart a few lines ahead and then suddenly come back and reread it? If the phrase is good enough, you are supposed to stop and rejoice in it." --William Murchison

"I divide all readers into two classes: those who read to remember and those who read to forget." --William Phelps

FALCON FAMILY FACES



January '11

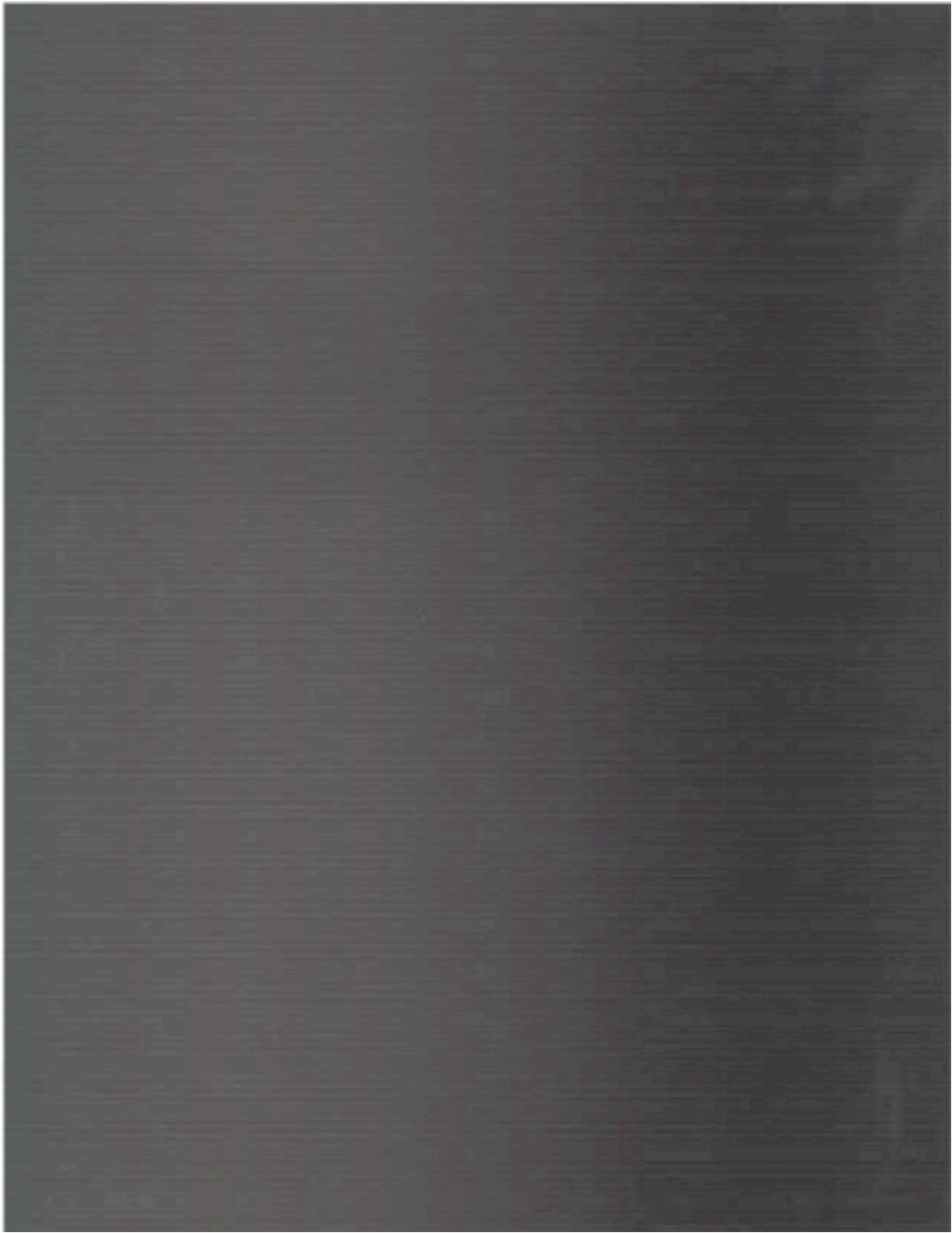
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SPRING SEMESTER



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FALCON FAMILY NEWS

Sensing God's Presence

Recently my husband and I had the good fortune to purchase our first car that came equipped with a Global Positioning System, which we call our latest new "toy," complete with a name we've given it, "Gwendolyn." We were introduced to this feature a few years ago on a vacation, when the family rented a car which was equipped with a GPS system. Being a lover of maps, my husband was skeptical about these devices. More than once, he was amazed that the positioning device knew better than he did. "I know we need to go left," he would say, much to my protestations (sigh), and following his instincts, he would turn left. The friendly voice would say, "At the first opportunity, make a U-turn and..." After a few admissions that the device was correct, he had to succumb to defeat. Once, when he was absolutely sure he knew best, he reluctantly followed the device's instructions, which took us into rush-hour traffic headed into London. I had to admit that he was right—he had defeated the machine—until I found the switch that had been set at "shortest route" instead of "fastest route." A click of the button, and "the lady" as we called her, directed us to take the route he had known was right. We never were able to defeat her, and we must admit, she directed us to some very remote locations we never would have found as easily on our own. I wonder about the impact these systems will have on marriages, but that is a different story.

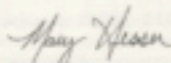
Our new system simply says "recalculating" when she realizes I am going the wrong way, and often, when I miss a turn and am feeling frustrated, I hear the calm redirections on the part of Gwendolyn. I constantly expect Gwendolyn to lose her temper after she has "recalculated" innumerable times, but she always speaks in the same, even, calming tone (though I think I detect a hint of superiority), and no matter how hopelessly lost I may get, she can always find the way.

As I ponder my vocation journey and those of our students, teachers, and parents, I often think of the metaphor of the GPS system to represent the presence of God in our life journeys. While many people have clear callings from God that they have been able to discern, some do not experience that sort of clarity for whatever the reason. Instead, many of us have weighed options, explored advantages and disadvantages, secured

advice, and then moved ahead in what appeared to be the right direction. Looking back, I believe that God has ultimately directed me to my place now at Christian Brothers, but there were many detours, striking out on my own, and wrong choices along the way. Accordingly, God needed to make many recalculations on my life journey. It may be that God has a distinct, best plan for a person's life, but I am not sure that anyone could ever realize such a plan. We too often go our own way, listen to bad advice, follow misplaced goals, and selfishly follow any number of ways to take us on alternate paths in the wrong direction away from God.

Like Gwendolyn, it seems to me that God is constantly with us providing direction, and constantly "recalculating" the journey as we go our own way either by choice or in ignorance. Just as Gwendolyn has the bigger picture from a satellite view, God has the biggest picture of all. The goal does not change, but the journey toward that goal may be longer or shorter depending on our choices and events beyond our control.

"Let us remember...that we are in the holy presence of God." Students at Christian Brothers express this profound truth seven times each day. Every meeting begins with these words. They are posted prominently on walls and in school literature. There is always a potential danger in making anything that is important too commonplace. It may become rote, meaningless. But just as we all have many "recalculations" on our life journeys, I believe that when the time is right, the Spirit will cause that phrase to resonate and bring peace to our souls. Being reminded constantly ensures that when we especially need God's presence, we know He has been there all along, recalculating in order to bring us to Himself.



Mary Hesser
Principal
Domine opus tuum

CONGRATULATIONS, BROTHER DONALD JOHANSON, FSC

We are delighted to announce some wonderful news that affects our Lasallian family. Our very own Brother Donald just received word from Rome that he has been named the new Visitor of the San Francisco District of the Brothers of the Christian Schools. The Visitor is the leader of all Lasallian schools on the West Coast. This is a huge honor and a huge responsibility and we are so proud and pleased to be able to celebrate this wonderful accomplishment with Brother Donald. Please congratulate him when you see him and be sure to pray for God's continued blessings and for Brother's success in his new role, which begins July 1!

GUIDANCE DEPARTMENT NEWS

Seven Myths About College Admission - advice for students

February 11

2

SPRING SEMESTER

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

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

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

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

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

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

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

Upcoming Guidance Events:

- February 2-February 17 - Counselors visit classrooms to return PLAN/PSAT and conduct Pre-Reg advising
- First week of February - Pre-Reg information mailed to parents
- February 15 - Sophomore Parent Academic Planning Night, 7:00-8:30 p.m., CB Cafeteria
- February 22 - 25 - Pre-Reg week (special schedule, early dismissal)
- March 9 - Exploring Colleges for Juniors and Their Parents 7:00-8:30 p.m., CB Cafeteria
- April 27 - Transition to College for Seniors - Letting Go and What I Wish I Had Known, 7-8:30 pm, CB Cafeteria

SAT/ACT

Registration Deadlines:
FEBRUARY 11 for the March 12 SAT exam - to register go to www.collegeboard.com
MARCH 4 for the April 9 ACT exam - to register go to www.actstudent.org

Pre-Registration 2011-2012: Once again it is time for our students to start planning their schedule for next year. Counselors are beginning to meet with the students to discuss their schedules for next year. During the week of January 31 - February 4, pre-registration materials will be sent by mail to students and parents. These materials included a pre-registration worksheet along with the course catalog. Please take some time to sit down and discuss with your child his/her schedule for next year. Pre-registration is very important to you and to the school. From the results of this day we will decide whether a course will be offered and determine the number of sections for each course.

On Monday, February 14, students will be given additional registration materials in homeroom. Throughout the week of February 14-18 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 22 - February 25), school will be dismissed at 2:15 p.m. Thursday dismissal will be at 2:25 p.m. as normal. Students will pre-register in the Tech Center according to the following schedule:

Tuesday, February 22	Juniors (A - M)	2:20 - 3:20 p.m.
Wednesday, February 23	Juniors (N - Z)	2:20 - 3:20 p.m.
Thursday, February 24	Sophomores (A - Z)	2:30 - 3:30 p.m.
Friday, February 25	Freshmen (A - Z)	2:20 - 3:20 p.m.
Monday, February 28	Make-up pre-registration	2:20 - 3:00 p.m.

All teachers will be available in their classrooms from 2:15 - 3:15 p.m. for any last minute course recommendations and signatures. If you have any further questions regarding pre-registration, please contact Mr. Schumann at 733-3620.

CAMPUS MINISTRY

Race to Nowhere Update

Many of our parents attended the screening of the film *Race to Nowhere* held at CB last October and participated in a rich discussion, facilitated by our guidance counselors after watching the movie. The faculty also viewed the film and have been in on-going conversations related to the important ideas presented in the documentary. Many teachers have lightened homework loads on weekends; others have discussed the topic of student stress in class with their students; and others have redesigned lessons in their courses to allow for greater depth and more time to master important concepts. We want you to know that we are continuing to look at the issues raised by the film and invite parental feedback on ways you see these changes affecting your student. Feel free to email your child's teachers with your comments about these ideas. Thanks!

Religion Course Title Change:

The course previously known as LMP (Liturgical Ministry Practicum) is being retitled and reconfigured for next year's senior class. The new one-semester course **Prayer and Faith** is designed to encourage students to develop and express an understanding of their own personal faith. Throughout the course they will explore a variety of forms of Christian and non-Christian prayer and worship with an emphasis in Catholic mass. Course participants will be responsible for planning and executing school-wide liturgies. Students interested in honing their leadership skills and deepening their faith life are encouraged to enroll in this class.

*Nothing is more practical than finding God,
that is, falling in love
in a quite absolute, final way.
What you are in love with,
what seizes your imagination,
will affect everything.
It will decide what will get you
out of bed in the morning,
what you will do
with your evenings,
how you spend your weekends,
what you read, who you know,
what breaks your heart,
and what amazes you
with joy and gratitude.
Fall in love, stay in love,
and it will decide everything.*
by Fr. Pedro Arrupe, S.J.



Liturgies

The **Junior Family Liturgy** is **Sunday, February 27 at 9:00 a.m.** in the gym. Please note that this is a time change from what is printed in the school calendar. Juniors and their families are warmly invited to attend the liturgy and the continental breakfast that follows. Please check your mail for a letter from the school with more information about this event and an RSVP form for you to return to the school office.

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

Retreats

The **Parent/Student Retreat** still has room! It is **Saturday, February 5** at **Christ the King Retreat Center in Citrus Heights**. Last chance to RSVP on the website! The retreat begins at 9:00 a.m. and ends at 3:00 p.m. It's a wonderful Valentine gift for your son or daughter - time away together! There is no fee for this retreat.

Sophomore Retreats - February 11 and 25, March 4, and April 1 - at the Newman Center (across from CSUS). Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

Junior Retreats - February 14-15 (overnight retreat), March 1 (single-day retreat), March 28-29 (overnight retreat), and April 5 (single-day retreat) - at Christ the King Retreat Center in Citrus Heights. Room is still available on these retreats. Encourage your son or daughter to sign up in Campus Ministry.

Senior Kairos 36 Retreat - March 22-25 - Our Lady of the Oaks Retreat Center in Applegate. Room is still available on this retreat. **This is the last chance for members of the Class of '11 to attend their senior retreat!**

Words of St. John Baptist de La Salle

Be convinced that God is ready to refuse you nothing that you ask of him with faith and confidence in his goodness.

Mediator 382

Grad Night Pasta Feed

Reminder - one date you don't want to miss this year is the 7th Annual Pasta Feed on April 8, 2011. Enjoy great food, lively entertainment, and lighthearted camaraderie. All tickets are \$12 and are to be sold at the door. To-go meals will be sold starting at 4:30 p.m. and dine-in at 5:30 p.m. Don't forget our Silent Auction and 50/50 Raffle. Also, plan your evening accordingly so you can enjoy the CB Spring Play or stay at the Pasta Feed and kick back to the wonderful music of the Slack Kats. For more information, please contact Phil Silver at 916-759-6559.

CHRISTIAN SERVICE

Almsgiving

Marfan Awareness Week:

From February 14-17, Domingo Noe '11 will be spearheading a week of education and advocacy for victims of Marfan syndrome, which is a disorder of connective tissue. Bracelets will be sold during lunch to promote Marfan research, and proceeds will go to the National Marfan Foundation.

Annual Coat Drive:

Annual Cold Weather Gear Drive: Thank to everyone who donated gently used and clean coats, jackets, gloves, scarves, and winter hats to our annual coat drive. We successfully filled 7 large barrels to benefit the Sacramento Food Bank and Family Services. Our friends at the food bank were very thankful for our efforts.

Wellspring Week:

Thank you to all who donated to our bi-annual Wellspring Breakfast Club donation drive the week of January 24-28, 2011. The club was thankful for all the food donations that will enable them to cook breakfast on Fridays for the rest of the semester.

Christian Service-Learning

Stand Against Abuse and Violence Week:

The English Department will be implementing the fourth year of our Christian Service-Learning curriculum this month for seniors taking World Literature. Junior and senior year of the Christian Service-Learning curriculum focuses on Social Change. The World Literature students are currently reading *The Color Purple* by Alice Walker. The characters in the book are forced to deal with various forms of abuse and violence. The seniors discussed these forms of abuse and violence and did further research to understand how to prevent these issues from occurring. Several teachers will be hosting guest speakers to help the students achieve a greater understanding of these issues. During the week of February 7-11, 2011, the World Literature seniors will be educating the Christian Brothers community about these various issues.

7th Annual Empty Bowls Project:

Mr. Boriskin's Ceramics classes will participate in the 8th Annual Empty Bowls Project to benefit River City Community Services (RCCS). Local artists are asked to donate handmade ceramic bowls which are given out to participants who buy a \$25.00 lunch ticket. A simple lunch of soup, bread, and cookies is prepared and donated by Sacramento area chefs and restaurants. If you would like to buy a bowl please contact Mr. Boriskin at rboriskin@cbhs-sacramento.org. If you would like to attend the luncheon, please visit the RCCS website at www.rivercityfoodbank.org/EmptyBowls.htm.

Outreach

Annual St. Baldrick's Event on March

14, 2011— CB Falcons will be participating in the St. Baldrick's event to promote cancer research for children on March 14, 2011 at 5:00 p.m. at DeVere's Irish Pub, 1521 L Street, Sacramento. The team members will shave their heads in solidarity with children who often lose their hair during cancer treatments. They will also be gathering donations for cancer research. You can support the efforts of these young men by donating on their team website at: <http://www.stbaldricks.org/teams/mypage/teamid/58609>. Last year the Falcons team raised over \$1500. If you are interested in joining the team please contact Anthony Ferrigno, Class of 2011, at 916-508-1429 or anthony.ferrigno@comcast.net.

Senior Service Hours DUE — To be considered for a Christian Service Award at graduation, community service hours are due on Tuesday, March 1, 2011. These service hours are cumulative and hours tracked from the first day of freshmen year until February 28, 2011, count towards the goal of 100 hours needed for an award. Service hours from previous years may be documented.

This year we are introducing 3 new levels of Christian Service Awards:

- Christian Service Certificate – 100 hours of service
- St. Edward Award – 250 hours of service
- St. Bertram Award – 500 hours of service
- St. Orona Award – 750 hours of service
- St. James Miller Award – 1000 hours of service

All award recipients will receive a Service Award Pin to wear on their gown at graduation. Service documentation forms are in the Christian Service Center or on our website under Christian Service. Follow the links to document service. If you have any questions about Christian Service awards, please see Ms. DeBenedetti-Emanuel in the Christian Service office or e-mail her at sdebenedetti-emanuel@cbhs-sacramento.org.

Freshman, sophomore, and junior Service Hours: If you want to be considered for a Christian Service Award for 2010-2011, please turn in your service hours by Monday, May 2, 2011. If you plan on doing service over the summer and you want those hours to count for the 2010-2011 school year, you may turn those hours in on Friday, July 29, 2011. The requirements for Christian Service Awards are: Freshman – 25 hours; Sophomore – 50 hours; Junior – 75 hours. These service hours are cumulative and can be tracked from the first day of freshmen year until the present.

****Off Campus and Summer Volunteer Opportunities:** Please see Ms. DeBenedetti-Emanuel in the Christian Service office for a list of these opportunities. They will also be included in the February mid-month e-news.

VENAVER- Salinas students will be sponsoring a **Chili Cook-Off** to benefit Dorothy's Place, the soup kitchen where they volunteered. The cook-off will take place on Friday, February 11, 2011, from 4:00-7:00 p.m. Chili and cornbread will be sold in the cafeteria. We currently have 8 people who are vying for the title of best chili maker! The men's basketball team will also be playing against Rio Linda that evening so come out and enjoy a hot bowl of chili, an exciting basketball game, and support a great cause! If you would like to enter the chili cook-off or need further information, please contact Ms. DeBenedetti-Emanuel, Christian Service Director at sdebenedetti-emanuel@cbhs-sacramento.org.

VENAVER - NOLA students just returned from a week in New Orleans helping to rebuild houses for victims of Hurricane Katrina. The students were overwhelmed by the amount of work that still has to be done to help families get back into their homes. They also made an impression on the community in New Orleans. One board member of a local Catholic high school wrote, "I was so overwhelmingly impressed with the group and their genuine dedication to service.... This group was one of the most polite, courteous, and engaged group of kids that I have ever worked with." Congratulations to the NOLA group for doing such an amazing job! We are all proud of you!



STUDENT ACTIVITIES



The Mother/Son Father/Daughter Dance Student Council hosted the annual Mother/Son – Father/Daughter Dance on January 22. There were many “Elvis” sightings and our campus was flooded with James Dean look-alikes and pink ladies. From the BBQ hamburgers and root beer floats to the 50’s music played by the amazing DJ Hightop, a groovy time was had by all. Don’t miss it next year! The \$2,000 profit made from this dance will go to benefit the children of our sister school in Ethiopia.



The Salinas Venaver group is sponsoring a chili cook-off on February 11 in the cafeteria. The men’s basketball team will be playing against Rio Linda that evening so come out and enjoy a hot bowl of chili and an exciting basketball game. All proceeds will go to Dorothy’s Kitchen in Salinas, California. We will be serving chili and cornbread from 4:00 – 7:00 p.m. We hope to see you there!



The Sadie Hawkins Dance will be held on February 12. Ladies, find that cool guy you’ve been dreaming about and ask him to the dance before someone beats you to it. Tickets go on sale the second week of February.



Red and Pink Spirit Day

We will be celebrating Red and Pink Spirit Day on Monday, February 14. Having trouble deciding what to get your true love? Try a Candygram or a beautiful rose. They go on sale the first week of February.

ASB Applications will be available beginning Wednesday February 16th in Room 106. They are due back by March 1. There will be an information meeting for prospective candidates during lunch in Room 106 on the 16th.

VOCATIONS

We interviewed Art teacher and Fine Arts department chair, Mr. Findlay McIntosh, on the topic of vocation.

“A vocation is a meaningful activity you would do if you didn’t have to work for money. There are jobs, there are careers, then there are vocations. Ask yourself: if you inherit a lot of money, or win the lottery, what would you do for a living? That question can help you discern your vocation. If I won the lottery, I think I’d still continue to do what I’m doing—perhaps on a part-time basis.”

“My parents definitely influenced my vocation. We always had books and magazines around the house—they were readers. I had poor vision, and the eye doctor said people with poor vision naturally gravitate toward reading (because reading is within the field of focus). When I told my parents I wanted to teach, they said, ‘Finally, you figured out you want to be a teacher.’ It had been a natural conclusion for them. Being married has made all the difference to me. Carol, my wife, really helped me and encouraged me to go to school. She’s given me a sense of family and she helped point me in the direction of teaching.”

“Brother Thompkins was my favorite teacher. He had a wonderful sense of humor and was also very scholarly—a nice balance. Teachers would always tell me I was going to be a writer, so I accepted that. I didn’t really do much writing and I’m glad I didn’t. My perspective when I was young was foolish, and any early writings would have been there mocking me still. I didn’t really have anything to say.”

“I went to college later in life, in my late twenties. I liked the school environment and have always been bookish; I like the world of ideas. College seemed a perfect place for me.”

“My first teaching class was a bronze-casting class at the UC Davis Craft Center. I took the jewelry class, melted copper pennies, and made a statue. They asked me if I’d teach the class after I’d taken it one time.”

“My most interesting job has been this one, for sure! Teaching has been the most challenging and interesting of my jobs. I was a tour guide at Shasta Dam in the 1980’s. That was fun because you just walk people through the dam, talk about the big picture, and how the dam fit into the state’s agricultural plan. It had a lot of implications for how people lived: water issues, etc.”

“I helped at the Goodwill store, and I learned people who wanted to feel good donated their junk and felt they had done a good deed. In fact, the Goodwill had to use their precious resources to throw away 80% of the donations, which were garbage.”

“Professionally, I’ve benefited from my experience with Wayne Thiebaud at UC Davis and Coach John Wooden. Thiebaud taught the concrete skill of drawing; he wasn’t interested in whether or not you were an artist. He was reluctant to call himself an artist; he said it was like a priest calling himself a saint. Wooden always saw himself first and foremost as a teacher; he knew how to motivate people and get the best out of them.”

“Here’s my advice about college: if you know where you’re going to live for the rest of your life, go to college in that area. You might meet your significant other there, or create an important group of friends. You might never come back home; and if you do, you might lose that important circle of friends.”

“For me, the meaning of life is to find a meaningful contribution to the human experience. If I had my life to do all over again, I would change a lot, but that would probably be foolish. Things have turned out so well for me that that would probably be a mistake.”

ATHLETICS

ACHIEVEMENTS

As the winter season winds down for some and others gear up for playoffs, it is time to recognize the accomplishments of our student-athletes who succeed in their athletic endeavors while effectively balancing the demands of academics. **For the first time since we began this recognition all winter sports teams achieved a grade point average of 3.0 or better in the first semester:**

M – JV Basketball	3.07
Frosh Cheerleading	3.09
W – JV Basketball	3.19
M – Varsity Basketball	3.29
Wrestling	3.3
W – Frosh Basketball	3.38
Varsity Cheerleading	3.41
JV Cheerleading	3.43
W – Varsity Basketball	3.45
M – Frosh Basketball	3.48

Further, the following individuals earned a 3.5 or better in the first semester while fulfilling their responsibilities to their teams:

Cheerleading: Sydney Garcia, Veronica Martinez, Zaria Watkins, Samantha MacDonald, Brynn Thomason, Breanna Sharer, Jessica Cordeiro, Jamie Quinn, Shoshana Fulton, Shelby Stewart, Alivia Owyong, Bri'Ann Price

Men's Basketball: Priestin Barnett, Eric Domek, Bryan Petkus, Lucas Still, Erik Bloomquist, Steven Lahey, Samuel Swanson, Max Fuhs, Avarnté Yarber, John Romich, Nicholas Domek, Casey Long, Sean Steimel, Nathan Goncalves

Women's Basketball: Megan O'Hearn, Elenamarie O'Malley, Dalja Tillman, Hannah Ahern, Natalia Gonzalez-Smith, Ailanna Guerrero, Nicole Skow, Madeline Esquivel, Courtney Matsuo, Savannah Muzzi, Gabrielle Patterson, Lynette Sandoval, Margaret Taylor, Alexandra Lemont, Niel Valmores, Grace Kellison, Natalie Hastings

Wrestling: Matthew Rocas, Briana Lovett, Christopher Venegas, Maria Castro, Mallory Vette, Juana Patlan, Kyle Jelcich, Justin Tak, Caleb Stringer, Lauren Adams, Michael Palmer, Enijah Smith-Joe, DeAngelo Basquez, Ruby Santos, Reginald Smith, Mark Lagunas Jr., Richard Laciste

Spring Sports

As spring sports quickly approach please make sure that if your son or daughter plans on trying out for a sport, their completed Athletic Consent and Release form must be turned in to the head coach prior to any participation or tryouts. This form must be signed off by a physician so please contact your doctor's office immediately so there is no disruption to the tryout process.

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 ninth grade. Athletes must finish the season in good standing.

GPA: Athletes must have a cumulative 3.5 (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 (or trimesters) from ninth 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:

Men's Basketball: Nicholas Domek, Casey Long, Nathan Goncalves, Max Fuhs, John Romich, Avarnté Yarber

Women's Basketball: Lynette Sandoval, Meg Taylor, Niel Valmores, Grace Kellison, Nicole Skow, Madeline Esquivel, Savannah Muzzi, Gabrielle Patterson

Wrestling: Matthew Rocas, Maria Castro, Caleb Stringer, Briana Lovett, Christopher Venegas, Mallory Vette, Kyle Jelcich, Juana Patlan, Reginald Smith, Enijah Smith-Joe

Because Cheerleading is not part of CVC-approved sports they do not qualify for this honor, however, we recognize the advanced accomplishments of the following scholar-athletes:

Jamie Quinn, Shoshana Fulton, Jessica Cordeiro, Samantha MacDonald, Breanna Sharer

Important Coaching Changes:

Men's tennis welcomes **Dexter Fong** as the new leader of its program. Dexter had two children attend Christian Brothers High School so he is very familiar with our community. He brings vast experience to the position, being a Director of Tennis/Head Tennis Pro at Park Terrace, Natomas Racquet Club, Racquet Fitness Club in Davis, and currently at California Family Fitness in Elk Grove.

The swimming program will be under the leadership of **Jennifer Cadmus** who recently graduated from UC Davis where she competed on the swim team, earning a place on the UC Davis all-time top 10 list in the 50 free and 100 fly, as well as being named to the 2009-10 Academic All-Big West Conference team.

Our women's lacrosse program will be led by **Scott Coyner** this spring. Scott has been an assistant coach for the program for a few years. As an on-campus coach, Scott has been heavily recruiting and conditioning young ladies in anticipation of a great season.

In December Andre Johansen stepped down as the head football coach at Christian Brothers High School. Our Athletic department appreciated his 6 years of leadership and wishes him well as he focuses on his family.

We are very happy to announce **George Petrissans** will take over the **football program**. George has been a part of our school and coaching community for the past 9 years, and is eager to put his stamp on the program. Since being named, he has been busy creating his staff and organizing the off-season program.

There will be an important **informational meeting Wednesday, February 16 at 6:00 pm in the cafeteria for all prospective football players and parents**. This meeting will include introducing coaching staffs for the different levels, spring and summer programs, as well as understanding the direction of the program.

VISUAL & PERFORMING ARTS

January was a month of outstanding performances and accomplishments for our Visual and Performing Artists at CB.

Congratulations to our student actors, actresses and directors on their accomplishments at this year's **Robert Smart Theatre Festival** (formerly The Lenaea Festival). Thirty-eight high schools participated in this three-day festival. The actors performed for and were adjudicated by regional professionals, and our students were recognized with numerous awards. Jane Campbell received "Outstanding Actress in a One-Act play"; Dominga Noe and Jason Kaye received a silver medal for their duet scene, and the cast of "Almost, Maine" (directed by Whitney Hoblit) received the Synergy Award for enthusiasm and professionalism, and a bronze award for an outstanding production. All in all, it was an incredibly successful weekend for our students.

Our choral department saw four of its members participate in the "Capitol Section Honors Choir", where they joined forces with over 150 other select high school singers in a performance that wowed audiences. This ensemble had three days of rehearsal to refine and assemble a masterful performance of collegiate level literature while working with a highly respected guest conductor. This year, they had the privilege of working with Ken Rawdon, Choral Conductor at Mt. Eden High School in Hayward, CA. Sebastian Sanchez, Sam Lovell, Kelsey Wong and Emily Braaten represented CB and came back fired up and ready to help take our choir program to new heights!

Finally, our **Jazz Band** traveled to Anaheim once again to spend an entire day with a professional clinician from Walt Disney World. This is the third year our Jazz Band has taken part in this wonderful opportunity. Once again they returned feeling extremely proud of how well they sound, and brought back a bag of tricks to help them get even better. This is just an example of another wonderful opportunity for our aspiring musicians at CB.

February is a relatively calm month for VPA as we gear up for our busy season, starting in March. However, you will have one opportunity to hear our entire choral program as they present their "Pre-Festival Concert." This free concert of standard choral literature in preparation for their numerous spring competitions and festivals will take place at 7:00 p.m. on Thursday, February 24 at St. John the Evangelist Church. Our choirs will be joined by the choir from St. John the Evangelist elementary school, under the direction of Ms. Amy Riders. Come and join us as we lift our voices in song.

And, as always, if you believe that the arts truly do help educate the whole person, we want you to be a part of our parent support group, **Friends of the Arts**. Join us in Room 109 at 6:30 p.m. on February 9 and see how you can get involved with the arts at Christian Brothers.

"Read, read, read."

"The man who does not read good books has no advantage over the man who can't read." Mark Twain

This month we consider the serious question, "Which series is better: *Harry Potter*, or *Twilight*?" Counting the number of Gryffindor scarves observed on campus, J.K. Rowling edges out the competition. This was verified by Meg T., Junior, passing along this wisdom from Andrew Futral: "Harry Potter is about confronting fears, finding inner strength and doing the right thing in the face of adversity; *Twilight* is about how important it is to have a boyfriend."

What are our students reading? I (Ms. Greene) surveyed students riding in my van as we returned from the Women's Vocation Retreat in January. Junior Anisla M. recommends *Revolution* by Jennifer Donnelly. The Sacramento Public Library summarizes this work of teen fiction this way: "An angry, grieving seventeen-year-old musician facing expulsion from her prestigious Brooklyn private school travels to Paris to complete a school assignment and uncovers a diary written during the French revolution by a young actress attempting to help a tortured, imprisoned little boy—Louis Charles, the last king of France." Junior Ava C. recommends the *Princess Diaries* series by Meg Cabot. "The books are very different from the movies, and much better. Even major plot points were changed when they created the movies. I recommend the books." Senior Lynette S. chain-read on the trip, starting with *The Color Purple* by Alice Walker (required for class) followed by *City of Glass* by Cassandra Clare (Lynette said, "It's full of twists and turns and has a surprise ending!") and for a smooth finish, picking up the complete works of Jane Austen to reread *Pride and Prejudice*. Long car rides are a gift....

Mrs. Mary Hesser recommends: "I have just finished reading *The Life You Save May Be Your Own* by Paul Elie. It is a fascinating and moving account of the lives of four twentieth-century Catholic thinkers and writers: Thomas Merton, Dorothy Day, Walker Percy, and Flannery O'Connor. Their biographies are interwoven flawlessly and give the reader a real sense of the major social concerns and movements of America from the 1930's all the way to 1990, and how each of the subjects impacts society with lives signified by faith, intellectual curiosity, and social justice. The subtitle of the book is *An American Pilgrimage* and it is truly a pilgrim journey to read - deeply thought-provoking with theology, philosophy and literature woven into a powerful story of vocation. It is definitely a book I recommend and one that will stay with me for a long time."

Mr. McIntosh: "The book I am reading right now is *At Home* by Bill Bryson. He goes through each room in the house and gives a history of each room: the kitchen, the hallways, etc."

What books are you and your family reading? Email your recommendations to jgreen@cbhs-sacramento.org

Please continue to donate books for our students! Deliver them to Ms. Greene in Room 205, the Library/Media Center, or any teacher with a "Put and Take" shelf in the classroom.

SCHOOL CALENDAR - FEBRUARY 2011

ENTER TO LEARN, LEAVE TO SERVE

February '11

FEB. 1-4	Retires 35	FEB. 11	Sophomores Retreat Chili Cook-off 4:00-7:00 p.m.	FEB. 21	Presidents' Day Holiday - no classes
FEB. 1	Professional Attire Day for Students	FEB. 12	SAT Prep Class 9:00 a.m.-1:00 p.m.	FEB. 22-25	Pre-Reg Week (special schedule)
FEB. 2	Localian Parent Club 'Five Cares' Dinner	FEB. 13	Soda Hawkins Dance	FEB. 24	Classes begin 9:00 a.m. Choral Festival Concert 7:00 p.m. St. John the Evangelist Church
FEB. 3	Classes begin 9:00 a.m.	FEB. 14	Red and Pink Spirit Day	FEB. 25	Sophomores Retreat
FEB. 4	First Friday Vacation Awareness Day	FEB. 15	Junior Retreat	FEB. 26	SAT Prep Class 9:00 a.m.-1:00 p.m. Jr./Sr. Open Dance @ Jesuit HS 7:30-10:30 p.m.
FEB. 5	Parent/Student Retreat SAT Prep Class 9:00 a.m.-1:00 p.m. Alumni Dinner Cresider Art Museum High School Self-Portrait Show	FEB. 16	Sophomores Parent Academic Planning Night 7:00 p.m.	FEB. 26-28	PAL Girls' TOC
FEB. 7	Spring Sports begins Booster Meeting 4:00 p.m.	FEB. 17	Classes begin 9:00 a.m. ASB applications available ASB candidates meeting @ lunch Spring Athlete Mtg. - Falcon Flex Football Parent/Athlete Mtg. 4:00 p.m.	FEB. 27	Junior Family Liturgy 9:00 a.m.
FEB. 9	Friends of the Arts Mtg. 4:30 p.m.	FEB. 18	Community Retreat - no classes	FEB. 28	Pre-Registration Make-up after school
FEB. 10	Classes begin 9:00 a.m. Sophomores Class Prayer Service/ Senior Picture - Falcon Flex Mathletes @ Laguna Creek HS	FEB. 18-21	Localian Vacation Retreat for Males		
		FEB. 19-20	PAL Boys Basketball		

INSIDE

Guidance
Campus Ministry
Christian Service
Student Activities

Athletics
Visual & Performing
Arts
Falcon Family Faces

FALCON FAMILY FACES



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FALCON FAMILY NEWS

Balancing Excellence and Affordability

Ah spring! Blue skies, high-level learning, athletics, the arts, service and faith. This is my favorite time of the year! As school lets out each afternoon, the fields, gymnasium, field house and weight room fill with student athletes working hard and competing. Our student artists are busy preparing for the spring play, the La Salle Art Show, the upcoming instrumental concert, and the Hollywood Bowl. Kairos and class retreats, family liturgies, and Christian service continue to enrich the faith life of our school community. Seniors are anxiously awaiting acceptance letters and discerning which college will be the right fit ... and their options include the most prestigious colleges in the country. Best of all, we anticipate the joy of the Resurrection on Easter Sunday.

With the renewal of spring comes a reminder to me of the many phenomenal facets of this school community. In addition to the outstanding academics and enriching co-curricular activities, there are signs of strength and promise burgeoning below the surface. We anticipate welcoming another strong freshman class. We've made significant campus enhancements over the past few years, and we are fortunate to be debt free. Our faculty and staff are loyal, professional, and mission-driven. *Christian Brothers is the place to be.*

All of this excellence comes at an economic cost. We recognize that you make tremendous sacrifices to send your children to Christian Brothers and take seriously our responsibility as stewards of the significant investment you make in your sons and daughters. Our constant challenge is balancing mission-centered excellence with affordability. I am confident that we invest your resources well in your children's education.

Two years ago we increased tuition by a modest 1.9%. Last year we announced that we froze tuition for 2010-11. Recently, the Board of Trustees approved an operating budget which calls for us to raise tuition 1%. **Tuition will be \$11,310 for 2011-12.** (This does not include the annual enrollment fee.) Our tuition will remain well below the average for Catholic high schools in Northern California. I believe most other Catholic high schools in Northern California will be passing along tuition increases in the 4-5% range.

We recognize our tuition is a significant sacrifice for most families. We also recognize that, for some families, assistance is needed to make ends meet. In 2010-11, we are distributing \$1.4 million to 251 students. That's 25% of our student body. We expect these numbers to be similar in 2011-12. Tuition assistance comes from three sources: endowment earnings, annual fund donations, and the operating budget. We are grateful to all of our alumni and parents who support our Annual Fund. Your ongoing support is critical to our mission!

Raising teenagers is tough. We know it. We've been "in this business" for 135 years. But 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

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

LASALLIAN CORE PRINCIPLES

FAITH IN THE PRESENCE OF GOD:

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

CONCERN FOR THE POOR AND SOCIAL JUSTICE:

We are in solidarity with the poor and advocate for those suffering from injustices.

QUALITY EDUCATION:

We engage in quality education together as students, staff and faculty by thinking critically and examining our world in light of faith.

INCLUSIVE COMMUNITY:

We celebrate diversity and welcome all members of our community.

RESPECT FOR ALL PERSONS:

We honor and respect the dignity of all individuals.

GUIDANCE DEPARTMENT NEWS

MARCH '11

2

SPRING SEMESTER

CB Students Achieve Highly!

The National Merit Scholarship Program is conducted by the National Merit Scholarship Corporation in conjunction with the College Board, and is a competition open to all high school juniors who take the Preliminary SAT (PSAT) test. Winners of scholarships are chosen on the basis of their abilities, skills, and accomplishments. In October each year, approximately 1.5 million high school juniors in some 22,000 high schools take the PSAT. Of those, students who achieve significantly high scores are selected by the NMSC to enter the National Merit Program. Approximately 50,000 students achieve commended status in the Program, and approximately 16,000 are named Finalists. The class of 2011 boasts nine students with National Merit Commended status, and one student who achieved National Merit Finalist status. The commended students are:

Michael Ensign	Miranda Friel
Martin Hall	Scott Hollingsworth
Connor Lee	Megan Lent
Andrew Pontes	Hudson Shively
Christopher Venegas	

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

Melissa Huang

In addition, the following class of 2011 students have been recognized by the National Hispanic Recognition Program (NHRP), a program initiated to identify outstanding Hispanic/Latino high school students based on PSAT scores:

Gabriel Bayard	Stephanie Braziel
Marina Hernandez	Jordan Sipes
Christopher Venegas	

The National Achievement Scholarship Program recognizes 4,700 of the top Black American high school students in the country based on their PSAT scores. This year, Christian Brothers has one honored student and that student is:

Michael Ensign

Congratulations, Falcons!

Upcoming Guidance Events:

March 9 – Exploring Colleges for Juniors and Their Parents 7:00-8:30 p.m., CB Cafeteria

April 27 – Transition to College for Seniors – Letting Go and What I Wish I Had Known, 7-8:30 pm, CB Cafeteria

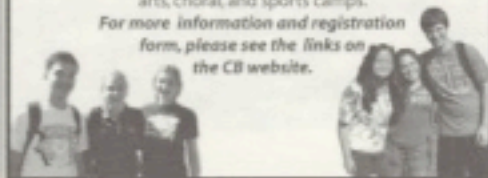
Guidance Department Staff Update:

As you know, Mrs. Mary Hesser (the former Director of Guidance) was recently named as permanent Principal. Mr. Kirk Purdy (who was serving as Interim Guidance Director/College Counselor this year) has been named as permanent Counseling Director. He has tabbed Ms. Melissa McClellan (current counselor for the Class of 2011) as the new College Counselor. She will begin working with present juniors on the college process along with class of 2012 Counselor, Mr. Armando Diaz. Mr. Purdy and Ms. McClellan will share duties as counselors for the incoming Class of 2015 next year.

CB SUMMER SCHOOL

Summer School registration is underway! Classes begin **Monday, June 20, 2011**. Programs include regular and remedial high school courses, high school prep courses, arts, choral, and sports camps.

For more information and registration form, please see the links on the CB website.



ATTENTION: PARENTS of RETURNING STUDENTS

Re-enrollment materials for 2011-12 will be mailed to you in mid-March. Please be sure to complete and return all required forms and registration fees no later than May 2, 2011.

CAMPUS MINISTRY

Liturgies

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

Sacrament of Reconciliation:

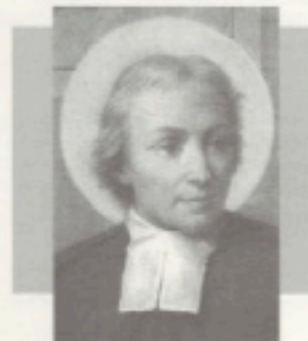
The **Sacrament of Reconciliation** will be offered to all students on **Friday, April 8** throughout the school day. Encourage your son or daughter to sign up in his or her religious studies class for the opportunity to receive this sacrament during the Church season of Lent. If you have any questions, please contact **Mary Alice Bennett** at 733-3600 ext. 1040.

Retreats

The **Kairos 36 Senior Retreat**, the last senior retreat of the year, will be **March 22-25**. Please remember the retreatants, student leaders, and adult leaders in your prayers during these four days of spiritual reflection and growth. This retreat is full.

There are three more **Junior Retreats** this semester. The overnight retreat is **March 28-29**. The single-day retreats are **March 1 and April 5**. All Junior Retreats take place at Christ the King Retreat Center. Sign-up sheets are in Campus Ministry.

There are two more **Sophomore Retreats** this semester: **March 4 and April 1** at the Newman Center. Sign-up sheets are in Campus Ministry.



Nothing offers better guidance on our Lenten journey than the words Jesus spoke to his disciples, read during the liturgy of Ash Wednesday: "Give alms... Pray to your Father... Fast without a gloomy face..."
(Matthew 6:1-8)

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

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

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

Adapted from an article by Victor Hoagland, CP



Words of St. John Baptist de La Salle

God feels such great tenderness for us that he gives us his own Son to nourish our souls.

Matthew 21:1

CHRISTIAN SERVICE

March '11

4

SPRING SEMESTER

Almsgiving

Seniors Donate CB Gear:

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

Lenten Almsgiving:

Each year during the liturgical season of Lent CB engages in a school-wide Almsgiving project to benefit an organization that serves the poor and vulnerable. This year the Christian Service Corps (CSC) and the Beads for Life Club will be sponsoring an almsgiving project to help fight malaria in Uganda. The Beads for Life Club along with CSC will be selling bracelets during Lent to buy mosquito nets for families in Uganda. Each bracelet has one bead made out of recycled paper from the Beads for Life group in Uganda. Beads for Life aims to help women and their families emerge from poverty by teaching them transferable skills and how to run a small business. Bracelets will be on sale for \$5.00 in the SAC during lunch from March 15 - April 1, 2011.

Outreach

Annual St. Baldrick's Event on March 14, 2011

CB Falcons will be participating in the St. Baldrick's event to promote cancer research for children on March 14, 2011 at 5:00 p.m. at DeVere's Irish Pub, 1521 L Street, Sacramento. The team members will shave their heads in solidarity with children who often lose their hair during cancer treatments. They will also be gathering donations for cancer research. You can support the efforts of these young men by donating on their team website at: <http://www.stbaldricks.org/teams/mypage/teamid/68609>. Last year the Falcon team raised over \$1500. If you are interested in joining the team please contact Anthony Ferrigno, class of 2011, at 916-508-1429 or Anthony.ferrigno@comcast.net.



Freshman, sophomore, and junior Service Hours:

If you want to be considered for a Christian Service Award for 2010-2011, please turn in your service hours by Monday, May 2, 2011. If you plan on doing service over the summer, you may turn those hours in on Tuesday, August 2, 2011. The requirements for Christian Service Awards are: Freshmen - 25 hours; Sophomore - 50 hours; Junior - 75 hours. These service hours are cumulative and can be tracked from the first day of freshmen year until the present.

Grad Night Pasta Feed

Six weeks away and counting. Mark your calendar for Friday, April 8, 2011. Great food, Silent Auction, 50/50 Raffle, CB City Rhythm Jazz Choir, and The Slack Kats. Take out orders begin serving at 4:30 p.m., and dine-in at 5:00 p.m. Tickets are \$12 each, and all tickets will be sold at the door. Don't forget, this year's Pasta Feed is held in conjunction with the CB Spring Play. All money raised for both events will go towards to Senior Class All Night Grad Party. Tickets for the Spring Play can be purchased through Friends of the Arts or at the Pasta Feed. For a fun evening of fabulous food, friendship and entertainment, come to the Pasta Feed on April 8. This not your average "spaghetti feed"! For more information, please contact Phil Silver at: 916-759-6559.

STUDENT ACTIVITIES

For upcoming upper division students (classes of '12 and '13) who have a strong desire to get really involved with many of the activities on campus, applications for Associated Student Body Council are now available in Room 106. Applications are due at a required meeting on March 1 during lunch in Room 106. Campaign week and elections will be held March 15 - 18. Class Council applications will be available Monday, March 21.

St. Patrick's Spirit Day will be March 17. Dress code will call for as much green as the Valentine's Spirit Day called for red. Will a leprechaun be visiting our campus??

Bood Drive: The second Blood Drive of the year will take place on March 25. All donors are welcome to help save lives. Students under the age of 18 must pick up a parent permission form to be able to participate. We hope to make this our best blood drive ever, but we need your support!

The Upper Division Ball will be held Friday, April 15. Bids will go on sale Monday, March 28 and continue through Thursday, March 31. Guest passes are now available in Room 106 and the main office. The guest passes are due no later than March 21. The planning has just begun, more exciting news will follow.

The Frosh/Soph Date Dance will be held on the same evening and for this reason freshmen may not be invited to the Upper Division Ball. The theme for this dance will be casual, in contrast to the 'formal' UD Ball. Guest passes will be available on March 15 and will be due April 1—no fooling!

March '11

5

SPRING SEMESTER

VOCATIONS

We interviewed Ms. Jennifer Lystrup, Religious Studies teacher, on the topic of vocation.

"Vocation is passion. Poverty is one of the major underlying problems we have, worldwide. All of us can do something about it, and this is my passion. This passion fits in perfectly with my teaching. Homeless youth are our invisible youth, so I decided to address this local issue with my Social Justice class. Our young homeless are going to be adult homeless if we don't do something.

My 'Aha' realization about the homeless came in 2010. I went with the WIND youth outreach coordinator and talked with some young people living by the river. That changed me so deeply. It hasn't gone away...it's present with me all the time now. The feeling I had that day told me 'yes, this is what I should be doing.' I had a visceral feeling the first time I sat down and talked to a homeless youth by the river that has remained. Maybe because I really like working with teenagers, perhaps that's why it resonated so deeply.

I participated in the homeless count the last week of January. Over the past two months I have been doing some observations on K Street. How do we address the marginalized youth issues on downtown Sacramento streets? Another shelter or another soup kitchen are not long-term solutions. It would be a dream for our Lasallian District to get involved with transitional age housing (18-24 years), improving literacy skills, and offering counseling. Legal adulthood begins at 18, and many who have aged out of the foster system don't have social or financial support. Adult shelters can be very dangerous for an 18-year-old. Transitional age housing is necessary to create real change, and systemic change is what social justice is all about.

Now I'm more aware of homeless people; I stop and try to give them what they need. One recent encounter affected me deeply. I saw a lone woman in a busy intersection, destitute, wearing white but obviously dirty, urine-stained, obviously cold and struggling, but no one stopped to help her. I offered her a McDonald's card, but she was afraid to take it. I offered her clean socks, and those she took and definitely needed them. Sure, this interaction slowed me on my way to work, but it was the right thing to do.

I made a documentary, *Beautiful Youth*, about the issue of teen homelessness. I tried hard to respect and not exploit the youth I interviewed there. I'm grateful to CBHS senior, Mackenzie Long '11, who did most of the filming and all of the editing, and I'm also really grateful to Mr. Brendan Hogan of KBFT because he's been tremendously supportive. I'm very grateful to CBHS colleagues and administration for supporting me in this endeavor. I want to continue to improve my filming technique and bring my skills and passion to educate people through film on other justice issues, including trafficking and gender issues relating to homelessness.

Each of us can do something to serve others. If you have resources, or gift cards (McDonald's, Target) you can help a homeless person immediately. And, don't stereotype: we really have no idea what these people's stories are. Sometimes they have experiences we could never conceive of. Be really present to them as human beings. As fellow human beings, we have to address homelessness. Whenever I see a homeless woman, I think, "That could be me." I feel great empathy when I see a homeless mother. Women face greater challenges: it's more dangerous for them, and there's a deeper shame (they can't provide for their children).

I want my students to understand homelessness is a big problem that isn't going to just go away. I want all my students to find something they can be passionate about and stay involved with their whole life. Try to be empathetic and think, "There but for the grace of God go I."

"The vocation of every man and woman is to serve other people." —Leo Tolstoy
Next month: Stories about the Women's and Men's Vocation Retreats 2011

ATHLETICS

Basketball News

Men's Basketball: The freshman Men's Basketball team ended its season on a 10-game winning streak which included going undefeated in league play. They held their opponents to 37.9 points per game without pressing and trapping. Their final season record was 23-4. Great contributions were made by all. We are very proud of their accomplishments.

The JV team finished their season third in league play. The players had a great fighting spirit and their resiliency was unmatched. They were 'in the game' in every contest and learned much throughout the season.

The Varsity team had some peaks and valleys, but ended playing good basketball in a very memorable season. They can apply many of the lessons learned throughout their lives after basketball. They kept it close in their final game, and it was a great experience for the whole team, especially for the juniors who will be returning next year.

Women's Basketball: The frosh Girls' team completed a fun and exciting season. The girls learned a lot about the amount of commitment, effort, and responsibility that is required for a student athlete to be successful both in the classroom and on the court. Several of the girls have already moved on to a spring sport. All are looking forward to playing basketball again next winter.

The JV Girls' basketball team had an excellent season this year. The team ended with a record of 17-10 and a league record of 8-2. The team also was the CVC Champion for the JV level. Congratulations to all of them for an excellent season.

Our Varsity team finished 2nd in conference play and is seeded 4th in Division 3 playoffs. Our ladies were impressive with their opening round 70 - 42 victory over Placer on February 22. They were victorious in second round action over Manteca, and will play in a semi-final round against Sacramento High on Wednesday, March 2.

Wrestling: Wrestling is winding down after a great season. CB's Varsity wrestling team had 8 wrestlers make it past league to division competition, and two of them have since advanced to masters level in Stockton. CB boasted more female wrestlers than anyone in the area, and had its first ever all-girl dual meet. Two of our girls are moving on to the Girls' state tournament. Congratulations to all wrestlers!

Rugby: The Varsity rugby team came up short against De La Salle in the annual Lasallian Cup at St. Mary's college. The rugby team recently finished 2nd in the Kick-Off Tournament International division, and is currently 2-1 in league with wins over Motherlode and Jesuit Red.

Spring Sports: It is time for games to begin, so of course we start with rain! We are fortunate that our fields drain well, but we anticipate the inevitable need to reschedule games. We strongly recommend signing up for 'Get Alerts' on our Sports Calendar. By signing up, you can get-up-to-the-minute changes to schedules sent to your phone or via e-mail.



MARCH '13

6

SPRING SEMESTER

Our next Professional Attire Day FOR STUDENTS Wednesday, March 2.

All students must follow the guidelines on page 19 of the Parent-Student Handbook. Any student having a financial issue regarding professional attire may see Mrs. Warren our Registrar for assistance.

VISUAL & PERFORMING ARTS

What an incredible month February was in the world of Visual and Performing Arts at Christian Brothers High School. Our spring play **"The Crucible"** was cast and is now in rehearsals for the April performances; the Ceramics classes have almost completed the 400 bowls that they are making for the **"Empty Bowls"** project to benefit the River City Food Bank; and our **Choral Program** kicked off their festival/competition season with a breathtaking performance at St. John the Evangelist Church in Carmichael. **And now we enter March Madness...**

If you are into the arts, we have plenty of opportunities for you to see our talented students in the upcoming month, starting on Friday, March 11, 2011 at 7:00 p.m. in the CB Gym with our **19th Annual Jazz Dessert**. This flagship event of our instrumental and choral music departments features music from the swing, Latin and contemporary jazz idioms. Great music along with great desserts make this a must attend event. Admission is \$10/general and \$5/students/senior and new this year... preferred seating at \$20. Order forms are on the school website. Please submit order forms in advance, as tickets are already selling fast.

On Saturday, March 12 at 8:00 p.m. Christian Brothers Honors Chorale will be performing three selections in the **CSUS Choralfest Concert**. The Concert is at Sacred Heart Church and tickets are \$10/general and \$5/student/senior.

During this same time, from March 9-12, our nationally ranked video production program will be performing in the annual **Student Television Network** competition in Orlando, Florida. This national competition alternates between the west and east coasts and for the first time, our students will be traveling across the country to represent our school in this prestigious event. Keep your eyes on the school website for results as they come in.

Friday March 18 is the third of four **Open Mic** nights this year. Tickets will be on sale during lunches the week of the event. Once again, seating is limited and this event, which features the talents of students from all corners of the campus, sells out almost as soon as tickets go on sale. If you have never been to an Open Mic night at CB, check it out. You will be amazed by the talent of our wonderful students.

You can support our choral department Saturday, March 19 as Honors Chorale and our Combined Women's Ensemble perform and are adjudicated at the CMEA sponsored **"Golden Empire Music Festival"**. Time will be posted on the school website when it becomes available.

And if a daytime performance isn't enough, that same evening **CB City Rhythm** will once again grace the walls with music at our annual Auction as they sing for those setting sail on our Alaskan Cruise themed event. Not only will this award winning vocal jazz ensemble be performing, they are an auction item! If you want to have CB City Rhythm perform at your 2011 Christmas party, have your checkbook ready, because there is always a bidding war for this amazing item.

On Wednesday, March 23 Honors Chorale will be traveling to Napa to participate in the **Napa High School Choral Festival**, one of the premiere choral festivals in Northern California. They perform at 5:30 p.m. If you happen to be in Napa that day, feel free to come out and support one of the top eight choral ensembles in all of Northern California.

And to plan ahead in April... **"The Crucible"** opens the weekend of April 1 in our Little Theater. Friday and Saturday shows start at 7:00 p.m. and Sunday matinees begin at 2:00 p.m.

We love seeing you at our VPA events. If you have any other questions, please check the school website and the CB Arts webpage for up-to-date information.

March '11

7

SPRING SEMESTER

"Read, read, read."

"Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him." --Maya Angelou

"I'm thirty years old, but I read at the thirty-four-year-old level." --Dana Carvey

Books enjoyed on campus last month:

All Dark No Stars Stephen King

Still Alice Lisa Genova

So Much for That Lionel Shriver

Cleopatra Stacy Schiff

Catch-22 Joseph Heller

Home Bill Bryson

Let the Great World Spin Colum McCann

The Billionaire's Vinegar Benjamin Wallace

Born Round: The Secret History of a Full-Time Eater Frank Bruni

Resters, NY Times, Sac Bee, LA Times

The Story of Edgar Sawtelle David Wroblewski

Stalin: A Biography Robert Service

Dragon Bones Patricia Briggs

The Violence of Peace Stephen L. Carter

Yoga and the Quest for the True Self Stephen Cope

Cutting for Stone: A Novel Abraham Verghese

The Immortal Life of Henrietta Lacks Rebecca Skloot

The Girl With No Shadow Joanne Harris

SCHOOL CALENDAR - MARCH 2011

ENTER TO LEARN. LEAVE TO SERVE

March 11

- | | | |
|--|---|--|
| <p>March 1 Junior Retreat
ASB apps and speeches due
ASB candidates mtg. @ lunch</p> <p>March 2 Professional Intre Day for Students
Friends of the Arts Mtg. 4:30 p.m.</p> <p>March 3 Classes begin 9:30 a.m.; dismissal 2:00 p.m.</p> <p>March 4 First Friday Toxicoin Awareness Day
Sophomore Retreat
Fresh/Soph Open Dance @
St. Francis 7:30-10:30 p.m.</p> <p>March 5 Diocesan Academic Decathlon @ CB</p> <p>March 6-7 Sophomore Scholars Revision River Trip</p> <p>March 8 Open Mtg Auditions after school
LPC Board Mtg. SMAT Lounge</p> | <p>March 9 Classes begin 8:00 a.m.
Ash Wednesday Liturgy 9:30 a.m.
Open Mtg. Auditions after school
Exploring Colleges for Juniors &
Parents 7:00 p.m.</p> <p>March 9-12 Student Television Network Convention</p> <p>March 10 District CLASP Review
Mathletes @ Franklin High School</p> <p>March 11 District CLASP Review - NO CLASSES
17th Annual Jazz Dessert</p> <p>March 12 Math Invitational 9:00 a.m. - 1:00 p.m.</p> <p>March 14 Faculty/Staff Professional Day -
NO CLASSES
Booster Mtg. 4:00 p.m.</p> <p>March 15-April 1 Lenten Abrogiving</p> <p>March 15-18 ASB Campaign Week</p> | <p>March 16-19 Religious Education Congress Youth Day Trip</p> <p>March 17 Classes begin 9:00 a.m.
St. Patrick's Spirit Day
ASB Speeches - Falcon Flex
ASB Election</p> <p>March 18 Open Mtg. Night 7:00 p.m.</p> <p>March 19 CB Auction - Set Sail for Alaska</p> <p>March 21 Class Council apps available</p> <p>March 22-25 Kikras 36</p> <p>March 24 Classes begin 9:00 a.m.</p> <p>March 25 Blood Drive</p> <p>March 29 Junior Retreat
Fresh Enrollment Night 5:30 p.m.</p> <p>March 30 Classes begin 9:00 a.m.</p> |
|--|---|--|

INSIDE: Guidance
Campus Ministry
Christian Services
Student Activities

Athletics
Wood & Performing
Arts
Falcon Family Faces

FALCON FAMILY FACES



8
SPRING SEMESTER



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FALCON FAMILY NEWS

CELEBRATING CREATIVITY

My wife Holly and I have two young children, Liam, age 8 and Laine, age 6. Our home is filled with the typical sights and sounds of a first and third grade lifestyle. Practicing piano, having fun with the dogs, watching Scooby-Do, playing video games...

Our 'structured time' is consumed with piano lessons, karate, dance and baseball. What is most fascinating to me is the 'unstructured' time when we get to witness our kids at their most authentic. And what a joy! It is during these times that we hear our kids singing, laughing, creating imaginary scenarios and playing them out to the fullest...when they will spontaneously sit down and begin writing a story or drawing pictures of their friends, family or pets.

Do they ever argue? Absolutely. Do they ever make poor choices? Certainly. Do they ever make mistakes? Almost as often as I do. But what is so critically important to Holly and me is that they know that they are loved unconditionally. Because of that, in our humble house, we witness a mountain of joyous memories sprinkled with a few little 'lessons' every single day. And yes... we do sing four-part choirs at the dinner table occasionally. We are the quintessential music nerd family.

The feeling of joy and unconditional love that is present at my home is the same feeling present when you walk into a classroom at Christian Brothers. The teachers love the students unconditionally. Not only do they teach, they coach, counsel, mentor and listen. They are living examples of what it means to be a role model. Although our kids are only six and eight years old, we look forward to the day when they are sitting in a CB classroom proudly wearing their "Class of....." t-shirt.

One thing I have noticed about Liam and Laine is that they love to be creative. They will sing a song at the top of their lungs, they will change the words, they will embellish the melody, they will dance, they will act out something that they saw on Scooby-Do, they will build incredible things with Tinkertoys and they will draw the most amazing pictures. This is also something that is present at Christian Brothers. CB students love to create.

And thanks to some incredibly generous donors at the CB Auction, we are \$45,000 closer to a venue for our students to do just that!

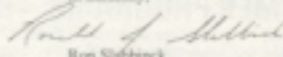
On March 19, at the annual CB Auction, friends and family had the opportunity to enjoy an evening of food, drinks and community as they bid on a wide variety of fantastic auction items. In addition, guests were asked to participate in a "fund-an-item" bidding, where everyone could donate at whatever level they felt comfortable, starting at \$5,000 and working down to \$100.

This year the fund-an-item was the new Christian Brothers High School Performing Arts building. This 299-seat auditorium will be outfitted with the most current technology and features found in any modern theater. It is a place that will truly honor and showcase the gifts and talents of our creative students who to this point have not had a dedicated space to grow to their fullest capacity.

As an incentive, a bidder who donated \$5,000 could have their name placed on one of the seats in the auditorium. This opportunity is not limited to those who were in attendance at the auction. Any donor of \$5,000 or more can sponsor a seat in the auditorium. The project has an estimated cost of \$8 million and we have secured over \$4 million in pledges and donations. If you are interested in helping our students have a venue worthy of their abilities in any dollar amount, please contact the office of school President Lorcan Barnes.

I am proud to be a part of someplace that touches the hearts and souls of such a wonderful group of students. It is an honor to look at the young men and women in front of me every day and know that we are always truly and consciously in the holy presence of God.

In harmony,



Ron Stabnick
Director of Visual and Performing Arts

"The study of music is of great value in the process of a person's education since it has a positive influence on the development of the individual, encouraging a harmonious human and spiritual growth. We know that the formative value of music, with its implications at the expressive, creative, relational, social and cultural levels, is commonly recognized." From the ADDRESS OF HIS HOLINESS BENEDICT XVI Paul VI Audience Hall, Thursday, 29 April 2010 prior to the concert offered by the president of the Italian Republic on the occasion of the fifth anniversary of pontificate.

Days & Dinners - A Women's Event

For the past few years, Manogue Alumnae have been gathering for a women's event each May. All women of Christian Brothers High School are welcome to attend - and celebrate our shared legacy and heritage.

Open to all women (21 and older) of Christian Brothers High School including alumnae of Manogue, Armstrong, and CB, staff members, moms, and supporters...on Sunday, May 7, 2011 from 11:00 a.m. - 2:00 p.m. in the CBHS Cafeteria. \$35 per person includes: lunch, raffle, fun contests (wear your best bling), great conversation, rants and reminiscing... Bring your sister, mother, your best friend!

Proceeds from this event will help support the Bishop Manogue Tuition Assistance Fund. Invitations will be mailed later this month. To RSVP: Return a check for \$35 to the Advancement Office by April 30, 2011 or pay with your credit card at www.cbhs-sacramento.org - click on "Alumni" under Visitor Links.

Auction Thanks

Thanks to all who helped make the CBHS Auction on March 19th such a great success! Despite windy weather, and a late-in-the-evening power outage, a great time was had by all.

Our dedicated team of volunteers created a beautiful setting, with wonderful items on which to bid. Our student volunteers were fantastic representatives of our school and did a wonderful job before, during and after the event. And best of all, together we raised over \$200,000 to support the mission and programs of Christian Brothers High School.

Our volunteers and contributors are too numerous to thank here. But each person who had a hand in this wonderful evening can take great pride in a fantastic outcome - and know that their efforts and gifts are greatly appreciated. We hope you'll join us next year as we "set sail" to another wonderful destination!

GUIDANCE DEPARTMENT NEWS

COLLEGE NEWS

Graduating Seniors have been receiving letters of acceptance to colleges and universities across the country. Congratulations to the class of 2011! As many seniors already know, this has been a very competitive year for college admission. Since the class of 2011 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 2011. In fact, for the second year in a row, UC has instituted a "wait-list" for stellar students who were not admitted. Since it is so new, it is difficult to know to what extent the wait-lists will be used. As a result, there have been disappointments - not only among our own students, but for tens of thousands of other California seniors.

Thankfully most of our seniors planned well and applied to not only 'reach' schools, but 'target' schools and 'safety' schools. As a result, CB students have options for next year and are able to begin their college careers at great schools. If any seniors are still grappling with final decisions, remember that Mr. Purdy, Ms. McClellan and Mrs. Archer 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 register for the May 14 Analytical Writing Placement Examination (AWPE).

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 two valuable tools for help with college planning: the CB website (www.cbhs-sacramento.org, click on Guidance/College Center under Popular Links in the middle of the page) ... a **wealth of great information**; and the **CB Family Connection** (<http://connection.naviance.com/cbhs>).

Sophomores and Juniors: This spring is a good time to take the **SAT** and **ACT** exams! Sophomores, if you are completing a course you feel you have done well in (for example, AP World History, Chemistry, etc.) and want to take an **SAT Subject exam**, be sure to register to take the **June 4 SAT Subject Exams** (the registration deadline is **May 18**; go to www.collegeboard.com to register). Juniors, if you did not yet register to take the **May 7 SAT Reasoning exam**, please know that the **regular registration deadline is April 8**. Be sure to register for either the **SAT Reasoning** or **SAT Subject June 4** date by **May 10**. The next **ACT** exam is **June 11** - the registration deadline is **May 6**. Go to www.act.org to register.

Seniors, do you want to be a part of the biggest party in 2011? Then join all your friends at CB's **GRAD NIGHT 2011!** It's an all night party at Country Club Lanes on Watt Ave. The cost is \$90. Can't find your forms, you can get them from the front office. The reservation form, parent consent form and your payment are due as soon as possible but no later than April 30th.

Don't forget the Grad Night Pasta Feed coming up on Friday, April 8, 2011, to support our Class of 2011 Grad Night event. Great food, Silent Auction, 50/50 Raffle, CB City Rhythms, Jazz Choir, and the Slack Kats, all rolled into one fabulous evening! Take out orders begin at 4:30 p.m. and dining in at 5:00 p.m. Tickets are \$12 each and all tickets will be sold at the door.

Prayer for Holy Week

*And do we yet understand,
Lord Jesus,
as the years go by
and we hear the story again?*

*Can a poor man on a donkey
dying like a slave
succeed?*

*We like success so much,
the kind you feel and touch
and put your hands on
right away.*

*What success
can anyone find
in a Cross?*

*Or is there success
in faithfulness?*

*When you can say:
"Your will be done!"
"Father, forgive them."*

*Like the two from Emmaus,
we hope for easy gain.
Come walk at our side
and tell us what matters most,
O Lord.*

Words of St. John Baptist de La Salle

*To give us before dying a
sign of his tender love and
goodness, Jesus left to
his apostles . . .
his body and blood,
to be for us in the ages to
come a precious proof of the
tender love he feels for us.*

*- Meditation 26.3
(Holy Thursday)*



The Easter Triduum, marking the days of Jesus' passion and resurrection, is the most important time of the Church year. It begins with the evening Mass of Holy Thursday, reaches its high point in the Easter Vigil, and closes on Easter Sunday evening.

Prepared by the days of Lent, Christians celebrate on these holiest of days the saving work God has accomplished in Christ.

From the events remembered these days, so sorrowful and so joyful, the Church learns the deepest lessons. In rites and words, the mysteries of Jesus' final hours are with us again: his passion, his cruel suffering, his rising from the dead. And we discover the answer to age-old questions: Does God love us? Is God merciful? Does God care for us?

We have only to look and learn from Jesus Christ.

These are days for fixing our eyes on the holy mystery of his cross and filling our ears with the words of his gospel. Nowhere else does God's love appear so vividly. In the love Christ showed for a sinful world, we find the beginning of our Church, the source of our sacraments, the key to understanding the human story, and our hope for eternal life.

Liturgies

All family members and alumni are invited to the **St. La Salle Liturgy**, which is our last school mass of the year. This special mass honors both our founder, St. John Baptist de La Salle, and the Christian Brothers who reside in our community. The liturgy will be on the main lawn on **Wednesday, May 18, at 9:30 a.m.** It is the centerpiece of the activities that take place during **De La Salle Week (May 16-20)**. A statue of Our Founder, which has recently been installed next to the cafeteria, will be blessed as part of this liturgy.

The **Senior Family Liturgy** will take place Sunday, **May 1, at 9:30 a.m.** in the gym. We look forward to celebrating with seniors and their family members as their journey through Christian Brothers draws to a close. The liturgy will be followed by an awards ceremony and a breakfast.

Sacrament of Reconciliation:

The **Sacrament of Reconciliation** will be offered to all students on **Friday, April 8**. Encourage your son or daughter to sign up in his or her religious studies class for the opportunity to receive this sacrament during the Church season of Lent. If you have any questions, please contact Mary Alice Spinelli at 733-3600 ext. 1040.

Retreats

There is one **Junior Retreat** left - **April 5**. Space is still available on this retreat - encourage your son or daughter to sign up in the Campus Ministry office.

Attention Junior Parents! **Kairos 37** takes place **May 31-June 3** at **Christ the King Retreat Center in Citrus Heights**. This four-day retreat is for **current Juniors only** - it will be their first opportunity to participate in their senior Kairos retreat program. This is an ideal opportunity for those students who want to make this retreat but are concerned about missing three days of school or have other school activity commitments (e.g. sports, drama, band, choir) that make attending a Kairos retreat during the school year difficult. Please encourage your son or daughter to sign up in the Campus Ministry office.

Christ the King Passionist Retreat Center extends an invitation to students and parents of Christian Brothers High School to experience more deeply the spirituality of Christ's suffering, death, and resurrection at a **Triduum Retreat**. This retreat experience will allow you to step outside the structures of daily life and immerse yourself in the mystery of Christ's suffering and death during this week which our Church names as "holy."

The retreat will be an integration of events, conferences, and the liturgies of Triduum. It begins with dinner at 6:30 PM, on Thursday, April 21, and concludes with brunch on Easter Sunday morning, April 24, at 8:15 A.M. Minors must be accompanied by a parent or legal guardian. A donation of \$250 per adult is requested. This covers three nights lodging in a comfortable room with private bath and eight full meals. The cost for a CB student is \$150 when sharing a room with his/her parent or legal guardian. **Please register by April 15.**

The retreat team is led by Br. Kurt Wernert, CP and includes Fr. David Colhour, CP and Susannah Nelson. For more information, please contact the Campus Ministry office or Dorothy Carpenter at Christ the King Retreat Center at (916) 725-4720 ext. 313 or at dcarpenter@passionist.org.

CHRISTIAN SERVICE

Lenten Almsgiving

— Buy A Bracelet, Save a Life

Christian Brothers High School teamed up with 7 other schools in our district to help eradicate malaria by the year 2015. The non-profit organization Network Against Malaria raises money to buy bed nets for children in Uganda. What sets this organization apart from others is their commitment to education. They hand out the nets in the local schools, where they teach the children how to use the nets; the children then go home and teach their families.

The Beads for Life Club bought hand-made beads made from recycled paper by women from Uganda. They used these beads to make bracelets and sold them to raise money for insecticide-treated sleeping nets. In our first two weeks, we had raised \$1,533.57 toward our goal of \$2,000 to buy nets for an entire school in Uganda.

Seniors Donate CB Gear

Are you graduating and can't wait to get rid of your CB gear? We are asking all graduating seniors to donate their unwanted, gently used CB gear, including CB t-shirts, CB polos, CB dress sweaters, CB jackets, CB fleece sweaters, CB sweatshirts, long pants, capri pants, walking shorts, and shoes. In addition, we are collecting any clothing that meets are professional dress code or dance dress code including slacks, women's dress shirts, men's dress shirts, ties, dress shoes, and homecoming or prom dresses. You can bring your donations to the Christian Service Center. All donations will go to other CB students who are in need lunch from March 15 - April 1, 2011.

Off Campus Volunteer Opportunities:

Annual Shred Recycling Day: St. Mel's Parish in Fair Oaks is sponsoring their annual fundraiser to benefit St. Vincent de Paul, "Shred & E-Waste Recycling Day" on April 30. You can shred old checks, bank statements, old tax records, convenience checks, old client files, and business records, from 9:00 a.m. - 1:00 p.m. at St. Mel's Parish lower parking lot. A large shopping bag is \$5.00; a file box is \$10.

Tour De Cure: This annual cycling event aims to raise awareness and research money for Diabetes and will take place on April 30 at Hewlett Packard in Roseville. Volunteers are needed for event set up/tear down, registration, rest stop volunteer, parking, traffic, and active kid's area. For more information visit www.diabetes.org/sacramento-roseville.

Outreach

Annual St. Baldrick's Event on March 15, 2011

Congratulations to all the Falcons that participated in the St. Baldrick's event at de Vere's Irish Pub on Monday, March 14. These

Falcons shaved their heads to raise money for kids with cancer. We had 32 participants who raised over \$5100. Not all Falcons were part of the "official" CB team, some were part of other teams or entered as individuals.

CB Students taking on the fight against cancer

Senior Samantha Mulligan is captaining a team for Christian Brother's students and their families to join the "Relay for Life" and raise money for cancer research. Come out and join them on Saturday, May 22nd at 9:00 a.m. at Consumes River College for a 24-hour relay. If you are interested in signing up please go to www.relayforlife.org/vlkgrvsc. Make sure to specify that you want to be part of the Christian Brothers Team.

Freshmen, sophomore, and junior Service Hours

If you want to be considered for a Christian Service Award for 2010-2011, please turn in your service hours by Monday, May 2, 2011. If you plan on doing service over the summer, you may turn those hours in on Tuesday, August 16, 2011. The requirements for Christian Service Awards are: Freshman - 25 hours; Sophomore - 50 hours; Junior - 75 hours. These service hours are cumulative and can be tracked from the first day of freshmen year until the present.

Christian Service-Learning - Empty Bowls Project

For the fifth year in a row, Mr. Boriskin's Ceramics classes participated in the Annual Empty Bowls Project to benefit River City Community Services (RCCS). Empty Bowls is RCCS's way of "fighting hunger one bowl at a time by raising hunger awareness and donations to alleviate hunger in the Sacramento area."

Local artists are asked to donate handmade ceramic bowls which are given out to participants who buy a \$30.00 lunch ticket. A simple lunch of soup, bread, and cookies, is donated and prepared by Sacramento area chefs and restaurants. Our students donated 400 beautiful bowls, which entailed throwing, decorating, glazing and firing the bowls. Once again, Christian Brothers donated the most bowls of any other school in the area. Our students raised \$12,000 to benefit the clients of RCCS, without ever leaving their classrooms. Thank you to everyone who made this event possible!

More Off Campus Volunteer Opportunities: Mercy Education Resource

Center (MERC): MERC is looking for high school volunteers to participate in their summer school. "Volunteers work directly with students in various classes including Kinder Camp, dance classes, reading, math, and cooking. They also assist in the extension program and leading theme related activities at recess. Volunteers must be 16 years or older and be available during the weeks of July 6 - July 15 or July 18 - July 29. For more information please contact Pat Friesen at 916-737-6026.



STUDENT ACTIVITIES

Professional Attire Day for Students:

To promote presenting oneself appropriately for future careers/vocations, CB students are required to dress-up and out of regular school dress code by wearing "Professional Dress Attire" once a month. We would like to extend our apologies for the confusion about scheduling the day during this school year. In an effort to accommodate some of our departments who meet for labs, and find it cumbersome to run these labs on Professional Dress Day, we inadvertently made it difficult for students and parents. After much discussion and in an effort to please everyone, we have decided on a new day for next year. **We will now hold Professional Attire Day the first school day of each month.** This means even if the day falls after a vacation or long weekend, the earliest actual date of the month that is an actual school day will be Professional Attire Day.

Women

This means slacks or khakis, blouse style tops and dress shoes or "flats"

- Solid color dress slacks or khakis - loose fitting. Upper division students may wear solid color professional KNEE length skirts
- Ladies? When you wear a knee length skirt - please locate your knees and leave the fishnet stockings at home.
- The shoes should be dress shoes and "flats". No need to be uncomfortable in those high heels all day.
- Collared blouses must be solid in color and loose fitting. **MODESTY** is the key. Pretend you are on a job interview.

Men

This means slacks or khakis with shirt, tie and dress shoes. You get the picture.

- Dress shoes must hold a shine
- Dress shirts must be solid in color and must be tucked in.



Now the question seems to be: "What should I wear?"

Think - Conservative Business Attire

If you need a little help on Professional Attire Day, here is a checklist you can tape to your mirror to remind you:

WOMEN

- Dress shoes (how painful are these going to be?)
- Dark solid tights (leave the fishnets home)
- Solid colored dress slacks or
- Solid colored KNEE length skirts (juniors and seniors only)
- Solid colored collared blouse (check for appropriate fit)

MEN

- Dress shoes (are they shiny?)
- Dark socks (keep the white socks in your athletic bag)
- Solid Colored shirt
- Tie (ask your mom or dad if you can't tie it or find a clip on)
- Sweater or vest (optional)
- Solid color pants

Upper Division Ball will be held April 15 at the Double Tree Hotel on Arden Way. Tickets are \$55.00 for singles and \$110.00 per couple. Tickets go on sale March 28 - 31. The theme this year is "Arabian Nights".

Bogus Ball Something new this year - there will be a **Bogus Ball** for Frosh/Soph on April 15 in the gym here at CB. The theme is "Off the Wall" and tickets are \$7.00. We will have a Bounce House and a Velcro Wall so make sure you dress comfortably. Contracts are due in the SAC by April 1.

Spring Rally: And finally, there will be a Spring Spirit Rally April 13. All students are encouraged to wear their spirit shirts and jeans.

Election Results: We held our **Associated Student Body Council** elections last week and congratulations go to these newly-elected Student Council Officers for the 2011-12 school year:

PRESIDENT - Eileen Le
VICE-PRESIDENT - Ryan Peabody
SECRETARY - Alejandro Trujillo-Blanco
TREASURER - Jimmy Barnes
RALLY CHAIRS - Josh Hammer and Richard Robey
PUBLICITY/HISTORIAN - Johnny Costa and Iris Perez

Class Council Campaign Week will be April 26-29.

ATTENTION: PARENTS OF RETURNING STUDENTS RE-ENROLLMENT MATERIALS FOR 2011-12

have been sent to you in the mail. Please be sure to complete and return all required forms and registration fees as soon as possible, but no later than May 2, 2011.

ATHLETICS

Spring Scholar-Athletes:

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

Freshman Baseball	3.0	JV Softball	3.01
JV Lacrosse	3.05	JV Golf	3.11
JV/W - Soccer	3.16	Varsity Rugby	3.29
Swimming	3.31	Diving	3.35
Varsity Baseball	3.38	Track and Field	3.4
Varsity Softball	3.41	Varsity M - Volleyball	3.41
Varsity W - Soccer	3.53	M - Tennis	3.54
Varsity Golf	3.67	Varsity Lacrosse	4.05

As well, the following athletes have earned the title of scholar-athletes by achieving a 2.5 grade point average or better the third quarter:

Baseball: (JV) Adam D'Elia, Lucas Sill, Tomas Ledesma, Ben Taylor, Mark Wassmer, (JV) DeAngelo Besquetz, Matthew Oki, (Varsity) Connor Lee, Eamon Smith-Fagan, Christopher Bitt, John Hallsten, Reeve Axelgard, Shane Brennan, James McNamara, Brandon Hunley

Diving: Jamie Ralph, Nicole Martin, Alexa Racher

Golf: (JV) Brandon Schultz, Christian Contreras, Austin Ryu, Bryan Petkus, (Varsity) Michael Signorotti, Alexander Contreras, Hunter Rappleye, Kit Carson, Dylan Fuller, Andre Stoltenberg

W - Lacrosse: (JV) Madeline MacLeod, Jessica Griesem, Clara Johnson, Clara Wankler, Anjali Patel, (Varsity) Iris Perez, Stephanie Brazier, Melissa Huang, Marina Hernandez, Mary Mooney, Deleem Breedlove, Maria Castro, Erin Kennedy, Bianca Ramos, Susan Sutton, Rachel Pittman, Madeline Esquivel, Mallory Velte, Megan Perry, Eleanore O'Malley

M - Rugby: (JV) Austin Guillen, Domestic Tullio, (Varsity) Chris Venegas, Daniel Lewis, Vito Tullio, Kyle Castaneda, Taylor Schnepf, Jordan Sipes, Andrea Bertazzoni, James Reedy Jr, Anh Nguyen, Aaron Janke

W - Soccer: (JV) Kathryn Benson, Marte Marcin, Savannah Muzzi, Molly Paris, Kathryn Kern, Lindsey Pope, Kalila Artazu, Angelica DeToro, (Varsity) Jessica Szarek, Madeline Walsh, Margaret Dillon, Casey Kidwell, Sarah Long, Lucia Foini, Casey O'Connor, Kyle McCormick, Zoe Earl-Lynn, Natalie Hastings, Shelby Stewart, Elissa Munoz, Madison Fondale

Softball: (JV) Carleigh Nivens, Breanna Sharer, Julia Grajeda, Ishiana Burch, (Varsity) Lauren Kwok, Lisa McMonagle, Candace Guthmiller, Inaya Norman, Cydney Chalmers, Madelynn Grover, Taryn Sigi, Madelynn Grover

Swimming: Lindsay Otis, Tanner Janick, Abigail Williams, Hannah O'Hearn, Britney Belme, Kathleen Schiavenza, Timothy O'Connor, Reginald Smith, Zoe Haenggi-Wattenberg, Amelia Herrera, Thomas Lippe, Hannah O'Malley, Austin Whitted, Diego Garcia, Ann Marks, Spencer Tibbitts, Elizabeth Wilson, Anthony Ferrigno, Vincent Salazar, Rodney Bridges

M - Tennis: Ryan Peabody, Jonathan Limhengco, Connor Santana, David Dalisay, Esanayoss Mean, Ian Tipton, Kyle Lucas, Dylan Santana

Track and Field: Ade Jackson, Robert Templeton, Jacob Greenstein, Jimmy Barnes, Nicholas Domek, Kobinian Thalhammer, Abigail Williams, Megan Engstrom, Kevin Hua, Ben Silver, Megan Taylor, Victoria Jimeret, Samantha McKibben, Lauren Payne, Sydney Schornack, Neil Valmores, Justin Tak, Carla DiNinni, Emily Giorgi, Rodrigo Herrera, Morgan Liu, Jenelle Perry, Caitlyn Richard, James Trujillo, Lauren Dahl, Eric Domek, Julia Grajeda, Jacquelyn Karbengen, Samantha MacDonald, Jamie Quinn, Andre Stoltenberg, Sam Franzosa, Nicole Quinn, Enjah Le Smith-Joe, Lauren Adams, Lynsea Adams, Aaron Asbury, Sophia Davis, Alexandra Lemon, Samuel Mayer, John Romiech, Kelsey Wong

M - Volleyball: (JV) Duncan Breedlove, William Richard, Diego Breedlove, (Varsity) Ryan Peabody, Paul McFadden, David Dalisay, Timothy Gau, Sean Steinel

*dual sport athletes

NOTE: Our spring sports have been greatly hampered by the weather and in our next update we will catch everyone up on all the make-up contests.

Spring Sports B-B-Q: The Boosters invite you to this annual celebration of spring sport athletes on Monday, April 4 from 4:00 - 7:00 p.m. on the back fields. Enjoy beerball, softball and soccer games as well as other programs practicing. Don't miss the fun!

Changes for 2011 - 12: The Athletic Consent and Release form and Transportation form for 2011-12 are now available online under 'Student Forms' on the Athletics page of our CB website.

- The athletic consent and release form must be signed off by a licensed physician each school year.

- It is recommended to make a copy of the forms before turning them in to the front office Attention Athletics.

- Beginning next year sports the forms will be required for conditioning. This includes summer conditioning programs for next year.

CB Golf Tournament: The Athletic department would like to extend a sincere thank you for your participation in last year's golf tournament. We were extremely pleased with the success of the event and encourage your participation, sponsorship, support and/or donation. Please join us in helping the young men and women of Christian Brothers High school as they prepare for success in college and beyond. Each year, Christian Brothers High school holds major fundraising events. We would love to have you join us as a partner in supporting the CB Golf Tournament Fundraiser.

- Registration deadline is June 1, 2011 - Last year's tournament sold out in early May. - Only 144 spots are available. - Registration is confirmed when payment is received.

If you have any questions, please feel free to contact John Wiley at (916) 733-3670 or by email at jwiley@cbhs-sacramento.org

CVC SCHOLAR-ATHLETE AWARD

The following athletes are being recognized as CVC scholar athletes for the spring season:

Baseball: Connor Lee, Eamon Smith-Fagan, Chris Bitt, Reeve Axelgard, John Hallsten, Shane Brennan, James McNamara

Diving: Jamie Ralph, Nicole Martin, Alexa Racher

M - Golf: Michael Signorotti, Alexander Contreras, Hunter Rappleye, Kit Carson, Dylan Fuller, Andrew Stoltenberg

W - Soccer: Jessica Szarek, Sarah Long, Madeline Walsh, Margaret Dillon, Casey Kidwell, Kyle McCormick, Zoe Earl-Lynn, Natalie Hastings, Lucia Foini, Shelby Stewart, Madison Fondale, Casey O'Connor, Elissa Munoz

Softball: Lauren Kwok, Lisa McMonagle, Candace Guthmiller, Inaya Norman, Cydney Chalmers, Madelynn Grover

Swimming: Lindsay Otis, Tanner Janick, Abigail Williams*, Britney Belme, Hannah O'Hearn, Timothy O'Connor, Reginald Smith, Kathleen Schiavenza, Amelia Herrera, Diego Garcia, Rodney Bridges, Elizabeth Wilson, Austin Whitted, Hannah O'Malley

M - Tennis: Ryan Peabody*, Jonathan Limhengco, Connor Santana, David Dalisay*, Kyle Lucas, Esanayoss Mean, Ian Tipton

Track: Robert Templeton, Jacob Greenstein, Ade Jackson, Jimmy Barnes, Nicholas Domek, Abigail Williams*, Megan Engstrom, Kevin Hua, Ben Silver, Margaret Taylor, Carlana DiNinni, Lauren Payne, Neil Valmores, Samantha McKibben, Paul McFadden*, Morgan Liu, Sydney Schornack, Emily Giorgi, Caitlyn Richard, James Trujillo, Enjah Le Smith-Joe, Samantha MacDonald, Lauren Dahl, Victoria Jimeret, Jamie Quinn, Lynsea Adams, Sam Franzosa, Jenelle Perry, Nicole Quinn, Jacquelyn Karbengen, Alexandra Lemon, Aaron Asbury, Samuel Mayer, Andrew Stoltenberg

M - Volleyball: Ryan Peabody*, Paul McFadden*, David Dalisay*, Sean Steinel, Timothy Gau

Because Women's Lacrosse and Men's Rugby 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:

W - Lacrosse: Iris Perez, Melissa Huang, Stephanie Brazier, Marina Hernandez, Deleem Breedlove, Mary Mooney, Maria Castro, Erin Kennedy, Rachel Pittman, Bianca Ramos, Mallory Velte, Susan Sutton, Megan Perry

M - Rugby: Chris Venegas, Daniel Lewis, Kyle Castaneda, Taylor Schnepf, Jordan Sipes, Vito Tullio, Andrea Bertazzoni, James Reedy Jr, Anh Nguyen, Aaron Janke

OUR CB COMMUNITY LOST A VALUED MEMBER

On Friday, March 27 when Eric Henderson, a varsity football coach passed away unexpectedly of a heart attack. Our thoughts and prayers are with Grace his wife as well as each of the players and coaches whose hearts he touched and lives he improved in his coaching ministry while here at Christian Brothers.

VISUAL & PERFORMING ARTS

Congratulations to the members of Women's Chorus, Chamber Choir and Honors Chorale for their accomplishments this festival season: *We are extremely proud of these very talented young men and women.*

Golden Empire Music Festival

Combined Women's Ensemble – Straight Superiors, the highest rating given at the festival

Honors Chorale – Straight Superiors, the highest rating given at the festival

Napa Valley Choral Classic

Honors Chorale – Unanimous Superior Award – the highest rating given at one of the most respected festivals in California

Honors Chorale also received an invitation to Cal State Fullerton to participate in an "Invitation Only" premiere choral festival based on their performance in Napa. Honors Chorale was rated one of the top 10 choirs in Northern California at the Golden State Choral Festival last May, and with this invitation, they are now recognized as one of the top high school choral ensembles in California.

Coming Up

In two weeks (April 9) our vocal jazz ensemble CB City Rhythm will be singing at the Reno Jazz Festival, the most respected high school and collegiate jazz festival in the country. They took Second Place at the Delta College Jazz Festival in the fall and are excited to represent CB at this upcoming prestigious event. They will also be performing in this year's Jammies at the Robert and Margit Mondavi Center on May 7. This will be the fifth time in seven years that a CB vocal ensemble has been invited to be a part of the Jammies.

"Read, read, read."

"So please, oh PLEASE, we beg, we pray, Go throw your TV set away, And in its place you can install,
A lovely bookshelf on the wall." – Roald Dahl, *Charlie and the Chocolate Factory*

Can you help? We have a hundred-plus books in our campus "Put and Take" selection, which students regularly borrow from and add to. Our goal is to have 1,000 free books on campus by mid-May so every student can choose a book to and take home to enjoy this summer. This is a great time for spring cleaning—need new bookshelf space? We're happy to have your books! Bring them to Ms. Greene in Room 205 or to the "Put and Take" shelf outside our library.

Senior **Miguel R.** recommends *Lord of the Flies* (not assigned in class). "I enjoyed the analysis of human interaction when the rules are gone... how long can the rules last when people are left to themselves?"

Ms. **Delgado** recommends *The Morning After* by Suzanne Fortier. "A woman wakes up and can't remember what happened. She's wearing a wedding dress, and is in a honeymoon suite but she has no idea how she got there. It features intrigue and a serial stalker. The story is about the character gaining insight into her own fears."

VOCATIONS...INTERVIEW WITH MRS. MARY HESSER, PRINCIPAL

April 11 - 14 is **Vocation Awareness Week** and CBHS community members will continue to discern our baptismal call through prayer and dialogue. KBFT will feature vocation interviews with our faculty, staff, and students. And we welcome our Christian Brothers Novices, who will spend April 12 and 13 with us. All our students will have the opportunity to meet these men in their Religious Studies classes! They will also be guest speakers at the Lasallian Parents Club meeting on Tuesday, April 12.

What does vocation mean to you? Vocation means a call from God to each of us. My favorite description of vocation is Frederick Buechner's: "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." I wish my parents had told me what they thought they saw as my vocation, because my parents gave me a lot of freedom ("Whatever makes you happy, honey!") without a lot of guidance about my gifts and abilities. I didn't really know myself or what I would be good at, so I wish someone had helped me identify what I was good at. However, I'm also glad no one explicitly told me what my vocation is, because life is full of surprises and unexpected turns so I don't think anyone can tell you what your vocation is. People can offer guidance, but should not pigeonhole you into a particular vocation or job. Parents, it's important to reflect on what you see in your children and tell them what they'd be really good at, based on your observations of your child throughout his or her life.

What is the best, or most favorite thing, about being Principal? Everything! There are only two things I don't look forward to so far: having to terminate people or to expel students. I'm not looking forward to either of those. But I love supporting teachers, and all that goes with the job. By strongly supporting teachers I can make a difference in the lives of students as well. And there is a lot of variety every day is new and different. It's the most enjoyable job I've ever had.

When did you think your vocation would be? My vocation has been a journey with many bends in the road. For many years when I was a child, I wanted to be an author and/or a missionary in Africa. There was a man, Beana Kenneth, in Congo, who was a missionary and family friend. He and his family would visit with my family on furloughs—such a godly man and good role model. I got to spend a summer with him in Zaire (now Congo) in college and it was a wonderful experience but I learned that was not a vocation for me! I love running water too much... When you're little you imagine things one way, but when you experience them it's different. I always wanted to write, too. I have always loved learning and reading and I always loved school.

If you were stranded on a desert island, what three items could you not live without? If I were stranded on a desert island, I could not live without these three items: a Bible, a toothbrush with a lifetime supply of toothpaste—I count that as one item—and a collection of Jane Austen. I can read Jane over and over again.

Do you ever think about the meaning of life? Every day! As I get older, life becomes more meaningful, it is clearer to me why I am here and God is closer to me. You have to take the situations as they come to you in life and find the meaning in them, not find them meaningless. Whatever God sends to you, he will give you the strength to deal with.

SCHOOL CALENDAR - APRIL 2011

ENTER TO LEARN. LEAVE TO SERVE

April 11

- April 1 First Friday Vacation Awareness Day
Professional Attire Day for Students
Soph Retreat
Spring Play (The Crucible) 7:00 p.m. 4/1-2; 2:00 p.m. 4/3
- April 4-8 Multicultural Week
- April 4 Spring Sports BBQ 4:00-7:00 p.m.
- April 5 Junior Retreat
Class Council apps & speeches due
- April 7 Classes begin at 9:00 a.m.
- April 8 Sacrament of Reconciliation
Grad Night Pasta Feed 4:30 p.m.
Spring Play (The Crucible) 7:00 p.m. 4/8-9; 2:00 p.m. 4/10
- April 9 ACT @ CB
- April 11-14 Vacation Awareness Week
- April 12 LPC Speaker Series 6:30 p.m. Library
- April 13 Classes begin 9:00 a.m.
Spring Spirit Rally - Falcon Flex
- April 14 Mathletes @ Kennedy HS

- April 15 School Holiday - No Classes
Diocesan Elementary Choral Festival @ CB
Upper Division Ball
Fresh/Soph 'Bogus' Ball dance
- April 16 La Salle Baseball Hall of Fame Dinner
- April 17-25 Easter Recess
- April 26-29 Class Council Campaign Week
- April 27 Friends of the Arts Mtg. 6:30 p.m.
Transition to College Night 7:00 p.m. Cafeteria
- April 28 Classes begin 9:00 a.m.
Class Council speeches - Falcon Flex
La Salle Art Show
- April 29 Class Council Elections
Instrumental Concert - Gyn



INSIDE

- Substance
- Athletics
- Campus Ministry
- Visual & Performing Arts
- Christian Services
- Falcon Family Faces
- Student Activities

FALCON FAMILY FACES

8

SPRING SEMESTER



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FALCON FAMILY NEWS

It's a Good Thing

Dear Parents and Students,

Sometimes friends call me the "Martha Stewart" of their acquaintance (I take that as a compliment and not in reference to any prison time!) because of my desire to create beautiful surroundings for friends and family. For those of you not familiar with Martha and her empire, one of her catch phrases is "It's a good thing!" Speaking of good things, it's a wonderful time of year. A milestone looms in the near future for Christian Brothers' families, a situation many find themselves facing with some trepidation. In just a matter of weeks, our seniors will graduate from high school and soon thereafter move off to college. I remember well this benchmark in the lives of my children, particularly for my youngest and most recent. I knew she would be home for summers and holidays, but it would no longer be the same. The empty nest was upon us after thirty-two years of raising children. The college acceptance letters arriving each day heralded the advent of this inevitable change, the third high school graduation portrait was hung in the stairwell, and the days counted down to Anastasia's departure. It was an exciting time, but I must say, it was an excitement tinged with sadness. For those of you with seniors, the lives of your graduating children are changing, but so are yours as parents. They move on to a new level of independence, a life full of promise. We remain, though diminished. One less loved one with whom to interact on a daily basis, one more empty bedroom.

But it is "a good thing." If our children are able to move off to college and make a success of it, then it is good. This job of parenting is one where our obsolescence is an indication of our success. Perhaps obsolescence is not the exact word, but when we can say of our children that they no longer need us (at least on a daily level), then that is our reward. C. S. Lewis says of parental love that "it must work towards its own abdication." For all of their lives, we guide our children to higher and higher levels of independence. But it is not always easy to recognize that independence. We teach them to crawl, and then walk, and then ride a bike. Not much to argue with there - we all crawl and walk and ride in much the same way. But we also teach them to think, to learn, to have faith, and to express themselves, and how validation of their independence is more difficult. They do, after all, become their own people, and we do not always hold exactly the same views or values. While this may be disconcerting at times, parents must take heart as they remember the scripture which tells us, "Train up a child in the way he should go, and when he is old, he will not depart from it" (Proverbs 22:6). When he or she is old - but watch out for those intervening years of conflict!

This scripture is so true to life - it recognizes the inevitable struggle between parent and child in the very difficult process of training. Few children comply at once on every issue; there is always a process of choice, acting on choice, and experiencing the consequences, good or bad. Our role as parents, difficult as it may be, is to trust the process, especially when we can foresee that the consequences will be bad. We must resist the urge to shield our children from the pain of suffering the consequences of their bad choices (within reasonable boundaries, clearly). We, of course, present to them the rules and boundaries. We explain the proper direction. We train them. But when they do step outside the boundaries and make the wrong choice (as they most certainly

will do at times), we need to let them fall. This, too, is training. The next time it will work better. And when they are old, they will not depart from it (and they will repeat the process with their own children and finally understand our struggle - not to mention the well-deserved and much anticipated payback!).

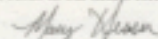
Sometimes children choose well; they do not always thwart our advice. But it is the process of choice which allows them to grow and learn. Dr. Jay Hoecker of the Mayo Clinic explains, "Your child will develop a clear and resilient sense of self only by making his or her own choices, one small decision at a time." I am not an advocate of always letting children choose - sometimes parents need to mandate and demand compliance. But we can model faith for our children and offer them multiple good choices in many areas and let them choose between them. Any time they choose a negative direction which was not offered, then experiencing the consequence is the best teacher.

My own children were accepted at a number of excellent colleges. We offered our advice, but then they had to choose. It was not a decision between the wrong choice or the right choice. Any decision would have worked, but it had to be their choice, knowing that choice would determine the course of their lives. An alternate choice would have determined a different course. Not better or worse, just different. But the method of choosing using a process of prayerful discernment helped them to develop as people and at the same time take ownership of their own futures (though another lesson they will have to learn is that "we can make our plans, but the Lord determines our steps" - Proverbs 16:19). The more we can help them along that path in the little things each day, the better.

We will shortly graduate a remarkable group of students whose own choices, along with the influence and guidance of parents, teachers, and others, have directed them to this very good place. The families of incoming freshmen face similar transitional concerns, though one significant decision has already been made with the correct choice of the best school! Those in between know well that every day presents opportunities for achieving increasing levels of independence through the options their students face along with their resulting choices. Christian Brothers is a good place to make those choices - we are all privileged to participate in an environment whose mission is to provide educational excellence in a loving, Christ-centered community that is devoted to the intellectual and personal maturity of each student.

Congratulations to our extraordinary graduates - and to them I say, remember, once a Brothers boy or girl, always a Brothers boy or girl. Choose wisely. It's a good thing!

Live Jesus in our hearts forever,


Mary Hesser
Principal

Domine Opus Tuum

GUIDANCE DEPARTMENT NEWS

Gear up for summer!

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

- 1.) All students should spend time completing any required **summer reading** assignments!!!
- 2.) Sophomores: consider taking the SAT Subject Exam on **June 4** in a subject area you just completed (for example, AP World History or Chemistry)

- 3.) Juniors: A checklist of reminders:

- Take SAT or SAT Subject Exams **May 7**.
- Register for the **June 11** ACT Exam by **May 6**. Go to www.actstudent.org to register
- Register for the **June 4** SAT by **May 10** at www.collegeboard.com
- If enrolled in AP classes, take Advanced Placement Exams
- Plan for a challenging senior year
- Start checking out financial aid and scholarship resources. Try www.fastweb.com or www.finaid.com
- Study hard for your finals
- Consider taking the SAT or SAT Subject Exams **June 4** (remember that you may submit to the UC's any **two** Subject Exams of your choice as long as they are not in the same curriculum area. They are not required this year by UC's, but some select private colleges do require them. It is a good idea to take an SAT subject area test in a curriculum area you've just completed, for example, US History or Chemistry)
- Take the ACT **June 11**
- Complete summer "homework" for college admission (distributed by Ms. McClellan and Mr. Diaz to all juniors in May - **this is due the first day of school in August!**)
- Send for college applications or check out www.collegeboard.org
- Study for SAT/ACT
- Begin drafting college essay (part of your "homework")
- Log on to Family Connection to research colleges and career opportunities
- Do something extraordinary! Try a summer program on a college campus, work at a job, or travel

- 4.) Seniors: A checklist of reminders:

- You must submit your acceptance ("Statement of Intent to Register") to the college you have chosen to attend by **MAY 1!**
- Congratulate yourself (but stay focused on finals!) You did it!
- Go to Naviance Family Connection by **May 6** and list the colleges where you were admitted and where you have decided to enroll.
- Advanced Placement Exams for AP students
- 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 (previously known as the Subject A Requirement) test for UC-bound students or the ELM & EPT for CSU-bound students
- Enjoy your graduation and begin your college journey!
- Make sure you have responded to all requests from your college
- **Have the CB Registrar send your final transcript to college no later than JUNE 15** - and don't forget to thank your teachers, counselors, the registrar, etc. for all of their help over the past four years!

EXPLORING COLLEGE OPTIONS - PARENT AND STUDENT INFORMATION SESSIONS

Duke, Georgetown, Harvard, Penn, Stanford

Sunday, May 15, 7:30 p.m.
San Francisco, CA

Register at:
WWW.EXPLORINGCOLLEGOPTIONS.ORG

Emory University, University of North Carolina,
Chapel Hill, University of Virginia

Tuesday, May 24, 7:00 p.m.
San Francisco, CA

Register at:
WWW.ADMISSIONS.UNC.EDU/EVENING

CAMPUS MINISTRY

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

Liturgies

Our St. La Salle Liturgy in honor of our founder, St. John Baptist de La Salle, will be **Wednesday, May 18, at 9:30 a.m.** in the gym. **PARENTS ARE ALWAYS WELCOME AT OUR SCHOOL LITURGIES.** Please join us for this special piece of our De La Salle Week celebration. Fr. George Warner, SJ, will be our presider.

The **Baccalaureate Liturgy** for the graduating Class of 2011 will be **Friday, May 27 at 9:00 a.m.** at the Cathedral of the Blessed Sacrament. Bishop Jaime Soto will be the presider.

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

Retreats

Many thanks to the **Senior Retreat Leadership Team** for their faith and leadership skills as they led 12 Fresh, Sophomore, and Junior retreats this year. The application and interview process for next year's team is underway. All **current Juniors** who are interested in being a Senior Retreat Leadership Team member next year should see Mrs. Nelson in Campus Ministry.

The next **Kairos** retreat is **May 31-June 3** at Christ the King Retreat Center and is for **current Juniors only.** See Mrs. Nelson in Campus Ministry for more information.



Lord

the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it. Amen.

FINALS ARE COMING!!!!

Final exams are coming up soon! Final exam week is May 23 - 26. Teachers and students will be reviewing for finals on May 17, 18 & 19. The following practices are in effect for our final examination preparation days.

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

Concerning the administration of final examinations:

1. Students may not schedule their own examinations to meet personal needs. They must take the final during their class period (i.e. a student in 'G' set cannot take the final during 'C' set because they are free during that period).
2. The **Handbook** on pg. 8 states the following: All students are required to take final exams during the final examination period. Students who are unable to take a final exam will receive an "incomplete" for their final grade and will need to make up their final exam during the summer break. Upon correction of the final exam, the final grade will be entered into the student's transcript.
3. Students who are absent for one final during finals week may make up that exam after A set on Thursday, May 26.

SPRING SEMESTER EXAMINATION SCHEDULE

TIME	MON. MAY 23	TUES. MAY 24	WED. MAY 25	THUR. MAY 26
9:00 am - 10:35 am	B SET	D SET	F SET	A SET
10:35 am - 10:50 am	BREAK	BREAK	BREAK	BREAK
10:55 am - 12:25 pm	C SET	E SET	G SET	NOON DISMISSAL

Words of St. John Baptist de La Salle

Jesus Christ, entering a soul, raises it so far above all human sentiments through the faith which animates it that it sees nothing except by the light of faith. No matter what anyone does to such a soul, nothing can disturb its constancy, make it abandon God's service, or even diminish in the least degree the ardor it feels for him, because the darkness which previously blinded its spirit is changed into an admirable light, as a result of which the soul no longer sees anything except by the eyes of faith. Do you feel that you have this disposition? Pray to the risen Christ to give it to you.

(Meditation 32.2)

CHRISTIAN SERVICE

May '11

4

SPRING SEMESTER

Leave to Serve Day - will take place on Friday, May 26, after the A set final. This will be a school-wide event that will include locker clean out, CB gear donation, clothing donation, school supplies donation, book donation, and book buy back. All students will be required to be at school on this day - school will be dismissed at noon. Please check the daily bulletin for more details.

Lenten Almsgiving

- Buy A Bracelet, Save a Life

Thank you to everyone who participated in our Lenten Almsgiving Project sponsored by the Beads for Life Club. We raised over \$2,500 to buy insecticide-treated sleeping nets for an entire school in Uganda. Hats off to the Beads for Life Club for all their hard work!

Seniors Donate CB Gear

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

CB Students taking on the fight against cancer

- Senior Samantha Mulligan and Junior Cory Lutz, are sponsoring a team of Christian Brother's students and their families to join the "Relay for Life" and raise money for cancer research. Come out and join them on Saturday, May 21 at 9:00 a.m. at Consumnes River College for a 24-hour relay. If you are interested in signing up please go to www.relayforlife.org/religroveca. Make sure to specify that you want to be part of the Christian Brothers Team.

Congratulations Seniors

- Christian Service Awards are announced and distributed at our Senior Family Liturgy on May 1, 2011. Students who receive an award also receive a pin to wear on their gowns at graduation. Congratulations to the class of 2011 for completing and documenting over 30,000 hours of service.

Congratulations to all of our students who strive to implement our school motto
"Enter to Learn, Leave to Serve."

Freshmen, sophomore, and junior Service Hours - If you want to be considered for a Christian Service Award for 2010-2011, please turn in your service hours during De La Salle week. If you plan on doing service over the summer, you may turn those hours in on August 16, 2011. The requirements for Christian Service Awards are: Freshman - 25 hours; Sophomore - 50 hours; Junior - 75 hours. These service hours are cumulative and can be tracked from the first day of freshman year until the present.

Christian Service-Learning - Congratulations to Liz Koewler who was selected as a winner for the Caring for Our Watershed's contest sponsored by the Center for Land Based Learning. Liz received a \$150 for her proposal and presentation on composting cafeteria waste. Christian Brothers High School will get a matching award of \$150. In addition, each school was granted \$100 for every ten students who entered proposals into the drawing, so we received \$400 for this category. As if that wasn't enough... We also received a \$400 stewardship award for participating in the first year of the contest in California. Congratulations to all the students who participated and brought in a few extra dollars for our science department!

Summer Opportunities - Several volunteer opportunities for high school students are available at summer camps and summer schools throughout the Sacramento area. Please see the posted notices on the bulletin board outside the Christian Service office in the main hallway, or contact Ms. DeBenedetti-Emanuel for more information.

Study Day

Once again this semester the *Communion and Liberation Club* is sponsoring the Study Day to help students prepare for Final Exams. Students are invited to come to the Library on Saturday, May 21 to study with their teachers and classmates in preparation for Final Exams.

Study Day will take place on Saturday, May 21st from 9am to noon

Students planning on attending the Study Day must sign up in room 206 or 207, as a FREE pasta lunch will be provided by Communion and Liberation from 12:00-1:00 p.m. in the cafeteria. For more information about the Study Day please contact Sophia Burrell, Lindsay Otto, Andrea Bertazzoni, Dr. Peterson or Mrs. Spinelli.

STUDENT WORK PERMITS

Beginning in the 2011-12 school year (August 2011) Christian Brothers High School will begin issuing work permits through the Registrar's Office for students who have part-time jobs. In the past, we have provided the form for the student, parent, and employer to complete, but our students had to obtain the official work permit from the public school district or public high school where they reside. Now after the request for a work permit is submitted, we will be able to provide the permit directly to the student to give to the employer. More details about the process will be coming to you in your summer mailing.

STUDENT ACTIVITIES

Student Council and Leadership Class

had a wonderful time preparing for Upper Division Ball. The Grand Ball Room in the Double Tree Hotel was resplendent with glamorous dresses and tuxedos. The theme for the dance was 'Arabian Nights' and student leadership surpassed all expectations with a breathtaking dance which included a delicious meal served in a beautiful and colorful setting. Following dinner, the lights were dimmed and the dance floor exploded. The students danced through the evening and left with sweet memories of weeping flowers, blistered feet, and giggles. At the same time, the sophomore and freshman classes held a 'Bogus Ball' on campus. Much fun was had by all as students were entertained by a DJ, a bounce house, and a velcro wall. Look for another Bogus Ball next year.

Many thanks to all who participated in Multicultural Week. The campus was abuzz as students busily presented a week of fun, food and entertainment. Many clubs participated and the students and faculty enjoyed a variety of fare, skits, and dances from around the world.

*Have a wonderful summer all!
See you next August!*

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. Student Activities would like to say a special goodbye to our council members who are graduating. We enjoyed the laughter and sometimes tears, the hard work, and the diligence with which you carried out your duties. We will miss you.

Upcoming Events:

Before we say goodbye, we still have upcoming events for which we need to prepare:

> **Class Council Elections** are held **April 29**.

> A tentative **GQ Fashion Show** may take place May 19. More info to come.

> **Senior Spirit Day** is May 19. Be sure to wear yellow to support the seniors and, of course, wear your jeans.

> And the 'grand finale' for the year is our **Founders Day Celebration**. This will take place on May 20 and it will be celebrated throughout the school.

- Students will receive their yearbooks. Don't forget to bring lots of pens.
- For the athletes - we are planning an obstacle course, jousting, dodge ball, and basketball.
- Those who love to sing, recite poetry, or play an instrument - a stage will be set up 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 to which you may address your 'grievances'.
- If you are into classic cars, please join the Car Show. See Mr. Havey if interested.
- And when you get hungry and thirsty, hamburgers and slushies are on the menu.

VOCATIONS

Brother Anwar, Brother Ken, Brother Lewis, Brother Tony, Brother Michael, Brother Bob, and Brother George joined us for two great days during Vocation Awareness Week last month. Our Lasallian Parent Club and every one of our students met the Christian Brothers Novices in their Religious Studies class, heard their vocation stories, and asked questions about life as a Brother and about vocation in general.

Students' faces lit up when they heard some of the Brothers' favorite apps and musical artists. Frequently heard comment from students? "The Brothers are so cool—they're normal, just like us!"

Someone asked Brother Michael if he thought there were fewer vocations today than in past generations. He thoughtfully replied he doesn't believe God is calling fewer people to do His work, but rather that we've forgotten how to listen to God's call. We have eliminated silence in our lives, and God speaks to us in silence. All the Brothers revealed their vocation journeys had unfolded in a series of small steps, by simply saying "yes" to the next step. All also said their families' support was essential in both discovering and fulfilling their vocation.

We interviewed Mr. Kevin Van Den Bogart of the Science Department on the topic of vocation.

My vocation was revealed to me through my interests. When I was first introduced to pre-algebra, I found it interesting and exciting to learn. It was fun to work with symbols, not just numbers. I decided to focus on math and science and be an engineer. My high school physics teacher was cool and did a lot of cool stuff, which supported my interest in science. My father was a computer engineer, so I was exposed to that and I watched a lot of PBS and watched "The Voyage of the Minnow" and "3-2-1-Contact". I worked two years as an engineer at Intel. I created some parts of the original Pentium chip.

I enjoyed tutoring and teaching others what I knew, translating what I knew into more simple language for others to understand. So there were hints of my vocation in my life when I was 16. I joined the Peace Corps in 2000-02 and taught in West Africa. So you see, teaching was part of my life from high school on. You can get caught up in other things in life, and it isn't until later you see things that were there all along. I believe God has a pre-determined plan, but there are many discrepant events that set me on this trajectory to where I am today; they have no commonality, yet they led me here.

I'm passionate about communicating to others what I find interesting—the physics, and just understanding how the universe works from the point of view of science. One thing most people don't know about me is I'm a very good writer; in fact, I scored higher on writing than on math on the SATs. Keep an open mind and go out of your comfort zone. In college you will learn more about yourself. Take advantage of that to make friendships and explore new things. You'll change dramatically during the college years! After all, when I was 11, I wanted to be an astronaut."

The human mind plans the way, but the Lord directs the steps. Proverbs 16:9

ATHLETICS

Joining a brand new league has many opportunities and challenges. We are having great success in many sports and constantly challenged in this very balanced league. One of the challenges is learning the nuances of the new organization during the first year. An important issue which requires clarification is the CVC Scholar-Athlete award. Recipients must meet these criteria:

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 ninth grade. Athletes must finish the season in good standing. 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 (or Trimesters) from ninth grade onward.

We apologize for inadvertently including JV athletes in the names of awardees listed in our October and January newsletters. The corrected list of CVC Scholar-Athlete award recipients can be found on the CB website under Athletics.

Spring Sports Reports

Baseball: The varsity baseball team went undefeated in 4 games to win the 34th annual Land Park Easter Tournament, defeating 19th ranked Galt in the championship game 6-5. CBS currently owns an overall record of 11 wins and 8 losses. Returning to league action after the break, the Falcons will be looking to improve on a 2-5 league mark in the competitive Capital Valley Conference.

The JV Baseball team is having a successful year. We recently competed in the Kennedy Easter Tournament and won the Championship, going a perfect 4-0 in the tournament. The story of the tournament was outstanding pitching supported with strong offense.

After a shaky start the freshman baseball team has started to play as a team. The boys have won 5 out of their last 7 games and are 4-4 in league. The pitching remains the backbone of the team. The talent is there and we hope for a strong finish to the season.

M - Golf: The Varsity Men's Golf team won one major tournament this year by capturing the title at the Rocklin Thunder Invitational. They finished runner-up in two other big tournaments. In Capital Valley Conference play, they currently remain undefeated at 7-0, won the first league tournament and have a very good chance of capturing the conference title.

Our JV golf team completed their match season 6-6, and will finish the golf season with two 18-hole tournaments on April 27 and May 2. All players contributed to a great season.

W - Lacrosse: With the increased interest and improvement in the lacrosse program this year, the players, parents and coaches were eager to see some results in the win column. The ladies delivered Wednesday night with an exciting overtime win over league opponent Bella Vista 12-11. The future looks promising as 8 freshmen and sophomores started in the varsity's winning effort. The JV team has blossomed too, scoring a season high 10 goals against Bella Vista's JV squad.

W - Soccer: The CB Varsity Soccer team is going strong with some big wins over the past few weeks. CB is currently tied for 2nd place in the CVC with two games remaining in league play. Recent wins over Rio Linda, Oakmont and Casa Roble have propelled the Falcons into the playoff picture. Heading into the final week of play, CB will face-off against Del Campo and Casa Roble with playoff spots on the line.

The 2011 soccer season has been a year of development and growth for the Women's JV soccer team. Comprised of only three returning sophomores, two additional sophomores who joined us this season and fourteen freshmen, the team is young, but energetic. Although not every game has resulted in a win for the team, the girls have learned valuable lessons and the coaches are encouraged by their desire to grow as players.

Softball: This year, our softball team has had mixed results with 8 wins, 7 losses and 1 tie overall and a 3-2 record in league play. We are now in a good spot to make a playoff berth if we can keep playing with consistency at a high level.

Swimming and Diving: The CB Swim team has been having a stellar season, with some of the fastest times this program has seen in years, due in part to the welcome addition of a new Head Coach, Jen Cadmus. Of the team's dual league meets, our Falcon swimmers did especially well competing against both Rio Linda and Oakmont.

As the CB swimmers (also affectionately known as the Oak Park Aqua Posse around school) prepare for the end of the season, we already have six varsity Lady Falcons who have met or beat qualifying times to advance to the CIF San Joaquin Sectionals meet May 12-14. With one dual meet and league championships still to go, we anticipate even more of our Falcon swimmers to qualify for sectionals and perform successfully at our league championship meet on April 29-30.

The Diving team is wrapping up its dual meet season this week and also preparing for league championships. We have had an exceptional dual meet season, winning every meet except against Bella Vista. We have a squad of 5 new freshman and sophomore girls who are doing quite well and will be a strong team to develop over the next few years.

M - Tennis: - What an amazing season for the men's tennis team! They went undefeated in league play capturing our first men's tennis championship in over 20 years. The team is gearing up for the section playoffs which begin May 3.

Track: - The Christian Brothers track team is adjusting to the new 6 team meet format. These meets have over 500 runners competing, but the Falcons have taken top spots in many events.

Looking Ahead for 2011-2012:

The Athletic Consent and Release and Transportation forms for 2011-12 are now available online under 'Student Forms' on the Athletics page of our CB website. The Athletic Consent and Release form must be signed off by a licensed physician each school year. We recommend keeping a copy of the forms before turning them in to the front office - 'Attention Athletics'. Beginning next year, sports the forms will be required for conditioning, including summer conditioning programs.

Early Alert to Parents: for the 2011-12 school year all students entering 7th through 12th grades need proof of a Tdap (whooping cough) booster shot before starting school. This requirement begins July 1, 2011. This requirement can be met by receiving one dose of Tdap vaccine on or after the 10th birthday.

VISUAL & PERFORMING ARTS

What a wonderful month April was for the arts at Christian Brothers High School!

The month began with an outstanding and well-received performance of *"The Crucible"* by our theater department and was followed up immediately by a 5th place performance by our Vocal Jazz Ensemble at the *Reno International Jazz Festival*. This makes CB City Rhythm one of the top high school vocal jazz ensembles in the Western United States. Five of our students, Hannah Wilson, Briana Lovett, Emily Braaten, Sam Lovell and Miguel Francisco, were recognized as outstanding soloists at this highly acclaimed jazz festival. This achievement, in addition to the accomplishments of the other choirs this year, makes this one of the most successful years for choral music in the history of Christian Brothers High School!

April 15 was another cause for celebration on campus as more than 550 elementary choral students from sixteen Diocesan elementary schools shared their gifts of music in our gymnasium as the "Diocesan Choral Festival" took place, with our very own choral directors sharing comments and compliments with the aspiring young singers.

And within one week of returning from Easter Break, our student artists showed once again why, if you live anywhere near Sacramento, CB is the place to be an artist. With a beautiful gallery of artwork at the *Lasalle Art Show*, students impressed with brush, chalk and clay. This annual event gets bigger each year and provides a tremendous opportunity for our students to display their work to both peers and judges.

The day following the Lasalle Art Show, our instrumental department presents their final concert of the year, performing a wide variety of musical selections from traditional orchestral to jazz, movie scores, and an eclectic mix of instrumental combinations that show the diversity and skill of our band program and its director.

There are still opportunities to see our performers in action! You are cordially invited to any or all of the following VPA events in May:

- **7:00 p.m. May 7** – Sacramento Jammies at the Mondavi Center featuring CB City Rhythm (plus an extra surprise). Tickets are \$10 in advance and \$15 at the door.
- **7:00 p.m. May 13** – Open Mic Night (honoring the class of 2011). Tickets sold at lunch.
- **7:30 p.m. May 20** – 9th Annual Hollywood Bowl – bring blankets and a picnic basket to this wonderful concert under the stars. (free)

"Read, read, read."

"It is not true we have only one life to live, if we can read, we can live as many lives and as many kinds of lives as we wish."
S. I. Hayakawa

Ah, summer. Memories of sun glare, sand, and SPF 30 on beach books, hammock books, grass-on-the-lawn of the park books...many vacations evoke images of great books read and enjoyed. Check out the following two sites for summer reading –

- Our very own faculty reading list on the Christian Brothers High School website's Library/Media Center page "Favorite Books List" tab <http://cbhs.ca.campusid.net/home/People%26Places/Library%26Media%26Center>
- NPR's Scott Simon calls this man "the best-read man I've ever met". Check out "A London Cabbie's Summer Reading List" <http://www.npr.org/templates/story/story.php?storyId=128702321>

For many, our mothers and fathers were our first reading teachers. We thank Mr. Ron Slabbinck for suggesting a great way to honor a parent on Mother's Day, Father's Day, or a birthday. He bought a calendar, scheduled a meeting for one day each month, and wrote the name of a different book title by each meeting. He then purchased the books and gave them, with the calendar, to his father. They meet monthly for coffee or a meal and book discussion. Ron finds it a great way to connect regularly with his dad, who lives locally, and they have fun discussing the books. He left a few months blank so his dad could select books, too. Try it!

Mrs. Hesser recommends *The 6z Principle* by Roger Connors. "I'm very excited about these leadership and accountability principles. The concepts are ten years old, but new to me. It's made for businesses but is applicable for faculty."


**PROGRAM
REGISTER
TODAY**

SAFEWAY: Log on to www.eScrip.com and go to "sign up". Designate CBHS to receive contributions. Register your debit/credit cards and your SAFEWAY club card. CBHS Group ID is #6617319.

RALEYS: Show your Quality of Life card each time you shop at Raley's. Activate your card at www.raleys.com/

NUGGET MARKET: new program! Show your Nugget or Food Maxx card each time you shop at all Nugget stores or Food Maxx (in Woodland or Cameron Park).

SAVE MART/FOOD MAXX: Show your card each time you shop at Save Mart (all stores) or Food Maxx stores (except Woodland, Cameron Park).

TARGET: Visit www.target.com or call 1 800 316 6142 to designate Christian Brothers as your school. The school ID# is 3197.

Look for updates posted in the monthly FALCON FAMILY NEWS or the CBHS website: www.cbhs-sacramento.org under Parent Information/Scrip Fundraising

SCHOOL CALENDAR - MAY 2011

ENTER TO LEARN, LEAVE TO SERVE

MAY '11

May 1 Senior Family Liturgy 9:30 a.m.

May 2-12 AP Exams

May 2 Booster Mtg. 6:00 p.m.

May 3-4 Open Mic Auditions after school

May 5 Classes begin 9:00 a.m.

Fresh Class Prayer Service - Falcon Flex

May 6 First Friday Vacation Awareness Day

Staff Appreciation Day

May 7 SAT @ CB

Juniata @ Woodlark Center 7:00 p.m.

May 10 LPC Board Mtg. 6:30 p.m.

May 12 Classes begin 9:00 a.m.

4th Day Prayer Gathering - 8:30 a.m.

Workites @ CSIS

May 13 Open Mic Night

May 15 Tribute to the Brothers 10:00 a.m.

High School Art Show Reception

@ Crocker 1:00 p.m.

May 16-20 De La Salle Week

May 16-19 Oakridge Clothing Drive

May 16-17 Picture Days

May 17-19 Final Exam Review Days

May 18 Classes begin 8:00 a.m.

St. La Salle Liturgy 9:30 a.m.

Scholar Banquet

May 19 Senior Spirit Day

May 20 Founder's Day - dismissal 11:25 a.m.

9th Annual Hollywood Bowl Concert

May 23 B/C Exams (9:00 a.m. - 12:25 p.m.)

May 24 D/E Exams (9:00 a.m. - 12:25 p.m.)

May 25 F/G Exams (9:00 a.m. - 12:25 p.m.)

May 26 A Set Exam (9:00 a.m.) followed by

Leave to Serve Day NOON DISMISSAL

May 27 Baccalaureate 9:00 a.m.

Graduation 7:00 p.m.

May 30 Memorial Day Holiday

May 31 - June 3 Kaitos 37

May 31 - June 3 SAT Prep Class 9:00 a.m. - 1:00 p.m.

INSIDE

Continues
Exams Week
Charities Series
Outdoor Activities

Athletics
Work & Performing
Arts
Falcon Family Faces

8

FALCON FAMILY FACES

SPRING SEMESTER



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