

I feel tremendous pride and honor to be a part of such a special occasion. *

Over the past few weeks, I've had the opportunity to think and reflect on what CB has meant to me and on what comes next for the Class of 2024.

And I found myself thinking about time. About how it flies by. About how there's never enough of it. About how life comes at us so fast that we don't always get to appreciate the time we have, and the people with whom we share it. **(PAUSE)** I feel like I started CB last week, and now I'm on the graduation stage, seeing our class together for **one last time**.

(PAUSE)

So how do we slow down the rush of time so that we can get some measure of control? * According to an essential theory of physics, all time is relative. I don't know why it took Einstein to figure that out. **(PAUSE)**

Now, as soon-to-be high school graduates, you know that time moves faster than you *ever* would have thought possible. * It's funny how time can play games with us like that. Between tests and homework, club meetings and sports practices, work and volunteer commitments, * *sometimes* it takes a huge effort just to stay afloat, as we impatiently wait for weeks,

sometimes months, to pass by. * Yet, when we're happy, when everything seems right with the world, time seems to run away from us.

(PAUSE)

And so, the obvious question arises: how can we fight against the tyranny of time? How can we stop the speeding of time so we can appreciate the fullness of life? * I think there are two ways to do this: **(PAUSE)** laugh a lot and say thank you as often as you can. These two acts should be the basis of any life philosophy.

(PAUSE)

They say that laughter is the best medicine: it's free, it doesn't require a prescription, and it doesn't make you nauseous. **(PAUSE)** No matter how bad things get, we can always find something to laugh about. Laugh at whatever you want, and laugh whenever you can. As E. E. Cummings once said, "The most wasted of all days is one without laughter." Laughter can brighten any day, dissolve any cloud. Whether you're laughing at CB's miniature horses **(PAUSE)**, someone running around in an inflatable cow

costume **(PAUSE)**, awful parking jobs **(PAUSE)**, or Mr. Anderson's impressions of his *very lovely and hardworking* students **(PAUSE)**, remember that laughter is one of the key elements to slowing down the rushing tide of life. To laugh, to be able to stop and find the humor in a situation, requires you to appreciate the moment itself.

(PAUSE)

When you're not laughing, try to thank people. * Every teacher, parent, student, and friend that I stumble upon has changed my life in one way or another. And as I've tried to articulate what they've meant to me, all I can say is thank you. * So I'll just take the time here and now to say thank you to our parents and teachers, counselors and coaches, and the rest of the CB community. Without your help and guidance, the numerous achievements of this class would not have been possible. To these mentors and friends, I say: our success is your success, for you have given us the **courage to dare**, the **knowledge to excel**, and the **belief that we can succeed**. You have been there for us with encouragement and care; you have had faith when we doubted ourselves. You've instilled in us the self-confidence needed to reach for our dreams. You've shown us in

actions and words what it means to live *authentically* through your unwavering care, compassion, and love. **(PAUSE)** For all of your support, we, the Class of 2024, thank every single one of you.

(PAUSE)

So fellow graduates, as you slip off into your futures, feel free to use these two **weapons of joy** wherever life may take you.

(PAUSE)

This brings us back here to this graduation ceremony, which is all about time. * It's a celebration not just of our futures, but of our pasts. It's about more than this one ceremony, this one moment. It's about the first in-person dance we had three years ago, when we were all introduced to Pope Francis's cardboard cutout for the first time. It's about the fantastic cultural celebrations held by the La Raza Club, Asian Cultural Alliance, Black Student Union, and Pacific Islander Filipino American Association. It's about the donation drives, fundraisers, and service opportunities provided by the wide array of CB clubs and organizations and the culturally

immersive, enriching experiences provided by retreats like Venaver and Kairos that have shown us what it truly means to care for all persons.

(PAUSE)

Every single day for the past four years, I learned about how lucky I am to be part of this community. **(PAUSE)** That's what this time at graduation is really all about. **(PAUSE)** It's about teatime meetings on Thursdays, Open Mic nights, shaved ice at Holy Bowl, and lettuce-themed homecoming.

(PAUSE) Graduation is a time to celebrate every one of these moments, and the moments to come. **(PAUSE)** I'm sure that we will all have many more moments in our lives; we have to take the time to appreciate them as they come.

(PAUSE)

I know I can't really win the **fight** against time, but I'm going to fight anyway. * I'm going to **fight** to keep my memories of CB and each of you with me wherever I go, no matter how crazy life gets. And I'm going to **fight**

to savor my time with family and friends and not let the things that matter slip by **in the rush of things that don't matter.**

(PAUSE)

In time, we will close out this chapter of our lives and start the next: we will meet new people, make new memories, pursue our hobbies and passions in the real world. * On this journey, be sure to laugh a lot and smile often, for optimism will always make the world a brighter place. * Be sure to say thank you to those who deserve it, for a little gratitude goes a long way. *

But most of all, be sure to make your time your own, for it is far too precious to let slip away without a fight. * Thank you, and **congratulations to the Class of 2024.**