

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CHRISTIAN SERVICE

DEAR CB FAMILIES:

Sacramento is an extraordinary place to live. No major city in America is more centrally located amid such a vast range of high-quality farms, ranches and vineyards. Sacramento is the capital of California, the largest agricultural producer in the nation. And yet, paradoxically, 4.9 million Californians experience food insecurity, with 1.9 million of that number representing children.

Close to 243,000 people are food insecure in the Sacramento region. Food insecurity is defined as someone living without reliable access to a sufficient quantity of affordable, nutritious food. Who are the hungry in Sacramento? It isn't just the homeless. There are senior citizens, the disabled, working poor families, students of every grade level and perhaps even your neighbors living food insecure. For many Oak Park residents, food insecurity is part of daily life.

For the past two years, Christian Brothers High School has partnered with our next door neighbor, Williams Memorial Parish, to donate boxed and canned food items for those who are food insecure. We provide the boxed and canned food items while Williams Memorial provides the frozen turkeys. The *Yes We Can!* Thanksgiving Food Drive begins Wednesday, November 1. Leadership class, with the help of student council, will load and deliver the food on November 18. Williams Memorial Parish will distribute all of the donations to Oak Park families in time for Thanksgiving.

Last year, CB donated 2,000 food items to Oak Park families in need! This year our goal is to donate 2,500 boxed or canned food items. To keep the donations coming, each class will compete for the *Yes We Can!* trophy. The competition is fierce, but fun, and for the last two years the seniors have won the coveted prize. Who will take the trophy home this year?

We have seen many natural disasters over the last few months, from hurricanes to earthquakes to the Northern California wildfires. Yet our students consistently donate what they can to help out their fellow brothers and sisters in need. Yes, compassion fatigue is real, but our Christian Brothers High School community always comes through with remarkable generosity.

Thank you always for the support you give to the Christian Brothers community. In particular, Christian Service is grateful for the generous hearts of our students, parent, faculty, staff, and alumni. Your actions truly embody what it means to be Lasallian.

May you be blessed with a festive Thanksgiving holiday.

In gratitude,



Jennifer Lystrup
Director of Christian Service

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Autumn is always a very lively time in the Counseling Department! We are in the midst of a busy college application period, and continue to provide personal counseling and academic guidance along with extensive college planning.

As you may know, Christian Brothers provides one of the most comprehensive programs of Advanced Placement course offerings in the region. We currently offer fifteen Advanced Placement courses and have 511 AP exams scheduled to be taken by our students in May. We are very pleased to announce that the following students earned special recognition from the Advanced Placement program based on 2017 exam results.

AP SCHOLAR [granted to students who receive scores of 3 or higher on three or more AP Exams]:

- Juan Alba '17
- Rose Brownridge '17
- Regina Chapuis '18
- Samuel Clark '17
- Paulina Crum '18
- Dai Boming '17
- Harrison Daly '17
- Olivia Eliopoulos '18
- James Ghilardi '17
- Fernando Gil '17
- Alexandra Gough '17
- Mary Claire Hancock '17
- Jaela Harding '17
- Micah Jordan '17
- Hannah Kaplon '18
- Russell Lee '17
- Peter Levis '17
- Qingyang Li '17
- Carissa Loftus '17
- Mackenzie Lusich '17
- Andrew Madrid '17
- Agustin Marcin '17
- Emma Mathison '18
- Kacey McCarley '17
- Nicholas McHale '17
- Christian Montanez '17
- Marliss Neal '18
- Brenna Patterson '17
- Danika Piotrowski '17
- Julia Rinaldo '17
- Jennifer Roberts '18
- Noemi Rodriguez '17
- Aidan Smith-Fagan '18
- Elizabeth Sparks '17
- Christopher Tak '17
- Gwendolyn Thompson '17
- Will Yponce '17

AP Scholar with Honor [granted to students who receive an average score of at least 3.25 on all AP exams taken, and scores of 3 or higher on four or more of these exams]:

- Mitchell Berger '18
- Michaela Cahill '18
- Aeron Davies '18
- Jeremy Fernandez '18
- Sabrina Hirsch '18
- Alex Mantong '18
- Jake Mellor '17
- Isabel Nguyen '18
- Justin Romani '18
- Yuwen Song '17

- Emily Hosoume '17
- Carly Jo Huntington '17
- David Karalli '18
- Katherine Stiplosek '18
- Bridget White '17
- Alice Wong '18

AP Scholar with Distinction [granted to students who receive an average score of at least 3.5 on all AP exams taken, and scores of 3 or higher on five or more of these exams]:

- Irianna Agnew '17
- Mary-Jo Ajiduah '17
- Michael Angeles '17
- Matthew Bell '17
- Sergio Castillo '17
- Brandon Chan '17
- Makenna Chapman '17
- Guohao Chen '17
- Jonathan Clairdad '17
- Matthew DeSimone '17
- Marley Downey '17
- Julianne Downing '18
- Lindsay Hewitt '17
- Jessica Kever '17
- Navneet Khaira '18
- Zachary Lau '18
- Jiarun Li '18
- Casey Loftus '17
- Erik Ma '17
- Rebecca Mazur '17
- Amanda McAdam '17
- Krista McCarley '17
- Joseph Nazareno '17
- Matthew Signorotti '17
- Benjamin Slakey '17
- Elizabeth Sperring '18
- Katherine Stenger '18
- Kasen Taylor '17
- Matthew Thomas '18
- Ceyenna Tillman '17
- Juliet Tochtermann '18
- Maximilian Verspieren '17
- Noah Wadhwani '17
- Ayana Watkins '17
- Patrick Wiseman '18

CONGRATULATIONS TO THESE CURRENT AND FORMER STUDENTS!

Upcoming Events:

SAT Test Dates: Saturday, November 4 (Stand-by registration only); Saturday, December 2 (Registration deadline is November 2)

ACT Test Dates: Saturday, December 9 (Registration deadline is November 3)

College Application Workshops for Seniors: Thursday, November 2, 9, & 16 at 8:00 a.m. in room 201



Reflections in November

The month of November brings us two opportunities for prayer and reflection.....in remembrance and in thanksgiving.

Throughout this month we are invited to remember in a special way all of our loved ones who have passed away. During this time we remember the gift of our loved ones' presence and the specific ways they have touched our lives. This month we also have the opportunity to remember the lives of the Saints who are examples of faith and holiness for us all. The All Saints Day mass is being celebrated on Tuesday, November 1, at 9:45 a.m. with Bishop Myron Cotta presiding. On Wednesday, November 8, Fr. Mike Carroll will celebrate a special memorial mass with Christian Brothers donors and alumni. Students may also write the names of loved ones who have died in our Book of Remembrance in the Chapel of St. Joseph.

During the month of November we also take time to give thanks. Having a heart of gratitude and taking the time to count our blessings is not limited to a "once and done" gathering on Thanksgiving Day. In his writings on "The Method of Interior Prayer," our Founder, St. John Baptist de La Salle, reminds us of the importance of giving thanks to God. He writes: *After acknowledging God's infinite greatness and paying homage because of God's sovereign excellence and our dependence thereon, it is only right that we call to mind that God shows us goodness and has always done so and that we offer God our very humble thanks. "I have received, O my God, so many blessings from your infinite goodness that I would have to be very ungrateful if I failed to express to you my most humble gratitude."*

As you prepare to gather around your table later this month for Thanksgiving dinner, please find a special table prayer (next page) to share. Blessings during this month of giving thanks!

-Jen Yearwood, Director of Campus Ministry

Retreats

• Retreat registration is happening NOW for Junior retreats!

This means if a junior plans on attending a retreat, they must sign up now. This helps us in planning ahead for transportation, food and lodging. Some of the retreats fill up fast- the best way to secure a spot is to turn in your registration form and payment. Please speak with your son/daughter and determine which retreat date will work best. Junior Overnight Retreats: December 4-5, January 29-30, February 26-27, and April 9-10. Information about the retreats, as well as links to register online are available on [the CB website](#).

- **Senior Kairos:** There is only one remaining Kairos retreat with spots available- March 20 - 23, 2018. If you are a senior and have not yet signed up for a Kairos retreat, please contact Ms. Yearwood immediately.



Deadline: November 5th!

Join us on Thanksgiving Day as we Run to Feed the Hungry!

It has become an unofficial CB tradition to participate in the Run to Feed the Hungry on Thanksgiving Day at Sacramento State.

Join your fellow Falcons as we support the Sacramento Food Bank & Family Services. If you or your family are planning on participating in the RTFTH, [consider joining the Christian Brothers team](#). You will receive a team shirt with Christian Brothers printed on the back. You will also be invited to join us in the team area before the race for donuts, coffee and a team photo! Registration is now open at [runtofeedthehungry.com](#). Race packets for team members will be available for pickup at CB the week of the race. Please contact Natalie Boylan '09 (nreyes@cbhs-sacramento.org) if you have any questions.

RUN to Feed the HUNGRY

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Wednesday & Thursday start times and school closure days in November!

- Wednesday, November 1- 8:00 a.m. Start, liturgy day
- Wednesday, November 8 - 9:00 a.m. Start
- Friday, November 10 - No School
- Thursday, November 16 - 9:00 a.m. Start
- November 22- 24 - School Closed
- Thursday, November 30 - 9:00 a.m. Start



Find us on:
facebook®

Enter to Learn, Leave to Serve

Thanksgiving Yes We Can! Food Drive



The Yes We Can! Thanksgiving Food Drive begins Wednesday, November 1 through Friday, November 17. The boxed and canned food items will be donated to our Oak Park neighbors and partners at Williams Memorial Church. Christian Brothers will provide the boxed and canned foods, while Williams Memorial Parish will provide frozen turkeys. Williams Memorial will distribute food to families in Oak Park for Thanksgiving.

The donations are also part of a schoolwide competition between classes for the Yes We Can! class trophy. For the last two years, the seniors have taken the trophy, barely squeaking by the sophomore class. Who will take the trophy this year?

Last year we donated 2000 boxed and canned food items. If every student donated two items we could set another record. Let's see if we can meet a new goal of 2500-3000 items! Yes We Can!

Canned/boxed food items needed

- Boxed: stuffing, dressing, corn bread, instant mashed potatoes, instant pudding, instant jello, and packets of gravy
- Canned: green beans, cranberries/sauce, corn, baked beans, peas and canned fruit
- Please DO NOT bring items in glass or anything frozen. Also, please check the expiration dates before donating.

Drop off canned food items in the following rooms:

Freshmen: Ms. Roybal- room 407

Sophomores: Ms. Fernandez- room 703

Juniors: Ms. Williams- Learning Commons

Seniors: Mr. English- room 402

Ven-a-Ver

Otro Lado participants: If you do not have your passports or government issued identification, please begin the process soon. The turnaround time during the holidays is slow, so please get the process started now! Please have all of your identification by the end of December.

Memphis participants: Please make sure you have your government issued identification by the end of January.

Ven-a-Ver Yakima participants: Interviews will take place on Thursday, November 9, in room 105. Please note if you did not make the other Ven-a-Ver immersions, you may apply for this one. See Ms. Lystrup in the LSLO.

THANKSGIVING TABLE PRAYER

By Ethel Faye Grzanich

As we bow our heads to pray, we give thanks to you God,
for this Thanksgiving Day.

We thank you, Father, for our families, friends, and for all
the blessings, both big and small, that you pour out on
us each day.

We give thanks to you for this food and for the hands that
have prepared it. We ask your blessings upon this meal:
that it will nourish our bodies and refresh our souls.

We give thanks to you for this wonderful time together,
and for each one present here today.

We ask you, dear Lord, let each one of us feel your love,
comfort, and presence in our lives today and every day.

Let us not forget those who can't be here with us today.
We give thanks to you for them, too. We miss our loved
ones, Lord, but we are thankful for all the good times that we
had with them.

We know, Lord, that this life is not all there is; that the
best is yet to come if we live for you.

So, help us each day to live our lives in ways that
honor and please you. And we'll not forget to give you
all the praise and glory.

In the name of Jesus we pray. Amen.

Amen.



SAVE THE DATE
March 17 Saturday

Christian Brothers High School Dinner & Auction

Gift Gathering Parties • Silent Auction
Mobile Bidding • Live Auction • Cocktails
Dinner • Golden Raffle • Balloon Pop
Jelly Bean Bling • Sign-Up Parties

Auction Chair: Lisa Travis (Poppy Ruyak '19)

Tickets available January 5, 2018 at

www.cbhs-sacramento.org

or contact Joanne McShane at 916-733-3643

All proceeds benefit tuition assistance, students and programs
of Christian Brothers High School

Homecoming

Christian Brothers students celebrated a "Alice in Wonderland"-themed homecoming. The students voted for the 2017-18 Homecoming Court and the winners are:

Class of 2021- Princess: Bella Barbosa & Prince: Tozie Amaechi

Class of 2020- Princess: Haily Holston & Prince: Kaveh Khajavi

Class of 2019- Princess: Annabella Rolleri & Prince: Andrew Constancio

Class of 2018- Princesses: Emily Shepard and Julia Atlee & Princes: Cruz Solano and J.R. Aguirre

The 2018 Homecoming Queen and King: Kathy Eke and Jacob Cherry



Blood Drive

Please be aware that our blood drive takes place on Friday, November 3. Students must be in good health and at least sixteen years old to participate. Sixteen and seventeen year old students must have parental consent. All students must have their photo ID. A reminder for students donating blood: please be sure to eat breakfast and lunch (if they donate after lunch) and drink plenty of fluids prior to donating.

Club News

The La Raza Club has been very active on campus. They celebrated Latino Heritage Week with the student body through food, games, music and prayer. They will also participate in *Día de los Muertos* on November 2 and will set up an altar at Christian Brothers High School.

Tangata Pasifica Club is off and running. They have been practicing their dances and performed the Haka at our Homecoming Rally. They are amazing!

Have a wonderful and blessed Thanksgiving!

-CB Student Council

For more information on the events in November, please follow the [daily bulletin](#) and check the [school calendar](#) located on the CB website.

Capital Athletic League SCHOLAR-ATHLETE AWARD

Eligibility: Athletes who are members of a Capital Athletic League-recognized varsity team are eligible for the award.

Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the 9th grade. Athletes must finish the season in good standing.

Athletes must have a cumulative 3.5 GPA (or above) weighted grade point average as well as a current 3.5 (or above) weighted GPA. The cumulative GPA is based on cumulative grades of semesters from 9th grade onward. Athletes are awarded a scholar-athlete patch for each sport season in which they qualify. The following athletes are being recognized as Capital Athletic League Scholar Athlete:

Varsity Cheer: Jordan Aceves '18, Eva Anders '19, Gianna Ghilardi '18, Sara Littlejohn '19, Chazz Pettis-Barnes '18

Varsity Cross-Country: Joseph Archer '18, David Cook '19, Samuel Copley '19, Aileen Fortin '19, Alberto Mujica '19, Amelia Poroli '18, Emma Roberts '18, Nicolas Sanchez '19, Enrique Verschoor '19, Patrick Wiseman '18

Varsity Football: Mitchell Berger '18, Andrew Dettling '19, Chace Gallup '19, Michael Grandstaff Jr. '18, Jack O'Hearn '18, Trey Price '18, Daniel Simoes '18, Jacob Tucker '18, Jakob Uebelhoefer '19

Women's Varsity Golf: Alexandria Angel '19, Karina Brouwer '19, Viviana Dazo '19, Jessi de la Mora '20, Ashley Eickman '19, Katherine Gergen '20, Cianna Hamilton '18, Morgan Jones '18, Courtney Krause '18, Kathryn Maebori '20, Hannah Makelim '20, Shatara Mouton '18, Grace Paterson '20, Elizabeth Sperring '18

Women's Varsity Tennis: Gabriella Geach '18, Kennedy Gudmann '20, Karly Kiefer '18, Natalia Kimmelshue '19, Bailey Leek '18, Sydney Obmann '20

Women's Varsity Volleyball: Amelia Conaghan '18, Catherine Cordano '19, Aeron Davies '18, Sydney Durana '20, Sophia Overstreet '20, Madeline Yeager '18, Isabella Wynn '20

Men's Varsity Water Polo: Zachary Byrne '18, Andy Chen '18, Mark Powers '18, Nicholas Smith '18, Stephen Smith '18

Women's Varsity Water Polo: Emma Busch '20, Olivia Busch '18, Sydney Carlson '19, Julia Dudensing '18, Lana Jan '18, Callie Kendall '19, Sierra Martin '18, Madeline Mercer '18



It's Show Time!

November kicks off a whirlwind of CB art on display. From the visual to the performing arts, make sure you don't miss an opportunity to see our student artists at their best. All event tickets are available in the [Ticket Hub on the CB website](#).

HAMLET is in performance beginning Veteran's Day weekend! This two-hour cut of Shakespeare's classic tragedy is action-packed. Shows run November 10-12 and 17-19, Fridays and Saturdays at 7:00 p.m., Sundays at 2:00 p.m. Tickets are \$10 for adults, with student tickets at \$5. Tickets are on sale now.

INSTRUMENTAL performances will be featured at the annual Christmas instrumental concert on Friday, December 1. Get in the Christmas spirit with our CB musicians. Tickets are on sale now.

CHORAL music can be heard at the annual Christmas choral concert, "Peace, Love, and Joy," on Saturday, December 9. This concert often sells out, so be sure to get your tickets.

VISUAL ARTS features tributes to Sacramento photographer Kitty Hudson-Cawley, who visited student artists on campus in October. Their work will be displayed in the Tribute Show at Mak Design Studios in December, located at 430 F Street, Suite B, Davis, CA, 95616. You won't want to miss this dynamic show located right in the path of Davis' art walk!



VOCATIONS

Ms. Melissa McClellan

Melissa McClellan was born and raised in the coastal paradise of Santa Barbara, California. She is the oldest of three children by her parents, a hospital nurse mother and a businessman father. Her first impression of high school counseling was not particularly positive. While she was attending San Marcos High School, she was assigned five different counselors in her four years there. She left feeling that a counseling department could offer a lot more to students.

After high school, she was off to UC Davis. She jokes now that it was not her first choice, but the only UC her parents could afford. She quickly became a true Aggie and loved her experience there. After earning a bachelor's degree in exercise science, she worked at a group home in Sonoma for troubled youth. Her vocation as a counselor grew deeper during this non-stop live-in mentoring experience.

With adventure calling, she looked toward the east coast and earned a master's degree in school counseling from Southern

Connecticut State while supporting herself by working as a nanny. A Santa Barbara native can only take so many Connecticut winters, so her next stop was a counseling position at Rodriguez High School in Fairfield, CA, and then finally Christina Brothers High School in Sacramento, where she is in her eighth year as a counselor.

Melissa strives to know her students well beyond just writing letters of recommendation. She has coached CB soccer and is a constant presence at school events and activities. Reflecting on her own experiences, she urges seniors to make the most of their experience at the college they attend, regardless of where it was on their priority list.



