

FALCON FAMILY NEWS

A MESSAGE FROM THE DIRECTOR OF CHRISTIAN SERVICE

DEAR FAMILIES:

Christian Service has long been a common practice of Christian Brothers High School with students, faculty, staff and families giving their time and talents each year without expectation of reward. There's something gratifying about volunteering and service opportunities that are performed with the value of helping others. Studies have shown that volunteering helps young people feel more socially connected, thus gifting them with a sense of belonging to a community. Moreover, at CB we are very blessed that beyond personal fulfillment, Christian community service is a vocation or a calling.

Students are invited and welcome to discover the Christ-like values of Christian Service and to put these into practice. As a Lasallian Catholic community, to be of service does not only mean to be ready for action. It also means to be in conversation with God, having an attitude of listening and learning just like our founder, St. John Baptist de La Salle. Likewise, we remember during All Saints' Day and All Souls' Day the many Lasallian Brothers and Saints who have taken the risks and the Blessed Souls who inspire us to be hopeful and to trust.

To further live out the Gospel message, the Christian Service department formed the Social Action Leadership Team (S.A.L.T.), made up of student leaders who assist in inspiring service, charity, community and fellowship on campus. S.A.L.T. engages in programs within the greater Sacramento Area, Catholic Diocese of Sacramento and the Lasallian District of San Francisco New Orleans. S.A.L.T. actively supports our international Lasallian sisters and brothers, especially our twin school, Saint John Baptist de La Salle Catholic School in Addis Ababa, Ethiopia through the CB Coffee House (open on campus on late start Thursdays). Additionally, S.A.L.T. collaborates with service clubs and organizes Christian Service opportunities such as the Canned Food Drive, Advent and Lenten almsgiving, Annual Festival of Trees, Oak Park Art Garden fence painting, Cake4Kids, Generation Great, Brown Bag Lunch Ministry and more!

As we celebrate Thanksgiving this month, it is a time to remember those who have encouraged us in our faith journey

as Lasallian Catholics – students, faculty, staff, families and alumni who have continuously inspired and supported us with kind words and affirm our vocation. We remember and are very grateful for those who have been with us in our joys and pains, people who share our passion for service, our loved ones, those we cherish in memory and our supportive friends.

I pray that the Saints and Souls, who have carried our Lasallian Catholic mission and vocation thus far, grant us strength and truth in God to always be a gift to others in the spirit of Thanksgiving!

Live Jesus in our hearts!



Gigi Grapé
Director of Christian Service

INSIDE THIS ISSUE

- Counseling
- Campus Ministry
- Christian Service
- MVPA
- Student Activities
- Athletics

Autumn is always a very busy time in the Counseling Department! We are in the midst of a very 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 15 Advanced Placement courses and have 634 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 2019 exam results.

AP Scholar (granted to students who receive scores of **3 or higher on three or more** AP Exams):

- | | |
|--------------------------|-----------------------------|
| • Alonzo Aguillo '20 | • Mariah Hudnut '20 |
| • James Ajiduah '19 | • Kathryn Kasbergen '19 |
| • Kelcie Charleboix '19 | • Grace Larsen-Anderson '20 |
| • Harrison Chu '21 | • Katie Lee '19 |
| • Naomi Conley '19 | • Tamara Mendez '20 |
| • Dylan deGuzman '20 | • Keona Moya '20 |
| • Jacob Dong '19 | • Thaddeus Nazareno '19 |
| • Caroline Duncan '20 | • Victoria Okafor '19 |
| • Haley Egger '19 | • Ana Riley-Portal '19 |
| • Emma Fitzpatrick '20 | • Annabella Rolleri '19 |
| • Aileen Fortin '19 | • Haley Strack '19 |
| • Nicholas Gutierrez '19 | • Jamie Sunada '19 |
| • Taylor Hammond '19 | • Nathaniel Tandoc '19 |
| • Emily Hancock '20 | • Leah Vallespin '19 |
| • Christopher Hoang '21 | • Katalina Wong '19 |
| • Haily Holston '20 | • Andres Yalan '19 |

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):

- | | |
|--------------------------|--------------------------|
| • Benjamin Anin '19 | • Jackson Ryan '20 |
| • Nathan Battimarco '19 | • Nicolas Sanchez '19 |
| • Gabriella Cocke '19 | • Elizabeth Shyer '20 |
| • Mikaela Dacanay '20 | • Chance Sims '19 |
| • Giovanni DelPiero '20 | • Emelie Thomas '20 |
| • Dior Dupavillon '19 | • Anissa Torres '19 |
| • Natalia Kimmelshue '19 | • Alexander Vasilyev '19 |
| • Joaquin Romero '19 | • Abigail Wall '20 |

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):

- | | |
|------------------------------|---------------------------|
| • Angelica Ballesteros '20 | • Mary Melarkey '20 |
| • Leander Balmeo '19 | • Miguel Menchaca '19 |
| • Sinead Cahill '20 | • Hallie Mikacich '19 |
| • Collette Caspar '19 | • Leland Munn '20 |
| • Abigail Chapuis '20 | • Sofia Nguyen '19 |
| • Tyler Chen '19 | • Pietro O'Mara '20 |
| • Turner Clark '19 | • Alanna O'Neill '19 |
| • David Cook '19 | • Grace Paterson '20 |
| • Samuel Copley '19 | • Luke Powers '20 |
| • Gabrielle Downey '19 | • Georgiana Prevost '19 |
| • John Duncan '19 | • Annika Pu '20 |
| • Christoffer Fong '20 | • Brendan Sample '19 |
| • Jacey Greco '20 | • Samuel Schlenker '20 |
| • Wyatt Greco '20 | • Siena Schumaker '20 |
| • Hannah Gruber '19 | • Samuel Seiler '19 |
| • Alexandra Hock '19 | • Priya Sharma '20 |
| • Elena Kalfsbeek '20 | • Cecelia Sidley '19 |
| • Nicholas Kennedy '19 | • Graciela Soria '20 |
| • Benjamin Kessler '19 | • Emily Sperring '20 |
| • Tristan Kimball '19 | • Emelia Sprott '20 |
| • Casey Koenig '19 | • Charlotte Stiplosek '20 |
| • Natalie Leclerc '19 | • Anthony Sweha '19 |
| • Margaret Leppert '19 | • Emma Talley '19 |
| • Lifan Liao '19 | • Brian Taylor '20 |
| • Zixin Ma '19 | • Olivia Tobin '19 |
| • Madeline Madrid '19 | • Vivian Tran '20 |
| • Kaleo Mark '19 | • Anna Urias '20 |
| • Siena Mazza '19 | • Linghao Xia '20 |
| • Connor McLaren-Finelli '20 | |

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

- | | |
|------------------------|-------------------------|
| • Turner Clark '19 | • Kaleo Mark '19 |
| • David Cook '19 | • Hallie Mikacich '19 |
| • Alexandra Hock '19 | • Georgiana Prevost '19 |
| • Nicholas Kennedy '19 | • Emily Sperring '20 |
| • Tristan Kimball '19 | • Emma Talley '19 |
| • Natalie Leclerc '19 | • Olivia Tobin '19 |

Upcoming Events

SAT Test Dates: November 2 (Stand-by registration only), December 7 (Deadline to register is November 8)

ACT Test Date: December 14 (Deadline to register is November 8)

College Application Workshops for Seniors: Thursdays (November 14 and 21) at 8:00 a.m. and Falcon Flex in room 201

**CONGRATULATIONS TO
THESE CURRENT AND
FORMER STUDENTS!**

Reflections in November

The beginning of the month of November brings us opportunities for prayer and reflection...

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

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

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

Here at Christian Brothers we are marking the importance of these two days in a variety of ways. On All Saints' Day we will celebrate an All School Liturgy together. Throughout the month of November, members of the Christian Brothers community may write the names of loved ones who have died in our Book of Remembrance in the Chapel. Our La Raza Club will also have a beautiful Dia de los Muertos altar of remembrance in the main hallway.

Finally, the month of November invites us to practice an attitude of gratitude. Stop for a moment and be thankful for the abundance of blessings that grace your life. Appreciate friends and loved ones, remembering that many are lonely and less fortunate. As you prepare to gather around your table for Thanksgiving dinner, please find a table prayer to share. Blessings to you!

- Jen Yearwood, Director of Campus Ministry

Retreats

Registrations for Junior Overnight and Senior Kairos retreats are due now!

Senior Kairos

Registration for the two remaining Senior Kairos Retreats is continuing and we would like to have all students interested in attending one of the upcoming retreats signed up no later than **November 30**. This means even if a student plans to attend Kairos in January or March, they must sign up now. This helps us in planning ahead for transportation and the retreat centers regarding food and lodging. In addition, retreat dates tend to fill up fast. The best way to secure a retreat spot is to have your medical form and payment turned in. Parents and guardians: Please speak with your son/daughter and determine which retreat date will work best.

The remaining dates are: January 14-17 and March 17-20

[Click here to register.](#)

Junior Overnight Retreat

Recently, juniors were visited by SRLT members to share with them information about the retreat. All juniors were asked to complete the Junior Retreat Interest Form online.

In the weeks ahead, Campus Ministry will be implementing a new process for online registration and collection of consent forms with electronic signatures by parents. Junior families will be receiving an email about this new process.

Parents and guardians: Please talk with your junior student and encourage him/her to participate in this meaningful retreat experience. There will be three opportunities for members of the Class of 2021 to attend the Junior Overnight Retreat. **The dates are: November 25-26, January 27-28, and March 2-3** and all will be held at the Applegate Retreat Center. Students leave at the end of the school day on Monday and return by end of the school day on Tuesday. The cost is \$90 and includes lodging, transportation, meals and retreat supplies. Those interested in the first retreat should contact Ms. Yearwood immediately.

God Squad Team Retreat

Members of our God Squad will be attending a retreat together on **Sunday, November 10 through Tuesday, November 12**. The focus will be on team building, prayer and worship formation, and planning our upcoming liturgical events. There are still a few spots left for God Squad members to sign up. The cost is \$100 and includes bus, lodging, meals and materials. [Click here to register.](#)



Enter to Learn, Leave to Serve

Thanksgiving Yes We Can! Food Drive

We are happy to announce that our **Thanksgiving Yes, We Can! Food Drive** class competition is on!



Starting on **November 4 through November 15**, each class is challenged to donate canned foods.

Drop-off details

Freshmen: Ms. Roybal in room 105

Sophomores: Ms. Bronson in room 602

Juniors: Ms. Williams in Learning Commons

Seniors: Ms. Vanenburg & Ms. Cassetta in room 304

Last year, we collected nearly 5,000 canned and non-perishable boxed food items which were donated to William Memorial Church, CB's neighboring church for 55 years. We have had the privilege to reach out to our Oak Park families through this partnership for five years. We remember our blessings and are invited daily to be mindful of the many opportunities we must give of ourselves.

Help make the Thanksgiving Yes, We Can! Food Drive memorable this year for families in need!

Contest Guidelines

- Only canned and non-perishable boxed donations that have suitable expiration dates and are unopened will be accepted.
- Collections are tallied by class moderators by **Thursday, November 14 at noon**.
- The winning class will be announced on **Friday, November 15**. **The winner will earn spirit points that count toward the class quarterly prize.**

Holiday Volunteer Opportunities

Sacramento Food Bank - Family Services Campus TURKEY DISTRIBUTION

No volunteer orientation required

Address: 3333 3rd Ave., Sacramento

Dates:

- **Monday, Nov. 25:** Turkey Distribution – Turkey Tent (ages 16+): 6:00 a.m. to 9:30 a.m. or 9:00 a.m. to 12:30 p.m.
- **Monday, Nov. 25:** Turkey Distribution – Helpers (ages 16+): 6:00 a.m. to 9:30 a.m. or 9:00 a.m. to 12:30 p.m.
- **Monday, Nov. 25:** Turkey Distribution – Line Monitors (ages 18+): 5:00 a.m. to 9:00 a.m. or 8:30 a.m. to 12:30 p.m.

Report to: Robin Simpson (Contact Information: 916-925-3240 x3382)

Loaves and Fishes Dining Hall

THANKSGIVING DINNER SERVING

No volunteer orientation required

Address: 1351 North C St., Sacramento

Date: **Tuesday, November 26** (Closed on Thanksgiving Day)

Involves: Turkey cutting, meal prep, and warehouse help. Families signed up should report to the dining room. More information will be provided during sign up.

How to sign up: Please call 916-637-2444 to see if the community service positions have been filled.

Run to Feed the Hungry

Registration is now open to join Christian Brothers' team in the Run to Feed the Hungry. This is an annual fun run on Thanksgiving morning that helps raise funds for the Sacramento Food Bank and Family Services. Please join Team CB and 25,000 other participants in the largest Thanksgiving run in the U.S. **Registration is open until November 1.** Students, teachers, parents, friends, neighbors, relatives and acquaintances are all invited to join our team. Don't be intimidated by the running. Many participants walk, jog, stroll and skip their way to the finish line. This is a lot of fun and it helps raise funds for a great cause. If you have any questions, please contact Mr. Hunley at jhunley@cbhs-sacramento.org.

THANKSGIVING TABLE PRAYER

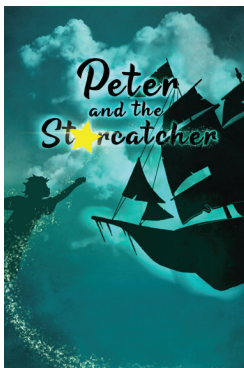
Lord God,
Our hearts are crowded with gratitude
as we celebrate the feast of Thanksgiving.
We have come to this our feasting table
with great joy and eagerness,
for we are truly grateful to You, our God,
for all that we have been given.
We pause now and, in silent prayer,
do thank You for the great generosity of Your gifts.

Pause for silent reflection.

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

Amen.





The Arts are gearing up for an exciting end to the semester! **“Peter and the Starcatcher”** will be presented on **November 15-17 and November 22-24**, Fridays and Saturdays at 7:00 p.m. and Sundays at 2:00 p.m. Tickets are \$10 for adults and \$5 for kids and students. Based on the story of Peter Pan, this play is great for all ages and full of adventure and comedy, so bring the family! **For the first time, you can reserve your choice of**

seats online, so visit the [Ticket Hub](#) to reserve the best seats in the house!

Our **Choral** program was recently featured on **KBFT** for spreading birthday cheer around campus. They’ll soon be taking their talents on the road to local elementary schools. Don’t miss their **Choral Christmas Concert** on **Saturday, December 7!** There will be performances at 4:00 p.m. and 7:00 p.m. **Tickets are available now on the [Ticket Hub](#).**

The hallway of the George Cunningham ‘40 Performing Arts Center is full of holiday music as the **Instrumental** program prepares for their annual **Christmas Concert** on **Thursday, December 5**. Head to the Ticket Hub for tickets to hear all your holiday favorites performed by our talented musicians.

The first **Open Mic Night** is in the books, but don’t worry if you missed it. Another is coming up on **Friday, December 13**. If you are thinking of performing, get your act together for auditions on December 3 and 4 in the George Cunningham ‘40 Performing Arts Center.

We hope to see you enjoying the arts this holiday season!

November

SCHOOL SCHEDULE REMINDER

Be sure to keep track of Thursday start and dismissal times!

- **Thursday, November 7 – 9:00 a.m. start, 2:25 p.m. dismissal** (three-block day, Falcon Flex)
- **Thursday, November 14 – 9:00 a.m. start, 2:25 p.m. dismissal** (three-block day, Falcon Flex)
- **Thursday, November 21 – 9:00 a.m. start, 2:25 p.m. dismissal** (three-block day, Falcon Flex)
- **Thursday, November 28 – Happy Thanksgiving! No school**

Congratulations to the **Class of 2020** on their spirit point win for Homecoming 2019! The points were as follows:

- Senior Class of 2020: 423 points
- Junior Class of 2021: 416 points
- Freshman Class of 2023: 298 points
- Sophomore Class of 2022: 289 points

Student Activities and the Student Council would like to thank the members of the CB Community for an amazing Homecoming Week full of costumes, inclusivity, and spirit. November will look like a slower month in comparison to October’s full schedule, but there is still plenty of fun to be had in this autumn season.

La Raza will celebrate Latino Heritage Days beginning November 1-8 with the dressing of the Día de los Muertos ofrenda in the main hallway. Families are invited to drop off items for the altar to Ms. Fernandez in Room 703 or add them to the altar beginning November 1. Please label any item you would like returned with your student’s name and B Set teacher on it.



On **Thursday, November 7** during all-school lunch, there will be a wonderful show of food, dance, and music. Vallejo’s Tacos will be for sale as well as paletas and pan dulce in the gym. Ballet folklórico dancers will be performing on the stage. Make sure to bring your money for the food!

In collaboration with Christian Service, Student Council will award spirit points to each class for their participation in the **Canned Food Drive** this month. Every item will count for points and will be added to each class’s spirit point total for the quarter. Donate and earn points!

ATHLETICS

Capital Athletic League Scholar-Athlete Award

Eligibility: Athletes who are members of a Capital Athletic League recognized varsity team are eligible for this 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 and have a cumulative 3.50 or above GPA (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 from 9th grade onward. Athletes are awarded a scholar-athlete patch for each sport season for which they qualify.

The following athletes are recognized as Capital Athletic League Scholar Athletes:

Women's Varsity Volleyball

- Allison Corgiat '21
- Dylan-Janice deGuzman '20
- Sydney Durana '20
- Margaret Melarkey '22
- Lilian Patock '22
- Isabella Wynn '20

Varsity Football

- Derek Babby '21
- John Michael Berger '21
- Christopher DeShong '21
- Matthew Dettling '22
- Jonathan Ferguson '21
- Andres Gordon '21
- Sawyer Hays '21
- Jared Hunter '21
- Reed Mercer '20
- Thomas Milton '21
- Julian Rodriguez '20
- Jackson Ryan '20
- Nathan Smith '21
- Parker Spellacy '22
- Lyman Tadewald '21
- Jacob Wingert '21

Women's Varsity Tennis

- Fiona Babcock '21
- Bianca Cabanag '21
- Emma Emigh '21
- Mariana Garcia '21
- Lola Jan '21
- Lena Mikacich '22
- Elizabeth Stevens '22
- Ai-Linh Tran '21

Varsity Cheer

- Feven Berhane '23
- Olivia Cepeda '22
- Kelly Cook '22
- Raquel Cortes-Torres '22
- Sage Felder '23
- Shirley Garcia '22
- Kaylin Holliman '22
- Taylor Paton '22
- Brooke Patterson '22
- Maya Sharma '22
- Gianna Stark '22
- Emily Wall '22
- Sofia Zanzi '22

Varsity Cross-Country

- Yu (Rain) Cheng '21
- Ryan Dong '22
- Malia Gay '21
- Desmond Greer '21
- Clayton Ketcher '21
- Raphael Matthew Lobo '21
- Jenna Martinez '22
- Michele Ratliff '22
- Jacob Schnetz '21
- Riley Vigil '20

Women's Varsity Golf

- Victoria Abansado '21
- Isabella Esquivel '21
- Ja'Lece Hickey '21
- Annabelle Horan '21
- Kathryn Maebori '20
- Grace Paterson '20

Men's Varsity Water Polo Women's Varsity Water Polo

- Patrick Cahill '22
- William Carrey '20
- Dylan Delucchi '21
- Cal Fiske '20
- Clark Jacobson '20
- Caleb Quinn '20
- Evan San Julian '21
- Andre Verspieren '22
- Elizabeth Blake '20
- Brooke Brandenburg '22
- Emma Busch '20
- Karina Elliott '22
- Madison Flewellyn '22
- Abigail Fox '22
- Melody Lednicki Lehman '22
- Eliza Mikacich '22
- McKenna Purdy '20

Save the Date!

CHRISTIAN BROTHERS HIGH SCHOOL
AUCTION & DINNER
MARCH 14, 2020

Golden State
OF MIND



PRESENTED BY
THE RAPTON FAMILY
MEL RAPTON HONDA
Class of 2022

Join our Auction Volunteers

Our next **Auction Committee Meeting** is on **Tuesday, November 5** from 5:30 to 7:00 p.m. in Brother Bertram Hall. Please join our fun group! We need parents to help with the many parts of this large fundraising event. Come and check out what goes into the making of this extravaganza. All proceeds go to helping our CB students.

Please contact Joanne McShane at jmcshane@cbhs-sacramento.org with any questions.