

# THE ALUMNI

## NEWSLETTER

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### MAY

This is an inclusive, diverse and national newsletter meant for the CBO alumni to learn more about each other, find support, and make great connections.

Our goal is to help every CBO alumni reach their full potential and to give back to an organization that gave so much to us!

In this issue, you will learn about upcoming events, recaps on past events, and how to stay safe in the current environment.

We don't know how long this pandemic will continue. We understand that this time has been very difficult on everyone. We, as the Alumni Association, are here for you if you need anything. We are all in this together so please don't hesitate to reach out to us.

In order for us to provide you with the best and most up to date information, please contact [cboalumni@gmail.com](mailto:cboalumni@gmail.com) with any feedback or any information you would like posted in the monthly newsletter.

We appreciate your involvement!



# EVENTS

## Upcoming

### CBO Virtual GALA May 2nd- 11th

CBO will not be able to host the Gatsby Gala in person, but there are still a lot of ways they are able to connect to donors. If you donate, you will be entered in the giveaway!

The Gala Committee Chair, Melanie Hanig, created her own video about CBO. It is a very sweet and fun video about why you should donate to CBO. She explains the raffle prizes you could win by donating to CBO by showing them off!

She also explains the many ways CBO is stepping up during this time to help their Scholars not only achieve success by doing weekly check-ins, but also by setting up hotspots for those who don't have Wi-Fi.

We are already over 95% of the way to our goal of raising \$250,000!



# ANNOUNCEMENTS

1. All alumni and CBO events are postponed until further notice.
  - a. The alumni class reunion was scheduled for March 20th but was postponed due to the current situation with COVID-19. We plan to have this event further down the road when it is safe for us to do so. We will keep you informed once we know!
2. The CBO staff are now doing online check-ins with high school and college Scholars. They are making sure their mentees are safe and doing well with their online learning.
3. Every Friday the CBO staff are dropping off groceries to Scholars in need. Scholars can let the CBO staff know what they need and the staff will put together care packages!
4. The class of 2020 is finishing their last few weeks at college! We will also begin posting shoutouts to the graduates with the degree they are graduating with! Keep a look out on our social medias if you want to be involved!
5. It's May! All of the high school seniors have made their decisions on what college they will be attending in the fall! Everyday this month we are posting a student and where they plan to attend!



Isabella Diez, Class of 2020  
Illinois State University



Itxel Limon, Class of 2024  
Lake Forest College



Cristal Roman, Class of 2020  
Illinois State University

# ALUMNI SPOTLIGHT



**Brittany Lewis**  
**CBO Alumna, Class of 2017**  
**DePaul University,**  
**Degree: Marketing/ Business**  
**Administration**  
**Mentors: Tricia & Bruce**  
**Abrams**

Brittany is currently attending DePaul's Law School!

How has being involved with CBO changed you?

"I got my first job at a law firm through CBO and I love my mentors (they have become my family)!"

What is your fondest CBO memory?

"My fondest memory is meeting my mentors."

What advice would you give current and future Scholars?

"You should always ask for what you want and let people know what you are working towards. If you help yourself, others are more likely to help you as well."

A fun fact about Brittany:

I love animals, especially dogs!



# WHAT TO DO DURING QUARANTINE

Are you sick of having to stay inside? Here are a few tips how to stay safe but also have fun!

1. Learn Tik-Tok dances or dance in general (online classes free)
  - a. Tik-Tok has become a fun thing for people to do during this time. Download the app and start learning some dances!
  - b. If you want more structured dance classes, most companies are doing free online classes.
2. Keep up exercise (do fitness challenges, live chat)
  - a. A lot of trainers, celebrities, and body builders are giving free online training classes! Have a favorite? Go check out their Instagram, most are doing live classes!
3. Bake or cook new recipes
  - a. Get that cookbook out and try recipes that you've always said you'll do later! Eat some today and freeze the rest for another day.
  - b. Many bakeries and professional chefs are doing online classes as well, take advantage of it!
4. Do puzzle challenges with friends? Who can finish fastest
  - a. Doing Zoom or FaceTime calls with friends or family? Add a game into it! Have a puzzle that are the same amount of pieces and see who can finish the fastest.
  - b. All have a deck of cards? Play games together!
6. Go on a walk each day.
  - a. If you have a backyard or a pet go out! A breath of fresh air is good for you and keeps you from feeling so stuck and bored. Just remember to keep your social distance!
7. Paint and sip at home
  - a. You don't have to be a pro in order to color a stress book or put some paint on a canvas! Turn some music on or your favorite movie, pour some wine, and enjoy!
8. Write
  - a. Writing is a good way to relieve stress as well as get all of your thoughts out of your head and onto paper.
9. Virtual Happy Hour
  - a. Jump on a call with your friends and grab a glass of wine! Play some virtual games like Pictionary!

# WANT TO GET INVOLVED?

**Volunteer:** Join the Gala or Golf committee to plan the events! Attend the Internship Fair, help out with Mock Interviews, or join community service hours!

**Become a Mentor:** Want to give back to the next generation of CBO Scholars? Become a mentor!

**Speak on a panel:** Want to tell current Scholars what you wish you knew before college? Email [zaridobrev@gmail.com](mailto:zaridobrev@gmail.com).

**Host a workshop:** Want to inform our current Scholars on something you're passionate about? Email [cboalumni@gmail.com](mailto:cboalumni@gmail.com) for more information!



# DON'T LIVE HERE?

Make sure you are a part of the Facebook & LinkedIn groups to help alumni no matter where they are!

Interested in doing more with current Scholars?  
Do a Q & A with students via videochat!

Are there Scholars or alumni in your area?  
Facilitate a group get together for coffee, dinner, or a fun activity while also being a resource!

**OR**

If a student is nearby for a college visit, get coffee with them to answer any questions about college life or the general area they may have.

**One or many of these spark your interest?** Have an idea that isn't on here?  
Email [cboalumni@gmail.com](mailto:cboalumni@gmail.com) for more information!

# NOTE FROM THE EDITOR

Thank you for joining us for another issue! If there are any events, ideas, or something going on in your life that you would like to share with us let me know!

We know that this is a difficult and very stressful time for many. We hope that you are staying safe, healthy and just know there is an end to all of this.

We really appreciate all of our alumni, and if you can think of any ways to help our current Scholars, or any of our alumni who might be struggling after this please let me know.

As a recently college alumni I am also very unsure as to what the future may hold for me. I hope you all know you are not alone, we are all here to support one another through the triumphs and the downfalls. If there is any way the association or CBO staff can help you please feel free to reach out to me.

The Alumni Association is currently working on future projects for after quarantine as well as if we could host something within the next month. We are working towards getting a virtual event for all alumni to attend very soon so keep your eyes out!

Thank you for being apart of the CBO alumni. I look forward to hearing from some of you! Once we know any updates we will let you know.



**Britney Wittes**  
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Core Member  
Class of 2019  
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