

# THE ALUMNI

## NEWSLETTER

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### Event of the Month

### CBO Alumni Reunion Happy Hour

Haven't seen other alumni from your year of CBO graduates?

Want to meet the newest members of the CBO Alumni? Join us for drinks, food, and games **VIA zoom!** This event will be hosted at the end of August. An invitation and more details will come to your email soon, so keep an eye out!

## AUGUST

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.

For us to be able 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!



# ANNOUNCEMENTS

1. The Alumni Association is working very hard to create upcoming virtual events to all stay connected before the end of the year. Please stay tuned and keep an eye on your email for updates about upcoming events!
2. The CBO staff are continuing to do 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 CBO volunteers drop off groceries to Scholars in need. Scholars let the CBO staff know what their families need and volunteers put together and deliver care packages!
4. Back in June, alumnus, Frankie Charles, helped to organize a demonstration and rally in Highland Park. Frankie spoke during this event as well, pictured below. We are so proud and happy to see alumni making a difference in our communities!



# ALUMNI SPOTLIGHT



**Britney Wittes**

**CBO Alumna, Class of 2019  
Columbia College Chicago,  
Degree: Bachelors of Arts in  
Dance with an acting minor  
Mentor: Cheryl Chamberlin**

**How has being involved with  
CBO changed you?**

"It has changed so much of me, I've watched myself grow from a sophomore in high school to the person I am today. I am more confident, outspoken, and I really grew into myself and a lot of that has to do with what CBO does."

**What is your fondest CBO  
memory?**

"I wouldn't say there was one specific moment but looking out into the crowd at dance performances and graduation, seeing my mentor and members of the CBO staff always cheering me on, is something I think of often."

**What advice would you give current and future Scholars?**

"Take advantage of everything that CBO has to offer, even if you don't know why you're doing it, don't want to, or feel it doesn't pertain to you, it does. Everything they do is so that each Scholar can have a better future. Sometimes it's hard to take advantage but all of the resources they have are to help."

**Fun Fact about Britney:** I graduated college in three years while working two jobs, taking 22 credit hours a semester, and having a puppy!

# HOW TO STAY SAFE AS THE WORLD OPENS

Here are a few tips of staying safe as the world begins to open back up.

1. Carry hand sanitizer in your car, you can use it each time you get back in after being in an unclean environment.
2. Leave a mask in your car, this way if you ever forget to grab one, you already have one ready for you!
3. Stay 6 feet apart, even if you are wearing a mask being in close proximity to someone else can still spread the virus and you never know what someone else is dealing with!
4. Continue to be kind, people are on edge as everyone has different viewpoints of what to do as everything opens. Continue to say please, thank you, excuse me, and even though they can't see it, smile.
5. Don't be ashamed to be clean or not feel comfortable being too close to others. Wherever you're at in your comfortability is okay. Don't let others tell you how you should feel. Allow yourself time to get acclimatized with the new ways the world is working.
6. Continue to do zoom calls. I know they are exhausting especially having so many in a week from work, but it is a safe and fun way to still stay connected with your friends and family from a safe distance! Also, you can include those who you wouldn't normally have a chance to if you were in person.
7. Stay positive! It can be difficult being inside, or not being able to hug your loved ones. The more we social distance and keep one another safe now, the faster we will be able to return to a "normal" lifestyle where you can chose to hug or not to hug!

# 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 apart 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.

We are very excited to have a chance to host our first official Alumni Event at the end of this month! The Alumni Association has been working very hard to figure out fun and interactive virtual events for you all to join us. Please check your email next week for more information on the Alumni Reunion Happy Hour. If you have any thoughts, questions, or concerns please feel free to reach out to any one of us on the Alumni Association! We look forward to seeing you in a few weeks!



**Britney Wittes**  
Influence Pillar Lead  
Core Member  
Class of 2019  
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