

## La Salle's heroic vow celebrates school's history and traditions

**La Salle Catholic  
College Preparatory**  
11999 SE Fuller Road  
Milwaukie, OR 97222  
503-659-4155

tgall@lshigh.org  
www.lshigh.org  
Grades: 9-12  
Enrollment: 630

Tuition: \$9,178. Financial aid and scholarships are available.

Applications due: Jan. 16

Thirteen honors and eight Advanced Placement courses offered; 20 athletic programs (27 state championship titles); Lasallian Scholars Program; summer session athletic camps, credit and enrichment courses; international travel programs

Each November La Salle Catholic College Prep gathers to celebrate the history and tradition of their Lasallian heritage with the Heroic Vow Assembly. The senior class was invited to take the Heroic Vow, much like the father of Lasallian education did in 16th-century France. The class of 2009, witnessed by the entire student body and staff, pledged to carry out the Lasallian call to remember the presence of God, value the individual, accept everyone and respect all persons. By receiving their St. John Baptist de La Salle medal, the students promised to call upon the virtue of zeal and to push their limits. And finally, utilizing the quality education they have received,

they committed to seek the truth in all things and overcome injustice.

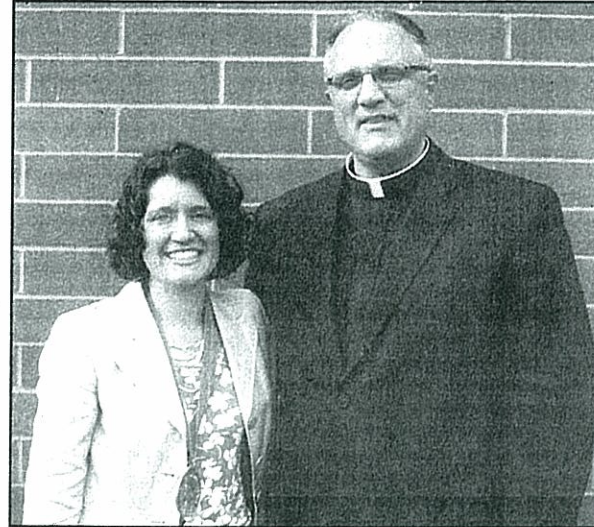
This year's keynote speaker was Father Ron Nuzzi, director of the Catholic Leadership Programs in the Alliance for Catholic Education at the University of Notre Dame. Father Nuzzi called students to their own personal vocation and challenged them "to lead as Jesus led." Father Nuzzi is a former La Salle Prep teacher and was a mentor to four current La Salle faculty members during their years at Notre Dame.

Cheryl Healy, La Salle Prep's vice principal of student life, was honored at the assembly as Lasallian Educator of the Year for 2008-2009. The recognition is awarded

by the faculty of La Salle to a member of the staff who best models the spirit of St. John Baptist de La Salle's instruction to act as "big brothers and big sisters" to the students entrusted to their care.

Healy is a graduate of the University of Notre Dame, an ACE graduate and recently completed the master's program in Catholic Leadership at the University of Notre Dame.

"Cheryl Healy is a big sister who walks the halls with us each and every day, humbly showing us the path, modeling the zeal with which we should all live our lives," said Lisa Moran, La Salle Prep's Spanish teacher.



LaSalle Prep photo

Cheryl Healy with Father Ron Nuzzi at La Salle Prep.

## De La Salle High's 'Ground Zero'

**De La Salle  
North Catholic**

7528 N Fenwick Ave.  
Portland, OR 97217  
(503) 285-9385

bharrington@dlsnc.org  
www.delasallenorth.org  
Grades: 9-12

Enrollment: 272

Tuition: \$2,600; Financial aid available.

Applications due: Early consideration Jan. 19

Monthly prayer services, Gospel Choir (beginning, intermediate and advanced), Environmental Club, Lasallian Youth Ministry club, Student Delegate Program, Spanish, drama, basketball, volleyball, soccer, cross country, swimming, track, golf  
Open house: October

In a private, Catholic school where each student is

dressed as if he or she were attending professional jobs — collared shirts and ties included — one would not expect to see a group of ram-bunctious, button-downed and relaxed-fit students in the cafeteria, stomping and clapping to a beat.

But many things are not what they seem at De La Salle North Catholic High School. It serves a racially diverse group of inner-city students, who may reflect a much different persona than what exists past the exterior. For some students at De La Salle, dance is the alternate reflection in stark contrast to the conservative daily behavior and dress.

Business attire is required four days a week at De La Salle and a bar of excellence and strict discipline is set from the beginning of

each student's high school career.

However, the students take advantage of this safe environment to create a strong sense of relationship and culture through dance and rhythmic expression.

Moving at a speed and rhythm most mature adults could not comprehend, De La Salle's "Ground Zero" rhythm group finds solace and energy in their dance routines. After a long day of extensive course loads and homework, the stomp group is able to relish in the sensation of moving their bodies and feet in a manner that is expressive and loose. Sophomore founder and creator, Debbie Tony, assembled a strong group of opinionated, energetic and talented class-

mates for the stomp group, calling themselves "Ground

Zero," a name they decided upon collectively. Tony has

been dancing since third grade and has not stopped since.

Currently, there are seven members in "Ground Zero," but Tony wants to expand the group even further, hoping it will remain a vital component of De La Salle even after her departure. While Tony has danced all types since a young age, two of the members are skilled "Krumpers." Krumping is a style of dance that originated in the African-American community of South Central Los Angeles. It often involves elaborate face-painting and freestyle dance moves usually performed in competition with other crews. Krumping is intended as an outlet for anger and as a nonviolent alternative to the widespread street violence in many urban areas. Consequently, the dancing style is very fast and aggressive.



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Along with sophomore "Krumpers" Zechariah McLaurin and Joshua Scott, students Brenton Douglas and Anthony Do are enthusiastic break dancers, both also sophomores.

In addition, sophomore Chelsea Phan joined the group on a whim, with little dance training, but with fast feet and a razor sharp personality.

Rounding out the team is freshman Omar Chi-Cauch, an ardent learner. With only a few performances under their belts, "Ground Zero" is eager to perform in a multitude of venues. This group is an animated bunch; laughing and joking, but they also remain dedicated to the mission of dance.

Tony is serious when it comes to the steps and practice. In turn, the dances are powerful, intricate and lively.

"I love dance and I hope this group is still here when I am gone," said Tony.

To schedule performances or to visit the school, contact Bridget Harrington at De La Salle North Catholic High School 503-285-9385 ext106 or bharrington@dlsnc.org.