



Pius X Catholic High School

# The BOLT

## PIUS X HIGH SCHOOL NEWSLETTER

" Restore All Things In Christ "



Please note:  
**Graduation** on  
**May 17, 2009,**  
will be held at  
**1:30 pm** instead  
of the customary  
time of 3:00 pm.

**Saturday, May 2, 2009**

Wordstruck Live! 7pm

**Tuesday, May 5, 2009**

Dino's Night Out 5-11pm

**Tuesday, May 5, 2009**

Band Spring Concert 7:30pm

**Wednesday, May 6, 2009**

Mass, Pius X gym, 9:30am

**Monday, May 11, 2009**

Senior/Parent Mass & Breakfast  
9:30am-12:30pm

**Wednesday, May 13, 2009**

Senior Finals (periods 5-8)

**Thursday, May 14, 2009**

Senior Finals (periods 1-4)

**Thursday, May 14, 2009**

Vocal Music Spring Concert  
7pm

**Friday, May 15, 2009**

Mass, Aldrich Field, 11am

**Sunday, May 17, 2009**

Graduation 1:30 pm

**Wednesday, May 20, 2009**

Parent/Junior Meeting 7pm

**Thursday, May 21, 2009**

No School  
Ascension Thursday

**Sunday, May 24, 2009**

George O'Boyle Retirement  
Reception, Commons, 2-5pm

**Monday, May 25, 2009**

No School  
Memorial Day

**Tuesday, May 26, 2009**

Final Exams 8:15-11:40am  
(periods 6-8)

**Wednesday, May 27, 2009**

Final Exams 8:15-11:40am  
(periods 3-5)

**Wednesday, May 27, 2009**

Student Physicals 6-9pm

**Thursday, May 28, 2009**

Final Exams 8:15-10:40am  
(periods 1-2)



### From The Superintendent - Fr. Jim Meysenburg

Dear Parents & Friends,

A happy and blessed Easter Season to all of you. May Christ's resurrection fill your soul with alleluia and joy. Jesus Christ rose victoriously over death; good triumphs over evil; hope triumphs over despair; life triumphs over death; love triumphs over hatred. One of my favorite Mother Teresa quotes is, "Never let anything so fill you with sorrow that you forget the joy of Christ Risen." We glimpse resurrection faith in our daily lives through

God's love, peace and healing. May these glimpses be frequent and recognizable for all of us. The Lord is risen! He is risen indeed! Alleluia!

BOLT 2009, "Infinity and Beyond," was a wonderful evening and a great success. Although the final income statement is not yet complete, I am again overwhelmed by the generosity and support of the Lincoln community, Catholic and non-Catholic. A special thanks to Deb Schulte and executive committee for BOLT: Tim & Jennifer Conzemius, Paul & Michelle Hassler, Rex & Karen Largen, Mark & Michelle Pieper, Rick & Georgeanne Rashilla, Mary Spethman, Vince & Brenda Sutton, and Tom & Sonya Zimmerman. Thank you for this tremendous endeavor for Pius X.

As we approach the end of the school year, it seems each day brings adventure, activity and reasons to be proud of our students and staff. Last night at Awards Night, I was so impressed by the young men and women who strive to use their academic gifts to the fullest for God's glory. The vocal and instrumental performances of our students in the spring musical and district competition were spectacular. Our athletes ended the winter season successfully, and we are in the midst of successful spring sports season. Once again, the hard work, dedication and teamwork of our students and coaches are evident. Each day brings more reasons to be proud of Pius X students, especially the Class of 2009. I have interacted with them and been a part of their lives for two years; their leadership, fun and desire for spiritual growth is edifying to this old, crotchety priest.

Congratulations to George O'Boyle and Joanne Bollish on their retirements. George began teaching and coaching at Pius X High School in 1968 and has been the athletic director here since 1985, taking over for Vince Aldrich. In his tenure at Pius X, George has led his teams to 19 state championships as a coach. As our athletic director, he has been the backbone of the entire athletic program and its enviable success. Under his leadership, the athletic department has grown from eight to eighteen sports. Enrollment has expanded from 600 to 1,000. From the Bronx, New York, George accepted a track scholarship to the University of Nebraska. This set the stage for his forty years of serving, teaching and coaching the students, staff and families of Pius X High School. We thank him and his family for all that he is and all he has done for us. Please join us for a reception honoring George's retirement on Sunday, May 24, 2009, from 2:00 to 5:00 p.m. in the Pius X Commons. There will be a short program at 4:00 p.m. Let us thank him and celebrate his tremendous and sacrificial contribution to Pius X.

Joanne Bollish also retires this year after thirty years as a para-professional at Pius X High School. I would wager that in these thirty years she had almost every student that went through Pius X in one of her study halls. She has touched the lives of many students with her love. Joanne is a Pius X legend who began working here in 1979 after moving from North Platte. She will retire back in North Platte. We thank Joanne for the many years of service in Christ to our students and staff. In honor of Mrs. Bollish's retirement, there will be a card shower. Mrs. Bollish's address is: 1025 N. 63<sup>rd</sup>, #E26, Lincoln NE 68505.

Allow me to end this letter with a few important details:

- ◆ Tuition bills need to be paid in full no later than May 15, 2009. 13% of tuition bills remain outstanding at this time.
- ◆ Let's finish the school year on a positive note. Please work with your children to give 110% effort during this last month.
- ◆ For the safety of the children, please be vigilant by knowing where they are and help them to be accountable. Alcohol and drugs continue to pose a real threat to the healthy lives of adolescents and can worsen during the spring and summer. Communicate with your child and other parents for the safety of all students.
- ◆ Support Catholic secondary education. Gifts are tax deductible. Please prayerfully consider giving a gift to Pius X High School.

Sincerely Yours in Christ,  
Father Jim Meysenburg

**May 2009**

**Pius X High School Newsletter**  
is published monthly throughout the school year.

**Pius X Catholic High School**  
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**The Pius X Mission Statement:  
To Restore All Things In Christ**

We are dedicated to a total education that is Christ-centered by integrating Catholic values in all areas of life and providing academic preparation of the highest quality in a disciplined environment.

**Administrative Team**

Rev. James Meysenburg, Superintendent  
Rev. Andrew Menke, Assistant Superintendent  
Tom Korta, Principal  
Paul Pistulka, Assistant Principal  
Jan Frayser, Guidance Director

**Guidance Office**

Jan Frayser, Director  
ReeAnna Armagost, Counselor  
Claire Stramel, Counselor  
Peggy Wilkins, Secretary  
Sr. Patricia Ann Hanus, Secretary  
Jeanne Vaggalis, Secretary

**Campus Ministry**

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Fr. Sean Kilcawley, Campus Chaplain  
Lori Morin, Lay Campus Minister

**Athletic Director**

George O'Boyle

**Business Office**

Karen Francis

**Office Support**

Georgia Miller, Secretary  
Jolene Ritzman, Athletic Secretary  
Sandy Hartman, Attendance Secretary

**SCIP Coordinator**

Julia Schonewise

**Booster Club**

Barry Johnson, President

**Foundation Office**

**(402) 488-1046**  
Michelle Birkel, Director  
Mary Bossung, Administrative Assistant  
Amy Riley, Administrative Assistant

**Alumni Relations**

Kristin Heath, Class of '91

**BOLT Coordinator**

Deb Schulte

**Please submit articles to:**

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**Excellence**

**Lenten Services Conducted By The Pius X Ministry Council**



The Ministry Council created and prepared six weekly Lenten services for Pius X students and staff. The overall theme for Lent this year was "The Stations of the Cross". Each week we prayed two or three stations, but each group of stations was from a unique perspective or had a particular theme.

The first two stations were in the style of World Youth Day 2008. At ALL World Youth Days, there is a living Stations of the Cross presented for the pilgrims to watch and during which they can pray and reflect. World Youth Day pilgrims Mary Claire Rice, Kate Moore, Anna Wilhelm, Andrew Litt, and Matt Wallish shared some of their experiences in seeing these stations live in Sydney. Then we watched a video that displayed photographs taken from the Stations of the Cross presentation in Sydney. After the video, we listened to the Scripture readings and reflections for the first two stations (they were the ones that were used at World Youth Day), and then we closed with prayers together.

Stations 3, 4, and 5 had a Social Justice theme. They focused on how the suffering of Jesus continues in people throughout various situations in the world today. There were images on the screens that corresponded with the reflections being read. After the reflections and prayers, Sr. Magdalena spoke on her experiences in Nigeria and the U.S. Sr. Magdalena was sent to the United States as a missionary nine years ago, never having used a microwave, used a computer, or having a driver's license. She shared some of the wisdom through her experiences with the developing and the developed countries.

The sixth and seventh Stations of the Cross were Stations for Teens. After hearing reflections and prayers for these two stations, senior Cole Kennett courageously spoke about his life and encouraged all of us to continue rising after we fall.

Stations 8 and 9 were taken from The Way of the Cross via *The Passion of the Christ*. We listened to reflections and prayers that related these stations to scenes, images and ideas in Mel Gibson's *The Passion of the Christ*. Since the ninth station focused on Satan tempting Jesus to give up or to believe that he was defeating Jesus, we focused on how Satan tries to tempt us, convince us to give up, and rob us of our hope. Students Ashley Meradith and Lucy Bruckner gave examples of this in their own lives. Just as the movie ends with the stunning defeat of Satan by Jesus, so too can we defeat him with the grace of God. Ashley and Lucy continued their stories by talking about how Jesus had helped them through struggles and how He continues to give them hope during difficult times. After our speakers, we watched a slideshow meditation containing these same ideas.

The tenth and eleventh Stations of the Cross included meditations from the popes. The tenth station, Jesus is stripped of his garments, was written by then Cardinal Joseph Ratzinger, who is now Pope Benedict XVI, for Good Friday of 2005. He wrote reflections for all of the stations that year at the request of Pope John Paul II, who would die just ten days later. The reflection for the eleventh station, Jesus is nailed to the cross, was written by Pope John Paul II when he was also still a cardinal. The stations he wrote were first delivered to Pope Paul VI. After praying these two stations, Fr. Kosch spoke on where the eleventh station left off, with the words, "Father, forgive them, because they do not know what they are doing." He told a powerful story of forgiveness and healing that occurred within his own family.

The final Lenten service consisted of musical Stations of the Cross. Singer and songwriter Ellen Soukup sang the song she wrote called "The Way of the Cross" which walks the listener through all fourteen stations. The Pius X choirs helped to lead the singing on the refrain. During "Via Dolorosa," sung by Emily Kollars, Veronica Benton, Lucy Bruckner, Jaycob Edwards, and Sean Flattery, everyone had time to pray and meditate. The service concluded with silent prayer for each person's Lenten prayer partner and a blessing from Fr. Meysenburg.

## Excellence

### FCT Sends Care Packages To Soldiers Overseas



Each Lenten season, the Pius X Fellowship of Christian Teens (FCT) group takes on a service project in order to volunteer as a group. This year FCT chose to collect donations from all members of the Pius X family and send care packages to soldiers overseas, who are also members of the Pius X family.

As always, everyone was extremely generous in donating to this worthy cause. Many items were collected and letters were written. Students in FCT then sorted the donations, packed the boxes, wrapped them and sent them off. A 20 lb. box of goods was sent to servicemen including Mitch Baade ('07), Ivan Hurlburt ('94), Jason Jambor ('98), Joshua Lunsford, Fr. Joel Panzer (former Pius X chaplain), Aaron Regan ('07), Tom Sullivan ('03), and Jake Wilmes ('06).

We would like to thank all those who donated or participated in this project, especially the students, families, faculty & staff, alumni of Pius X High School, the Pius X Foundation & Alumni Departments, St. Joseph's Ranger Rosary program, and St. Elizabeth Regional Medical Center. We hope the soldiers will have their surprise packages by the beginning of May 2009. Let us continue to pray for these and all of our military men and women serving our country. Photo courtesy of the Foundation Office.

### Thank You - Key Club Backpack Program



Key Club would like to thank all of those who donated to the Backpack Program. The Lincoln Food Bank started the BackPack Program in the 2004-2005 school year. This program helps elementary school

families who qualify for free and reduced lunches by sending home backpacks filled with food every Friday. Currently 1,230 LPS students at 19 LPS schools and 120 students at 4 of the Lincoln Catholic Elementary Schools receive weekly food-filled backpacks. Each backpack provides about 5 to 10 meals. Together we raised \$736.00 to help feed needy families. Your generosity is greatly appreciated. Key Club is sponsored by ReeAnna Armagost. Photo courtesy of Yearbook.

### Yellow Ribbon Ceremony Held April 7, 2009



There was a yellow ribbon ceremony held in front of the Pius X building after school, Tuesday, April 7, 2009. A yellow ribbon was tied around one of the big trees

in front of the school to honor the military. Sr. Veronica Volkmmer presented a flag flown over U.S. troops in Afghanistan, a gift from her nephew Stephen L. Bremer, who served there recently. Morgan Boatman, a Pius X junior whose father recently returned from the Middle East, accepted the flag on behalf of Pius X. Father Meysenburg also said a prayer with all those gathered. Special thanks to all those that participated. The yellow ribbon will remain there to remind us of all the military members serving our country, and especially those family members waiting for their safe return. Photo courtesy of Yearbook.

### Theology Classes' Journey During Lent



It had been an annual tradition in Sr. Magdalena's Theology class to have a desert experience (quiet time with God). Shortly before Ash Wednesday, they go to a quiet place to soak themselves in prayer.

This prepares them for the forty days journey with our Lord Jesus in His passion and death. This year, the trip was done on the Monday before Ash Wednesday. One student was selected from each of her five classes to share his/her experience:

Cole Sartore (Period 1): "My favorite part of the visit was the silent prayer in the chapel. I liked it the most because it really prepared me for Lent and also allowed me to talk to God in solitude away from all the other worldly distractions....I thought that it was very nice that the whole class went to the Holy Hour because only through the Blessed Sacrament can we be happy and full of hope for everything that is to come."

Erika Stuchlik (Period 2): "My favorite part of the visit was watching the video about the history and life of our current Pink Sisters. I did not realize how they lived their life and how much they prayed for our safety and life in Christ. I think it is important to remember that the Pink Sisters are always there for us. The time we spent in the chapel was a very serene time for everyone. If you need some relaxation or a break from the craziness of life than I think it is crucial to visit the Pink Sister's Chapel- there is nothing there to interrupt your time with God."

Lainy Miller (Period 3): "The two things I think that are most important to learn about the Pink Sisters are: they will pray for any intentions you may have, so never hesitate to submit any special prayers you need. Also, you always have to be considering your vocation, a lot of the Pink Sisters receive their callings to the life of solitude very early on, so never hesitate to listen to God's word."

Jessica Tran (Period 5): "Now that I've visited the Pink Sisters convent, I have realized what they do for me, and what they do for the world. The Pink Sisters sacrifice so much for you and me, well, not just them but all religious people in the world....The Pink Sisters have taught me a lot about sacrifice and what it means to spend time with God praying....We could be praying now, at this moment just like them, but we have many excuses in life. But like Jesus said, "Can you not spend just 1 Hour with me?" We too can just take 1 hour out of 24 to pray to God, unlike the Pink sisters, who pray 6 or more hours for us."

John Knobbe (Period 8): "My favorite part of the trip was praying in the chapel in silence. It gave me a chance to really talk to the Lord about anything and everything. It brought me closer to God. I told my classmates and parents that these sisters never leave the chapel unattended. This was very important because they were so devoted to Jesus Christ. They also stay silent for most of the day in order to reflect and pray to our Lord. I enjoyed my visit to the sisters because I believe that it helped me grow closer to God." Photo courtesy of Sr. Magdalena.

## Excellence

### Sr. Magdalena To Return To Nigeria



Sr. Magdalena has been a teacher here at Pius X for 9 years, and will return to her home country of Nigeria on July 27th. She will truly be missed by all.

She came here in June 2000. The Diocese of Lincoln invited the Diocese of Owerri, through the Archbishop Obinna, to do mission work here in Lincoln, NE. The Diocese of Owerri then selected the order of Holy Family Sisters of the Needy to come to Lin-

coln, and the order selected Sr. Magdalena and three other sisters from her order.

Sr. Magdalena is originally from the town of Awka (Diocese of Awka), the present capital of Anambra State, Nigeria West Africa. Because of her father's death, she was raised in Onitsha Anambra State. She lived with her cousin, Mrs. Patience Okeke (an Anglican) for 13 years while helping in her Feed Well Restaurant. Through the support and care from her cousin, she became a teacher. She resigned from that position the second week of September 1995 to pursue her calling to religious life.

She joined the Holy Family Sisters of the Needy on September 30, 1995. The congregation's mission is aimed primarily at safeguarding the rights of the unborn child, the rehabilitation of unmarried mothers and the provision of pastoral care to the poor, the sick, the needy, and the care of motherless babies and orphans.

Since August of 2000, she has taught at Pius X. In May 2008, she received a Bachelors Degree in Social Sciences from the University of Nebraska in Lincoln.

She will return to Nigeria on Monday, July 27, 2009, and live in Kafanchan Diocese of Kaduna State located in far northern part of Nigeria. She was asked by the Superior General of her order to go there and manage a new young women's boarding secondary school starting in September of '09. Because she is originally from the eastern part of Nigeria which has a different culture and language, she will go through an adjustment period learning the new language and culture.

Both of Sr. Magdalena's parents are deceased. She is the oldest of three children. One brother died in 2006, leaving three children (John Paul, Vivian and Morris) and his wife behind. Her youngest brother, Fidelis, and his wife are living in her home town of Awka.

### Sr. Magdalena's Appreciation:

I cannot thank God enough for the wonderful opportunity given to me to work with the Pius X family. My first two years of teaching here were an up-hill task. Most of my students, parents, faculty, and staff couldn't understand what I was speaking because of my accent, and I couldn't understand what they were speaking because I felt they spoke with a nasal sound. All one could hear was "Pardon me, pardon me" or "Never mind, never

mind." However, with earnest prayers and God's love we grew wings to accommodate one another.

I was surprised by the good spiritual life of the students, parents, faculty, and staff which was the opposite of what I had heard before I came. I believe that the source of our strength and success at Pius X High School is the presence of the Most Holy Eucharist year in year out in the building, daily celebration of Mass, and all the spiritual exercises for both students and faculty. As I'm leaving Lincoln for Nigeria, instead of losing my faith as some people thought, I have added more feathers to my cap spiritually, socially, and in all.

I didn't have a Bachelors degree before coming. With the difference in the educational system it was really a hard nut to crack when I started my part time adult education plus part time teaching. I started attending South East Community College and then transferred my credits to University of Nebraska-Lincoln. I would not have made it without the support of the administrative team both old and new, and the outstanding teachers at Pius X High School.

My immeasurable gratitude goes to all of you for the exceptional support you gave me in my teaching, studying and my brother's funeral. For lack of space, I will mention just a few of your names. Since we move by faith and not by sight, I strongly believe that God who sees in secret will repay all of you a hundredfold.

**Sr. Veronica** was a counselor, a comforter, a guardian angel, a mother, a friend, and everything to me. She never tired of my litany of questions and requests. In fact, I would have been her regular customer if it had been in a business line. She continued to wipe Jesus' face in the midst of poor, needy, and rich alike. Sr. Veronica is all-round efficiency.

**Mr. Seib** cared, listened, suggested ideas for taking classes which helped me a lot. He worked tooth and nail to see that I was comfortable and feeling good in my teaching and study. When my transcript was in a tug-of-war in transferring it from Nigeria to Lincoln, he assisted.

**Mr. Korta**, despite of all his other duties, took it upon himself to train me with technology in the school (I had no clue how to take attendance) and made sure that our computer in the convent was up and running.

**Mrs. Frayser** helped me to adjust, and adapt to the new environment (socialization) by taking me to school events, paying gate tickets, and saving me from dying in my first snow storm in 2000. Even after this experience, I will greatly miss snow in my transition.

I would like to thank all of the faculty, staff, parents, and especially the priests and my fellow sisters for all of your assistance, concern, and support for the last 9 years. I will keep in touch. Be assured of my prayers for your individual and collective intentions. May God continue to bless the Pius X family. Sincerely, Sr. Magdalena

Note: Sr. Magdalena may be contacted at the following email address: [thelordisgoodallthetime.jmjt@yahoo.com](mailto:thelordisgoodallthetime.jmjt@yahoo.com)

## Excellence

### SOADA Club Sponsors All-School Assembly



The SOADA Club sponsored an all-school assembly on Thursday, April 16, 2009, featuring Matt Davison, former Husker football player and current Nebraska Sportscaster, who spoke about leadership skills and making good choices. He talked about how being

“tough” is about making the choice to not drink and do drugs, which can be tough at times due to peer pressure. Amy Wieczorek, a student from the University of Nebraska at Omaha, talked about consequences and her best friend, Morgan Hohnbaum, who was killed by a drunk driver at age 19. Special thanks to the speakers for sharing their experiences with our Pius X assembly.

### Butlers' Speak To Pius X Parents

Parents had the unique opportunity of listening to a mother and son team Monday evening, April 20, 2009, in the LPAC to talk about the importance of parents and children working together to help children remain abstinent, drug and alcohol free. Jonathan Butler and his mother, Madeline Butler, came from Boulder, CO, to share their perspective on how parents and their children can have better communication, trust and respect for each other in this difficult world today.



The Butlers each took turns throughout their presentation giving their viewpoint, parent and child, on key points such as listening, helping your child be critical thinkers, giving and respecting time, positive communication, and "the fearsome three" - premarital sex, drugs, and alcohol.

They each offered do's and don'ts for parents in addressing these issues at home. For example, in the area of listening, parents are encouraged to let the child finish what they were saying. Don't interrupt. Often times adolescents will figure out on their own the answers just by talking out loud. Some other points made were that it is also important for parents to raise critical thinkers by encouraging them to think of alternate ways to approach/solve a problem. Offer your solution to a problem only after you have heard *their* solution. Positive communication between parent and child was strongly emphasized and how to keep it going.

When a parent can keep the doors of communication open with their child in a trusting and respectful manner, a child feels loved and will reciprocate the respect as well as be more willing to communicate with his/her parents.

Jonathan works for Friends First, Inc. which promotes healthy life choices and abstinence until marriage. Jonathan is also a coordinator for STARS (Students Teaching Abstinence, Relationships and Self-Control) and did the mentor training for the Pius X mentors last fall. For more information about STARS at Pius X, contact Shane Kennett at [skennett@neb.rr.com](mailto:skennett@neb.rr.com) or Janet Kurtenbach at [janetk@inebraska.com](mailto:janetk@inebraska.com).

### SOADA Club Presents "The Grim Reaper"



On Friday, April 17, 2009, Pius X's SOADA Club (Students Organized Against Drugs & Alcohol) had a special activity throughout the day to remind their peers of the dangers of drugs and alcohol.

An average of 44 deaths occur daily as a result of alcohol and drug related accidents and to illustrate this point, the SOADA Club chose the day before the school's Prom for their "Grim Reaper" activity.

Throughout the day a student dressed in a "Grim Reaper" costume, entered classrooms and chose students to represent a victim that has died. The Grim Reaper claimed 11 students from each grade level for a total of 44 victims. Once students became victims, they were given a black shirt to wear and asked to remain silent for the rest of the day, outside of classroom activities, because they represented those who have died due to drug and/or alcohol misuse. The SOADA Club is sponsored by Laurie Barnes. Photo courtesy of The Yearbook.

### "Thoroughly Modern Millie" Spring Musical



The Pius Players under the direction of Mary Zimmer and Joe Moser presented "Thoroughly Modern Millie" the weekends of March 27-29, 2009, and April 3-5, 2009. It was a truly amazing musical showcasing the tremendous depth of talent we have here at Pius X. Through some truly beautiful music, and incredibly written scenes, a tale was unfolded before us that awakens that desire in each one of us: to choose the real things in life, let go of the things that don't matter, and focus on what we were created for- to love and be loved. It was musical theater at its finest: stunning music, flashy costumes, fun choreography, heart-felt characters...all capped off with a very appropriate message for each one of us for all of time - "Are our choices really reflecting the love that God created us for?" Photo courtesy of yearbook.

### Vocal Music Department Lenten Concert

During Holy Week, the Vocal Music Department held a Lenten Concert at the Cathedral on Tuesday, April 7, 2009. They "performed" a meditation on the Passion of Christ. It was a beautiful, solemn occasion with readings/reflections and songs by the Vocal Music Department on the Passion of Christ. Special thanks to Mary Zimmer, the Vocal Music Department, and all those that attended.

## Excellence

### Athletic Signing Day Held At Pius X



Thirteen Pius X athletes either signed letters of intent or announced their intent to participate in collegiate sports on Wednesday, April 15, 2009, in the school's Performing Arts Center. Congratulations to the following Pius X student athletes who acknowledged their intent with the following colleges or universities:

#### Baseball

- ◆ Alex Jones - Colorado School of Mines, Golden, CO
- ◆ Alex Heideman - Buena Vista University, Storm Lake, IA

#### Basketball/Golf

- ◆ Lindsay Determan - Morningside College, Sioux City, IA

#### Football

- ◆ Curtis Danek - Morningside College, Sioux City, IA
- ◆ Bill Vogel - University of Nebraska at Omaha (walk-on)
- ◆ Drew Welsh - Morningside College, Sioux City IA

#### Soccer

- ◆ Patrick Smith - Rockhurst University, Kansas City, MO
- ◆ Dylan Stoll - Hastings College, Hastings, NE

#### Softball

- ◆ Jamie Reed - St. Xavier University, Chicago, IL
- ◆ Abby Wilmes - Nebraska Wesleyan University, Lincoln, NE

#### Tennis

- ◆ Kyle Conzemius - University of Nebraska at Kearney

#### Track & Field

- ◆ Tara Grosserode - University of Kansas, Lawrence, KS
- ◆ Jessica Hugo - Northwest Missouri State, Maryville, MO

Note: There may be more Pius X student athletes attending colleges or universities, but these are the confirmed athletes acknowledging their intent on April 15, 2009. Photo courtesy of the Foundation Office.

### Blood Drive Hits Another Home Run

Pius X High School hit another home run on its Blood Drive held on Monday, March 23, 2009, when they hosted the Community Blood Bank. With the help of students, they saw 56 donors and collected 44 units of blood. Because of the blood drives held this school year at Pius X, a Community Blood Bank Scholarship of \$1,160 will be awarded in May 2009.

The Student Council organized both blood drives. High school blood drives account for nearly one out of every four units of blood collected. For information on this and other community programs, please contact the Community Blood Bank (toll free) at 1-877-486-9414 or online at [www.don8bld.org](http://www.don8bld.org).

### Thunderette Dance Team Announced

Congratulations to the following students who have been chosen to be members of the 2009/10 Thunderette Dance Team: Claire Bertrand (Captain), Kerri Williams (Captain), Rachel Kocarnik, Carly Ficke, Sophie Connot (Secretary), Bridget Reichenbach (Social Director), Molly Dunbar (Social Director), Haley Noel, Mackenzie Widhalm, Morgan Birkel, Megan Meagher, and Allie Lang.

### Thunderbolt Cheerleaders Announced

Congratulations to the 2009-2010 Thunderbolt Cheerleaders!

**Varsity Squad:** Morgan Boatman, Lexie Deahn, Jessie Drago, Allyson Lauer, Morghan Clinton, Rebecca Waters, Kathleen Keane, Katie Sorensen, Jill Benes, Claire Warfield, Ann Essay, Erika Benes

**Junior Varsity:** Marti Lococo, Meredith Hoxmeier, Claire Pohlen, Katie Martin, Dani Weskamp, Ellie Benes, Melody Claus, Michaela Maguire, Leah Hile, Maggie Morehouse, Mikayla Tremain, Madeline Kenney

**Freshmen Squad:** Tracie Champoux, Hannah Kathe, Ashley Anderson, Mikala Gossard, Kaylyn Barnes, Kelsie Valish, Meg Tasler, Morgan Bideaux

### Dino's Night Out In April Is A Success

Special thanks to all of the Pius X family and friends who attended the night out for great food, fellowship, fun, and a prize at Dino's Eastside Grill in April. The Pius X Booster Club received 10% cash back on every dollar spent that night for a total of \$107.00. All who attended were entered in a drawing to win two tickets to the Nebraska vs. Arkansas State football game. The winner was Jeanie Imler, the Pius X French teacher. The money raised went to the Booster Club to support the school and student activities at Pius X.

### The Pius X Annual Dodgeball Tournament

The Pius X 4th Annual Dodgeball Tournament was held in the Pius X gyms on Saturday, February 28, 2009, as a fundraiser for the Pius X Student Council. A total of 33 teams participated. Each team consisted of six players who were either a student, teacher, or staff member of Pius X High School. The brackets of competition were randomly assigned with each team being guaranteed at least two games with double elimination. The two top teams from the 33 participating teams, "Apache Warriors" and "Those Guys", competed for the championship in an all-school assembly on Friday, April 17, 2009. The final winner was the "Apache Warriors."

Thanks to the Pius X Student Council, the Pius X Dodgeball Association and its official heads, Grace Morin and Cheney Neesen, for all of their coordinating efforts. Special thanks to all that attended and supported the needy of Nebraska. The proceeds of approximately \$600.00 was given to Catholic Social Services to support families in Nebraska who cannot pay for their heat, rent, medicines, and other basic necessities.

**"I am not capable of doing big things, but I want to do everything, even the smallest things, for the greater glory of God."** - Saint Dominic Savio (1842-1857) -

## Excellence

### Nebraska Heart Institute Donates AED



Thanks to a generous donation from the Nebraska Heart Institute (NHI), Pius X High School now has a second automated external defibrillator (AED) machine in its facilities. Pictured from left to right with the new AED are Dr. Steve Ackerman; Tom Korta, Principal; Fr. James Meysenburg, Superintendent; and Dr. Pete Gallagher. Dr. Ackerman and Dr. Gallagher are both cardiologists with the NHI. Photo courtesy of the Foundation Office.

### Students Named For Girls State

Congratulations to the following junior girls who were selected for this year's Girls State by the American Legion Auxiliary. They are Laura Foley, Rachel Novotny, Melanie Stara and Angela Wathen. Girls State is a unique citizenship training program in which Auxiliary members guide the youth of our nation toward an understanding, comprehension and appreciation of their roles as United States citizens. Participants are divided into two instructional political parties, and elections are held to fill city, county and state positions. Activities include legislative sessions, campaigning, party rallies, debating, voting and special instruction in parliamentary procedure.

### Junior Achievement Awards

Congratulations to Joe Dougherty and Cheney Neesen who both were recently award Junior Achievement scholarships. Only four scholarships were given to Lincoln-area students, and Pius X students claimed two of them!

### Seniors Awarded Regents Or Higher At UNL

Congratulations to 15 Pius X current seniors who have been awarded a Regents or higher at UNL. They are: Hannah Baker, Katie Byers, Joe Dougherty, Eric Hess, Derek Hupp, Ben Kotopka, Melanie Kottwitz, Ben Magstadt, Kate Moore, Cheney Neesen, Thomas Swanson, Ellie Tasler, Mikayla Wagner, Kyle Weber and Lindsey Zeplin.

### National Merit Finalists

Congratulations to the 3 National Merit finalists: Mikayla Wagner, Tommy Swanson, and Ben Kotopka. Future college plans include: Mikayla Wagner-UNL; Tommy Swanson-Notre Dame; and Ben Kotopka-undecided.

### Kotopka Is State Winner

Ben Kotopka has been named the state winner of the National Peace Essay Contest. He will receive \$1000 and an all-expense paid trip to Washington D.C. this summer. He is also entered as a finalist in the national awards.

### Rice Receives Appointment To Naval Academy

Andy Rice has received an appointment to the Naval Academy. These are highly competitive spots which require both a nomination from an elected official and acceptance into the academy. Andy received nominations from Congressman Fortenberry and Senator Nelson.

### Ashley Haug Selected Cheerleader At UNL



Congratulations to Ashley Haug who has been selected as a 2009/10 cheerleader for the University of Nebraska at Lincoln (UNL). Ashley is currently a senior cheerleader and baton twirler at Pius X High School. The try-outs for the UNL Cheer Squad were held for a full day on Saturday, April 11, 2009. Tryouts consisted of four different components: academic profile, fitness & health, attitude & commitment, and technical skill. Approximately 87 students tried out for the prestigious position while only 18 were chosen. Only 3 of those 18 were incoming freshman and Ashley was the only one chosen from Lincoln, NE. Each member of the cheer squad receives a \$600 scholarship applicable to tuition and fees at UNL for each semester he or she serves on the cheer squad with a 2.5 or higher grade point average. Ashley is the daughter of Dr. Tom & Karen Haug of the North American Martyrs parish.

### Quiz Bowl Team Places 3rd At Contest

Congratulations to the Pius X Quiz Bowl Team for placing 3rd at the Nebraska Wesleyan Contest held on Friday, March 20, 2009. Pictured here are the members of the team who include Ben Kotopka, Tommy Swanson, Josh Hoxmeier, and Shannon Kelly. Photo courtesy of Margaret Kaiser-Woodward.



### Spanish Classes Take Field Trip

On Tuesday, April 7, 2009, Spanish 3 students from Mrs. Hayes' and Mrs. Chapelle's classes took a field trip to the Wells Fargo Main Branch downtown. They toured the bank and used their new banking vocabulary to interview bankers about their jobs. Due to the fact that they took a pledge to speak only in Spanish throughout the entire trip, they spoke Spanish with Spanish-speaking bankers and spoke with English-speaking bankers via translators. It was a great success! The bankers commented on how impressed they were with the questions the students asked, and the students learned about a variety of aspects of banking, some of which include the currency exchange counter, safe deposit boxes, and business banking. Photo courtesy of Katie Hayes.



### Pius X Students Pray At Abortion Facility

The Pro-Life Club adopted the abortion facility on 37th and South Street for prayer on Tuesdays during Lent. Several students and faculty joined with them in prayer during off periods and study halls. Special thanks to all that participated and to all those continuing to pray for the end to abortion.

## Announcements

### Thank You From BOLT "Infinity & Beyond"



**Pius X 24th Annual Dinner/Benefit Auction**  
Saturday, April 25, 2009

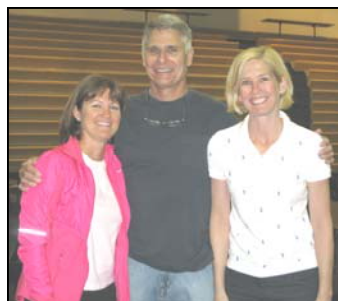


Dear Pius X Family & Friends,

We want to thank all of you for your generous support of Pius X High School and of BOLT "Infinity and Beyond". Our (550+ guests) event was a great success and could not have happened without all of you! You may not be aware of how many volunteers work on this exciting event, but there are over 300 parent volunteers, along with students who sell lottery tickets, bid run, valet park and help with clean up as well as singing at our Mass before BOLT. We also have tremendous support from all the Pius X High School staff.



One of our goals from BOLT is to provide a great environment for all students. This year's funds will go to upgrading security, and to renovate unused space into a classroom. We also are able to take advantage of a rebate from LES to install more cost efficient lighting. We are still working through the numbers, but feel we had a very successful event. Final numbers will be reported in the next newsletter.

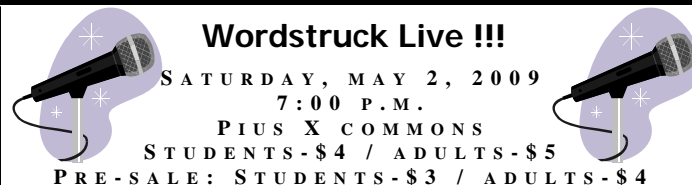


Thank you from the Coordinating Committee:

- ◆ Tim & Jennifer Conzemius
- ◆ Paul & Michelle Hassler
- ◆ Rex & Karen Largen
- ◆ Fr. Meysenburg
- ◆ Mark & Michelle Pieper
- ◆ Rick & Georgeann Rashilla
- ◆ Deb Schulte
- ◆ Mary Spethman
- ◆ Vince & Brenda Sutton
- ◆ Tom & Sonya Zimmerman

Photos courtesy of Mary Bossung.

### Wordstruck Live !!!



Mark your calendars now to hear the wonderful student authors of Pius X read their creative pieces. Join in the coffee house atmosphere for an evening celebrating the world of words found in the Pius X creative arts magazine, Wordstruck, a publication produced by the Senior Writing classes and sponsored by Ms. Burt. Student artwork will be on display, the Wordstruck magazine will be available to purchase, and refreshments will be available. Pius X has remarkably creative children! Please support their achievements through your attendance.

Tickets will be on sale in the Commons/Lunchroom during lunch the week prior to the event and may be purchased anytime at the main office. They will also be available the night of the performance, but at the increased price.

### May 5, 2009, Is Pius X Night At Dino's

Please join your Pius X family at Dino's Eastside Grill for great food, fellowship and fun on Tuesday, May 5, 2009, from 5-11 p.m. The Pius X Booster Club will receive 10% cash back on every dollar you spend that night. The money raised will go directly to the Booster Club to support the school and student activities at Pius X. Stop by anytime throughout the evening for dinner, appetizers or drinks and tell your server you are there to support Pius X. Bring your family and friends too. Dino's Eastside Grill is located at 2901 South 84th Street, just south of 70th and Van Dorn Streets.

### Vocal Music Department Spring Concert

Please join Miss Mary Zimmer and the Vocal Music Department on Thursday, May 14, 2009, for their Spring Concert. It will be held in the Pius X Gym at 7:00 p.m. All are welcome!

### Band Department Spring Concert

Please join Mr. Mike Murphy and the Band Department on Tuesday, May 5, 2009, for their Spring Concert. It will be held in the Pius X Gym at 7:30 p.m. All are welcome.

### Band Camp Is Mandatory In July/August

Please mark your calendars now! The 2009/10 mandatory Band Camp for Pius X band students will be held July 29, 30, 31 and August 3, 4, 5, and 6, 2009. The cost is free.

### Mass For The May Crowning Of Mary

There will be an all-school Mass held on Wednesday, May 6, 2009, for the May crowning of Mary in the Pius X gym at 9:30 a.m. All are welcome. Students will follow a modified bell schedule which may be found on the Pius X website.

### Mass In Memory Of John Liecheski

There will be a Mass held on Friday, May 15, 2009, for the one-year anniversary of John Liecheski's death. The Mass will take place on the football field at 11:00 a.m. All are welcome to attend.

## Announcements

### Reception For George O'Boyle's Retirement



There will be a reception honoring George O'Boyle and his retirement on Sunday, May 24, 2009, from 2-5 p.m. in the Pius X Commons. There will be a short program at 4 p.m. Please join us in celebrating his 40 years at Pius X!



### Card Shower For Joanne Bollish's Retirement



In honor of Mrs. Bollish's retirement, there will be a card shower held. Cards may be sent in honor of her retirement until Tuesday, May 26, 2009, to:

Mrs. Joanne Bollish  
1025 N. 63rd, #E26  
Lincoln, NE 68505



Please join the Pius X family in celebrating her 30 years at Pius X by sending her a card! Note: After May 26, 2009, cards may be sent to her new address in North Platte, NE (tba).

### One Book One Pius Book Discussion

The Literature Club will be hosting a movie night showing of "The Secret Life of Bees" at Pius X in Mrs. Sullivan's room on Thursday, May 7, 2009. It will be the last meeting of the year. All those in attendance will be given a summer reading list of Literature Club's picks of their all time favorite reads. For more information, please contact Shiela Sievert at 488-0931 or via email at [shielasievert@piusx.net](mailto:shielasievert@piusx.net).

### Juniors Washington D.C. Trip

There will be a parent/student meeting on Wednesday, May 20, 2009, at 7:00 p.m. in the LPAC for juniors going on the Washington D.C. trip.

### Uniform Shop Schedule

The Uniform Shop will be open in the Commons on Tuesdays and Thursdays during school days from 3:30-4:00 p.m. and the following Saturdays from 10:00 a.m. - 12:00 p.m. May 2, 2009, and May 9, 2009. Please enter the Commons area through the east doors. Any changes to the schedule will be posted on the Pius X website at [www.piusx.net](http://www.piusx.net).

### 2008/09 Yearbooks

The 2008/09 yearbooks are no longer for sale. There is a waiting list in the main office if you'd like to reserve one in case any become available. If you have any questions, please contact Mrs. Sandi Sullivan in room 106 after school or via email at [sandra.sullivan@piusx.net](mailto:sandra.sullivan@piusx.net).

### Reminder: Return Library Materials

Students are reminded that all library materials must be returned and missing/damaged items paid for before the end of the school year. Most materials are checked out for 15 school days, with Friday, May 15, 2009, being the last date available as a due date. Please see Mrs. Buckley if you have any questions or concerns. Online resources remain accessible throughout the summer.

### Graduation For The Class of 2009

Graduation for the Class of 2009 will take place on Sunday, May 17, 2009, at 1:30 p.m. at the Lied Center for Performing Arts by advanced ticket only. Please note: Graduation will be held at 1:30 p.m. instead of the customary time of 3:00 pm.

### Final Exams To Take Place In May

Each class has a year-end comprehensive final exam in the month of May. While "Finals Week" can be a stressful time for students, some of this stress can be diminished by helping your son or daughter adequately prepare. It is not too early to begin studying for finals! Please continue to monitor Parent Portal so that we don't have any year-end surprises.

The seniors will be taking their final exams on the following dates:

- ◆ Wednesday, May 13, 2009, periods 5-8
- ◆ Thursday, May 14, 2009, periods 1-4

The underclassmen will be taking their final exams on the following dates:

- ◆ Tuesday, May 26, 2009, from 8:15-11:40 a.m. (periods 6-8)
- ◆ Wednesday, May 27, 2009, from 8:15-11:40 a.m. (periods 3-5)
- ◆ Thursday, May 28, 2009, from 8:15-10:40 a.m. (periods 1-2)

There will be an open campus for all students during these finals, with designated areas for students to either study or relax while they are not taking a test.

### Advanced Placement Tests

Students taking Advanced Placement Tests need to arrive **at least 10 minutes prior** to the time listed, as these tests will begin promptly. Before the test date, students are responsible for reading the Bulletin For AP Students and Parents 2008-2009. If you have misplaced yours, please pick up an extra one in the Guidance Office. Students need to bring **#2 pencils, ink pen** and a calculator if your test requires it. **DO NOT BRING ANY CELL PHONES OR ELECTRONIC DEVICES.**

#### Schedule of AP Tests:

- US Government** 8:00 a.m. Monday, May 4, 2009
- Statistics** 12:00 p.m. Tuesday, May 5, 2009
- Calculus** 8:00 a.m. Wednesday, May 6, 2009
- English Lit** 8:00 a.m. Thursday, May 7, 2009
- US History** 8:00 a.m. Friday, May 8, 2009
- English Language** 8:00 a.m. Wednesday, May 13, 2009
- Physics B** 8:00 a.m. Friday, May 22, 2009
- Biology** 12:00 p.m. Friday, May 22, 2009
- Physics C: Mechanics** 12:00 p.m. Friday, May 22, 2009
- Physics C: E & M** 2:00 p.m. Friday, May 22, 2009

### Advertise In The X-Change

The Pius X-Change, our very own student newspaper, is seeking advertisers for our last issue of the 2008/09 school year: Friday, May 8, 2009. The newspaper is funded through ad sales, and your support is greatly appreciated. If you are interested in advertising in the X-Change or if you have any questions, please contact Nolan DeWispelare (adviser) at Pius X High School at 488-0931 or by e-mail at [nolan.dewispelare@piusx.net](mailto:nolan.dewispelare@piusx.net). Thank you for your continued support of the X-Change!

## Announcements

### Tuition Statements

The May 2009 tuition statements were mailed to your home the last week in April 2009, due and payable by Friday, May 15, 2009. Delinquent statements, those with remaining balances, will be notified Friday, May 15, 2009. Please remember that all tuition must be PAID IN FULL before report cards or transcripts will be mailed. Thank you for your cooperation in meeting the payment deadline.

### Lunch Accounts

Please be sure that your student's lunch account has a positive or zero balance at the end of the school year. Negative balances will delay the receipt of report cards.

### Incoming 9th Grade Retreat Information

Important! All incoming 9th graders must attend the mandatory 9th grade retreat on August 16 and 17, 2009, at Pius X. The retreat is from 7 p.m. – 10 p.m. on Sunday, August 16, 2009, and from 8:00 a.m. – 12:00 noon on Monday, August 17, 2009. Check-in starts at 6:45 p.m. on Sunday. **Students who miss this retreat will need to attend another retreat during the school year.**

Sunday night is the orientation part of the retreat and includes physical activities and ice breakers, so students should dress modestly and appropriately. **There will NOT be Mass on Sunday night.** There will be informal tours throughout the retreat so students may bring their schedules with them if they desire. Monday is the reflective part of the retreat and includes speakers, group discussions, and a holy hour with the opportunity for Confession.

On Sunday, students with last names beginning with:

- ◆ A-E should bring a ½ dozen cookies or desserts
- ◆ F-I should bring fruits or vegetables for a ½ dozen people
- ◆ J-M should bring a box or a bag of chips, crackers, or granola bars
- ◆ drinks are provided

On Monday, students should eat breakfast before they come to the retreat.

The retreat committee could use around **fifteen parents** to help with various aspects of Sunday night, so if you would be interested in and willing to help, please contact Lori Morin at lori.morin@piusx.net or at 488-0931 ext. 10136. Feel free to contact her with any questions as well!

### Pray For Our Seminarian/Novice Of The Week

All members of the Pius X community are encouraged to pray especially in the month of May for the following seminarians/novices studying for the Diocese of Lincoln:

Week	Name	Place of Study
4/26-5/2	Thomas Schultes	St. Charles Borromeo
5/3-5/9	Wesley Skillett	St. Gregory The Great
5/10-5/16	Steven Snitily	St. Charles Borromeo
5/17-5/23	Adam Sparling	St. Gregory The Great
5/24-5/30	Christopher Stoley	St. Gregory The Great
5/31-6/6	Adam Sughroue	Mount St. Mary

### Junior Composition Required Book

From The English Department: students in Junior Composition are required to purchase the book Write for College. The cost is \$23.00 and will be collected by the Composition teacher. If you have any questions, please contact Katie Elsener, English Department Chair at katie.elsener@piusx.net.

### Sewing Machines Gratefully Being Accepted

Textiles, Clothing & Design classes are looking for the donation of 2-3 gently used table top sewing machines in good working condition. Make or model is not important, but should be a table top model and have good basic capabilities such as straight stitch, zig-zag stitch, and back stitch functions. Models that have an automatic buttonhole feature and users manual are preferred. If you have one you are interested in donating, please contact Mrs. Shonka at amy.shonka@piusx.net or call during the regular school day at 488-0931.

### TEC

Who: all current and incoming juniors and seniors in high school (graduated seniors welcome!)

What: a three day retreat focusing on the Paschal Mystery. It's a fun, relaxing weekend with surprises!

When: June 6-8, 2009

Where: David City, NE, at Aquinas High School

How: obtain a registration form at Pius X, your parish, or from the Family Life Office at (402) 488-2040.

### Diocesan Canoe Trip

Who: all current and incoming sophomores through seniors (NO incoming freshmen, graduated seniors welcome!)

What: a two day canoeing trip on the Niobrara River with students, priests, and seminarians! Loads of fun...get ready for water fun!

When: trip #1 July 19-21, 2009 - trip #2 July 21-22, 2009

Where: beginning in Valentine, NE (carpooling provided)

How: obtain a registration form at Pius X, your parish, or from the Family Life Office at (402) 488-2040.

### Totus Tuus

Who: all incoming and current high school students

What: a week long Catechetical high school program taught by four trained college students.

When: a parish based program...check with your Pastor, or watch your parish bulletin.

Where: at your parish this summer!

How: register at your parish by following the directions in your parish bulletin.

### Campin' With The Marians

Who: for girls entering 6th-9th grade

When: June 25-28, 2009

Where: Camp Kateri Tekakwitha

Cost: \$125.00 per girl (financial assistance available)

Please look for registration applications in the Southern Nebraska Register or at www.mariansisters.org. For more information, please contact The Marian Sisters at (402) 786-2750 or Andy Jacobsen at (402) 489-3384.

## Announcements



**Summer Office Hours**  
8:30 a.m. - 3:30 p.m.



### Football Spring/Summer

**Spring conditioning** and **weightlifting** for 2009/10 football began the week of March 23, 2009. It is being held after school from 3:30-4:30 p.m.



Monday-Thursday for any boys not involved in a spring sport. Players need to attend as much as possible. If you have any questions, please contact Coach Hansen or Coach Kearney.

**Summer weightlifting** will begin Monday, June 1, 2009. Juniors & seniors will start at 7 a.m. and sophomores & freshmen will start at 7:30 a.m. Weightlifting will be on Mondays, Tuesdays, and Thursdays. Wednesdays will be conditioning days and will begin at 8:30 a.m. at the track.

#### Summer Football Camps:

- ◆ Team camp is June 8 & 9, 2009, from 9:30 a.m.- 2:00 p.m. at Norris. It will be run by the coaching staff from the University of Nebraska-Omaha for grades 10-12. This is a contact camp and players will need to check out equipment. Cost will be about \$60.
- ◆ Pius X team camp is July 20-24, 2009, from 8 a.m.- noon. Cost is \$35.
- ◆ Anybody wanting to go to an individual camp at UNL or Wesleyan may check out equipment. See Coach Aylward.

Due to liability and insurance, players **may not** buy their own football helmet to use. Please contact Coach Aylward if there are any problems.

### Boys Not Playing Football Summer Conditioning

Boys basketball and baseball players not playing football will lift Monday, Tuesday and Thursday, 8:30 - 9:30 a.m. beginning Monday, June 1, 2009. Plyometrics will be on Wednesdays at 8:30 a.m. on the track.

### Volleyball/Softball/Girls Basketball Summer Conditioning

Summer conditioning for girls interested in playing volleyball, softball and girls basketball during the 2009/10 school year will begin Monday, June 1, 2009, from 9:30-11:00 a.m. This is for those entering their freshman, sophomore, junior, and senior years. Athletes will meet every Monday, Tuesday and Thursday and begin at the tennis courts. Please note that this is a change from the information given at New Student Orientation Night.

### Volleyball Information For 2009-2010

Please mark your calendars for the following:

- ◆ Monday, August 10, 2009 - Parent/Athlete Meeting at 7:00 p.m. in the Flavin Gymnasium
- ◆ Wednesday, August 12, 2009 AND/OR Thursday, August 13, 2009 - Physical Testing - 7:00 p.m. - meet in the gym
- ◆ Monday, August 17, 2009 - Tryouts begin

### Fall Sports Beginning Dates For 2009-2010

Football practice for boys entering grades 10-12 will begin Monday, August 10, 2009. Practice/tryouts for all other fall sports will begin Monday, August 17, 2009.

### Student Physicals Scheduled For May 27, 2009

The Pius X Booster Club will sponsor student physicals on Wednesday, May 27, 2009, from 6-9 p.m. All incoming freshman and current Pius X students are welcome to attend. The cost is \$15, payable to Pius X Booster Club.



Pius X High School  
Wednesday, May 27, 2009  
6-9 p.m.  
cost is \$15



Each student **MUST** bring a completed NSAA 2009/2010 Physical Form signed by a parent or legal guardian and a \$15 check made payable to "Pius X Booster Club." Forms are available in the main office or at www.piusx.net under "Athletics", "Athletic Physical Form". If you have any questions, please contact Joann Grosserode at 489-7018 or grosserode@aol.com.

### 2009-2010 Physical Examination Form

**All** athletes participating in any sport during the 2009-2010 school year must have a physical that is dated after May 1, 2009, in order to try out for a team. The NSAA requires a three-part form that includes: (1) a **History Form**; (2) the actual **Physical Examination Form**; and (3) the **Clearance Form**. To meet privacy and HIPAA requirements, the examining physician will retain on file the History Form and the Physical Examination Form, with only the Clearance Form being returned to the student to be placed on file at the school. These forms for the 2009/10 school year are available in the Pius X main office.



### Golf Tourney To Benefit Pius X Activities

Join the Pius X Booster Club for a day of fun in the sun at the Fifth Annual Thunderbolt Scramble.



Monday, June 29, 2009  
Firethorn Golf Club  
1 p.m. shotgun start



Registration begins at 11:30 a.m. and includes lunch, dinner, range balls, cart and prizes. There are multiple levels of sponsorship and registration. Cost per player is \$125 or for a group of 4, it is \$500.

For more information or to receive a Thunderbolt Scramble brochure, call 488-0931. Co-chairs for this event are Dave Easley and Steph Kolbas. For more information, please visit the Pius X website.

### Driver's Education In The Summer

Driver's Education at Pius X will be held June 22-July 3, 2009, and will meet each morning from 7:30 a.m.-10:00 a.m. the first week; and Monday, Tuesday and Wednesday of the second week. The remainder of the days will be spent driving. Forms are available in the Pius X main office.

### Spring Sports Schedule Updates

For updates to the Spring Sports Schedule and athletic events of the week, please visit the Pius X website at www.piusx.net and click under "Pius X Athletics" on the right hand side.

## Announcements

### Creighton University Summer Reading Skills Program



phonics  
comprehension  
vocabulary  
study skills  
speed reading  
love of reading



Several programs are offered as a community service by Creighton University, University College, a non-profit organization. These popular classes are taught by professional instructors from the Institute of Reading Development. Tuition is only \$299 which is less than half the cost of similar reading programs. Please ask about their family discount.

The following programs meet once each week at Pius X:

**Program 7** (for adults, college students, and students entering 12th grade) - Tuesdays, July 7-August 4, 2009, 7:00-9:30 p.m.

**Program 6** (for students entering 9th-11th grade) - Tuesdays, July 7-August 4, 2009, 4:00-6:30 p.m. Students double reading speed, improve comprehension by one to two grade levels, and learn study skills. This program is excellent preparation for college.

**Program 5** (for students entering 6th-8th grade) - Thursdays, July 9-August 6, 2009, 12:00-2:30 p.m. Students in this program improve comprehension one to two grade levels while doubling reading speed. They also learn the best way to read textbooks, take notes, and study for tests. As a result, students complete homework more quickly and easily, get better grades, and enjoy reading more.

**Program 4** (for students entering 4th-5th grade) - Thursdays, July 9-August 6, 2009, 9:00-11:15 a.m. In fourth and fifth grade, students must read more complex books with strong comprehension. Students in this program gain more than one grade level in comprehension, and increase fluency and speed. Your child will complete homework more quickly and easily, get better grades, and become fully absorbed in books.

**Program 3** (for students entering 3rd grade) - Thursdays, July 9-August 6, 2009, 3:00-5:00 p.m. Students develop strong comprehension, and learn the long-word decoding and fluency skills required to read longer books with ease. Your child will become a more fluent, confident reader and enjoy reading more.

**Program 2** (for students entering 2nd grade) - Wednesdays, July 8-August 5, 2009, 1:30-3:30 p.m. Students learn phonics and word-attack skills, build sight vocabulary, and improve fluency and comprehension. Your child will become a strong independent reader, build confidence, and develop a love of reading.

**Program 1** (for students entering 1st grade) - Wednesdays, July 8-August 5, 2009, 11:00 a.m. - 1:00 p.m. Success in first grade requires a strong foundation of reading skills and a high level of confidence. In this program, your child will learn phonics, build sight vocabulary, improve comprehension, and experience success with independent reading.

**Program R** (for 4-year-olds and students entering Kindergarten) (must be age 4 when class begins) - Wednesdays, July 8-August 5, 2009, 9:00-10:15 a.m. Children in this program learn beginning phonics and reading readiness skills, build comprehension, and develop an enduring love of books and reading.

More reading programs are available at nearby locations. For more information or to register, please call (800) 979-9151, Monday-Thursday 7am-9pm; Friday 7am-8pm; and Saturday 9am-3pm; or please visit our website at [www.creighton.readingprograms.org](http://www.creighton.readingprograms.org). Inquire early! Class size is limited.

### Bright Lights Summer Program

Come celebrate summer as a season of learning! Bright Lights is offering a broad range of hands-on classes for middle school and elementary aged students. With the end of school, act now to register for hands-on classes that will explore your area of interest this summer!



In the class, 232 Digital Movie Making, held June 15-19, 2009, students who are finishing grades 5 & 6 can come to Pius X to take a Bright Lights class with Pius X teacher, Annette Weskamp. Ready for Hollywood? You will be after spending a week with us, learning to tell your story with digital production techniques. You will be designing and producing a three to five minute digital movie using freeware Microsoft PhotoStory and Windows Movie Maker. You'll record your own voice and incorporate music and sound effects to enhance your piece. You'll also learn to pan and create motion. Guided computer lessons will enable you to edit and prepare your story for the theater. To start, bring either a disk loaded with photos or a collection of print photos ready to scan. Join us and be a star at our own Oscar ceremony!

There are many other fun classes. Your child can enjoy topics like Digital Photography, Green Chemistry, Water Rockets, Garage Band, Cooking, Mummies or Science: Natural Disasters. These classes will help keep students' brains in gear to avoid the summer slide. Over the summer, children can lose up to two months of reading or math skills. Harvard researcher Jimmy Kim links reading 4-5 books in the summer with increased reading achievement gains.

Bright Lights Summer Program is a Lincoln tradition for over 20 years. Check out the 2009 Bright Lights program schedule on-line at [www.brightlights.org](http://www.brightlights.org) or call 420-1115. Information is also posted concerning need-based scholarships and bus transportation. 85% of the over 100 classes and day camps will be held at Randolph Elementary, 37th & D Streets, the weeks of June 9-13, June 23-27, and July 7-11.

Taught by Annette Weskamp, Pius X High School teacher.

MapQuest Directions: Pius X H.S.

Grade(s): Post 5 - Post 6

June 15-19, 2009

1:00-4:00 p.m.

Meet at Pius X High School, 6000 "A" St.

Sponsored by: Union Bank & Trust Company

## Announcements

### The Pius X Alumni Department Is Now On Facebook!!!

The Pius X Alumni Department has created a new fan page on Facebook. The Official Pius X Alumni Page is a place on facebook where you can get updated information of what is happening in the Pius X Alumni Department. We have links to Pius X websites where you can check to see if you are one of our missing alumni, you can update your information, check your reunion schedule and even make a donation if you desire. Check it out, and become a fan of The Official Lincoln Pius X Alumni Page today!

### 2009 Class Reunions

This year we will be honoring the class years of 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, and 1999. Reunion plans are getting well underway! Is your class having a reunion this year? If you haven't heard anything about your class reunion yet, you might be one of our missing alumni. Please check our website at [www.piusx.net](http://www.piusx.net) or call Kristin Heath, the Alumni Director, at 488-0931 Ext. 10132. We could be missing your contact information!

- ◆ The Class of 1959 is planning their reunion the weekend of June 12-14, 2009.
- ◆ The Class of 1969 and The Class of 1999 are planning a reunion weekend of July 17-19, 2009, with details yet to be announced.
- ◆ The Class of 1994 is planning their reunion on July 25, 2009.
- ◆ The Class of 1974, The Class of 1979, and The Class of 1984 are planning a fun filled reunion the weekend of July 31 and August 1, 2009.
- ◆ The Class of 1989 is in the planning stages for a reunion the weekend of August 8, 2009!

If you haven't started planning, please call today to reserve your date! The full reunion schedule is posted on the Pius X website and may be viewed at <http://www.piusx.net/Alumni/reunionschedule.htm>.

### Pius X High School 2009 Summer Camps

Pius X High School has announced the following camps for the summer of 2009. All camp information is subject to change without notice. Please review these camps in each parent newsletter as some changes may occur before summer. Registration forms for these summer camps are available on the Pius X website, in the Pius X main office, and the Catholic elementary schools.

Summer Camp	Age	Dates	Start	End	Cost
Baseball	entering 6th – 9th grade	June 1, 2, 3, 4	9:00 a.m.	12:00 p.m.	\$ 70.00
Basketball (girls)	entering 10th – 12th grade	June 1, 2, 3, 4	8:30 a.m.	11:00 a.m.	tba
Basketball (girls)	entering 7th – 9th grade	June 1, 2, 3, 4	12:00 p.m.	2:00 p.m.	tba
Basketball (girls)	entering 3rd – 6th grade	June 1, 2, 3, 4	2:15 p.m.	4:15 p.m.	tba
Soccer (girls)	entering 3rd – 9th grade	June 8, 9, 10, 11	8:00 a.m.	10:45 a.m.	\$ 75.00
Basketball (boys)	entering 10th – 12th grade	June 8, 9, 10, 11	8:30 a.m.	11:00 a.m.	tba
Basketball (boys)	entering 7th – 9th grade	June 8, 9, 10, 11	12:30 p.m.	2:30 p.m.	tba
Basketball (boys)	entering 4th – 6th grade	June 8, 9, 10, 11	3:00 p.m.	5:00 p.m.	tba
Bowling	entering 6th – 8th grade	June 10	8:30 a.m.	4:00 p.m.	tba
Bowling	entering 9th – 12th grade	June 11	8:30 a.m.	4:00 p.m.	tba
Wrestling	entering 7th – 12th grade	June 15, 16	6:00 p.m.	8:00 p.m.	free
Dance & Cheer	ages pre-K to 8th grade	June 17, 18, 19	9:00 a.m.	see brochure	\$70.00
Lincoln Boys Basketball School-1	entering 9th – 10th grade	June 22, 23, 24, 25	8:30 a.m.	11:30 a.m.	tba
Lincoln Boys Basketball School-1	entering 7th – 8th grade	June 22, 23, 24, 25	12:45 p.m.	2:45 p.m.	tba
Lincoln Boys Basketball School-1	entering 5th – 6th grade	June 22, 23, 24, 25	3:00 p.m.	5:00 p.m.	tba
Lincoln Boys Basketball School-2	entering 9th – 10th grade	June 29, 30, July 1, 2	8:30 a.m.	11:30 a.m.	tba
Lincoln Boys Basketball School-2	entering 7th – 8th grade	June 29, 30, July 1, 2	12:45 p.m.	2:45 p.m.	tba
Lincoln Boys Basketball School-2	entering 5th – 6th grade	June 29, 30, July 1, 2	3:00 p.m.	5:00 p.m.	tba
Performing Arts Workshop	Ages 5-14 (boys & girls)	July 6, 7, 8, 9, 10	10:00 a.m.	1:00 p.m.	\$75.00
Wrestling	entering 7th – 12th grade	July 7, 8	6:00 p.m.	8:00 p.m.	free
Wrestling	entering K – 6th grade	July 13, 14, 15	6:00 p.m.	8:00 p.m.	\$30.00
Wrestling	entering 7th – 8th grade	July 13, 14, 15	6:00 p.m.	8:00 p.m.	free
Volleyball	entering 6th – 8th grade	July 13, 14, 15, 16	9:00 a.m.	11:30 a.m.	\$90.00
Volleyball	entering 9th – 12th grade	July 20, 21, 22, 23	8:30 a.m.	4:00 p.m.	\$190.00
Volleyball	Pius X Team Camp	July 24	8:00 a.m.	6:00 p.m.	tba
Football	entering 9th – 12th grade	July 20, 21, 22, 23, 24	8:00 a.m.	12:00 p.m.	\$35.00
Softball	entering 4th – 8th grade	July 20, 21, 22, 23	8:00 a.m.	10:00 a.m.	\$70.00
Softball	entering 9th – 12th grade	July 20, 21, 22, 23	8:00 a.m.	10:30 a.m.	\$70.00
Band (required)	entering 9th – 12th grade	July 29, 30, 31, Aug 3, 4, 5, 6	tba	tba	free

## Announcements

### SCIP News/ "Sexting" A Dangerous New Craze

An alarming number of teens are engaging in a disturbing new practice called "sexting", the practice of sending nude photos of themselves in cell phone text messages. They are also taking shots of friends at parties doing certain things while under the influence of alcohol, and then circulating the pictures.

In one study conducted by the Center for Child Health, Behavior and Development at Seattle Children's Research Institute and the University of Washington, 500 randomly chosen teenager profiles on MySpace showed 54% contained high-risk behavior information, with 24% of those discussing and/or posting photos of a sexual nature.

Teens may view this as innocent adolescent behavior. However, some teens around the country are now being charged with child pornography, and more prosecutors are considering this option as well as other serious felonies. There are those that disagree, saying those charges should be saved for sex offenders, not teens who may have used poor judgment. Some are calling sexting a victimless crime; however, some photos are being forwarded to other teens or are being posted on the Internet as a way to bully, harass or humiliate other teens. This has led to a few cases of teens committing suicide because they couldn't handle the embarrassment and abuse. Additionally, sexting may leave teens exposed to online predators and unwanted solicitations.

The study also showed that teens with a sexual orientation other than "straight" displayed increased sexual references. The profiles of teens involved in sports, hobbies or religious involvement showed fewer displays of risky behavior.

So what can parents do? Parental engagement is key. Set ground rules and develop a contract for phone use. Don't be afraid to check your child's phone; make that one of the stipulations for them getting a phone. Install parental controls. Some companies have developed software and several cell phone networks are providing parental control services that parents can use to monitor activity and block or provide notification of X-rated messaging. Many of these also include other safety features such as no texting and driving, limits on when and where the phone can be used, blocking unwanted callers, and GPS locators.

The following is a list of some of the options available:

- ◆ WebSafety is a software that can be purchased that includes a wide variety of safety features. It can be used for select phones on Sprint, T-Mobile, AT&T, and Verizon networks. It also provides applications for your computer.
- ◆ Kajeet is a pay-as-you-go cell phone service with a wide variety of safety features. You must purchase one of their many styles of phones, then choose a plan, which can be as little as \$4.99 per month. Service is provided on the Sprint Network.
- ◆ AT&T provides "Smart Limits" where parents can choose from a moderate amount of features to add customized controls for \$4.99 per month, per phone line.
- ◆ Alltel provides an application that allows parents to filter offensive sites.
- ◆ Verizon's content filter consists of 3 age appropriate ratings: 7+, 13+, and 17+.
- ◆ Sprint offers a phone you may purchase that includes the free parental control feature, as well as a GPS locator.

Not all options will work with certain phones or networks so you will need to check with your carrier to see which one fits your needs. It must be noted that blocking photos is more complex, so it is recommended that parents set ground rules regarding cell phone use, and manually check their child's cell phone often.

(Sources: Lincoln Journal Star, 02-05-09; washingtonpost.com, 01-06-09; seattlechildrens.org, 01-05-09; websafety.com; kajeet.com; att.com; alltel.com; verizonwireless.com; sprint.com)

### Freshman Corner

The month of May is the "home stretch"!! This is the easiest month to get distracted and have grades drop. Parents, stay on top of student's progress.

HERE'S HOW:

- 1.) **Parent Portal** - you as a parent/guardian can check on **grades online**. Some teachers update grades weekly, while others update almost daily. You need a username & password. If you need one or are having difficulties, please call the Pius X school office. We want you to have the information at your fingertips. Check Parent Portal often!!!
- 2.) **Blackboard** - your student has a user name & password that allows access to **classroom information**...even at home. Ask your student to show you Blackboard. Many teachers post assignments, deadlines, directions and special notes to students AND to parents.

These are 2 very simple "tools" to help you and your student to stay on top of things. Too many parents (and students) wait until it's too late to check on things.

PLEASE check these often! Come the end of the school year, you'll either be glad you did or wishing you had.

Finally, pray for your child that God gives the grace to finish the race!!!

### Freshman Corner

#### E-mail Address???

Communication between the home and school is paramount to our cooperative success in educating your kids. A monthly mailing like this newsletter is a nice start, but today's technology affords us the opportunity to raise that communication to an even higher level.

Do we have your current e-mail address on file? Pius X uses e-mail to communicate with parents about a variety of topics. We use e-mail addresses for teachers to send progress reports home, to alert parents of student detentions, for other occasional communication between the home and school, and to deliver Mr. Korta's updates of the week, "*This Week at Pius.*"

If your e-mail address changes, please make sure you let us know. Please update your records today and send an e-mail to [Jolene Ritzman \(jolene.ritzman@piusx.net\)](mailto:Jolene.Ritzman@piusx.net) so that she may get you added to our database.

## Announcements

### Dress Requirements For 2009-10 Yearbook

**All** students, **grades 9-12**, must be dressed following these guidelines for the **2009-10 class pictures** sections of the Thunderer Yearbook:



**Girls:** Tops or dresses that reach the neckline with no obvious cleavage and cover the shoulders; no words or symbols on clothing. Pictures with facial or body piercing, tattoos or hats are not acceptable.

**Boys:** Suits or sport coats with long neckties or bowties; sport shirt (polo shirts) with top button open; turtlenecks, v-neck sweaters with shirts or crew neck sweaters or shirts. No words or symbols on clothing including Pius X or Husker symbols. Pictures with facial hair, any piercing, tattoos or hats are not acceptable.

### Senior Photograph Submission Policy

**Specifications:**

1. **Size & Shape:** A vertical print, of approximately 2" X 3", or a standard wallet size is required.
2. **Background:** The background may be indoor or outdoor but should be simple and devoid of any writing or symbols that may detract from the student's face.
3. **Tone:** Faces must stand out from the background and have sufficient contrast to avoid a flat, faint, or shallow appearance.
4. **Poses:** Students shall be conservatively posed, preferably full front or slightly to the side. Avoid extreme angles, profile views, or gazing into space.
5. **Clothing:** Please review the dress requirements listed above, and follow them closely. Your photo will not be included if these requirements are not met.



**Procedures:**

1. **Deadline:** The deadline for Yearbook/Senior Video photo submission will be Friday, November 13, 2009, at 4:00 p.m.
2. **Schedule Photos Early:** Seniors are urged to have their pictures taken during the summer and early fall months to allow enough time to meet this deadline. Photographers often take months to return the photos.
3. **Follow The Requirements:** If an acceptable photo is not submitted by the deadline, the Pius X Yearbook Advisor will review the photo taken by the school photo company for ID purposes and use it instead. If a photo was not taken or is inappropriate, the student will not be pictured in the senior mugs pages.

**Note:** If you want the yearbook staff to take your photos, we are thrilled to practice on our seniors. Schedule an appointment with Mrs. Sullivan in the fall and bring a change of clothing with you.

**Submission:**

Your photographer may submit photos to us in jpg form. Please ask them to do so well ahead of deadline to help us account for students who are unable to afford to have their pictures taken and help them. Wallet size hard-copy submission:

Please submit your photograph to the Yearbook Advisor in an envelope labeled with the following:

- ◆ Attention: Yearbook Advisor
- ◆ senior picture
- ◆ student's name.

Please write your name on the back of the picture only with a pencil, so as not to damage the photograph.

## Guidance Office

### SCC Automotive Summer Camp

Southeast Community College - Milford Campus - will host an Automotive Summer Camp from June 12-13, 2009. This camp is designed to give students the opportunity to experience what it would be like to pursue a career in the automotive field and is a strictly hands-on camp. Tuition is \$20 per participant and includes tools, meals, housing and tour transportation. Students must be 16 years of age and register by Friday, May 8, 2009. The camp will be limited to 52 participants. Registrations will be entered in the order they are received. To register or for more information, please contact Rick Morphew at (800) 933-7223 extension 8317, at rmorphew@southeast.edu, or stop in the Pius X Guidance Office.

### UNMC Health Professions Career Workshop

The UNMC Medical Center-UNMC Youth Learning Center will be hosting a summer health professions career workshop July 28-31, 2009, at the UNMC campus. This workshop is designed to give students the opportunity to investigate different health careers. Students who will be entering their junior year, have a minimum GPA of 3.0, and an interest in the health professions are eligible to apply to attend. The cost of the program is \$250 which includes meals, dorm room expenses, and program costs and fees. The deadline to apply is Monday, June 1, 2009. Enrollment is limited to 18 students. For more information and an application form, please stop in the Pius X Guidance Office.

### Job Shadowing

**Students:** Is your student interested in a career but not quite sure what the job entails? Job shadowing is an academically motivating activity designed to give students the unique opportunity of an up-close look at the world of work. The program invites students to see first-hand how the skills learned in school relate to the workplace. Interested juniors or seniors can pick up a form in the Guidance Office.

**Parents:** The Guidance Department at Pius X is continuously updating our records of parents and businesses which are willing to allow Job Shadowing at their place of business. If you are interested or have someone in your company who is willing to allow our students to job shadow, please call the Guidance Department at 488-0931 so you can be added to the list.

### ACT/SAT Dates

Juniors and Seniors are encouraged to take the ACT and/or SAT. Juniors planning to attend college should consider beginning the testing process sometime during their Junior year. For most students, there is no need to take both tests. Most students do better on the ACT. The ACT has an optional essay. The SAT has a mandatory essay. Students may obtain an application in the Pius X Guidance Office, or may apply online at www.actstudent.org (ACT) or www.collegeboard.com (SAT). The Pius X High School code number is 281-315. If you have any questions, please contact the Pius X Guidance Office.

ACT Test Date	Deadline	Late Fee Required
June 13, 2009	May 8, 2009	5/9/09 - 5/22/09

SAT Test Date	Deadline	Late Fee Required
June 6, 2009	May 5, 2009	5/6/09 - 5/15/09

## Guidance Office

### GPACAC College Affaire For 9th, 10th, & 11th

Pius X High School will host the GPACAC College Affaire on Wednesday, May 6, 2009, from 6:30 p.m. to 8:00 p.m. in the Commons area. Over 60 area Colleges will be here to visit with potential students from the Lincoln Area. All 9th, 10th, and 11th grade students and parents are invited and encouraged to attend. A short presentation on Financial Aid will be given by Education Quest at 7:00 p.m.

### Docufide Secure Transcript Ordering

Junior / Senior students and parents:

Pius X High School has joined the Docufide online system that will allow students to order a transcript online. The system is secure and will send high school transcripts to requested colleges electronically.

The Docufide Secure Transcript link and procedures will be added to the Pius X website. Students can use it to register and request a transcript to be sent to colleges. The company then sends an email to the Pius X counselors who electronically send the transcript to Docufide. Finally, Docufide sends the transcript to the college.

Docufide will send out official transcripts checked and approved by the counselor's office to the colleges you choose. Students will receive an email to confirm the transcripts have been sent.

It's easy, it's secure, it's available 24/7, and it's FREE.

Students need to create an account (A) and then (B) secure transcript order.

#### A. To Create An Account

1. Go to [www.docufide.com](http://www.docufide.com)
2. On the menu bar click "**sign in**"
3. Click on the link "**create a Docufide account now**"
4. Enter the High School Name and click "**search**"
5. Click the radio button next to "**Pius X High School**"
6. Click on "**continue**"
7. Enter **currently enrolled** and your **graduation year** then click on "**save & continue**"
8. Enter your identifying information and click "**continue**"
9. Enter your **email address** and select a **password**

Activate your account by responding to the confirmation email that you receive from Docufide (check your 'junk' folder if you do not see the email).

#### B. Transcript Ordering – Using Your Account

1. Go to [www.docufide.com](http://www.docufide.com)
2. On the menu bar click on "**sign in**" and select **student**
3. Enter your **SI email address** and your **Docufide password** and click "**sign in**"
4. Follow the instructions for selecting colleges to which your transcript should be sent. For other organizations, such as scholarship providers, click the link under "**Select Other Destinations**" or "**NCAA**" and enter the information requested. NOTE: You may click on the "**Order Status**" tab to view the current status of any transcript you have already ordered. You will receive emails confirming the progress of your transcript requests at each step of the process.

### UNL Advanced Scholars Program

The Advanced Scholars Program from the University of Nebraska-Lincoln offers high school students the opportunity to take online UNL courses while still at their high school. Students can earn college credit and "test drive" the college experience with a network of support from the University and at your high school. Courses in the Advanced Scholars program are taught by UNL faculty and are the same courses typically taken by freshmen on campus.

#### Student Eligibility Guidelines

- ◆ junior, senior or identified as a high quality student
- ◆ hold an overall "B" grade point average
- ◆ ACT composite score of 22 or higher ( if applicable)
- ◆ support of the high school counselor or principal

#### Cost & Fees

- ◆ Student expenses include a one-time application fee, course tuition, books and materials. There are no additional program, facilities or distance fees.

You may find all required forms on the website: [http://advancedscholars.unl.edu/guidance\\_counselors/student\\_application\\_process.shtml](http://advancedscholars.unl.edu/guidance_counselors/student_application_process.shtml)

The Advanced Scholars Program is now partnering with the Nebraska Coordinating Commission for Postsecondary Education (CCPE) to seek college tuition funding for students who qualify under the free and reduced lunch guidelines. For more information please visit the CCPE website at <http://www.ccpe.state.ne.us/publicdoc/ccpe/ACE.asp>

### Seniors- List Scholarships In Family Connection

Seniors, please check the list of scholarships available in the Guidance Office. This list is posted in the Guidance Office as well as on Family Connection under Scholarships. Please add any scholarships you receive to your list in Family Connection. If you have trouble listing a scholarship, please come to the Guidance Office and we can assist you in adding the scholarship. Seniors are also requested to turn in any copies of scholarships received to the Guidance Office so they can be listed on the graduation program.

### NCAA Eligibility Certification

High School student-athletes planning to enroll at an NCAA Division I or II institution in the fall of 2009 should currently be registered with the NCAA Eligibility Center and have completed the amateurism questionnaire. These student-athletes must also have provided official transcripts from all schools attended through grade 11 and have provided official test scores from the testing agency. Only official transcripts sent via U.S. mail or overnight delivery from the high school will be accepted. Electronic transcripts from ConnectEdu, Docufide, e-Scrip Safe, National Transcript Center, and XAP will also be accepted. Copies which have been e-mailed or faxed will not be accepted. If your student-athlete has received a fee waiver for the SAT or ACT, due to his or her inability to pay, he or she also qualifies to have the NCAA Eligibility Center registration fee waived. For more information, please visit [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) or the Pius X Guidance Office.

## May 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	<div style="border: 1px dashed black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Wordstruck Live!!!</b>                      Saturday, May 2, 2009, at 7 p.m.                 </div>		<div style="border: 1px dashed black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Graduation</b>                      Sunday, May 17, 2009, at 1:30 p.m.                 </div>		<b>1</b> -First Friday -JV Boys Golf @ Crete Invite 9am (A) -Track/Field @ Blair Invite 3:30pm (A) -JV Boys & Girls Soccer @ LSE 5pm (A) -V Girls Soccer @ Omaha Mercy Tourney tba (A) -V Baseball @ Columbus 5pm (A) -JV Baseball @ LE Tourney tba (A)	<b>2</b> First Saturday V Girls Soccer @ Omaha Mercy Tourney tba (A) V Baseball @ Papillion LaVista 10/12:30 (A) Wordstruck Live! 7pm JV Baseball @ LE Tourney tba (A)
	<div style="border: 1px dashed black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Band Department Spring Concert</b>                      Tuesday, May 5, 2009, at 7:30 p.m.                 </div>		<div style="border: 1px dashed black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Retirement Reception for George O'Boyle</b>                      Sunday, May 24, 2009, at 2-5 p.m.                 </div>			
	<div style="border: 1px dashed black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Vocal Music Spring Concert</b>                      Thursday, May 14, 2009, at 7 p.m.                 </div>		<div style="border: 1px dashed black; padding: 5px; margin: 5px auto; width: 80%;"> <b>Card Shower for Mrs. Bollish's Retirement</b>                      Please see page 9 for details.                 </div>			
<b>3</b> 4th Sunday of Easter pray for seminarian, Wesley Skillett	<b>4</b> -Girls Tennis vs Lincoln Christian 4pm (H) -Boys Soccer Districts @ Crete tba (A) -Girls Soccer Districts @ Beatrice tba (A) -JV Boys & Girls Soccer @ Waverly 5/7pm (A) -V Baseball @ Omaha Skutt 5pm (A) -JV Baseball vs LNS 5pm (H)	<b>5</b> -Dino's Night Out -V/JV Boys Golf - Pius X Classic 9am (H) -Girls Tennis vs Waverly 4pm (H) -Boys Soccer Districts @ Crete tba (A) -Girls Soccer Districts @ Beatrice tba (A) -JV Baseball @ Omaha Skutt 5pm (A) -JV Baseball vs LNS 5pm (H)	<b>6</b> Mass 9:30am Girls Tennis vs LNS 4pm (H) Boys Soccer Districts @ Crete tba (A) Girls Soccer Districts @ Beatrice tba (A) V Baseball @ Papillion LaVista South 5pm (A)	<b>7</b> Rosary-Pius X Chapel 3:45pm Boys Soccer Districts @ Crete tba (A) Girls Soccer Districts @ Beatrice tba (A)	<b>8</b> FCT 7:20am Track/Field @ Auburn Invite 2:45pm (A)	<b>9</b> Baseball Districts tba (A)
<b>10</b> 5th Sunday of Easter Mother's Day pray for seminarian, Steven Snitily	<b>11</b> Senior/Parent Mass & Breakfast 9:30am-12:30pm State Journalism Championships Baseball Districts tba (A)	<b>12</b> V Boys Golf - Capital City Scramble 9:30am (H) JV Boys Golf @ Papillion LaVista Invite 9am (A) Girls Tennis vs LE 4pm (H) Baseball Districts tba (A)	<b>13</b> Senior Finals (Periods 5-8) Track/Field Districts @ Kearney tba (A) Boys State Soccer @ Omaha tba (A) Girls State Soccer @ Omaha tba (A)	<b>14</b> Senior Finals (Periods 1-4) Rosary-Pius X Chapel 3:45pm Boys State Soccer @ Omaha tba (A) Girls State Soccer @ Omaha tba (A) Vocal Music Spring Concert 7pm	<b>15</b> Mass 11:00am Girls Tennis @ Omaha Duchesne 4pm (A) Boys State Soccer @ Omaha tba (A) Girls State Soccer @ Omaha tba (A)	<b>16</b> Boys State Soccer @ Omaha tba (A) Girls State Soccer @ Omaha tba (A) State Baseball in Lincoln tba (A)
<b>17</b> 6th Sunday of Easter pray for seminarian, Adam Sparling Graduation 1:30pm	<b>18</b> -Boys Golf Districts @ Omaha tba (A) -Girls Tennis @ Omaha Skutt 4pm (A) -Boys State Soccer @ Omaha tba (A) -Girls State Soccer @ Omaha tba (A) -State Baseball in Lincoln tba (A)	<b>19</b> Boys State Soccer @ Omaha tba (A) Girls State Soccer @ Omaha tba (A) State Baseball in Lincoln tba (A)	<b>20</b> State Baseball in Lincoln tba (A) Parent/Junior meeting 7pm	<b>21</b> Ascension Thursday No School Girls State Tennis in Lincoln tba (A) State Baseball in Lincoln tba (A)	<b>22</b> Girls State Tennis in Lincoln tba (A) Track/Field State @ Omaha Burke tba (A)	<b>23</b> Track/Field State @ Omaha Burke tba (A)
<b>24</b> 7th Sunday of Easter pray for seminarian, Christopher Stoley Retirement reception for George O'Boyle 2-5pm in the Commons	<b>25</b> Memorial Day No School	<b>26</b> Final Exams 8:15-11:40am (Periods 6-8)	<b>27</b> Final Exams 8:15-11:40am (Periods 3-5) Student Physicals 6-9pm Boys State Golf in Lincoln tba (A)	<b>28</b> Final Exams 8:15-10:40am (Periods 1-2) Rosary-Pius X Chapel 3:45pm Boys State Golf in Lincoln tba (A)	<b>29</b>	<b>30</b>
<b>31</b> Pentecost Sunday pray for seminarian, Adam Sughroue						

\* All dates and times are subject to change without notice.\*

## June 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday		
	<b>1</b> Baseball Camp Girls Basketball Camp	<b>2</b> Baseball Camp Girls Basketball Camp	<b>3</b> Baseball Camp Girls Basketball Camp	<b>4</b> Baseball Camp Girls Basketball Camp	<b>5</b> First Friday	<b>6</b> First Saturday		
<b>7</b> pray for seminarian, Stephen Thomlison  The Most Holy Trinity  10th Sunday in Ordinary Time	<b>8</b> Girls Soccer Camp Boys Basketball Camp	<b>9</b> Girls Soccer Camp Boys Basketball Camp	<b>10</b> Girls Soccer Camp Boys Basketball Camp Bowling Camp	<b>11</b> Girls Soccer Camp Boys Basketball Camp Bowling Camp	<b>12</b>	<b>13</b>		
<b>14</b> Flag Day  pray for seminarian, Christopher Wadle  The Most Holy Body and Blood of Christ  11th Sunday in Ordinary Time	<b>15</b> Wrestling Camp	<b>16</b> Wrestling Camp	<b>17</b> Dance & Cheer Camp	<b>18</b> Dance & Cheer Camp	<b>19</b> Dance & Cheer Camp	<b>20</b>		
<b>21</b> Father's Day  pray for seminarian, Kenneth Wehrs  12th Sunday in Ordinary Time	<b>22</b> Lincoln Boys Basketball School - 1	<b>23</b> Lincoln Boys Basketball School - 1	<b>24</b> Lincoln Boys Basketball School - 1	<b>25</b> Lincoln Boys Basketball School - 1  Campin' With The Marians	<b>26</b> Campin' With The Marians	<b>27</b> Campin' With The Marians		
<b>28</b> pray for seminarian, Sean Wilson  13th Sunday in Ordinary Time  Campin' With The Marians	<b>29</b> Lincoln Boys Basketball School - 2	<b>30</b> Lincoln Boys Basketball School - 2	<div style="border: 1px dashed black; padding: 5px; display: inline-block;">                         * All dates and times are subject to change without notice.*                     </div>					

## From The Food Service Director, Tini Van-Oehlertz, R.D.

### May Food Service Events

- ◆ Cinco de Mayo will be celebrated on Tuesday, May 5, 2009, serving a plate combo of enchilada, Mexican rice and beans with a complimentary churro. Come and enjoy the fun!
- ◆ During finals on May 26, 27 and 28, 2009, we will be serving a hot breakfast each morning in addition to your normal favorites. We will serve from 7:15 - 10:15 a.m.



### Students With Special Diet Needs

The past year we have fed many students each day for lunch and have a growing business at breakfast. If there are any students that have special dietary needs, I would like to try and meet those needs. Please email me, Tini Van-Oehlertz, R.D., at [tini.vanoehlertz@piusx.net](mailto:tini.vanoehlertz@piusx.net) or [tini1953@vahoo.com](mailto:tini1953@vahoo.com) to set-up an appointment. I would like to visit with you to see if your child's needs can be met by our school nutrition program.

### Nutrition & Lifestages– “ The Freshman Fifteen”

Students entering their first year of college are faced with many stresses and changes, including changes in eating and exercise behavior. A common fear among college students is the reported high risk of gaining 15 pounds during their freshman year – the dreaded “freshman fifteen”. Despite the common belief that it is as much a reality of college life as all-night studying and different food, little documented evidence indicates that a 15 pound weight gain is common. But don't breathe a sigh of relief yet. Although research has not found that freshman gain an average of 15 pounds, it does support the perspective that many freshman add weight. In fact, studies report average weight gains of anywhere from 2 to 9 pounds.

Why the weight gain? The stress of handling social life and studies that are new and more challenging; being away from parents for the first time; an environment with unlimited access to food; and a less regular eating, sleeping, and exercising schedule can quickly lead to weight gain. In addition, if you use food to soothe the emotional needs that may result with these changes, putting on 15 pounds is quite possible.

You can do some things to prevent weight gain during college or any other time. Here are a few tips:

- ◆ Stay active.
- ◆ Stock your dorm fridge with healthy foods like yogurt, fruit and veggies.
- ◆ Don't skip meals.
- ◆ Limit your intake of alcohol.
- ◆ Limit your intake of high caloric beverages like soda and energy drinks.
- ◆ Be aware of what you are eating.
- ◆ Have a plan for busy days when you may be too busy to eat regular meals.
- ◆ Watch portion sizes.
- ◆ Get enough sleep.

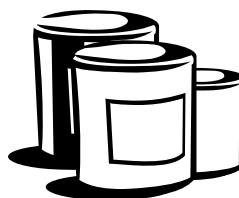
Source: Nutrition, Real People, Real Choices

### Spotlighting Our Staff– Jennie Trout

Jennie Trout was the only food service team member with significant institutional experience prior to the start of our “lunch venture” other than the Food Service Director. Jennie is our cook who produces our tremendous hot food day after day after day. Jennie has had many years of prior experience at BryanLGH West, Norris School District 160, and now Pius X. Jennie is a member of Friedens Lutheran Church. Jennie has a twin sister and 4 other siblings. Her three nephews are the love of her life. Jennie always has a ready smile and a generous heart! We thank her for her part in “getting it done”.



### Read The Nutrition Facts Panel



To make heart healthy choices, be sure to read the Nutrition Facts Panel on the product you are choosing.

*Trans Fat* is naturally present in meat and dairy products. However, the main sources of *trans fat* in the U.S. diet are from partially hydrogenated (hardened) oils found in foods such as cookies, crackers, pastries and fried foods. All the packaged snacks served in the Pius X Food Service are 0 *trans fat*. These fats are added for taste, texture and to maintain freshness. The main concern with *trans fat* is that it raises the risk of coronary heart disease by increasing LDL-cholesterol (bad cholesterol) and lowering HDL-cholesterol (good cholesterol).

Partially hydrogenated oils and tropical oils give margarine its firmness and spreadability. While tropical oil such as palm oil increases the saturated fat content of the product, only a very small amount is necessary to provide the right texture. The amount per serving varies among brands. It is important to consider the total saturated fat plus *trans fat* in a food item. Choose foods low in saturated fats, *trans fat* and cholesterol to help reduce the risk of heart disease.

### Lunch Accounts

Please be sure that your student's lunch account has a positive or zero balance at the end of the school year. Negative balances will delay the receipt of report cards.



### Thank You Extended To All

The first year of the food service being back in session after a long absence has proven to be a fruitful year. The staff has gotten many processes fine-tuned and the students are rolling through the lines quicker. We would like to thank all of the many fine volunteers, including clergy, staff, students and parents who have helped us to get the job done. We will be re-evaluating all processes during the summer months and making determinations on any necessary changes for the benefit of the program.



### Questions/More Information

If you have any questions regarding the breakfast or lunch program, please contact Tini Van-Oehlertz, R.D. at 488-0931 or at [tini.van-oehlertz@piusx.net](mailto:tini.van-oehlertz@piusx.net).

**Pius X Catholic High School**  
**6000 A Street**  
**Lincoln, NE 68510**  
**ADDRESS SERVICE REQUESTED**

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**Menu - May 2009**

**Breakfast**  
 serving 7:30 a.m. - 8:10 a.m.  
 students - \$1.50 (choice of 3 breakfast items)  
breakfast items to include, but not limited to:  
 (choose 3) Bagels & Cream Cheese, Toast with Peanut Butter or Cinnamon & Sugar, Cereal, Fruit, Yogurt, Muffins, Milk, Juice  
ala carte items:  
 Pop-Tarts, Granola Bars, Cereal Bars, Hot Chocolate, Cappuccino, Milk  
 - all items subject to change without notice -

[www.mylunchmoney.com](http://www.mylunchmoney.com) **Lunch** [www.mylunchmoney.com](http://www.mylunchmoney.com)  
 students - \$2.50  
 1 fruit, 1 vegetable, and 1 milk included  
**Lunch Ala-Carte Items**  
 Ala-carte items may include: milk, sandwiches, beef jerky, bottled water, Powerade, yogurt, Pop-Tarts, potato chips, Rice Krispie Bars, cereal bars, peanuts, granola bars, peanut butter & jelly sandwich, homemade dessert, bagel, Gushers, Scooby Doo snacks, Fruit By The Foot, Fruit Shapes, Simply Chex, Animal Crackers, Goldfish, ice-cream snacks, fruit juice, additional fruit, additional vegetables, string cheese, Clodhoppers, cream cheese, and peanut butter . -all items subject to change without notice-



questions/comments?  
**Tini Van-Oehlertz, R.D.**  
 tini.van-oehlertz@piusx.net  
[www.mylunchmoney.com](http://www.mylunchmoney.com)

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>May 1</b> Chicken Parmesan on Loco Bread Chefs Choice Vegetable - or - Hot Ham & Cheese/Bun
<b>May 4</b> Meatball Sub/Mozzarella Cheese - or - House Soup and Bread	<b>May 5</b> Cinco de Mayo Enchilada Mexican Rice Beans Churro	<b>May 6</b> Italian Casserole Peas Breadstick - or - Chef's Choice Entrée	<b>May 7</b> Chili Cheese Dog Potato Chip Fries	<b>May 8</b> Chicken Patty/Bun Mac & Cheese Green Beans
<b>May 11</b> Beef Macaroni Casserole Corn Dinner Roll - or - Chef's Choice	<b>May 12</b> BBQ Pork Hot Cinnamon Apples - or - Fiesta	<b>May 13</b> Vietnamese Egg Rolls Rice - or - Chef's Choice	<b>May 14</b> Fajita Enchilada Fixins Tortilla Chips - or - House Choice	<b>May 15</b> Sloppy Joe/Bun - or - Chef's Choice Chicken Vegetable
<b>May 18</b> Chef's Choice Pizza - or - Hot Dog/Bun	<b>May 19</b> Chef's Choice	<b>May 20</b> Spaghetti Meat Sauce Tossed Salad Garlic Bread - or - Chef's Choice	<b>May 21</b> Ascension Thursday No School	<b>May 22</b> Chef's Choice
<b>May 25</b> Memorial Day No School	<b>May 26</b> Final Exams (8:15-11:40 a.m.) No Lunch Breakfast Pizza	<b>May 27</b> Final Exams (8:15-11:40 a.m.) No Lunch Chef's Choice Hot Breakfast	<b>May 28</b> Final Exams (8:15-10:40 a.m.) No Lunch Chef's Choice Hot Breakfast	<b>May 29</b> Summer Vacation No School