

The BOLT

PIUS X HIGH SCHOOL NEWSLETTER

Pius X Catholic High School

" Restore All Things In Christ "

Thursday, October 1, 2009

Noon Dismissal (Periods 1-3)
Founder's Day Mass 10am
Parent/Teacher Conferences
2-5pm & 6-9pm

Friday, October 2, 2009

No School

Saturday, October 3, 2009

Pro-Life Conference 10am

Wednesday, October 7, 2009

Confirmation Class begins 3:30pm
MATHCOUNTS begins 6-7pm

Sunday, October 11, 2009

Vocal Department Fall Concert
at Cathedral 3pm

Monday, October 12, 2009

No School (Diocesan Institute)

Saturday, October 17, 2009

All-School Dance & Game Night
sponsored by the SOADA Club

Monday, October 19, 2009

PLAN Testing For Sophomores
8:15am-Noon
No School For Grades 9, 11, 12

Thursday, October 22, 2009

Fall Play 7pm

Friday, October 23, 2009

Fall Play 7pm

Saturday, October 24, 2009

Fall Play 7pm

Sunday, October 25, 2009

Fall Play 2pm

Monday, October 26, 2009

Junior High Honor Choir/Vocal
Department Fall Concert 7pm

Thursday, October 29, 2009

Decorated Pumpkin Contest

From The Principal - Mr. Tom Korta



And a lawyer stood up and put Him to the test, saying, "Teacher, what shall I do to inherit eternal life?" And He said to him, "What is written in the Law? How does it read to you?"

And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself."

And He said to him, "You have answered correctly; DO THIS AND YOU WILL LIVE." But wishing to justify himself, he said to Jesus, "And who is my neighbor?" (Luke 10:25-29)

This question is just as important today as it was 2,000 years ago: who is our neighbor, and do we love them as ourselves? This story runs through my mind when I think about the people surrounding our school who have asked the city to ban parking on their streets during the school day. No one wants to have a teenager park in front of their house, and yet, students have to park SOMEWHERE, don't they? It seems to me that some of our local friends are basically saying, "Let them park in front of someone ELSE'S house, just not mine."

My wife and I have struggled with this at our home. We have a next door neighbor who has been in and out of treatment, has had several brushes with the law, and is so proud of the speakers in his car that he shares them with the whole neighborhood. In our weakest moments we want him to just go away (incidentally, he parks in front of OUR house quite often). But where should he go? Perhaps we could erect a building some place in the middle of a large field where all of the neighbors who scare us or irritate us could go to live. We could kind of create an "Annoying/Scary Neighbor Lodge" and fill it with the people we don't want in our neighborhoods!

The only problem with this idea is that our 6-year-old, who cries every time he loses at baseball to his 11-year-old brother, would be sent to this building. His crying irritates my wife and me, so surely it grates on our neighbors as well. My 11-year-old often hits the ball over the neighbors' fence en route to beating his little brother; I suppose he'd be gone, too. It just occurred to me that every morning when I start up my car that badly needs a new muffler it might annoy my neighbors...shoot, I'm going to need a room in this building as well! Pretty soon it will be only my four-year-old daughter living alone at home (she doesn't irritate anyone).

We recently saw a great example of concern for our neighbors when we experienced the flu outbreak at Pius. Out of concern for our fellow students, we asked that even if you are feeling better, please stay home until you know you are no longer contagious. I am so grateful to all who complied with this request and helped us get a handle on the spread of this virus. Even though it meant that a student risked falling further behind, concern for the greater community, our neighbors, superseded concern for self.

I pray that we can all be good neighbors. That not only means that we are mindful of the ways that our actions impact others, but also that we are welcoming, patient, and accepting of those neighbors that irritate or scare us. If for no other reason, it is what Jesus says we must do to inherit eternal life.

God bless,

Tom

**2009-2010
Yearbooks On Sale!**
Please see page 9.

Please join us in the
40 Days For Life Campaign
Please see page 10.

Join Booster Club today!
Please see page 11.

Wordstruck submissions due
Friday, November 6, 2009.
Please see page 14.

October 2009**Pius X High School Newsletter**

is published monthly throughout the school year.

**Pius X Catholic High School
6000 "A" Street****Lincoln, NE 68510****Phone: (402) 488-0931****Fax: (402) 488-1061****www.piusx.net****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

Greg Lesiak, Assistant Principal

Jan Frayser, Guidance Director

Guidance Office

Jan Frayser, Director

Connie Freudenberg, Counselor

Claire Stramel, Counselor

Peggy Wilkins, Secretary

Sr. Patricia Ann Hanus, Secretary

Jeanne Vaggalis, Secretary

Campus Ministry

Sr. Veronica Volkmer, Religion Coordinator

Fr. Joseph Bernardo, Campus Chaplain

Emily Wyatt, Lay Campus Minister

Activities Office

Tim Aylward, Activities Director

Jake Moore, Assistant Activities Director

Business Office

Karen Francis

Office Support

Georgia Miller, Secretary

Jolene Ritzman, Athletic Secretary

Sandy Hartman, Attendance Secretary

SCIP Coordinator

Julia Schonewise

Booster Club

John & Jo Grosserode, 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:

Marilyn Twehous, Design & Layout Editor

marilyn.twehous@piusx.net

Excellence**Homecoming 2009 - Spirit Week**

September 14-18, 2009, brought about Spirit Week for Pius X High School. The students participated in spirit-themed days by dressing up. The days were as follows:

Monday – Safari-Animal Print DayTuesday – Twin DayWednesday – Windsuit DayThursday – Plaid DayFriday – Spirit Day

Throughout the week teachers/staff kept track of the best-dressed students' costumes, and a tally was taken at the end of the week. The winners are as follows:

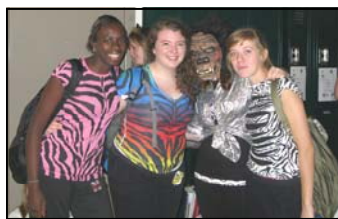
Monday was a walk on the wild side. Winner was Austin Barret dressed in full safari outfit. Tuesday was hard to tell who was who as there were twins all over the place. The winners that day were Jake Houlihan who was dressed and did an amazing representation of Mr. Hansen and Maddie Penkava who was Sr. Maria's twin dressed as a Marian Sister. Wednesday brought about a swish sound in the halls with windsuits everywhere. The winner was Nathan Schlautman who had a wonderful 80's inspired windsuit on. Thursday brought a sea of plaid in the halls and classrooms with the winning student, Marie Reifschneider who was head to toe in plaid. Friday rolled around and students dressed in their Pius X shirts. The day ended with a pep rally in the gym, focusing on winning the night's football game and announcing the other fall sports. Thank you to all who made the week a huge success!

Homecoming 2009 - Thank You

"New and Old, Green and Gold" was the theme for Homecoming 2009. Special thanks to everyone that made the 2009 Homecoming dance a huge success, especially the junior class and to Fr. Faulkner for devoting his time to teaching students to dance & for chaperoning as well. Thank you to the following for chaperoning the dance: Kelly Brakenhoff, Ann Driewer, Elizabeth Jacobs-Fitzgerald, Andy & Chris Jacobsen, Shane Kennett, Janet Kurtenbach, Cindy Love, Maureen Mattern, Michael & Judy Meagher, Shawn & Jodi McGill, Mary Mohr, Mike & Toni Montanez, Kelly & Mary Pohlen, Kelly Pokojski, Therese Sack, Anita Scheuler, Amy Svoboda, Linda Tucker, Rogene Villamonte, Judy York, Mitch Hartman, Ashley Arlt, John Cox, Nolan DeWispelare, Sr. Ann Marie, Sr. Maria, Fr. Bernardo, Fr. Kipper, Tom Korta, Greg Lesiak and Jan Frayser. We couldn't have done it without all our volunteers!

Homecoming - Royalty

The Homecoming King Candidates included Jeff Cassel, Sean Flattery, Chad Gibney, Henry Mattern and Dustin Wuerfele. The Homecoming Queen Candidates included Claire Bertrand, Katie Ellerbee, Erin Kirby, Mary LeDuc and Elle Ross. Congratulations to the selected royalty; Homecoming King & Queen– Chad Gibney & Mary LeDuc and Homecoming Prince & Princess– Henry Mattern & Katie Ellerbee.



Photos courtesy of the Foundation Office & Yearbook

Excellence

Max Wesely Receives Memorial Scholarship



On August 21, 2009, Maximillian Wesely was awarded the Matt Grosserode Memorial Scholarship for the 2009-2010 school year. The scholarship was founded in 2005 by John and Joann Grosserode in memory of their son Matt Grosserode. The \$500 scholarship is awarded each year to a senior football player attending Pius X, who is faithful to God, loving to family and loyal to friends just as Matt was. Photo courtesy of Yearbook.

Pius X Holds Annual Freshmen Retreat



On August 16 and 17, 2009, Pius X High School held its annual 9th Grade Retreat & Orientation and welcomed its largest class ever of 308 members.

The new freshmen spent Sunday night meeting classmates, playing games, dancing and learning how to navigate the halls of the school. Monday morning was the reflective part of the retreat. Student Council President, Sean Flattery, gave a reflection on joining the Pius X family and last year's president, Grace Morin, spoke about ways to contribute to the body of Christ. Students discussed the reflections in small groups led by seniors, and they ended the retreat with a holy hour and the opportunity to receive the Sacrament of Reconciliation.

Emily Wyatt, Lori Morin, Katie Hayes, the Pius X Administration and 14 other faculty members helped to plan and lead the retreat. Pius X is grateful to the 105 seniors who served as the small group leaders and also to the 18 parents & 8 alumni who assisted with Sunday night's activities.

SOADA Club Names Its Leadership Team



Congratulations to the Pius X students chosen for the 2009-2010 SOADA Club (Students Organized Against Drugs and Alcohol) Leadership Team. They are sponsored by Mrs. Laurie Barnes.

Pictured from left to right are (**Back Row**): Mary LeDuc, Ellen Larsen, Matt Buescher, Lexie Deahn, Rachel Novotny, Sarah Novotny, Brandi Younghans, and Andrea Frey; (**Front Row**): Charlie Hinds, Jeff Cassel, Kerri Williams, Andie Bayless, Caitlin Bailey, Claire Sack, and Kaitlin Slattery; (**Not Pictured**): Emma Contreras and Ryan Mohr.

New members are still welcome to join. The club meets Thursday mornings at 7:50 a.m. in room 008. The first SOADA Club event will be Saturday, October 17, 2009, in the evening with an all-school dance and game night. Please see page 9 for more information. [Photo courtesy of Mrs. Laurie Barnes].

Madsen & Foley Win Pro Life Essay Contest



Sophomore Grace Madsen and Freshman Matt Foley won the 2009 State Pro Life Essay Contest sponsored by the Bishops' Pastoral Plan for Pro Life Activities and the Knights of Columbus. Both students won their grade's essay contest last school year for the Lincoln Diocese and then competed against the 9th and 8th grade winners from the Grand Island and Omaha dioceses. As winners, Grace and Matt will each receive \$150.00 from the Knights of Columbus. Pius X and St. Peter's schools will also receive \$150.00 for each student. Grace and Matt will receive the award at the annual Bishops' Pro Life Conference banquet on Friday, October 2, 2009, at the Cornhusker Hotel in Lincoln.

Teachers Attend Mathematics Conference

Jonna Pester, Bill Schlautman and Margaret Kaiser-Woodward attended the annual Nebraska Association of Teachers of Mathematics Conference in Kearney, September 14, 2009. There they worked with other teachers from across the state discussing math Standards, math projects, review games and best practices to incorporate it all in their classes at Pius X.

Seminarian/Religious Pius X Graduates

There are currently 18 Pius X graduates in the seminary or a religious order which says a tremendous amount about their families and about their Catholic Education they received at Pius X. Please keep them in your daily prayers.

<u>Adrian Carlson '06</u>	College 4
<u>Craig Clinch '03</u>	Theology 3
<u>Tyler Cronin '06</u>	College 4
<u>Timothy Danek '07</u>	College 1
<u>Jason Doher '05</u>	College 3
<u>Christopher Eckrich '08</u>	College 2
<u>Stephen Graeve '07</u>	College 3
<u>Corey Harrison '07</u>	College 3
<u>Ricardo Izquierdo '07</u>	College 3
<u>Ryan Kaup '06</u>	College 3
<u>Stephen Mattern '06</u>	College 3
<u>Rusty Montgomery '03</u>	Franciscan Friars of the Renewal Order in NY
<u>Scott Montgomery '03</u>	Franciscan Friars of the Renewal Order in NY
<u>James Morin '08</u>	College 2
<u>Ben Rynearson '04</u>	College 4
<u>Wesley Skillett '06</u>	College 4
<u>Adam Sparling '02</u>	Theology 1
<u>Chris Stoley '07</u>	College 3

A Prayer For Vocations

O God, You have asked us to pray for vocations; that there might be young men and women willing to give their lives for the sake of souls. Hear our prayer and the prayers of Your Church and send us good and holy priests and religious. We offer You this day, all we shall think, do or say for this intention, through Christ, our Lord. Amen.

Source: The Bishop's Lay Committee For Vocations - Diocese of Lincoln

Excellence

O'Boyle To Be Inducted Into NHSS Hall Of Fame



Congratulations to George O'Boyle who will be inducted into Nebraska High Schools Sports Hall of Fame. Coach O'Boyle is Pius X High School's cross country and track coach and was the former Athletic Director. He will be one of five coaches inducted into the Nebraska High School Sports Hall of Fame on September 27, 2009.

Coach O'Boyle retired this past May after his 40 year tenure at Pius X. During his career at Pius X he led the Thunderbolts to 19 championships - ten in boys cross country, seven in girls cross country and two in track. In the fall of 2007, he led both the girls and boys cross country teams to the title championships - the first time that has happened in Class B in 16 years, and the second time in his career.

Cheerleaders Earn Honors At NCA Camp



Congratulations to the Pius X Cheerleaders who received many honors at a National Cheerleaders Association (NCA) summer camp at Lake Okoboji, Iowa.

The varsity squad honors included a spirit stick each day of camp. Jill Benes, Kathleen Kean and Rebecca Waters earned spots on the All-American Cheerleader team and Morgan Boatman, Lexie Deahn, Ally Lauer, and Katie Sorensen earned All-American nominations. The squad earned several superior ribbons, the Top Team trophy, and a bid to a national competition. The squad is coached by Jess Largis.

The junior varsity squad honors included a spirit stick three days of camp. Claire Pohlen, Maddie Kenney, Marti Lococo, Melody Clause and Mikayla Tremain earned All-American nominations. The squad earned several superior ribbons, a trophy for Best in Game Day Performance in the tumbling and stunting division, and a bid to a national competition.

The freshman squad earned a spirit stick three days of camp. Makala Gossard and Meg Tassler earned All-American nominations. The squad earned several superior ribbons and a bid to a national competition.

Homecoming Tailgate Party At Pius X



Pictured are Jenny (Sligar) Walker '90, Jeanne (Easley) Johnson '84, Linda Hanigan, and Jill (Noel) Korta '83. Photo courtesy of The Foundation Office.

The Pius X Homecoming tailgate party that was held Friday, September 18, 2009, was again a huge success!!! Thank you to all the parents, students and alumni who helped to make this evening so much fun!

Nearly 750 people enjoyed Hotdogs, Sloppy Joes, Chips, Cookies, Soda and Water!!! The kids had fun getting tat-

The Jeff Dodd Memorial Fun Run



On Saturday, September 5, 2009, Pius X alumni and their families gathered together at Holmes Lake to honor Jeff Dodd '91 who passed away on September 25, 2008, from a deadly form of melanoma cancer. A few of Jeff's classmates

brainstormed on what they could do to get the Jeff Dodd Memorial Scholarship endowed. Once a scholarship is created, the funds are invested in the Pius X Foundation. The interest earned is then used to help pay a portion of a student's tuition. A named scholarship or endowed fund must have a minimum of \$10,000 in the fund before it is endowed. The Jeff Dodd Memorial Scholarship fund was not yet at the halfway point as of June 30, 2009. Jeff was a cross country runner in high school, so his classmates thought it was only fitting that a Fun Run/Walk be held in his honor.

The Jeff Dodd Memorial Fun Run consisted of a fun filled morning that included a 1 mile kid run and a 5k run, lunch in the Pius X Commons Area, and a raffle drawing. We had about 100 5k runners and approximately 50 kids who participated. Over \$4,100 was raised and will be added to the Jeff Dodd Memorial Scholarship.

Pius X would like to thank everyone who participated by running/walking, donating to the scholarship or buying a raffle ticket. Without the support of Jeff's classmates, friends and family this event would not have been such a great success!!! Special thanks to Jason Bryant, Scott Foster, and Denae Martin for organizing such a wonderful and worthwhile event.

If you would like information on donating to this scholarship fund, please call the Pius X Foundation Office at (402) 488-1046.

Pictured above are Jeff's grandmother; his father, Gary Dodd; his brother Michael Dodd and his wife Victoria; Jason Bryant; his mother, Mary Dodd and grandbaby; and his sister Mary Margaret Clay '97.

Check out more pictures from the Jeff Dodd Memorial Fun run on Facebook at the Official Lincoln Pius X Alumni page.

toos, throwing footballs, and bouncing away in the fun bouncing castle. The adults had fun visiting and catching up with friends and classmates, eating great food, and touring the school!

Again, big thanks go out to all of our volunteers and those who came to enjoy all the fun festivities!!! This event would not have been nearly as successful if it wasn't for your commitment of time and dedication to Pius X High School. We would also like to thank the following businesses and people for their very generous donations: Ayars & Ayars and Kathi Woody, Coca Cola and Jim Davidson, Frito Lay and Rick Gossard '76, Hy-Vee, Mark Pieper, Russ's Markets/Super Saver and Eric Schafers '89, and System Technology Services and Peter Heath '90.

Foundation Office

Scholarship Application 2009-2010

Because of our generous donors who have established endowed named scholarships, the Pius X Foundation Office will be awarding over \$30,000 in scholarships during the 2009-2010 year!

The application form for scholarships can now be found on Pius X's website. Scholarship forms are due by Thursday, October 15, 2009. Simply go to www.piusx.net and under "Pius X Foundation" click on "Foundation Home" then "Scholarships" then "Application Form."

The majority of our scholarships are based on financial need. The scholarships on the application form with an asterisk (*) listed by them are financial need scholarships. In order to evaluate each applicant's financial need, FACTS Grant & Aid Assessment will be conducting the financial need analysis for Pius X for the 2009-2010 school year. If you are applying for a financial need scholarship, please review page 7 on the Scholarship Application Form. In order to evaluate each applicant's financial need, parent(s) or guardian(s) will need to provide us with specific financial information and will need to fill out a FACTS on-line application in addition to the Pius X Scholarship Application. **All information provided is kept confidential.**

Once you have registered and signed in, you will have the ability to complete the FACTS Grant & Aid Assessment application online. There is a \$20 application fee when submitting the online FACTS application. Each family is asked to pay \$10 and Pius X will cover the remaining \$10. Applicants have the option of paying the \$10 application fee by credit or debit card when completing the form online.

After completing the online application you will need to mail or fax the supporting documentation to FACTS. The tax information needed to verify your application is shown in the FGAA Checklist that is found online. Should you have any questions or problems with completing the application, please call the toll-free number at 866-315-9262. Someone will be available to answer your questions from 10 a.m. to 7 p.m. Monday- Thursday and 10 a.m. to 5 p.m. on Fridays.

Note: Award decisions are not made by FACTS, but by the Pius X Scholarship Selection Committee in November.

Do You Work For One Of These Companies?

If you work for any of these companies listed below, you now have an easy way to double your gift to support Pius X High School! All of these companies, plus many others not listed here, will match your donation to a charitable organization like the Pius X Foundation. Contact your Human Resources Department for a matching gift form. For additional information, please contact the Foundation Office at (402) 488-1046 or email at michelle.birkel@piusx.net.

The companies include but are not limited to: 3M, AIG Inc., Allstate, Amgen, Ameritas Life Insurance Co., Amoco, Aquatech Wash, Asurity Life Insurance Company, AT&T, Bank of America, Bank of New York, Boeing, Bracco Diagnostics Inc., Burlington Northern Santa Fe, Bucyrus-Erie, Cardinal Health, Chicago Tribune, Cisco Systems, Citigroup, Coca Cola Co., Country Insurance Financial Services, Crane Co., CSG Systems Inc., Darden Restaurants, EducationQuest, Eli Lilly, Exxon Mobil, First Data, Ford Motor Company, Gannett, Gap, General Electric, General Mills, General Motors, GlaxoSmithKline, J.P. Morgan Chase & Co., Kellogg's, Lincoln Benefit Life, Microsoft, Monsanto, Morgan Stanley & Co. Inc., Motorola, Mutual of Omaha, Nelnet, New York Life, Novartis, PepsiCo, Pfizer, Principal Financial Group, RBC Wealth Management, Sprint, State Farm Companies Good Neighbor Grant Program, The Stanley Works (Senior Technologies), Union Pacific, UPS, U.S. Bancorp, Verizon Communications, Wachovia, Wal-Mart, Wells Fargo, and Wyeth.

The tax id # for the Pius X Foundation is 23-7074428.

Teacher/Staff Wish List

Please contact the Pius X Foundation Office if you would like to make a donation to the Teacher/Staff Wish List at (402) 488-1046 or email at michelle.birkel@piusx.net. Thank you very much for your generosity!

<u>ABLE Department</u>	
Brain Age Software (reviews basic reading, math and memory techniques)	\$150
<u>Athletic Department</u>	
to replace worn out Equipment in Weight Room	\$1,000
<u>English Department</u>	
Boom Box with CD & Tape Player	\$80
Writer's Manual with AP guidelines	\$25
Ergonomic Office Chairs (2)	\$300 each
<u>Entire School</u>	
Electric Letter Folder	\$675
Laminating Machine	\$1500-\$3000
Quizdom Handheld Voters/"Clickers" (interactive software package for up to 30 students)	\$3000
Office Chairs/Office Furnishings for Meeting Room (25)	\$10,000
<u>Family & Consumer Science Department</u>	
Stove/Range	\$400
<u>Fine Arts</u>	
Chair Robes for Freshman Choir (60)	\$65 each
25 Foot Microphone Cables (4)	\$22 each
Microphones - AKG C1000S (2)	\$250 each
Various Size Storage Totes (from small shelf size to large 20 gallon storage bins)	\$40
<u>Foreign Language Department</u>	
30 Projects on Communicating	\$30
Cahier d'exercices (beginning writing workbook)	\$16
Euro Coins and Bills Set	\$43
1 Flag of Spain from Teacher's Discovery	\$15
1 Flag of Mexico from Teacher's Discovery	\$15
El Norte DVD	\$42
Ready Made Spanish Substitute Lessons	\$27
Readers (for Native Spanish Speakers) - (15)	\$5 each
Subscription to lomastv.com for 6 months	\$54.95
DVD Video Camcorder	\$400
<u>Foundation Office</u>	
Endowment Fund	any donation
<u>Front Office</u>	
Electric Razor for Dress Code Violators	\$60
6' White Folding Tables (4)	\$40 each
Electric Pencil Sharpener	\$50
<u>Math Department</u>	
TI Navigator System for a classroom	\$250
Work Tables for Room 206 - includes keyboard trays	\$5,000
Math Classroom Posters	\$15 each
TI Inspire Calculators for classroom (30)	\$120 each
<u>Religion</u>	
Stacking Ciboria - for All-School Masses for the Hosts (6)	\$795.00(set of 3)
Vestment/Chapel Supplies	\$2,000
Additional funding for FCT retreat	\$5,000
<u>Science Department</u>	
Knee Joint Model	\$195
DVD/VCR Combo Player	\$200
Ohaus Scout Pro Balances (14)	\$250 each
<u>Youth Ministry Department</u>	
Funding for FCT Retreat	any donation

Foundation Office

The 2009-2010 Pius X Annual Appeal



Fr. James J. Meysenburg
Superintendent

The 2009-2010 Annual Appeal, one of our school's major fundraising initiatives, is now underway. The school year is in full motion and off to a great start with our highest enrollment ever - 1,065 students! We also have our largest freshmen class ever - 308 students.

Last year, 1,500 donors supported our students and school through the Annual Appeal. We cannot thank everyone enough who made a donation and/or volunteered your time!

As of September 15, 2009, \$170,396.50 has been contributed. Gifts ranged from \$5 to \$5,000. Each and every gift is greatly appreciated and makes a big difference for our school!

With the blessing of more students and the additional costs of maintaining a larger campus, the total expenses this year will be substantially higher. The Annual Appeal is Pius X's yearly fund raising effort to generate revenues to 'close the gap' between the tuition charged and the actual cost associated with operating and maintaining our high school. Tuition alone does not cover the cost of a student's education at Pius X High School. Thanks to the help from supporting parishes in the Lincoln Deanery, parish assessments pay \$2,190 per student in financial support. The 'gap' difference for the 2009-2010 year is \$1,135 per student. This year, 1,065 young adults from the Lincoln community have chosen to attend Pius X High School. Most certainly, far fewer would be educated at our school if the actual cost of a student's tuition (approximately \$5,000) were to be charged.

Gifts to the Annual Appeal impact every student and faculty member in strengthening and improving the overall quality of a Pius X education. Annual Appeal revenues support the operating budget to fund:

- ◆ Pius X's faith-based curriculum
- ◆ Teacher's Salaries
- ◆ Tuition Assistance - last year, the Foundation awarded \$26,650 in scholarships!
- ◆ Maintenance of the campus and building

It is with a humble heart that I call upon your generosity once again. We have so much to be grateful for here at our school. A letter will be sent in the mail shortly to all parents of students attending Pius X High School. A brochure will be enclosed which will explain this year's needs. This year's total Annual Appeal goal is \$182,000. Of this amount, our 'Parent Goal' is \$37,000. We ask your support by making a financial investment in Pius X. We are most grateful for your consideration.

Rev. James J. Meysenburg
Superintendent

Budget

The budget for Pius X High School for the 2009-2010 school year is \$5.158 million, an increase of \$143,610 (3%) from the 2008-2009 school year. Projected revenues for the 2009-2010 school year is from the following sources:

Revenue Source	Amount	Percentage
Parish Assessments	\$2,269,444	44%
Tuition & Fees	\$1,676,836	32.51%
Donations/Free Will Offerings	\$360,500	6.99%
Organizations/Fundraisers	\$212,500	4.12%
Endowment/Trusts	\$371,700	7.21%
Rentals	\$79,800	1.55%
Other Revenue	\$2,220	.04%
Educational Tech. Initiative	\$185,000	3.58%

Tuition

Tuition & Fees make up 32.51% of the operating budget for the 2009-2010 school year. Tuition is broken down as follows with a comparison to other faith-based secondary schools in Lincoln and the Archdiocese of Omaha:

High School	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Pius X High School Lincoln, NE (2009-2010)	\$1,300	\$1,400	\$1,500	\$1,700
Creighton Prep Omaha, NE (2009-2010)	\$7,680	\$7,780	\$7,880	\$7,980
Lincoln Christian School Lincoln, NE (2009-2010)	\$7,333			
Lincoln Lutheran School Lincoln, NE (2009-2010)	\$7195 (Non Community Member) \$5,665 (Community Member)			
Duchesne Omaha, NE (2009-2010)	\$8,400			
Skutt Catholic Omaha, NE (2009-2010)	\$7,450			

Pius X High School is proud of the stewardship of its funds. The mission of the Lincoln Catholic Schools has always been to keep tuition at an affordable level for all families. The cost per student is approximately \$5,000. This compares to an average state cost of \$10,060 per student (2007/2008 numbers).

Parish Support

Parish assessments are provided by the 14 parishes of the Lincoln Deanery and four parishes from outside the deanery. Parish assessments for the 2009-2010 school year represent a 1% increase from the previous school year. Parish assessments make up 44% of the operating budget.



SUPPORT CATHOLIC SECONDARY EDUCATION
Please consider making a TAX DEDUCTIBLE GIFT to this year's Annual Appeal.

Foundation Office

Answers To Frequently Asked Questions Regarding The Pius X Annual Appeal



What is the Annual Appeal?

The Annual Appeal is a fund raising effort conducted to meet the operating needs of the school which are not covered by tuition. The Goal for the 2009-2010 Annual Appeal is to raise a minimum of \$182,000.

What does the Annual Appeal fund?

Tuition, fees, and parish assessments pay a portion of the actual cost of educating each student. A 'gap' of \$1,135 exists between the average tuition (\$1,562) and the actual cost (\$4,887) of educating a Pius X student. Parish assessments amount to \$2,110 per student. Historically, generosity by many Pius X supporters on an annual basis has served to provide funds to fund that gap, keep tuition costs more affordable, provide scholarships for those students with financial need and cover the operating costs throughout the year.

If this money is needed for operations, why don't they just raise tuition?

For many years Pius X has made every effort to keep the cost of tuition affordable for students in the Lincoln area who desire an education. Minor tuition raises have been necessary in the past to fund the programs and costs associated with a parochial faith-based high school. Without funding from the Annual Appeal, tuition cost per student would be prohibitive for many families. Regarding parent support in particular, financially supporting the Appeal allows parents tax benefits that simply raising tuition would not.

What sources other than parents support the school?

Currently, every student attending Pius X receives financial support from donors. A portion of every student's tuition is paid in some part by donors. Students are also supported in large part by parish contributions. Last year businesses, alumni, board members, grandparents and school parents supported the high school.

What is expected or what's an average gift contribution?

A \$100 gift to the Annual Appeal from one family might be a stretch, and a \$1,135 or more gift from another family to fund the 'gap' might be relatively affordable. If you are financially capable of funding the gap difference per student, please con-

sider making a contribution at 'The Gap' Giving Level. If a minimum of \$100 is given for each of your children that either attended Pius X in the past or currently attends now, then we will be able to meet our goal! Choosing to give to the Annual Appeal and the amount you determine to be 'right' for you is a decision based on your own specific situation.

Does Pius X operate with a balanced budget?

Yes! Every year a budget is passed by the Board of Advisors and the budget is balanced.

What benefits will I get by contributing to the Annual Appeal?

A gift to the Annual Appeal is a tax-deductible gift (tuition is not). Individuals who contribute gifts of \$750 or more will be recognized yearly at the annual Friends of Pius X Dinner in August. Individuals contributing to the Annual Appeal are also acknowledged in the school's publication, Pius X Connections.

Is it possible to go without an Annual Appeal?

Only if the tuition equals the costs.

Can I make a pledge to the Annual Appeal?

Absolutely! Pledges allow individuals and families the opportunity to consider larger commitments than they would usually consider by making a one-time gift.

How should payments be made?

A donor may choose to pay in full, quarterly or semiannually. Checks should be made payable to the Pius X Foundation.

Is my gift to the Annual Appeal Tax deductible?

Yes, all gifts are tax deductible to the full extent of the law.

Can I put pay for my gift via credit card?

Yes. Pius X will accept both Visa and MasterCard.

Can I make my gift online instead of sending the form back in the mail?

Yes. To make your gift online, go to the Pius X web page at www.piusx.net. To make a direct gift, click on the Make An Online Donation to Pius X High School link on the homepage and select Pius X Annual Appeal [[Donate Now](#)].

What about matching gifts?

Donors are encouraged to inquire about their employers' matching gift program. These programs match the amount of the donor's charitable gift often doubling or even tripling their donation. Please include a matching gift form with your gift.

Are gifts of stock accepted?

Yes. Many donors prefer giving appreciated stock. The value of the stock determines the tax deduction on the date the transfer occurs. Donors do not have to pay capital gains taxes and the tax deduction varies with individual financial circumstances. Donors are encouraged to consult with their financial advisor. Please contact the Foundation Office at (402) 488-1046 for assistance with transferring stock.

Foundation Office

Annual Alumni/Parent Appeal & Parent Phone-A-Thon!

Last year, 1,500 donors supported our students and school through the annual Alumni/Parent Appeal. Thank you to everyone who made a donation and/or volunteered your time! As of September 14, 2009, \$170,396.50 has been contributed. Gifts ranged from \$5 to \$5,000. Each and every gift is greatly appreciated and makes a big difference for our school!

We are currently gearing up for the 2009 Annual Alumni/Parent Appeal and Phone-A-Thon. This important event will be held on Sunday, November 8, 2009, and Sunday, November 15, 2009, at Sandhill's Publishing. This year, we will be calling on parents as well as alumni and will call only those that have not responded to the direct mailing annual appeal letter which will be sent out the first part of October 2009.

The following gracious individuals have volunteered to be chairs for this year's Annual Appeal:

Alumni Chairs

John and Kelly Morehouse '80
Therese Sack '78



Parent Chairs

Freshman Class

Rick & Patti Clarence
Rick & Georgeanne Rashilla

Sophomore Class

Bill & Kathy Rentschler
Greg & Darla Ernst

Junior Class

Dr. Mike & Laura Duggan
Joe & Sophia Werning

Senior Class

Dave & Nancy Johnson
Dr. Eric & K.C. Williams

Volunteers Needed For This Year's Annual Alumni/Parent Annual Appeal & Phone-A-Thon!



**Sunday, November 8, 2009
and/or
Sunday, November 15, 2009**



- ◆ Choose from two shifts: 2:30-5:30 p.m. or 5:30-8:30 p.m.
- ◆ Valentino's pizza and drinks are provided.
- ◆ Prizes will be given out through out both evenings!
- ◆ A fun time will be had by all connecting with friends & alumni!

Each year Pius X alumni meet at Sandhills Publishing to call on our alumni for the Annual Appeal. We would like to extend the invitation to parents and friends of Pius X students for their help in performing miscellaneous tasks such as stuffing envelopes or calling on alumni for pledges. A total of 150 volunteers are needed for this event!

Proceeds from the Annual Appeal go to the Pius X Foundation which subsidizes part of the operating expenses of the school and helps to keep our Catholic tuition affordable for all students.

Please prayerfully consider donating your time, talent and/or treasure to this year's Annual Appeal. If interested, please contact Kristin Heath at Pius X High School at 488-0931 ext. 10132 or at kristin.heath@piusx.net.

* We would like to especially thank Sandhills Publishing for all that they do for Pius X each year for the Annual Appeal Phone-a-thon. They not only provide us with the space to call, but they also take care of the costs of those phone calls, the postage for mailing out the pledges, and even provide the callers with snacks, and a comfortable calling environment!!! Thank you so much for all that you do!!!

BOLT Office

BOLT 25 ... Grateful Reflections

A Benefit for Pius X High School and the Pius X Booster Club

Gourmet Dinner, Live & Silent Auctions, and Lottery

25 Pius X High School Gymnasium **25**
Saturday, April 24, 2010

The past 24 years have provided over 3 1/2 million dollars of improvements. 1/3 of the proceeds will fund the Booster Club and special projects while 2/3 of the proceeds will finance improvements to the physical facility.

Your participation is important to this year's event. Parents, family, and friends of Pius X High School are all invited to participate in one or many ways:

Guest - Each spring every Pius X family receives an invitation to the Preview the night before BOLT and to the BOLT dinner and auction.

Donor - You may donate gifts to the auction, assist in the underwriting of an auction item, or help fund a gift sponsored by Pius X parents.

e-Bolt Donor - We are looking for donations to place exclusively online. This is perfect for bidders who can not attend BOLT but want to be able to support BOLT.

Lottery Participant - Purchase one or more chances at \$100.00 each to win a 1st Place Prize of \$10,000, a 2nd Place Prize of \$2,500, a 3rd Place Prize of \$1,500, or a 4th Place Prize of \$1,000.

Volunteer - Share your talent with one of the many committees. It's a great way to meet other Pius X parents. The time commitment varies from 2-6 hours.

If you'd like to volunteer, please contact any of the following members of the Coordinating Committee by November 1, 2009.

Live Auction	<u>Rod & Michele Arndt</u>	477-8010
Lottery	<u>Tim & Jennifer Conzemius</u>	421-1830
Corporate Tables	<u>Steve & Libby Jaros</u>	486-1235
Corporate Tables	<u>Tom & Sonja Zimmerman</u>	488-0586
Site Design	<u>Mark & Michelle Pieper</u>	423-7537
Live Auction	<u>Richard & Georgeann Raschilla</u>	423-2240
Silent Auction	<u>Mary Spethman</u>	423-8280
Superintendent	<u>Fr. Meysenburg</u>	488-0931
BOLT Coordinator	<u>Deb Schulte</u>	488-0931 or 489-7326

Your involvement is VERY important and greatly appreciated! If you have not been involved before, you won't want to miss this year's fun! Building Outstanding Leaders Today

Donations - Volunteers Needed For BOLT

This year will be special! It is the 25th year for BOLT! You don't want to miss the opportunity to be a part of this fun event! We always need donations for both the live & silent auctions. Anyone wishing to volunteer with BOLT for the 2010 year, please contact Deb Schulte at the BOLT office at 488-0931. We have many fun committees forming now, and are excited to have you join us!

Announcements

Senior/Parent Mass & Breakfast in May

The correct date of the Senior/Parent Mass & Breakfast is Thursday, May 20, 2009, from 9:30 a.m.-12:30 p.m. The senior finals will be held before this event on Tuesday, May 18, 2009, and Wednesday, May 19, 2009. Graduation will be Sunday, May 23, 2010. Please mark your calendars for this special recognition of the senior class and their parents.

September 30, 2009 - October 1, 2009

Please join us for The Founder's Day Mass that will be held in the Pius X gym on Thursday, October 1, 2009, at 10:00 a.m. Due to Parent/Teacher Conferences being held from 2-5 p.m. and 6-9 p.m., there will be a noon dismissal with periods 1-3 being conducted that day. The previous day, Wednesday, September 30, 2009, will consist of periods 4-8. There will be no school on Friday, October 2, 2009. The bell schedule for Wednesday, September 30, 2009, and Thursday, October 1, 2009, is below.

<u>Wednesday, September 30</u>		<u>Thursday, October 1</u>	
4th	8:15-8:57	1st	8:15-9:03
5th	9:01-9:43	2nd	9:07-9:55
6th	9:47-10:29	Mass	10:00-11:08
7th	10:33-11:15	3rd	11:12-12:00
8th	11:19-12:01		

All-School Dance & Game Night

The SOADA Club (Students Organized Against Drugs and Alcohol) is sponsoring an all-school dance and game night on Saturday, October 17, 2009. Parents are needed to help organize and/or supervise this event and all-school activities sponsored by the SOADA Club. If you are interested, please contact the SOADA Club sponsor, Laurie Barnes at laurie.barnes@piusx.net. New members are still welcome to join the SOADA Club. The club meets Thursday mornings at 7:50 a.m. in room 008.

Hy-Vee Smiles For Education

The Hy-Vee Smiles For Education promotion began the week of August 26, 2009, and will run for eight consecutive weeks concluding the week of October 14, 2009. Register each week at Hy-Vee for a chance to win \$5,000 for your school plus a new white MacBook® laptop computer for the winning student. Ten winners are announced each week for a total of 80 winning schools and students for the duration of the eight week promotion. For a list of winners, please visit www.hy-vee.com.

Athletic Passes

Athletic Passes may be purchased in the Pius X main office. The athletic passes include 10 punches for \$20 (\$2 per game). They may be used only by students and shared with their siblings at any level of game including Varsity, JV and Freshmen, and they may be used for any sport offered at Pius X. They MAY NOT be used at district or state games, and only at games at Pius X. If they are lost or stolen, they are not replaceable.

Replacement ID Card

Replacement ID Cards may be purchased for \$5.00 before or after school in the Pius X main office.

Senior Photographs For The Yearbook

The senior pictures are an important part of the last year of high school, and the yearbook staff wants your child to be proud of their photo for a lifetime. In order for your child to be pictured in a flattering and dignified way in their senior yearbook, we are asking that you adhere to the dress requirements and submission requirements listed in the September parent newsletter and on the Pius X website. Your photo will not be included if these requirements are not met. The deadline for senior pictures to be published in the 2009-2010 Yearbook is Friday, November 13, 2009, by 4:00 p.m. **We will not accept late photos.** The yearbook staff wants everyone to be represented. If for any reason you are unable to use a professional photographer, we would love to take your picture. Please contact Mrs. Sandi Sullivan at: sandra.sullivan@piusx.net and make an appointment with our staff.

Senior Baby Ads

Baby ads are optional for senior parents to submit for placement in the yearbook. The ad is simply a baby or toddler picture of your child and a short message of no more than 20 words. Baby ads cost \$35.00 and are a nice memento in the yearbook for graduating seniors. The same baby photo will be used in the senior video. Senior baby ads are due Friday, November 13, 2009, by 4:00 p.m. Please turn in baby ads in a separate envelope from your senior photo. The photo needs to be submitted as a hard copy. Electronic submissions will not be accepted. Sorry, we are not able to return photos. If you have any questions, please contact Mrs. Sullivan at sandra.sullivan@piusx.net.

Yearbooks For Sale

The 2009-2010 yearbooks are on sale for \$60.00. Students may order them through Mrs. Sullivan in room 101 after school.

Uniform Shop Hours

The uniform shop will be open in the Commons area on Tuesdays and Thursdays from 3:30 p.m. - 4:00 p.m., and the following Saturdays from 10:00 a.m. - 12:00 p.m.: October 10, 24, 2009; November 7, 21, 2009; and December 5, 2009. Please visit the Pius X website at www.piusx.net for any changes to the schedule.

Volunteers Needed In Uniform Shop

Volunteers are needed to help in the uniform shop on Saturdays during the school year. The hours are 10:00 a.m. - 12:00 p.m. and you would work once every two months. If you are interested in helping, please contact Cindy Contreras at 486-3701.

Dennis Uniform

Uniform shorts, pants, skirts and shirts can be ordered on-line from Dennis Uniform or purchased at the Dennis Uniform store in Omaha. The website is www.dennisuniform.com and the Pius X school code is PPK. Remember items purchased via the Dennis Uniform website or store requires you to pay the Dennis Uniform full price.

Home School General Meeting

Lincoln Police Chief Tom Casady will be the keynote speaker at our Fall Home School Board General Meeting on Tuesday, November 3, 2009. Please join us in the Commons at 7 p.m. for an informative evening.

Announcements

Pius X High School 2009-10 Theme & Prayer



Discover The Joy...In His Loving Will

Heavenly Father, source of all our joy,

I am weak and prone to sin,

But You have made me for greater things.

Help me to discover in myself what You see in me

So that I may desire what You desire for me.

And in doing Your loving will,

May I share in that happiness which comes from You alone.

I ask this in the name of Jesus Your Son.

Amen.



Have You Prayed For World Peace Today?

Demographers at well known American universities have recently sounded the alarm that our Christian culture as we know it (and as we enjoy it) today is in great danger. This danger is imminent as the birthrates in Christian cultures dip to new lows.

In order for a society to maintain its culture, it must maintain a birthrate of 2.11. The birthrates of most European countries and Canada have already dropped below this number. America, providentially still has a 2.11 birthrate but only because of the Mexican immigration.

Mary has already given us a solution to the impending problem. In 1917, Mary appeared to three children at Fatima, Portugal, asking them to pray the rosary daily and do penance for world peace to save the world from great evil which was soon to come out of Russia. Her message came before the Bolshevik revolution, the beginning of atheistic communism in Russia. As a result, many people did not heed her warning. She predicted that if people did not turn to prayer, there would be another and worse world war. She also asked for the consecration of Russia to her Immaculate Heart by the Pope in union with all the Bishops of the world. This, too, was unheeded for many years.

After the assassination attempt on Pope John Paul II's life in 1981, he in union with all the Bishops of the world consecrated Russia to her Immaculate Heart in 1984. Mary kept her promise to intercede for peace as shown by the events in Europe that followed, including the tearing down of the Berlin Wall, the Velvet Revolution without bloodshed in the Czech Republic, and Poland's victory over communism. Lastly, Gorbachev in 1990 granted religious freedom in Russia, and the Soviet Union was dissolved.

Today there is another need for prayer to avert the fall of the Christian culture in the western world, a danger as ominous as atheistic communism. Mary has given us a powerful means to conquer evil through the recitation of the daily rosary. At Pius X this year, praying the rosary will be a common theme to help prepare our young men and women to uphold and enjoy the freedoms of our Christian society as we move further into the twenty-first century. Please join us in this loving but powerful devotion. This is October, the month of our Lady of the Holy Rosary. It is a good time to start.

Daily Confessions

Confessions are heard daily after school. Monday with Fr. Snitely, Tuesday with Fr. Kosch, Wednesday with Fr. Buhman, Thursday with Fr. Kipper, and Friday with Fr. Faulkner.

Reclaiming Our Generation For Life

Pro Life Conference For High School Students

- Talk With Lila Rose of Live Action (www.liveaction.org) -

- Great Workshops - Defend Life With Confidence - Givin' It To Him In Writing! -

Saturday, October 3, 2009, at 10:00 a.m.

Pius X High School

Cost is \$20.00 (includes t-shirt & lunch)

Registration forms are available online at

www.necathcon.org or call (402) 477-7517.

Facebook: Reclaiming Our Generation For Life



Confirmation Class To Begin In October

A special class to prepare for the Sacrament of Confirmation will be offered at Pius X High School on Wednesday afternoons at 3:30 p.m. beginning Wednesday, October 7, 2009, for those high school students who have not yet received this sacrament. Please call Sister Veronica Volkmer at Pius X at 488-0931 to enroll your high school student.

Pius X Participates In 40 Days For Life

Pius X High School has joined cities across America for a coordinated pro-life effort to stop abortion in America - the **40 Days For Life** campaign which began Wednesday, September 23, 2009. The purpose of the campaign is to generate prayer to end abortion in America. For the Pius X High School students, the purpose is to end abortion in Lincoln, NE.

The 40 Days for Life campaign has three key components:

- ◆ Prayer and Fasting inviting people of faith to join together for forty days of prayer and fasting
- ◆ Peaceful Vigil inviting students and teachers to stand for life through 40-day peaceful public witness. The Lincoln Prayer Vigil will be held seven days a week from 6 a.m. to 10 p.m. at the Planned Parenthood clinic at 37th and South streets in Lincoln
- ◆ Community Outreach taking a positive, upbeat pro-life message to every corner of the city by various activities.

More information can be found on the website www.40daysforlife.com/lincoln.

Pray For Our Seminarian/Novice Of The Week

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

<u>Week</u>	<u>Name</u>	<u>Place of Study</u>
09/26-10/02	Patrick Barvick	Mount St. Mary
10/03-10/09	Nathanael Block	St. Peter & Paul Rectory
10/10-10/16	Adrian Carlson	St. Gregory the Great
10/17-10/23	Eric Clark	St. Gregory the Great
10/24-10/30	Craig Clinch	St. Charles Borromeo

Daily Mass In The Pius X Chapel

Daily Mass is offered in the Pius X Chapel at 7:30 a.m. each morning. If you'd like a 7:30 a.m. Mass offered for a special intention, please contact the Theology Office at Pius X High School to schedule a date. The usual stipend is \$10.00.

The Rosary In The Pius X Chapel

All are invited to come and pray the rosary every Tuesday & Thursday during school days in the Pius X Chapel at 4:00 p.m.

Announcements

FCT Fall Retreat!

The Fellowship of Christian Teens annual Fall Retreat is Saturday, November 7, 2009, and Sunday, November 8, 2009. It will be at Calvin Crest Camp, Conference, & Retreat Center in Fremont, Nebraska. This retreat is open to all students interested in growing in their faith, relaxing with friends, and meeting new people! Students do not have to be members of FCT to come on the retreat. Cost is around \$35 but no one will be refused due to an inability to pay. 132 students attended the 2008 retreat! The registration deadline is Friday, October 23, 2009. Information and sign up sheets are available now in the office! Parent drivers are needed to assist with transportation both days. For more information or to help drive, please contact Emily Wyatt at emily.wyatt@piusx.net.

STARS Mentoring Program

Being a STARS Mentor means being a friend, a role model, and a leader for 7th graders at St. Joseph's and St. John's Schools. Pius X STARS is funded by Saint Elizabeth Regional Medical Center and is based on the National STARS curriculum. Its purpose is to support high school youth in their decision to make healthy life choices. Our mission is to provide ongoing support for teens who are committed to avoiding all high-risk behaviors including premarital sex, alcohol, tobacco, and other drugs, all within a Christian environment.

The Pius X STARS Mentoring Program has 2 parts. The first part is providing abstinence education to any 9-12th grader in the STARS Program. We meet 6 evenings throughout the school year at Pius X for 1 1/2 hours. Lessons focus on activities and discussion which help to educate students on the benefits of making life-long healthy choices as well as the consequences of giving into peer pressure. Activities emphasize character development which is vital to healthy decision-making.

The second part involves being a mentor to 7th graders at St. Joseph's and St. John's. The Pius X STARS meet with the 7th graders on two late start Wednesdays and two non-school days for Pius X throughout the year. The lessons they present focus strictly on character development and are planned by the Pius X students under the supervision of STARS instructors from Saint Elizabeth Regional Medical Center.

Sign-up for STARS took place on September 22, 2009, over the noon hour at Pius X. However, students may join STARS at anytime throughout the year. For further information, please contact STARS instructors Shane Kennett at sken-nett@neb.rr.com or Janet Kurtenbach at janetk@inebraska.com.

First Friday Adoration In The Chapel

On the First Friday of each month, the Blessed Sacrament in the Pius X chapel is taken out of the tabernacle and placed onto the altar for special adoration during the day. The theology classes take turns in spending time worshipping before the Blessed Sacrament. Catholics believe this to be a special and unique presence of Jesus Christ, as told about in the Last Supper stories of the Bible which recount how Jesus turns bread into His own body. This is also based on the 6th chapter of the gospel of John where Jesus prepares His followers for this unique divine action.

Booster Club - Join Anytime!

Thanks to all who've joined the Pius X Booster Club! Current members are recognized on the back of the fall sports program. If you haven't had a chance to join yet, there is still time. All new members will be added to our member list on the winter sports program.

Join now to support your favorite musician, athlete, cheerleader, dancer and student. It's easy! Visit www.piusx.net and click on 'Booster Club' or pick up a registration form in the school office. Your monetary and volunteer support make a big difference for our school! Last month, the Board approved money to help fund new risers for the Vocal Music Department.

Maguire's Win Dino's Night Out Drawing

Congratulations to Joe and Ruth Maguire, winners of the Booster Club drawing during the Dino's Night Out on September 1, 2009. By eating at Dino's that night, the Maguire's won a parking pass and seats in the Pius X Skybox for the first home football game. Pius X also was a winner at Dino's that night because 10% of the money spent by the Pius X faithful came back to the school.

The next Dino's Night Out is Tuesday, October 6, 2009, from 5 to 11 p.m. Remember to tell your server that you are with the Pius X Booster Club to ensure that 10% of what you spend supports Pius X. Dino's Eastside Grill is located at 2901 S. 84th Street.

Matthew Kelly To Speak At Pius X

On Tuesday, November 10, 2009, Matthew Kelly will be a guest speaker at a Pius X all-school assembly. He is an author and international speaker. His books include "Rediscovering Catholicism" and "The Rhythm of Life." He also has an excellent DVD series called "Passion and Purpose." All are welcome to attend.

Thank You - Canned Food Items Donated

Special thanks to all those that contributed canned food items to attend the Pius X intra-squad volleyball scrimmage on August 27, 2009. Over 180 canned food items were received and donated to Catholic Social Services. Thank you to all!

Thank You - Surviving Numerous Illnesses

Special thanks to Jody Fischer, a registered nurse, who unhesitatingly stepped in to manage the "sick room" during the week with numerous illnesses at Pius X. She was professional, kind, caring, and motherly to all our students who were ill. We cannot thank her enough for her kindness in volunteering. Special thanks also goes to the front office staff, who handled the situation for over a week with grace, competence and even a sense of humor. Next, the thanks goes to the Pius X teachers, who stepped up to the plate in terms of forging ahead with reduced class sizes (knowing that they would have to re-teach the information to those who were gone), getting their homework assignments in to the front office for all of the homework requests that were received, and helping with disinfecting their classrooms. We thank God for everyone's help, and His graces in getting us all through such a difficult time. We continue to pray for everyone's health and safety.

Announcements

"Romeo & Juliet" Opens On October 22nd

The Cast & Crew of Pius Players open the Pius X Fall Play Production of Romeo & Juliet on Thursday, October 22, 2009. A cast of thirty Pius X students (and dozens more who will work on the technical/backstage aspect of the play) have been in diligent rehearsal and preparation for William Shakespeare's classic love story since late August. Pius X Theatre Director and English, Speech and Drama instructor, Mr. Joseph S. Moser, will lead the production.

"We are making this particular production of Romeo & Juliet here at Pius X as accessible as possible for a 21st century audience. By staying mostly true to the text, with only minor cuts and a slight modification here or there with the iambic pentameter and the Shakespearean verse, we are striving to make this story and this production as 'topical' as we can. That's the word I'm using to describe our take on the script -- *topical* -- and I hope and pray this angle we are taking will excite our cast and crew, as well as our entire campus and audience pool," Moser said in mid-September.

The play will run from Thursday, October 22nd until Sunday, October 25th. Tickets can be reserved in the front office after October 12th. Prices are \$6 for students and \$8 for adults.

"Shakespeare is really cool to produce on stage," Moser added. "The challenge lies in the need to appeal to all the senses and to create a world that your audience can *get into*, while doing your best as performers and storytellers to 'break that code' that is Shakespearean verse for many a modern ear, and to tell the story as clearly as you can."

Pius X Trap Club

The Pius X Trap Club was formed in the early 1970's and is still growing. Last year there were 50 members which also included junior high students (6th-8th grade). If there are any Pius X High School students who have brothers or sisters that are interested in joining the club, they are very welcome. All shooters are required to pass a Hunter Safety program that is taught through the Nebraska Game and Parks Commission (www.ngpc.state.ne.us/hunting/programs/education/HEClasses.asp?ClassType=firearm).

The Trap Club has several coaches that are very good shooters who will assist members in improving their shooting skills along with safe gun handling. Our actual season doesn't start until early February with actual competition running from mid-March until the first week in May. Practices are held Tuesdays & Thursdays from 3:30-5:30 p.m. Meets are held on Saturdays.

A brief organizational meeting will be scheduled at Pius X after the completion of the High School football season. Until then, if any new members are interested in getting additional information about this club, please feel free to contact Dave Tunink at 483-4973 or 430-1759.

Call for Professional Interviewers

The Careers and Life Management class will be offering a mock job interview fair for 9th and 10th grade students enrolled in the CLM class. We are looking for several parents/professionals to help facilitate this process. If you are interested in helping conduct the mock interviews for the fall semester, please e-mail Mr. Ryan Psota for details at ryan.psota@piusx.net.

Vocal Music Department Concerts

All are welcome to attend the following Pius X Vocal Music Department concerts. Please note that some of the dates have changed from previous newsletters.

Fall Concert

Sunday, October 11, 2009, at 3:00 p.m. at Cathedral

Junior High Honor Choir Concert (Jr. High & Spectrum perform)

Monday, October 26, 2009, at 7:00 p.m. - location tba

Performances

Sunday, November 8, 2009, at 7:00 p.m. in the Old Gym

Christmas Concert

Sunday, December 13, 2009, at 7:30 p.m. at Cathedral

Club World Aid Benefit Concert

Saturday, February 6, 2010, at 7:00 p.m. in the LPAC

Lent Concert

Tuesday, March 30, 2010, at 7:00 p.m. - location tba

Spring Concert

Friday, May 14, 2010, at 7:00 p.m. in the New Gym

Band Notes

The Pius X Marching Band has a busy competition season the month of October. The band will be performing at the following festivals. All times will announced at a later date.

Saturday October 10, 2009 LINKS Contest at Lincoln High

Saturday October 17, 2009 LPS Contest at Seacrest Field

Saturday October 24, 2009 State Contest at Omaha Burke

This year's theme is music from the movie "Pirates of the Caribbean". The show consists of 9 minutes of music and 50 pages of drill which is all memorized. Good Luck to the Pius X Band!

MATHCOUNTS Program

For the third year, Pius X will host MATHCOUNTS classes for any interested Catholic school 6th-8th grade students. The All-City Lincoln Catholic Schools MATHCOUNTS Program will kick-off with the first class and informational meeting for families new to the program, Wednesday, October 7, 2009, from 6:00-7:00 p.m. at Pius X High School. Subsequent classes will meet every Wednesday at Pius X. Note that the class time is shortened and will run 6-7 p.m. Pius X students are highly encouraged to act as coaches, instructors, and volunteers during the weekly classes. More information about MATHCOUNTS can be found on the website: www.mathcounts.org. Adults interested in being involved may contact Ann Kotopka at 489-6860 or mkotopka@gmail.com. Interested Pius X students should contact Mrs. Kaiser-Woodward in room 209.

Thunderettes To Host A Junior High Dance

The Pius X Thunderettes will be hosting a Junior High Dance on Friday, October 16, 2009.

When: Friday, October 16, 2009, from 7-9 p.m.

Where: Pius X High School Commons

Cost: \$5 (drinks & snacks will be available)

Attire: casual

Flyers will be distributed to all Catholic Junior High Schools. Students must bring the flyer with them to enter the dance.

Announcements

Freshman Corner

To help our Freshman be successful at Pius X High School, here are some things you, the **PARENTS**, can do:

- ◆ Remind your student to **ASK FOR HELP** with school work when needed (don't wait until it's too late!!!).
- ◆ **STAY IN TOUCH** with the latest information (use Parent Connect, Pius X website, Blackboard and the parent newsletter).
- ◆ Please **EMAIL** your teacher(s) if you have any questions! They really do want to help!!
- ◆ Help your student **STAY ORGANIZED** (use a planner.....plan your work then work your plan).
- ◆ **STAY INVOLVED** in your student's life (let them know you care by talking to them).
- ◆ **READ** a terrific book [The 7 Habits of Highly Effective Teens](#) by [Sean Covey](#) (you can get it at your local library, bookstore or online).

- ◆ Finally, **PRAY** for your student!!!
Teens today need our prayers!!!

Freshman Corner

NET Project - Your Kids Are Drinking

A recent survey by the State of Nebraska revealed that one out of every four kids in Nebraska had their first taste of alcohol before they reached age 13. By their senior year in high school, about half the students in the state are drinking at least once a month.

According to experts in the fields of alcohol abuse, traffic safety, law enforcement and youth corrections, a substantial amount of the blame for the amount of alcohol consumed and the relaxed attitude towards its consumption comes directly from parents and other adults.

Your Kids are Drinking is a new NET Television/NET Radio project exploring how lax attitudes among adults aggravate the youth drinking problem and corresponding ways that adults can provide realistic solutions. Information on this project may be accessed at <http://www.netnebraska.org/extras/kidsdrinking/>.

School Community Intervention Program (SCIP)

The SCIP Program seeks to help students by identifying behaviors that interfere with student learning. Quite often this can involve alcohol or drugs, but that's not always the case. Domestic situations, mental health, and even a new job are all things that can affect student learning.

If you have concerns about a student, please complete a SCIP observation form or contact a SCIP team member. The Pius X High School SCIP coordinator is Julie Schonewise who may be reached at julie.schonewise@piusx.net or at 488-0931. Other SCIP Team members include Laurie Barnes, Karen Buckley, Greg Lesiak, Bill Schlautman, Amy Shonka, Brian Spicka, and Peggy Wilkins.

Please be assured that SCIP is confidential. More information may be found on the Pius X website at www.piusx.net and click under "Parents" and "SCIP".

SCIP News - Is My Child At Risk For Using Drugs?

The Partnership For A Drug-Free America has created a great website for parents and guardians to assist them in dealing with their child's possible use of alcohol and other drugs. The website is very user friendly and contains many brief videos to assist parents. **TIME TO ACT!** <http://timetoact.drugfree.org> is divided into two sections: "I Think My Child Is Using" and "I Know My Child Is Using." Each section is subsequently divided into various areas.

"I Think My Child Is Using" covers: First Step: Ask; Look For Signs; Learn Risk Factors; Why Teens Use; and Need to Know. The following information was taken from the "Is Your Teen At Risk" section. In order to best help your child, know the risk factors that contribute to drug use and discuss those factors with your child.

Individual Factors: begins drinking or using drugs at an early age (10-12 years old); teen's thinking that drinking and/or drug use isn't that harmful; Attention Deficit Hyperactivity Disorder; mental health disorders such as depression, anxiety and conduct disorders; rebelliousness, frequent breaking of rules; and unable to control impulses.

Issues Among Peers: rebelliousness; friends who drink or use drugs; friends with favorable attitudes toward drug or alcohol use; friends who think drinking or drug use isn't that harmful; friends who begin drinking or using drugs at an early age (10-12 years old); and gang involvement.

Family Issues: family history of addiction or current addiction; trauma to child (divorce, death of family member, child abuse, neglect, etc.); little or no parental supervision; little or no monitoring of child by parent; lack of expectations of child; inconsistent or severe punishment; daily family conflict: ongoing arguing, hostility, physical abuse; lack of concern about child's drug use; parents aren't clear about their feelings about their teen's use of drugs or alcohol; and parents who are suffering from depression or other mental illness.

School-Related Issues: academic difficulties beginning in elementary school; learning disability; placement in special education or remedial track in school; slipping grades, not turning in homework; skipping school; and lack of commitment to school.

Issues in the Community: easily available alcohol and drugs in the community; community laws and attitudes toward drug and alcohol use; negative attitudes, lack of investment and lack of resources in neighborhoods (parks, community centers, athletics, etc.); poverty; and media glamorization or portrayal of drinking and drug use without consequences.

Under each category on the website, parents/guardians can find suggestions on what they can do. Some kids are more likely to use than others. Knowing the common factors that often accompany drug and alcohol use by youth can help parents understand when to be more aware, when to start a conversation with your kids or take action to change a potentially harmful situation. If you have a concern about your child, please contact the SCIP Team Leader at your child's school for assistance.

(Source: <http://timetoact.drugfree.org>)

SCIP is funded in part by: Nebraska Department of Health and Human Services Behavioral Health Services, Lincoln Public Schools, Region V Systems, and United Way of Lincoln and Lancaster County.

Announcements

Bookfair At Barnes & Noble - November 22nd

The Pius X Media Center will host a Bookfair at Barnes & Noble Booksellers at 5150 O Street on Sunday, November 22, 2009. More details will be available in next month's newsletter and on the Pius X website nearer to the date of the event.

Online Resources @ Your Library!

Pius X Media Center provides access to online databases for in-school and at-home use. ELibrary, Wilson OmniFile & Bios Plus, and SIRS provide full-text access to a variety of magazines, journals, newspaper articles, TV and radio transcripts, pictures, maps, reference books and more. Wilson OmniFile & Bios Plus are both part of the H.W. Wilson database (Wilson Web). Columbia Granger's Poetry Database is an index of poetry with nearly 50,000 poems in full text and more than 400,000 poem citations.

ELibrary - www.elibrary.com/s/edumark/
User ID: SUBNEB341 / Password: CHIL341

Wilson OmniFile & Bios Plus - <http://nebraskaccess.ne.gov>
Password: **specify3** (provided by the Nebraska Library Commission)

Social Issues Resource Series (SIRS) --- access at Pius X HS
Ars.sirs.com / User ID: NE0139 / Password: 68510

Columbia Grangers World of Poetry - <http://search.epnet.com>
UserID: s1993680 / Password: Password

Call For Student Entries!

Letters About Literature, a national reading and writing promotion program of the Center for the Book in the Library of Congress, in partnership with Target, invites young readers in grades 4-12 to enter this year's Letters About Literature letter writing competition. Young readers simply write a personal letter to an author explaining how that author's work changed that reader's view of their world.

Letters About Literature awards both state and national prizes on three competition levels: Level 1 for grades 4-6; Level 2 for grades 7-8; and Level 3 for grades 9-12. Six national winners will each receive cash awards and will nominate a school or community library to receive a \$10,000 LAL Reading Promotion grant. Twelve national honor winners will likewise receive cash awards and also nominate a school or community library to receive a \$1,000 LAL Reading Promotion grant. Nebraska winners are honored in a Proclamation-signing ceremony and receive cash awards and gift certificates.

Teachers, librarians, and parents can download free teaching materials on reader response and reflective writing at www.lettersaboutliterature.org. Submission deadline is a post-mark of December 12, 2009. State winners will be notified in March 2010 and national winners by mid-April. Nebraska-specific information is available at the website <http://www.nebraska.gov/publications/lal/aboutcontest.html> (including letters from Nebraska winners of past contests). Letters About Literature is sponsored in Nebraska by the Nebraska Center for the Book and the Nebraska Library Commission, with support from Houchen Bindery Ltd. and Lee Booksellers. Letters About Literature supports national standards for teaching language arts & reading as recommended by the National Council of Teachers of English and the International Reading Association.

Wordstruck Submissions

Please remind your talented writer, photographer, or artist to submit his or her pieces to be reviewed for the Wordstruck magazine. All submissions are due by Friday, November 6, 2009, to Mrs. Sally Burt in room 254. Selections will be made, and all students notified the last week before Christmas vacation as to whether their piece(s) was selected for publishing in the magazine. This is a wonderful opportunity to have student work published and to include in a portfolio for college admissions.

Advertise In The X-Change

The Pius X-Change, our very own student newspaper, is seeking advertisers for our 2009-10 issues. 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 for the student newspaper) at Pius X High School at 488-0931 or by e-mail at nolan.dewispelare@piusx.net. Thank you for your continued support of the X-Change!

Guidance Office

Docufide Secure Transcript Ordering

The Docufide online system is a secure system that sends high school transcripts to requested colleges electronically. Students register online 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 also 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 to most colleges. Please visit the Pius X website and click under "Guidance Office" for more information.

College Visits

If you are interested in attending the following, you must register in the Guidance Office prior to the event. All of the events will be held in the Pius X Guidance Office Conference Room.

Northwest Missouri State University	10-08-09	9:00 AM
Marines	10-08-09	10:00 AM
Southeast Community College, Lincoln	10-08-09	10:45 AM
UNL Food Service Department	10-08-09	2:30 PM
Hastings College	10-09-09	1:00 PM
Briar Cliff University	10-13-09	10:45 AM
Regis University	10-13-09	1:45 PM
Texas Christian University	10-20-09	10:00 AM
Creighton University	10-20-09	10:45 AM
University of Kansas	10-20-09	1:00 PM
Iowa State University	10-20-09	2:30 PM
Northwestern University	10-22-09	1:00 PM
Drake University	10-22-09	1:45 PM
Washington University in St. Louis	10-23-09	10:45 AM
Bradley University	10-26-09	9:00 AM
Rockhurst University	10-26-09	10:00 AM
Macalester College	10-30-09	1:00 PM
Wayne State College	11-11-09	1:45 PM

Guidance Office

Prudential Spirit Of Community Awards

Any student, grades 9-12, who has been involved in a volunteer activity in the community that occurred at least in part after September 1, 2008, is eligible to apply for the Prudential Spirit of Community Award. Students will need to complete an online application and submit a printed copy to the Guidance Office by Monday, November 2, 2009. One student will be chosen as the school's nominee. Two winners are selected from each state and will receive a \$1,000 award, trip to Washington, D.C. next May, and may be chosen to receive an additional \$5,000 award. If interested in applying, please stop in the Guidance Office for more information on how to apply online.

UNO Campus Visit

The UNO Office of Recruitment Services will be offering daily visits each week starting September 14 through December 4, 2009, for the fall semester and January 25 through April 23, 2010, for the spring semester. Visits will begin either at 9:15 a.m. or 12:15 p.m. Please register seven to ten days in advance. Open houses will also be held on the following dates: October 10 (Homecoming), November 16, December 7, 2009, and February 15, March 22, and April 6, 2010. Junior Maverick Day will be April 23, 2010. For more information, please call 402-554-MAV1 or 1-877-884-MAVS or visit the UNO website at www.BEaMAV.com.

BryanLGH Exploration Day

Students and families are invited to attend the Fall Exploration Day at Bryan LGH College of Health Sciences on Saturday, October 3, 2009, at 9:00 a.m. Students interested should call 481-8697 or 1-800-742-7844 ext. 18697 to make reservations.

Red Letter Day At UNL

Senior Open House at UNL for all majors will be held on October 30, 2009, November 9, 2009, December 4, 2009, January 15, 2010, and February 15, 2010. An Open House for the following specific majors will be on the following dates: Architecture on October 9, 2009; Business Administration on November 2, 2009; Education and Human Science on October 5, 2009; Engineering on September 28, 2009; Fine & Performing Arts on September 30, 2009; Journalism & Mass Communications on October 12, 2009; and Pre-Health related majors on October 26, 2009. Seniors may register online at www.admissions.unl.edu or call 472-4887 for more information.

ACT/SAT Dates

Juniors and Seniors are encouraged to take the ACT and/or SAT during the 2009-2010 school year. Seniors who have not already taken it and plan to attend college should take a college entrance exam during 1st semester. 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 and the specific test dates in the Pius X Guidance Office, or apply online at www.actstudent.org (ACT) or www.collegeboard.com (SAT). The Pius X High School code number is **281315**.

Financial Aid Program

A very important Financial Aid Program for Seniors and their parents will be Monday, November 30, 2009, at 6:00 p.m. in the L/PAC. This program will cover the Federal Financial Aid Program and help the seniors and parents understand the application process and scope of the program which includes grants, loans and work-study employment.

College Planning Meeting For All Juniors & Parents

The college planning meeting to begin formally preparing for life beyond high school is scheduled for Monday, November 30, 2009, from 7:00-8:30 p.m in the Pius X Commons. All Juniors and their parents are encouraged to attend. The program will cover the following topics:

- ◆ choose the right college for you
- ◆ apply correctly and on time
- ◆ understand the federal financial aid program
- ◆ learn about scholarships
- ◆ understand the importance of a college visit
- ◆ find out how the internet can assist you
- ◆ know what college admission tests should be taken & when
- ◆ learn about the Junior Interview and how to schedule it

U.S. Service Academy Nominations

Seniors interested in applying for a nomination to the U.S. Service Academy through U.S. Senator Mike Johanns, Senator Ben Nelson or Congressman Jeff Fortenberry should stop in the Guidance Office for an application form. Nomination applications deadlines are in the early to mid part of October.

Attorney General's Youth Advisory Council

The Attorney General's Youth Advisory Council is seeking applicants for 2009-10. The Council consists of high school juniors and seniors from public and private schools in Nebraska. The mission of the Attorney General's Youth Advisory Council is to provide ongoing and direct input on government policies and practices that may affect teenagers; recommend and foster initiatives for and by youth; encourage youth to become active participants in their local and state government; and to promote and give recognition to the abilities, accomplishments and contributions of young people in their communities. The Council holds a one day conference at the State Capitol in the early spring. If interested in serving on this Council, please come to the Guidance Office for an application form. The deadline to apply is Friday, October 16, 2009.

VFW Voice of Democracy Contest

All students in grades 9-12 may compete for scholarships by writing and recording a 3-5 minute broadcast script on an annual patriotic theme. This year's theme is: "Does America Still Have Heroes?" Prizes and scholarships are awarded at the local, district, state and national level. To enter the competition, students should stop in the Guidance Office and pick up an application form. The deadline to enter the contest is Friday, 10-30-09.

Visit Us On The Pius X Website

Please visit the Pius X website at www.piusx.net and click on "Guidance Office" for all the current college & scholarship information.

October 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
				1 Noon Dismissal (Periods 1-3) Founder's Day Mass (after period 2) 10am Girls Golf @ Columbus Scotus Invite 9am (A) Parent/Teacher Conferences 2-5pm & 6-9pm Boys Tennis @ LH 4pm (A) 9th Volleyball @ College View Academy 5pm (A) JV/V Softball @ Omaha Skutt 5/6:30pm (A) JV/V Volleyball @ Aurora 6/7pm (A)	2 No School V Volleyball @ LNE Invite 4pm (A) Cross Country @ Syracuse-JV 4pm (A) V Football vs Omaha Gross 7pm (H)	3 JV/V Volleyball @ LNE Invite 9am (A) Pro-Life Conference for High School students 10am at Pius X High School
* All dates and times are subject to change without notice.*						
4 27th Sunday in Ordinary Time	5 Girls Golf Districts tba JV Football vs Waverly 6:30pm (H) JV/V Softball vs Ralston 5/6:30pm (H)	6 Uniform Shop open Girls Golf Districts tba Boys Tennis @ LSE 4pm (A) 9th/V Volleyball @ Schuyler 5:30/6:30pm (A)	7 Confirmation Class 3:30pm MATHCOUNTS 6-7pm	8 Uniform Shop open Cross Country vs Last Chance Invite @ Pioneers 1pm (H) Boys Tennis @ LNE 4pm (A) Softball Districts tba JV Football vs Ralston 6:30pm (H) 9th Volleyball vs Lincoln Lutheran 5pm (H) JV/V Volleyball @ Bellevue West 6/7pm (A)	9 Boys Tennis Districts @ Woods tba Softball Districts tba V Football vs Beatrice (Senior Night) 7pm (H)	10 Uniform Shop open 10am-12pm JV Football @ Creighton Prep 10am (A) 9th Volleyball @ Omaha Roncalli Invite tba Band LINKS Contest at LH
11 28th Sunday in Ordinary Time Vocal Department Fall Concert at Cathedral 3pm	12 No School (Diocesan Institute) Girls State Golf @ Norfolk tba JV Boys Tennis @ Waverly 4pm (A) JV Football @ LNS 4:30pm (A) 9th Volleyball @ Pap-Lavista South/Platteview Triangular 5pm (A)	13 Uniform Shop open Girls State Golf @ Norfolk tba Cross Country vs LPS-JV Invite @ Pioneers 4pm (H) JV Football @ LNE 4:45pm (A) JV/V Volleyball @ Omaha Marian/Pap-Lavista Triangular 5/6pm	14 Confirmation Class 3:30pm State Softball @ Omaha tba MATHCOUNTS 6-7pm	15 Uniform Shop open Pius X Scholarship Applications due Boys State Tennis @ Omaha tba Cross Country Districts @ Pioneers tba State Softball @ Omaha tba	16 1st Quarter Ends Boys State Tennis @ Omaha tba State Softball @ Omaha tba V Football @ Norris 7pm (A) Jr. High Dance sponsored by Thunderettes 7pm	17 9th Volleyball @ Millard South Invite tba Band LPS Contest at Seacrest All-School Dance & Game Night - sponsored by the SOADA Club
18 29th Sunday in Ordinary Time	19 PLAN Testing for Sophomores (8:15am-Noon) No School for grades 9, 11, 12 JV Football vs Gretna 6:30pm (H) JV/V Volleyball vs Omaha Burke (Senior Night) 6/7pm	20 Uniform Shop open JV Volleyball @ Ne City Tourney 5pm (A)	21 Confirmation Class 3:30pm JV Volleyball vs LNS/LSW Triangular 5/7pm (H) MATHCOUNTS 6-7pm	22 Uniform Shop open Fall Play 7pm V Volleyball @ Beatrice Invite 4:30pm	23 Fall Play 7pm Cross Country State @ Kearney tba V Football @ Crete 7pm (A)	24 Fall Play 7pm Uniform Shop open 10am-12pm 9th Volleyball @ Pap-LaVista South Invite 9:00 Band State Contest at Omaha Burke
25 30th Sunday in Ordinary Time Fall Play 2pm	26 Junior High Honor Choir/Vocal Dept. Fall Concert 7pm	27 Uniform Shop open JV/V Volleyball @ GI NW 5:30/6:30pm (A)	28 Confirmation Class 3:30pm MATHCOUNTS 6-7pm	29 Uniform Shop open V Volleyball vs Waverly/Gretna Triangular 5/7pm (H)	30 First Round State Playoffs in Football tba	31

November 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
1 Daylight Saving Time Ends All Saints Day 31st Sunday in Ordinary Time	2 All Souls Day All Souls Mass 9:30 a.m.	3 Uniform Shop open 3:30-4pm / Commons Home School General Meeting 7pm	4 MATHCOUNTS 6-7pm	5 District Volleyball tba Uniform Shop open 3:30-4pm / Commons	6 First Friday Wordstruck submissions due State Quarter Finals - Football - tba District Volleyball tba	7 First Saturday Uniform Shop open 10am-12pm
8 32nd Sunday in Ordinary Time Performances 7pm in the Old Gym Alumni/Parent Appeal & Phone-A-Thon	9 Veteran's Day	10 Speaker - Matthew Kelly Uniform Shop open 3:30-4pm / Commons	11 Fall Athletic Signing MATHCOUNTS 6-7pm	12 State Volleyball tba Uniform Shop open 3:30-4pm / Commons	13 State Volleyball tba Senior Pictures & Baby Ads due	14 State Semi Finals - Football - tba State Volleyball tba
15 33rd Sunday in Ordinary Time Alumni/Parent Appeal & Phone-A-Thon	16 winter sports begin 2nd Quarter Progress Reports	17 Uniform Shop open 3:30-4pm / Commons	18 10:30am Start MATHCOUNTS 6-7pm	19 Uniform Shop open 3:30-4pm / Commons	20	21 Uniform Shop open 10am-12pm
22 Our Lord Jesus Christ The King 34th/Last Sunday in Ordinary Time	23	24 State Finals - Football Uniform Shop open 3:30-4pm / Commons	25 No School	26 Thanksgiving No School	27 No School	28
29 1st Sunday of Advent	30 Advent Service 9:45am Seniors/Parents FAFSA Meeting 6pm Juniors/Parents College Meeting 7pm					
* All dates and times are subject to change without notice.*						

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

What Can I Have For Lunch ?

- Entrée
- Bread
- Fruit
- Vegetable
- Milk



\$2.50 buys a great lunch for students at Pius X. The Bread portion of the lunch could be the pasta in the spaghetti, meat sauce, or the macaroni in Macaroni & Cheese. The Bread portion of the lunch or the grain/bread portion, as it is referred to by the State of Nebraska, is probably the most difficult part of interpreting “what can I have for lunch?”

Record Number Of Students Eat At Pius X

On Friday, September 11, 2009, the Pius X Food Service fed a record number of 563 students a lunch of Cheese Pizza, and 120 second entrees! Our lunch times are fast paced!

Courtesy & Food Safety In The Lunch Line

Most students' behavior is appropriate. As we rush to feed the “masses,” a ‘please’ and a ‘thank-you’ can go a long way and make things run smoothly. To save everyone time, please view the menu prior to making your selection. It is posted in several places. You may hear the menu over the intercom before 1st period, read it on the posting on the windows of the main office, or see the posting at the lunch line. Our crew works very hard in serving you a healthy, nutritious meal in a reasonable amount of time. Everyone's cooperation makes the process even more efficient. From a food safety perspective, please ask your students not to touch the food in the serving area as we are trying our best to keep everyone healthy. Your assistance in all of this is greatly appreciated!

Decorated Pumpkin Contest October 29th

Bring your decorated pumpkins to the Commons on the morning of Thursday, October 29, 2009. They will be displayed throughout the morning and lunch hour. Vote for your favorite. Winners will be announced and prizes awarded after lunch.

Thursday, October 29th - Halloween Lunch

Please join us for a great Halloween lunch on Thursday, October 29, 2009....Bone Crunching Meatballs, Barbeque Batwings, Poison Fruit, and more! It will be celebrated Thursday because of the observance of meatless dishes on Friday.

Fast Food Tip

Many portions of commercially sold French Fries, Hamburgers, and Sodas are two to five times larger than when they were first produced. For example, today's “large” order of *fast food* French Fries weighs the same as the “Supersize” fries did in 1998. It weighs 6 ounces and provides 570 calories and 30 grams of fat!

Questions? Contact Tini Van-Oehlertz, R.D.

If you have any questions regarding the Pius X Food Service Program, please contact Tini Van-Oehlertz, R.D. at 488-0931 or at tini.van-oehlertz@piusx.net.

Carbohydrates Listed On The Web

There are students at Pius X with diabetes who need information on the carbohydrate (CHO) counts in grams per serving in order to regulate their blood sugar. Several parents have requested that information. Beginning Monday, November 2, 2009, the information will appear on the Pius X website at the bottom under “Current Menus.” Until then, your student may contact Tini Van-Oehlertz, R.D., in the morning at 488-0931 and the CHO grams will be calculated and given to you for that lunch period.

Water: The Nutrient Continued.....

What about specially made sports drinks? Many athletes think the electrolytes and sugar in sports drinks provide an edge in competition. Unfortunately, some of these special drinks are too concentrated with sugars, electrolytes and flavoring agents. They hinder water absorption.

As a general rule, dilute beverages that contain sugar and electrolytes with plain water before drinking. The following chart is helpful:

Beverages For Rapid Fluid Replacement

Water, Club Soda, Perrier, Seltzer	Use as is
Sports Drink	Dilute 1 part with 2-3 parts water
Juice	Dilute 1 part with 7 parts water
Sodas, Diet	Dilute 1 part with 1 part water
Sodas, Regular	Dilute 1 part with 3 parts water

Source: American Dietetic Association. *Sports Nutrition: A Guide for the Professional Working with Active People.* Chicago, IL.

During exercise or athletic events thirst is not always a reliable gauge of fluid needs. The best approach is to go into the event with adequate fluid intake. The following table outlines 6 basic steps for keeping fluid levels up during sports activities.

Six Basic Rules For Fluid Replacement During Sports Events

1. Cool water between 40 and 50 degrees is best.
2. Plain water is best. Sugar and electrolytes in fluids may slow emptying from the stomach.
3. Don't depend on thirst. Drink ahead of your thirst.
4. Drink water before a sporting or activity event. Two cups of water about two hours before an event is about right. Follow this with one cup of water about 15 minutes before the event.
5. Sip water during an event (1/2 to 3/4 cup every 10-20 minutes). The body cannot absorb more than about one cup every 20 minutes.
6. Weigh yourself before and after a sporting event or heavy workout. After the event replace two cups of water for every pound lost.

Water balance in children involved in sports or physical activities is a special concern. Children have lower sweating capacity and waters are known to contain too much fluoride which can result in permanently discolored and mottled teeth.

Source: American Dietetic Association

Menu - October 2009

Breakfast

serving 7:15 a.m. - 8:30 a.m.
students - \$1.50

choice of 3 breakfast items
Bagels & Cream Cheese, Toast with Peanut Butter or Cinnamon & Sugar, Cereal, Fruit, Yogurt, Muffins, Milk, Juice

Hot Breakfast served on **Tuesdays & Thursdays**

ala carte items:

Pop-Tarts, granola bars, cereal bars, hot chocolate, cappuccino, milk

www.mylunchmoney.com

Lunch

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, Fruit By The Foot, Fruit Shapes, Simply Chex, Animal Crackers, Goldfish, ice-cream snacks, fruit juice, additional fruit, additional vegetables, string cheese, cream cheese, and peanut butter .



questions/comments?

Tini Van-Oehlertz, R.D.

tini.van-oehlertz@piusx.net

All items subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 <u>Breakfast</u> Breakfast Sandwich <u>Noon Dismissal</u> <u>No Lunch</u>	October 2 No School
October 5 Fiestada Green Beans - or - Tator Tot Casserole Green Beans Biscuit	October 6 <u>Breakfast</u> Pancakes Sausage <u>Lunch</u> Beef Mostaccioli Breadstick Peas & Carrots - or - Hot Dog/Wheat Bun Peas & Carrots	October 7 Chili Cinnamon Roll Crackers - or - Build Your Own Salad Bar	October 8 <u>Breakfast</u> Ham & Scrambled Egg Toast <u>Lunch</u> Hamburger/Wheat Bun Potato Smiles - or - Sweet 'n Sour Chicken Rice	October 9 Cheese Nacho's Fixins Cooks Choice Vegetable - or - Fish Sandwich/Wheat Bun Cooks Choice Vegetable
October 12 No School	October 13 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Chili Cheese Dog House Choice Potato - or - Beef Noodle Soup House Choice Potato Wheat Dinner Roll	October 14 House Choice Chicken Baked Potato - or - Meatball Sub/Mozzarella Cheese Baked Potato	October 15 <u>Breakfast</u> Oatmeal Coffee Cake <u>Lunch</u> Cavatini Green Beans Garlic Roll - or - Polish Dog/Wheat Bun Green Beans	October 16 Cheese Pizza Chefs Choice Vegetable - or - Canadian Cheese Soup Crackers Chefs Choice Vegetable Wheat Dinner Roll
October 19 <u>No Breakfast</u> PLAN Testing For Sophomores 8:15am-Noon No School Grades 9, 11, 12 <u>No Lunch</u>	October 20 <u>Breakfast</u> Pancakes Sausage On A Stick <u>Lunch</u> Spaghetti & Meat Sauce Green Peas Garlic Bread - or - Beef & Bean Burrito Green Peas	October 21 Cheesy Chicken Wrap Spanish Rice - or - French Toast Sausage Syrup	October 22 <u>Breakfast</u> Breakfast Burrito <u>Lunch</u> Ham & Cheese Zombie Hot Cinnamon Apples - or - Pepperoni Pizza Hot Cinnamon Apples	October 23 Macaroni & Cheese Carrots & Ranch Wheat Dinner Roll - or - Meatless Salad Bar
October 26 Baked Breaded Chicken Mashed Potatoes/Chicken Gravy Green Beans Wheat Dinner Roll - or - Stromboli Green Beans	October 27 <u>Breakfast</u> Scrambled Eggs Hashbrown <u>Lunch</u> Shaved BBQ Beef/Wheat Bun Tortilla Chips - or - Corn Dog Tortilla Chips	October 28 Breakfast for Lunch Scrambled Eggs Sausage Hashbrowns Biscuit	October 29 <u>Breakfast</u> Breakfast Wrap <u>Lunch</u> Bone Crunching Meatballs Ghostly Potatoes Poison Fruit - or - BBQ Batwings Ghostly Potatoes Poison Fruit <u>Pumpkin Decorating Contest</u>	October 30 Meatless Spaghetti Cheese Sauce Garlic Bread Corn - or - Cheese Pizza Corn

Pius X Catholic High School
6000 A Street
Lincoln, NE 68510

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 Lincoln, NE

ADDRESS SERVICE REQUESTED

Pius X High School 2009-2010 Parent Calendar

*** Note: Several items have changed since the last update. ***

*** Seniors: Please note the correct dates of your Finals & the Senior/Parent Mass & Breakfast in May below. ***

October 2009

- 1 Noon Dismissal (Periods 1-3)
 Founder's Day Mass (after Period 2) 10am
 Parent/Teacher Conferences (2-5pm & 6-9pm)
- 2 No School
- 12 No School (Diocesan Institute)
- 16 1st Quarter Ends
- 19 PLAN Testing for Sophomores (8:15am-noon)
 No School (Grades 9, 11, 12)
- 22 Fall Play 7pm
- 23 Fall Play 7pm
- 24 Fall Play 7pm
- 25 Fall Play 2pm

November 2009

- 2 All Souls Mass 9:30am
- 3 Home School General Meeting 7pm
- 11 Fall Athletic Signing
- 16 2nd Quarter Progress Reports
 Winter Sports Begin
- 18 10:30am Start
- 25 No School
- 26 No School (Thanksgiving Break)
- 27 No School (Thanksgiving Break)
- 30 Advent Service
 Seniors/Parents FAFSA Meeting 6pm
 Juniors/Parents College Meeting 7pm

December 2009

- 7 Advent Service
- 8 No School (Immaculate Conception)
- 14 Advent Service
- 16 Final Exams 8:15-11:40am (Periods 1-3)
- 17 Final Exams 8:15-11:40am (Periods 4-6)
- 18 Final Exams 8:15-10:40am (Periods 7-8)
- No School - December 21-January 4
- NSAA Activities Moratorium Dec. 23-27

January 2010

- 4 No School
- 5 Testing Day
 Seniors - No School
 Juniors - No School
 Sophomores - No School
 Freshmen - 8:15am-12:30pm
- 6 Testing Day
 Seniors - No School
 Juniors - 8:15am-11:30am
 Sophomores - No School
 Freshmen - 8:15am-12:30pm
- 7 Epiphany Mass 9:30am
- 18 No School
- 31 Catholic Schools Week Begins

February 2010

- 8 3rd Quarter Progress Reports
 New Student Orientation 7pm
- 15 No School
- 17 Ash Wednesday Mass 9:30am
- 18 Noon Dismissal
 Parent/Teacher Conferences 2-5pm & 6-9pm
- 19 No School
- 22 NHS Honors Night 7:30pm
- 26 Lenten Service

March 2010

- 1 Spring Sports Begin
- 5 Lenten Service
- 11 3rd Quarter Ends
 Lenten Service
- 12 No School
- 15 Retreat Day (Grades 10-12)
 Grade 9 - No School
- 16 All-School Retreat Mass 9:30am
- 17 10:30am Start
- 19 Lenten Service
- 25 Spring Musical 7pm
- 26 Lenten Service
 Spring Musical 7pm
- 27 Spring Musical 2pm & 7pm
- 28 Spring Musical 2pm
- 31 Lenten Service

April 2010

- 1-6 No School (Easter Break)
- 10 Prom
- 14 Spring Athletic Signing
 4th Quarter Progress Reports
- 17 Wordstruck Live
- 22 Noon Dismissal
- 23 No School
- 24 BOLT
- 26 Awards Night 7pm

May 2010

- 3 All-School Mass (May Crowning)
- 13 No School (Ascension Thursday)
- 18 Senior Finals (Periods 1-4)
- 19 Senior Finals (Periods 5-8)
- 20 Senior/Parent Mass & Breakfast 9:30am-12:30pm
- 23 Graduation
- 25 Final Exams 8:15-11:40am (Periods 6-8)
- 26 Final Exams 8:15-11:40am (Periods 3-5)
- 27 Final Exams 8:15-10:40am (Periods 1-2)



Seniors:
Please note the dates of your Finals and the Senior/Parent Mass & Breakfast.

Updated 9/11/09