

# The BOLT

## PIUS X HIGH SCHOOL NEWSLETTER

Pius X Catholic High School

" Restore All Things In Christ "

**Tuesday, December 1, 2009**

Club World Aid service trip informational meeting 6-7pm

**Thursday, December 3, 2009**

One-Act Public Performance 6:30-7pm in LPAC

**Monday, December 7, 2009**

Advent Service 9:45am

**Tuesday, December 8, 2009**

No School (Immaculate Conception)

**Wednesday, December 9, 2009**

Vocal Department Christmas Concert 7:00pm at Cathedral

**Sunday, December 13, 2009**

Band Christmas Concert 2pm in the Pius X Flavin Gym

Cantabella to sing with Ellen Soukup at Rococo Theatre 7pm

**Monday, December 14, 2009**

Advent Service 9:45am

**Wednesday, December 16, 2009**

Final Exams 8:15-11:40am (Periods 1-3)

**Thursday, December 17, 2009**

Final Exams 8:15-11:40am (Periods 4-6)

**Friday, December 18, 2009**

Final Exams 8:15-10:30am (Periods 7-8)

**December 21-January 4, 2010**

No School (Christmas Break)

**December 23-27, 2009**

NSAA Activities Moratorium

**Tuesday, January 5, 2010**

Testing Day  
Seniors - No School  
Juniors - No School  
Sophomores - No School  
Freshmen - 8:15am-12:30pm

**Wednesday, January 6, 2010**

Testing Day  
Seniors - No School  
Juniors - 8:15am-11:30am  
Sophomores - No School  
Freshmen - 8:15am-12:30pm

**Thursday, January 7, 2010**

Epiphany Mass 9:30am

**Monday, January 18, 2010**

No School

**Friday, January 22, 2010**

Booster Club "Community Building" Dinner - please see page 10 for details

**Sunday, January 31, 2010**

Catholic Schools Week begins



### From Guidance Office Director - Jan Frayser

Here I am staring at the cursor, wondering what to write for the newsletter and vowing to have my article in on time...tomorrow. Come on, God, I need some inspiration. I could complain for a while about having to write this, which will do nothing but prolong it. I could go back to previous articles and pass one of those off as a fresh new thought for this year. I could expound about something profound that I have read or heard lately or use a trite quote as a basis for grandeur. I could report about recent happenings at Pius X or devote time to the liturgical calendar focusing on Advent. Last month, in his inaugural article, Mr. Lesiak cleverly wrote about his stroll through Pius X and all the good that he saw. That was great!! Good job, Greg. Wish I would have thought of that first.

Wow, I've wasted 146 words just contemplating what to write. By using 52 point font, I could just steal from Charles Dickens and end with "God bless us everyone." You might be thankful for that, but my boss might consider it copping out.

In previous editions, I have written about what Fr. Christiansen and Fr. Faulkner have said that inspired me. They are wise and holy men, and I feel more intelligent if I quote them. I could relay some personal story or embarrassing moment (I've had a few lately), but let's be honest-who really cares. I could find a great and VERY LONG scripture verse (gotta admit, the Bible is packed with them) and fill this entire page with it.

What the heck, let's tackle most of the aforementioned ideas.

Matthew Kelly, renowned Catholic author and speaker from Sydney, Australia, spoke to the student body a few days ago. His message was clear, simple and sensible; it focused on how each of us can become the best version of ourselves. What a great idea! It's an appropriate message as we enter Advent and internally prepare for the coming of Jesus. In his homily, Fr. Faulkner spoke of the talk Matthew Kelly gave at Cathedral. To paraphrase Fr. Faulkner who was paraphrasing Matthew Kelly; he suggested journaling after Mass about one idea from Mass that touched us and would help us to be a better version of ourselves for the next week. It's a worthwhile activity. I think I'll try it. Thanks, Father and Matthew. Please note, this paragraph contained a happening at Pius X, a thought from my parish priest AND a few words about the upcoming liturgical season of Advent.

The Pius X Volleyball team just finished their season with a fourth place finish at state. I won't pretend like I know anything about Volleyball or any other sport for that matter, but I do have a few comments about this season. There was a huge bullseye on this team since Pius X had just won three straight state championships. In the Skutt game early in the season, Allie went down with a season-ending torn ACL. In close proximity to that, another starter, Kelsey,

learned that she also had an injury that would prevent her from further play this season. There they were with two senior starters out and the rest of the team needing to step up...or should I say jump up really high, hit hard and manage well in the face of the struggle. Mr. Moore, the other coaches and the girls did just that, and they did it well. Congratulations!! On a side note, many years ago I volunteered to be a line judge for Coach Moore during a game. All was going well until the gym fell silent and all eyes were on me. **Was the ball in or out?** I didn't know...I wasn't paying attention. Oh yes, it was embarrassing, and I have NEVER again been asked to "officiate." That's a good decision.

Nearly 130 students attended the Fellowship of Christian Teens retreat at Camp Calvin Crest in early November. The theme was "Love one another as I have loved you" (John 15:12). Listening to speakers, discussing in small groups, praying together at the Holy Hour, celebrating Mass together, playing fun games and romping in the woods comprised most of our weekend. Miss Wyatt and Mr. Korta did a tremendous job of planning and implementing. All went very well except for the junior girls in the cabin with the old leader who set her cell phone alarm for the wake up time but didn't take the phone off vibrate. It's so hard to wake up to a vibrating phone, and we didn't. However, all those girls hopped up, reacted quickly and were at Mass on time just minutes later.

In early November, the annual Performances concert was held. Now, I'm no Mary Odgaard, but I do know more about music than I do about any sport. It was an amazing evening of solo and group performances. The trebles (just keeping you on your toes, I know its sopranos and altos) and the basses (tenors, too) entertained beautifully and professionally. From the Boy Band that rivaled "The Jackson Five" and "The Backstreet Boys" to a cousin trio with bell-like voices that blended beautifully to our own Dylan who sang the ever-famous hit, "Piano Man," better than Billy himself, and all the other acts, it was a night to behold. Thank you, Vocal Music Department, for sharing your God-given gifts and striving through music to be the best version of yourselves.

Let's see...

- Pius X happenings---check
- Embarrassing moment---check
- Liturgical calendar---check
- Thought from parish priest---check
- Refurbish previous article---won't stoop that low
- Bible quote---check
- Trite quote---see below

Great!! Let's close appropriately and be done. May our Advent and Christmas be peaceful and stress free, focused on Jesus who is the reason for the season and bring you together with family. God bless us everyone.

Jan

**December 2009**

**Pius X High School Newsletter**

is published monthly throughout the school year.

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

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

**Administrative Team**

Rev. James Meysenburg, Superintendent

Rev. Andrew Menke, Assistant Superintendent

Tom Kortz, Principal

Greg Lesiak, Assistant Principal

Jan Frayser, Guidance Director

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Kristin Heath, Class of '91

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Deb Schulte

**Please submit articles to:**

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**Excellence**



**Athletic Signing Day At Pius X**

Two Pius X athletes signed letters of intent to participate in collegiate sports on Wednesday, November 11, 2009, in the school's Performing Arts Center. Note: There may be more Pius X student athletes attending colleges or universities, but these are the confirmed athletes signing on November 11, 2009.

Congratulations to the following Pius X student athletes who signed letters of intent:

Allie Falter - Volleyball - Bradley University - Peoria, Illinois

Jamie Schleppebach - Gymnastics - University of Nebraska - Lincoln, Nebraska

**Allie Falter - Volleyball - Bradley University - Peoria, IL**

Allie Falter, a senior at Lincoln Pius X High School, has given her commitment to attend NCAA Division I Bradley University on a volleyball scholarship on Wednesday, November 11, 2009, in a ceremony at the school. Allie, a 6'1" middle blocker had orally committed to the Division I school during the summer, but made the announcement official today. She will join the Missouri Valley Conference team, under the direction of head coach Sean Burdette, in the fall of 2010.

Allie is a two-time letter winner and starter for the Pius X Thunderbolt volleyball program. This fall, she has helped lead the Bolts to their fifteenth straight state tournament appearance in the Nebraska State Volleyball Championships.

During her junior season, Allie amassed 315 kills (3.03 per set average), .416 hitting efficiency (315 kills-64 errors/603 attempts), 61 ace blocks (0.59 psa) and 22 ace serves (0.21 psa) from her middle blocker position. During her senior season, cut short by injury during the 8th match of the season, Allie had already accumulated the following stats: 63 kills (3.94 per set average), .435 hitting efficiency (63 kills-13 errors/115 attempts), 3 ace blocks (0.19 psa), 44 digs (2.75 psa) and 5 ace serves (0.31 psa).

Individual honors earned by Allie were as follows:

(LJS – Lincoln Journal Star / OWH – Omaha World Herald)

**2008 (Junior Season)**

- ◆ 2nd Team Class B All-State (LJS)
- ◆ Honorable Mention Class B All-State (OWH)
- ◆ 2nd Team All-City (LJS)
- ◆ Class B State Tournament Team (LJS)
- ◆ Academic All-State (LJS)

**2009 (Senior Season)**

*Honors and accolades for her senior season will be announced in the next newsletter upon completion of the Nebraska State Volleyball Tournament.*

Allie is the daughter of Dana & Patricia Falter and will be a 2010 graduate of Lincoln Pius X High School. Allie's current academic plans are to pursue a degree in Physical Therapy or Education at Bradley University. She will be the 1st Pius X Thunderbolt to be involved with the Bradley Braves volleyball program.

**Jamison Schleppebach - Gymnastics - UNL - Lincoln, NE**

Jamison Schleppebach, a senior at Lincoln Pius X High School, has given her commitment to attend the University of Nebraska-Lincoln on a full ride gymnastics scholarship on Wednesday, November 11, 2009 in a ceremony at the school. Jamie had orally committed to the NCAA Division I school in the fall of 2008, but made the announcement official today. She will join the Big 12 Conference team, under the direction of head coach Dan Kendig, in the fall of 2010.

Jamie has been competing in gymnastics and training year round since the age of 5. She is currently a Level 10 gymnast at Nebraska School of Gymnastics with Tim & Rachel Garrison as her coaches.

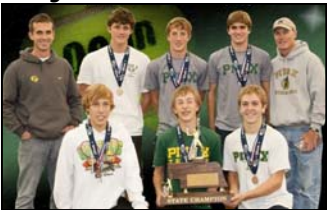
In addition to 7 Nebraska State Championships, highlights of Jamie's competitive career include competing and placing in Regionals (7 state region) and Westerns/Nationals as follows:

- ◆ 2005 and 2006 Region IV All-Around Champion - Level 9
- ◆ 2009 Region IV All-Around 2nd Place - Level 10
- ◆ 3 top ten finishes at Junior Olympic National Championships

Jamie is the daughter of Gary & Jolene Schleppebach and will be a 2010 graduate of Lincoln Pius X High School. Jamie's current academic plans are to pursue a degree in either Journalism or Physical Therapy.

## Excellence

### Boys Tennis Back To Back State Champs!



Congratulations to the Pius X Boys Tennis Team, the Back To Back Class B State Champions who recorded the 10th State Tennis Team Championship for Pius X! The Bolts finished state competition with a team score of 37½. The next closest team was Waverly with 24 points.

In the regular season, the Bolts recorded an outstanding season with 1st place finishes in the Omaha Skutt and Pius X Invites, and 2nd place finishes in the Capital City and Spartan Invitations. In duals, the team posted a 10-1 record and won their District's Championship with 36 points. The 2nd place team at Districts had 13.5 points. Trevor Milburn, Zach Peed, Garrett Sutton, Brandon Otoski, Brian Harshman, and Nick Jenkins all took 1st place in their respective divisions at Districts.

At State, even with rain delays, the Bolts remained focused to amass points in all divisions for a final score of 37½. Sophomore Trevor Milburn played #1 Singles and advanced to the semifinals where he lost to Waverly. In the Consolation match he bounced back to defeat York to capture 3rd place with a season record of 23-7. The #1 Doubles team was comprised of seniors Zach Peed and Garrett Sutton. Carrying a rare undefeated record into State, the duo fought an uphill battle against Holdrege in the semifinals. After losing the first set and being down 1-5 in the second, the seniors rallied back and won the match (2-6, 7-5, 6-2). The pair went on to defeat Hastings in the final to remain undefeated with a season record of 29-0. The #2 Singles player, senior Brandon Otoski, defeated the #2 seed, Grand Island Central Catholic, in the semifinals. He then fought through three sets to upset the #1 seed, Elkhorn Mount Michael, in the finals to capture the gold with a season record of 21-9. The #2 Doubles team consisted of juniors Brian Harshman and Nick Jenkins. The pair lost in a third set to Waverly in the semifinals but battled back against York in the Consolation match to take the 3rd place medal with a season record of 19-5. Head Coach of the championship team is Bill Rice and Assistant Coach is Nick Vuko.

Photo: (Front Row left to right) Brian Harshman, Trevor Milburn, Brandon Otoski. (Back Row left to right) Assistant Coach Nick Vuko, Nick Jenkins, Zach Peed, Garrett Sutton, Head Coach Bill Rice. Photo Courtesy of Callam Sports Photography. Other '09 Pius X Tennis Team members included: (Seniors) Jeff Slattery & Ryan Slattery; (Juniors) Zach Birkel, Ted Kirkpatrick & Vinnie Warner; (Sophomores) Matt Olsson, William Pokojski & Tim Sanders; and (Freshmen) Trey McGill & Jack Olsson.

### Football 2009

The Pius X Football Team finished the 2009 season with a record of 4-5. After losing the first game to Waverly, they were able to win the next three games against Gretna, Ralston, and Columbus. The team did well in competition against some of the top teams in the state during regular season. Losses to Beatrice and Crete in District games prevented them from going to the play-offs. Congratulations to Coach Tim Aylward and his staff, as well as to all of the players who worked so hard in 2009.

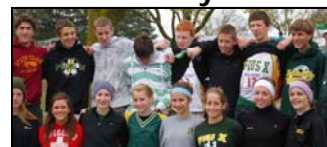
### Volleyball Team Wins District Championship



Congratulations to Coach Jake Moore and Assistant Coaches DeeCee Mather, Mary Jo Kopf and Ryan Gray, and the Pius X Varsity Volleyball Team on

winning the Class B-1 District Championship. Pius X defeated Waverly 3-0 (25-19, 25-19, 25-15) on Thursday, November 5, 2009. Pius X went on to win the District Championship on Friday, November 6, 2009, by defeating Beatrice 3-1 (25-14, 23-25, 25-22, and 25-20). This is the 15th consecutive season (1995-2009) that the Pius X Volleyball Team has qualified for the Nebraska State Volleyball Championships. It is also the longest current streak for consecutive state qualifications in Nebraska, and 3rd longest all time, trailing only Bellevue West (20 years—1987-2006) and Columbus Scotus (18 years—1989-2006). The Pius X Varsity Volleyball Team ended their regular season with a 27-10 record. At state competition, the Thunderbolts finished the season with a 4th place finish winning against Ogallala and losing to #1 Omaha Gross Catholic and #3 Seward. Congratulations also go out to the Pius X Junior Varsity and 9th Grade volleyball teams for excellent seasons. The Junior Varsity team coached by Mary Jo Kopf ended their regular season with a 19-4 record while the 9th Grade team coached by Ryan Gray went undefeated with an amazing 24-0 record. Photo courtesy of Luann Zastrow.

### Cross Country Wins Districts & Places At State



Congratulations to Coach George O'Boyle & Coach Tim Janssen and the Pius X Boys & Girls Cross Country Teams who won the District title and

did well at State competition.

The Pius X Boys & Girls Cross Country Teams swept the B-2 District at Pioneers Park on Thursday, October 15, 2009. Daniel Blake was an individual champion, while Mark Edwards, Joe Castillo, Jeff Cassel, and Stephen Byers all finished within the top 15 runners. Nolan Border just missed a top 15 performance. Megan Drozda was an individual champion for the girls, while Erin Statz, Megan Asselin, and Sarah Nickman all finished within the top 15 runners. Kelli Rice and Claire Bertrand just missed placing in the top fifteen.

At State, the Pius X Girls Cross Country Team placed second and the Pius X Boys Cross Country Team placed sixth. Participants in state competition included: Megan Asselin, Claire Bertrand, Megan Drozda, Sarah Nickman, Kelli Rice, Erin Statz, Danielle Blake, Nolan Border, Steve Byers, Jeff Cassel, Joe Castillo, and Mark Edwards. Top ten individual finishers included Daniel Blake (3rd), Megan Drozda (5th) and Erin Statz (9th). Congratulations to all! Special thanks to all those that attended meets and showed their support during the season!

### Girls Golf 2009

The Pius X Girls Golf Team ended the 2009 season placing 4th at A-3 District competition with 421 points. Congratulations to Coach Stephanie Kolbas and all the players who represented Pius X well throughout the whole season.

## Excellence

### Forensic Team Begins Season With Bang



The Pius X Forensics Team began the 2009-2010 competition season with a bang. At the Millard North novice invite on November 6, 2009, the first tournament of the year, sophomores Brooke Puntaney and Ben Woita brought home championship trophies in Duo Interpretation with their piece *Time Lapse*. The next day at the Bellevue West T-Bird Invite, junior Deidre Richard placed sixth in Informative Speaking with her entertainment speech about the "Speech Olympics." Members of the team were also in action at the Papillion-La Vista Invite on November 14, 2009. The team hosted the 2nd Annual Pius X Invite on November 21, 2009, welcoming over a hundred competitors from schools throughout the state. Next up for the Thunderbolt talkers are tournaments at Millard West (12-4-09), Lincoln High (12-11-09), and Lincoln Southeast (12-18-09). It's not too late to join the Pius X Forensics Team for the 2009-2010 season. If you are interested, talk to Mr. DeWispelare in Room 164.



### UNL Math Day

A group of 40 students from Pius X participated at UNL's 20th Annual Math Day. The events included over 1400 students from across Nebraska.

The quiz bowl team of Sam Thiele, Nick Varilek, Chris Krueger, Kim Cao, and Deidre Richard finished in the top four teams in Class A. Members who attended include: Kevin Curran, Daniel LeDuc, Taylor Ackerman, Conny Fiedler, Jack Gude, Caleb Hile, Mary Marsolek, Carolyn McDermott, Brooke Puntaney, Nathan Schlautman, Nick Varilek, Marie Wathen, Eric Wilhelm, Thomas Morehouse, Deidre Richard, Quyen Vu, Chengjie Zhu, Hang Bui, Kim Cao, Jeff Cassel, Andrew Curran, Alex Frodyma, Jeff Haag, Madeline Hafner, Stacie Hecker, Charlie Hinds, Brian Hoggatt, Anthony Inzodda, Matthew Kelly, Anthony Kim, Chris Krueger, Henry Mattern, Pete Moesch, Meghan Moser, Michelle O'Donnell, Jeff Slattery, Ryan Slattery, Frank Stroup, Sam Thiele, and Angela Wathen. Photo courtesy of Scott Burns.

### Music Department Receives Honor



The Pius X Music Department received a student participation recognition at the Nebraska Music Educators Association banquet held in November 2009 at the Cornhusker Hotel. Schools which have achieved a threshold of student participation in all of their music classes are so honored. The threshold varies by size of school or NSAA classification. In Pius X's class of AA, the minimum participation level for recognition is 25%. Here at Pius X we are right at that mark. This means that 25% of our student body is involved in band, vocal music, music theory, music appreciation, or jazz history. For a school of our size, 25% participation is a notable accomplishment. Last year, fifteen schools statewide and only two AA schools received such an honor.

### Thanks to Our Booster Club Board Members



As Co-Presidents of the 2009-2010 Pius X Booster Club, we would like to thank our board members for their hard work and commitment to our school. Our concessions committee, Ron & Claire Schinkel (also Vice Presidents), Tim & Mary Otto and Bob & Becky Codr, are working daily to provide concessions at all home athletic events. They organize all inventory and make sure volunteers are lined up to work the games which is often for four events per week. Our Treasurers, Duane & Mary Hugo work with all aspects of income and expenses and help coordinate the student physicals and golf scramble.

Greg & Joyce Gibney have been on the board for the past six years and organize the coach's dinner and the Booster Club "community building" dinner during the basketball season. This year the dinner is scheduled for Friday, January 22, 2010, at the Pius X vs. Lincoln Christian home basketball game. All are welcome to enjoy this free meal. Our merchandise group is Joel & Mary Schlautman and Dean & Lisa Steffensmeier (Lisa is also our Secretary). They have done an outstanding job to find items that our Pius X fans can wear proudly. Sales have been at an all time high.

Ken & Peggy Hain work with our community building projects, communication and membership. They organize the team photos for our 19 athletic teams, create the sports programs and keep everyone informed of upcoming events in the Pius X newsletter. Mark & Beth McElroy lead the membership effort and this year the membership has continued to grow. Also on the board are representatives from the school: Fr. Meysenburg, Fr. Menke, Activities Director Tim Aylward, and Assistant Activities Director Jake Moore.

Our board would like to thank the entire Pius X community for their support.

John & Joann Grosserode, Pius X Booster Club Co-Presidents

### Band Notes

The Pius X Marching Band had a busy and successful season of competition during the month of October. The band received ratings of "Excellent" at each of the contests in which they performed; the LINKS contest at Lincoln High, the LPS Invitational at Seacrest Field, and the NSBA State Marching Contest at Omaha Burke. The state contest was truly a national, even international event, with judges coming from California, Pennsylvania, Colorado, and Canada. This year's band show, "The Pirates of the Caribbean", was the most difficult show ever performed by the Pius X Band, consisting of nine minutes of music and 51 pages of drill, all memorized. Congratulations to the Pius X Marching Band members for a great season! The Pius X Band is directed by Mr. Mike Murphy, Mrs. Karen Murphy, Mrs. Amy Gammel, and student teacher, Tara Maunder.

### All State Band

Congratulations to Rosa Egge for her selection to the All-State Band. Rosa is an oboe player. This is her second year as a member of All-State, having performed with the All-State Orchestra last year. Rosa performed with the All-State Band at the Lied Center on Friday, November 20, 2009.

## Excellence



### Romeo & Juliet Play

William Shakespeare's *Romeo and Juliet* opened at Pius X on October 22, 2009, with one of four shows. It was not the traditional version that is most often seen, but stayed true to the story and text. Director Joseph Moser began auditions in August and for 2 months the cast and crew worked diligently to prepare for the shows. Junior Josh Burks and senior Marie Eickoff portrayed Romeo and Juliet respectively and had a great support cast and crew. Supporting cast included Maddi Hafner as the Nurse and Sean Burroughs as Apothecary. The crew was led by technical director Mike Fujan and seniors Mikayla Gamet, Mary Fiedler, Carolyn Butler, and Rachel Hannigan.

### Vocal Department "Performances"



The Pius X Vocal Department put on a spectacular show in their annual "Performances" on Sunday, November 8, 2009. It showcased a tremendously gifted group of students performing their vocal talents to a sold out audience of over 450 people. Congratulations to Mrs. Mary Odgaard and all of the students who helped either by performing, setting up, cleaning up, and/or serving coffee/cheesecake. Special thanks to Kevin Moore for his sound and lighting direction, Cary Ward, Ellen Soukup, Dylan McDermott, Brian Casavant, and Esteban Benton for their help with musical accompaniment. Photo courtesy of Yearbook.

### Pius X Junior High Honor Choir

The Pius X Vocal Department led by Mrs. Mary Odgaard hosted the Junior High Honor Choir and held a Fall Concert on October 25, 2009. There were approximately 115 junior high students participating in the event from the Catholic junior highs in Lincoln. Three of Pius X's choirs performed for the students throughout the afternoon so that the junior high students would have an idea of the Pius X Vocal Music Department. Special thanks to the members of the Pius X choirs: Shauna Krause, Tyler Minchow, Allison Zastrow, Erika Benes, Gabrielle Bruckner, Maggie Dawson, Bridget Fitzgerald, Maria Hotovy, Margaret Johnson, Sarah O'Hearn, Erika Stuchlik, Marie Wathen, Dani Weskamp, Emily Wiebeck, Lucy Baker, Esteban Benton, Dayne Buresh, Josh Burks, Kathleen Kean, Joe Kotopka, Gabby Kuhl, Lauren Largen, Abbie McElroy, Trevon McGill, Megan Meagher, Trey Montanez, Ryan Murphy, Will Roeder, Mitch Scheuler, Alana Tucker, Mackenzie Widhalm, McKenzie Bailey, Jill Benes, Carly Cannon, Sarah Chambers, Kayleigh Erskine, Sarah Jones, Laura Kramer, Erin McManus, Kelli Rice, Deidre Richard, Carolyn Soukup, Amanda Timm, Sara Vondracek, Jessie Vrbka, Abby Zimmerman, Sean Burroughs, Brian Casavant, Morghan Clinton, Jessie Drago, Marie Eickhoff, Carly Ficke, Sean Flattery, Rachel Fuenning, Madeline Hafner, Katie Hoppe, Katie Houlden, Alec Kollman, Dylan McDermott, Mai Nguyen, Bekka Nickman, Phillip Power, Rachael Washington, Ian Werner, and Max Wesely.

### All State Chorus

Congratulations to Rachael Washington for being chosen Alternate to All-State Chorus.

### AP Biology Visits UNL's Beadle Center



On Thursday, November 12, 2009, the AP Biology class with their instructor, Susan Kelly, culminated a three-day lab experiment at the University of Nebraska-Lincoln Beadle Center. The Beadle Center is a world-renowned science research center studying every-

thing from Plant-Pathogen Interactions, Fungal Infections, and Transgenic Plants to Cancer Research and HIV/AIDS. These 38 students were led through an experiment in order to determine whether they had one, two or no copies of an Alu sequence on their Chromosome 16. Although this particular sequence has no ties to any disorders, the presence of the sequence on other chromosomes has been linked to a form of breast cancer and a genetic disorder involving high blood pressure.

The students had the opportunity to use real-world laboratory equipment and techniques as seen on popular forensic TV shows. The first two days were spent extracting DNA from their cheek cells and then using a technique called PCR (Polymerase Chain Reaction) in order to make multiple copies of this specific Alu sequence so that it would be visible on Day 3. These first two steps were done in their Pius X classroom thanks to a program through the University of Nebraska-Lincoln, Molecular Biology for the Secondary Classroom, which loans out all the necessary equipment for use in Nebraska high schools. The third day was spent on the University of Nebraska-Lincoln campus where the students had the experience of using a University classroom laboratory in the Beadle Center to run their DNA using Gel Electrophoresis. This technique separates DNA fragments based on size, and in this case, it allowed the students to visibly determine if they had the Alu sequence in their genome or not.

While in the Beadle Center they had the opportunity to visit a Microbiology lab. Here they were exposed to life in a lab and were able to see equipment ultimately providing them with real-world experience and opportunities in the scientific research profession. Photo courtesy of Susan Kelly.

### Spanish 4 Class Display Papel Picado



It is custom every year to learn about the Mexican holiday of Day of the Dead in all Spanish classes. Each level has an activity that teaches the students something new about Day of the Dead and they also do a craft project. This year the Spanish 4 classes made papel picado under the guidance of their instructors Tracy Chapelle and Katie Hayes. Papel picado is the art of paper cutting into intricate designs.

The Spanish 4 students divided in groups of three and traced their chosen design on their paper. In class, the students used exacto knives borrowed from the art department to cut out the traced pattern. The papel picado was then hung around the school. Photo courtesy of Tracy Chapelle.

## Excellence

### Matthew Kelly - Pius X All-School Assembly



Pius X High School was blessed to have Matthew Kelly speak to our students in an all-school assembly for about 45 minutes. He is an author with 14 books to his credit and an international speaker for the last 15 years speaking to over 14 million people in 50 countries. He was a funny, engaging speaker with a straight-forward message to our kids about how they might become the best version of themselves. As part of his foundation's outreach to youth, he also provided each student and faculty/staff member with a free copy of one of his books called "Perfectly Yourself- 9 Lessons For Enduring Happiness." As a way of showing our appreciation to Matthew Kelly for taking time to share his words of wisdom with us, our school sent him a spiritual bouquet of notes from students and faculty/staff with our prayers. Special thanks to Paul Keating, a Cathedral parishioner, who made this event possible with and through his wife's Jean Keating Foundation, which was established after her death in April 2009.



### FCT Fall Retreat

On November 7-8, 2009, 123 teenagers from Pius X High School attended the 9th annual FCT Fall Retreat. The retreat was held at Calvin Crest Retreat Center near Fremont on a warm and sunny weekend under the direction of Mr. Tom Korta and Ms. Emily Wyatt. Fr. Meysenburg and Fr. Bernardo celebrated Mass on Saturday and Sunday. The theme of the retreat was "I Give You A New Commandment, That You Love One Another." Jeff Schinstock spoke on being in a loving relationship with God. Jeremy Lepper spoke on loving our family, friends and others, even when it is hard. Katie Theisen spoke on where there is love in a dating relationship. On Saturday night, nine priests came out to hear confessions as part of a Eucharistic holy hour. The retreat also included several group games and activities, a campfire, and free time to go hiking, play games, or rest. The retreat was sponsored by Fellowship of Christian Teens. Small group leaders were Ashley Arlt, Fr. Bernardo, Scott Burns, Nolan DeWispelare, Jan Frayser, Margaret Kaiser-Woodward, Shane Kennett, Lori Koehn, Tom Korta, Janet and Lauren Kurtenbauch, Jeremy Lepper, Sr. Maria, Sr. Ann Marie, Fr. Meysenburg, Teresa Raun, Bill Schlautman, Katie Theisen, and Mel Zierke. Over 100 parents supplied prayers, donations, snacks, drinks, and rides for the students attending the retreat. Thank you to all students who attended and made the retreat go so well, and thank you to all of the parents, chaperones, priests, and other volunteers who made it possible. God bless you! Photo courtesy of Jan Frayser.

### Student Council Hosts Blood Drive



On Tuesday, October 27, 2009, the Student Council, sponsored by Ashley Arlt and Stefanie Novotny, organized a blood drive with the Community Blood Bank between 9:00 a.m. and 3:00 p.m. There were 60 donors and 42 units collected. One unit of blood can save up to three lives so a total of 126 patients were helped in Lancaster, Saline, Seward, York and Jefferson counties! Special thanks to all who volunteered and/or donated blood.

As a result of this and future Pius X blood drives, a Community Blood Bank donation will be made to create a scholarship for Pius X. Every pint of blood collected at Pius X during the year adds to the scholarship amount. If you donate blood at the Community Blood Bank, please mention that you are donating for Pius X, and they will include it in our scholarship count.

Nebraska Community Blood Bank (NCBB) is Southeast Nebraska's primary blood supplier since 1968 and provides blood products to 12 hospitals in six counties. High school blood drives account for nearly one out of every four units of blood collected. This is the 3rd year of the NCBB's Educational Scholarship awards which are based on the success of each blood drive. The Community Blood Bank's competition/challenge is open to all schools. In May 2008, \$20,000 was awarded to 18 area schools. For information on this and other community programs, contact the Community Blood Bank toll free at (877) 486-9414 or online at www.don8bld.org. Photo courtesy of Yearbook.

### Red Ribbon Week

Special thanks to the Pius X SOADA Club, their sponsor Mrs. Laurie Barnes, and all those that participated in "Red Ribbon Week" the week of October 26-30, 2009. "Red Ribbon Week" originally began to commemorate the life of a special agent who was brutally murdered by drug traffickers. It has now grown to a nationwide effort to renew our pledge to lead drug-free lives. At Pius X this also expanded to our students pledging to remain free from alcohol. Participants wore red ribbons during the week, and a red shirt/jeans on that Friday to signify a desire for a drug-free society. Students also signed a "Drug-Free Pledge" banner that will be displayed at Pius X.

### Dance & Game Night

Thank you to our SOADA Club and Swing Dance Club who co-sponsored a student dance & game night on October 17, 2009. Special thanks to Cindy Kudron, Deb Kerr, Julie & Cameron Hinds, James & Connie Bayless, and Doug & Kathleen Dolezal for volunteering; and to Laurie Barnes and Fr. Faulkner for their efforts in providing a fun, safe event for our students.

### Home School General Meeting

A Home School General Meeting was held November 3, 2009. Special thanks to Police Chief Tom Casady for being the keynote speaker. He spoke about some of the positive and negative trends he sees in drug and alcohol use in the city of Lincoln and shared some great tips with parents.

## Excellence

### All Soul's Day Celebrated With Mass



About 45 guests joined Pius X for the 2009 All Souls Mass.



John & Joann Grosserode attended honoring their son, Matthew Grosserode '00.



Cecelia Sherman attended, along with her nephew, Robert Sherman, to honor Cecelia's son, Mark Sherman '66.



Guests of the All Souls Mass & social reception, including Mrs. Mary Ann Coulter who taught Algebra for many years at Pius X High School, enjoy a wonderful brunch made by the Pius X's Food Service Director, Tini Van-Oehlert, R.D.

On Monday, November 2, 2009, Pius X staff and students celebrated All Souls Day with an all-school Mass. The Mass celebrant was Fr. Nick Kipper from Saint Patrick's Church in Lincoln, NE. Special guests in attendance included about 45 family members whose deceased loved ones are members of the Pius X family, and also individuals who have established an endowed scholarship at Pius X in memory of their family members.

Before Mass there was a slide show presentation in memory of 203 deceased Pius X students or alumna/alumnus listing their names, class year, and date of death. During the offertory procession of Mass, names of deceased loved ones were brought up in a basket for intentions of prayer and another slideshow listing prayer intentions for deceased friends and family of the Pius X student body and staff was shown. Following Mass, guests were invited to a breakfast and social reception in the Commons area.

Special thanks to the Pius X Foundation Office, guests, priests, altar servers, readers, Vocal Music Department, students, Tini Van-Oehlert, R.D. and all those who made this event possible. Photos courtesy of The Foundation Office.

#### Prayer For Eternal Rest

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### Careers & Life Management Mock Interviews

The Careers and Life Management held mock interview sessions during 1st-3rd periods on Wednesday, November 4, 2009, in the Commons. These freshmen and sophomore students dressed-up in business attire and practiced being interviewed by volunteer parents. The Careers and Life Management class is taught by Mr. Ryan Psota. Special thanks to all the parents who volunteered to conduct the interviews.

## Foundation Office

### Pius X High School 2009-10 Annual Appeal



#### SUPPORT CATHOLIC SECONDARY EDUCATION

Your gift is an investment in Catholic secondary education in the Lincoln area for the 1,064 students currently attending Pius X High School.



GIFTS ARE TAX DEDUCTIBLE!



The Pius X Annual Appeal is a fund raising effort conducted to meet the needs of the school which are not covered by tuition, fees, and parish assessments. The Annual Appeal funds the \$1,135 'gap' which exists between the actual cost of educating a Pius X student (\$4,887), and what is received in tuition (\$1,562 average per student) and parish assessments (\$2,190 per student). Gifts to the Annual Appeal impact EVERY student and faculty member in strengthening and improving the overall quality of a Pius X education. Annual fund dollars will ensure a quality education by keeping tuition costs affordable, providing scholarships for those students with financial need, and covering the operating costs throughout the year.

Currently, every student attending Pius X receives financial support from donors as every student's tuition is paid in some part by parish contributions. Last year, businesses, alumni, board members, grandparents, and school parents also supported the high school through the Annual Appeal. Regarding parent support in particular, financially supporting the Annual Appeal allows parents tax benefits that simply raising tuition would not.

The goal for the 2009-2010 Annual Appeal is to raise a minimum of \$182,000. Of this goal, our parent goal is \$37,000. Last year, parents contributed over \$35,000. We know we can reach our goal if everyone helps out!

Prayerfully consider making a gift to this year's Annual Appeal. An envelope was sent to all Pius X parents last month and also included in the November newsletter. Gifts may also be made online on the Pius X Foundation web page at [www.piusx.net/foundation](http://www.piusx.net/foundation). Please click on the Annual Appeal link to either make a pledge or donate directly. Payment options include: checks, stock gifts, or credit card gifts.

Note: All gifts to the Pius X Annual Appeal are tax deductible. Gifts must be received in the Foundation Office on or before December 31, 2009, in order to be applied to the 2009 Income Tax Year.

Special thanks to those that have already contributed. Your generous support of Pius X High School is greatly appreciated! An update of the results of the 2009-2010 Annual Appeal will be published in the January newsletter. For more information, please contact the Pius X High School's Foundation Office at (402) 488-1046.

## Announcements

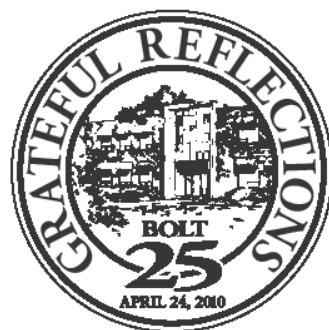
# GRATEFUL REFLECTIONS ... BOLT 2010



**CELEBRATING 25 YEARS OF BOLT**  
**SATURDAY, APRIL 24, 2010**



Save the date of Saturday, April 24, 2010, on your calendar for **BOLT 2010**. This special event benefits Pius X High School and the Pius X Booster Club. BOLT is an evening of fun auction bidding and a gourmet meal. This is the year you won't want to miss the party! This is our **25th year** and we have many fun auction items planned. Seating is limited, so book your reservation early. Join us on Saturday, April 24, 2010, for "Grateful Reflections".



◆ We are looking for great auction items. If you would like to donate to either the Live Auction or Silent Auction, please call Deb Schulte in the Pius X BOLT Office at 488-0931.

◆ Coming in January: Lottery tickets will go on sale. Purchase a ticket for \$100 for a chance to win: \$1000, \$1500, \$2500 or the Grand Prize of \$10,000.

For more information or to volunteer your time, please call Deb Schulte in the Pius X BOLT Office at 488-0931.

### 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](mailto:michelle.birkel@piusx.net).

The companies include but are not limited to: 3M, AIG Inc., Allstate, Amgen, Ameritas Life Insurance Co., Amoco, Aquatech Wash, Assurity Life Insurance Company, AT&T, Bank of America, Bank of New York, Becton Dickinson & Co., 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, Northrop Grumman, 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 - Christmas Idea!!!



Every school year, the faculty and staff at Pius X prepare a "wish list" of items they would like to have for their classroom. We've already received a couple of donations this year for the athletic department weight room and also office furnishings for our new conference room! We would like to thank Mark & Cheryl Bell and Craig & Cathy Smith for their generous contributions to the athletic department, and to Morgan Stanley for donating all the office furniture. Pius X is so appreciative of all that you have done!

Donating toward the Teacher's Wish List for your child's classroom is a great gift idea for the Christmas season! If you would like to make a donation, please contact the Pius X Foundation Office at (402) 488-1046 or email Michelle Birkel at [michelle.birkel@piusx.net](mailto:michelle.birkel@piusx.net). Thank you so much for your generosity!

#### ABLE Department

- Brain Age Software \$150  
(reviews basic reading, math and memory techniques)

#### English Department

- Boom Box with CD & Tape Player \$80
- Writer's Manual with AP guidelines \$25
- Ergonomic Office Chairs (2) \$300 each
- English Vocabulary books (30) \$9 each

#### Entire School

- Electric Letter Folder \$675
- Laminating Machine \$1500-\$3000
- Quizdom Handheld Voters/"Clickers" \$3000  
(interactive software package for up to 30 students)

#### Family & Consumer Science Department

- Stove/Range \$400

#### Fine Arts

- 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 \$40  
(from small shelf size to large 20 gallon storage bins)

#### Foreign Language Department

- 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

#### Foundation Office

- Endowment Fund any donation

#### Front Office

- Electric Razor for Dress Code Violators \$60
- 6' White Folding Tables (4) \$40 each
- Electric Pencil Sharpener \$50

#### Math Department

- TI Navigator System for a classroom set \$250
- Work Tables for Room 206 - includes keyboard trays \$5,000
- Math Classroom Posters \$15 each
- TI Inspire Calculators for classroom (30) \$120 each

#### Religion

- 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

#### Science Department

- Knee Joint Model \$195
- DVD/VCR Combo Player \$200
- Ohaus Scout Pro Balances (14) \$250 each

#### Youth Ministry Department

- Funding for FCT Retreat any donation

## Announcements

### Advent Services In The Pius X Gym

Please join us for Advent Services at 9:45 a.m. on the following dates: Monday, December 7, 2009, and Monday, December 14, 2009. Services are approximately 15 minutes long from 9:53 a.m. - 10:08 a.m. Students will follow the Advent Bell Schedule for classes on these dates. Please visit the Pius X website at [www.piusx.net](http://www.piusx.net) for a complete list of Pius X's bell schedules. All are welcome.

### Advent With The Fullness Of Our Faith

Advent is a time to prepare for the birth of our Savior and Redeemer at Christmas. Encourage your student to participate in the following:

- ◆ Daily Mass at 7:30 a.m. on school days in the Pius X Chapel. If you'd like a 7:30 a.m. Mass offered for a special intention, please contact the Theology Office at Pius X to schedule a date. The usual stipend is \$10.00.
- ◆ Daily Confessions after school in the Pius X Chapel. Monday with Fr. Snitily, Tuesday with Fr. Kosch, Wednesday with Fr. Buhman, Thursday with Fr. Kipper, and Friday with Fr. Faulkner.
- ◆ Bi-weekly Rosary at 4 p.m. on Tuesdays and Thursdays during school days in the Pius X Chapel.
- ◆ Weekly Advent Services at 9:45 a.m. Designated days are listed in the article above.
- ◆ First Friday Adoration in the Pius X Chapel. The Theology Classes take turns spending time worshipping before the Blessed Sacrament.
- ◆ Second Friday "Friends of Pius" Mass in the Pius X Chapel at 6:30 a.m. to pray for our school and our benefactors.

### National March For Life In Washington D.C.

The National March For Life will be held Friday, January 22, 2010, in Washington D.C.! The Diocese of Lincoln will be sponsoring an annual trip for juniors and seniors in high school. This year's trip will be Monday, January 18, 2010, through Saturday, January 23, 2010. Many of the nation's premier sights and monuments will be included in the trip. The trip is highlighted by a Vigil Mass at the Basilica of the National Shrine of the Immaculate Conception, a youth rally and Mass at the Verizon Center, and of course the March for Life itself. Cost of the trip is \$350 including travel, lodging, and some meals. Space is limited and filling up fast. You may obtain an application in the Pius X main office or you may register online at <http://www.dioceseoflincoln.org/green/flo/MarchForLife.htm>. For more information, please contact Jeff Schinstock of the Diocesan Youth Ministry Team at 488-2040. For more youth activities including World Youth Day 2011, please visit the Youth Ministry blog at [www.lincolnyouthministry.blogspot.com](http://www.lincolnyouthministry.blogspot.com).

### TEC (Teens Encounter Christ) Retreat

All juniors and seniors are invited to attend the TEC Retreat, being held February 13-15, 2010, in Wahoo. You may pick up an application from Ms. Wyatt at Pius X or contact the Family Life Office for more details at 488-2040.

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

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

Week	Name	Place of Study
11/28-12/04	David Gayhart	Mount St. Mary
12/05-12/11	Stephen Graeve	St. Gregory The Great
12/12-12/18	Corey Harrison	St. Gregory The Great
12/19-12/25	Mark Heffley	St. Gregory The Great
12/26-01/01	Ricardo Izquierdo	St. Gregory The Great

### Finals Bell Schedule

Finals will be held Wednesday-Friday, December 16-18, 2009. Pius X will have an open campus during this time. Students need to be at Pius X only when they are testing. Students may use the Commons for relax time & group study, the Library for quiet study, or the Chapel for prayer. Finals can be a high-stress time for many students. Please be aware of this fact and talk with your student(s). Encourage frequent prayer and remind them to begin studying several weeks ahead of time.

Wednesday, December 16, 2009		Thursday, December 17, 2009	
Period 1	8:15 a.m. - 9:20 a.m.	Period 4	8:15 a.m. - 9:20 a.m.
Period 2	9:25 a.m. - 10:30 a.m.	Period 5	9:25 a.m. - 10:30 a.m.
Period 3	10:35 a.m. - 11:40 a.m.	Period 6	10:35 a.m. - 11:40 a.m.



### Friday, December 18, 2009

Period 7	8:15 a.m. - 9:20 a.m.
Period 8	9:25 a.m. - 10:30 a.m.



### Merry Christmas From Pius X

Pius X wishes you a most blessed and merry Christmas! To celebrate this time with our families and friends, there will be no school from Monday, December 21, 2009, through Monday, January 4, 2010. May God's blessings be on you and your family during this holy season. "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." John 3:16

### Testing Day For Freshmen And Juniors

Testing day(s) for Freshmen and Juniors will begin in January. Freshmen will meet Tuesday, January 5, 2010, and Wednesday, January 6, 2010, from 8:15 a.m. to 12:30 p.m. Juniors will meet Wednesday, January 6, 2010, from 8:15 a.m. to 11:30 a.m. Sophomores, Juniors, and Seniors will have no school on Tuesday, January 5, 2010; and Sophomores and Seniors will have no school on Wednesday, January 6, 2010. All students will report to their regular school day on Thursday, January 7, 2009, at 8:15 a.m. with a celebration of the Epiphany Mass at 9:30 a.m.

### Epiphany Mass To Be Held January 7, 2010

Please join us in the Pius X gym on Thursday, January 7, 2010, to celebrate the Pius X Epiphany Mass at 9:30 a.m. All are invited. Please visit the Pius X website for the specific bell schedule.

### 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. during normal school days, and Saturday, December 5, 2009, from 10:00 a.m. - 12:00 p.m. It will then remain closed until January. Please visit the Pius X website at [www.piusx.net](http://www.piusx.net) for any changes to the schedule.

### Brick Of Remembrance

Honor special friends or family members, celebrate graduations, weddings or special events, or give a great Christmas gift to the person who has everything by purchasing a Brick Of Remembrance from the Pius X Garden Club. Each inscribed brick will be placed under the newly redesigned arbor in the renovated Pius X Courtyard. A standard brick requires a contribution of \$100 for an inscribed paver measuring 5.5" x 8". There are 3 lines available for your message with no more than 16 letters per line. Only 40 bricks are left to inscribe. All proceeds will go to the Pius X Garden Club to continue renovation of the courtyard. For more information, please contact Georgia Miller at Pius X.

### Yearbooks For Sale

The 2009-2010 yearbooks are on sale for \$60.00. The price will increase to \$70.00 second semester. Yearbooks may be ordered from Mrs. Sullivan in room 101 after school.

## Announcements



### Hand Sanitizer & Tissues Needed

With the cold and flu season upon us, we are in desperate need of tissues and hand sanitizer for our students. If you are able to donate any of these items, please bring them to the main office. Thank you in advance for helping keep our Pius X family well. As we are often short in supply of these items, please remind your student to carry their own for their own well being.

### Informational Meeting - CWA Service Trip

Parents and students are invited to an informational meeting about a Club World Aid service trip sponsored by National Relief Network. It will be held Tuesday, December 1, 2009, in room 209 from 6-7 p.m. We will discuss dates, costs, and fundraising. To learn more about this opportunity please visit [www.nrn.org](http://www.nrn.org).

### Pius Players To Perform One-Act Play

The Pius Players under the direction of Mr. Joseph Moser will present an One-Act public performance on Thursday, December 3, 2009, from 6:30-7:00 p.m. in the LPAC. It is called, "The Bald Soprano." All are welcome.

### Vocal Department Christmas Concert

The Pius X Vocal Department Christmas Concert will be held on Wednesday, December 9, 2009, at 7:00 p.m. at Cathedral.

### Band Christmas Concert

The Pius X Band will perform a Christmas Concert on Sunday, December 13, 2009, at 2:00 p.m. in the Pius X Flavin Gym.

### Cantabella To Sing At CSS Fundraiser

The Pius X Cantabella will be singing with Ellen Soukup at the Catholic Social Services (CSS) fundraiser concert to benefit the St. Gianna Women's Homes at the Rococo Theatre on Sunday, December 13, 2009, at 7:00 p.m. "An Evening With Ellen: Celebrating The Season", sponsored by KVSS Spirit Catholic Radio 102.7 FM, includes a 6:30 p.m. cash bar, some brief speakers, a dessert served at intermission, and concert. Ellen Soukup will be performing songs from her latest CD and other recordings, including many of your favorite Christmas classics and will be joined later in the concert by the Pius X Cantabella. They will musically inspire us and remind us once again of the real reason for the season. Tickets for this benefit concert are \$50 person. Registration forms may be found on the CSS website at [www.cssisus.org](http://www.cssisus.org) and must be submitted with payment by December 6, 2009. If you have any questions, please contact Lisa Marks at 450-5529.

### Auditions For The Spring Musical

Mr. Joe Moser and Mrs. Mary Odgaard are pleased to announce that the 2010 Spring Musical will be The Secret Garden. Based on the novel by Frances Hodgson Burnett, The Secret Garden follows Mary Lennox as she brings to life not only a garden but also those who surround her. The musical first premiered on Broadway on April 25, 1991, and had 709 performances. Auditions for the spring musical, The Secret Garden will be held Monday, January 25, 2010, and Tuesday, January 26, 2010, with callbacks on Wednesday, January 27, 2010. If you are interested in auditioning for a lead role, please pick up the audition music from Mrs. Odgaard BEFORE Christmas break. All students are encouraged to audition. Performances will take place March 25-28, 2010.

### Club World Aid Benefit Concert

The Vocal Department and Club World Aid will be hosting a benefit concert on Monday, February 1, 2010, at 7:00 p.m. in the LPAC. Vocal students will present a review style production of solos, duets, and small groups. All proceeds of the concert will be donated to Sr. Magdalena.

### Volunteer School Nurse Program

We are interested in starting a volunteer school nurse program at Pius X High School. Our front office secretaries have plenty on their hands without having to try to deal with the various health issues that arise from day to day. There is a small core of people who have been meeting up to this point, but we'd like to expand the circle of ideas on how we can make this program a reality. If you would like to help PLAN the development and implementation of this program, please contact Shane Kennett at [skennett@neb.rr.com](mailto:skennett@neb.rr.com) or by phone at 450-8851.

### School Delays/Closings Due To Weather

School delays/closings may be found on the radio stations, KFOR (1240 AM) or KLIN (1400 AM); on the television stations, Channel 8 and Channel 10/11; and on the LPS District website at [www.lps.org](http://www.lps.org). If Lincoln Public Schools close, Pius X will automatically close. Parents always retain the right to make decisions they feel are in the best interest/safety of their family. On days in which there is school with wintry weather, please remind your students to leave at least 10 minutes early for the school day to allow for adverse conditions. It is important for students to be safe and not to hurry on wintry weather days, but to also know that it is important to be on time.

### New Books On Display In The Media Center

Pius X students are invited to check out the new books on display in the media center, including a variety of fiction titles such as Ghosts of War, the true story of a 19 year old G.I. by Ryan Smithson who writes about his experiences as an Army engineer in Iraq.

### Winter Formal Dance - Saturday, 2-6-10

The Pius X High School Cheerleaders would like to invite you to this year's Winter Formal Dance. The festivities will be held at Pius X on Saturday, February 6, 2010, from 8:30-11:00 p.m. Please mark your calendars to dance the night away! For information on the Pius X dance guidelines and appropriate attire, please see pages 29-30 of the 2009-10 Student/Parent Handbook.

### Booster Club - How Do I Join?

The Pius X Booster Club provides financial support to students who participate in our school activities. Family membership and participation in Booster Club helps our dance, cheer and athletic teams; music and drama groups; and other school activities be successful. Your membership dues are used for rising transportation costs, uniforms, equipment, facility maintenance, and much, much more. If you haven't joined yet, we invite and encourage you to do so. You may join for as little as \$25. An application form may be found at the Pius X website at [www.piusx.net](http://www.piusx.net) or in the main office.

### Pius Gear = Great Holiday Gifts

Pius X merchandise make great gifts: Black Zip Jacket, Wind Shirt, Adult Green Polo, Hooded Sweatshirt, Lounge Pants, Crew Sweatshirt, Sweatpants, Boxer Shorts, Long Sleeve T-Shirt, Adult T-Shirt, Youth T-Shirt, Ball Hats, Stadium Seat, Tote Bag, Floor Mat, Lanyard, Water Bottle, Coffee Cup, and Face Tattoo. Items are available in the school office and will be sold at a few home basketball games in December. Happy shopping, and happy holidays from your Pius X Booster Club!

### Booster Club Community Building Dinner

Enjoy free food, great basketball games, and fellowship with your fellow Pius X supporters! Join the Pius X Booster Club on Friday, January 22, 2010, for the club's annual "community building" dinner that is held during the basketball season. This year the dinner is scheduled for the Pius X vs. Lincoln Christian home basketball game. We hope you'll come to enjoy the company of fellow Pius X fans and cheer on our teams.

## Announcements

### Pius X High School Sportsmanship

**Sportsmanship** can be defined as playing fair, following the rules of the game, respecting the judgment of referees and officials, treating opponents with respect, and being gracious in victory and defeat. Good sportsmanship is an obligation of everyone involved in athletic contests at Pius X including participants and spectators. Not only should this be expected when our teams compete, but because we are a Catholic school, we are many times held to a higher standard, and we need to measure up to that higher standard. Since perception becomes reality, bad behavior, and unsportsmanlike conduct in particular, will become our reputation.

- ◆ Interscholastic competition exists for its educational value. Although winning is important, the prime objective is to appreciate the educational and athletic development of the players.
- ◆ Spectators and participants are all guests at this educational experience and have a responsibility to uphold the ideals of good manners and sportsmanship.
- ◆ Officials do their best to make quick, fair, and unbiased decisions and should be treated with respect.

#### Your Responsibilities As A Spectator

1. Show interest in the contest by enthusiastically cheering and applauding the performance of both teams.
2. Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others, or to be obnoxious. Maintain self-control.
3. Don't "boo", stamp your feet, or make disrespectful remarks toward players or officials. Respect the integrity and judgment of game officials.
4. Learn the rules of the game, so that you can understand and appreciate why certain calls are made or not made.

Tim Aylward, Activities Director - [tim.aylward@piusx.net](mailto:tim.aylward@piusx.net)

### Wrestling Team Information

Qwest State Wrestling Tickets are now available for purchase. The deadline to order with the Pius X Wrestling Team is Tuesday, December 1, 2009. State Wrestling Championships will take place February 18-20, 2009. Please join us for these December events at Pius X:

The Green/Gold Dual - Tuesday, 12-1-09, at 6:30 p.m.  
 The Pius X Invitational - Saturday, 12-5-09, at 8:30 a.m.  
 Pius X JV Dual vs. Southeast-Tuesday, 12-29-09, at noon

### Athletic Pass For Pius X Home Events

Purchase your Athletic Pass before the winter sports season for greater convenience and savings! The athletic passes include 10 admissions for \$20 (\$2 per game). Regular student admission is \$3 for varsity events and \$2 for non-varsity events. They may be used only by students and shared with their siblings at any event level including Varsity, JV and Freshmen. They MAY NOT be used at district or state games, or at any sport not held at Pius X. If they are lost or stolen, they are not replaceable. Athletic Passes may be purchased in the Pius X main office.

### 6th Annual Alumni Basketball Tournament

Mark your calendars to be a part of the Sixth Annual Thunderbolt Alumni Basketball Tournament, "March Madness- Thunderbolt Style." The tourney will be held Friday, March 19, 2010, and Saturday, March 20, 2010, in the Pius X gyms. More information will be available soon. If you would like more information, please contact Greg Lesiak at [alumnibasketball@piusx.net](mailto:alumnibasketball@piusx.net) or at (402) 488-0931.

### SCIP News - Not In My House

Every day 2500 teens use a prescription drug to get high. What is their motivation?

- ◆ It's easy to get- just open a cupboard, drawer or cabinet at home, at a friend's home or a relative's home.
- ◆ Their desire to get high is stronger than their perception of the risks.

What is happening?

- ◆ The abuse of prescription drugs is more than ecstasy, crack/cocaine, heroin and meth combined!
- ◆ 60% who have abused prescription pain relievers do it before age 15.
- ◆ There are as many new abusers of prescription drugs as there are of marijuana.

As a parent, you can influence your teen's decision not to use drugs. The majority of teens still report that their parents - not their peers or the media - have the biggest influence on their decision to stay drug-free. Kids who learn about the risks of drugs at home are up to 50 percent less likely to use drugs; yet, only one-third of parents discuss the risks associated with the abuse of prescription medicines with their teens.

There are steps you can take to help protect your kids from prescription drug abuse:

#### MONITOR:

- ◆ Take note of how many pills are in each prescription bottle or packet
- ◆ Keep track of refills
- ◆ Be sure you control the medication, if your teen has been prescribed a drug
- ◆ Make friends and relatives aware of the risks and encourage them to monitor their own medications
- ◆ Talk to those families in households your teen has access to

#### SECURE:

- ◆ Remove prescription meds from the medicine cabinet and hide them where only you know where they are
- ◆ Keep all medicines (prescription and over-the-counter) in a locked cabinet children cannot access
- ◆ Tell relatives, especially grandparents, to lock their medications
- ◆ Talk to parents of your child's friends

#### DISPOSE:

- ◆ Discard expired or unused drugs when your child is not at home
- ◆ Mix the medication with an undesirable substance such as used coffee grounds or kitty litter
- ◆ Do not flush medications
- ◆ Remove any personal, identifiable information from prescription bottles or packages before throwing them away to prevent unauthorized refills and to protect privacy

#### WHAT TO LOOK FOR:

- ◆ **Pain reliever abuse:** constricted pupils; nausea and vomiting; respiratory depression
- ◆ **Stimulant abuse:** anxiety; delusions; flushed skin; chest pain with heart palpitations
- ◆ **Depressant abuse:** slurred speech; dizziness; respiratory depression

#### THE LANGUAGE:

- ◆ **Big boys, cotton, kicker:** slang for prescription pain relievers
- ◆ **Chill pills, french fries, tranqs:** slang for prescription sedatives and tranquilizers
- ◆ **Pharming:** getting high by raiding the parents' medicine cabinet for prescription drugs
- ◆ **Pharm parties:** kids bring prescription drugs to a party, mix them together in a big bowl and grab a handful
- ◆ **Pilz:** term used to describe prescription and over-the-counter medications
- ◆ **Recipe:** prescription drugs mixed with alcohol or other beverages
- ◆ **Trail mix:** a mixture of various drugs

Source: [www.drugfree.org](http://www.drugfree.org)

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

### Discounts Available On Microsoft & Dell Products

Looking for a Christmas gift for your student? Check out Journey Education Marketing at <http://www.journeved.com/select> or the Dell EEP Program at [www.dell.com/epp](http://www.dell.com/epp) (our Diocese of Lincoln ID number is PS91906606). All purchases are the responsibility of the individual.

## Freshmen Corner

December means that the end of the 1st semester is almost here!!!

WHERE DID THE SEMESTER GO???

Suggestions for studying for final exams:

- ◆ Review your old quizzes/tests.
- ◆ Review your notes.
- ◆ COMPLETE any final exam review assignments.
- ◆ Study with a buddy.
- ◆ Be creative in making your review fun!
- ◆ ASK FOR HELP when needed!!!!
- ◆ Keep stress as low as possible.
- ◆ Get lots of sleep.
- ◆ Don't put off studying to the last minute. Start studying NOW!

And finally, PRAY for God's help.  
(but don't expect Him to do it all, you need to do your part too!)

## Freshmen Corner

## Guidance Office

### Advanced Scholars Program

The Advanced Scholars Program at UNL is designed as a partnership linking the University of Nebraska-Lincoln (UNL) with your high school. Advanced Scholars gives qualified seniors and students identified as high ability or gifted students the opportunity to enroll in online University courses. All UNL Advanced Scholars courses are regular first-year offerings from the various colleges within the University system. The course syllabi, textbooks, assignments and grading practices are the same as those used by the faculty for on-campus classes. As an Advanced Scholar you will:

- ◆ get used to the rigors of college-level coursework;
- ◆ stay challenged and strengthen your study habits;
- ◆ earn University credit-giving you more flexibility once you arrive on campus;
- ◆ learn from UNL faculty at a major research institution.

For more information, please contact the Guidance Office or logon to: <http://advancedscholars.unl.edu/step1/>

### ACT/SAT Dates

Juniors and Seniors are encouraged to take the ACT and/or SAT during the 2009-2010 school year. Juniors planning to attend college should consider beginning the testing process sometime during their Junior year. For most students, there is no need to take both tests. Most students do better on the ACT. The ACT has an optional essay; The SAT has a mandatory essay. Students may obtain an application in the Pius X Guidance Office, or may apply online at [www.actstudent.org](http://www.actstudent.org) (ACT) or [www.collegeboard.com](http://www.collegeboard.com) (SAT). The Pius X High School code number is **281-315**.

ACT Test Date	Deadline	Late Fee Required
February 6, 2010	January 5, 2010	January 6-15, 2010
April 10, 2010	March 5, 2010	March 6-19, 2010
June 12, 2010	May 7, 2010	May 8-21, 2010
SAT Test Date	Deadline	Late Fee Required
January 23, 2010	December 15, 2009	December 16-30, 2010
March 13, 2010	February 4, 2010	February 5-18, 2010
May 1, 2010	March 25, 2010	March 26-April 8, 2010
June 5, 2010	April 29, 2010	April 30-May 13, 2010

### UNO Campus Visit

The UNO Office of Recruitment Services will be offering daily visits each week from January 25 through April 23, 2010. 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: December 7, 2009, February 15, 2010, March 22, 2010, 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](http://www.BEaMAV.com).

### Seniors Applying To UNL

To be considered for merit-based scholarships to UNL, students must be fully applied to UNL by Friday, January 15, 2010.

### Red Letter Day At UNL

Senior Open House at UNL for all majors will be held on December 4, 2009, January 15, 2010, and February 15, 2010. Seniors may register online at [www.admissions.unl.edu](http://www.admissions.unl.edu) or call 472-4887 for more information.

### College Visits To Pius X

If you are interested in attending sessions with colleges visiting our campus, 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.

## Guidance Office

### Family Connection

Seniors, check your Latest News bulletins on the home page of Family Connections frequently. This is a live bulletin board with information primarily for senior students and their parents. We will continue to list activities on this news bulletin board for you to stay informed about activities that could be important to you and your parents. Just log on to Family Connections and check out the home page information.

### Seniors- Check Out Scholarships Available

Seniors should be checking out scholarships that are available for next year. Please visit the web sites listed on the Pius X home page bulletin board in Family Connection. If you have not used Family Connection before, please contact the Guidance Office for your personal access code and instructions to create your own Family Connection account.

### Seniors - ACE Scholarship Information

For more information about the ACE Scholarship (for students in high school taking college courses) log into your Family Connection site and open the Scholarship List on the left hand column under the "About College" link. If you are interested in applying for this scholarship, please obtain an application in the Senior Resume's. If you have your resume on a word document and will potentially need recommendations for college acceptance or scholarships from teachers and/or counselors, please bring them to the Guidance Office so we can upload them into Family Connection on Naviance. This allows any teacher or counselor access to valuable information in order to write recommendations. Even if you have only a paper copy of your resume, please submit it to the Guidance Office. We will be able to scan it and upload it for you into Family Connection.

### Seniors - Report Scholarships Received

Please document in Family Connection any scholarship(s) that you receive for next year in the "My Scholarships" section. Also turn in the notification letters or certificates from the college or organizations to the Guidance Office for verification. We will need this information so we can publish all scholarships in the program for the graduation ceremonies.

### Attention: Students, Parents & Pius X Friends

If you are interested in volunteering your time to assist students who are in need of tutors, please contact the Pius X Guidance Office at 488-0931. We especially need tutors who excel in math and physics.

## December 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<p style="border: 1px dashed black; padding: 2px; margin-bottom: 5px;">* All dates and times are subject to change without notice.*</p> <p style="border: 1px dashed black; padding: 2px; margin-bottom: 5px;">* Please join us for daily Mass in the Pius X Chapel at 7:30 a.m.*</p> <p style="border: 1px dashed black; padding: 2px; margin-bottom: 5px;">* Confession- Monday thru Friday after school in the Pius X Chapel *</p> <p style="border: 1px dashed black; padding: 2px;"><b>2009/10 Yearbooks On Sale!</b> Order your 2009/10 yearbook today for \$60.00! Place your order with Mrs. Sullivan in room 101 after school..</p>		<p><b>1</b> Deadline to order Qwest State Wrestling Tickets with the Pius X Wrestling Team Uniform Shop open 3:30-4pm / Commons Club World Aid service trip informational meeting 6-7pm room 2009 V.JV.Wrestling Green/Gold Dual 6:30pm (H)</p>	<p><b>2</b></p>	<p><b>3</b> Uniform Shop open 3:30-4pm / Commons B.G.Swimming vs O. Roncalli @ Brownell Talbot 4pm (A) V.JV.G.Basketball vs Lincoln Christian 6:15/8pm (H) One-Act Public Performance 6:30-7pm in LPAC</p>	<p><b>4</b> First Friday V.JV.B.Basketball @ Waverly 6/7:45pm (A)</p>	<p><b>5</b> First Saturday Uniform Shop open 10am-12pm V.JV.9th.Wrestling Pius X Invitational 8:30am (H) B.G.Swimming @ Beatrice Invitational 9am (A) V.JV.B.Basketball @ O.Roncalli or O.Skutt @ O.Skutt 5:15/7 (A) 9th.B.G.Basketball @ Freshmen LPS Jamboree tba (A)</p>
<p><b>6</b> 2nd Sunday of Advent pray for seminarian, Stephen Graeve</p>	<p><b>7</b> Advent Service 9:45am 10th.B.Basketball @ Waverly 6:30pm (A)</p>	<p><b>8</b> No School The Immaculate Conception of the Blessed Virgin Mary</p>	<p><b>9</b> B.Swimming @ O.Bryan Invite 4:30pm (A) Vocal Department Christmas Concert 7:00pm at Cathedral</p>	<p><b>10</b> Uniform Shop open 3:30-4pm / Commons 9th.Wrestling @ LNE 5pm (A) 9th.B.G.Basketball @ Beatrice 6/7:30pm (A) V.JV.B.Basketball vs Crete 6:15/8pm (H)</p>	<p><b>11</b> V.Wrestling @ Omaha South Tourney 4pm (A) V.JV.G.Basketball vs Seward 6:15/8pm (H)</p>	<p><b>12</b> JV.Wrestling @ Omaha Skutt 8:45am B.G.Swimming @ Columbus Relays Invite 12pm (A) V.JV.G.Basketball vs Norris 5:15/7pm (H) V.JV.B.Basketball @ Council Bluffs TJ 5:15/7pm (A)</p>
<p><b>13</b> 3rd Sunday of Advent pray for seminarian, Corey Harrison Band Christmas Concert 2pm in the Pius X Flavin Gym Cantabella to sing with Ellen Soukup at Rococo Theatre 7pm</p>	<p><b>14</b> Advent Service 9:45am</p>	<p><b>15</b> Uniform Shop open 3:30-4pm / Commons 9th.B.G.Basketball vs Norris 6:15/8pm (H) V.JV.Wrestling @ Papillion-LaVista Dual 6:30pm (A) 10th.B.Basketball @ York 6:30pm (A)</p>	<p><b>16</b> Final Exams 8:15-11:40am (Periods 1-3)</p>	<p><b>17</b> Final Exams 8:15-11:40am (Periods 4-6) 9th.B.G.Basketball vs Fremont 6:15/8pm (H)</p>	<p><b>18</b> Final Exams 8:15-10:30am (Periods 7-8) V.JV.B.Basketball @ Seward 5:30/7pm (A) V.JV.G.Basketball @ Waverly 6/7:45pm (A)</p>	<p><b>19</b> V.JV.Wrestling @ Wahoo Invite 9am (A)</p>
<p><b>20</b> 4th Sunday of Advent pray for seminarian, Mark Heffley</p>	<p><b>21</b> No School</p>	<p><b>22</b> No School</p>	<p><b>23</b> No School NSAA Activities Moratorium</p>	<p><b>24</b> No School NSAA Activities Moratorium</p>	<p><b>25</b> No School The Nativity Of The Lord (Christmas) NSAA Activities Moratorium</p>	<p><b>26</b> NSAA Activities Moratorium</p>
<p><b>27</b> The Holy Family of Jesus, Mary, and Joseph NSAA Activities Moratorium pray for seminarian, Ricardo Izquierdo</p>	<p><b>28</b> No School The Holy Innocents V.B.G.Basketball Holiday Tourney @ Gretna tba (A)</p>	<p><b>29</b> No School The 5th Day in the Octave of Christmas JV.Wrestling vs LSE Dual 12pm (H) V.B.G.Basketball Holiday Tourney @ Gretna tba (A)</p>	<p><b>30</b> No School The 6th Day in the Octave of Christmas</p>	<p><b>31</b> No School The 7th Day in the Octave of Christmas New Year's Eve</p>		

## January 2010 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	* All dates and times are subject to change without notice.*		* Please join us for daily Mass in the Pius X Chapel at 7:30 a.m.*		<b>1</b> First Friday	<b>2</b> First Saturday
<b>3</b> The Epiphany Of The Lord pray for seminarian, Ryan Kaup	<b>4</b> No School	<b>5</b> Testing Day Seniors - No School Juniors - No School Sophomores - No School Freshmen - 8:15am-12:30pm	<b>6</b> Testing Day Seniors - No School Juniors - 8:15am-11:30am Sophomores - No School Freshmen - 8:15am-12:30pm	<b>7</b> Epiphany Mass 9:30am  Uniform Shop open 3:30-4pm / Commons	<b>8</b> V.Wrestling @ LNS Invite 3pm (A)  V.G.B.Basketball vs Lexington 6:15/8pm (H)	<b>9</b> Uniform Shop open 10am-12pm  JV.Wrestling @ Malcom Invite 9:30am (A)  B.G.Swimming @ Kearney Invitational 12pm (A)  V.JV.B. Basketball @ Columbus 5:45/7:30pm (A)
<b>10</b> The Baptism Of The Lord  1st Sunday in Ordinary Time pray for seminarian, Shawn Koranda	<b>11</b> 10th.B.Basketball vs Millard West 6:30pm (H)  9th.G.B.Basketball @ Lincoln Lutheran 6:15/8pm (A)	<b>12</b> Uniform Shop open 3:30-4pm / Commons  10th.G.Basketball @ Gretna 6:30pm (A)	<b>13</b>	<b>14</b> Uniform Shop open 3:30-4pm / Commons  V.JV.G.Basketball @ Hastings 6:00/7:45pm (A)  JV.B.Basketball vs Ralston 6:30pm (H)	<b>15</b> B.Swimming vs O.Skutt Invite @ Ralston 5pm (A)  G.Swimming @ Millard North Invite tba (A)  V.JV.B.Basketball vs Elkhorn 6:15/8:00pm (H)	<b>16</b> B.Swimming vs O.Skutt Invite @ Ralston 8am (A)  G.Swimming @ Millard North Invite tba (A)  V.Wrestling vs Lincoln Classic @ LH 9am (A)  JV.Wrestling vs Lincoln Classic @ LNS 9am (A)  9th.B.G.Basketball @ GI NW Tourney 10am (A)  V.B.Basketball vs Ralston @ Boys Town 7:45pm (A)
<b>17</b> 2nd Sunday in Ordinary Time pray for seminarian, Caleb LaRue	<b>18</b> No School 9th.B.G.Basketball vs Lincoln Christian 6:15/8:00pm (H)  V.B.Basketball vs NPC @ Quest tba (A)	<b>19</b> Uniform Shop open 3:30-4pm / Commons  B.G.Swimming vs O.Roncalli/S.Sioux City @ Brownell-Talbot 4pm (A)  JV.Wrestling vs Pius X Invite 4:30pm (H)	<b>20</b>	<b>21</b> Uniform Shop open 3:30-4pm / Commons  9th.B.G.Basketball @ LSW 5:30/7pm (A)  V.JV.G.Basketball vs Crete 6:15/8pm (H)	<b>22</b> Booster Club "Community Building" Dinner  V.JV.B.Basketball vs Lincoln Christian 6:15/8pm (H)	<b>23</b> Uniform Shop open 10am-12pm  V.Wrestling @ Aurora Invite 9:30am (A)  V.JV.G.Basketball vs Holdrege 4:15/6pm (H)
<b>24</b> 3rd Sunday in Ordinary Time pray for seminarian, Stephen Mattern	<b>25</b> Auditions for the Spring Musical  10th.B.Basketball vs Beatrice 6:30pm (H)	<b>26</b> Auditions for the Spring Musical  Uniform Shop open 3:30-4pm / Commons  9th.B.G.Basketball @ Crete 5:30/7pm (A)	<b>27</b> Call Backs for the Spring Musical	<b>28</b> Uniform Shop open 3:30-4pm / Commons  10th.B.Basketball @ LSE 5:45pm (A)  V.JV.G.Basketball vs LNE 6:15/8pm (H)  V.JV.Wrestling @ Millard West Dual 6:30/7pm (A)	<b>29</b> B.G.Swimming @ O.Westside Invite 4pm (A)  V.JV.B.Basketball @ LNE 5:45/7:30pm (A)	<b>30</b> B.G.Swimming @ O.Westside Invite 8am (A)  V.Wrestling @ Omaha Roncalli Invite 9am (A)  V.JV.G.Basketball @ Omaha Gross 4:15/6pm (A)
<b>31</b> 4th Sunday in Ordinary Time Catholic Schools Week begins pray for seminarian, Steven Mills						

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

### **Winners - Pumpkin Decorating Contest**



The Second Annual Pumpkin Decorating Contest was held in the commons area on October 29, 2009, and had 20 entries. The display made a festive addition to the cafeteria. Winners were selected by popular vote. Photo courtesy of Yearbook.



Winners were the following:

- 1st. Claire Pohlen
- 2nd. Kiki and Sean
- 3rd. Jeff Cassel
- 4th. Jill Benes
- 5th. Emily Stortenbecker

### **Diabetes 101, The Science of Carbs continued...**

#### **A Carb We Make**

Just as plants make starch to store their glucose, animals (including humans) have their own glucose storage unit of choice: glycogen, sometimes called animal starch. When glucose surges into the blood after a meal, the cells collect the glucose to use immediately for energy or to package as glucogen, a complex carbohydrate. To keep the body energized until the next meal, special enzymes can then break off bits of glucose from the glycogen molecules as needed. Little glycogen is found in the meat we eat as it rapidly breaks down after an animal is slaughtered. That is why meat is not a significant source of carbs.

The liver stores extra glycogen to help buffer against high and low blood glucose. When blood glucose levels dip, such as overnight when we don't eat, the liver taps its glycogen stores to pump more glucose into the bloodstream, keeping levels high enough to fuel the brain and body. During periods of fasting or intense exercise, glycogen made from food sources can run out. However, the liver has the unique ability to make glucose from scratch to keep blood glucose levels up.

When blood glucose is high, insulin – the hormone that signals the body is well fed – tells the liver to stop sending glucose to the blood. However, in type 2 diabetes, the liver doesn't respond to insulin normally; this is a form of insulin resistance. As a result, the liver thinks the body is fasting all the time and so keeps pumping out glucose even when blood glucose levels are already high.

While the need to count carbs may be a chore for people with diabetes, these storage chains of tightly packed but highly accessible energy are a miracle of nature's chemistry. Sugars, starches, and fiber make up the bulk of our daily diet and with the help of glycogen stores, provide most of the glucose the body needs for fuel. So the next time you are counting carbs, remember, we couldn't live without them.

♦ **Carbs at a glance...** Just because a food is low in carbs isn't an excuse to eat it without abandon. Actually, low carb foods may be high in fat, salt, or other threats to a healthy diet.

♦ **No Carbs** - grilled meat or fish, plain coffee or tea, butter, mustard

♦ **Low in Carbs** - hard cheeses, mushrooms, spinach, cucumbers

♦ **High in Carbs, Low in Fiber** - potatoes, pasta, English muffins, Cornflakes

♦ **High in Carbs, High in Fiber** - beans, barley, raspberries, oatmeal

A more detailed carb chart is available at [forecast.diabetes.org/carb-counts](http://forecast.diabetes.org/carb-counts).

Source: Diabetes Forecast, September 2009



### **Christmas Dinner At Pius X**

Pius X students and staff can enjoy a delicious dinner on Tuesday, December 15, 2009. Plan to come and join us for Baked Ham, Cheesy Mashed Potatoes, Green Beans Supreme, Dinner Roll and a Complimentary Dessert.



### **Breakfast During Finals Week**

On Wednesday, December 16, 2009, Thursday, December 17, 2009, and Friday, December 18, 2009, the Pius X Food Service will serve breakfast from 7:15-10:00 a.m. each day to help get you through your exam time. Come enjoy breakfast, or a nice cup of cappuccino or hot chocolate. Merry Christmas!



### **Avoiding The Holiday Food Ambush**

If you tend to gain unwanted weight over the holidays here are some approaches to use in avoiding being ambushed by unwise choices and tempting goodies. To avoid the January panic of trying to lose those unwanted kilograms try to put forethought into responsible eating. Responsible holiday eating doesn't have to be synonymous with boring and difficult deprivation. It merely means that you maintain an awareness of good balance while enjoying good taste.

Practical tips:

1. Eat colorful vegetables (raw if possible) rather than starchy, easy to mash vegetables, grains or sugary items.
2. If you stray – try a brisk work-out as soon as possible following the insulin raising incident.
3. Want dessert ? – avoid bread and starch in the main course.
4. Best appetizers are nuts, seeds, cheese, pate, baked chicken wings, quality cold meats, and yogurt dips with raw vegetables.
5. At social functions, view all of the choices before you begin indiscriminate snacking.
6. Water with lemon or lime is a good drink and insulin neutral.
7. Avoid deep fried grease, cheap oils, and margarines.
8. 8 ounces of commercial eggnog is 600 calories!

### **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](mailto:tini.van-oehlertz@piusx.net).

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

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 Lincoln, NE

ADDRESS SERVICE REQUESTED

**Menu - December 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>December 1</b> <u>Breakfast</u> Breakfast Pizza  <u>Lunch</u> Lasagna Style Casserole Garlic Bread Green Beans - or - Beef & Bean Burrito Green Beans	<b>December 2</b> Chili Cheese Dog House Choice Potato	<b>December 3</b> <u>Breakfast</u> Breakfast Sandwich  <u>Lunch</u> Scalloped Potatoes & Ham Dinner Roll Carrots - or - Chicken Fajita Fixins	<b>December 4</b> Mac & Cheese Dinner Roll Green Beans - or - Fish Sandwich/Bun Green Beans
<b>December 7</b> Tacos - Soft or Hard Shell Fixins - or - Chicken Patty/Bun Baked Potato	<b>December 8</b> No School	<b>December 9</b> Cavatini Garlic Bread Green Beans - or - Cheesy Chicken Wrap Green Beans	<b>December 10</b> <u>Breakfast</u> Pancakes/Sausage  <u>Lunch</u> Sweet & Sour Chicken/Rice Dinner Roll Broccoli Pineapple - or - Hamburger/Bun Broccoli Pineapple	<b>December 11</b> Cheese Pizza Breadstick Carrots/Ranch - or - Pasta & Marinara Cheese Sauce Breadstick Carrots/Ranch
<b>December 14</b> Italian Dunkers Breadstick Mixed Vegetables - or - Chef's Choice Mixed Vegetables	<b>December 15</b> <u>Breakfast</u> French Toast/Sausage  <u>Lunch</u> <b>Christmas Dinner</b> Baked Ham Green Beans Supreme Cheesy Mashed Potatoes Dinner Roll Complimentary Dessert	<b>December 16</b> <u>Breakfast 7:15-10am</u>  Final Exams 8:15-11:40am (Periods 1-3)  No Lunch	<b>December 17</b> <u>Breakfast 7:15-10am</u>  Final Exams 8:15-11:40am (Periods 4-6)  No Lunch	<b>December 18</b> <u>Breakfast 7:15-10am</u>  Final Exams 8:15-10:40am (Periods 7-8)  No Lunch
<b>December 21</b> No School	<b>December 22</b> No School	<b>December 23</b> No School	<b>December 24</b> No School	<b>December 25</b> No School
<b>December 28</b> No School	<b>December 29</b> No School	<b>December 30</b> No School	<b>December 31</b> No School	