



# The BOLT

## PIUS X HIGH SCHOOL NEWSLETTER

Pius X Catholic High School

" Restore All Things In Christ "

**Monday, November 2, 2009**

All Souls Mass 9:30am

**Tuesday, November 3, 2009**

Home School General Meeting 7pm  
Dino's Night Out 5-11pm

**Sunday, November 8, 2009**

Performances in Old Gym 7pm  
Alumni/Parent Appeal & Phone-A-Thon

**Tuesday, November 10, 2009**

Speaker - Matthew Kelly

**Wednesday, November 11, 2009**

Fall Athletic Signing

**Sunday, November 15, 2009**

Alumni/Parent Appeal & Phone-A-Thon

**Monday, November 16, 2009**

2nd Quarter Progress Reports  
Winter Sports Begin

**Wednesday, November 18, 2009**

10:30am Start

**Sunday, November 22, 2009**

BookFair at Barnes & Noble

**Wednesday, November 25, 2009**

No School

**Thurs-Fri, November 26-27, 2009**

No School (Thanksgiving Break)

**Monday, November 30, 2009**

Advent Service 9:45am  
Seniors/Parents FAFSA Mtg 6pm  
Juniors/Parents College Mtg 7pm

**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

**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 8:15-10:40am  
(Periods 7-8)

**December 23-27, 2009**

NSAA Activities Moratorium

**December 21-January 4**

No School (Christmas Break)

### From Assistant Principal - Mr. Greg Lesiak



*"Feeling gratitude and not expressing it is like wrapping a present and not giving it."*

*- William Arthur Ward -*

The other day I had some time in my schedule, so I did something I haven't had many opportunities to do so far this year—I went for a walk around the school with absolutely no goal in mind! Let me tell you some of the things I observed.

First of all, we have a tremendous group of teachers in this school. The passion they show in the classroom with their students is inspiring. As a teacher, I already knew of some of the great teaching that was occurring in my old hallway, but what I am seeing throughout the school makes me very proud. I saw a teacher working one-on-one with a student in the hallway during an off period; I saw engaged discussions taking place in numerous classrooms; I saw a teacher setting up a lab for a science class; I saw a number of classes gathered in the chapel for Mass; and I saw teachers having some great conversation in the teacher's lounge. You would not believe the time and energy this group of people put into each and every day. When I think back to my high school years at Columbus Scotus, I have a new appreciation for what my teachers sacrificed for me to get an awesome Catholic education. I hope you will take the opportunity to tell these people "thank you" for all they do. It really does mean a lot.

During my walk, I also took notice of our facilities. We really have a nice looking school. We have large classrooms, clean hallways, a beautiful commons area, a very nice library, and so much more. Our gyms are some of the best facilities around and our stadium is a true home field advantage. Sure, we can always want more, and have obvious needs, but the physical footprint has changed with the times as our needs have changed, thanks to all of our past and present benefactors who realized the needs and provided for them. We truly owe our thanks to those who have had the vision for our school and the financial resources to help guide it.

Finally, and this wasn't just on the day of my walk, I took notice of our students. We have a truly wonderful group of children who enter our hallways each day. The respect they show at Mass and in the classrooms is truly remarkable. There is a true love of learning that takes place regularly. I have appreciated the sportsmanship of our students at our events. The talents they show on the field, the courts, and the stage never cease to amaze me. The leadership that our upperclassmen have been showing this year does not go unnoticed. A school is as strong as its students, allowing Pius X to remain not only one of the best in the state, but in the nation as well. I give thanks to God for our students.

Back to the quote at the beginning of this article. I have often felt that this is a truly great school, and can't imagine being anywhere else. Sometimes I find myself taking all that we have at Pius for granted, and don't acknowledge the people that make Pius what it is.

Thank you to our teachers and staff; your dedication to our students and to your vocation is unmatched, your friendship is invaluable, and your example you set for me and for all is inspiring. Thank you to our parents and benefactors; I appreciate the sacrifices you make for our school and for your children. Finally, thank you to our students; you never cease to amaze me with your efforts and accomplishments, your faith, and your caring.

*"God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you'?"*

*- William Arthur Ward -*

**November 2009****Pius X High School Newsletter**

is published monthly throughout the school year.

**Pius X Catholic High School  
6000 "A" Street**

Lincoln, NE 68510

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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 Kortz, 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 &amp; 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 &amp; Layout Editor

marilyn.twehous@piusx.net

**Excellence****National Honor Society Elects Officers**

Congratulations to the 2009-10 National Honor Society Officers who were elected by their peers: President- Mary LeDuc; Vice President- Katie Ellerbee; Secretary- Callie Krajicek; Treasurer- Charlie Hinds; Senior Representative- Erin Statz; Junior Representative- Brenden Love; and Sophomore Representative- Carolyn McDermott.

**Softball Team Has Close Games At Districts**

The Pius X Softball Team ended their season with two close games at B-4 Districts losing to Crete 4-3 and to David City 1-0 ending their season 11-16 with 39.8889 points. Varsity team members included (Seniors): Jess Boehm, Valerie Eckrich, Haylee Vrbka; (Juniors): Sarah Buescher, Claire Garay, Whitney Hinn, Shelby Kruse, Jalyn Meyer, Dani Ragon, Jennie Sayker, Molly Sullivan, Jess Vrbka; (Sophomore): Tiffany Nagel; and (Freshmen): Rachel Arthur, Paige Brophy, Desirae Hakel, Allie Reinhart, Kat Woolman. The Pius X Softball Team was coached by Stefanie Novotny and assisted by Lexi Hauschild, Sammi Liegel, and Fr. Andrew Menke.

**Vocal Department Fall Concert**

The Pius X Vocal Department held their Fall Concert on Sunday, October 11, 2009, at Cathedral of the Risen Christ. The concert was well received and well attended, with audience members filling all of the seats at Cathedral. Students performed a variety of songs, including a Swahili rendition of The Our Father, a Zambian praise song, Mozart's "Ave Verum Corpus", a zany, comedic song about coffee, and many others. Students sang in many different languages including Latin, German, Zambian, and Swahili. Please join The Pius X Vocal Department for their Christmas Concert on December 13, 2009, at 7:30 p.m. at Cathedral of the Risen Christ parish.

**Club World Aid Raises Funds For KIVA**

Congratulations to Judy York who won the NU vs KState football tickets for the November 21st game in the Club World Aid raffle. Many thanks to all who supported this cause. There was over \$460 raised. These funds will be put to work in KIVA. Please visit www.kiva.org for more information.

**STARS Mentoring Program Soars**

A record number of students attended the orientation on September 30th at Pius X for the STARS (Students Teaching Abstinence, Relationships and Self-Control) Mentoring Program. Over 80 students participated in the 2 hour presentation which included lunch, an overview of what STARS is all about, what it means to be a mentor, character development, and expectations of the program. The mentors meet 6 evenings during the year for fun and activities emphasizing abstinence education. [The second half of the meeting then is for the mentors to plan a lesson on character development under the supervision of STARS instructors. The lessons are for the 7th grade students at either St. John's parish or St. Joseph's parish the following week when Pius X is not in session]. STARS is funded by Saint Elizabeth Regional Medical Center Community Education. For further information contact Shane Kennett at skennett@neb.rr.com or Janet Kurtenbach at janetk@inebraska.com.

**Students Participate In Pro-Life Activities**

On Sunday, October 4, 2009, the Pius X High School Pro-Life Club sponsored a block-long link in the national Life Chain across the United States. More than fifty Pius X High School students, faculty, and friends stood for life at the 66th and O block on the main street of Lincoln. Participants were invited to pizza and pop in Taylor Park after the event. On the preceding Saturday, October 3, one hundred fifty students participated in the Reclaiming Our Generations For Life Conference held at Pius X High School. Lila Rose, a college activist from UCLA, was the featured speaker. She has exposed the deception and cover-up practiced in abortion clinics across the nation. A local woman spoke of her painful experience of having an abortion. The rest of the day was filled with various activities. About fifty Pius X students were in attendance. Students from Omaha, Bellevue, Tecumseh, Hastings, Nebraska City, Wahoo, David City, Falls City, and Cambridge also attended. The purpose of the conference was to serve as a springboard to launch new pro-life clubs and revitalize existing ones. An expense paid trip to the National Walk for Life in January was given away in a drawing.

**Feast Of Our Lady Of The Holy Rosary**

On Wednesday, October 7, 2009, Pius X celebrated the Feast of Our Lady of the Holy Rosary. This commemorative feast was established by Saint Pius V on the anniversary of the naval victory won by the Christian fleet over the Turks at Lepanto on October 7, 1571. This marked the end of Turkish domination of the Mediterranean Sea and the dangerous threat to the Christian culture of Europe. The victory was attributed to the help of Mary, the Mother of God, whose aid was invoked through praying the rosary. Each student received an illustrated leaflet depicting all the Mysteries of the Rosary in their religion classes. They were also shown how to pray a decade of the rosary while meditating on an individual event from Christ's life. During the passing periods and at lunch, students were asked at random if they could say the mysteries of the rosary. If they could, they received a 'sweet' prize.

## Announcements

### Booster Club Current Projects

Thanks to more than 200 families who have joined the Pius X Booster Club in support of our students' activities. If you haven't yet joined, please pick up a membership form in the school office or visit the Pius X website at [www.piusx.net](http://www.piusx.net).

The Booster Club Board has been busy at work for you this fall. They kicked off the new school year by hosting a thank you luncheon for activity directors and coaches in August. During the fall sports season, they coordinated concessions at home football and volleyball games. Thank you, parent volunteers, for your help with concessions!

Booster Club funds were allocated to several groups, including the cheer and dance teams for competitions, the football program to replace 20 helmets, the vocal music program and school for new risers, and the volleyball team toward uniforms. Providing quality uniforms for all student-athletes continues to be a priority, and a major expense, for the Booster Club. The club works with all coaches to replace uniforms on a rotation basis.

The Board recently approved funding for fencing around the discus ring and a new hip sled, dumbbells & Olympic bars for the weight room. Watch for these improvements coming soon.

As we near playoff time for our fall sports, parents of cheerleaders, dance team and the band should know that the Pius X Booster Club will cover admission to district and state NSAA competitions for those who will perform at the event.

For more information about Booster Club, please contact John and Jo Grosserode at 489-7018.

### Dino's Night Out Is November 3rd

The next Dino's Night Out for Pius X is Tuesday, November 3, 2009, from 5 to 11 p.m. Bring your family and friends and enjoy a great meal while supporting your school. Just tell your server that you are a Pius X fan and 10% of what you spend will be donated to the Booster Club. Dino's Eastside Grill is located at 2901 S. 84th Street. See you there!

### "Performances" - Pius X Vocal Department

"Performances," the Pius X Vocal Department's annual fundraiser cabaret evening, will be held on Sunday, November 8, 2009, at 7:00 p.m. in the Old Gym Cabaret. A variety of acts will serve as the entertainment, while audience members sit back and enjoy cheesecake and beverages. Tickets are \$12 for adults, and \$8 for students. Tables seat up to ten. To reserve your seat, or if you have any questions, please contact Mrs. Mary Odgaard at [mary.odgaard@piusx.net](mailto:mary.odgaard@piusx.net).

### 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. Please join us for great music and company!

### All Souls Mass To Be Held Monday, 11-2-09

You are all invited to the Pius X All Souls Mass on Monday, November 2, 2009, at 9:30 a.m. Students, faculty, and staff will be offering the Mass for their deceased family members and friends.

### Nebraska Federation Of Catholic School Parents

Did you know that when you registered your student at Pius X, you automatically were enrolled in the Nebraska Federation of Catholic School Parents (NFCSP)? Established in 1993, the NFCSP works on behalf of Catholic school parents to keep them informed about public policy, advocate for them, mobilize the Catholic school community when necessary to take action and enhance the advocacy efforts of the Nebraska Catholic Conference.

### Recycling Club - Take The Pledge

The Pius X Recycling Club has been working hard to keep our school clean and green. We currently have over 50 members in the club who have been actively involved in promoting recycling within our school.



We would like to invite all students and parents to take a recycling pledge. Pius X could receive \$250 donated to our school to continue promoting and servicing our recycling club. The prize money will be awarded to the school that has the most pledges per student based on enrollment. The pledge is part of the America Recycles Day that the City of Lincoln promotes. If you would like to take the pledge please visit the website, [www.lincoln.ne.gov](http://www.lincoln.ne.gov), type in "ARD" in the search field and click on the "Take The Pledge" icon. Be sure to write "Pius X High School" in the school line on the pledge. The pledge drive runs until Sunday, November 15, 2009. Thanks for helping us keep our school clean and green! The Pius X Recycling Club is sponsored by Claire Hicks. For more information, please contact her at [claire.hicks@piusx.net](mailto:claire.hicks@piusx.net) or 488-0931.



### 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 at 488-0931.



### Forensic Team Gears Up For Competition

The Pius X forensics team is gearing up for the 2009-2010 competition season. Members of the squad have been writing, cutting, and practicing their pieces in preparation for the first tournaments. The season begins with the Millard North Novice tournament on Friday, November 6, 2009, and continues the next day with a varsity tournament at Bellevue West. The team will be competing most weekends from November 2009 until the end of February 2010. Returning this year is the 2nd annual Pius X Invitational, which will be held on Saturday, November 21, 2009. This will be a great chance for all involved to learn the inner-workings of a speech tournament. Hosting an invitational takes a great deal of volunteer support and cooperation, but the end results are very rewarding. Members of the public are welcome to come and witness the forensics world first-hand! If you have any questions about forensics or would like to donate or volunteer to help at the Pius X Invitational, please contact Nolan DeWispelare at [nolan.dewispelare@piusx.net](mailto:nolan.dewispelare@piusx.net).

### 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.: November 7, 2009, November 21, 2009, and December 5, 2009. It will then remain closed until after Christmas. Please visit the Pius X website at [www.piusx.net](http://www.piusx.net) for any changes to the schedule.

## Announcements

### 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."

### Matthew Kelly To Speak At Cathedral

On Tuesday, November 10, 2009, acclaimed speaker and New York Times bestselling author Matthew Kelly will be a guest speaker at the Cathedral of the Risen Christ at 7:00 p.m. The topic will be "Is Catholicism Still Relevant?" Reserved seating is \$5.00. Tickets are available for purchase at Spirit Catholic Radio, Catholic Social Services, Gloria Deo, Newman Center, and Cathedral of the Risen Christ Parish. Gloria Deo is offering 20% off on all books by Matthew Kelly until November 11, 2009. Please see the store for more details.

### TEC (Teens Encounter Christ)

All juniors and seniors are invited to attend TEC, December 5-7, 2009, in Beatrice. You may pick up an application from Ms. Wyatt at Pius X or contact the Family Life Office for more details at 488-2040.

### Quest Retreat

Freshmen and sophomores are encouraged to register for the November 7-8, 2009, Quest Retreat in Auburn. You may pick up an application from Ms. Wyatt at Pius X or call the Family Life Office for more details at 488-2040.

### Project Unity 2009: Changing The World One Choir At A Time

The Diocesan UNITY Choir of Lincoln will be performing a special benefit concert on Sunday, November 22, 2009, at St. Joseph's Catholic Church in Lincoln to help raise money for a dental mission to Kobonal, Haiti. Those who sing or play an instrument and would like to be involved, please contact Kim Einspahr at 488-0678 or [kein-spahr@windstream.net](mailto:kein-spahr@windstream.net).

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

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

Week	Name	Place of Study
10/31-11/06	Tyler Cronin	St. Gregory The Great
11/07-11/13	Jason Doherty	St. Gregory The Great
11/14-11/20	all seminarians & novices studying in Diocese	
11/21-11/27	Justin Fulton	St. Gregory The Great
11/28-12/04	David Gayhart	Mount St. Mary

### Please Mark All Items - Lost & Found

With the weather getting colder, more students are wearing sweatshirts and fleece jackets, and sometimes taking them off when they warm up inside. Please mark your student's name on all their items so that if lost they may be returned to the proper owner. There is a lost & found area in the main office.

### Supplies May Need To Be Replenished

Just a reminder that we are in the 2nd quarter of our school year and students may need more school supplies. Please check with your student as to what supplies need replenishing such as batteries for his/her calculator, notebooks, pencils, pens, etc.

### Student Directories Available In Office

Student Directories are available in the main office. They may be purchased for \$3 each or 2 for \$5.

### Barnes & Noble To Host Book Fair For Pius X

Barnes & Noble Bookstore, 5150 "O" Street, is hosting a book fair (#520981) on Sunday, November 22, 2009, to benefit Pius X High School. Pius X will receive a minimum of 10 per cent of all sales (including books, CDs, DVDs, and refreshments) designated for Pius X that day (the percentage increases with the amount of sales). When shopping that day, it is very important that Pius X supporters tell the cashier that Pius X should be credited with the sale. Your participation is greatly appreciated. Note: Pius X Spanish 3 and 4 students will be reading children's books in Spanish for a story hour that afternoon.

### 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.

### 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](mailto: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](mailto:sandra.sullivan@piusx.net).

### 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.

### Web Tutoring At Lincoln City Libraries

Homework HelpNow through the Lincoln City Libraries provides free homework help and online tutoring to any student who has a library card in good standing with less than \$15 in outstanding fines. The tutoring program is staffed by certified teachers who don't give direct answers but rather point students toward the answer with other examples or questions. Tutors are reached through instant messaging from 2:00-11:00 p.m., seven days a week for grades 3-12 in the areas of Math, English, Science, and Social Studies. Spanish-speaking tutors are also available. The link may be found at the Lincoln City Libraries website at [www.lcl.lib.ne.us/](http://www.lcl.lib.ne.us/)

## Announcements

### Winter Sports - Physical & Form Required

Winter Sports will begin Monday, November 16, 2009. In order to participate in any sport for the 2009-10 school year, a completed physical and NSAA Student & Parent Consent Form need to be completed after May 1, 2009, and on file with Pius X prior to trying out for any athletic activity. These forms are available in the main office. Please visit the Pius X website at [www.piusx.net](http://www.piusx.net) for information regarding your individual sport.

Basketball (boys)- [Ray Forycycki](#)

Basketball (girls)- [Bill Rice](#)

Swimming/Diving (boys & girls)- [Cindy Nash](#)

Wrestling- [Jerry Clinch](#)

### Swim/Dive Team

The first practice for Pius X's Swim/Dive team will be Monday, November 16, 2009, at Nebraska Wesleyan University (NWU) at 6:00 a.m. Practices will take place at Nebraska Wesleyan University and Lincoln East High School. Please check the link on the Pius X website at [www.piusx.net](http://www.piusx.net) for practice times. There will be no practice from December 23-27, 2009, during Christmas break.

The first meet will be in December and the State Meet will be at the Bob Devaney Sports Center February 26-27, 2010. The rest of the meet schedule is currently being finalized and will be listed on the Pius X website when completed.

More male swimmers and divers are needed on the team. Swimming is a great way to stay in shape, establish a life-long love of exercising, maintain a healthy lifestyle, compete in an individual & team atmosphere, and a great opportunity to make long-lasting friendships. "The person swimming in the lane next to you will be your fiercest rival and also your closest friend." Please contact [Coach Nash](#) for more information and to be placed on the contact list. Her email is [cindy.nash@piusx.net](mailto:cindy.nash@piusx.net).

### Girls Basketball Conditioning & Try-Outs

Girls basketball conditioning is every Monday, Tuesday, and Thursday after school. Girls interested in playing basketball this season should make every effort to be at conditioning sessions. Try-outs are Monday, November 16, 2009.

### 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 held 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.

### Lacrosse

Lincoln Rampage Lacrosse, a varsity level club lacrosse team for boys, will hold an informational meeting for the spring 2010 season on Wednesday, November 18, 2009, at the Walt Library community rooms from 7:00-7:30 p.m. The Rampage is for all boys in Lincoln or Lancaster County schools in the 9th through 12th grades. Information will include cost, required equipment, time commitment, and the practice and game schedule for spring. Coming soon will be details on a girl's high school team starting in 2010. More information can be found at [www.lincolnlax.net](http://www.lincolnlax.net).

### Driver's Education Class At Pius X

Driver's Education classes will be offered at Pius X starting Monday, November 2, 2009. Class will be from 7:00 a.m. - 8:00 a.m. The cost for the class is \$265. You must be 15 and have your learner's permit to participate. For more information, please stop in the main office.

### Winter Weather Protocol

With the coming of winter, there are additional travel challenges that can occur during this time of year. While the safety of our students is always a priority, in a state such as Nebraska, we realize that we need to hold classes on days when the weather conditions are not ideal. Keeping this in mind, please remind your students to leave early for the school day to allow for adverse conditions.

Whenever possible, school closing decisions will be made the night before and notification calls made to the media prior to 10 p.m. In case of worsening conditions, the news media will continue to be notified to assist in alerting families to possible closings or late starts. School 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.

Parents of students involved in activities should stay updated on the postponement or cancellation of events. If weather improves and there is no way to reschedule, events may take place as planned. Activities will be considered on a case-by-case basis and sometimes these decisions will vary from school closing decisions.

### Try Preventing H1N1 Flu With These Ideas

The portals of entry of the H1N1 virus appear to be the nostrils, mouth/throat, and eyes. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as is proliferation. While you are still healthy and not showing any symptoms of H1N1 infection some very simple steps can be practiced:

1. Wash your hands frequently for 15-20 seconds (length of time should be about three Hail Mary's).
2. Take the "hands-off-the-face" approach (resist all temptations to touch any part of the face). The eyes, nose, and mouth are direct portals of entry.
3. Gargle twice a day with warm salt water or Listerine. H1N1 takes 2-3 days after initial infection in the throat or nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected individual. Don't underestimate this simple, inexpensive, and powerful preventative method.
4. Similar to above, clean your nostrils at least once every day with warm salt water. Blowing the nose once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down a viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink warm liquids such as decaffeinated tea, coffee, etc. Drinking warm liquids has the same effect as gargling but in a reverse direction. Warm liquids wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate, or do any harm.

Source: <http://foodasmedicine.blogspot.com/2009/08/how-to-prevent-h1n1-swine-flu.html>

### Hand Sanitizer And Tissues Needed

With the cold and flu season upon us, we are in 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.

## Announcements & Guidance Office

### Freshman Corner



**ASKING FOR HELP** is the most important skill your student can learn before he/she graduates!!! Helping your student to learn this skill is critical in becoming a successful adult. You as a parent/guardian only have 3 ½ years left to make a difference. Being an advocate for yourself is a life-long skill. Encourage your freshman to **ASK FOR HELP** from the following: 1). GOD 2). your teacher 3). the Counseling/Guidance Office and 4). your peers! Finally, don't forget to **PRAY** for your student! Teens need our prayers!

### SCIP News - Rise in ADHD Medication Abuse

A recent study by researchers from Cincinnati Children's Hospital Medical Center, evaluating the 1998-2005 data from the American Association of Poison Control Center, shows an alarming increase in the abuse of attention-deficit hyperactivity disorder (ADHD) medication in teens. The study involved the number of calls made to poison control centers for 13-19 year olds, in which the reason was intentional abuse or misuse of prescription ADHD medication.

Calls related to teenaged victims of prescription ADHD medication abuse rose 76%, which is faster than calls for victims of general and teen substance abuse. Overall, 42% of teens involved had moderate to severe side-effects and most ended up getting emergency-room treatment. Four deaths were among the cases evaluated.

Kids taking ADHD drugs to get high or increase alertness may not realize that misuse can cause serious, sometimes life-threatening symptoms, including agitation, rapid heartbeat and extremely high blood pressure. The number of teen abusers who have bad side effects may actually be higher because many of the cases don't result in calls to poison control centers.

Teens mistakenly think that prescription drugs are safer and less addictive than street drugs. They experiment with them because they think they will help them have more fun, lose weight, fit in, or study more effectively. One teen overheard her parents talking about how her brother's ADHD medicine was making him less hungry. Because she was worried about her weight, she started sneaking one of her brother's pills every few days. To prevent her parents from finding out, she asked a friend to give her some of his ADHD medicine as well. Sixty-one percent of teens say prescription drugs are easier to get than any other drug. They get them from friends at school and are readily available in the bathroom or other cabinets at home. Teens say the bathroom medicine cabinet is the first place they look. Parents need to keep a very close eye on medications. They should be kept in a safe location, even keeping them locked up, experts say.

(Sources: <http://pediatrics.aappublications.org>, 08-24-09; <http://kidshealth.org>, 08-25-09; [www.connectwithkids.com](http://www.connectwithkids.com), 08-25-09)

### 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.

### UNL Honors Program

UNL Honors Program is for seniors with high GPA's and high test scores. If you are interested in applying for the UNL Honors Program, the first deadline (which you should try to meet) is Sunday, November 15, 2009. You can access the application for Honors through your WAM account once you have applied to UNL. Also, the deadline for the Jeffrey S. Raikes School of Computer Science and Management Program is Sunday, November 15, 2009. (<http://raikes.unl.edu>)

### Scholarships For Colleges (Seniors)

It is the time to be finding and applying for scholarships to attend college. The most up to date opportunities are on Naviance/Family Connection. Access that from the Guidance Office page of the Pius X website. Please ask anyone in the Guidance Office if you have questions. Be sure to apply for all scholarships ahead of the deadline.

### 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

### UNL Advanced Scholars Program

The Advanced Scholars Program from the University of Nebraska-Lincoln offers high school students the opportunity to take online UNL courses while still at their high school. Students can earn college credit and "test drive" the college experience with a network of support from the University and at your high school. Courses in the Advanced Scholars Program are taught by UNL faculty and are the same courses typically taken by freshmen on campus. The student must be a junior, senior, or identified as a high quality student; hold an overall "B" grade point average; ACT composite score of 22 or higher ( if applicable); and support of the high school counselor or principal. Student expenses include a one-time application fee, course tuition, books, and materials. There are no additional program, facilities, or distance fees. The Advanced Scholars Program is now partnering with the Nebraska Coordinating Commission for Postsecondary Education (CCPE) to seek college tuition funding for students who qualify under the free and reduced lunch guidelines. For more information please visit the CCPE website at <http://www.ccpe.state.ne.us/publicdoc/ccpe/ACE.asp>. All the required forms may be found on the website at [http://advancedscholars.unl.edu/guidance\\_counselors/student\\_application\\_process.shtml](http://advancedscholars.unl.edu/guidance_counselors/student_application_process.shtml)

### 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.

Macalester College	11-03-09	9:00 AM
Mount Mary College	11-05-09	2:30 PM
Wayne State College	11-11-09	1:00 PM
Concordia University	11-11-09	1:45 PM

### BryanLGH Discovery Day

BryanLGH is sponsoring a Medical Career Day for interested students grades 10-11-12 on Wednesday, December 2, 2009, from 8:00 a.m.-12:30 p.m. A panel of 5-8 doctors will start the program by answering questions from the students and the audience. After the panel discussion, students are allowed to go to 4 areas they are most interested in seeing at the hospital: Biomedical Electronics, Cardiovascular Technology, Laboratory, Nursing, Pharmacy, Physical Therapy, Radiology, Respiratory Therapy, and Star Care Emergency. A light lunch will be provided. Applications are available in the Guidance Office. The application deadline is Friday, November 27, 2009.

## Foundation Office

### Teacher/Staff Wish List - Christmas Idea!!!



What a great idea to give a gift from the Teacher's/Staff Wish List to your student's teacher or classroom this holiday season! The staff at Pius X are so appreciative of all that you do!

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](mailto:michelle.birkel@piusx.net). Thank you very much for your generosity!

#### ABLE Department

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

#### Athletic Department

- to replace worn out Equipment in the Weight Room \$1,000

#### 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)
- Office Chairs/Office Furnishings for Meeting Room (25) \$10,000

#### 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

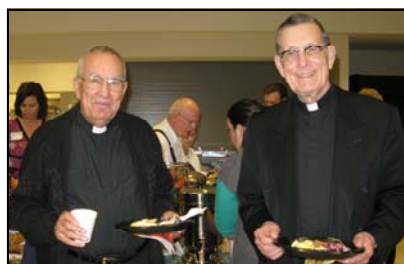
#### Science Department

- 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

### Founders/Grandparents Day Celebration



Pictured left to right:

Monsignor Ivan Vap and Monsignor James Dawson, past superintendents of Pius X High School.



Pictured left to right:

Carmen & Tony Messineo with granddaughter Rachael Washington

On October 1, 2009, Pius X High School faculty, staff, students, grandparents and friends celebrated its annual Founders/Grandparents Day Mass to commemorate the October 1956 opening of the high school. Over 125 grandparents and friends who contribute to the school with their time, talent and treasure were invited to attend the Mass as special guests. The Mass celebrant was Fr. Joseph Bernardo, Pius X Chaplain, who was accompanied by former superintendents/retired priests Msgr. Ivan Vap and Msgr. James Dawson, and several current priests of Pius X High School. Following Mass, guests were treated to a reception, slide show, and performances by students in the Vocal Music Department led by Mrs. Mary Odgaard, as well as a brunch prepared by our very own Tini Van-Oehlertz, R.D. Thank you to all who made the celebration so special!

### 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, 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.

## Foundation Office

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



*"I attended Catholic schools and it has certainly affected the values and successes I have enjoyed in life. I am so blessed to have the same opportunity to provide the same high-quality, faith-based education to my own children in Lincoln. As my children have become adults, I see many times the choices they make with the values they learned from their Catholic education. Growing up in a large family, Catholic school was very difficult for my parents to pay tuition. I remember how difficult this was for my parents, and believe strongly in supporting the Pius X Annual Appeal to keep Catholic education affordable for all who desire to send their children to this excellent school.".....Jim Slattery*

The 2009 Pius X Annual Appeal is underway and off to a great start! Letters were sent to all parents the first week of October asking for support. Many thanks to everyone that has contributed thus far to this great cause! We will keep you informed each month of the progress.

The Annual Appeal funds the \$1,135 'gap' difference per student, the difference between the actual cost, tuition charged, and parish support for students. Gifts to the 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 paying for teacher's salaries, curriculum, tuition assistance, and maintenance of the campus and building.

The goal for this year's appeal is to raise \$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!

As of October 16, 2009, parents have contributed \$7,800. A total of \$52,297 has been raised thus far in gifts and pledges. Thank you to everyone who has contributed so far! However, we do have a ways to go. Further donations will continue to help us reach the total goal of \$182,000.

2009-2010 GOAL      \$ 182,000

Total Pledges & Gifts    \$ 52,297

Specific amounts as of 10/16/2009:

Alumni:                 \$ 16,252  
 Board Members:     \$ 4,970  
 Parents:               \$ 7,850  
 Businesses:         \$ 8,200  
 Others:                \$ 15,025

Please prayerfully consider making a gift to this year's Appeal. An envelope was sent home to all Pius X parents and is also included in this newsletter. You can also make a gift 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. For your donation, your name will be listed in the 2009-2010 Annual Report section of the Fall 2010 **Pius Connections** newsletter.

Payment options include: checks, stock gifts, or credit card gifts. We will be in touch with you on November 8 or November 15, 2009, for the Phone-A-Thon if we have not received a reply from you by November 1, 2009. We are most grateful for your consideration!

**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!

[http://foundation.piusx.net/annual\\_appeal/2009-10.htm](http://foundation.piusx.net/annual_appeal/2009-10.htm)

### 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	44.00%
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	9th Grade	10th Grade	11th Grade	12th 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.

## 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 actual cost of educating a Pius X student (\$4887) and what we receive in tuition (average is \$1,562 per student) and parish assessments (\$2,190 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 consider making a contribution at 'The Gap' Giving Level. If a minimum of \$100 is given for each of your children that either at-

tended 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 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, simply go to the Pius X Foundation's 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. For your donation, your name will be listed in the 2009-2010 Annual Report section of the Fall 2010 **Pius Connections** newsletter.

#### **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.

**BOLT Office**

**Alumni Office**

**BOLT 25 ... GRATEFUL REFLECTIONS**

**DON'T MISS THE PARTY OF THE YEAR... SAVE THE DATE! SATURDAY, APRIL 24, 2010**

**25 25 25 25**

Saturday, April 24, 2010, is going to be the party of the year! Please join us on this date to celebrate the 25th year of BOLT. You won't want to miss anything! BOLT has become larger and more successful each year. To continue, it takes a commitment from all of us. Please consider sharing your time and talents to make BOLT 2010 a success. Committees are forming now. Please let us know where you would like to share your special talents. For more information, please email Deb Schulte at [deb.schulte@piusx.net](mailto:deb.schulte@piusx.net) or contact her at 488-0931 or 489-7326.

*(please clip here & return)*

**BOLT 2010  
GRATEFUL REFLECTIONS  
SATURDAY, APRIL 24, 2010**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
(Street) (City) (State) (Zip)

Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

- Please contact me. I (we) would like to: (check your choices)
- Buy a lottery ticket
- Sell lottery tickets
- Donate a gift
- Fund a gift
- Contribute toward the gift funded by Pius X parents  
 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$75 \_\_\_ \$100 \_\_\_\_\_ other
- Volunteer on a committee (circle your choices):  

<u>Catalogue</u>	<u>Gift Display</u>	<u>Facilities</u>	<u>Gift Acquisition</u>
<u>Host &amp; Hostess</u>	<u>Mailing</u>	<u>Pickup &amp; Delivery</u>	<u>Volunteer Dinner</u>
<u>Reservations</u>	<u>Silent Auction</u>	<u>Site Design</u>	<u>Valet Parking</u>

**Support BOLT 2010 ... Grateful Reflections**  
 "Grateful Reflections ... BOLT 2010" is in the works for spring and we are in need of your support to make BOLT a huge success for Pius X High School. If you have a craft, jewelry, sporting tickets, timeshare home/condo, golf outings, airline tickets, etc. - we could use your help! No item is too small for our live/silent auction! Donations of cash in any amount are also greatly appreciated to help offset expenses. Please contact Deb Schulte at [deb.schulte@piusx.net](mailto:deb.schulte@piusx.net). Your kind generosity and support of Pius X High School is a blessing for our students.

**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, over \$170,400 was 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 was 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 Morehouse, Kelly Morehouse '80, and Therese Sack '78
- Parent Chairs**
- |                            |                          |
|----------------------------|--------------------------|
| <u>Freshman Class</u>      | <u>Sophomore Class</u>   |
| Rick & Patti Clarence      | Bill & Kathy Rentschler  |
| Rick & Georgeanne Rashilla | Greg & Darla Ernst       |
| <u>Junior Class</u>        | <u>Senior Class</u>      |
| Dr. Mike & Laura Duggan    | Dave & Nancy Johnson     |
| Joe & Sophia Werning       | 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 and parents meet at Sandhills Publishing to call on others 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](mailto:kristin.heath@piusx.net).

We are also in need of about 60 student volunteers to be runners and help stuff envelopes. This would be great for a senior in need of service hours.

\* 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!!!

## Winter Sports Schedule

### VARSITY BOYS BASKETBALL

Date	Day	Site	Time	Opponent
12/4	F	A	7:45	Waverly
12/5	Sa	A	5:15/7:00	O. Roncalli/O. Skutt @ Om. Skutt
12/10	Th	H	8:00	Crete
12/12	Sa	A	7:00	Council Bluffs TJ
12/18	F	A	7:00	Seward
12/28-12/29	M-Tu	A	tba	Holiday Tournament @ Gretna
1/8	F	H	8:00	Lexington
1/9	Sa	A	7:30	Columbus
1/15	F	H	8:00	Elkhorn
1/16	Sa	A	7:45	Ralston @ Boys Town
1/18	M	A	tba	NPC @ Qwest
1/22	F	H	8:00	Lincoln Christian
1/29	F	A	7:30	Lincoln Northeast
2/2	Tu	H	8:00	Blair
2/5	F	A	7:30	Omaha Gross
2/9	Tu	A	8:00	Lincoln Southeast
2/12	F	H	8:00	Norris
2/20	Sa	A	7:45	Hastings
2/27-3/2	Sa-Tu	A	tba	Districts @ Lincoln High
3/11-3/13	Th-Sa	A	tba	STATE @ Lincoln

### VARSITY GIRLS BASKETBALL

Date	Day	Site	Time	Opponent
12/3	Th	H	8:00	Lincoln Christian
12/11	F	H	8:00	Seward
12/12	Sa	H	7:00	Norris
12/18	Th	A	7:45	Waverly
12/28-12/29	M-Tu	A	tba	Holiday Tourney @ Gretna
1/8	F	H	6:15	Lexington
1/14	Th	A	7:45	Hastings
1/21	Th	H	8:00	Crete
1/23	Sa	H	6:00	Holdrege
1/28	Th	H	8:00	Lincoln Northeast
1/30	Sa	A	6:00	Omaha Gross
2/4	Th	A	7:45	Aurora
2/11	Th	A	8:00	Lincoln Southeast
2/13	Sa	H	7:00	Omaha Skutt
2/16	Tu	A	7:30	Omaha Mercy
2/19	F	A	7:00	Ralston
2/23-2/26	Tu-F	A	tba	Districts @ Lincoln High
3/4-3/6	Th-Sa	A	tba	STATE @ Lincoln

### JUNIOR VARSITY BOYS BASKETBALL

Date	Day	Site	Time	Opponent
12/4	F	A	6:00	Waverly
12/5	Sa	A	5:15/7:00	O. Roncalli or O. Skutt @ Skutt
12/10	Th	H	6:15	Crete
12/12	Sa	A	5:15	Council Bluffs TJ
12/18	F	A	5:30	Seward
1/9	Sa	A	5:45	Columbus
1/14	Th	H	6:30	Ralston
1/15	F	H	6:15	Elkhorn
1/22	F	H	6:15	Lincoln Christian
1/29	F	A	5:45	Lincoln Northeast
2/2	Tu	H	6:15	Blair
2/5	F	A	5:45	Omaha Gross
2/9	Tu	A	6:15	Lincoln Southeast
2/12	F	H	6:15	Norris
2/20	Sa	A	6:00	Hastings

### JUNIOR VARSITY GIRLS BASKETBALL

Date	Day	Site	Time	Opponent
12/3	Th	H	6:15	Lincoln Christian
12/11	F	H	6:15	Seward
12/12	Sa	H	5:15	Norris
12/18	Th	A	6:00	Waverly
1/12	Tu	A	6:30	Gretna - 10th
1/14	Th	A	6:00	Hastings
1/21	Th	H	6:15	Crete
1/23	Sa	H	4:15	Holdrege
1/28	Th	H	6:15	Lincoln Northeast
1/30	Sa	A	4:15	Omaha Gross
2/2	Tu	A	7:30	Lincoln Southeast - 10th
2/4	Th	A	6:00	Aurora
2/11	Th	A	6:15	Lincoln Southeast
2/13	Sa	H	5:15	Omaha Skutt
2/16	Tu	A	5:45	Omaha Mercy
2/19	F	A	5:15	Ralston

### 10th GRADE BOYS BASKETBALL

Date	Day	Site	Time	Opponent
12/7	M	A	6:30	Waverly
12/15	Tu	A	6:30	York
1/7	Th	H	6:30	Creighton Prep
1/11	M	H	6:30	Millard West
1/25	M	H	6:30	Beatrice
1/28	Th	A	5:45	Lincoln Southeast
2/8	M	H	6:30	Lincoln Northeast
2/15	M	A	6:15	Norris



**Note:** No practices or games will take place during the NSAA 5 day moratorium from Wednesday, December 23, 2009, thru Sunday, December 27, 2009.

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

For complete schedule information, please visit our webpage at [www.piusx.net](http://www.piusx.net).

Updated 10/23/09

## Winter Sports Schedule

### VARSITY WRESTLING

Date	Day	Site	Time	Opponent
12/1	Tu	H	6:30	Green/Gold Dual
12/5	Sa	H	8:30	Pius X Invitational
12/11	F	A	4:00	Omaha South Tourney
12/15	Tu	A	6:30	Papillion-LaVista Dual
12/19	Sa	A	9:00	Wahoo Invite
1/2	Sa	A	9:00	Creighton Prep-Tom Dineen Invite
1/5	Tu	H	6:30	Millard North Dual
1/8	F	A	3:00	Lincoln North Star Invite
1/16	Sa	A	9:00	Lincoln Classic @ Lincoln High
1/23	Sa	A	9:30	Aurora Invite
1/28	Th	A	6:30	Millard West Dual
1/30	Sa	A	9:00	Omaha Roncalli Invite
2/2	Tu	A	7:00	Lincoln High Dual
2/12-2/13	F-Sa	A	tba	DISTRICTS
2/18-2/20	Th-Sa	A	tba	STATE @ Omaha Qwest

### JV & 9th GRADE WRESTLING SCHEDULE

Date	Day	Site	Time	Opponent
12/1	Tu	H	6:30	Green/Gold Dual
12/5	Sa	H	8:30	Pius X Invite 9th
12/10	Th	A	5:00	Lincoln Northeast 9th
12/12	Sa	A	8:45	Omaha Skutt JV
12/15	Tu	A	6:30	Papillion-LaVista Dual JV
12/19	Sa	A	9:00	Wahoo Invite
12/30	Tu	H	12:00	Lincoln Southeast Dual JV
1/5	Tu	A	3:30	LSE Invite 9th
1/5	Tu	H	6:30	Millard North JV
1/9	Sa	A	9:30	Malcolm Invite JV
1/16	Sa	A	9:00	LPS Classic @ L. North Star JV
1/19	Tu	H	4:30	Pius X Invite JV
1/28	Th	A	7:00	Millard West Dual JV
2/2	Tu	A	6:30	Lincoln High Dual JV
2/6	Sa	A	10:00	Fremont Bergan Invite JV
2/9	Tu	A	4:00	Lincoln High Invite JV

### 9TH BOYS BASKETBALL

Date	Day	Site	Time	Opponent
12/5	Sa	A	tba	LPS Jamboree
12/10	Th	A	7:30	Beatrice
12/15	Tu	H	8:00	Norris
12/17	Th	H	8:00	Fremont
1/11	M	A	8:00	Lincoln Lutheran
1/16	Sa	A	10:00	Grand Island Northwest
1/18	M	H	8:00	Lincoln Christian
1/21	Th	A	7:00	Lincoln Southwest
1/26	Tu	A	7:00	Crete
2/1	M	A	6:00	Seward
2/8-2/11	M-Th	A	7:00	Norris Tournament

### 9TH GIRLS BASKETBALL

Date	Day	Site	Time	Opponent
12/5	Sa	A	tba	Freshmen Jamboree
12/10	Th	A	6:00	Beatrice
12/15	Tu	H	6:15	Norris
12/17	Th	H	6:15	Fremont
1/12	M	A	6:15	Lincoln Lutheran
1/16	Sa	A	10:00	Grand Island NW Tourney
1/18	M	H	6:15	Lincoln Christian
1/21	Th	A	5:30	Lincoln Southwest
1/26	Tu	A	5:30	Crete
2/1	M	A	4:30	Seward
2/6-2/9	Sa-Tu	A	tba	Seward Tournament

### BOYS SWIMMING

Date	Day	Site	Time	Opponent
12/3	Th	A	4:00	O. Roncalli @ Brownell Talbot
12/5	Sa	A	9:00	Beatrice Invitational
12/9	W	A	4:30	O. Bryan Invite
12/12	Sa	A	12:00	Columbus Relays Invite
1/7	Th	A	4:30	L. North Star/Fremont @ LNS
1/9	Sa	A	12:00	Kearney Invitational
1/15-1/16	F-Sa	A	5pm/8am	O. Skutt Invite @ Ralston
1/19	Tu	A	4:00	O.Ronc./S.Sioux City @ Brownell-Talbot
1/29-1/30	F-Sa	A	4pm/8am	O. Westside Invite
2/1	M	A	4:30	Beatrice Invitational
2/5-2/6	F-Sa	A	5pm/10am	Elkhorn Invite @ Community Center
2/9	Tu	A	4:30	Columbus
2/12	F	A	4:00	Elkhorn @ Community Center
2/26-2/28	Th-Sa	A	tba	STATE @ Lincoln

### GIRLS SWIMMING

Date	Day	Site	Time	Opponent
12/3	Th	A	4:00	O. Roncalli @ Brownell Talbot
12/5	Sa	A	9:00	Beatrice Invitational
12/12	Sa	A	12:00	Columbus Relays Invite
1/7	Th	A	4:30	L. North Star/Fremont @ LNS
1/9	Sa	A	12:00	Kearney Invitational
1/15-1/16	F-Sa	A	tba	Millard North Invite
1/19	Tu	A	4:00	O.Ronc./S.Sioux City @ Brownell-Talbot
1/29-1/30	F-Sa	A	4pm/8am	O. Westside Invite
2/1	M	A	4:30	Beatrice Invitational
2/5-2/6	F-Sa	A	5pm/10am	Elkhorn Invite @ Community Center
2/9	Tu	A	4:30	Columbus
2/12	F	A	4:00	Elkhorn @ Community Center
2/26-2/28	Th-Sa	A	tba	STATE @ Lincoln




**Note:** No practices or games will take place during the NSAA 5 day moratorium from Wednesday, December 23, 2009, thru Sunday, December 27, 2009.

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


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Updated 10/23/09

## November 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<p><b>1</b> Daylight Saving Time Ends All Saints Day 31st Sunday in Ordinary Time pray for seminarian, Tyler Cronin</p>	<p><b>2</b> All Souls Day All Souls Mass 9:30 a.m.</p>	<p><b>3</b> Uniform Shop open 3:30-4pm / Commons Dino's Night Out 5-11pm Home School General Meeting 7pm</p>	<p><b>4</b></p>	<p><b>5</b> District Volleyball tba  Uniform Shop open 3:30-4pm / Commons</p>	<p><b>6</b> First Friday Wordstruck submissions due  State Quarter Finals - Football - tba District Volleyball tba</p>	<p><b>7</b> First Saturday  Uniform Shop open 10am-12pm</p>
<p><b>8</b> 32nd Sunday in Ordinary Time Performances 7pm in the Old Gym Alumni/Parent Appeal &amp; Phone-A-Thon pray for seminarian, Jason Doher</p>	<p><b>9</b> Veteran's Day</p>	<p><b>10</b> Speaker - Matthew Kelly  Uniform Shop open 3:30-4pm / Commons</p>	<p><b>11</b> Fall Athletic Signing</p>	<p><b>12</b> State Volleyball tba  Uniform Shop open 3:30-4pm / Commons</p>	<p><b>13</b> State Volleyball tba Senior Pictures &amp; Baby Ads due</p>	<p><b>14</b> State Semi Finals - Football - tba State Volleyball tba</p>
<p><b>15</b> 33rd Sunday in Ordinary Time Alumni/Parent Appeal &amp; Phone-A-Thon  All seminarians and novices studying for the Diocese of Lincoln</p>	<p><b>16</b> Winter Sports begin 2nd Quarter Progress Reports</p>	<p><b>17</b> Uniform Shop open 3:30-4pm / Commons</p>	<p><b>18</b> 10:30am Start</p>	<p><b>19</b> Uniform Shop open 3:30-4pm / Commons</p>	<p><b>20</b></p>	<p><b>21</b> Uniform Shop open 10am-12pm</p>
<p><b>22</b> Our Lord Jesus Christ The King 34th/Last Sunday in Ordinary Time Book Fair at Barnes &amp; Noble pray for seminarian, Justin Fulton</p>	<p><b>23</b></p>	<p><b>24</b> State Finals - Football  Uniform Shop open 3:30-4pm / Commons</p>	<p><b>25</b> No School</p>	<p><b>26</b> No School Thanksgiving</p>	<p><b>27</b> No School</p>	<p><b>28</b></p>
<p><b>29</b> 1st Sunday of Advent pray for seminarian, David Gayhart</p>	<p><b>30</b> Advent Service 9:45am Seniors/Parents FAFSA Meeting 6pm Juniors/Parents College Meeting 7pm</p>			<p style="text-align: center;"><b>2009/10 Yearbooks On Sale!</b> Order your 2009/10 yearbook today for \$60.00! Place your order in room 101 after school.</p> 		
<p><b>* All dates and times are subject to change without notice.*</b></p>						

## December 2009 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<p style="border: 1px dashed black; padding: 5px; display: inline-block;">* All dates and times are subject to change without notice.*</p> <p><b>2009/10 Yearbooks On Sale!</b> Order your 2009/10 yearbook today for \$60.00! Place your order in room 101 after school..</p> 		<p><b>1</b> Uniform Shop open 3:30-4pm / Commons 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)</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</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 8:15-10:40am (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 V.B.G.Basketball Holiday Tourney @ Gretna tba (A)</p>	<p><b>30</b> No School The 6th Day in the Octave of Christmas JV.Wrestling vs LSE Dual 12pm (H)</p>	<p><b>31</b> No School The 7th Day in the Octave of Christmas New Year's Eve</p>		

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

### The Science Of Carbs

**Carb counting, carb cutting, carb-loading, low-carb:** Carbs, short for carbohydrates, are a ubiquitous part of the diet vernacular, especially for people with diabetes. Focusing on the challenges of counting carbs and planning meals may have kept you from asking a basic question: What is a carbohydrate? Here's your chance to break down those carb-laden muffins, potatoes, lattes and carrots into their basic carbohydrate components so you know just what you're eating – and how your body deals with it.

All of the foods you eat contain a mixture of carbohydrates, protein, and fat that your body converts to either energy or raw materials essential for life. Carbohydrates are particularly good at providing quick energy, and understanding them is key to managing diabetes because they are broken down directly into glucose, the sugar that people with diabetes have in excess in their bloodstreams.

As the word *carbohydrate* implies, these molecules are made up of carbon, hydrogen, and oxygen. Simple as it sounds, these three components can be joined together, like Tinker Toys, in many ways and serve many purposes. The body can both get and make carbohydrates from food and make its own carbs.

Carbs that we eat fall into three main categories: sugars, starches, and fiber. They can be simple or complex. The simple ones are sugars, while starches and fiber are complex carbohydrates. Sugars are the basic units used to build all carbohydrates. For nutrition, the three basic sugars you should know are glucose, fructose and galactose.

These sugars combine, like links on a chain, to form larger sugars, the simplest of these is sucrose. It is the table sugar in the 5lb bags in the grocery store. As sugars join together in chains they become the complex carbohydrates known as starches and fiber. Stringing sugars together turns out to be an efficient way to store energy in plants and animals. Starch is our main dietary source of carbohydrates. Plants generate glucose through photosynthesis and store it as starch, which they can tap for energy. When people eat plants they acquire rich stores of glucose from starch to help meet their own energy needs. Giant starch molecules are densely packed into grains ( like rice, corn and wheat), potatoes and legumes ( like peas, lentils and beans). Starchy foods made from these sources include bread, cereal and pasta. Fiber is also made by plants, but this type of complex carbohydrate is generally a structural component, not a nutrient. Think of the strands that run along a stalk of celery: that's the fiber cellulose.

The difference between starches and fibers for human nutrition is that people don't have digestive enzymes capable of breaking the bonds between the sugars in fiber. Since humans can't release the glucose, fiber doesn't directly supply us with energy or raise blood glucose. However, bacteria in your intestines can break down some fiber for use by the body. Eating fiber may have some indirect effects on blood glucose and can benefit nutrition, health and digestion.

To be continued next issue.....

source: Diabetes Forecast, September 2009

### Carb Count Available Online

Several parents of students with diabetes have requested that the menus and foods available for students be calculated in carbohydrate grams. Effective Monday, November 2, 2009, this information will appear on the bottom of the Pius X website under "Lunch Info." If a student needs this information in order to help control his/her blood sugars and doesn't have access to it online, they are welcome to make a visit to the Pius X Commons kitchen during the school day and the needed calculations can be given there.

### Account Restrictions/Spending Limits

Please review your student's lunch account for restrictions and spending limits to make sure that they are accurate. The daily cost for breakfast is \$1.50 and the daily cost of hot lunch is \$2.50. If both are purchased in one day, the total cost would be \$4.00. Therefore, if you wished to limit your child to just daily breakfast and lunch, you would not want to restrict your child's spending limit to less than \$4.00/day. Please keep in mind that if you restrict your student from purchasing items other than breakfast and/or hot lunch that this will also prevent them from purchasing all other items including water, extra fruits and vegetables. We kindly ask that you discuss your restrictions and spending expectations with your student so that they are aware of them.

### Account Balances & Deposits

Please be sure that your student knows how much is in his or her account before proceeding in the food line. No one will be allowed to purchase anything if they are \$10.00 in the negative. There is a computer located at the beginning of the lunch line in which your student may check his or her balance. If your student needs to make a deposit, there is a kiosk in the Commons area in which a deposit may be made free of charge that is updated without a waiting period. Balances may be reviewed and deposits made on the website [www.mylunchmoney.com](http://www.mylunchmoney.com). For deposits on this website, there is a minimal charge and a delay before it posts to the account.

### Thank You

I would like to give a big thanks to the food service staff for working so hard since the school year began. We have weathered H1N1 and lost our cook due to an injury, all while feeding over 500 students per day. A special thanks to Deb Blaser, Catherine Brown, Theresa Gengler, Ann Safranek and subs Pat Voelker and Cindy Kaminski. We couldn't get the job done without volunteers such as Cyndi Contreras, Cheri Hellem, Laura Keiter, Mary Beth Haffner and Jodi Fischer. A BIG thanks to student, John Gross, who hauls the prepared food each day and does other odd jobs requested. Thanks to Karen Francis, Deb Schulte, Emily Wyatt, Georgia Miller, Fr. Menke, Ruth Peirce, Randy Leber, Alfredo Gracia and Tyler Johnson. Thanks to all!!! Tini Van-Oehlertz, R.D.

### 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**  
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**Menu - November 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>November 2</b>                      Chicken &amp; Noodles                      Honey Carrots                      Wheat Dinner Roll                      - or -                      Fiesta                      Honey Carrots</p>	<p><b>November 3</b>  <u>Breakfast</u>                      Pancakes/Syrup/Sausage    <u>Lunch</u>                      Tacos – Hard or Soft Shell                      Fixins                      - or -                      Polish Dog/Bun</p>	<p><b>November 4</b>                      Sausage Gravy Biscuit                      Chef Choice Vegetable                      - or -                      Quesadillas                      Chef's Choice Vegetable</p>	<p><b>November 5</b>  <u>Breakfast</u>                      French Toast Sticks/Syrup    <u>Lunch</u>                      Beef Macaroni Casserole                      Corn                      Breadstick                      - or -                      Beef 'n Bean Burrito                      Corn</p>	<p><b>November 6</b>                      Cheese Nachos                      Fixins                      Chef's Choice Potato                      - or -                      Broccoli Cheese Soup                      Wheat Dinner Roll                      4 oz Yogurt</p>
<p><b>November 9</b>                      Pepperoni Pizza                      Tossed Salad                      - or -                      Chicken Fajitas                      Fixins</p>	<p><b>November 10</b>  <u>Breakfast</u>                      Breakfast Sandwich    <u>Lunch</u>                      Wagon Wheel Soup                      String Cheese                      Crackers                      Dinner Roll                      - or -                      BBQ Pork/Bun</p>	<p><b>November 11</b>  <u>Thanksgiving Meal</u>                      Roast Turkey                      Mashed Potatoes/Gravy                      Corn                      Wheat Dinner Roll                      Complimentary Dessert</p>	<p><b>November 12</b>  <u>Breakfast</u>                      Breakfast Pizza    <u>Lunch</u>                      Sloppy Joe/Wheat Bun                      Green Beans                      - or -                      Mini Corn Dogs                      Green Beans                      Wheat Dinner Roll</p>	<p><b>November 13</b>                      Cheese Enchilada                      Mixed Vegetables                      - or -                      Meatless Salad Bar</p>
<p><b>November 16</b>                      Beef Stew on Rice                      Cornbread                      - or -                      Chicken Patty/Bun</p>	<p><b>November 17</b>  <u>Breakfast</u>                      French Toast/Peanut Butter/Syrup    <u>Lunch</u>                      Spaghetti w/ Meat Sauce                      Green Peas                      Bread Stick                      - or -                      Hot Dog/Bun</p>	<p><b>November 18</b>                      Chipolte Chicken Pizza                      Carrots/Ranch                      - or -                      Quesadilla                      Carrots/Ranch</p>	<p><b>November 19</b>  <u>Breakfast</u>                      Cheesy Scrambled Eggs/Toast    <u>Lunch</u>                      Italian Dunkers                      Green Beans                      - or -                      Chicken Nuggets                      Green Beans</p>	<p><b>November 20</b>                      Cheese Pizza                      Breadstick                      - or -                      Meatless Spaghetti</p>
<p><b>November 23</b>  <u>Breakfast For Lunch</u>                      Scrambled Eggs                      Sausage                      Biscuit</p>	<p><b>November 24</b>  <u>Breakfast</u>                      Breakfast Wrap    <u>Lunch</u>                      Nacho Bar with Fixins</p>	<p><b>November 25</b>                      No School</p>	<p><b>November 26</b>                      No School</p>	<p><b>November 27</b>                      No School</p>
<p><b>November 30</b>                      Hamburger/Wheat Bun                      Baked Beans                      - or -                      Chef's Choice Entrée</p>				