



Pius X Catholic High School



Join us for daily Mass in the Pius X Chapel at 7:30am.

Confessions are held after the 7:30am Mass & after school.

**Friday, December 2**

Adoration in the Pius X Chapel  
8:05am-3:26pm

**Saturday, December 3**

NSAA One-Act District Contest

**Monday, December 5**

Advent Service 9:37am

**Tuesday, December 6**

Dino's 1st Tuesday 5-11pm

**Thursday, December 8**

No School (Immaculate Conception)

**Friday, December 9**

Mass for Friends of Pius X in the Pius X Chapel 6:30am

**Saturday, December 10**

Academic Decathlon Scrimmage at Pius X 7am-1pm

**Sunday, December 11**

Band Department Christmas Concert 2pm

**Monday, December 12**

Advent Service  
Blood Drive 9am-3pm  
Vocal Christmas Concert 7pm

**Friday, December 16**

Granite City Friday

**Monday, December 19**

Final Exams (Periods 1-3)  
8:05-11:30am

**Tuesday, December 20**

Final Exams (Periods 4-6)  
8:05-11:30am

**Wednesday, December 21**

Final Exams (Periods 7-8)  
8:05-10:20am

**Thurs-Tues, Dec 22 - Jan 3**

No School (Christmas Vacation)

**Fri-Tues, December 23-27**

NSAA Activities Moratorium

# The BOLT

## PIUS X HIGH SCHOOL NEWSLETTER

" Restore All Things In Christ "



### From The Principal, Mr. Tom Korta

Prepare the way of the Lord. We've heard it countless times, and will hear it again and again in the weeks that lead up to Christmas. On the face of it, it sounds like a physical directive - get everything in place for the Lord. Perhaps this past weekend you and your family had to scramble to prepare your house for the guests who were coming for Thanksgiving. In this context, preparing the way of the Lord could mean "Get ready because He's coming." Indeed, when John the Baptist was speaking to the people 2,000 years ago, that was true. Now that He has come, what could these words mean to us today?

I invite you to reflect on what exactly is "the way of the Lord"? To me, it is love at all cost, compassion for the most vulnerable, care for the suffering among us, kindness to those who are struggling, forgiveness to those who have offended us, and turning the other cheek when we are wronged. During this season of Advent, we should all be looking into our hearts and asking what we need to do to prepare ourselves for "the way of the Lord." Perhaps you would consider an extra spiritual practice, such as spending time reading the bible, attending an extra weekday Mass, or praying a rosary each day. Acts of penance can similarly help prepare our hearts as we detach ourselves from worldly pleasures and remind ourselves that it is only the Lord who can completely satisfy us. Having properly prepared our hearts, we can truly rejoice with the angels when they announce glad tidings of great joy: "Today is born for us a savior!"

Recently our volleyball team won the State Championship. What we saw on the court was an impressive display of athleticism. This was a remarkable group of ladies - both on and off the court! While we are thrilled for the team, we are also so proud of our student body for their positive support. This year's fans, with strong senior leadership, exhibited all of the attributes we would hope for in good sportsmanship: loud cheering, positive chants that support our team, and nothing negative directed toward the officials or the opponents. We have received many comments from the NSAA, the hosts of the volleyball tournament, our opposing schools' administrators, and even the Omaha World Herald, praising our student body and the excitement they added to the tournament. When we conduct ourselves in a manner worthy of the label "Catholic School", people sit up and take notice. Our kids could have chosen a whole different way to behave during the state tournament. We were clearly the favorites and could have had a cocky, "in-your-face" attitude. Instead, they chose the higher path.

Last Friday, we celebrated the students' support with a jeans day and ice cream bars at the end of the day. I also want you, the parents, to know how fantastic your kids were. As we enter the winter sports season, let us all resolve that our actions as adults will match the standard that has been set by our students, so that those who come away from our competitions will know that we are indeed a school that has embraced the way of the Lord.

**December 2011****Pius X High School Newsletter**

is published monthly throughout the school year.

**Pius X Catholic High School**

6000 "A" Street, Lincoln, NE 68510  
Phone: (402) 488-0931; Fax: (402) 488-1061  
www.piusx.net

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

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

**Administrative Team**

Rev. James Meysenburg, Superintendent  
Tom Kortz, Principal  
Greg Lesiak, Assistant Principal  
Jan Frayser, Guidance Director

**Guidance Office**

Jan Frayser, Director  
Connie Freudenberg, Counselor  
Claire Stramel, Counselor  
Sr. Patricia Ann Hanus, Secretary  
Janet Kurtenbach, Secretary  
Jeanne Vaggalis, Secretary

**Business Office**

Karen Francis

**Office Support**

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

**Campus Ministry**

Sr. Veronica Volkmer, Religion Coordinator  
Fr. Joseph Bernardo, Campus Chaplain  
Maria Benes, Lay Campus Minister

**SCIP Coordinator**

Julia Schonewise

**Activities Office**

Tim Aylward, Activities Director  
Jake Moore, Assistant Activities Director

**Booster Club**

Terry & Lisa Heimes, Presidents

**Home & School Association**

Joe LeDuc, President

**Foundation Office**

(402) 488-1046

Michelle Birkel, Director  
Amy Riley, Administrative Assistant  
Deb Hoge, Administrative Assistant  
Sophia Werning, Grant Writing Specialist

**Alumni Relations**

Kristin (Edwards) Heath, Class of '91

**BOLT Director**

Deb Schulte

**Yearbook**

Special thanks to the talented photographers of the 2011-12 Pius X Yearbook staff who contribute to this publication: Sponsor Sandi Sullivan, Zachary Bell, Alexa Birkel, Chloe Johnson, Johnathon Knobbe, Kathryn Krick, Daniel LeDuc, Mary Litt, Michaela Maguire, Abby McClure, Drew Miller, Tiffany Nagel, Lawrence Nguyen, Brittany Pollock, Abigail Schoening, Mary Sievert, Mary Sullivan, Mikayla Tremain, Brittany Ullman, and Alison Vazquez.

**Submit articles to:**

marilyn.twehous@piusx.net

**Pius X High School  
Strategic Planning Initiative Update  
December 2011**

The Pius X strategic-planning committee asked for opinions and school stakeholders responded.

More than 1,300 people went online to take Pius X's 2011 stakeholder survey.

"We are encouraged by and grateful for the overwhelming response," said Superintendent Fr. James Meysenburg. "So many individuals who truly care about Pius X were willing to provide their heartfelt opinions and suggestions for the school's future. We now have an amazing amount of data to inform our strategic planning efforts."

Some 1,360 individuals answered the stakeholder survey between August and September 2011. Nearly 60 percent of respondents also completed an additional survey tailored for one of four target audiences: current students, parents of students, alumni, and parents of students who also are alumni.

Respondents included students, parents, alumni, faculty, administrators, staff, community members, priests and other religious.

Nearly 40 percent of respondents indicated they have a three- to five-year relationship with Pius X; nearly 30 percent have been involved with the school for 10 or more years.

Sixty-eight percent said they currently are "somewhat," "very" or "extremely" involved in Pius X.

**The following statistics are among the survey findings:**

- ◆ 74% believe the school daily fulfills its Mission.
- ◆ 87% believe the school demonstrates its commitment to Catholic values.
- ◆ 91% believe the school supports academic achievement.
- ◆ 64% believe the school supports a racially, culturally & economic diverse environment.
- ◆ 58% believe the school has modern, up-to-date facilities.
- ◆ 61% believe the school has the proper technology in place to meet students' needs.

Within the five surveys, respondents offered a total of nearly 8,300 written comments addressing the following areas:

- ◆ Mission, Core Values and Christ-centered education
- ◆ Facilities and technology
- ◆ Curriculum and college preparedness
- ◆ Extracurricular activities
- ◆ Faculty and staff
- ◆ School strengths and positive aspects
- ◆ School challenges
- ◆ Financial operations
- ◆ Stakeholder communications
- ◆ Alumni involvement
- ◆ Priorities, goals and future focus

"Our strategic-planning team will review survey data over the next month," said Meysenburg. "We'll augment the findings with a series of stakeholder focus groups that will be launched in the near future."

In addition, Meysenburg said, the planning consultant will prepare executive summaries for the five surveys, including representative written comments, which will be posted on the school's web site before year end.

# BOLT KINGS, QUEENS, BISHOPS

A BENEFIT FOR PIUS X HIGH SCHOOL AND THE PIUS X BOOSTER CLUB  
GOURMET DINNER, LIVE & SILENT AUCTIONS, AND LOTTERY

PIUS X HIGH SCHOOL GYMNASIUM

SATURDAY, APRIL 21, 2012

On Saturday, April 21, 2012, Pius X High School is hosting the 27th annual BOLT benefit dinner, with live and silent auctions. Our committees are truly inspired and have many surprises in store for you including many wonderful auction items and our famous lottery with cash prizes totaling \$15,000. We hope you will plan to attend. Seating is limited, so book your reservation early.

BOLT has become larger and more successful each year. To continue, it takes a commitment from all of us. Please consider sharing your time, talent, and treasure to make BOLT 2012 a success. There are many areas and levels of participation: pray for the event's success, volunteer with one of the committees, donate to the auctions with cash or items, purchase a lottery ticket, and/or attend the event.

- ◆ 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.
- ◆ We are in need of auction items: donations of timeshares, airfare, items for both live & silent auctions, and any cash donations to help underwrite auction items. Donations are never too big or too small.

Visit us online at <http://www.piusx.net/Bolt/default.aspx>. For more information, to volunteer your time, or to donate, please contact Deb Schulte at [deb.schulte@piusx.net](mailto:deb.schulte@piusx.net) or (402) 488-0931 or (402) 489-7326.

## First Friday Adoration - December 2

On the First Friday of each month the theology classes spend time in adoration of the Blessed Sacrament in the Pius X Chapel. Parents are also welcome to come spend time with our Lord.

## One-Act Play Production - December 2 & 3

The NSAA Class A-3 District One-Act Play Production Contest will be held on Saturday, December 3, at Bellevue East High School with the Pius Players performing at 3:30 p.m. Pius' one-act is the Holocaust play, "*I Never Saw Another Butterfly*" by Celeste Raspanti. This dramatic, true story covers the events that led to the establishment of the Terezin *holding* camp, a stop-over for European Jews on their way to the Nazi Concentration Camp at Auschwitz during World War II. The Pius Players will also perform the one-act in the LPAC on Friday, December 2, at 5:00 p.m. Please join us. Admission is free.

## Advent Services - December 5 & 12

Please join us for Advent Services from 9:37-10:00 a.m. on Monday, December 5, and Monday, December 12. Students will follow the Prayer Service Schedule for classes on these dates. A complete list of the Pius X's bell schedules may be found at [www.piusx.net](http://www.piusx.net).

## Dino's First Tuesday - December 6

Visit Dino's Eastside Grill at 2901 S. 84th Street from 5-11 p.m. on Tuesday, December 6, and the Pius X Booster Club will receive 10% cash back on every dollar spent. Be sure to tell your server that you're with Pius X!

## No School - December 8

The Feast of the Immaculate Conception, a Holy Day of Obligation, is Thursday, December 8. There will be no school.

## Mass For Friends of Pius X - December 9

On the second Friday of each month there is a special Mass offered for Pius X High School's many benefactors at 6:30 a.m. in the Pius X chapel. All are welcome to attend.

## Band Christmas Concert - December 11

All are invited to attend the Pius X Band Christmas concert on Sunday, December 11, at 2:00 p.m. in the Flavin Gym. Some of the selections to be performed are: "Still, Still, Still", "What Child Is This", "Carol of the Bells", two chorales from Bach's "Christmas Music" and "Joy To The World". In addition, we will continue our tradition of some beautiful Christmas music by the Flute Choir. The concert will last about 45 minutes. I would especially like to invite those of you not associated with the Pius X Band. The concert is free. - Mr. Mike Murphy -

## Blood Drive - December 12

Over the past 12 years, Pius X has hosted 22 blood drives and helped countless patients throughout the community while raising scholarship funds for Pius X graduating seniors. Last school year, Pius X received \$1,190 in NCBH Scholarship funds. So far this year, Pius has raised \$470 in scholarships due to 47 units of blood donated on September 22. Support Pius X by showing what colors YOU bleed on Monday, December 12, from 9:00 a.m. to 3:00 p.m. All first time donors will receive a "I Bleed Thunderbolt Green & Gold" t-shirt. Along with students and staff, family and community members are also invited to donate. Contact Connie Freudenberg or Jeanne Vaggalis at (402) 488-0931 for an appointment. Walk-ins are welcome. For more information, visit [www.ncbb.org](http://www.ncbb.org).

## Vocal Dept. Christmas Concert - December 12

The Vocal Department Christmas Concert will be held on Monday, December 12, at 7:00 p.m. at North American Martyrs. Doors open at 6:30 p.m. with free admission.

## Granite City Friday - December 16

Visit Granite City Food & Brewery at 6150 O Street on Friday, December 16. Mention your support of Pius X and Granite City will donate 10% of sales to our school.

## Get Audition Music BEFORE Christmas Break

Mr. Moser and Mrs. Odgaard are pleased to announce that the 2012 Spring Musical will be *Les Miserables*. Auditions will be held Monday, January 23, and Tuesday, January 24, with callbacks on Wednesday, January 25. If you are interested in auditioning for a lead role, pick up the audition music from Mrs. Odgaard **BEFORE** Christmas break. All students are encouraged to audition. Performances will take place March 22-25.

## Finals - December 19, 20, 21

Finals will be held Monday-Wednesday, December 19-21. 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 or the Library for quiet study. 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.

Monday, December 19	Tuesday, December 20	Wednesday, December 21
Period 1 8:05 a.m. - 9:10 a.m.	Period 4 8:05 a.m. - 9:10 a.m.	Period 7 8:05 a.m. - 9:10 a.m.
Period 2 9:15 a.m. - 10:20 a.m.	Period 5 9:15 a.m. - 10:20 a.m.	Period 8 9:15 a.m. - 10:20 a.m.
Period 3 10:25 a.m. - 11:30 a.m.	Period 6 10:25 a.m. - 11:30 a.m.	

## No School - December 22-January 3

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 Thursday, December 22, through Tuesday, January 3. May God's blessings be on you and your family during this holy season. "Today in the town of David a Savior has been born to you; he is the Messiah, the Lord." (Luke 2:11)

## Testing Day(s) - January 4 & 5

Testing day(s) for Freshmen and Juniors will begin in January. Freshmen will meet Wednesday, January 4, and Thursday, January 5, from 8:05 a.m. to 12:30 p.m. Juniors will meet Thursday, January 5, from 8:05 a.m. to 11:30 a.m. Sophomores, Juniors, and Seniors will have no school on Wednesday, January 4; and Sophomores and Seniors will have no school on Thursday, January 5. All students will report to their regular school day on Friday, January 6, at 8:05 a.m. with a celebration of the Epiphany Mass at 9:25 a.m.

**Uniform Shop - December 3**

The Pius X Uniform Shop is located in the Pius X Commons to the west of the concession stand. Enter through the southeast door #1. It is open on Tuesdays & Thursdays from 3:35-4:00 p.m. on regular school days (not on early dismissal days). The uniform shop will be open 9:00-11:00 a.m. on December 3. It will be closed on Saturdays after December 3rd until after the new year. For updates and to check for changes in the schedule, please visit [www.piusx.net](http://www.piusx.net) [Parents - Uniform Shop]. If you have any questions, please contact Mrs. Hartman at [sandy.hartman@piusx.net](mailto:sandy.hartman@piusx.net) or (402) 488-0931.

**Dennis Uniform**

Uniform items may be ordered online from Dennis Uniform or purchased at the Dennis Uniform store in Omaha, Nebraska. The website is [www.dennisuniform.com](http://www.dennisuniform.com) and the Pius X school code is PPK. Note: Items purchased via the Dennis Uniform website or store requires you to pay the Dennis Uniform full price.

**Book Required For Junior Composition**

From the English Department: All juniors are required to purchase the *Write for College* book for Junior Composition. The price is \$25.00. Checks made out to Pius X High School will be collected by the teacher during the first week of class. If you have any questions, please contact Katie Elsener at [katie.elsener@piusx.net](mailto:katie.elsener@piusx.net).

**Supplies May Need To Be Replenished**

It is getting near the end of the 1st Semester 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.

**TEC Retreat - December 3-5**

TEC (Teens Encounter Christ) is a 3-day retreat program (Saturday-Monday) for high school juniors and seniors focusing on the Paschal Mystery. You may apply online at [www.dioceseoflincoln.org](http://www.dioceseoflincoln.org) or contact the Family Life Office at (402) 488-2040. The TEC Retreat dates and locations for the 2011-12 school year are:

December 3-5	St. Patrick's, McCook	\$90
February 18-20	Bishop Neumann, Wahoo	\$85
April 21-23	St. Patrick's, Lincoln	\$85

**Senior Service Information - December 21**

The 2011-2012 Senior Service policy is posted on the Pius X website at <http://www.piusx.net/SeniorService/default.aspx> under the "Senior Service Policy" link. If you would like to request the help of our seniors for a service project, please complete an online request form. All seniors must turn in at least 18 completed hours by Wednesday, December 21. Seniors may check how many hours they have completed on the senior service bulletin board across from Room 207 or in Mrs. Benes's office. Available service projects are posted online under "Service Opportunities" and on the bulletin board across from Room 207. Contact Maria Benes at [maria.benes@piusx.net](mailto:maria.benes@piusx.net) or (402) 488-0931, extension #10136.

**March For Life - January 19-24**

Sunday, January 22 is the National March For Life in Washington D.C. The 2012 trip is Thursday-Tuesday, January 19-24, and is open to juniors and seniors in high school. The trip includes round-trip transportation, housing, some meals, and touring of Washington D.C. monuments and other sites. Register at [www.dioceseoflincoln.org/FamilyLifeOffice/youth\\_march-for-life.aspx](http://www.dioceseoflincoln.org/FamilyLifeOffice/youth_march-for-life.aspx) or contact the Diocesan Family Life Office at (402) 488-2040. Register early as space is limited.

**Seminarian Prayer Calendar**

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

Week	Name	Place of Study
11/27-12/03	All Seminarians	Diocese of Lincoln
12/04-12/10	David Gayhart	Mount St. Mary
12/11-12/17	Stephen Graeve	Mount St. Mary
12/18-12/24	Corey Harrison	Mount St. Mary
12/25-12/31	Brent Heyen	St. Charles Borromeo

**Uniform Required 8:00 a.m. - 3:26 p.m.**

All students must be in uniform when they are in the building between the first bell of the day (8:00 a.m.) and the final bell (3:26 p.m.) of the day including all classrooms, hallways, commons area, and library. Pius X sport, club, or activity apparel; sweatshirts that are inside-out; and sweatpants are not part of the official uniform and are not allowed. For more information, please review the 2011-12 Student/Parent Handbook.

**Cell Phones & Other Electronic Devices**

Cell phones are to be off and out of sight during the school day. If a student's cell phone is seen or heard during the school day, it will be confiscated and only a parent/guardian may pick it up in the office. I-pods, MP3 players, and other electronic devices are not to be used during the school day either. Please make calls and texts to your student before or after school.

**Lost And Found Items**

Please mark your student's possessions with a permanent marker. If there is a name, we will return them to their owner. Please claim your unmarked items in the Commons.

**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 15 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. 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.

**Library - Online Databases**

The Pius X Library is open Monday-Thursday from 7:50 a.m.-4:00 p.m. and from 7:50 a.m.-3:35 p.m. on Fridays. The Pius X Library provides access to online databases for in-school and at-home use. Links are available at [www.piusx.net](http://www.piusx.net) [Students-Library-Online Information Sources]. User names & passwords are: ELibrary [SUBNEB341 & CHILD341], Nebraska Access [bookish6], SIRS-Social Issues Resource Series [NE0139 & 68510]. For more information, contact Karen Buckley at [ka-ren.buckley@piusx.net](mailto:ka-ren.buckley@piusx.net) or (402) 488-0931 ext. 10207.

**Yearbooks For Sale - Online Too**

The 2011-2012 yearbooks are on sale for \$65.00. The price will increase 2nd semester, so be sure to purchase your yearbook early. Students may order yearbooks through Mrs. Sullivan in room 101 after school (please make checks out to "Pius X Yearbook") or online with a credit card for a \$2.00 fee (Pius X website - Students - Yearbook - click on icon).

**X-Change Newspaper - Advertisers Needed**

The Pius X-Change, our very own student newspaper, is seeking advertisers for our 2011-12 monthly issues. The newspaper is funded through ad sales, and your support is greatly appreciated. We have different size and price options beginning at only \$25. We also accept inserts. Please contact Nolan DeWispelare at (402) 488-0931 or [nolan.dewispelare@piusx.net](mailto:nolan.dewispelare@piusx.net). Thank you for your continued support of the X-Change.

**Microsoft & Dell Products - Discounts**

For discounts on Microsoft & Dell products, visit <http://www.journeyed.com/select> or [www.dell.com/ep](http://www.dell.com/ep) (our Diocese of Lincoln ID number is PS91906606). All purchases are the responsibility of the individual.

**Tissues Needed**

With the cold and flu season upon us, we are in need of tissues for our students. Donations may be brought to the main office. As we are ALWAYS in need of tissues, your student may want to keep a supply of his/her own.

## Booster Club Representatives

If you have any questions or ideas regarding the Pius X Booster Club, please contact any of these board volunteers: Presidents Terry & Lisa Heimes, Tim Aylward, Bob & Becky Codr, Ken & Peggy Hain, Duane & Mary Hugo, Mark & Beth McElroy, Fr. James Meysenburg, Jake Moore, Tim & Nancy Otto, Chris & Teresa Raun, Joel & Mary Schlautman, Steve Sousek, Dean & Lisa Steffensmeier, Brad & Sherry Thavenet, or Troy & Jenny Zornes.

## Thank You Booster Club Volunteers!

The Booster Club sends a big thank you to all parents who have volunteered their time in the concession stand at home football and volleyball games. If you want to work during home basketball and wrestling meets, have questions about Booster Club, or wish to join, please e-mail [boosterclub@piusx.net](mailto:boosterclub@piusx.net), pick up a membership form in the school office or download one at [www.piusx.net](http://www.piusx.net).

## Pius Gear = Great Holiday Gifts

Pius X merchandise makes great gifts: black zip jacket, winter coat, sweater vest, stocking hat, wind shirt, dry-fit shirt, adult green polo, hooded sweatshirt, sweatpants, long sleeve t-shirt, short sleeve t-shirt, ball hat, stadium seat, floor mat, lanyard, and coffee cup. New this year: Pius X license plate frames (\$15 for one or \$25 for two)! You may purchase these items in the school office or at some home basketball games. Happy shopping, and happy holidays from your Pius X Booster Club!

## Club Meeting Days

There are many clubs and activities to choose from at Pius X. Please visit our website at [www.piusx.net](http://www.piusx.net). [Activities-Clubs/Organizations] for frequency, locations and times.

## Door Ornaments - Landscaping Club Fundraiser

The Pius Landscaping Club has door ornaments for sale: flowers, black cats, ladybugs, snowflakes, Nebraska "N's", mittens and holy spirit doves. Items range from \$20 to \$25. If interested, contact Georgia Miller at 488-0931. All proceeds will be used for landscaping at Pius X.

## Schoenstatt SOS Club - December 2 & 16

The Schoenstatt SOS Club (Sisters Of Sanctity) meets approximately every other Friday (the opposite Friday of the FCT Club) in the Mother Teresa Room from 7:20-8:00 a.m. Please join us December 2 & 16. New members are always welcome. If you would like more information, please contact Sr. M. Jennifer at [srjennifer@schrsmary.org](mailto:srjennifer@schrsmary.org) or (402) 826-3346. The Schoenstatt Sisters of Mary's website is [www.cormariae.com](http://www.cormariae.com).

## Trip To Greece & Turkey - June 2013

**Passport to Adventure Club** is organizing a trip to Greece and Turkey in June of 2013. The trip will include the cities of Athens and Istanbul as well as Troy, Ephesus (we will visit the home of the Blessed Virgin Mary), the island of Patmos where *St. John the Evangelist* wrote the book of Revelation, and a cruise in the Aegean Sea to explore the Greek Islands. Contact Shiela Sievert at [shiela.sievert@piusx.net](mailto:shiela.sievert@piusx.net).

## Winter Sports - Helpful Websites

NSAA Winter Sports at Pius X High School have begun: Boys Basketball (Coach Ray Forycki), Girls Basketball (Coach Bill Rice), Boys & Girls Swimming/Diving (Coach Cindy Nash), and Wrestling (Coach Jerry Clinch). Stay up-to-date with all of the state school activities by visiting the Nebraska School Activities Association (NSAA) website at [www.nsaahome.org](http://www.nsaahome.org). Visit [www.piusx.net](http://www.piusx.net) or [www.highschoolsports.net](http://www.highschoolsports.net) for the most current calendar and join us in cheering on the Thunderbolt teams!

## Athletic Passes For Pius X Home Games

Athletic passes for home games may be purchased in the main office. The student athletic passes include 10 punches for \$25 (\$2.50 per game), and may be used only by students and shared with their siblings. Adult athletic passes are also available which include 10 punches for \$45 (\$4.50 per game). All athletic passes may be used for any sport held at Pius X and at any level of game including Varsity, JV, Reserve, 10th, and 9th. They MAY NOT be used at district or state games. If they are lost or stolen, they are not replaceable.

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 He that has a talent, let him see that he hide it not; he that has abundance, let him quicken himself to mercy and generosity; he that has art and skill, let him do his best to share the use and the utility hereof with his neighbor. - Pope St. Gregory the Great -  
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## Swim/Dive Team Enters Its 4th Season

The Pius X Swim/Dive Team has entered its fourth consecutive year at Pius X. There will be thirteen meets during this season with only three of them in Lincoln. Come and cheer on the Thunderbolts in its home town of Lincoln and discover a life-long love of swimming/diving:

Day	Date	Time	Opponent
Thu	Jan 6	4:30 PM	Lincoln North Star & Fremont @ LNS
Tue	Jan 25	4:30 PM	Lincoln Southwest
Thu	Feb 24-26	TBA	State @ Devaney (on NET tv- Saturday)

For the Pius X Swim/Dive Team's complete schedule, visit [www.piusx.net](http://www.piusx.net) [Activities, Sports, Swimming] or contact Coach Cindy Nash at [cindy.nash@piusx.net](mailto:cindy.nash@piusx.net). Thank you for support!

## Wrestling Team Information

Owest State Wrestling Tickets are now available for purchase. State Wrestling Championships will take place February 16-18. Please join us at home on Saturday, December 3 at 8:30 a.m. for the Pius X Invitational. For a complete schedule, visit [www.thunderboltwrestling.info/](http://www.thunderboltwrestling.info/).

## Bowling Team - Saturday, December 3

Cheer on the BOLTS here in Lincoln on Saturday, December 3, when they compete against Adams Central at 1:00 p.m. and Hastings at 3:00 p.m. at Sun Valley Lanes. Other competitions in December include: December 10 in Elkhorn at 1:00/3:00 p.m.; December 17 in Lexington at 1:00/3:00 p.m.; and December 18 in Hastings at 11:00 a.m. For a complete schedule, visit [www.piusx.net](http://www.piusx.net) [Activities - Sports - Pius X Bowling Schedule]. Information on the Nebraska High School Bowling Federation (NHSBF) may be found at [www.nhsbf.com](http://www.nhsbf.com).

## NSAA Activities Moratorium - December 23-27

For five consecutive days in December, there shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The intent of the December Moratorium is to provide coaches, athletes, and other school personnel a five-day break from the activity season without organized practices, competitions, structured conditioning sessions, weight training, open gym, meetings, or physical activities of any type. Students may continue to workout/condition on their own in facilities not owned by the school; receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and receive physical therapy or rehabilitation services at facilities not owned by the school.

## 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. It is a matter of character, of being able to choose what is right even in the heat of competition. 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:

◆ Show interest in the contest by enthusiastically cheering and applauding the performance of both teams.

◆ 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.

◆ Don't "boo", stamp your feet, or make disrespectful remarks toward players or officials. Respect the integrity and judgment of game officials.

◆ 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)

## Home & School Association

The mission of this group is to facilitate communication between Pius X, parents, and parishes by providing programs and activities that connect parents with and to Pius X. The PHSA meets monthly with Principal Tom Korta to be briefed, share thoughts, and provide feedback on various school issues. Parents may volunteer to assist with the following committees: Academic, Facilities & Grounds, Parent Hospitality & Recruitment, Public Relations, Safe Homes, Spirituality, Teacher & Staff Appreciation, Technology, Uniform, and Volunteer. If you have any questions, contact your parish representative or President Joe LeDuc at [jleduc@inebraska.com](mailto:jleduc@inebraska.com) or (402) 489-0293. PHSA board members are:

Blessed Sacrament  
Cathedral of the Risen Christ  
Immaculate Heart of Mary  
North American Martyrs  
Sacred Heart  
St. John the Apostle  
St. Joseph  
St. Mary  
St. Michael  
St. Patrick  
St. Peter  
St. Teresa

Pete & Andrea Peterson  
Anita Scheuler  
Tim & Yen Cao  
Michael & Donna Barnes  
Judy York  
John & Ellen Soukup  
Joe LeDuc (Board President)  
Phil & Diane Swinscoe  
Bert & Sue Wilkinson  
Mike & Barb Krenk  
Paul & Michelle Birkel  
Doug & Lori Beals

## SCIP - Intervention

What is an intervention? It can be as simple as a conversation with the purpose of approaching your child directly about your concerns. It can be successful even if it tackles small goals at first. Addressing the concerns may be uncomfortable for both parent and child or you may think it is unnecessary. However, it is necessary to make it clear that you do not want him/her to engage in such behaviors. That is why it is so important to address the concerns as soon as your instinct tells you that something is wrong. An intervention can address concerns regarding behaviors, mental health and substance abuse issues.

What to do if you think or know that your child is using drugs or alcohol:

- ◆ Take action right away.
- ◆ Have productive conversations, remaining calm, sharing concerns and listening.
- ◆ Set tighter limits with clear consequences.
- ◆ Get outside help and support if strategies you try aren't as successful as you'd like.
- ◆ Closely monitor activities and behaviors.

Things to say if your child becomes defensive:

- ◆ Child says, "You went through my stuff?! You're a snooper!"  
Parent says, "I'm sorry you feel that I broke your trust, but as a parent, my job is to keep you safe and healthy, so I have to be nosy when I believe you're doing something unsafe."
- ◆ Child says, "You smoke/drink! You're such a hypocrite."  
Parent says, "I wish I had never started smoking because it's so hard to stop" or "I love you too much to let you make the same mistakes I did."
- ◆ Child says, "I've never done drugs! You're wrong."  
Parent says, "I love you way too much to let anything happen to you. I need you to tell me the truth so I can figure out how to help you. I have no intention of getting mad or punishing you."

These suggestions can also be used with younger children who exhibit behaviors that are unacceptable. They can be used with older children whom you may suspect are using alcohol or drugs. The important thing is to act...the sooner the better. Don't be dissuaded by arguments such as "all kids do this" or "they'll grow out of it." Prevention and early intervention are valuable tools for any parent. Remember that SCIP at your child's school can help.

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

SCIP is funded in part by: Lincoln Public Schools • Nebraska Department of Health and Human Services, *Division of Behavioral Health Services* • Region V Systems • Region 4 • United Way of Lincoln and Lancaster County

## Saturday Vaccine Clinic - December 3

The Lincoln-Lancaster County Health Department will hold a clinic for students who need Varicella and Tdap vaccines on Saturday, December 3, from 8:00 a.m. to 2:00 p.m. at the Lincoln-Lancaster County Health Department located at 32nd and "O" streets. Call (402) 441-8065 for an appointment. Fees are charged depending upon health insurance and income level. A customary administration fee of \$13.50 for the first vaccine and \$10.50 for each additional vaccine is assessed. Students must be accompanied by a parent or legal guardian.

## 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!)

### Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Your wounds hide me.  
Separated from You, let me never be.  
From the evil one, protect me.  
At the hour of my death, call me.  
And close to You, bid me.  
That, with Your saints,  
I may praise You,  
Forever and ever.  
Amen.

## Spirituality Committee

By Rhonda Litt, Committee member

The Anima Christi is the Pius X School Prayer this year. The rich imagery of this prayer calls us to be one with Jesus. We ask Him to purify and fill us with His holiness. His **soul** contains His Love, His Holy Spirit, and His Sanctifying Grace!

Christ's **body** is the Bread of Life that is necessary for our salvation. We ask Jesus through His Holy Communion to **save us**. Our con-

templation of His sacrifice moves us to the soldier piercing His side on the cross, after He suffered and died for us. His **blood** and **water** poured out from His very heart of mercy, grace and love, purifying, washing and cleansing our hearts and souls. Christ's burning love for us is overwhelming, intoxicating, incomprehensible, and **inebriating!** This life-giving water that flowed from our Lord on the cross flowed over us at our Baptism and made us children of God through His Holy Spirit Who entered our souls, washing us clean of original sin. **Wash us**, Oh Lord, of our sins and our weaknesses!

Our Lord's **passion**, seen by the eyes of the world as weakness, was our salvation. In bearing our sins and becoming one of us, by His suffering and dying to set us free, a far greater power than the world had ever seen came forth. His power, not ours, healed us and made us strong. He is our only source of hope! **Strengthen me**, Lord Jesus, to get up again when I fall just as You did on Your way to Calvary!

Our **Good Jesus** is always knocking on our door, always standing there listening for our response. **Hear us**, Jesus, as we cry out to You for strength to open the heavy door of this world, the one that weighs us down and holds us back! When we open the door, not only do we let Jesus into our hearts, but we open the door to Heaven, His side of the door, our reward for "fighting the good fight".

"**Hide us in Your wounds** Lord Jesus, the wounds that we created through our sins, the wounds which saved us!" Praying on this intimate relationship with Jesus, an intimate relation as taking His Body, Blood, Soul and Divinity in Communion under the roof of our mouths, can't help but change our hearts to a greater understanding of Christ's enormous love and sacrifice for us; His strong desire to be one with us.

**Separated from You**, Lord Jesus, is something we **never** want to be as we begin to understand more and more Your unfathomable love and unquenchable thirst for us who are so unworthy! Being separated from Him, we understand, will cost us His Love. Jesus will **protect us** from the evil one when we do not allow ourselves to be separated from Him, when we do not stray from His path of Love. The Anima Christi points to the importance of persevering in prayer to reach our Heavenly goal, staying focused on attaining Eternal Life with the One we love, the One who first loved us! At the **hour of our death**, He will **call us** because we have already become one with Him in this world. "**And close to You, bid us. That, with Your saints, we may praise You, forever and ever. Amen.**"

To become a part of the Spirituality Committee or for more information about the Committee, contact Shane Kennett, Committee Chair, at (402) 483-6105.

Tune in to Catholic radio at 102.7 FM or [www.kvss.com](http://www.kvss.com)

## Buckley Attends National Conference



- photo courtesy of Karen Buckley -

Susan Hubbard, Cathedral of the Risen Christ librarian, and Karen Buckley, Pius X librarian are pictured at the American Association of School Librarians 15th National Conference and Exhibition held at the Minneapolis Conference Center, October 26-29. The conference, entitled "Turning the Page,"

featured two nationally known keynote speakers, many breakout sessions and book signings by such authors as Kareem Abdul Jabbar, Maggie Stiefvater and National Book Award winner Pete Hautman.

As president of NEMA (Nebraska Education Media Association), Mrs. Buckley was co-chair for the state conference, "Nebraska Libraries: Cultivating Community Connections," October 5-7. NEMA and the Nebraska Library Association sponsor the annual fall conference. Cassandra Barnett, past AASL president, gave the opening keynote address.

## Spanish 4 Classes Display Papel Picado



- photo courtesy of the Foundation Office -

It is a 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.

## Spanish 4 Students Win Contest At UNL



- photo courtesy of Tracy Chapelle -

Several Spanish 4 students had big wins at the Second Annual Calaveras Contest at UNL. Students had to write a fake obituary in Spanish with an English translation about a living celebrity. Hilde McKee, Vanessa Arias, and Carolyn McDermott won first prize, \$100,

with their calavera, "La Muerte de Las Kardashian" about the Kardashian family. Spanish 4 classes are taught by Katie Hayes and Tracy Chapelle.

## Thank You From Careers & Life Management Class



- photo courtesy of the Foundation Office -

The Careers and Life Management class, taught by Mr. Ryan Psota, held mock interview sessions on Thursday, November 17, in the Commons. These freshmen and sophomore students dressed-up in business attire and practiced being interviewed by volunteer parents. Special thanks to all the parents who volunteered to conduct the interviews.

## Academic Decathlon Succeeds At Quiz Bowls



- photo courtesy of Ann Kotopka -

The Academic Decathlon girls (Bridget Fitzgerald, Anna Hanzl, Claire Henrichsen, Margaret Johnson, Kelsey Konecky, Abby Miller, Audra Nability, and Kendra Peckmade) made it to the semifinals of the Seward Quiz Bowl on

October 19th. Participating in the large school division, Pius placed above 13 schools. Medal winners at the Creighton Prep Scrimmage on November 5th included: [Art] Philip Hanigan-1st Novice and Bridget Fitzgerald-3rd Honors; [Language/Literature] Philip Hanigan-1st Novice; and [Math] David Cao-2nd Novice, Margaret Johnson-2nd Honors, and Kelsey Konecky 3rd Varsity. Top Pius X Scorers: Margaret Johnson and Stephen Kotopka. The next scrimmage will be December 10 at Pius X.

## Forensics Team Begins Season With Success



The Pius X Forensics Team has already seen some success to start

the 2011-2012 competition season. At the Millard North novice invite on November 4, the first tournament of the year, sophomore Peter Kosch placed 6th in Informative Speaking. The next day at the Bellevue West T-Bird Invite, senior Brian Morehouse placed 4th in Impromptu Speaking while sophomore Kathryn Budell placed 6th in the same event. The team hosted the 4th Annual Pius X Invite on November 19, welcoming over a hundred competitors from schools throughout the state. Next up for the Thunderbolt talkers are tournaments at Millard West (December 2), Lincoln High (December 9), Creighton Prep (December 10), and Lincoln Southeast (December 16). It's not too late to join the Pius X Forensics Team for the 2011-2012 season. If interested, talk to Mr. DeWispelare in Room 264.



## Pius Sixth At UNL Math Day

A group of 25 students from Pius X participated at UNL's 22nd Annual Math Day on Thursday, November 17. UNL

hosted approximately 1500 students from 99 Nebraska high schools during the day. Math Day consisted of two individual and two team mathematics competitions. All students began with a multiple choice, preliminary exam called PROBE I (Problems Requiring Original and Brilliant Effort). The top 50 students then moved on to take the essay exam called PROBE II with the top 3 males and females receiving plaques and the top 10 Nebraska high school students awarded a total of \$34,000 in 4-year scholarships to UNL. Pius X won its first round competition against Lincoln Zoo School (6-3) and its second round against South Sioux (3-2). The team lost to Omaha Westside and Millard South in the third and fourth rounds, finishing sixth in the competition. Pius X students who attended were: Sam Baker, Alisha Bevins, David Cao, Ellen Dolph, Erica Dolph, Abraham Driewer, Isaac Driewer, Mary Driewer, Steve Emmerich, RJ Gibson, Julio Gutierrez, Philip Hanigan, Abbie Hecker, Claire Henrichson, Mark Kilts, Hyunseok Kim, Stephen Kotopka, Max Miller, Anh Nguyen, Shawn Nguyen, Scott Schieuer, Ben Swanson, Carly Twehous, Nick Varilek, and Allison Zastrow. Pius X students were coached by Pius X math instructors, Margaret Kaiser-Woodward and Scott Burns.

## Vocal Department "Performances"



- photo courtesy of Yearbook -

The Pius X Vocal Department put on a spectacular show in their annual "Performances" on Sunday, November 6. It showcased a tremendously gifted group of students performing their vocal talents. 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, Chad Houk, Cary Ward, Jim Koudelka, Dylan McDermott, Michael Fujan, Annie Albin, Quinn Conzemius, Lauren Gibson, Myra McKee, Drew Reese, and Tini Van-Oehlertz for their assistance with the production.



- Photo courtesy of LifeTouch -

### All-State Band Alternate - Altman

Congratulations to Jenna Altman, daughter of Jeff & Deb Altman of the St. Joseph parish, for her selection as alternate oboe for the All-State Band. Students are selected to the All-State ensembles through a state-wide audition.

## French Classes Take Field Trip To Omaha



Imler's French 3 Class



Imler's French 4 Class

- Photos courtesy of Jeanie Imler -

On Tuesday, November 8, Mrs. Jeanie Imler's 46 French 3 and French 4 students left Pius X at 10:00 a.m. for a delicious, fun and elegant lunch prepared by Chef Cedric Fichelain at *Le Voltaire*, an upscale French restaurant in west Omaha. The following parents graciously volunteered their time to drive the students for the field trip: Jackie Hilger, Jim & Deb Kula, Scott Meradith, Rick & Georgeanne Rashilla, Jan Weedman and Luan Zastrow. Choices for lunch included: Soupe à l'oignon gratinée or tomato bisque, Croque Monsieurs (rich grilled ham and cheese sandwiches) with "frites" (French Fries) or une salade verte, Quiche Lorraine, Tartines Parisiennes (hot open-face ham sandwich with cheese, tomatoes and onions in a light cream sauce), or a vegetarian sandwich (similar to ratatouille) on a grilled baguette. The meal was completed by a choice of divine mousse au chocolat, heavenly crème brûlée or delicious bread pudding.

From Le Voltaire, students went to the Joslyn Art Museum where they viewed original Impressionist paintings by Claude Monet, Auguste Renoir and the famous "Little Dancer" statue, sculpted by Edgar Degas. Students also completed a museum activity designed by Mrs. Imler while viewing the other exhibits and works of art. The lovely and unusual gift shop in the museum was an appropriate ending to a fun-filled day of "art, fine cuisine and culture."

"Artistic talent is a gift from God and whoever discovers it in himself has a certain obligation: to know that he cannot waste this talent, but must develop it." - Blessed Pope John Paul II-

## All-State Chorus - Geary, Gossard, Kelly



Katelyn Geary



Derrick Gossard



Shannon Kelly

- photos courtesy of LifeTouch -

Each year, over 2000 of the best high school musicians in the state audition for the Nebraska All-State Band, Chorus, Jazz Band and Orchestra which are sponsored by the Nebraska Music Educators Association. Selection as a member of one of these groups is one of the highest musical honors attainable in Nebraska. Katelyn Geary (daughter of Ron & Ann Geary of the St. Joseph parish), Derrick Gossard (son of Richard & Mona Gossard of the Cathedral parish), and Shannon Kelly (daughter of Joseph & Susan Kelly of the St. Peter parish) were selected to be among the 440 students of the 2011 All-State Chorus. A public concert was held on Friday, November 18, at the Lied Center for the Performing Arts on the University of Nebraska-Lincoln campus.

## AP Biology Visits UNL's Beadle Center



- photo courtesy of Susan Kelly -

On Wednesday, November 9, 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 everything from Plant-Pathogen Interactions, Fungal Infections, and Transgenic

Plants to Cancer Research and HIV/AIDS. These 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.

### Students On The Air With Spirit 102.7FM



The Pius X "Witness" team heard on Spirit 102.7 FM includes: (L to R) Drew Miller, Lauren Pope, Sr. Ann Marie Zierke, Cole Sartore, Marie Wathen, and Emily Wiebeck. Photo courtesy of Yearbook.

You don't often hear teenagers talking openly about the importance of evangelizing their faith, or why their Catholic education is important to them, but a group of Pius X students did just that recently on a radio show called "Witness...the Time for Action is Now," heard on Spirit 102.7 FM – Spirit Catholic Radio.

The group of about six students is one of several Catholic high school and college groups from across the Spirit Catholic Radio listening area that choose, research, and then discuss various topics and issues facing teens today. The shows are heard every Thursday night at 8:00 p.m., with an encore broadcast on

Saturday, also at 8:00 p.m. In December, the students will be heard discussing the topic of Confession with Fr. Adam Sughroue.

"Kids are so technology-oriented. When we can mesh technology with faith, especially a technology like radio that reaches so many and one we're already comfortable with, that's a unique opportunity," explained Sister Ann Marie Zierke, theology teacher and adult moderator for the Pius X "Witness" shows. "The students are really excited about being involved with this project and so am I!"

Each show is an hour-long, and each student is given the opportunity to speak frankly about a particular topic. The Pius X students pre-record their shows in the Spirit 102.7 FM Lincoln studio, where senior Drew Miller has been trained to operate the recording equipment and edit the shows for broadcast. "It's a lot of fun to produce, as well as take part in the discussion knowing that so many people across the state can hear us." The broadcast team tries to record one or two shows a month during the school year.

"Spirit Catholic Radio is providing an opportunity for kids to talk about their faith, ask questions, and find answers as others listen in," said Sr. Ann Marie. "It's a win-win for the kids on the air, and for those who listen." This is the third year that Pius X has had students participating in the programs.

### Red Ribbon Week Observed October 24-28



The Pius X SOADA Club sponsored *Red Ribbon Week* from October 24-28. *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. SOADA Club members were given red ribbons from *Mothers Against Drunk Driving*. These ribbons were tied to the antennae of every car in the Pius X parking lot to remind students to never get in the car with a driver who has been drinking. Participants wore a red shirt and jeans on Friday, October 28, to signify a desire for a drug-free society. Students also signed a "Drug-Free Pledge" banner that is displayed outside the main office. The SOADA Club is sponsored by Mrs. Laurie Barnes and Mrs. Jennifer Sander.



### Pro-Life Club Holds Lock-In

The Pius X Pro-Life Club sponsored a lock-in November 4-5 at Pius X High School. Seventy students attended from David City Aquinas, Wahoo Bishop Neumann, Falls City Sacred Heart, and Pius X High School. The evening included guest speaker Mrs. Kelly Baumgartner, a Holy Hour with Fr. Joseph Bernardo, dancing, games, a pro-life video, a presentation on Planned Parenthood, a movie, pizza, pop, and snacks. The event concluded with the Holy Sacrifice of the Mass offered at 5:30 a.m. by Fr. Gerald Rush, followed by breakfast. Special thanks to all who made the event a success.



Kristin Heath '91 joins Peter Heath '90, Ron & Carol Varner, Tom & Margaret Tracy and Cecelia Sherman who all came to honor their loved one; (Brian Heath '88, Sean Varner '88, Rob Tracy '86 and Mark Sherman '66). Photo courtesy of the Foundation Office.

### All Soul's Day Mass

On Wednesday, November 2, Pius X staff and students remembered and honored loved ones with an all-school Mass for All Soul's Day. The Mass celebrant was Fr. Holdren of the St. Thomas Aquinas parish (Newman Center) with 6 other priests concelebrating; Superintendent Fr. Meysenburg, Msgr. Dawson, Fr. Bernardo, Fr. Haschke, Fr. Seiker, and Fr. Thomlison. Special guests in attendance included family members whose deceased loved ones are members of the Pius X family and also individuals who have established an endowed scholarship or endowed fund at Pius X in memory of their family members.

Before Mass, there was a slide show listing the names, class year, and date of death of each of the deceased Pius X students or alumni. During Mass, there was another slide show listing prayer intentions for deceased friends and family of the Pius X student body and staff. Following Mass, guests were invited to a breakfast and social reception in the Commons area.

Special thanks to Mrs. Maria Benes, Lay Campus Minister and the following who assisted with the Mass: Readers- Jessica Tran, Alex VanAckeren, Sarah Styron, Austin O'Brien, and Sarah O'Hearn; Altar Servers- Kevin Curran, Matt Ellerbee, Gabe Larsen, Daniel LeDuc, Sam Raun, Alec Sasse, Nathan Schlautman, and Alex Theisen; Gift Bearers- Lauren Gibson, Abbie Hecker, Jacob Holtmeier, and Liam O'Shea-Creal; and Music- Mrs. Jan Frayser, Mr. Chad Houk, and the Pius X Vocal Music Department. Special thanks also to the Pius X Food Service led by Tini Van-Oehlert for preparing and serving the breakfast and social reception.

*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.*



### STARS Mentors

*Standing strong and resisting negative pressures* was the theme the Pius X STARS Mentors presented to 7th graders in November. The story of Joseph from the Old Testament was continued with Joseph being taken to Egypt as a servant slave for the Pharaoh (Gen 39: 1-6). God found favor with Joseph as he continued to trust in God's plan for him, no matter what his situation. His master saw that the land prospered with Joseph in charge. He knew he could trust Joseph so he left him in charge of his household while he was away. The 7th graders learned that Joseph was very handsome and faced many temptations while left in charge. He was able to resist negative pressures by trusting God and therefore, choosing only to please Him. They discussed how pertinent and relevant Joseph's situation is even today.

The Mentors used a tube of toothpaste to demonstrate what happens when something negative is posted on Facebook or texted, etc. With each squirt of toothpaste the negative comment gets passed on and on to others just as the "mess" of toothpaste squirted onto a plate grows. The empty tube represents the emptiness felt by the person who posted the comment initially. Nothing can be done to take back all of the bad feelings felt by the person the comment was directed to, just as the toothpaste, which was squirted out cannot be put back inside the tube. Discussion continued then on how important it is to "recap the tube" when one is aware of negative things being said or done to another. For questions about STARS, contact Shane Kennett at [skennett@neb.rr.com](mailto:skennett@neb.rr.com) or Janet Kurtenbach at [janetk@inebraska.com](mailto:janetk@inebraska.com).

"Let nothing disturb you, nothing frighten you, all things are passing. God is unchanging. Patience gains all; nothing is lacking to those who have God: God alone is sufficient."  
- St. Teresa of Avila -

## Volleyball Earns State Championship



- photo courtesy of Luann Zastrow -

Pius X secured their 7th state volleyball championship on Saturday, November 12, with a 3 set sweep of Grand Island Northwest in the finals played at the Heartland Event Center in Grand Island. The Thunderbolts played one of their best matches of the season with regard to serving, serve receive and floor defense. The Bolts beat the Northwest Vikings 25-18, 25-14, 25-17, earning Pius X their 4th state championship in the past six seasons. This was also the 17th consecutive appearance by Pius X in the Nebraska State Volleyball Tournament where they have garnered two 4th place finishes, 1 runner-up and 7 state championships during that time span. The Bolts finished the season with a 38-3 record and was rated #1 in Class B and #2 in the All-Class ratings compiled by the Omaha World Herald. Congratulations to Head Coach Jake Moore; Assistant Coaches - Mary Jo Kopf, Ryan Gray, DeeCee Mather, Kelli Raile, Mitch Braun, Lindsay Burkey; student assistants - Matt Ellerbee, Jess Koelzer, Josh Tomjack and Meredith Hovis; and the volleyball team - Anne Bachmann, Abby Burt, Cassie Effken, Kennedy Hegert, Scarlett Howerter, Maggie Kopf, Lea Sack, Lauren Smith, Sydney Townsend, Kristy Wieser, Allison Zastrow, Alexa Birkel, Sarah Lewandowski, Maggie McDermott and Alyssa Thavenet.

## Fall Collegiate Athletic Signing Ceremony



- photo courtesy of the Foundation office -

Congratulations to the five Pius X athletes who signed letters of intent on Wednesday, November 9, to participate in collegiate sports. Note: There may be more Pius X student athletes attending colleges or universities, but these are the confirmed athletes signing on November 9.

- ❖ Cassie Effken - Volleyball - 6'2" Middle Blocker - Drake University, Des Moines, Iowa - NCAA Division I
- ❖ Scarlett Howerter - Volleyball - 6'0" Outside Hitter - Drake University, Des Moines, Iowa - NCAA Division I
- ❖ Lea Sack - Volleyball - 5'6" Libero - Bradley University, Peoria, Illinois - NCAA Division I
- ❖ Lauren Smith - Volleyball - 6'4" Middle Blocker - Creighton University, Omaha, Nebraska - NCAA Division I
- ❖ Allison Zastrow - Volleyball - 5'9" Setter - Washington University, St. Louis, Missouri - NCAA Division III



- photo courtesy Yearbook -

## Football 2011

Congratulations to Coach Tim Aylward and his staff: Mike Aldrich, John Aylward, PJ Book, Mike Greco, Jim Hansen, Ryan Kearney, Ryan Psota, and Mark Stoley; as well as to all of the players who worked so hard this season, especially the senior players who showed their leadership and dedication to the Pius X family and athletic program: Jeff Aylward, Chris Bodfield, Hunter Creglow, Nick Daily, Ben Goodwin, Cameron Haecker, Jordan Hall, Michael Heibel, Jacob Jara, Harlan Jones, Derek Jundt, Dylan Krings, Bryce Miller, Jeremy Miller, Kevin Nguyen, Dominic Otto, Matt Powell, Richie Rice, Austin Schnell, Rick Sloup, and Matt Zeplin.

## Softball All-State Players

The Lincoln Journal Star and the Omaha World Herald both announced their All-State selections for softball. Lincoln Journal Star: All-Class All-State 2nd Team- Kat Woolman (Junior - Utility Player); Class B All-State 1st Team- Kat Woolman (Junior - Utility Player); All-State Honorable Mention- Rachel Arthur (Junior), Allie Reinhart (Junior), Desirae Hakel (Junior), and Kennedy Oberembt (Sophomore). Omaha World Herald: Class B All-State 2nd Team- Kat Woolman (Junior - Infield); All-State Honorable Mention- Rachel Arthur (Junior) and Allie Reinhart (Junior).

## Field Improvements Latest Booster Club Project



Pictured (Top) Baseball Field and (Bottom) Softball Field. Photos courtesy of Peggy Hain.



Construction work completed this fall will allow Pius X softball and baseball players to "play ball" on campus next year.

The Booster Club funded construction of a new softball practice field and improvements to the baseball diamond so that student athletes can stay on campus to practice. In the past, softball players drove across town after school to practice at University Place Park in north Lincoln. For the baseball team, weather often made outdoor practice impossible due to the poor drainage of the existing field.

Crews rebuilt the baseball field north of the school, raising it 16" to create proper slopes and drainage. They also repaired the backstop fence and made minor changes in the outfield grading. Diagonally across the outfield sits the new softball diamond. This field was also designed and built to ensure proper elevations, slopes and drainage. A new backstop and fence completed the project.

Other recent Booster Club projects at Pius include installation of bleachers in the old gym, funding for the new kitchen and concession area, transportation and admission for the band, dance team and cheerleaders to district and state tournament games, and more. We would like to thank all Booster Club members for making this school support possible. If you haven't joined yet, find an application form on the Pius X website at [www.piusx.net](http://www.piusx.net) or in the school office.



- photo courtesy of Joe LeDuc -

## In Touch With Pius Parents

At the *In Touch with Pius Parents* event November 2, Captain Joy Citta of the Lincoln Police Department spoke at Pius on the subject of awareness and strategies for attentive, concerned parents. A Lincoln native and a police officer since 1975, Captain Citta shared information from her perspective as a police officer and a parent.

One of the areas she focused on was Facebook, and highly recommended parents require their kids to accept them as friends on the popular social networking website so that they can monitor the interactions their kids are having with others. Criminals have been known to pose as youngsters in order to lure children into dangerous situations. She said that is why police will go undercover on Facebook, posing as a young person to catch predators.

Citta recommended that the family computer should also be in an open area of the home, not in the privacy of a bedroom. This will help parents monitor what is going on when the kids are using the computer.

Cyberbullying, or bullying through Internet applications and technologies such as instant messaging (IM), social networking sites, and cell phones, has become more of a problem. It can start easily - with a rumor, a photo or a forwarded message - and just as easily spiral out of control. If someone is cyberbullying your child, Citta said to call Lincoln police and they have ways of investigating electronically - computers, cellphones, etc.

Citta added that texting while driving is a huge problem. She explained that texting is ten times more dangerous than drunk driving. Studies show 75 percent of young adult drivers have sent texts while behind the wheel. If there's an accident, police will look to see where the cell phone is, and it better be in its holster. Stop the texts; you stop the wrecks.

## Visit Your Guidance Department Today!

The Guidance Department strives to ensure that every student is given the opportunity to reach his/her full potential. Working in cooperation with faculty and administration, school counselors and guidance personnel assist students in their social, emotional and spiritual development, as well as provide realistic educational and career planning opportunities. Stop in anytime to see us or visit us at [www.piusx.net](http://www.piusx.net) and click on "Guidance Office" for excellent information about college testing and preparation for testing, college selection, financial aid, and scholarships.

### Test Anxiety

To a large degree, test anxiety is related to test preparation. The more certain you are that you know the material, the less you experience test anxiety. Anxiety often stems from a fear of losing control or being out of control. As knowledge and understanding increases, test anxiety commonly decreases. If you would like more information, hand-outs are available in the Guidance Office about test preparations and good study habits.

### Naviance/Family Connection

The most up-to-date opportunities to find and apply for scholarships are on Naviance/Family Connection, which may be accessed on the Pius X website under Guidance Office. If you have not used Family Connection before, please contact the Pius X Guidance Office for your personal access code and instructions to create your own account. This account can be viewed by the counselors at Pius X High School, who will assist you by monitoring information that you provide.

**ACE Scholarship:** This scholarship is for financially needy students who desire to take college courses during high school. If you are interested, log into your Family Connection site and open the Scholarship List on the left hand column under the "About College" link. An application may be found in the Senior Resumes area.

**Bulletins:** This is a live bulletin board with the latest news information primarily for senior/junior students and their parents which should be checked frequently.

**College Research:** Compare student's GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past.

**College Representatives Visiting Pius X:** A list of dates and times of college representatives visiting Pius X may be found under Naviance/Family Connection. You may sign up for these sessions through Family Connection or come into the Pius X Guidance Office for assistance. Students will need to pick up a permission slip from the Guidance Office if there is a conflict with a class.

**Resumes:** If you have your resume on a word document please bring it to the Pius X Guidance Office (even if you only have a paper copy) so we may upload it into Family Connection. This allows any teacher or counselor access to valuable information in order to write recommendations for college acceptance or scholarships.

**Scholarships:** Juniors and Seniors should be checking out scholarships that are available. You may qualify and get some assistance for college. Be sure to apply early.

**Transcripts:** Click on [colleges] at the top. On the left side of the screen under [resources], click on [transcripts] and choose the option that fits your needs.

## ParentCONNECT

One of the great tools that we offer to help you monitor your student's academic progress is called "ParentCONNECT". ParentCONNECT is an online portal that allows you to see each of your student's grades as they are updated daily in the teachers' gradebooks. Even though it is called ParentCONNECT, you are encouraged to share your username and password with your student so that your student may grow in his/her own responsibility in monitoring his/her progress. If you have any questions with getting logged on, contact Georgia Miller at (402) 488-0931.

### Seniors Applying To UNL - January 13

To be considered for merit-based scholarships to the University of Nebraska-Lincoln, students must complete UNL's application process by Friday, January 13.

### Seniors - Report Scholarships By May 2

Please turn in any scholarships you receive from colleges or organizations to the Guidance Office by Wednesday, May 2. This information is needed so we can publish all scholarships in the program for the graduation ceremonies.

### Advanced Scholars Program

The Advanced Scholars Program at the University of Nebraska-Lincoln is a partnership linking UNL with your high school. Advanced Scholars gives qualified students the opportunity to enroll in online college 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, and learn from UNL faculty at a major research institution. For more information, visit <http://advancedscholars.unl.edu/step1/> or the Pius X Guidance Office.

### ACT/SAT Information

Juniors and Seniors are encouraged to take the ACT and/or SAT. Juniors planning to attend college should consider beginning the testing process sometime during their Junior year. For most students, there is no need to take both tests. Most students do better on the ACT. The ACT has an optional essay; the SAT has a mandatory essay. A practice test is available in the Guidance Office. Students can 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	Registration Deadline	Late Fee Required
February 11, 2012	January 13, 2012	January 14-20, 2012
April 14, 2012	March 9, 2012	March 10-23, 2012
June 9, 2012	May 4, 2012	May 5-18, 2012

SAT Test Date	Registration Deadline	Late Fee Required
January 28, 2012	December 30, 2011	Dec 31, 2011-January 13, 2012
March 10, 2012	February 10, 2012	February 11-24, 2012
May 5, 2012	April 6, 2012	April 7-20, 2012
June 2, 2012	May 8, 2012	May 9-22, 2012

"Our true worth does not consist in what human beings think of us. What we really are consists in what God knows us to be."  
- St. John Berchmans (1599-1621) -



### The Pius X Foundation Office

Michelle Birkel is the Director of the Pius X Foundation Office and is assisted by: Deb Hoge, Administrative Assistant; Amy Riley, Administrative Assistant; and Sophia Werning, Grant Writing Specialist. If you would like to make a donation or have any questions, please contact them at (402) 488-1046 or [michelle.birkel@piusx.net](mailto:michelle.birkel@piusx.net).



Science Dept.  
Biopacs & Software



Family & Consumer Science  
Cookware Set



Fine Arts.  
Wireless Headsets

### Fulfill A Pius X Wish

You can fulfill a Pius X wish and improve your child's education this Christmas with a donation to the Teacher's Wish List! Your gift has the added bonus of keeping Pius X tuition affordable and providing you with a tax-deduction. The wish list items are added by teachers and include student resources, products, or services which are not covered by the traditional school budget. Partial funding of an item is gladly accepted.

You can search wish list items and donate directly on the Pius X Foundation website at <http://foundation.piusx.net> by selecting the *Fund-It* link. To donate by check, please send your gift to: Pius X Foundation, 6000 A St, Lincoln, NE, 68510. In the memo line, please indicate which item you prefer to fund.

Some of the specific wish list items on Fund-It include:

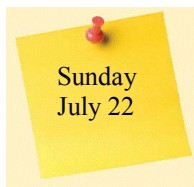
<u>Item</u>	<u>Department(s)</u>	<u>Cost</u>
Paper Cutter	All-School	\$ 125
American Literature Fellowship	English	\$4,821
English Vocabulary Books (30)	English	\$ 270
Ergonomic Chairs (2)	English	\$ 600
Computer (for Wordstruck Layout)	English	\$1,519
Cookware Set	Family & Consumer Science	\$ 107
Wireless Headsets (10)	Fine Arts	\$5,000
LaserJet Printer	Guidance Office	\$ 250
Sony Handycam DVD	International Language	\$ 350
Spanish Story/Chapter Books	International Language	any
Math Classroom Posters	Math/Business	\$ 15
TI Inspire Calculators (30)	Math/Business	\$3,600
Anatomy Models & Curriculum	Science	\$3,600
Biopacs & Software (6)	Science	\$3,000
Lab Stools (12)	Science	\$3,424
Whiteboard	Science	\$ 749
Banner For Drug-Free Pledge	SOADA Club	\$ 125
Student Response Clickers	Theology	\$2,000
Funding For FCT Retreat	Youth Ministry	any



### Alumni Office

Kristin (Edwards) Heath '91, is the school's Alumni Director. Visit the Pius X website at [www.piusx.net](http://www.piusx.net) and click the "Alumni" tab at the top. Kristin may be contacted at [kristin.heath@piusx.net](mailto:kristin.heath@piusx.net) or (402) 488-0931 ext. 10132.

### Save the Date/Class Poster Boards



Is this your honor year to celebrate your class reunion? If you graduated in a year that ends in 2 or 7; please join us for our first ever, *All Honor Year Reunion* on Sunday, July 22, 2012, for Mass, breakfast and tours of Pius X High School. Individual class reunions may still be held on Friday and/or Saturday of this third weekend in July or any other date of your class choice. Each honor year committee is asked to make a trifold poster board representing the class and days spent at Pius X High School to be displayed at various Alumni events. Please contact Kristin Heath with any questions.

### Alumni T-Shirts - Great Christmas Gift!



Only \$12 each, the shirts are available in two designs and in both a regular or fitted style. Order forms are located at <http://alumni.piusx.net/> or contact [kristin.heath@piusx.net](mailto:kristin.heath@piusx.net).

### 8th Annual Alumni Basketball Tournament



MARCH MADNESS THUNDERBOLT STYLE  
FRIDAY, MARCH 16, 2012  
SATURDAY, MARCH 17, 2012

Mark your calendars to be a part of the eighth Annual Thunderbolt Alumni Basketball Tournament, "March Madness-Thunderbolt Style." The tournament will be held Friday, March 16, and Saturday, March 17, in the Pius X gyms. Start forming your team now! Classes can have more than one team and you need not have played basketball in high school to play in this tournament; you just need to be a Pius X graduate. More information will be available on the website soon at <http://alumni.piusx.net/events/basketball.htm>. To register to be a contact person (captain) for your graduation year, to be a part of the planning committee, or for more information, please contact Greg Lesiak at [alumnibasketball@piusx.net](mailto:alumnibasketball@piusx.net) or at (402) 488-0931.

### Pius X Alumni Department Is On Facebook

Check us out at [www.facebook.com/lincolnpiusxalumni](http://www.facebook.com/lincolnpiusxalumni) on the Official Lincoln Pius X Alumni Page! You will find information on alumni events, news on past alums, deaths, and even bits about what is happening in the school today. You can also catch up with fellow alums as well as find links to update your info, donate to the school, or find out if you are a "Missing" Alum. "Like" us on Facebook today!

### Keep Us Updated In The Alumni Office

Do you have any news that you would like to share with your classmates such as a marriage, a new baby, or maybe a job change? We would love to hear from YOU!!

## December 2011 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<div style="border: 1px dashed black; padding: 5px; margin-bottom: 5px;">                     Visit the Pius X website at <a href="http://www.piusx.net">www.piusx.net</a> </div> <div style="border: 1px dashed black; padding: 5px;">                     * All dates and times are subject to change without notice.*                 </div>				<b>1</b> 4:00PM Swim/Dive @ Roncalli @ Omaha Brownell - Talbot 4:30/7:45PM JV/V Boys Bball @ Waverly 4:30/6:00PM JV/V Girls Bball @ Waverly	<b>2</b> First Friday First Friday Adoration in the chapel 7:20AM Schoenstatt SOS Club 3:00PM Speech @ Millard West	<b>3</b> First Saturday TBA NSAA One-Act District Contest TBA 9th Girls Bball @ 9th Grade Basketball Jamboree 8:30AM 9th/JV/V Wrestling vs Pius X Invitational 9:00-11:00AM Uniform Shop Open 9:00AM Swim/Dive @ Beatrice Invitational 9:00AM 9th Boys Bball @ 9th Grade Basketball Jamboree 5:15/7:00PM JV/V Boys Bball @ LH
<b>4</b> 2nd Sunday of Advent	<b>5</b> 9:37AM Advent Service 6:30PM R Boys Bball @ Waverly	<b>6</b> 3:35-4:00PM Uniform Shop Open 5:00-11:00PM Dino's 1st Tuesday	<b>7</b>	<b>8</b> Immaculate Conception of the Blessed Virgin Mary No School 5:00PM 9th Wrestling @ LNE Invitational 6:00/7:45PM JV/V Boys Bball vs Crete 6:00/7:30PM 9th Boys & Girls Bball @ Beatrice	<b>9</b> 6:30AM Mass for Friends of Pius X in the chapel 7:20AM FCT 3:00PM Speech @ LH TBA V Wrestling @ Omaha South Invitational 6:00/7:45PM JV/V Girls Bball vs Seward	<b>10</b> 7:00AM-1:00PM Academic Decathlon Scrimmage at Pius X 8:00AM Speech @ Creighton Prep 9:00AM JV Wrestling @ Omaha Skutt JV Invite 12:00PM Swim/Dive @ Columbus Relays Invite 5:45/7:30PM JV/V Boys Bball @ Thomas Jefferson
<b>11</b> 3rd Sunday of Advent Band Department Christmas Concert 2pm	<b>12</b> 9:37AM Advent Service 9:00AM-3:00PM Blood Drive 6:30PM R Girls Bball vs Gretna 7:00PM Vocal Christmas Concert	<b>13</b> 3:35-4:00PM Uniform Shop Open 6:00/7:45PM JV/V Boys Bball vs Elkhorn South 6:30PM JV/V Wrestling @ Omaha Westside	<b>14</b>	<b>15</b> 3:35-4:00PM Uniform Shop Open 5:30/7:00PM JV/V Boys Bball @ Seward 6:00/7:45PM 9th Boys & Girls Bball vs Fremont	<b>16</b> 7:20AM Schoenstatt SOS Club 2:30PM Speech @ LSE Granite City Friday 5:45/7:30PM JV/V Girls Bball @ Beatrice	<b>17</b> 9:00AM V Wrestling @ Wahoo Tournament 12PM R Boys & Girls Bball vs LE
<b>18</b> 4th Sunday of Advent	<b>19</b> 8:05-11:30AM Final Exams (Periods 1-3)	<b>20</b> 8:05-11:30AM Final Exams (Periods 4-6) 4:30/7:45PM JV/V Boys Bball vs Norris 4:30/6:00PM JV/V Girls Bball vs Norris	<b>21</b> 8:05-10:20AM Final Exams (Periods 7-8)	<b>22</b> No School	<b>23</b> No School NSAA Activities Moratorium	<b>24</b> NSAA Activities Moratorium
<b>25</b> Nativity of the Lord Christmas Day NSAA Activities Moratorium	<b>26</b> Second Day within the Octave of Christmas No School NSAA Activities Moratorium	<b>27</b> Third Day within the Octave of Christmas No School NSAA Activities Moratorium	<b>28</b> Fourth Day within the Octave of Christmas Holy Innocents No School	<b>29</b> Fifth Day within the Octave of Christmas No School TBA V Boys & Girls Bball @ Gretna Holiday Tournament	<b>30</b> Sixth Day within the Octave of Christmas Holy Family of Jesus, Mary, Joseph No School TBA V Boys & Girls Bball @ Gretna Holiday Tournament 9:00AM V Wrestling @ Creighton Prep Invitational	<b>31</b> Seventh Day within the Octave of Christmas

## January 2012 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
<p><b>1</b> Solemnity of Mary, Mother of God</p>	<p><b>2</b> No School</p>	<p><b>3</b> No School 1:30PM 9th Wrestling @ LSE Invite 5:00-11:00PM Dino's 1st Tuesday 6:00PM 9th Boys &amp; Girls Bball @ Norris 6:30PM JV/V Wrestling vs Millard North</p>	<p><b>4</b> 8:05AM-12:30PM Freshmen Testing Day Sophomores-No School Juniors-No School Seniors-No School</p>	<p><b>5</b> 8:05AM-12:30PM Freshmen Testing Day 8:05AM-11:30AM Juniors Testing Day Sophomores-No School Seniors-No School 4:30PM Swim/Dive @ LNS Triangular 6:30PM R Boys Bball @ Creighton Prep</p>	<p><b>6</b> Solemnity of Epiphany First Friday 2nd Semester begins First Friday Adoration in the chapel 7:20AM Schoenstatt SOS Club 9:25AM Epiphany Mass 3:00PM V Wrestling @ LNS Gator Invite 6:00/7:45PM V Girls &amp; Boys Bball vs Lexington</p>	<p><b>7</b> First Saturday 8:00AM Speech @ Millard North 9:15/10:45AM 9th Girls &amp; Boys Bball @ LSE 9:30AM JV Wrestling @ Malcolm Invite 12:00PM Swim/Dive @ Kearney Invite 5:15/6:45PM JV/V Girls Bball vs LNS</p>	
<p><b>8</b> 1st Sunday in Ordinary Time Feast of the Baptism of the Lord</p>	<p><b>9</b> 6:30PM R Boys Bball vs Millard West 6:15/8:00PM 9th Girls &amp; Boys Bball @ Lincoln Lutheran</p>	<p><b>10</b> 3:35-4:00PM Uniform Shop Open 6:30PM V Wrestling vs Omaha Gross 6:30PM R Boys Bball @ York 6:00/7:45PM V Girls Bball @ Gretna</p>	<p><b>11</b></p>	<p><b>12</b> 3:35-4:00PM Uniform Shop Open 6:00/7:45PM V/JV Girls Bball @ Hastings</p>	<p><b>13</b> 6:30AM Mass for Friends of Pius X in the chapel 7:20AM FCT 3:00PM Girls Swim/Dive @ Millard North Invite 4:30/6:15/7:45PM JV/V Girls &amp; Boys Bball vs Elkhorn 5:00PM Boys Swim/Dive @ Omaha Skutt Invite @ Ralston</p>	<p><b>14</b> 8:00AM Speech @ Raymond Central 8:00AM Boys Swim/Dive @ Omaha Skutt Invite @ Ralston 9:00AM JV/V Wrestling @ LPS Classic @ LH 9:00AM R Boys Bball vs Omaha Skutt 10:00AM Girls Swim/Dive @ Millard North Invite 10:00AM 9th Girls &amp; Boys Bball @ NW Triangular 5:30/7:15PM JV/V Boys Bball @ Ralston</p>	
<p><b>15</b> 2nd Sunday in Ordinary Time</p>	<p><b>16</b> Martin Luther King Jr. Day No School 6:00/7:45PM 9th Girls &amp; Boys Bball vs Lincoln Christian</p>	<p><b>17</b> 3:35-4:00PM Uniform Shop Open 4:00PM Swim/Dive Roncalli/S. Sioux City Triangular @ Omaha Brownell-Talbot 4:30PM JV Wrestling vs Pius X JV Invitational</p>	<p><b>18</b></p>	<p><b>19</b> 3:35-4:00PM Uniform Shop Open 6:00/7:45PM JV/V Girls Bball vs Crete 5:30/7:00PM 9th Girls &amp; Boys Bball @ LSW</p>	<p><b>20</b> 7:20AM Schoenstatt SOS Club 4:30/6:15/7:45PM JV/V Girls &amp; Boys Bball vs Lincoln Christian</p>	<p><b>21</b> 8:00AM Speech @ LSW 9:30AM V Wrestling @ Plattsmouth Invite 8:30-11:30PM Winter Formal</p>	
<p><b>22</b> 3rd Sunday in Ordinary Time</p>	<p><b>23</b> 6:30PM R Boys Bball vs Beatrice</p>	<p><b>24</b> 3:35-4:00PM Uniform Shop Open 4:30PM Swim/Dive @ LSW 5:00/6:30PM 9th Girls &amp; Boys Bball @ Crete 6:30PM JV/V Wrestling vs LSE</p>	<p><b>25</b></p>	<p><b>26</b> 3:35-4:00PM Uniform Shop Open 6:00/7:45PM JV/V Girls Bball vs LNE 7:00PM JV/V Wrestling @ Millard West</p>	<p><b>27</b> 7:20AM FCT 4:00PM Swim/Dive @ Omaha Westside Invitational 5:45/7:30PM JV/V Boys Bball @ LNE</p>	<p><b>28</b> 8:00AM Speech @ LNE 8:00AM Swim/Dive @ Omaha Westside Invitational 9:00AM V Wrestling @ Omaha Roncalli Invite 4:15/6:00PM JV/V Girls Bball @ Omaha Gross</p>	
<p><b>29</b> 4th Sunday in Ordinary Time Catholic Schools Week begins</p>	<p><b>30</b> Catholic Schools Week 4:30PM Swim/Dive @ Beatrice 5:00/6:30PM 9th Girls &amp; Boys Bball @ Seward 6:00/7:45PM R Girls &amp; Boys Bball vs LSE 7:00PM Benefit Concert</p>	<p><b>31</b> Catholic Schools Week 3:35-4:00PM Uniform Shop Open 6:00/7:45PM JV/V Boys Bball vs Blair 5:45/7:30PM JV/V Girls Bball @ Omaha Mercy 7:00PM JV/V Wrestling @ LH</p>	<div style="border: 1px dashed black; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center;">Visit the Pius X website at <a href="http://www.piusx.net">www.piusx.net</a></p> <p style="text-align: center;">* All dates and times are subject to change without notice.*</p> </div>				



**Food Service**

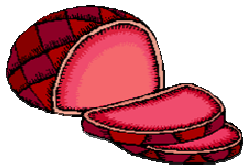
Tin Van-Oehlertz, R.D. is the Food Service Director who manages and operates the Food Service Program for Pius X. If you have any questions regarding the Pius X Food Service Program, contact Tini Van-Oehlertz, R.D. at (402) 488-0931 or [tini.van-oehlertz@piusx.net](mailto:tini.van-oehlertz@piusx.net).



**A "TINI" Fact**

The best sources of Vitamin C are fruits and vegetables. Orange juice is probably the best known source. Foods such as peppers, brussel sprouts, broccoli, citrus fruits, strawberries, and sweet potatoes are also excellent sources.

**Christmas Meal - December 14**



The Christmas meal for students and staff will be Wednesday, December 14. Baked Ham, Baby Baker Potatoes, Green Beans Supreme, Bread Basket and a complimentary dessert will be served. Come and enjoy.

**Finals Week Breakfast Schedule - No Lunch**



Finals are Monday-Wednesday, December 19-21. Breakfast will be served 7:30-9:30 a.m. each morning to help you get through your exams. Come and enjoy breakfast, or a nice cup of cappuccino or hot chocolate. NO lunch will be served these 3 days.

**Calcium And Vitamin D In Bone Health**



One of the most common bone health diseases in Western countries is osteoporosis. Osteoporosis is a disease in which the bones lose their mass, become fragile, and are more likely to break. According to the National Institute of Health (NIH), this disease affects 44 million Americans, 68% of whom are postmenopausal women. Although it is more prevalent in people over 50, osteoporosis can occur at any age, even as early as the twenties. This disease develops slowly over a lifetime, and there are no obvious symptoms until the bone becomes so weak that frequent fractures occur. Although there have been significant advances in medications to help slow the rate of bone loss in individuals who've been diagnosed, there is no cure.

To prevent osteoporosis, both men and women should acquire as much bone mass as possible during youth and adolescence. The young teen years are the most important, because at age 18 for women, and age 20 for men, you shall have achieved 90 percent of your peak bone mass. You will continue to add a small amount in your twenties, reaching your peak at about age 30. After age 30 you begin to lose your bone mass. Whether you develop osteoporosis will depend on how much mass you accumulated as a teen. [Source: Nutrition: Real Choices, Real People]



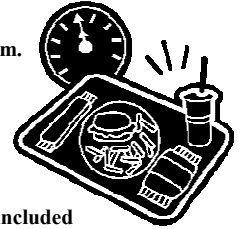
**Breakfast**

serving 7:15 a.m. - 8:30 a.m.  
students - \$1.75  
adults - \$2.00

**Lunch**

students - \$2.60  
adults - \$3.15

1 fruit, 1 vegetable, and 1 milk included



**Healthy Tips for Holiday Eating**

As the holidays approach, parties become numerous. With each party come the challenges of keeping your commitment to healthy eating.

If you are hosting a gathering this holiday season, you can reduce fat and calories without sacrificing taste by swapping out a few ingredients in your favorite recipes.

- ◆ Use two egg whites in place of one egg to reduce the cholesterol and produce the same result.
- ◆ Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and lighten holiday fat content.
- ◆ Substitute applesauce for oil, margarine or butter in muffins and quick breads like banana bread. Try substituting a small amount at first, as the more you substitute, the more the texture of the finished product changes.
- ◆ For dips, sauces and pie toppings, use non-fat yogurt, sour cream or whipped topping.
- ◆ Sliced almonds make a delicious, crunch topping in place of fried onion rings.
- ◆ Choose reduced-fat or non-fat cheeses for salads and casseroles.

**Pack your shopping cart with plenty of fresh vegetables** like sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

**If you are a guest at a dinner party or gathering**, consider these tips to keep your night healthy, happy and safe:

- ◆ If you plan on treating yourself later, start your day with a small meal that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter.
- ◆ Don't starve yourself beforehand. Rather, eat a small low-calorie meal or snack such as fruit or a bagel so you aren't tempted to overdo your calorie intake for the day.
- ◆ Select carefully between foods you definitely will eat, those you will sample and those you will skip.
- ◆ Don't rush to eat. Socialize and settle into the festivities before you eat.
- ◆ Move your socializing away from the buffet or appetizer trays. This will minimize the unconscious nibbling.
- ◆ When it comes to alcohol, start with a calorie-free, non-alcoholic beverage. Satisfy your thirst before having an alcoholic drink. It is recommended that women have only one to two drinks per day and two to three drinks per day for men. Keep in mind, even a single drink will affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking.

The holidays are a great time for celebrating with friends and family over food and drinks. With a little preparation, you can keep off the extra holiday pounds and still enjoy all that the season has to offer.

Source: American Dietetic Association

**Pius X Catholic High School**  
**6000 A Street**  
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**Menu - December 2011**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>December 1</b> <u>Hot Breakfast</u> Breakfast Pizza  <u>Lunch</u> Hot Roast Pork/Gravy Mashed Potatoes Corn Wheat Dinner Roll Beef Bean Burrito	<b>December 2</b> <u>Cold Breakfast</u> choose 3 items  <u>Lunch</u> Cheese Pizza Tossed Salad Broccoli Cheese Soup Yogurt Crackers Wheat Dinner Roll
<b>December 5</b> <u>Cold Breakfast</u> choose 3 items  <u>Lunch</u> Hard or Soft Shell Tacos Fixin Bar Re-Fried Beans Cheesy Chicken Wrap Italian Blend Vegetables	<b>December 6</b> <u>Hot Breakfast</u> Breakfast Wrap  <u>Lunch</u> Chicken Noodle Soup Cheese/Crackers Wheat Dinner Roll Corn Dog Cheesy Mashed Potatoes	<b>December 7</b> <u>Hot Breakfast</u> Scrambled Eggs & Toast  <u>Lunch</u> Fiestada Peas & Carrots Scalloped Potatoes/Ham Wheat Dinner Roll	<b>December 8</b> No School	<b>December 9</b> <u>Cold Breakfast</u> choose 3 items  <u>Lunch</u> Cheese Nachos Fixin Bar Grilled Cheese Sandwich Tomato Soup Crackers Yogurt Wheat Dinner Roll
<b>December 12</b> <u>Cold Breakfast</u> choose 3 items  <u>Lunch</u> Chicken Strips Chef's Choice Potatoes Wheat Dinner Roll Meatball Sub/Mozzarella Cheese	<b>December 13</b> <u>Hot Breakfast</u> Breakfast Sandwich  <u>Lunch</u> Beef Mostaacoili Broccoli Breadstick Hot Dog/Bun	<b>December 14</b> <u>Hot Breakfast</u> Breakfast Burrito  <u>Lunch</u> <b>Christmas Meal</b> Baked Ham Green Beans Supreme Baby Baker Potatoes Bread Basket Complimentary Dessert	<b>December 15</b> <u>Hot Breakfast</u> Oatmeal/Muffin  <u>Lunch</u> Italian Dunkers Mixed Vegetables Chef's Choice entrée	<b>December 16</b> <u>Cold Breakfast</u> choose 3 items  <u>Lunch</u> Fish & Chips Bread Basket Pasta with Marinara/Cheese
<b>December 19</b> <u>Hot Breakfast</u> Chef's Choice  <u>No Lunch</u> Final Exams (Periods 1-3) 8:05-11:30am	<b>December 20</b> <u>Hot Breakfast</u> Chef's Choice  <u>No Lunch</u> Final Exams (Periods 4-6) 8:05-11:30am	<b>December 21</b> <u>Hot Breakfast</u> Chef's Choice  <u>No Lunch</u> Final Exams (Periods 7-8) 8:05-10:20am	<b>December 22</b> No School	<b>December 23</b> No School
<b>December 26</b> No School	<b>December 27</b> No School	<b>December 28</b> No School	<b>December 29</b> No School	<b>December 30</b> No School