



Pius X Catholic High School

The BOLT

PIUS X HIGH SCHOOL NEWSLETTER

" Restore All Things In Christ "

January 2011
Saint of Forgiveness



The Conversion of St. Paul
January 25, 2011

Dec. 23, 2010-Jan. 4, 2011
No School (Christmas Break)

Saturday, January 1, 2011
Mary, Mother of God
Holy Day of Obligation

Wednesday, January 5, 2011

Testing Day
Seniors- No School
Juniors- No School
Sophomores- No School
Freshmen- 8:05am-12:30pm

Thursday, January 6, 2011

Testing Day
Seniors- No School
Juniors- 8:05am-11:30am
Sophomores- No School
Freshmen- 8:05am-12:30pm

Friday, January 7, 2011

School Resumes
Epiphany Mass 9:25am

Monday, January 10, 2011

Meeting to plan the 1st Annual
Alumni & Friends of Pius X
Family Fun Run 6pm

Tuesday, January 11, 2011

Last day for schedule changes

Monday, January 17, 2011

No School

Thurs-Tues, Jan. 20-25, 2011

National March For Life trip

Saturday, January 22, 2011

Winter Formal Dance 8:30-11pm

Mon-Tues, Jan. 24-25, 2011

Auditions for the Spring Musical
times tba

Sunday, January 30, 2011

BOLT Lottery Ticket Sales
begin

Monday, January 31, 2011

Club World Aid Benefit Concert
L/PAC 7pm

Sun-Sat, Jan. 30-Feb. 5, 2011

Catholic Schools Week

Tuesday, February 1, 2011

Catholic Schools Week Mass
with Bishop Bruskwitz 9:25am



From The Guidance Office Director - Mrs. Jan Frayser

May your Christmas season be peaceful, holy and filled with Christ's love. Below is a meditation written by St. Ambrose about the birth of Christ. I hope you enjoy it.

The Birth of the Good Shepherd

Hearken, you who rule Israel,
you who sit upon the cherubim.
Appear before Ephraim; rouse up
your power and come! (see Ps 80: 1-2)
Come, redeemer of the nations,
show forth the Virgin's begetting.
Let the whole world marvel:
Such a birth befits God.
Not by a man's seed
but by a mystical inbreathing
did the Word of God become flesh
and the fruit of the womb flourish.
The Virgin's womb swells
But the door of chastity remains shut.
The banners of virtue are radiant:
God dwells in his temple.

Let him come out from his bridal chamber,
The royal hall of chastity,
a giant of twofold nature,
eager to run his course (see Ps. 19: 5).
His going out is from the Father,
his coming back is to the Father,
his journey is as far as hell,
his return is to the throne of God.
The equal of the eternal Father,
he girds on the trophy of our flesh,
fortifying the frailty of our body
with his enduring strength.
May your crib now shine forth
and the night produce a new light.
May no night destroy it,
and may it beam with constant faith.

The Christ child came as the Light of the World, that all who believe in Him might have eternal life. It is my prayer that 2011 brings increased faith in God and in His Son.

Speaking of 2011, it's resolution time. Each year, I make resolutions for change in my life. For the past several years, they have been about the same. Somewhere around December 30th, I make a mental note to pray more, eat less and exercise more. On the news, just a few days following New Year's Day, the anchor lets the audience know of the large percentage of people across the United States who make New Year's resolutions only to break and abandon them just days into the year. Usually, I can be counted among those who break their New Year goals quickly.

Perhaps there is a way to more effectively make and keep goals. Below are the questions to answer to achieve a SMART goal (Doran, 1981):

- S-Specific** (What should be achieved?)
- M-Measurable** (How will you know if the goal has been reached?)
- A-Action Step** (What action will you take to achieve the goal?)
- R-Realistic** (Is this goal achievable?)
- T-Time Frame** (When will this goal be achieved?)

My resolution to "pray more" with the SMART goal questions applied to it would look like this:

- Specific:** I will become a more prayerful person.
- Measurable:** I will keep a log of my prayer time.
- Action Step:** I will pray fifteen minutes in the Pius chapel three days per week.
- Realistic:** I have the time to accomplish this.
- Time Frame:** I will do this each week for two months.

By creating a few SMART goals, rather than a raft of ambiguous New Year's resolutions, the chance of success is increased. I recommend that adults and students take a few moments to create a couple SMART goals to begin 2011. These are particularly valuable for teens who can be easily distracted by peers, cell phones, Facebook, video games, etc.

Let's say a sophomore achieved a "D" in English for semester one of this school year. The following SMART goal might help this student achieve the "B" that he/she is capable of achieving.

- Specific Goal:** Student will achieve a "B" for third quarter in English.
- Measurable:** Each week, the student and parent will check ParentConnect to see if the "B" is being maintained.
- Action Step:** All assignments for English will be written into a planner; each assignment will be finished completely and handed in on time.
- Realistic:** Yes, this goal is within the reach of this student.
- Time Frame:** The goal will be complete at the end of 3rd quarter.

"If you don't know where you are going, any path will get you there." This quote by Lewis Carroll could be true for anyone, but creating SMART goals can help us reach our fullest potential and find the path that God intends for us. In particular, teens can benefit from taking the time to create faith, personal, social and school goals. Once written, they must be reviewed frequently. As parents, we can encourage SMART goal setting and help our children to achieve them.

Let's each make two SMART goals to begin 2011. May Christ be our light throughout the year, and may we spread His light with love and joy.

January 2011

Pius X High School Newsletter

is published monthly throughout the school year.

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

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

Administrative Team

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

Guidance Office

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

Campus Ministry

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 Fr. Joseph Bernardo, Campus Chaplain
 Emily Wyatt, Lay Campus Minister

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 Jake Moore, Assistant Activities Director

Business Office

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 Sandy Hartman, Attendance Secretary

SCIP Coordinator

Julia Schonewise

Booster Club

Ron & Claire Schinkel, Co-President
 Duane & Mary Hugo, Co-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 Coordinator

Deb Schulte

Yearbook

Special thanks to the talented photographers of the 2010-11 Pius X Yearbook staff who contribute to this publication: Sponsor Sandi Sullivan, Editor In Chief Preston Sparks, Assistant Editor Kathy Do, Assistant Editor Hannah Hovis, Rebecca Beecham, Kayla Condello, Chloe Johnson, Jessica Kapustka, Lily Kennett, Johnathon Knobbe, Kathryn Krick, Daniel LeDuc, Brenden Love, Abby McClure, Drew Miller, Mary Kate Sievert, Kaitlin Slattery, Mary Sullivan, and Mikayla Tremain.

Please submit articles to:

Marilyn Twehous, Design & Layout Editor
 marilyn.twehous@piusx.net

Food Drive Surpasses Goal!

From November 15-23, 2010, the Pius X **Student Council** held its annual **Food Drive** at Pius X High School. Inspired to assist those here in Lincoln who can't afford to feed themselves and their families, this drive was a way for our Pius X community to come together as a school and be Christ to the poor among us. Each 5th period study hall class was responsible for making a strategic plan on how to bring in the most money and most pounds for the food drive. According to Catholic Social Services, they rely heavily on this food drive and Pius X's collection feeds over 400 people each year (probably more this year due to surpassing the goal of 5,000 pounds). As a result of all the efforts and generosity, over **12,734 pounds** of food was collected at Pius X and donated to Catholic Social Services. As our VIP partner, **Saint Elizabeth Regional Medical Center** joined our food drive for one day on the feast day of their patron (November 17th - Feast of St. Elizabeth of Hungary) and collected an additional 364 pounds. That means that our school was able to present **6.5 tons of food to Catholic Social Services!** Special thanks to the Pius X Student Council for their effort in organizing this drive and to everyone who helped make the food drive a great success. What a great testament to the generous spirit of the Pius X family!

The 5th period class winners include:

Mr. Hansen	45.52 per capita
Mrs. Hayes	40.05 per capita
Miss Hicks	33.50 per capita
Mrs. Weir	30.08 per capita
Mrs. Chapelle	29.85 per capita

Pius One-Act Team Takes 3rd Place at Districts

The **Pius Players** and the **Pius X One-Act** finished the fall semester theatre season with a **3rd place** showing at the NSAA Class A-2 District Play Production Contest held at Papillion-LaVista South High School on December 4, 2010. **Mr. Joseph Moser**, Theatre Director at Pius X, was very proud of this year's production: Georg Kaiser's, *The Raft of the Medusa*. He recently commented that, "...Even though we didn't make it to the State Contest in Kearney this year for One-Act, I am proud of the fact that this particular group of cast and crew fulfilled our main objective that we have for ourselves every One-Act season - to produce good theatre. And we did that, with a very interesting and difficult script to pull off."

Over 40 Pius X students participated in this event, both onstage and behind the scenes. The following Pius X students won Outstanding Acting Awards at the NSAA Class A-2 District One-Act Contest: **Connor Aylor, Sarah Benal, Esteban Benton, Joshua Burks, Ellen Cunningham** and **Kathleen Meradith**.

Social Justice Class Guest Speakers

Seniors in **Fr. Thomlison's Social Justice class** have concluded the semester with guest speakers from the local community. The classes spent the last several months studying textbook theory regarding Principles of Catholic Social Justice. They explored the Church's teaching regarding issues such as marriage being the bedrock foundation of society, the dignity of human life, the rights of workers, preferential options for the poor and vulnerable, solidarity, and subsidiarity. The students now had the opportunity to listen to policy makers who put such principles into action.

- Lincoln City Councilman Adam Hornung** spoke about local issues and building Community Association by creating an entertainment district in downtown Lincoln with a Civic Center and the newly extended bar hours.
- Lt. Governor Rick Sheehy** spoke about state-wide challenges of immigration as they relate to security, families, and the local economy.
- Former Nebraska Attorney General Don Stenberg** spoke about the federal pro-life battle and his experiences of personally arguing the court case regarding Partial Birth Abortion before the U.S. Supreme Court. Mr. Stenberg was recently elected State Treasurer.

All of the speakers provided time for the students to engage in a question and answer period to help facilitate the learning process of seeing the application between textbook theory and real-world application.

Kelly Selected To Attorney General's Youth Advisory Council



Photo courtesy of LifeTouch.

Congratulations to **Shannon Kelly**, junior, who was selected to the **Attorney General's Youth Advisory Council (AGYAC)**. Members of the council are nominated by state senators and educators from their area. In order to be selected for the council, students are required to submit applications, including an essay on the importance of civic responsibility. The AGYAC is a group comprised of high school juniors and seniors from across the state, and is designed to involve Nebraska students in the processes of government and law. Students are selected to serve during their junior and senior years in high school. As a member of the Attorney General's Youth Advisory Council, students are encouraged to share an open dialogue with Attorney General Bruning and contact him to discuss their opinions and ideas on events and matters within the state and their local communities. AGYAC members learn about state government and criminal justice issues at a one-day conference in Lincoln where they have the opportunity to meet with Attorney General Bruning. The daylong event is designed to expose students to several aspects of the legal system, features tours of the Capitol and Penitentiary, and includes discussion forums with some of Nebraska's top elected officials.

Cross Country Athletes Earn All-City Honors

The Lincoln Journal Star's 2010 All-City Cross Country Team members from Pius X include **Megan Drozda** (Sophomore) and **Sarah Nickman** (Sophomore).

Football Athletes Earn All-City Honors

The Lincoln Journal Star's 2010 All-City Football Team members from Pius X include: [Offense] **Taylor Kreifels** (Senior), **Aaron Frey** (Senior), **Blake Merritt** (Senior); [Defense] **Michael Aylward** (Senior); and [Honorable Mention] **Taylor Tvrdy** (Senior), **Paul Hoebelheinrich** (Senior), **Matt Ward** (Senior), **TJ Westfall** (Senior).

Golf Athletes Earn All-City Honors

The Lincoln Journal Star's 2010 All-City Girls Golf Team members from Pius X include **Madeleine Koenig** (Freshman) and **Caitlin Fieselman** (Senior).

Softball Athletes Earn All-City Honors

The Lincoln Journal Star's 2010 All-City Softball Team members from Pius X include **Whitney Hinn** (Senior) and **Kat Woolman** (Sophomore).

Softball Athletes Earn All-State Honors

The Omaha World Herald's All-State Softball Team members from Pius X include: [Class B All-State 2nd Team] **Kat Woolman** (sophomore); [Class B All-State Honorable Mention] **Whitney Hinn** (senior) and **Rachel Arthur** (sophomore). The Lincoln Journal Star's All-State Softball Team members from Pius X include: [Class B All-State Honorable Mention] **Whitney Hinn** (senior), **Kat Woolman** (sophomore), and **Rachel Arthur** (sophomore).



Pictured: McKenzie Bailey and Zach Mahler. **Not pictured:** Katie Sorensen. Photo courtesy of Tracy Chapelle.

Spanish 4 Class - "Soy El Ganador"

Mrs. Chapelle's Spanish 4 students have been competing this semester to open the treasure box in her room. The students were asked to answer a Spanish question on various topics at the beginning of each class. The first ten students in each class to reach the end of the chart with their correct answers received a lock combination. When ten students from each class received a combination, the students tried to open the treasure chest. Only one student in each class had the correct combination and all winners received a t-shirt that states, "Soy el ganador" ("I am the winner"). The winners were **McKenzie Bailey**, **Katie Sorensen**, and **Zach Mahler**.

Forensics Team Brings Home Individual Hardware

The **Pius X Forensics Team** competed at Millard West on December 3, 2010, with teams from across Nebraska and surrounding states. **Kathryn Budell** placed 12th in Poetry and was named the tournament's Top Novice in the event. **Jessica Albin** placed 11th in Poetry and teamed up with **Brenden Love** to place 9th in Duo Interp. **Brooke Puntney** and **Ben Woita** rounded out the Bolt medalists with 8th in Duo Interp.

At the Lincoln High tournament on December 10, 2010, four Bolt speakers cracked into the finals and brought home hardware. **Aidan Clarke** finished 5th in Novice Entertainment, **Deidre Richard** placed 5th in Varsity Entertainment, **Kathryn Budell** was 5th in Novice Poetry, and **Mary Marsolek** brought home a 3rd place trophy in Varsity Humorous Interp.

The team was in action at Lincoln Southeast on December 17, 2010, to close out the 2010 portion of the season.

Upcoming tournaments in the new year include Millard North (January 7, 2011), Raymond Central (January 15, 2011), Lincoln Southwest (January 22, 2011), and Lincoln Northeast (January 29, 2011).

Members of the team are practicing and competing hard each week to be prepared for the national qualifying tournament at the end of February and Districts on March 12, 2011.

It's never too late to join the Pius X Forensics Team! If you are interested, please talk to **Mr. DeWispelare in Room 264** or come to a team practice held at **7:00 p.m. on Monday nights in Room 264**.

Thank You To Uniform Shop Volunteers

A **HUGE THANK YOU** to our Pius X Uniform Shop Volunteers! We would like to thank the following for volunteering in the Pius X Uniform Shop. We truly appreciate you and would not be able to have the shop open on Saturday without your help! Volunteers: **Melisia Bieber, Regina Cookston, Mary Curran, Anne Driewer, Joan Liescheski, Patty Marmie, Mary Beth McWilliams, Toni Montanez, Jody Olsson, Casie Otte, Ana Pelayo, Karen Post, Natalie Regan, Jan Swanson, Jackie Tooman, Jan Weedman, Heather Whalen and Luann Zastrow.**

Fall Sports Sertoma Awards

Congratulations to the following Pius X students for being named for the Fall Sports Sertoma Awards: Cross Country (Boys)- **William Hynes**; Cross Country (Girls)-**Ashley Patzel**; Football-**Michael Aylward**; Golf-**Caitlin Fieselman**; Softball-**Jennifer Sayker**; Tennis-**Nick Jenkins**; Volleyball- **Gabby Kuhl**.

Swim Team Off To A Great Start

In its third consecutive year and after 2 swim meets, **Coach Cindy Nash** and the **Pius X Swim Team** are once again off to a great start having 1 automatic state qualifying time (Girls 200 Medley Relay - **Wackel, Twehous, Hafner, and Smith**), 3 swimmers in the top 10 in the state (**Lauren Smith, Carly Twehous, and Hanna Wackel**), and 13 secondary state qualifying times! The NSAA state rankings based upon the seasons best performances as of December 9, 2010, include:

Girls 200 Medley Relay - 7th - [**Hanna Wackel**, junior (Back), **Carly Twehous**, freshman (Breast), **Bridgette Hafner**, junior (Fly), and **Lauren Smith**, junior (Free)] 1:58.76

400 Free Relay - 11th - [**Hanna Wackel**, junior; **Kassandra Utrup**, senior; **Carly Twehous**, freshman; and **Lauren Smith**, junior] 4:10.18

400 Free Relay - 13th - [**Austin Hagge**, junior; **Ian Addy**, freshman; **Mark Hugo**, senior; and **Colin Costello**, junior] 3:50.65

Bridget Hafner, junior - 16th - 100 Fly - 1:07.04

Austin Hagge, junior - 23rd - 100 Free - 54.30

Austin Hagge, junior - 26th - 200 IM - 2:17.27

Lauren Smith, junior - 10th - 50 Free - 26.21

Lauren Smith, junior - 16th - 100 Free - 1:00.02

Carly Twehous, freshman - 7th - 100 Breast - 1:13.20

Carly Twehous, freshman - 21st - 200 IM - 2:31.85

Carly Twehous, freshman - 22nd - 500 Free - 6:01.40

Hanna Wackel, junior - 4th - 100 Back - 1:05.18

Hanna Wackel, junior - 13th - 500 Free - 5:46.24

Hanna Wackel, junior - 20th - 200 IM - 2:31.28

The Bolts have 2 meets in Lincoln during the month of January. Come and cheer on the Bolts in their hometown!
Thursday, January 6, 2011 @ Lincoln North Star 4:30 p.m.
Tuesday, January 25, 2011 @ Lincoln Southwest 4:30 p.m.

Varsity Volleyball Team Earns Another State Tournament Berth



Seated (Left to Right): Lea Sack, Gabby Kuhl, Liz Wiest, Abby Burt; Kneeling (L to R): Maggie Kopf, Anne Bachmann, Kennedy Hegert, Sydney Townsend, Allison Zastrow; Standing (L to R): Liam O'Shea-Creal, DeeCee Mather, Cavell Johnson, Katie Nunnenkamp, Shannon Kelly, Kristy Wieser, Cassie Effken, Jake Moore, Lauren Smith, Matt Ellerbee, Megan Hachiya, Josh Tomjack, Pam Jarrett, Ryan Gray, and Mary Jo Kopf.

Congratulations to the Pius X Varsity Volleyball Team, Student Assistants, Coach Jake Moore, and Assistant Coaches Mary Jo Kopf, Ryan Gray, DeeCee Mather, Katie Nunnenkamp, Pam Jarrett and Cavell Johnson on qualifying for the Nebraska State Volleyball Championships for the 16th consecutive season (1995-2010). It is the longest current streak for consecutive state qualifications in Nebraska, and 3rd longest all time, trailing only Bellevue West (20 years — 1987-2006) and Columbus Scotus (18 years — 1989-2006). The Pius X Varsity Volleyball Team entered the state tournament with a 27-10 record. At the state tournament, the Thunderbolts finished the season with a 4th place finish by defeating Seward in the quarterfinals (25-22, 21-25, 21-25, 25-23, 15-10) before losing to the eventual state champion team, #1 Omaha Gross Catholic, in the semifinals (25-23, 17-25, 23-25, 20-25) and #3 Elkhorn in the 3rd/4th place match (21-25, 26-28, 25-15, 25-18, 13-15). Congratulations also go out to the Pius X Junior Varsity and 9th Grade volleyball teams for excellent seasons. The Junior Varsity team, coached by Mary Jo Kopf and Pam Jarrett, ended their season with a 17-6 record and the 9th Grade team, coached by Ryan Gray and Cavell Johnson, ended with a 23-5-1 record. Photo courtesy of Luann Zastrow.

Volleyball Athletes Earn All-State Honors

Congratulations to the Pius X athletes that were named to the Lincoln Journal Star's All-State Volleyball Teams for the 2010 season: **[2nd Team All-Class All-State]** – Cassie Effken – Middle Blocker – 6'2", Junior; Lauren Smith – Middle Blocker – 6'4", Junior. **[1st Team Class B All-State]** - Cassie Effken – Middle Blocker – 6'2", Junior; Lauren Smith – Middle Blocker – 6'4", Junior. **[Honorable Mention All-State]** – Gabby Kuhl – Outside Hitter – 5'11", Senior; Lea Sack – Libero – 5'6", Junior; Allison Zastrow – Setter/Rightside Hitter – 5'8", Junior; and Kristy Wieser – Rightside Hitter – 6'1", Sophomore.

Volleyball Athletes Earn All-City Honors

Congratulations to the Pius X athletes that were named for the Lincoln Journal Star's All-City Volleyball Team for the 2010 season: **[1st Team All-City]** – Cassie Effken – Middle Blocker – 6'2", Junior; Lauren Smith – Middle Blocker – 6'4", Junior. **[2nd Team All-City]** - Allison Zastrow – Setter/Rightside Hitter – 5'8", Junior. *Cassie Effken & Lauren Smith were also selected as Co-Captains for the All-City Volleyball Teams this season.*

Pius X Thunderbolt Volleyball Honors - 2010

RECORD

28-12

CLASS "B" RATING

#4

TEAM HONORS

- 1st in Beatrice Invitational (12 teams)
- 7th in LPS Classic (16 teams)
- 1st in Pius X Invitational (7 teams)
- 3rd in Lincoln Northeast Invitational (8 teams)
- 2nd in District Tournament (5 teams)
- 4th in State Tournament (8 teams)
- 16th Consecutive Nebraska State Volleyball Tournament Appearance

INDIVIDUAL HONORS

Cassie Effken – Junior, 6'2", Middle Blocker

- 3 Year Varsity Letterwinner
- 2nd Team All-Class All-State
- 1st Team Class B All-State
- 1st Team All-City – Honorary Co-Captain
- Class B State Tournament Team

Lauren Smith – Junior, 6'4", Middle Blocker

- 2 Year Varsity Letterwinner
- 2nd Team All-Class All-State
- 1st Team Class B All-State
- 1st Team All-City – Honorary Co-Captain

Allison Zastrow – Junior, 5'8", Setter/Rightside Hitter

- 2 Year Varsity Letterwinner
- Honorable Mention Class B All-State
- 2nd Team All-City

Gabby Kuhl – Senior, 5'11", Outside Hitter

- 2 Year Varsity Letterwinner
- Honorable Mention Class B All-State
- Sertoma Club – Leadership Award

Lea Sack – Junior, 5'6", Libero

- 2 Year Varsity Letterwinner
- Honorable Mention Class B All-State

Kristy Wieser – Sophomore, 6'1", Rightside Hitter

- 1 Year Varsity Letterwinner
- Honorable Mention Class B All-State

Shannon Kelly – Junior, 5'11", Rightside Hitter

- 2 Year Varsity Letterwinner
- NSAA Academic All-State

Liz Wiest – Senior, 5'6", Outside Hitter

- 1 Year Varsity Letterwinner
- NSAA Academic All-State

Anne Bachmann – Sophomore, 5'8", Setter

- 2 Year Varsity Letterwinner

Megan Hachiya – Sophomore, 5'8", Outside Hitter

- 2 Year Varsity Letterwinner

Abby Burt – Junior, 5'8", Rightside Hitter

- 1 Year Varsity Letterwinner

Kennedy Hegert – Sophomore, 5'7", Outside Hitter

- 1 Year Varsity Letterwinner

Maggie Kopf – Sophomore, 5'5", Defensive Specialist

- 1 Year Varsity Letterwinner

Sydney Townsend – Freshman, 5'7", Outside Hitter

- 1 Year Varsity Letterwinner

Student Assistants

- Matt Ellerbee – Junior
- Josh Tomjack – Junior

Alumni & Friends Of Pius X Family Fun Run



Are you interested in joining a committee to plan the 1st Annual Alumni and Friends of Pius X Family Fun Run? We will be having our first meeting on **Monday, January 10, 2011, at 6:00 p.m.** in the **Mother Teresa Conference Room** in the basement of Pius X High School. If you are interested, please contact **Kristin Heath** at **488-0931** or **kristin.heath@piusx.net** OR **Lori Morin** at **435-0108** or **lorikmorin@gmail.com**.

7th Annual Alumni Basketball Tournament

MARCH MADNESS THUNDERBOLT STYLE
FRIDAY, MARCH 18, 2011
SATURDAY, MARCH 19, 2011

Mark your calendars to be a part of the Seventh Annual Thunderbolt **Alumni Basketball Tournament**, "March Madness - Thunderbolt Style." The tournament will be held **Friday, March 18, 2011**, and **Saturday, March 19, 2011**, in the Pius X gym. On Saturday, March 19, 2011, there will also be a social for all the participants and their guests.

Start forming your team now! Remember, 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 is available on the website <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 if you would like more information, please contact **Greg Lesiak** at (402) 488-0931 or via email at alumnibasketball@piusx.net.

The 7th Annual Thunderbolt Scramble

Monday, June 20, 2011

Firethorn Golf Club

Registration 11:30 a.m. - 12:00 p.m.

Shotgun Start 1:00 p.m.

Wine Tasting 5:00 - 6:00 p.m.

Dinner, Music, & Awards 6:00 p.m.

Closest To Pin From Patio 6:15 p.m.

There are multiple levels of sponsorship and registration.

Registration is due Friday, June 10, 2011, and is limited to the first 36 teams.

2011 Class Reunions

If you would like to help organize a class reunion, please contact **Kristin Heath** in the Alumni Office at (402) 488-0931 ext. 10132 or via email at kristin.heath@piusx.net.

2011 Honor Years

1961 ~ 1966 ~ 1971 ~ 1976 ~ 1981 ~ 1986 ~ 1991 ~ 1996 ~ 2001
50 yr ~ 45 year ~ 40 year ~ 35 year ~ 30 year ~ 25 year ~ 20 year ~ 15 year ~ 10 year

Class of 1991 - Friday, July 22 and Saturday, July 23, 2011

Class of 2001 - Friday, June 17; Saturday, June 18; and Sunday June 19, 2011

If your class does not have a reunion planned yet and you would like to get one started, please call the **Pius X Alumni Office** at (402) 488-0931 or email at kristin.heath@piusx.net. For updated information on what is being planned for your class reunion, please visit <http://alumni.piusx.net/reunionschedule.htm> or the Pius X website at www.piusx.net [Alumni, Alumni Home, Reunions, and Scheduled Events].

Reconnect With Pius X Alumni

Reconnecting with Pius X alumni is as easy as logging on to the web. Find us at www.facebook.com/lincolnpiusxalumni. Get the latest news and keep in touch with old friends. For more details, contact Alumni Director **Kristin (Edwards) Heath** '91 at alumni@piusx.net.

BOLT DOWN THE NILE...BOLT 2011

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 30, 2011

BOLT 2011 lottery tickets sales begin on Sunday, January 30, 2011. Tickets are \$100.00 each. The drawing will be held Saturday, April 30, 2011, at the BOLT 2011 event. Winners do not need to be present to win.

Grand Prize \$10,000.00
Second Prize \$ 2,500.00
Third Prize \$ 1,500.00
Fourth Prize \$ 1,000.00

BOLT is the fundraiser held in the Spring to support the Booster Club and to aid in renovations of the physical facility of Pius X High School. The proceeds of this year's BOLT will be used to **make payment on our asbestos loan, to build the new kitchen, and to continue to support Booster Club activities.**

If you would like to sell or purchase lottery tickets, you may call **Deb Schulte** at Pius X at **488-0931** or Lottery Chairs, **Tim & Jennifer Conzemius** at **421-1830** or **Joe & Penny Bachmann** at **423-9027**. Visit us online at <http://www.piusx.net/Bolt/default.aspx>.

Teacher/Staff Wish List

Every school year, the faculty and staff at Pius X prepare a "wish list" of items they would like to have for their classroom. If you would like to make a donation to the Teacher/Staff Wish List, please contact the Foundation Office at (402) 488-1046 or email **Michelle Birkel** at michelle.birkel@piusx.net. Donations may also be made online at www.piusx.net [Pius X Foundation - Online Donation - Teacher's Wish List - Donate Now]. Thank you so very much for your generosity!

English Department

- English Vocabulary Books (30) \$9 each
- Ergonomic Chairs (2) \$300 each
- Classroom Set of Paperback Dictionaries (30) \$210
- Classroom Set of Paperback Thesauri (30) \$180

Entire School

- Tablecloths To Be Used at Multiple Functions at Pius \$250

Family & Consumer Science Department

- Cuisinart 7-7 Chef's Classic Stainless 7-Piece Cookware Sets (4) \$107 each

Fine Arts

- Wireless Headsets for Pius Players (10) (microphone pieces that clip into student's hair) \$500 each

Foreign Language Department

- Readers for Native Spanish Speakers (15) \$5 each
- Children's Spanish story or chapter books (for ages 8-14) any donation
- Sony Handycam DVD Camcorder \$350 (includes S&H)

Foundation Office

- Endowment Fund any donation

Math/Business Department

- TI Navigator System for Classroom \$2,500
- Math Classroom Posters \$15 each
- TI Inspire Calculators for Classroom (30) \$120 each
- Large Geometry Tools for White Boards (3) (Protractor, Compass) \$40 each

Religion

- Student Response System (Clickers) \$3,150
- Refurbishing of Monstrance \$750-\$1,000

Science Department

- Biopacs and Software (6) \$3,000
- Anatomy in Clay Skeletal Models & Curriculum \$3,000
- Lab chair stools (12) \$3,600
- Student Response System (clickers) \$3,150
- Document camera (1) \$800

Youth Ministry Department

- Funding For FCT Retreat any donation

Dino's First Tuesday On January 4th

Enjoy dinner at **Dino's** on the **first Tuesday of every month** and support Pius X activities. Visit **Dino's Eastside Grill**, 2901 S. 84th Street, from **5-11 p.m.** on **Tuesday, January 4, 2011**, and **Pius X Booster Club** will receive **10% cash back on every dollar spent**. Be sure to tell your server that you are part of the Pius X Booster Club group.

No School January 3rd and 4th

There will be no school on **Monday, January 3, 2011**, and **Tuesday, January 4, 2011**, to celebrate the Christmas season. Testing days will be **January 5th and 6th** (see the schedule below). Regular school resumes on **Friday, January 7, 2011**.

Testing Day For Freshmen And Juniors

Testing day(s) for Freshmen and Juniors will begin in January. Freshmen will meet Wednesday, January 5, 2011, and Thursday, January 6, 2011, from 8:05 a.m. to 12:30 p.m. Juniors will meet Thursday, January 6, 2011, from 8:05 a.m. to 11:30 a.m. Sophomores, Juniors, and Seniors will have no school on Wednesday, January 5, 2011; and Sophomores and Seniors will have no school on Thursday, January 6, 2011. All students will report to their regular school day on Friday, January 7, 2011, at 8:05 a.m. with a celebration of the Epiphany Mass at 9:25 a.m.

Epiphany Mass To Be Held January 7, 2011

Please join us in the Pius X gym on **Friday, January 7, 2011**, to celebrate the Pius X **Epiphany Mass at 9:25 a.m.** All are invited. Please visit the Pius X website for the modified bell schedule.

Class Schedules For 2nd Semester

Students must follow their given class schedule when regular classes resume on **Friday, January 7, 2011**. Changes to the student's schedule will only be made if there is a compelling reason, such as failing a first semester course and needing to drop the second semester. A schedule change form can be found in the Guidance Office. Changes can be requested through **Tuesday, January 11, 2011**. If a student loses his/her schedule, it will cost \$1.00 to replace.

No School - Monday, January 17, 2011

There will be no school on Monday, January 17, 2011, in observance of the Martin Luther King Jr. holiday.

Granite City's Third Friday On January 21st

Visit **Granite City** at 6150 O Street on **Friday, January 21, 2011**, and every **third Friday of the month**, and the restaurant will donate 10% of sales to Pius X. Guests need to inform their server upon arrival that they are participating in the Pius X event. **Ten percent of sales** raised from those participating will be given to the **Pius X Booster Club** for the support of school activities.

Winter Formal Dance - Saturday, 1-22-11

The **Pius X High School Cheerleaders** would like to invite you to this year's **Winter Formal Dance**. The festivities will be held at Pius X on **Saturday, January 22, 2011**, from **8:30-11:00 p.m.** Please mark your calendars to dance the night away! For information on the Pius X dance guidelines and appropriate attire, please see **pages 31-32** of the **2010-11 Student/Parent Handbook**.

Auditions For The Spring Musical

Mr. Joe Moser and **Mrs. Mary Odgaard** are pleased to announce that the 2011 Spring Musical will be **Joseph and the Amazing Technicolor Dreamcoat**. In this retelling of the Biblical story, Joseph is a young man who is his father's favorite child, able to interpret dreams, and given an amazing coat by his father. These facts lead Joseph's eleven brothers to become insatiably jealous and they sell Joseph into slavery, telling their father that Joseph died. Years later, Joseph's now starving brothers ask Joseph, whom they do not recognize, for assistance. **Auditions** will be held **Monday, January 24, 2011**, and **Tuesday, January 25, 2011**, with **callbacks on Wednesday, January 26, 2011**. If you are interested in auditioning for a lead role, please pick up the audition music from Mrs. Odgaard **BEFORE** Christmas break. All students are encouraged to audition. Performances will take place Thursday, March 24, 2011, through Sunday, March 27, 2011.

Catholic Schools Week Begins 1-30-11

Catholic Schools week will be held from Sunday, January 30, 2011, through Saturday, February 5, 2011. The theme is, **"Catholic Schools: A+ For America."** The theme for Catholic Schools Week 2011 celebrates the fact that Catholic schools are an added value ("a plus") for the nation. Because of their traditionally high academic standards and high graduation rates, all supported by strong moral values, Catholic schools and their graduates make a definite contribution to American society.

Club World Aid Benefit Concert 1-31-11

The **Vocal Department** and **Club World Aid** will be hosting a benefit concert on **Monday, January 31, 2011**, at **7:00 p.m.** in the L/PAC. Vocal students will present a review style production of solos, duets, and small groups. All proceeds of the concert will support Club World Aid.

Mass For Catholic Schools Week 2-1-11

Mass will be held **Tuesday, February 1, 2011**, at **9:25 a.m.** in celebration of Catholic Schools week. The **Most Reverend Bishop Fabian Bruskewitz** will be the main celebrant. All are invited. Please visit the Pius X website for the modified bell schedule.

NHS Honors Night - February 14, 2011

The **Pius X National Honor Society (NHS)** will be holding its annual **Honors Night** on **Monday, February 14, 2011**, at **7:30 p.m.** in the L/PAC **by invitation only**. There will be a reception following the event in the Commons.

Parent/Teacher Conferences in February

Parent/Teacher Conferences for second semester will take place after a noon dismissal on **Wednesday, February 16, 2011**, and **Thursday, February 17, 2011**, from **2-5 p.m.** and **6-9 p.m.** There will be **NO SCHOOL** the following day on Friday, February 18, 2011.

No School February 18th and 21st

There will be no school on **Friday, February 18, 2011**, due to Parent/Teacher Conferences being held the night before. On **Monday, February 21, 2011**, there will be an in-service for faculty while students have the day off. Enjoy the 4-day weekend!

10th-12th Grade Retreats * Mandatory *

Monday, March 21, 2011, is the **mandatory Retreat Day** for **10th-12th graders** (9th graders had their retreat in August 2010). Sophomores must provide their own transportation to and from their retreat sites. All retreat sites will be announced in the February newsletter. The 10th and 11th grade retreats will be from 8:00 a.m.- 3:30 p.m., and the seniors will meet at Pius X at 8:00 a.m. and conclude at their site at 4:30 p.m. Seniors will be bused to and from their various retreat locations. They will be back to Pius X by 4:45 p.m. Lunch will be provided at all retreats, and dress for the day is casual but modest. **All students should plan their schedules so that they can attend the entire retreat.**

9th Grade - no school

10th Grade Girls - bring ½ dozen treats

10th Grade Boys - bring ½ dozen treats

11th Grade - begin at Pius X High School

12th Grade - breakfast AND lunch provided

Retreat Volunteers Needed

Many adults are needed to help as small group leaders at the sophomore, junior and senior boy retreats. We prefer adults of the same gender as the students on the retreat. Parents of all grades are also needed to help provide transportation for the **JUNIOR** retreat. Students perform service projects for several hours as part of their junior retreat, so the transportation helps to get them to and from their service locations. Please email emily.wyatt@piusx.net if you are able to help with any of the retreats. Thank you!

Student Directories Available In Office

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

Uniform Winter Wear



- Sweatshirt -



- Sweatshirt -



- Fleece Jacket -



- Sweater -

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. There are only 4 uniform approved sweatshirts, fleece jackets, or sweaters that students may wear. Any other sweatshirt, jacket, or sweater including Pius X sport, club, or activity apparel are not part of the official uniform and are not allowed. Note: The uniform sweatshirt does not require a uniform shirt to be worn underneath, but the fleece jacket and sweater do require such. Undershirts below the uniform sweatshirt or uniform shirt should be a solid color, without writing, and should not hang out from below. There is not an approved uniform sweatpant. Sweatpants are not allowed from 8:00 a.m.-3:26 p.m.. For more information, please see the articles below and review pages 30-31 of the 2010-11 Student/Parent Handbook.

Uniform Shop At Pius X

The **Pius X Uniform Shop** is located in the Pius X Commons. It will be open on **Tuesdays & Thursdays** after school from **3:35-4:00 p.m.** on regular school days that end at 3:26 p.m. (not on early dismissal days). The uniform shop will be open on **Saturday, January 8, 2011, and January 22, 2011, from 10 a.m.-12 p.m.** For updates and to check for changes in the schedule, please visit the Pius X website at www.piusx.net [Parents Tab-Uniform Shop]. If you have any questions, please contact **Mrs. Hartman** in the Pius X main office at **488-0931** or via email at sandy.hartman@piusx.net

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 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.

2010-11 Yearbooks For Sale

The **2010-2011 yearbooks** are on sale for **\$65.00**. The price will increase in February 2011 after Parent/Teacher Conferences, so be sure to purchase your yearbook now. Students may order yearbooks through **Mrs. Sullivan** in **room 251** after school. Please make checks out to "Pius X Yearbook". **NEW! Order Your Yearbook Online!!!** Yearbooks may be purchased online for a fee. Go to the Pius X home page, click on "students", click on "yearbook" and click on the banner to purchase a yearbook.

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 **\$24.00**. 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.

Supplies May Need To Be Replenished

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

Hand Sanitizer & Tissues Needed

We are in need of **tissues** and **hand sanitizer** for our students. If you are able to donate any of these items, please bring them to the main office. One box of tissues and one hand sanitizer bottle per student would be greatly appreciated. Larger refill bottles of hand sanitizer are also welcome. Thank you in advance for helping keep our Pius X family well. As we are often in short supply of these items, please remind your students to carry their own.

Tune in to Catholic radio at 102.7 FM or www.kvss.com

Happy New Year From The Pius X Booster Club

Thanks to all the Pius X Booster Club members and volunteers for their support in 2010! If you haven't yet joined the Booster Club, membership forms are available in the school office or on the Pius X website at www.piusx.net.

Changes To The Winter Sports Schedule

- Due to a conflict, the Crete **freshmen girls basketball** team will not be able to play on **Tuesday, January 25, 2011**, so Pius X will play **only a freshmen boys basketball** game on January 25, 2011. The start time will be at **6:30 p.m.**
- A **JV wrestling meet** at Plattsmouth on **Friday, January 21, 2011, at 4:30 p.m.** has been added to the winter sports schedule.
- The **reserve (10th grade) girls basketball game** against Lincoln Southeast scheduled for **Tuesday, February 1, 2011**, has been moved to **Monday, January 31, 2011, at 5:45 p.m.** at LSE.

Wrestling- Senior Night - January 27th

Come to the only home wrestling dual of the season. The Pius X wrestling team will have a wrestling dual with Millard West on **Thursday, January 27, 2011, at 6:30 p.m.** in the Pius X gym. It will be **Senior Night**. **All Pius X students will be admitted for \$1.00.** Let's have a huge crowd!

NSAA Website

Stay up-to-date with all of the state school activities by visiting the Nebraska School Activities Association (NSAA) website at www.nsaahome.org.

www.highschoolsports.net

The Pius X athletic schedules can now be found at www.highschoolsports.net

Passport To Adventure! - New Club At Pius X

Passport to Adventure! A new club is forming at Pius X! This club will meet once a month to discuss a new culture at each meeting. Each member will be responsible for googling one fun fact about the country of the month. We will learn a couple of phrases in that country's language and sample some food from that country. For the remainder of this year we will be focusing on the following countries: United Kingdom, France, Switzerland, Germany and Italy. We will talk about the adventure of traveling and make plans for future trips. Contact **Mrs. Sievert** for more information and watch the school announcements for time and location of the January meeting.

Junior Trip To Washington D.C.

Things are moving along nicely planning the D.C. trip. There are 86 Juniors signed up to go to Washington D.C. in June 2011. Students will be asked in February 2011 to write down who they would like to room with on the trip. There will be 4 to a room. A student/parent meeting will be held in May 2011 in the L/PAC to answer any and all questions.

Vocal Department Events- January to May

- Musical Auditions**
Monday-Tuesday, January 24-25, 2011, location & times tba
- Spring Musical**
Thursday, March 24, 2011, at 7:00 p.m.
Friday, March 25, 2011, at 7:00 p.m.
Saturday, March 26, 2011, at 2:00 p.m.
Saturday, March 26, 2011, at 7:00 p.m.
Sunday, March 27, 2011, at 2:00 p.m.
* all performances are located in the L/PAC
- Lent Concert**
Monday, April 11, 2011, at 7 p.m., location tba
- Spring Concert**
Tuesday, May 10, 2011, at 7 p.m. in the new gym

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. 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.

Green & Gold Meeting Set For February 7

The coordinators of the Green and Gold will meet **Monday, February 7, 2011**, in the Theology Office at Pius X High School for the annual Valentine meeting. All members are invited but not required to attend. The Green and Gold coordinators are **Mary Doher, Rhonda Litt, and Sister Veronica**. RSVP by phone before Friday, February 4, 2011, to **Sister Veronica** at **402-488-0931, ext. 10135**.

QUEST Retreats For Freshmen & Sophomores

Freshmen and **sophomores** are invited to register for a Quest Retreat. **QUEST** is a retreat for young Catholics between the ages of 14 and 16 who are freshmen and sophomores in high school. It is woven around the theme of the Three Circles of Love: Love of Self, Love of Others, and Love of God. The name **QUEST** implies "searching for" and "seeking out". As such, this retreat is designed to bring young people together and invite them to search for and seek out a deeper understanding and appreciation of themselves, others, and God. All registration is now online! To register, please visit the diocesan website at www.dioceseoflincoln.org then click on the orange "Youth Ministry" link at the bottom of the page. For more information, contact the **Family Life Office** at **488-2040**. Note: The location and date for the second semester will be announced soon.

TEC Retreats For Juniors & Seniors

All **juniors** and **seniors** are invited to attend **TEC** (Teens Encounter Christ), **February 19-21, 2011**, in **Wahoo, NE**. **TEC** is a **3-day retreat program (Saturday-Monday)** for high school juniors and seniors, and college freshmen and sophomores. It provides one of the most valuable ways in which teenagers and young adults can be brought closer to Christ.

All registration is now online! To register, please visit the diocesan website at www.dioceseoflincoln.org then click on the orange "Youth Ministry" link at the bottom of the page. For more information, contact the **Family Life Office** at **488-2040**.

The **TEC** Retreat dates and locations for the 2010-11 school year are as follows:

February 19-21, 2011	Wahoo
March 12-14, 2011	Plattsmouth
June 11-13, 2011	David City

World Youth Day 2011 In Madrid, Spain

For more information on World Youth Day 2011 in Madrid, Spain, from August 7-22, 2011, please visit the website: http://www.dioceseoflincoln.org/FamilyLifeOffice/youth_world-youth-day.aspx

Spiritual Opportunities At Pius X

- ◆ **Daily Mass** at 7:30 a.m. on school days in the Pius X Chapel. If you'd like a 7:30 a.m. Mass offered for a special intention, please contact the Theology Office at Pius X to schedule a date. The usual stipend is \$10.00.
- ◆ **Daily Confessions** after morning Mass from 7:50-8:00 a.m. and after school on school days in the Pius X Chapel: Monday with Fr. Snitily, Tuesday with Fr. Kosch, Wednesday with Fr. Bernardo, Thursday with Fr. Barvick, and Friday with Fr. Thomlison.
- ◆ **Weekly Mass** during your student's Theology class.
- ◆ **Weekly Rosary on Tuesdays** at 4 p.m. during regular school days in the Pius X Chapel.
- ◆ **Weekly Rosary on Fridays** after school during school days in the Pius X Chapel. The cheerleaders will pray for our students and their opponents in upcoming sporting events and activities.
- ◆ **First Friday Adoration** in the Pius X Chapel. The Theology Classes take turns spending time worshipping before the Blessed Sacrament.
- ◆ **Second Friday "Friends of Pius" Mass** in the Pius X Chapel at 6:30 a.m. to pray for our school and our benefactors.

Freshmen Corner

January is the start of the 2nd semester and the opportunity to get a fresh start on some good habits!!!

Parents/guardians: you can be a great influence on your student by assisting him/her with the development of good habits.

It's never too late to start anew!!!

Suggestions for **starting some good habits**:

- ◆ Use a planner or a daily list to stay caught up on assignments.
- ◆ Do homework as soon as you can and do it consistently.
- ◆ Study with a buddy.
- ◆ Plan ahead for big projects.
- ◆ Don't put off studying to the last minute.
- ◆ Get enough sleep regularly.
- ◆ **ASK FOR HELP** when needed.

And finally,
PRAY for God's grace to **stay consistent** with the good habits that you are trying to form!!!

National March For Life In Washington D.C.

Each year hundreds of thousands of ardent pro-lifers, Catholic and non-Catholic, attend the **National March for Life** in Washington, D.C. on January 22nd, the unfortunate anniversary of the legalization of abortion by the Supreme Court decision, *Roe v. Wade*. It is a peaceful and prayerful way to give a voice to the voiceless unborn children. Students who are **juniors in high school or older**; and chaperones of the Diocese of Lincoln, will join others throughout the nation at this event. This year's trip will be **Thursday, January 20, 2011**, through **Tuesday, January 25, 2011**. Many of the nation's premier sights and monuments will be included in the trip. The trip is highlighted by a Vigil Mass at the Basilica of the National Shrine of the Immaculate Conception, a youth rally and Mass at the Verizon Center, and of course the March for Life itself. Cost of the trip is \$375 each which includes round-trip transportation, lodging, some meals, and touring of Washington D.C. and other sites. Space is limited and filling up fast. You may obtain an application in the Pius X main office or you may register online at http://www.dioceseoflincoln.org/FamilyLifeOffice/youth_march-for-life.aspx. For more information, please contact **Jeff Schinstock** of the Diocesan Youth Ministry Team in the Family Life Office at 488-2040.

Nebraska Walk For Life

Come to the Nebraska Walk for Life on **Saturday, January 29, 2011**, at the west side of the State Capitol at 10:00 a.m. to join in the Walk for Life with thousands of other Nebraskans who care about Life, especially Life for the unborn. There will be a keynote speaker at the UNL Student Union, 14th and R Street, at 11:30 a.m. Volunteers are needed and baked goods are welcome for the bake sale at the Student Union.

Pray For Our Seminarian/Novice/Postulant Of The Week

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

Week	Name	Place of Study
01/01-01/07	Shawn Koranda	St. Gregory The Great
01/08-01/14	Caleb LaRue	St. Charles Borromeo
01/15-01/21	Steven Mills	St. Charles Borromeo
01/22-01/28	James Morin	St. Gregory The Great
01/29-02/04	Denton Morris	St. Gregory The Great



- Saint of Forgiveness -
The Conversion of
St. Paul
January 25, 2011

Spirituality Committee

By: **Rhonda Litt**,
Committee Member

Saint Paul's Conversion is celebrated on Tuesday, January 25, and he is our Saint of Forgiveness this month. Saint Paul's entire life can be explained by one experience – his meeting with Jesus on the road to Damascus. "I am Jesus, whom you are persecuting." (Acts: 9:5b) In an instant, he saw that his zeal was being wasted on unforgiveness of his fellow Jewish people who had left their faith to follow Christ, the Promised One. He knew Jesus was his true savior. God's

miracle of forgiveness filled St. Paul with the Power of the Holy Spirit to proclaim Jesus as Lord!

Saint Paul had acquired a zealot's hatred of all Jesus stood for as he began to harass the Church, "...entering house after house and dragging out men and women, he handed them over for imprisonment" (Acts 8:3b). At the moment of Paul's conversion, he knew he was a sinner and Christ forgave him. He knew he must forgive all he had persecuted. Christ also called His people to forgive St. Paul for his persecution of them and His Church at the moment of Paul's conversion.

Forgiveness is a supernatural grace given through obedience to God and perseverance in prayer. It has been said, "to err is human, to forgive divine." Our natural instinct is to withdraw in self-protection when we've been injured. Only through the Grace of God, and our faith in Jesus Christ, can we forgive. Corrie Ten Boom was a Christian woman who survived a Nazi concentration camp during the Holocaust. She said, "Forgiveness is to set a prisoner free, and to realize the prisoner was you." We will know the work of forgiveness is complete when we experience the freedom that comes as a result. We are the ones who suffer most when we choose not to forgive. When we do forgive, Jesus sets our hearts free from the anger, bitterness, resentment and hurt that previously imprisoned us. Corrie Ten Boom called the after-effect of forgiveness "a flood of joy and peace". The burden of bitterness is removed, there is a supernatural "rightness" to it, conflict is replaced with resonance, and love floods in where hatred once ruled. This is God's grace at work.

The Spirituality Committee would like to invite and encourage parents to become involved in the following spiritual activities at Pius X: Daily Mass at 7:30 a.m. in the Chapel (you may also request a Mass for your intention with a \$10 stipend); First Friday Exposition and Adoration in our School Chapel beginning at 8:00 a.m. after daily Mass and ending at 3:00 p.m. with Benediction; pray in thanksgiving for our school and become involved in the activities of Catholic Schools Week beginning January 30; and begin praying for the March 21st sophomore, junior, and senior school retreats (freshmen had theirs when the school year began) ~ when the first letter(s) of your last name begin with A-Co please pray for the senior boys, Cr-He = senior girls, Hi-L = junior boys, M-Pa = junior girls, Pe-S = sophomore boys, and T-Z = sophomore girls. Studies have shown that peers are important in adolescent lives; however, parents still remain the most important individuals that shape who they will become. As St. Francis said, "Evangelize often and, if necessary, use words." Our children seeing us involved in the Spiritual Life of Pius X will "speak words" to them far beyond anything we ever say.

For more information about the Spirituality Committee, please contact **Emily Wyatt**, our Pius X staff liaison, or **Shane Kennett**, Committee Chair.

"Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ." St. Paul to the Ephesians 4:32

In Touch With Pius Parents - Results Of The Drug & Alcohol Survey

One of the items that **Tom Kortá** presented at the **In Touch With Pius Parents** meeting on November 2, 2011, was a review of the Drug and Alcohol Survey results that parents and students took this past summer. While the Home School Committee is still digging through the results, a couple of issues jumped right out at them. First, 89% of the parents who responded said that their child doesn't drink. Now, maybe there are only 100 or so Pius X students who are drinking, but more likely the issue is that too many of our parents believe that it is not their own children who are drinking!

Students indicate that alcohol is "very easy" to access, and indicate that a large amount of drinking occurs at a friend's house. This is a perfect opportunity to remind you about our SAFE Homes program, which relies on parents calling parents to find out if gatherings (even two kids can be a gathering) will be appropriately supervised and monitored. Most of our parents have signed a pledge stating that they:

- will actively supervise all gatherings of youth in their home.
- will not allow the possession or consumption of drugs/alcohol by youth in their home.
- will set expectations for their children, including knowing where they are going and with whom.
- will welcome calls from parents of students who are invited to their home.
- will call parents when their children have been invited to another home.

Christmas break can be an especially dangerous time for youth, many of whom enjoy unsupervised time at home during the day and extended stretches of later curfews at night. You might consider showing up unannounced over a lunch break, and of course make sure that your alcohol is kept in a secure location. This is also a good time to go through your student's car to make sure there are appropriate winter provisions in the trunk, that the current insurance card is in the glove box, and maybe even to help clean trash from underneath the seats. Students identify their car as a common location for drinking and/or using drugs.

Our school's role in drugs and alcohol is really to be a support to parents who are the primary actors in drug and alcohol prevention among our teens. One of the programs our school is pleased to offer is the SCIP program. SCIP (stands for "School Community Intervention Program") is a partnership between schools and agencies in Lancaster County that offer their services for drug and alcohol screening, education and treatment. If you ever suspect your own child or one of your child's friends is using, I would strongly urge you to make a SCIP referral (look on our home page under "Parents" to find out how).

Parents working with parents is the BEST means of keeping our teens safe from drug and alcohol use. Please mark your calendars now for the next session of "In Touch with Pius Parents" on **Monday, March 14, 2011!**

LB 67 - Scholarship Tax Credit Bill

Legislative Bill 67 (LB67), the **Elementary and Secondary Educational Opportunities Act**, would allow Nebraska individuals, married couples, and businesses to receive a state income tax credit for contributions to School Tuition Organizations (or Scholarship Tuition Organizations) to assist children in enrolling at private elementary and secondary schools in Nebraska. An income tax credit is a dollar-for-dollar reduction in tax liability, as opposed to the treatment of a tax deduction, which only reduces tax liability by a percentage of the amount contributed. **The goal of this bill is to provide scholarships to help defray the cost of private school tuition for students whose families have low or limited income and to provide an incentive to families to encourage charitable giving to nonprofit School Tuition Organizations, creating additional scholarship resources.** These scholarship tax credit programs have been very successful in Arizona, Georgia, Iowa, Florida, Rhode Island, and Pennsylvania.

This legislation would save the state money IMMEDIATELY, with even greater savings as time moves on. It would also grant \$2,000 per year to qualifying students to attend private schools.

Please attend one or both of the following events to show your support of this legislation:

The Revenue Committee will hold a public hearing on LB 67 on Sunday, February 27, 2011, at 1:30 p.m. in Room 1524 of the State Capitol.

On Tuesday, March 22, 2011, from 10 a.m.-12 p.m. there will be a rally at the Capitol to support LB67.

Your help is needed to cause favorable treatment for LB 67 and its advancement to the full Legislature for debate. Here is what you can do: **Call or e-mail members of the Revenue Committee and urge them to support LB 67 and advance LB 67 to General File for debate.** The Committee controls the fate of the bill at this stage, so please contact these senators as soon as possible, even if they are not from your district. (If you would prefer to write a letter using regular mail, please act soon!)

Abbie Cornett (45)	acornett@leg.ne.gov	402-471-2615
M.L. "Cap" Dierks (40)	mdierks@leg.ne.gov	402-471-2801
Greg Adams (24)	gadams@leg.ne.gov	402-471-2756
Mike Friend (10)	mfriender@leg.ne.gov	402-471-2718
Galen Hadley (37)	ghadley@leg.ne.gov	402-471-2726
LeRoy Loudén (49)	llouden@leg.ne.gov	402-471-2725
Dennis Uter (33)	dutter@leg.ne.gov	402-471-2712
Tom White (8)	twhite@leg.ne.gov	402-471-2722

Note: **Senator Mike Friend** (10) of Omaha introduced LB 67. He is a member of the Revenue Committee. In contacting Senator Friend, please thank him for sponsoring LB 67. **Sen. Tony Fulton** (29) of Lincoln is a co-sponsor of this bill. If you live in Senator Fulton's District (29), thank him for sponsoring this bill and let him know his efforts are appreciated.

Source: www.nebathcon.org (under "education")



Alicia Guerra '91 makes phone calls for the Annual Appeal with the help of her son, Andrew.



Clancy Woolman '56 is our Cathedral Alumni Chair for the 2010-2011 Annual Appeal. He enjoys catching up with his fellow classmates!



The 2010-2011 Annual Appeal Chair Therese (McCabe) Sack '78, Alumni Director Kristin (Edwards) Heath '91, Annual Appeal Co-Chair Sara (Odgaard) Fritsch '91, and Annual Appeal Co-Chair Amy (Gray) Zeleny '89. These ladies did an INCREDIBLE job in the Chair and Co-Chair positions. Thank you!



Our wonderful student volunteers worked hard to help us process our mailings the nights of the phone-a-thon! A huge thank you goes out to all our alumni, parents and student volunteers of Pius X high School who helped to make our Annual Appeal such a great success!

- Photos courtesy of The Foundation Office -

2010-2011 Annual Appeal Reaches 78% Of Goal!

Wow! We are off to such a great start with this year's **Annual Appeal**. Thank you to everyone who has contributed thus far to this great cause! We are so blessed to have such dedicated, supporting parents and alumni who care about Catholic education and are ensuring our Catholic schools for the future.

The goal of this year's appeal is to raise **\$200,000**. The Annual Appeal funds the \$1,330 'gap' per student which is the difference between the actual cost, tuition charged, and parish support for students. Gifts to the Appeal impact EVERY student and faculty member in strengthening and improving the overall quality of a Pius X education.

The Annual Appeal was conducted in a couple of phases. First, a **direct mailing** was sent out the first of October 2010 to Pius X alumni, parents and businesses asking for support for our school. Then on November 7 and 14, 2010, our annual **Phone-A-Thon** was held at Pius X to contact our alumni and parents who had not responded to the direct mailing.

We would like to extend our most sincere appreciation to **Cricket** who provided phone service for our effort, to **Valentino's** for donating pizza, salad and breadsticks both nights of the Phone-A-Thon and to **Sandhill's Publishing** who donated cookies and pop for the Phone-A-Thon and also took care of our large mailings for the Annual Appeal. We would also like to thank all of our **volunteers** and **students** who helped us in our effort. We could not have done it without you! Last, but definitely not least, we thank our **chairs** that helped out with our Phone-A-Thon portion of this Annual Appeal.

Alumni Chair

Therese (McCabe) Sack '78

Freshman Parent Chair

Greg & Darla Ernst
Rob & Koni Barie

Junior Parent Chair

Anne Wackel
Ann Geary

Alumni Co-Chair

Amy (Gray) Zeleny '89
Sara (Odgaard) Fritsch '91

Sophomore Parent Chair

Georgeanne Rashilla
Jill Morris

Senior Parent Chair

Paul Birkel
Joe & Sophia Werning

Cathedral Alumni Chair

Clancy & Charlene Woolman '56

As of December 13, 2010, we have received **\$156,929.20** in cash donations from our alumni, parents, businesses and friends of Pius X. **THANK YOU!** 333 of our school families have pledged and/or given thus far. Our goal is to have **100%** participation.

Summary Of Annual Appeal Donations As Of December 13, 2010

<u>Phases</u>	<u>Goal</u>	<u>Donations Received + Pledges</u>
Alumni	\$105,000	\$ 81,880.50
Parents	\$ 45,000	\$ 42,026.70
Businesses	\$ 20,000	\$ 12,252.00
Board of Directors/Advisors	\$ 20,000	\$ 14,145.00
Friends	\$ 10,000	\$ 6,625.00
Total (78% of goal!)	\$200,000	\$156,929.20

SUPPORT CATHOLIC SECONDARY EDUCATION - GIFTS ARE TAX DEDUCTIBLE!

- Please prayerfully consider giving a gift to the 2010-2011 Annual Appeal - <http://foundation.piusx.net> [select "Annual Appeal" then "Donate Now"]



Gifts may be sent to:
Pius X Foundation Office
6000 A St
Lincoln, NE 68510

Gifts may also be made online at:

<http://foundation.piusx.net> [select "Annual Appeal" then "Donate Now"].

The students of Pius X High School depend on your generosity. We are so very grateful for your consideration!

Parent/Junior Interviews - PickATime

INSTRUCTIONS FOR SCHEDULING

Parent/Junior Interviews with The Pius X Guidance Office USING PICKATIME

January 12, 2011 - February 2, 2011

Important!

**Parent/Junior Interviews cannot be scheduled until
Thursday, January 6, 2011 at 7:00 p.m.**

Parents/students who have previously registered with PickATime for parent/teacher conferences may log in for Junior Interviews with your email address and password. **This is NOT your Blackboard or Parent Connect password.** It is a password you previously chose specifically for PickATime. If you forgot your password, you can enter your email address and click on "Forgot My Password". PickATime will then send you a new password.

If you have NOT previously used PickATime, please follow the directions below.

Please read the following instructions carefully or print for reference because when you click on the following link, "Schedule Parent/Junior Interviews," you will be asked for the following information:

1. Enter your email address and create a password, **this is NOT your Blackboard or Parent Connect password, you will create a new password specifically for PickATime**, then click "Login/Create Account".
2. Fill in the required fields and register.

Scheduling:

1. Select a Guidance Counselor by clicking on the name.
2. Choose a date and then click on the time you would like to schedule a parent/junior interview.
3. If you would like an email reminder, check the box and reminder time.
4. If you would like the option to have an email sent to your Outlook Calendar, check the box.
5. Click on "Create Appointment", and you will receive an "Appointment Confirmed" screen.
6. Click on "Print" to print the schedule. If you would like the option to have an email sent, click "Send Email".
7. Click return and then log out.

*If you want to make changes to your schedule, you can log in at any time with your email and password. There are links to modify the time or cancel the appointment.

If you have any questions or problems, contact the Pius X Guidance Office at (402) 488-0931 during regular school hours.

Red Letter Day At UNL

Senior Open House at UNL for **all majors** will be held on Friday, January 14, 2011, and Monday, February 21, 2011. **Special Visit Events** include: **Greek Preview** on Saturday, February 26, 2011; **Big Red Open House** on Monday, March 7, 2011, Friday, April 15, 2011, and Friday, April 22, 2011; and **Super Saturday** on Saturday, April 2, 2011. The deadline to apply is two weeks prior to event date. Interested students may apply online at admissions.unl.edu/visit.

Seniors Applying To UNL

To be considered for **merit-based scholarships** to the University of Nebraska-Lincoln, students must be fully applied to UNL by **Friday, January 14, 2011**.

Senior Parents - FAFSA Form For College Financial Aid

If you are planning on completing the **FAFSA Form For College Financial Aid**, the following items will be needed to provide necessary information: personal identification number - apply at www.pin.ed.gov - **get it now!!!**; federal tax returns and W-2s; driver's license number; social security number; birth dates; date parents were married, separated, divorced or widowed; value of checking/savings account and investments (exclude home and retirement plans); value of business or investment farm; child support paid or received; ADC/TANF welfare benefits; social security payments from SSI or SSDI; workers compensation benefits; other untaxed income such as veterans' benefits, housing/food/living allowance for military or clergy; and alien registration number for eligible non-citizens. For details about your dependency status and filling out the FAFSA refer to www.educationquest.org or www.fafsa.ed.gov. Please contact **EducationQuest** for free assistance at (402) 475-5222 in Lincoln, NE.

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**. For returning parents, your username and password are the same as last year. For new parents, you should have received your username and password in the mail. 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, please contact **Georgia Miller** in the main office at **488-0931**.

Advanced Scholars Program At UNL

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

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

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

Visit Us On The Pius X Website

Please visit the Pius X website at www.piusx.net and click on "**Guidance Office**" for excellent information about college testing and preparation for testing, college selection, financial aid, and scholarships.

Family Connection

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

Scholarships For Colleges (Seniors)

It is time for seniors to find and apply for scholarships to attend college. The most up-to-date opportunities 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 Family Connection account. This account cannot be viewed by other students or parents as each student/parent has a different access code to register. This account can be viewed by the counselors at Pius X High School, who will assist you by monitoring information that you provide. Be sure to apply for all scholarships ahead of the deadline. If you have any questions, please contact the Pius X Guidance Office.

Seniors - ACE Scholarship Information

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

Requesting Transcripts & Record Information

All current students **MUST** logon to **Family Connections** to **request transcripts**. Students need transcripts for college applications, scholarship agencies, to register for the NCAA Eligibility Center, to get a personal copy and for other reasons.

- Click on "colleges" at the top.
- On the left side of the screen under the heading "resources", click on "transcripts."
- You will be able to choose from three options:
 - ◆ Request transcripts for my college applications.
 - ◆ Request transcripts for scholarships or athletics.
 - ◆ View the status of all my transcript requests.
- Determine which option fits your needs, click on it and complete the form.

DROP/ADD 2nd Semester - All Students

Tuesday, January 11, 2011, is the deadline for adding or dropping classes for the second semester. See page 6 for more information.

Seniors - Report Scholarships Received

Please turn in any scholarships you receive from a college or organization to the **Guidance Office** by **Monday, May 2, 2011**. This information is needed so that all scholarships can be published in the program for the graduation ceremonies.

Junior Parents/Students

All students who want to participate in athletics after high school in any NAIA college must register in the NAIA Eligibility Center. For information, please visit the website: www.playnaia.org.

Reading Tutorial Sessions

The **University of Nebraska-Lincoln** is offering **reading tutorial sessions** through the College of Education and Human Sciences at the Kit and Dick Schmoker Reading Center. The reading instruction offered at the **Schmoker Reading Center** is designed to serve **elementary and secondary school students** who are **reading 1-3 years below grade level**, and whose **primary difficulties in school are results of reading problems**. The tutors are UNL students who are practicing teachers or individuals trained to be teachers. The services include one-on-one individual reading instruction based on the needs of the student. For more information, please contact **Melisia Bieber** at **472-3532** or via email at readingcenter@unl.edu. Applications are available in the Pius X Guidance Office.

UNO Campus Visit

For more information on visiting the University of Nebraska-Omaha's campus, please call (402) 554-MAV1 or (877) 884-MAVS or visit the UNO website at www.BEaMAV.com.

College Representatives Visiting Pius X

The schedule of **college representatives** who will be visiting Pius X is found in **Family Connections** under Colleges. Students interested in visiting with a representative should sign up in Family Connections.

ACT/SAT Dates For 2010-11

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

ACT Test Date	Deadline	Late Fee Required
February 12, 2011	January 7, 2011	January 8-21, 2011
April 9, 2011	March 4, 2011	March 5-18, 2011
June 11, 2011	May 6, 2011	May 7-20, 2011
SAT Test Date	Deadline	Late Fee Required
January 22, 2011	December 23, 2010	Dec 24, 2010 - Jan 7, 2011
March 12, 2011	February 11, 2011	February 12-25, 2011
May 7, 2011	April 8, 2011	April 9-22, 2011
June 4, 2011	May 6, 2011	May 7-20, 2011

January 2011 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
* All dates and times are subject to change without notice.*		Visit the Pius X website at www.piusx.net		Daily Mass 7:30 a.m. Monday-Friday		1 Mary, Mother of God - Holy Day of Obligation First Saturday
2 The Epiphany Of The Lord Pray for seminarian, Shawn Koranda	3 No School	4 No School 9th.Wrestling @ LSE Tournament 3:30pm (A) V.JV.Wrestling @ Millard North 6/6:30pm (A) B.G.9th.Basketball vs Norris 6:15/8pm (H) Dino's First Tuesday 5-11pm	5 Testing Day Seniors- No School Juniors- No School Sophomores- No School Freshmen- 8:05am-12:30pm	6 Testing Day Seniors- No School Juniors- 8:05-11:30am Sophomores- No School Freshmen- 8:05am-12:30pm B.G.Swimming vs LNS&Fremont @ LNS 4:30pm (A) B.10th.Basketball vs Omaha Creighton Prep 6:30pm (H) Scheduling for Parent/Junior Interviews begins at 7pm	7 First Friday School resumes Epiphany Mass 9:25am V.Wrestling vs LNS Invitational 3pm (H) B.G.V.Basketball @ Lexington 6/7:45pm (A)	8 Uniform Shop open 10am-12pm JV.Wrestling @ Malcom Invitational 9:30am (A) B.G.9th.Basketball vs LSE 9:15/10:45am (H) B.G.Swimming@Kearney High Invitational 12pm (A) G.JV.V.Basketball @ LNS 5:15/7pm (A)
9 The Baptism Of The Lord 1st Sunday in Ordinary Time Pray for seminarian, Caleb LaRue	10 B.10th.Basketball @ Millard West 7pm (A) B.G.9th.Basketball vs Lincoln Lutheran 6:15/8pm (H) Meeting to plan the 1st Annual Alumni & Friends of Pius X Family Fun Run 6pm	11 Last day for schedule changes Uniform Shop open 3:35-4pm V.JV.Wrestling @ Omaha Gross Catholic 6:30pm (A) G.JV.V.Basketball vs Gretna 6:15/8pm (H)	12	13 Uniform Shop open 3:35-4pm G.JV.V.Basketball vs Hastings 6:15/8pm (H)	14 B.Diving@Omaha Skutt Invitational 5pm (A) G.Diving@Millard North Invitational tba (A) B.JV.V.Basketball @ Elkhorn 4:15/7:45pm (A) G.JV.V.Basketball @ Elkhorn 4:15/6pm (A)	15 B.Swimming vs Omaha Skutt Invitational @ Ralston 8am (A) G.Swimming vs Millard North Invitational tba (A) V.Wrestling @ LPS Classic @ LH 9am (A) JV.Wrestling @ LPS Tournament @ LNS 9am (A) B.G.9th.Basketball @ GINW 10am (A) B.JV.V.Basketball @ Ralston 5:30/7:15pm (A)
16 2nd Sunday in Ordinary Time Pray for seminarian, Steven Mills	17 No School G.JV.(10th).Basketball vs Gretna 6:30pm (H) B.G.9th.Basketball @ Lincoln Christian 6:15/8pm (A)	18 Uniform Shop open 3:35-4pm B.G.Swimming vs Omaha Roncalli & S. Sioux City @ Brownell-Talbot 4pm (A) JV.Wrestling vs Pius X Invitational 4:30pm (H)	19	20 National March For Life trip to Washington D.C. Uniform Shop open 3:35-4pm G.JV.V.Basketball @ Crete 6/7:30pm (A) B.G.9th.Basketball vs LSW 6:15/8pm (H)	21 National March For Life trip to Washington D.C. B.JV.V.Basketball @ Lincoln Christian 6:15/8pm (A) JV Wrestling @ Plattsmouth 4:30pm (A) Granite City's Third Friday	22 National March For Life trip to Washington D.C. Uniform Shop open 10am-12pm V.Wrestling @ Plattsmouth Invitational 9:30am (A) Winter Formal Dance 8:30-11pm
23 3rd Sunday in Ordinary Time Pray for seminarian, James Morin National March For Life trip to Washington D.C.	24 National March For Life trip to Washington D.C. National Pie Day- Pie Baking Contest B.10th.Basketball @ Beatrice 6:30pm (A) Auditions for Spring Musical	25 National March For Life trip to Washington D.C. Uniform Shop open 3:35-4pm B.G.Swimming @ LSW 4:30pm (A) V.Wrestling @ LSE 6:30pm (A) B.9th.Basketball vs Crete 6:30pm (H) Auditions for Spring Musical	26 Callbacks for Spring Musical	27 Uniform Shop open 3:35-4pm V.JV.Wrestling vs Millard West 6:30/7pm (H) - Senior Night B.10th.Basketball @ LSE 7:30pm (A) G.JV.V.Basketball @ LNE 5:45/7:30pm (A)	28 B.G.Diving @ Omaha Westside Invitational 4pm (A) B.JV.V.Basketball vs LNE 6:15/8pm (H)	29 Nebraska Walk For Life 10am B.G.Swimming @ Omaha Westside Invitational 8am (A) V.Wrestling @ Omaha Roncalli Tournament 9am (A) G.JV.V.Basketball vs Omaha Gross Catholic 5:15/7pm (H)
30 4th Sunday in Ordinary Time Catholic Schools Week begins Pray for seminarian, Denton Morris BOLT Lottery Ticket sales begin	31 Catholic Schools Week B.G.Swimming @ Beatrice 4:30pm (A) 10th Girls BB @ LSE 5:45pm (A) B.G.9th.Basketball vs Seward 6:15/8pm (H) Club World Aid Benefit Concert 7pm					

February 2011 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<p>* All dates and times are subject to change without notice.*</p> <p>Visit the Pius X website at www.piusx.net</p> <p>Daily Mass 7:30 a.m. Monday-Friday</p>		<p>1 Catholic Schools Week Catholic Schools Week Mass with Bishop Bruskewitz 9:25am Uniform Shop open 3:35-4pm JV/V Boys BB @ Blair 6/7:45pm (A) JV/V Girls BB vs Omaha Mercy 6:15pm (H) JV/V Wrestling @ LH 7pm (A)</p>	<p>2 Catholic Schools Week</p>	<p>3 Catholic Schools Week Uniform Shop open 3:35-4pm JV/V Boys BB vs Gross Catholic 6:15/8pm (H)</p>	<p>4 Catholic Schools Week Boys & Girls Diving @ Elkhorn 5pm (A) JV/V Boys BB vs Omaha Gross 6:15/8pm (H)</p>	<p>5 Catholic Schools Week ends First Saturday Boys & Girls Swimming @ Elkhorn 10am (A) JV Wrestling @ Fremont Bergan Tournament 10am Girls BB @ Seward Tournament 10am</p>
<p>6 5th Sunday in Ordinary Time Pray for seminarian, George Pinkerton</p>	<p>7 9th Boys BB @ Norris Tournament tba (A) 10th Boys BB @ LNE 5:45pm (A) Green & Gold Meeting</p>	<p>8 Uniform Shop open 3:35-4pm JV Wrestling @ LH Invite 4pm (A) Boys & Girls Swimming @ Columbus 4:30pm (A) 9th Boys BB @ Norris Tournament tba (A) JV/V Boys BB vs LSE 6:15/8pm (H)</p>	<p>9</p>	<p>10 Uniform Shop open 3:35-4pm 9th Boys BB @ Norris Tournament tba (A) JV/V Girls BB vs LSE 6:15/8pm (H)</p>	<p>11 First Friday Boys & Girls Swimming @ Elkhorn 4pm (A) Wrestling Districts tba (A)</p>	<p>12 JV/V Boys BB vs Omaha Skutt Catholic 5:15/7pm (H) JV/V Girls BB vs Omaha Skutt Catholic 5:15/7pm (A) Wrestling Districts tba (A)</p>
<p>13 6th Sunday in Ordinary Time Pray for seminarian, Cyrus Rowan</p>	<p>14 10th Boys BB vs Norris 6:30pm (H) NHS Honors Night 7:30pm (invitation only)</p>	<p>15 Uniform Shop open 3:35-4pm JV/V Boys BB vs Hastings 6/8pm (H) JV/V Girls BB @ LE 5:45/7:30pm (A)</p>	<p>16 Parent/Teacher Conferences 2-5/6-9pm</p>	<p>17 Parent/Teacher Conferences 2-5/6-9pm 10th Boys BB @ Greta 6:30pm (A) State Wrestling tba (A)</p>	<p>18 No School JV/V Girls BB vs Ralston 6:15/8pm (H) State Wrestling tba (A)</p>	<p>19 State Wrestling tba (A) TEC Retreat - Wahoo, NE</p>
<p>20 7th Sunday in Ordinary Time Pray for seminarian, Mark Ruhl TEC Retreat - Wahoo, NE</p>	<p>21 No School TEC Retreat - Wahoo, NE</p>	<p>22 Uniform Shop open 3:35-4pm V Girls BB @ Districts tba (A)</p>	<p>23</p>	<p>24 Uniform Shop open 3:35-4pm Boys & Girls Swimming/Diving @ State @ Devaney tba (A)</p>	<p>25 Boys & Girls Swimming/Diving @ State @ Devaney tba (A)</p>	<p>26 Boys & Girls Swimming/Diving @ State @ Devaney tba (A)</p>
<p>27 8th Sunday in Ordinary Time Pray for seminarian, Benjamin Rynearson</p>	<p>28 V Boys BB @ Districts tba (A)</p>					



Questions Regarding Food Service?

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

A "TINI" Fact

Set Point Theory says that the body is programmed to gravitate toward a particular weight; the metabolism may adjust upward or downward to ensure that weight is neither lost nor gained.

Thank You For Purchasing Christmas Goodies

Special thanks to all those that purchased Christmas goodies from the Pius X Food Service in December 2010 in an effort to raise additional funds to support equipment purchases for Pius X's onsite kitchen facilities. Thank you for your support!

Thank You For Donations To Matt Talbott Kitchen

Special thanks to all those that donated to the Matt Talbott Kitchen on St. Nicholas day. Many of the needy were assisted during the Christmas season thanks to your generous support.

Updated Recommendations on Role of Vitamin D & Calcium



The Institute of Medicine (IOM) recently released new dietary recommendations for Calcium and Vitamin D intakes, known as Dietary Reference Intakes (DRIs), used broadly by health professionals and policy makers to guide consumers' dietary patterns. Citing a strong body of new scientific evidence, the IOM based their recommendations on bone health outcomes, confirming the importance of Vitamin D and Calcium in promoting bone growth and maintenance through various stages of life. It is imperative for consumers to get adequate amounts of these essential nutrients every day, preferably through foods.

Specifically, the committee recommended daily Calcium intakes, or RDA's, ranging from 700 to 1300 milligrams depending on bone health needs for each age range. Vitamin D recommendations were significantly increased to 600 IU (International Units) for those between the ages of 1-70 years and 800 IU's for those over 70 years.

Milk is an affordable and available food source of these two nutrients, and it's important for Americans of all ages to ensure they are meeting their nutrient intake goals through the recommended **three daily servings of nutrient rich dairy foods** in their diets.

Milk is the number one dietary source of both Calcium and Vitamin D in the American diet. Enjoying dairy foods can play a key role in meeting the new DRIs. A cup of milk not only provides 300 milligrams of bone-building calcium and 100 IU vitamin D, it also supplies seven other essential nutrients including potassium, phosphorus, protein, vitamins A and B12, riboflavin and niacin. Three 8 ounce glasses of low-fat milk, fat-free milk, or equivalent vitamin D fortified milk products daily can provide the majority of Calcium and half of Vitamin D recommended by the IOM. In addition to milk, some yogurts and cheeses are also fortified with Vitamin D. Research supports that the exclusion or avoidance of dairy foods can lead to inadequate intakes of these vital nutrients.

Source: Midwest Dairy Council

National Pie Day To Be Celebrated 1-24-11



In honor of this national food event, the Pius X Food Service will sponsor a **pie baking contest** on **Monday, January 24, 2011**. Pies are due to the Commons that Monday morning. The only requirement is that the pies be made out of food ingredients. Judging will be done by a prestigious group who will be announced at a later date. Prizes will be awarded. Pie will be available for sale as one of the lunch desserts.

A Dream Come True - Kitchen & Cafeteria



The Pius X full-fledged production kitchen and cafeteria will become a reality in 2011. A lot of time and work has gone into planning the new facility. Fr. Meysenburg's foresight to be sure the facility is adequate for growth and large enough for all of the work aspects of the new operation, and not having to "redo" the project are instrumental parts of the planning.

There are some features of the new facility that will make the customer flow work better. There will be one entrance and one exit; they will not be used interchangeably. From a cashier perspective this is imperative. The cafeteria service area will be more of a "scramble" system than a conventional stand in line operation. Students will go to whichever station they want to get their food. There will be 2 separate entrée/hot side serving lines, and 2 fruit and vegetable bars. One of the bars can be converted to a hot steam table if a specialty bar or buffet is needed as a part of that day's menu plans. Real Silverware will also be used again, which will save on supply cost and it is much nicer to eat a meal with stainless flatware.

There will be a real dish return window for all students to return their trays, silverware and garbage. There will not be a garbage can in the dining room which will improve the appearance and save on the time and cost associated with the current garbage removal process. Students will learn to bring their trays to the window in shifts. It can work very efficiently and is well-organized.

The same great food and desserts will be prepared and sold. Not having to haul food a distance from another building will enhance quality and reduce food waste. More often than not, when I am in a position to make a decision on producing more food, I will go on the side of having it than running out.

As construction begins, we will modify menus as needed. Conservative menus have been written for January as that is the projected start date. We have made provisions to change food delivery routes and relocate garbage and recycling. The contractors have been given Monday, May 2, 2011, as a date to be able to start tying the new building to the old. As the project progresses, we will make adjustments to the menus and service methods as needed. All Pius X families, pray for a mild winter and a Friday, August 19, 2011, (or sooner) completion date.

Sincerely,
Tini Van-Oehlertz, R.D.

Pius X Catholic High School
6000 A Street
Lincoln, NE 68510
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Menu - January 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 3 No School</p>	<p>January 4 No School</p>	<p>January 5 No Breakfast No Lunch Testing Day Seniors- No School Juniors- No School Sophomores- No School Freshmen- 8:05am-12:30pm</p>	<p>January 6 No Breakfast No Lunch Testing Day Seniors- No School Juniors- 8:05am-11:30am Sophomores- No School Freshmen- 8:05am-12:30pm</p>	<p>January 7 <u>Cold Breakfast</u> choose 3 items Lunch Cheese Nachos Fixin Bar House Choice Vegetable - or - Meatless Chili Crackers Breadstick</p>
<p>January 10 <u>Cold Breakfast</u> choose 3 items Lunch Hamburger/Wheat Bun Chef's Choice Potato - or - Mexican Chicken Soup Tortilla Chips String Cheese</p>	<p>January 11 <u>Hot Breakfast</u> Breakfast Pizza Lunch Meal In A Bowl Wheat Dinner Roll - or - Beef Macaroni Casserole Wheat Dinner Roll</p>	<p>January 12 <u>Cold Breakfast</u> choose 3 items Lunch Chili Cheese Dog Green Beans - or - Chef's Choice</p>	<p>January 13 <u>Hot Breakfast</u> Pancakes and Sausage/Stick Lunch Chicken Noodle Soup Yogurt Crackers Wheat Dinner Roll - or - Corn Dog Chef's Choice Vegetable</p>	<p>January 14 <u>Cold Breakfast</u> choose 3 items Lunch Cheese Pizza Bread Stick - or - Bean Burrito Mexican Rice Fixin Bar</p>
<p>January 17 No School</p>	<p>January 18 <u>Hot Breakfast</u> French Toast Sticks Lunch Italian Casserole Garlic Bread Peas - or - Chicken Fajita Salad</p>	<p>January 19 <u>Cold Breakfast</u> choose 3 items Lunch Breakfast For Lunch Scrambled Eggs Sausage Hashbrown - or - BBQ Chicken Wheat Bun</p>	<p>January 20 <u>Hot Breakfast</u> Breakfast Sandwich Lunch Tacos - Hard or Soft Shell Fixin Bar - or - Polish Dog/Bun Chef's Choice Potato</p>	<p>January 21 <u>Cold Breakfast</u> choose 3 items Lunch Pasta with Marinara Garlic Breadstick - or - Fish Sandwich</p>
<p>January 24 <u>Cold Breakfast</u> choose 3 items Lunch NATIONAL PIE DAY - Pie Baking Contest - Scalloped Potatoes/Ham Chef's Choice Vegetable Wheat Dinner Roll - or - Beef & Bean Burrito - slice of pie for all lunch participants -</p>	<p>January 25 <u>Hot Breakfast</u> Omelet with Toast Lunch Fiestada - or - Chef Salad Crackers Cheese Egg (Vegetarian Chef Salad also available)</p>	<p>January 26 <u>Cold Breakfast</u> choose 3 items Lunch Roast Pork Mashed Potatoes/Gravy Savory Baked Dressing Corn Wheat Dinner Roll</p>	<p>January 27 <u>Hot Breakfast</u> Breakfast Burrito Bar Lunch Wagon Wheel Soup Cheese Crackers Wheat Dinner Roll - or - Chicken Fajita Fixin Bar</p>	<p>January 28 <u>Cold Breakfast</u> choose 3 items Lunch Broccoli Cheese Soup 4 oz Yogurt Crackers Wheat Dinner Roll - or - Cheese Quesadilla</p>
<p>January 31 <u>Cold Breakfast</u> choose 3 items Lunch Chicken Patty/Wheat Bun Sweet Potato Fries - or - Italian Dunkers Fixin Bar</p>				