



# The BOLT

## PIUS X HIGH SCHOOL NEWSLETTER

Pius X Catholic High School

" Restore All Things In Christ "

**Sunday, October 2**

TBA - Life Chain

**Monday, October 3**

5:30PM - Vocal Department  
Bake Sale at North American  
Martyrs parish hall  
7:00PM - Vocal Department Fall  
Concert at North American  
Martyrs parish

**Tuesday, October 4**

5:00-11:00PM - Dino's First  
Tuesday

**Friday, October 7**

8:05AM-3:26PM - 1st Friday  
Adoration in the Pius X chapel  
5:00-11:00PM - Granite City  
Friday (Coach's Appreciation  
Night)

**Monday, October 10**

No School - (Diocesan Institute)

**Friday, October 14**

\* 1st Quarter Ends  
6:30AM - Mass For Friends of  
Pius in the Pius X chapel

**Saturday, October 15**

8:00AM-3:00PM - Campus  
Clean-Up Saturday  
9:00AM - Pro-Life Conference  
11:00AM - Rosary Rally At  
Camp Gargano

**Monday, October 17**

8:05AM-NOON - PLAN Testing  
for 10th Grade  
\* No School- Grades 9, 11, 12  
\* Teacher Workday

**Thursday, October 20**

7:00PM - Fall Play -  
*You Can't Take It With You*

**Friday, October 21**

7:00PM - Fall Play -  
*You Can't Take It With You*

**Saturday, October 22**

7:00PM - Fall Play -  
*You Can't Take It With You*

**Sunday, October 23**

2:00PM - Fall Play -  
*You Can't Take It With You*

### From The Guidance Director, Mrs. Jan Frayser



Kerrigan Cecelia Frayser  
Born: July 31, 2011  
St. Elizabeth Hospital  
Parents: Greg & Laura Frayser  
Grandparents: Steve & Jan Frayser



I tried to find a meaningful way to incorporate and meld our BIG news within the text of this article. Finally, it just had to be the headline, knowing that every grandparent out there would understand that I could opine forever about this little baby girl.

It was a beautiful Sunday morning. Steve and I attended Mass at 8:00 a.m. to pray for her safe delivery and were in the waiting room when our first grandchild was born. Being a grandparent during the birth allows for avoidance of the work, pain and sleeplessness. Instead, you become a loving witness of the miracle of life. When a phrase of Brahm's Lullaby plays at St. Elizabeth Hospital, it signifies the birth of a child. We heard it at 9:25 a.m. and tears of joy and thanksgiving rolled down my face. Thank you dear Lord for the gift of Kerrigan Cecelia.

It's been nearly two months since her birth; we are smitten, utterly and completely taken by this little girl. Every other care and concern is miniscule when I have the opportunity to hold and care for Kerri. Greg and Laura have been very gracious in allowing us access. I am trying not to overstay my welcome realizing that Greg, a lawyer, could probably get a restraining order on his own mother. Each time I am with her, I marvel at God's handiwork and the opportunity He has given us to love His child. I ponder His plan for Kerri and how we might help her to achieve it. God knew Kerri before she was formed in Laura's womb, and He consecrated her. (Jeremiah 1:5)

This birth brought into clearer focus the need for me (all of us) to express my pro-life stance and stand firm against the holocaust of abortion. Life is a precious gift that is tragically taken from some innocent lives at the hands of others. What more can I do to protect these precious little ones and allow them the life that God intended for them?

In October, there are several options for us to support life. Planned Parenthood closed their South Street abortion clinic, only to open a larger one at 5631 South 48th Street, to be able to perform more abortions. A 40 Days for Life - Prayer and Fasting will be held at this new location from September 28th through November 6th. This is a focused pro-life effort that consists of prayer and fasting, peaceful vigil and community outreach. To sign up, go to [www.40daysforlife.com/lincoln](http://www.40daysforlife.com/lincoln). For more information, contact Lincoln Right to Life at (402) 327-9015 or [lincoln-righttolife@windstream.net](mailto:lincoln-righttolife@windstream.net). With God's help, this groundbreaking effort will mark the beginning of the end of abortion in Lincoln, Nebraska - and throughout America.

On October 2nd, the annual Life Chain will be held in Lincoln. This is a silent, prayerful, visual statement of support for preborn children and women who are struggling with crisis pregnancies. Life Chain draws attention to the truth that abortion kills children; it also points to more humane and responsible alternatives, such as adoption. Parishes are assigned a segment of O Street between 27th and 70th Street. Pius' assignment is on the north side of O Street between 66th and 68th. Join us in this silent, prayerful and powerful statement of love for preborn babies.

Steve and I thank God that Kerri's parents chose life. We will cherish her life and pray that all conceived babies will have life. If you see Steve or me from a distance, you might be wise to find a different route to your destination. We do have pictures, pictures and more pictures. There's no need for you to ask; we'll quite proudly offer every little detail about Kerrigan Cecelia without prompting. Remember, we're smitten.

**October 2011****Pius X High School Newsletter**

is published monthly throughout the school year.

**Pius X Catholic High School**

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

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

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

**Administrative Team**

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

**Guidance Office**

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

**Business Office**

Karen Francis

**Office Support**

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

**Campus Ministry**

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

**SCIP Coordinator**

Julia Schonewise

**Activities Office**

Tim Aylward, Activities Director  
Jake Moore, Assistant Activities Director

**Booster Club**

Terry & Lisa Heimes, Presidents

**Home & School Association**

Joe LeDuc, President

**Foundation Office**

(402) 488-1046  
Michelle Birkel, Director  
Amy Riley, Administrative Assistant  
Deb Hoge, Administrative Assistant  
Sophia Werning, Grant Writing Specialist

**Alumni Relations**

Kristin (Edwards) Heath, Class of '91

**BOLT Coordinator**

Deb Schulte

**Yearbook**

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

**Submit articles to:**

marilyn.twehous@piusx.net

**"Kings, Queens, Bishops ... BOLT"**

**A Benefit for Pius X High School and the Pius X Booster Club  
Gourmet Dinner, Live & Silent Auctions, and Lottery  
Pius X High School Gymnasium  
Saturday, April 21, 2012**

The past 27 years have provided over 3.75 million dollars for improvements. **One-third of the proceeds** fund the Booster Club's special projects while **two-thirds of the proceeds** finance improvements to the physical facility.

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

- ◆ **Guest** - Every Pius X family receives an invitation to BOLT and a Preview the night before.
- ◆ **Donor** - We are looking for donations of timeshares, airfare, items for both live & silent auctions, and cash donations to help underwrite auction items. If you have something you would like to donate, please contact **Deb Schulte** at **488-0931** or [deb.schulte@piusx.net](mailto:deb.schulte@piusx.net).
- ◆ **Lottery Participant** - Purchase one or more chances at \$100.00 each to win: 1st Place Prize of \$10,000, 2nd Place Prize of \$2,500, 3rd Place Prize of \$1,500, or 4th Place Prize of \$1,000.
- ◆ **Volunteer** - Share your talent with one of the many committees. It's a great way to meet other Pius X parents. The time commitment varies from 2-6 hours.

If you'd like to volunteer, please contact any of the following members of the **Coordinating Committee** by October 15, 2011.

Auction	Rod & Michele Arndt	477-0767
Auction	Mike & Ann Kotopka	489-6860
Corporate Tables	Steve & Libby Jaros	486-1235
Corporate Tables	Dave & Ann Kirby	484-0569
Lottery	Joe & Penny Bachmann	423-9027
Site Design	Alan & Diane Pryor	489-6514
Superintendent	Fr. Meysenburg	488-0931
BOLT Coordinator	Deb Schulte	488-0931 or 489-7326

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

**Confirmation Class To Begin In October**

A special class to prepare for the Sacrament of Confirmation will be offered this fall at Pius X High School for those high school students who have not yet received this sacrament. Please contact Sister Veronica at [sr.veronica@piusx.net](mailto:sr.veronica@piusx.net) or (402) 488-0931 ext. 10135 to enroll your high school student.

**Life Chain - Sunday, October 2**

Please join the Pius X Pro-Life Club and all Catholic parishes for the national Life Chain across the United States. **LIFE CHAIN** is a peaceful and prayerful public witness of pro-life individuals standing for 60 minutes praying for our nation and for an end to abortion. Watch announcements and your parish bulletins for locations and times.

**Vocal Department Fall Concert - October 3**

The Vocal Department Fall Concert will be held at North American Martyrs parish on **Monday, October 3**, at 7:00 p.m. with free admission. There will be a bake sale prior to the concert at 5:30 p.m. in the parish hall. All proceeds will be used for the Vocal Department trip to New York City.

**Dino's First Tuesday - October 4**

Visit Dino's Eastside Grill at 2901 S. 84th Street from **5-11 p.m.** on **Tuesday, October 4**, and the **Pius X Booster Club** will receive **10% cash back on every dollar spent.**

**First Friday Adoration - October 7**

There will be Adoration of the Blessed Sacrament in the Pius X Chapel on **Friday, October 7**. All parents of Pius X High School students are invited to spend an hour or a half hour in asking special blessings upon Pius X High School.

**Granite City Friday - October 7**

Visit **Granite City Food & Brewery** at 6150 O Street on **October 7** and **Granite City** will donate 10% of sales to Pius X.

**Band Notes**

The Pius X Marching Band will be performing at three festivals during the month of October (times TBA). They are:

- LINKS @ Lincoln High's Beechner Field **October 8**
- LPS Invitational @ Seacrest Field **October 15**
- NSBA State Contest @ Millard South **October 22**

The band show this year is "Broadway Rock" and features music from three Broadway rock musicals. Good luck band!

The Pius X Band Christmas Concert will be held on **Sunday, December 11 at 2:00 p.m.** in Flavin Gym.

**Senior Service Information - October 14**

The 2011-2012 Senior Service policy is posted on the Pius X website at <http://www.piusx.net/SeniorService/default.aspx> under the "Senior Service Policy" link. If you would like to request the help of our seniors for a service project, please complete an online request form on our website. All seniors must turn in at least nine completed hours by **Friday, October 14**. If anyone has questions about the Senior Service program, please contact **Maria Benes** at [maria.benes@piusx.net](mailto:maria.benes@piusx.net) or by phone at (402) 488-0931, extension 10136.

**Campus Clean-Up Saturday - October 15**

We are seeking 60 people who would be willing to work from 8 a.m.- 3 p.m. on **Saturday, October 15**, as part of a massive clean-up of Pius grounds. We are also seeking volunteers to provide lunch for the workers. Please visit [www.signupgenius.com/go/pius2/227347](http://www.signupgenius.com/go/pius2/227347) to sign up. Students are welcome to participate as well.

**Rosary Rally At Camp Gargano-October 15**

There will be a public rosary rally on October 15th at Camp Gargano (ten miles south and two miles west of Lincoln) in conjunction with a Nationwide Rosary Rally sponsoring 7000 Rosary Rallies across the United States for the HEALING AND HOLINESS OF OUR NATION. It begins at 11:00 a.m. with the rosary recited at 12:00 noon. Refreshments will follow.

**Annual Pro-Life Conference - October 15**

The *Building A Civilization of Love & Life* Pro-Life Conference will be held in Lincoln, Nebraska, on October 15th. The conference will feature **Edward Cardinal Egan, Archbishop Emeritus of New York**. For more information and to register, visit [www.nebcathcon.org](http://www.nebcathcon.org) [News & Upcoming Events - Register Online - Register By Mail] or see the registration in the Southern Nebraska Register.

**Student Directories**

Directories are available for sale in the main office. The cost is \$3 each or two for \$5.

**PLAN Testing For Sophomores - October 17  
No School For Grades 9, 11, 12**

Mandatory PLAN Testing for Sophomores will take place on **Monday, October 17**, from **8:05 a.m.- Noon**. Due to the testing, there will be no school for those in grades 9, 11, and 12; and teachers will have a workday.

**Fall Play October 20-23**

The fall play, *You Can't Take It With You*, by Moss Hart and George S. Kaufman will be held October 20-23 in the Pius X Performing Arts Center (LPAC). Watch announcements on the Pius X website for the date tickets will go on sale. Performances are as follows:

Thursday	October 20, 2011	7:00 p.m.
Friday	October 21, 2011	7:00 p.m.
Saturday	October 22, 2011	7:00 p.m.
Sunday	October 23, 2011	2:00 p.m.

**Passport To Adventure Club - October 24**

Parents are welcome to join us in the Pius X Commons for a potluck dinner on **Monday, October 24**, at 6:00 p.m. Mr. Tom Seib visited Turkey this past summer and will share his experiences as our guest speaker. Please stop by Mrs. Sievert's room 262 to RSVP and choose a Turkish food recipe to make for the potluck.

**Professional Interviewers Needed November 17**

The Careers and Life Management class will be offering a **mock job interview fair** for its students on **Thursday, November 17**, from **8:05-10:45 a.m.** We are looking for several parents/professionals to help conduct the mock interviews for the fall semester. Please contact **Mr. Ryan Psota** for details at [ryan.psota@piusx.net](mailto:ryan.psota@piusx.net).

**Tissues Needed**

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

**Vocal Music Calendar 2011-12**

**Performances**

Sunday, November 6, 7:00 pm, Old Gym

**Junior High Honor Choir**

Monday, November 21, 1:00 pm & 7:00 pm, LPAC

**Christmas Concert**

Monday, December 12, 7:00 pm, North American Martyrs

**Benefit Concert**

Monday, January 30, 7:00 pm, LPAC

**Winter Concert**

Monday, March 5, 7:00 pm, location tbd

**New York Trip**

Thursday, April 19 thru Sunday, April 22

**Spring Concert**

Monday, May 14, 7:00 pm, New Gym

visit us on the web at the Pius X website:

[www.piusx.net](http://www.piusx.net) [Activities - Performing Arts]

**Uniform Cold Weather Options**



sweatshirt



sweatshirt



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. Above are photos of the four approved cold weather options. **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. Sweatshirts that are inside-out are not allowed.** Note: The uniform sweatshirt does not require a uniform shirt to be worn underneath, but the fleece jacket and sweater do. Undershirts below the uniform sweatshirt or uniform shirt should be a solid color, without writing, and should not hang out from below. **Sweatpants are not allowed from 8:00 a.m.-3:26 p.m.** For more information, please review the 2011-12 Student/Parent Handbook.

**ID Cards Required - Part Of Dress Code**

ALL students are required to wear an ID lanyard throughout the school day. The ID must be visible and must identify the student. Defacing, placing something over the photo or blacking out the ID is not allowed. If a student ID is lost, there will be a \$5 replacement fee. If a student ID is forgotten, there will be a \$1 fine and a temporary card issued.

**Uniform Shop At Pius X - October 8 & 22**

The Pius X Uniform Shop is located in the Pius X Commons to the west of the concession stand. Enter through the southeast door #1. It is open on **Tuesdays & Thursdays from 3:35-4:00 p.m.** on regular school days (not on early dismissal days). The uniform shop will be open **9:00-11:00 a.m.** on October 8 and October 22. For updates and to check for changes in the schedule, please visit the Pius X website [Parents Tab-Uniform Shop]. If you have any questions, please contact **Mrs. Hartman** at [sandy.hartman@piusx.net](mailto:sandy.hartman@piusx.net) or (402) 488-0931.

**Immaculee Ilibagiza Retreat - November 11-12**

Immaculee Ilibagiza is returning to Pius for a two-day retreat on November 11th and 12th. Immaculee survived the 1994 Rwandan genocide by hiding in a small bathroom with seven other women for 91 days. When she finally emerged, she learned that all of her family except one brother had been brutally murdered. Her faith gave her the love to forgive the man who killed her mother and brother. She is the author of several best-selling books, including *Left to Tell* and *Led by Faith*. She is an international speaker who spreads a message of healing and hope through forgiveness and praying the rosary. The retreat will run from 6-9 p.m. on Friday night and 9-4 p.m. on Saturday. There will be an optional Mass at 4 p.m. to end the day. Early registration is \$60; for students it is \$50. Hurry, because seating is limited! Register online at:

<http://www.immaculee.biz/weekend-with-Immaculee-Lincoln-NE.html>

**Confessions Available Before & After School**

Confessions are available after morning Mass from **7:50-8:00 a.m.** and **after school.**

**FCT Fall Retreat Open To All Pius X Students**



The Fellowship of Christian Teens Annual Fall Retreat will be **Saturday, November 19, and Sunday, November 20.** It will be at **Calvin Crest Camp, Conference, & Retreat Center in Fremont, Nebraska.** This retreat is open to all students interested in growing in their faith, relaxing with friends, and meeting new people! Students do not have to be members of FCT to come on the retreat. Cost is \$40, but no one will be refused due to an inability to pay. The registration **deadline is Friday, October 28.** Information and signup sheets are available in the front office and in Mrs. Benes's office. Parent drivers are needed to assist with transportation both days. For more information or to help drive, please contact **Maria Benes** at [maria.benes@piusx.net](mailto:maria.benes@piusx.net) or 488-0931, ext. 10136.

**TEC Retreats For Juniors & Seniors**

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



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

**QUEST Retreats For Freshmen & Sophomores**

QUEST is a **2-day retreat program** for high school **freshmen and sophomores.** It is woven around the theme of the Three Circles of Love: Love of Self, Love of Others, and Love of God. You may apply online at [www.dioceseoflincoln.org](http://www.dioceseoflincoln.org) or contact the **Family Life Office** at (402) 488-2040. The Quest Retreat dates and locations are for the 2011-12 school year are:



November 18-19	Auburn, NE
March 31 - April 1	Camp Kateri

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

January 22 is the national March for Life in Washington, D.C. This is the unfortunate anniversary of the legalization of abortion by the Supreme Court. It is a peaceful and prayerful way to give a voice to the voiceless unborn children. The 2012 trip is **January 19-24** and is open to **juniors and seniors** in high school. The trip includes round-trip transportation, housing, some meals, and touring of Washington D.C. monuments and other sites. We pray that each year will be the last year we need to march; that the personhood and right to life of every unborn child will be recognized. Register at [www.dioceseoflincoln.org/FamilyLifeOffice/youth\\_march-for-life.aspx](http://www.dioceseoflincoln.org/FamilyLifeOffice/youth_march-for-life.aspx) or contact the Diocesan Family Life Office for information, dates and pricing at 488-2040. Register early as space is limited.

**Daily Mass In The Pius X Chapel**

Please join us for daily Mass in the Pius X Chapel at **7:30 a.m.** each morning. If you would like a Mass offered for a special intention, contact Sr. Veronica. The usual stipend is \$10.00.

**First Friday Adoration In The Chapel**

On the **First Friday** of each month, the Blessed Sacrament is exposed for special adoration during the day. The **theology classes** spend time worshipping before the Blessed Sacrament. Parents are also welcome to come spend time with our Lord.

**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 October, for the following seminarians, novices, or postulants studying for the Diocese of Lincoln:

Week	Name	Place of Study
10/02-10/08	Samuel Beardslee	St. Gregory The Great
10/09-10/15	Esteban Benton	St. Gregory The Great
10/16-10/22	Dayne Buresh	St. Gregory The Great
10/23-10/29	Eric Clark	Mount St. Mary
10/30-11/05	Timothy Danek	St. Gregory The Great

**Tennis Meet Rescheduled**

The boys tennis meet that was postponed on Thursday, September 15, is rescheduled for **Thursday, October 6, at 4:00 p.m.** at Grand Island.

**Booster Club Members To Be Recognized**

Thanks to all who've joined the **Pius X Booster Club!** Current members will be recognized in the next newsletter, on the website and more, so get your membership form in by **October 7** to be included. Visit [www.piusx.net](http://www.piusx.net) and click on 'Booster Club' to download a registration form or pick up one in the school office.

**Winter Sports Begin November 14**

The following winter sports are offered by the NSAA (Nebraska School Activities Association) at Pius X High School and begin **Monday, November 14: Boys Basketball** (Ray Forycki), **Girls Basketball** (Bill Rice), **Boys & Girls Swimming/Diving** (Cindy Nash), and **Wrestling** (Jerry Clinch).

**Forms Required Prior To Winter Tryouts**

All athletes participating in any sport during the 2011-2012 school year must have had a physical after May 1, 2011, in order to try out for a team. Students need to turn in two forms in order to try out and participate in athletics (1) the **Clearance Form** (part 3 of the NSAA Pre-Participation Physical Form) completed AFTER May 1, 2011, signed by the examining physician conducting the student's physical and (2) **NSAA Student and Parent Consent Form**. Both forms are available in the Pius X main office or on the NSAA website at [www.nsaahome.org](http://www.nsaahome.org). **Please do not send in the original. Only a copy is needed.** If your athlete participated in the physical night held in May at Pius X, we already have a copy of that physical and there is no need to resubmit it. **Most students completed the NSAA Student and Parent Consent Form when they registered for classes for 2011-12 this past spring.** If you have questions regarding these forms, please contact **Mr. Moore** in the Pius X Activities/Athletics Office at [jake.moore@piusx.net](mailto:jake.moore@piusx.net).

**Athletic Passes For Pius X Home Games**

Athletic passes for the **2011-2012** school year may be purchased in the main office. The **student athletic passes** include 10 punches for \$25 (\$2.50 per game), and may be used only by students and shared with their siblings. **Adult athletic passes** are also available which include 10 punches for \$45 (\$4.50 per game). All athletic passes may be used for any sport held at Pius X and at any level of game including Varsity, JV, 10th, and 9th. They can be used only at games at Pius X and **MAY NOT** be used at district or state games. If they are lost or stolen, they are not replaceable.

**Pius X Gear Make Great Gifts**

What's the perfect holiday or birthday gift? Pius X clothing! Pick up Thunderbolt gear at home football games and Parent Teacher Conferences this fall, or contact the school office for more information. Be proud to be a Bolt!

**Swim/Dive Team Information & Meeting**

There will be a **parent/student potluck meeting** in October or early November for all those interested in joining the Pius X Swim/Dive Team. This is also the time at which all fees will be collected (activity fee, apparel, bags, towels, etc.). Please watch announcements for the date, location, and time as well as what to bring. A tentative practice schedule and meet schedule may be found on the link on the Pius X website at [www.piusx.net](http://www.piusx.net) [Activities, Sports, Swimming]. Swimming is a great way to stay in shape, establish a life-long love of exercising, maintain a healthy lifestyle, compete in an individual & team atmosphere, and is a great opportunity to make long-lasting friendships. For more information and to be placed on the contact list, please contact **Coach Nash** at [cindy.nash@piusx.net](mailto:cindy.nash@piusx.net).

**Club Meeting Days**

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

**Bowling Club**

Please watch the Pius X website in early October for announcements of the first meeting of the Pius X **Bowling Club**. Practices will be held twice a week beginning in late October or early November after school at Sun Valley Lanes. The team will have two matches each Saturday from November through the end of January. The season concludes at the State Tournament in February. Matches are typically held between 10 a.m.- 3 p.m. on Saturdays at various bowling alleys throughout Nebraska. If you have any questions, please contact **Larry Puntaney** at [lpuntaney@gmail.com](mailto:lpuntaney@gmail.com) or (402) 328-8525.

**Trap Club**

The **Pius X Trap Club** was formed in the early 1970's and is still growing. Last year there were **50 members** including junior high students. If there are any students who have 6th through 8th grade siblings that are interested in joining the club, they are very welcome. All shooters are required to pass a **Hunter Safety** program that is taught through the **Nebraska Game and Parks Commission**:

[www.ngpc.state.ne.us/hunting/programs/education/HEClasses.asp?ClassType=firearm](http://www.ngpc.state.ne.us/hunting/programs/education/HEClasses.asp?ClassType=firearm).

**A brief organizational meeting will be scheduled at Pius X in early October.** Please watch announcements on the Pius X website at [www.piusx.net](http://www.piusx.net) for a specific date and time. Until then, if any new members are interested in getting additional information about this club, please feel free to contact **Dave Tunink** at (402) 483-4973 or (402) 430-1759.

**Green & Gold**

**Green and Gold** applications have been given to all freshmen and new upper classmen at Pius X. If you have not received an application, or applied for **core member membership** and did not receive prayer materials, please contact **Sister Veronica** at [sr.veronica@piusx.net](mailto:sr.veronica@piusx.net) or (402) 488-0931 ext. 10135. Thank you for your prayerful support.

**Political Science Club - New Club!**

The **Political Science Club** began in September 2011 with senior **Caleb Hile** and sponsor **Mr. Tom Seib**. They meet once a week on **Tuesday** mornings from **7:30-8:00 a.m.** in Room 253. Meetings will involve discussions, current events, speakers, videos, and volunteer opportunities for political parties. New members are always welcome.

**Schoenstatt SOS Club - October 14, 17 & 28**

The **Schoenstatt SOS Club** (Sisters Of Sanctity) meets approximately every other Friday (the opposite Friday of the FCT Club) in the Mother Teresa Room from 7:20-8:00 a.m. Please join us October 14, October 17 (location tbd), and October 28. New members are always welcome. If you would like more information, please contact **Sr. M. Jennifer** at [srjenifer@schrsmary.org](mailto:srjenifer@schrsmary.org) or (402) 826-3346. The Schoenstatt Sisters of Mary's website is [www.cormariae.com](http://www.cormariae.com).

**Speech Team Welcoming New Members**

The **Pius X Speech Team** has started meeting to develop and practice speeches for the upcoming season (November-March), but it's never too late to join! The team is open to members with **all levels of speaking experience**. This activity is a great way to sharpen writing and delivery skills. The speech team meets every **Monday** at **7:00 p.m.** in **Room 264**. Please see **Mr. DeWispele** for more information.

**STARS Mentoring Program**

Pius X **STARS** has a new name...but same acronym! **STARS** now stands for Students Teaching About Relationships and Success. **STARS** is a national program affiliated with **FRIENDS FIRST** of Littleton, Colorado. **STARS** Mentors are sophomores, juniors and seniors who have a desire to work with 7th graders on healthy decision-making. **STARS** mentors meet 6 evenings throughout the school year at Pius X for fun and abstinence education provided by certified **STARS** instructors, and to plan activities for 7th graders at St. Joseph's and St. John's in the areas of character development and healthy decision-making. Mentors meet with the 7th graders 4 times on either late start Wednesdays or nonschool days for Pius. A training for new mentors took place on Saturday, September 24. Pius X **STARS** is funded by Saint Elizabeth Regional Medical Center Community Education. **STARS** contacts are **Shane Kennett** at [skennett@neb.rr.com](mailto:skennett@neb.rr.com) or **Janet Kurtenbach** at [janetk@inebraska.com](mailto:janetk@inebraska.com).

**Trip To Greece & Turkey - June 2013**

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

**Daycare? Child Development Students**

Do you have an in-home daycare or work at a daycare facility that would consider allowing Pius X **Child Development students** to observe children? If so, please contact **Amy Shonka** at [amy.shonka@piusx.net](mailto:amy.shonka@piusx.net) or (402) 488-0931.

**Senior Baby Ads For Yearbook**

Baby ads are optional for senior parents to submit in the yearbook. The ad is simply a baby or toddler picture of your child and a short message of no more than 20 words. Baby ads cost \$35.00 and are a nice memento. The same baby photo will be used in the senior video. Please turn in baby ads in a separate envelope from your senior photo. The photo needs to be submitted as a hard copy. Electronic submissions will not be accepted. Sorry, we are not able to return photos. Senior baby ads are due **Friday, November 11, by 4:00 p.m.** Please contact **Mrs. Sullivan** at [sandra.sullivan@piusx.net](mailto:sandra.sullivan@piusx.net) if you have any questions.

**Senior Photographs For The Yearbook**

The **senior pictures** are an important part of the last year of high school. You must adhere to the dress requirements and submission requirements listed in the **Student/Parent Handbook** and in the **August parent newsletter**. Your photo will not be included if these requirements are not met. The deadline for senior pictures to be published in the 2011-2012 Yearbook is **Friday, November 11, by 4:00 p.m.** **We will not accept late photos.** If you are unable to use a professional photographer, contact **Mrs. Sullivan** at [sandra.sullivan@piusx.net](mailto:sandra.sullivan@piusx.net) to make an appointment with our yearbook staff.

**2011-12 Yearbooks For Sale**

The **2011-2012 yearbooks** are on sale for **\$65.00**. The price will increase the 2nd semester, so be sure to purchase your yearbook early. Students may order yearbooks through **Mrs. Sullivan** in **room 101** after school. Please make checks out to "**Pius X Yearbook**".

**Wordstruck Submissions**

Please remind your talented **writer, photographer, or artist** to submit his or her pieces to be reviewed for the **Wordstruck** magazine. All submissions are due by **Friday, November 11**, to **Mrs. Sally Burt** in **room 254**. All students will be notified the last week before Christmas vacation as to whether their piece(s) was selected for publishing in the magazine. This is a wonderful opportunity to have student work published and to include in a portfolio for college admissions.

**Online Resources @ Your Library!**

Pius X Media Center provides access to online databases for in-school and at-home use. Links are available on the Pius X website at [www.piusx.net](http://www.piusx.net) [Students - Media Center - Online Information Sources].

**ELibrary**

<http://www.elibrary.com/elibweb/elib/do/search>  
User ID: SUBNEB341 Password: CHILD341

**NebraskaAccess**

<http://nebraskaccessne.gov/> (Wilson Web)

Password: reload5

(provided by the Nebraska Library Commission)

**Social Issues Resource Series (SIRS)**

USER: NE0139 Password: 68510

**Scrap Fabric & Sewing Supplies Needed**

**Textiles, Clothing and Design** would gladly accept donations of scrap fabric of ½ yard or larger and/or miscellaneous sewing supplies and notions. Please contact **Amy Shonka** at [amy.shonka@piusx.net](mailto:amy.shonka@piusx.net) or (402) 488-0931.



**Frayser To Speak At Magnificat Saturday \* November 5 \* 10:00 a.m. Brunch \* Holiday Inn Southwest**



Join us when Jan Frayser ~ Director of Guidance at Pius X ~ gives her personal testimony to the marvels God has done in her life. Jan has been an important part of Pius and the lives of our children for the last twenty-five years. She helped shape Pius into the wonderful spiritual and academic school it is, and has gone above and beyond the "call of duty" in the lives of our children. Jan has touched lives through many ministries such as TEC (Teens Encounter Christ) and FCT (Fellowship of Christian Teens). She recently demonstrated her dedication to improve our facility through her many hours of work to help Pius X receive half a million dollars through Kohl's Cares.

Come and hear the wonders of Our Lord's love while enjoying fellowship with other Catholic Women of our Diocese at the next Magnificat. The cost is \$15 (\$10 for students) with early registration encouraged. Send your check payable to Magnificat, in care of Annette Wemhoff, 931 West Harvest Dr., Lincoln, NE 68521. For more information, contact Barb at (402) 489-6905 or Rhonda at (402) 489-3819.



**Give Your Bobbling A Break!**

St. Peter School, in conjunction with the Nebraska Humanities Council, will host Nebraska native and best-selling author of The Bobblehead Dad, Jim Higley for a *family connections* talk. **Give Your Bobbling A Break** will take place on Sunday, October 23, from 6:30-8:00 p.m. at St. Peter's Catholic Church, Bishop Vasa Hall, 4500 Duxhall Drive. Higley is a writer, speaker, life observer, single father of three and cancer warrior. Come be inspired to foster a connection and presence with the young people in your life and listen to Jim's heartwarming and inspiring story. Refreshments will be served as well as books and materials on sale.



**Freshmen Corner**

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

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

"Each of us is willed, each of us is loved, [and] each of us is necessary." -Pope Benedict XVI-

**SCHOOL COMMUNITY INTERVENTION PROGRAM  
10 Myths vs. Facts about SCIP for Parents/Guardians**

**MYTH:** Students are referred to SCIP because they are in trouble at school.

**FACT:** SCIP is a student assistance program that works to identify and assist students who are not finding success at school. It is not designed to be a disciplinary tool, although there may be necessary disciplinary measures taken by the administration.

**MYTH:** A SCIP referral means there's a problem.

**FACT:** A SCIP referral means that someone has noticed a change in a student's behavior and is concerned. The SCIP team investigates these concerns. If the family takes the child to an agency for a screening, it may rule out possible problems.

**MYTH:** SCIP is just for drug or alcohol concerns.

**FACT:** SCIP has expanded its scope to include not only drugs and alcohol issues but also mental and behavioral health concerns. Studies have shown that more and more youth who are experiencing concerns in one area are also experiencing concerns in another area. For example, a student who is in emotional pain due to a family situation may look to drugs and alcohol to relieve that pain.

**MYTH:** Teachers make SCIP referrals only if they know a student is using drugs or alcohol.

**FACT:** Teachers don't have to have hard facts in order to make a SCIP referral; they may notice changes in a student's behavior which raises their level of concern.

**MYTH:** I'm a bad parent if my child is referred to SCIP. My kid's a good kid; he/she wouldn't do anything like that.

**FACT:** A child's behavior is not necessarily a reflection on the parent. The best parents in the world can have a child who makes poor choices on occasion or is struggling with personal issues. SCIP is there to help your child and provide you with information and resources.

**MYTH:** SCIP can't really do anything to help my child.

**FACT:** SCIP can offer a family many school and community resources that parents might not know about. The SCIP team can share a list of community resources for the family to choose an agency for a professional screening.

**MYTH:** My kids won't listen to me; it doesn't do any good to talk to them about this stuff.

**FACT:** Parents do have influence over their children. By starting with rules, guidelines and consequences at a young age, and by being consistent, children grow into respectful, responsible young adults. Children often look to their parents to set boundaries. It is much easier to say, "I can't do that; my mom would kill me," or "My folks would know if I did that so I can't," than to say, "I don't think so." This way the parent is the one to shoulder the blame.

**MYTH:** I don't want anything to do with SCIP because it will become part of my child's file.

**FACT:** SCIP information is never placed in a student's permanent record and will not follow that student from school to school when his/her file is sent.

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

**Pius X High School Home and School Association**  
**"Your Parish Connection to Pius X High School"**



- photo courtesy of Joe LeDuc -

Each member of the Pius X High School Home and School Association (PHSA) Board has a child or children attending Pius and represents a parish in the Lincoln area. The mission of this group is to facilitate communication between Pius High School, our parents, and

our parishes by providing programs and activities that connect parents with and to Pius X High School. They use each parish's bulletin, a Facebook page and the Pius X website to keep parents informed about student accomplishments and upcoming events that are pertinent to parents.

The PHSA meets monthly with Principal Tom Korta to be briefed, share thoughts, and provide feedback on various school issues.

This school year's PHSA board members are:

Blessed Sacrament	Pete and Andrea Peterson
Cathedral of the Risen Christ	Anita Scheuler
Immaculate Heart of Mary	Tim and Yen Cao
North American Martyrs	Michael and Donna Barnes
Sacred Heart	Judy York
St. John the Apostle	John and Ellen Soukup
St. Joseph	Joe LeDuc (Board President)
St. Mary	Phil and Diane Swinscoe
St. Michael	Bert and Sue Wilkinson
St. Patrick	Mike and Barb Krenk
St. Peter	Paul and Michelle Birkel
St. Teresa	Doug and Lori Beals

The PHSA sponsors a fall and spring general meeting at which invited speakers present information to our parents on topics related to the growth and development of their teen child/student. PHSA members also assist with Freshman Orientation, the Fall Open House, Christmas Faculty & Staff Bonus, Faculty & Staff Fall & Spring Conference and Appreciation Meals, a "Campus Clean-Up Saturday" (see page x for details) and more.

In addition, the PHSA offers a number of volunteer committees that all Pius parents are invited to be involved with:

- Academic Committee
- Alcohol & Safe Homes Committee
- Facilities & Grounds Committee
- Publicity Committee
- Spiritual Life Committee
- Student Recruitment Committee
- Teacher & Staff Appreciation Committee
- Technology Committee

Contact **Steph Jones** at [smjones42@yahoo.com](mailto:smjones42@yahoo.com) or (402) 617-3430 if you're interested in sharing your expertise with any of these groups. Contact your parish representative or **Joe LeDuc** at [jleduc@inebraska.com](mailto:jleduc@inebraska.com) or (402) 489-0293 with any other questions about PHSA.

"Jesus is God, therefore His love, His thirst, is infinite. He the creator of the universe, asked for the love of His creatures. He thirst for our love....these words: 'I thirst' - Do they echo in our souls?" - Blessed Mother Teresa -



**Spirituality Committee**

I love home Husker football games and feeling all of that enthusiasm around me. Sometimes I've thought how awesome it would be if the 85,000 of us were rejoicing in our Faith the same way we celebrate the Huskers. At World Youth Day this summer, I was blessed to be amid nearly 1.5 million people who were doing just that!

I could share many experiences of WYD, but the Holy Spirit has prompted me to share the following: we arrived at the location where Pope Benedict would celebrate Mass the next morning and had to find a place to spend the night outdoors. To my delight, our little "campsite" was surrounded by three families and a group of four teens, all from different countries. There was about four inches from where our mattresses ended and theirs began. Even in these tight quarters, smiles were shared and while we couldn't communicate in words, it was easy to feel their enthusiasm and reverence for their Faith, Jesus and the head of His Church on earth!

The World Youth Day Theme, "*Rooted and Built Up in Jesus Christ, Firm in the Faith*" (Colossians 2:7), had a new meaning for me that night. As a parent, I was the one who rooted my children in Jesus Christ from the beginning of their lives and built them up in the Catholic Faith. I needed to be His instrument, under the guidance of the Holy Spirit, to touch the lives of my children in His love!

Pius X offers many opportunities for parents to root our children in Christ and establish them in their Catholic Faith. The FCT (Fellowship of Christian Teens) Retreat is November 19-20 at Calvin Crest Camp. It is truly an awesome experience for our children to grow in their Faith and fellowship with others. Parents can help through prayers, driving, donating food or providing financial aid. See page X for more information. Our new Campus Minister, **Maria Benes**, has also begun four student-led Bible studies. Encourage your sons and daughters to join, which they can do any time. See page X for more information.

The Spirituality Committee would like to have Pius families and friends "Spiritually Adopt a Faculty Member" and pray for them. We will e-mail a request for volunteers through the Green and Gold prayer line. You may also call Rhonda at (402) 489-3819. If you would like to join the Spirituality Committee, please contact **Shane Kennett**, Committee Chair, at (402) 483-6105.

Respectfully submitted by **Rhonda Litt**, Committee member

**Strategic Plan Update**

"We've been extremely encouraged by the interest in the survey," said Superintendent Fr. James Meysenburg. "Nearly 800 people have taken the survey since it was launched September 1. Meysenburg says respondents include students, alumni, parents of current and former students, clergy and other community supporters. After all survey data has been compiled and analyzed, the next phase of the strategic planning project will begin. "Our consultant will convene and facilitate a number of stake holder focus groups over the next two to three months," Meysenburg says. "Then, we will be ready to get into the nuts and bolts of creating our Vision and strategic plan for the coming years."

**Driver's Education Classes At Pius X**

There will be 2 Driver's Education Classes offered at Pius. **Students must have a learner's permit to participate.** Perfect attendance is required to pass. Drive times will be scheduled during study halls or before/after school. Registration forms are available in the main office.

**All Metro: Wednesday, November 2 - Wednesday, November 30** with no class on November 23, 24, and 25. Class will be held Monday-Friday from 7:00-8:00 a.m. The cost is \$275.

**Road-Ready: Monday, October 24 - Monday, November 7** with no class on November 1. Class will be held Monday-Friday from **3:45-6:15 p.m.** and limited to 30 students. The cost is \$298.

Note: Driver's Education Classes are also offered by Southeast Community College and the Nebraska Safety Council at different sites throughout Lincoln. If interested, contact them for more information about locations, dates, and times.

**Advertise In The X-Change Newspaper**

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

**Alumni Office**

**Kristin (Edwards) Heath '91**, is the school's Alumni Director. Her responsibilities include maintaining the alumni database, alumni relations, coordinating alumni events, helping with reunion planning, and coordinating the Annual Fund and Phone-A-Thon. Visit the Pius X website at [www.piusx.net](http://www.piusx.net) and click the "Alumni" tab at the top. Kristin may be contacted at [kristin.heath@piusx.net](mailto:kristin.heath@piusx.net) or (402) 488-0931 ext. 10132.

**Pius X Alumni Department Is On **

Check us out at [www.facebook.com/lincolnpiusxalumni](http://www.facebook.com/lincolnpiusxalumni) on the **Official Lincoln Pius X Alumni Page!** You will find information on alumni events, news on past alums, deaths, and even bits about what is happening in the school today. You can also catch up with fellow alums as well as find links to update your info, donate to the school, or find out if you are a "Missing" Alum. We have reached out to over 1,250 who "like" our page already! "Like" us on Facebook today and join us on the Official Lincoln Pius X Alumni page. For more details, contact **Kristin Heath**.

**Keep Us Updated In The Alumni Office**

Do you have **any news** that you would like to share with your classmates such as a marriage, a new baby, or maybe a job change? We would love to hear from YOU!! Please keep us posted and we will be happy to include it in our next Pius Connections issue which is published twice a year.

**Alumni T-Shirts!**

Alumni can show their Pius X pride with a great new t-shirt! Only \$12 each, the shirts are available in two designs and in both a regular or fitted style. Order yours today!

**Fund For Pius X Phone-A-Thon; Volunteers Needed**



- photo courtesy of Foundation Office -

The 2011 **Fund for Pius X (formerly Annual Appeal)** is in full swing and it will soon be time to gear-up for the annual Phone-A-Thon. This important event will be held on **Sunday, November 6,** and **Sunday, November 13,** at **Pius X High School.** We will be calling on current parents, alumni,

and parents of alumni who have not responded to the **Fund for Pius X** letter/appeal.

A total of **150 volunteers** are needed to help make the Phone-A-Thon a success! We would like to extend an invitation to all **parents, students, and friends of Pius X** for help with miscellaneous tasks and/or calling for pledges. Please prayerfully consider donating your time, talent and/or treasure to this year's Fund for Pius X/Phone-A-Thon. If interested, please contact **Kristin Heath** at (402) 488-0931.

- ◆ Shifts include: **2:30-5:30 p.m., 5:30-8:30 p.m., and 8:30-9:30p.m.**
- ◆ Dinner and snacks provided for all volunteers.
- ◆ Prizes will be given out throughout both evenings.
- ◆ This is a fun time to connect with friends, other parents and alumni.

Students: Do you need service hours (senior service, NHS hours, etc.)? Students may also volunteer in October to stuff envelopes during their free periods in school.

The following gracious individuals have volunteered to be chairs for this year's annual **Fund for Pius X:**

- |                                       |                                        |
|---------------------------------------|----------------------------------------|
| <u>Alumni Chairs</u>                  | <u>Alumni Co-Chairs</u>                |
| Amy (Gray) Zeleny '89                 | Scott '88 & Jane (Higgins) '89 Felber  |
| Sara (Odgaard) Fritsch '91            |                                        |
| <u>Parent Chairs - Freshman Class</u> | <u>Parent Chairs - Sophomore Class</u> |
| Joe & Sophia Werning                  | Tom & Joanie Bittner                   |
| Dean & Christe VanLoon                | Kevin & Laura Erskine                  |
| <u>Parent Chairs - Junior Class</u>   | <u>Parent Chairs - Senior Class</u>    |
| Paul Birkel                           | Rob & Koni Barie                       |
| Robin & Mary Beth Holtmeier           | Jim & Linda Tucker                     |

Special thanks to **Sandhills Publishing.** In past years, they have taken care of the costs of the phone calls, the postage for mailing pledges, and snacks! Thank you so much for all that you have done for us and continue to do.

Thank you also to **Valentinos** for providing the food for both nights, and to **Cricknet** for providing cell phones for making the calls.

**Volunteers Needed To Make Class Boards**

The Alumni Office is looking for student, parent or alumni volunteers to make **class boards from past years.** If you are interested in this creative opportunity, contact **Kristin Heath.**

"Left to ourselves, we seek good from the world, but cannot find it; in youth we look forward, and in age we look back. Seek we great things? We must seek them where they really are to be found, and in the way in which they are to be found. We must seek them as He has set them before us." - Venerable John Henry Cardinal Newman -



## The Fund for Pius X

Pius X is truly shaping the future, and the *Fund for Pius X* (formerly Annual Appeal) is a vital avenue to continue our mission of providing academic preparation of the highest quality in a Christ-centered environment.

The 2011-2012 *Fund for Pius X* is one of our school's major fundraising initiatives.

Last year, over 1,500 donors supported your student and our mission through the Annual Fund. We cannot thank you enough for your donation and/or for volunteering your time to the Annual Fund! ***As of September 15, 2011, \$225,156.99 has been contributed, making this our most successful annual fund yet. Thank you!*** Ranging from \$5 to \$10,000, every gift is greatly appreciated, and makes a big difference for all our students and our school.

In Lincoln, we are truly blessed with the opportunity of an affordable Catholic education. The national average of high school Catholic education tuition is \$8,900 and tuition costs even throughout Nebraska are much higher than Pius X. Every student is granted a \$3,650 scholarship to attend Pius X each year. This is the gap between the cost of tuition and the actual cost of education. While a large portion of this scholarship comes directly from our partner parishes (\$2,229), the remainder comes from the Pius X Foundation endowment and other fundraising efforts, including BOLT and the work of our Booster Club. Thanks to the *Fund for Pius X*, the Pius X Foundation distributed more than \$411,000 last year to the school for direct budget support.

***All gifts to the Fund for Pius X are tax-deductible*** and will impact every student and faculty member by strengthening and improving the overall quality of a Pius X education. *Fund for Pius X* revenues support the operating budget to fund:

- ◆ Pius X's faith-based curriculum
- ◆ Teacher's salaries
- ◆ Tuition assistance – last year the Foundation awarded \$31,325 in scholarships to 64 students!
- ◆ Maintenance of the campus and building

Rarely does your generosity have so much potential to impact the lives of others in a positive way. We have so much for which to be grateful here in our school and in our community. **You received a letter the first part of September asking for your support of the *Fund for Pius X*. If you have already given or pledged, I thank you for your generosity. If you have not yet returned your Parent Partnership form, I ask for you to prayerfully consider making a financial investment in Pius X today.** An envelope is included in this newsletter or you can make your gift online at [www.piusx.net/foundation](http://www.piusx.net/foundation). Please click on the Annual Fund link to either make a pledge or donate directly. For your tax deductible contribution, your name will be listed in the 2011-2012 Annual Report section of the fall 2012 *Pius Connections*.

**I am most grateful for your consideration.**

Sincerely in Christ,

**Rev. James J. Meysenburg**  
Superintendent

### SUPPORT CATHOLIC SECONDARY EDUCATION

All gifts towards the *Fund for Pius X* are tax deductible. Gifts must be received in the Foundation Office on or before December 31, 2011, in order to be applied to the 2011 Income Tax year. Thank you for your support!

## What is the Fund for Pius X?

The Fund for Pius X (formerly Annual Appeal) is a fund raising effort conducted to meet the operating needs of the school, which are not covered by tuition. The goal for the Fund for Pius X is to raise a minimum of \$225,000.

## What is the Fund for Pius X used for?

Every student is granted a \$3,650 scholarship to attend Pius X each year. This is the gap between tuition and the actual cost of education. A large portion of this scholarship is covered by our partnering parishes (\$2,229). Donations to the school through the Pius X Foundation endowment, BOLT, Booster Club, and other donations keep tuition costs affordable, provide scholarships for students with financial need, and cover the operating costs throughout the year.

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

Pius X is committed to ensuring that the cost of tuition remains affordable for every student in the Lincoln area who desires a Catholic education. Without funding from the Fund for Pius X, tuition cost per student would be prohibitive for many families. Regarding parent support in particular, financially supporting the Fund for Pius X allows parents tax benefits that simply raising tuition would not allow.

## Does Pius X operate with a balanced budget?

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

## What sources other than parents support the school?

Every student is granted a \$3,650 scholarship to attend Pius X each year. This scholarship is paid via donor support and in large part by their local parish. Last year businesses, alumni, board members, grandparents, parents of alumni and current school parents all supported the high school.

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

A \$100 gift to the Fund for Pius X from one family might be a stretch, and a \$3,650 or more gift from another family to fund the scholarship/gap might be relatively affordable. If you are financially capable of funding the scholarship of \$3,650, please consider making a contribution at this level. Choosing to give to the Fund for Pius X and the amount you determine to be 'right' for you is a decision based on your own specific situation, and we are grateful for every gift.

## What benefits will I get by contributing to the Fund for Pius X?

A gift to the Fund for Pius X is a tax-deductible gift (tuition is not). Individuals who contribute gifts of \$1,000 or more will be recognized yearly at the annual Friends of Pius X appreciation reception held each fall. Individuals contributing to the Fund for Pius X are also acknowledged in the Pius X Foundation annual.

## Can I make a pledge to the Fund for Pius X?

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

## How should payments be made?

A donor may choose to pay in full, quarterly or semiannually. **Checks should be made payable to the Pius X Foundation.** Pius X can also accept both Visa and MasterCard. You may also donate online. Go to the Pius X web page at <http://www.piusx.net>, then click on the Donate Now button/link on the homepage and select Pius X Annual Fund [Donate Now].

## Is my gift to the Fund for Pius X tax deductible?

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

## What about matching gifts?

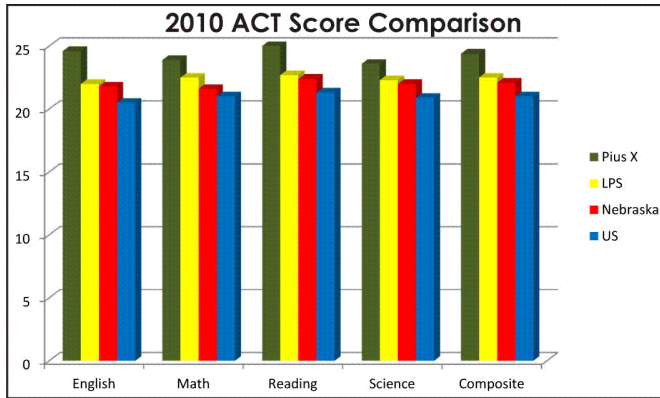
Donors are encouraged to inquire about their employers' matching gift program. These programs match the amount of the donor's charitable gift often doubling or even tripling their donation. Please include a matching gift form with your gift.

## Are gifts of stock accepted?

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

# Pius X High School Fact Sheet

WE TAKE PRIDE IN THE FACT THAT...



- ✪ The mean ACT composite score for the 2011 Pius X senior class was 24.4.
- ✪ In 2006 and 2007, Pius X was selected as one of the top 50 Catholic high schools in the nation and in 2008 was named honorable mention; placing Pius X in the top 4 percent of all Catholic schools.
- ✪ 36 students from the class of 2011 received a 30 or higher on their ACT test. This is 16% of the class scoring in the upper 3 percentile on this test.
- ✪ 44% of the senior class received the Presidential Academic Excellence Award (cumulative GPA of 3.5 and above)
- ✪ 38 Pius X graduates have gone on to become priests and women religious in Lincoln and beyond.
- ✪ We have a 99% graduation rate.
- ✪ 10% of our students receive financial assistance through scholarships from Pius X and various other sources. No student is turned away because of financial circumstances.
- ✪ 11% of our students are minorities.
- ✪ The teacher-student ratio is 1:16.
- ✪ The average class size is 23.
- ✪ We offer Advanced Placement courses in 8 subjects.
- ✪ Consistently, 94% of each graduating class pursues a college education immediately following high school.
- ✪ Over 75% of our students are involved in at least one extra-curricular activity, and all students are required to perform community service. We offer over 20 varsity sports.
- ✪ On average, faculty members possess 10 years of teaching experience with over 60% of the faculty having earned a Master Degree or equivalent.
- ✪ In 2011 we had 1 National Merit Scholar, 3 Top scholars to UNL, 14 Regents Scholarships to UNL, 4 Regents Scholarships to UNO, 1 Regents Scholarships to UNK, 1 Air Force Academy Appointment, 6 Creighton Magis Award Scholarships, and 7 NWU Wesleyan Scholars & 12 NWU President's Scholars.

## ENROLLMENT

The Pius X High School enrollment for the 2011-2012 school year is comprised of 1,068 students from the following parishes:

Blessed Sacrament	43	St. Mary	17
Cathedral of the Risen Christ	133	St. Mary, Denton	14
Cristo Rey	24	St. Martin, Douglas	2
Immaculate Heart of Mary	23	St. Michael, Cheney	51
North American Martyrs	125	St. Patrick	33
Sacred Heart	19	St. Peter	185
St. James, Cortland	1	St. Teresa	111
St. John	97	Out-Of-Area	11
St. Joseph	170	Non-Catholics	8
St. Leo, Palmyra	1		

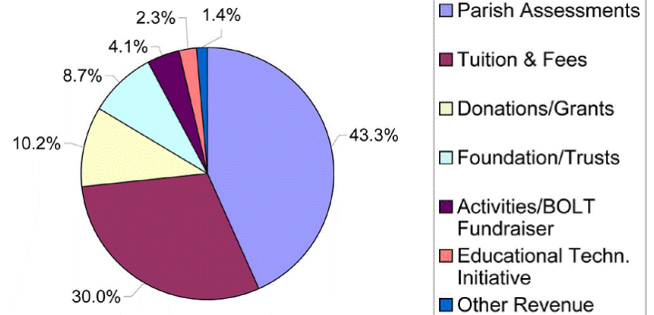
## BUDGET

The 2011-12 Pius X budget is \$5.509 million, an increase of \$50,279.

Revenue Source	%	Amount
Parish Assessments	43.3%	\$2,385,276
Tuition & Fees	30.0%	\$1,655,250
Donations/Grants	10.2%	\$ 561,800
Organizations/Fundraisers	4.1%	\$ 224,350
Endowment/Trusts	8.7%	\$ 482,000
Educational Tech. Initiative	2.3%	\$ 125,000
Other Revenue	1.4%	\$ 75,820
<b>Total</b>	<b>100%</b>	<b>\$5,509,496</b>

## PARISH SUPPORT

Parish assessments are provided by the 14 parishes of the Lincoln Deanery and four parishes from outside the deanery. Parish assessments for the 2011-2012 school year make up 43.3% of the operating budget.



## TUITION

Pius X prides itself on having one of the lowest tuition rates in the country, and no student is ever turned away for financial reasons. The national average for Catholic high school tuition is \$8,900 per year. Our education cost per student is approximately \$5,150 per year, while the average state cost in 2009 was \$10,023 per student per year. Tuition and fees make up 30% of our operating budget.

High School	9th Grade	10th Grade	11th Grade	12th Grade
Pius X High School Lincoln, NE (2011-2012)	\$1,300	\$1,400	\$1,550	\$1,750
Creighton Prep Omaha, NE (2011-2012)	\$8,570	\$8,670	\$8,770	\$8,870
Lincoln Christian School Lincoln, NE (2011-2012)	\$7,788			
Lincoln Lutheran School Lincoln, NE (2011-2012)	\$7,900 (Non Community Member) \$6,700 (Community Member)			
Duchesne Omaha, NE (2011-2012)	\$9,100			
Skutt Catholic Omaha, NE (2011-2012)	\$8,025	\$8,125	\$8,225	\$8,325

## Help Keep Tuition Affordable!



This chalkboard needs to be replaced with a whiteboard.



These science tables need to be replaced with heat resistant tables.



These old, cracked stools need to be replaced.

Please support Pius X and your student's teachers by helping to fund student resources, classroom products, or services which are not covered by the traditional school budget.

You can easily search these wish list items and donate directly to a specific need or area of the school which most impacts your son or daughter. Wish list items are located on the Pius X Foundation website at <http://foundation.piusx.net> [select the *Fund-It* link].

All donations are tax-deductible, and you can choose to fund an item in part or in full. If you wish to write a check instead, please send this to: Pius X Foundation, 6000 A St, Lincoln, NE 68510. In the memo line, please indicate which item you prefer to fund.

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

Item	Department(s)	Cost
Cookware Set	Family & Consumer Science	\$ 228
Wireless Headsets	Fine Arts	\$5,350
Video Camera	International Language	\$ 428
Student Response Clickers	Religion	\$3,370
Biopac	Science	\$3,210
FCT Retreat (funds one student)	Religion	\$ 42
American Literature Fellowship	English	\$4,821
Computer (for Wordstruck Layout)	English	\$1,519
Whiteboard	Science	\$ 749
Lab Stools	Science	\$3,424
Mobile File Cart	Science	\$ 201

### Does Your Employer Have A Matching Gift Program? Doubling Your Gift May Be As Easy As 1-2-3

You can easily double any gift you make to Pius X High School if you or your spouse work for a company that will match your donation to a charitable organization such as the Pius X Foundation and Pius X High School.

Doubling your gift can be accomplished in three very easy steps:

1. Find your company's name on our website or check with your Human Resources Department to see if your gift will be matched.
2. Obtain a matching gift form from your company's Human Resources Department.
3. Complete the form and send it to Pius X High School, Attn: Foundation Office with your tax deductible contribution.

That's all it takes! Every gift, no matter the amount, is vital to the long-term financial stability of Pius X High School and our ability to keep tuition among the lowest in the nation. If you need additional information or assistance, please contact the **Foundation Office** at (402) 488-1046 or email **Michelle Birkel** at [michelle.birkel@piusx.net](mailto:michelle.birkel@piusx.net).

## Friends of Pius X Gather To Honor Bob Bryant & Mary Jo "Sharrar" Rodeno

Approximately 200 benefactors gathered at the annual Friends of Pius X Appreciation Reception on September 11th to celebrate friendships and the generous support of all who share a deep commitment to Catholic education.

**Monsignor Perkinson**, Superintendent of Lincoln Catholic schools, led a special blessing and dedication of the new Pius X kitchen. **Tini Van-Oehlertz** and her food service staff provided outstanding appetizers for the reception.

The highlight of the afternoon was the presentation of the Distinguished Stewardship Award to **Bob Bryant** and the Outstanding Alumni Award to **Mary Jo (Sharrar) Rodeno**.



Bob Bryant, right, was honored for his service and dedication to Pius X High School: (l to r) Father Jim Meysenburg, Pius X Superintendent; Michelle Birkel, Director of Development; and Keith May, who nominated Bob for the award.

**Bob Bryant** has been a tireless ambassador for Pius X High School and a true role model for belief in Catholic education. He served on the Foundation Board of Directors for over 21 years (1988-2009). During that time, he was a leader in three Pius X capital campaigns – Continuing the Commitment in 1988, Embrace the Future in 1993 and A Tradition of Faith in 2006. He has been instrumental in making positive financial decisions for Pius X.

Bob is a UNL graduate with a Bachelor's Degree in Business Administration. He is the President of Bryant, Katt and Associates CPA, one of the larger, locally-owned accounting firms in Lincoln. He and his wife, Phillis Morgan, a 1966 Pius X graduate, have four children: Rob, Jason, Mike and Shannon, who all graduated from Pius X (as did Rob's wife, Lori). Phillis and Bob are also blessed with 15 grandchildren.



Mary Jo "Sharrar" Rodeno '64 (center) was honored with the 2011 Outstanding Alumni award. Pictured left to right: Father Jim Meysenburg, Pius X Superintendent, Mary Jo "Sharrar" Rodeno, and Kristin Heath, Pius X Alumni Director.

**Mary Jo (Sharrar) Rodeno** graduated from Pius X High School in 1964. She went on to earn a Bachelor of Science degree in Education from UNL in 1968. That same year, she married Tom Rodeno. Since losing their daughter, Amy, to Cystic Fibrosis in 1977, Mary Jo and Tom have worked thousands and thousands of hours to help find a cure. They have dedicated more than 30 years to the Cystic Fibrosis Foundation, including both serving on the National Board of Trustees. They were honored by the Cystic Fibrosis Foundation with the "Breath of Life Award" in 2009. They also established a scholarship at Pius X to continue Amy's memory and to honor Mary Jo's parents (The Amy Rodeno Scholarship in Memory of Dr. & Mrs. Lynn Sharrar). Tom and Mary Jo have two children and 5 grandchildren.

When nominating Mary Jo for the Outstanding Alumni Award, fellow Pius alum **Bob Sawdon** wrote that she is "a great indicator of the types of individuals that the nuns and teachers had in mind when they taught to live your life in a way that reflects your beliefs." He went on to say that Mary Jo has been "a great messenger of her faith, which she learned through her training at Blessed Sacrament and Pius X High School."



- photo courtesy of the Foundation Office -

### 1st Annual Fun Run

On August 27, 2011, the 1st Alumni and Friends of Pius X Family Fun Run was held at Pius X High School. There was a great turnout for the 1st year with a total of 114 runners/walkers crossing the finish line. Thirty-eight people completed the 1.15 mile course and seventy-six completed the 5K. Participants in this fun event included friends of Pius X, faculty/staff, alumni, parents, friends of friends and kids. There was even a Class of 1974 Pius X alumni who came all the way from Kansas to run the 5K!! After the race, breakfast and prizes were enjoyed by many. A special thanks to **Kory Reed** our announcer for the morning, **Father Bernardo** who gave the opening prayer, **Shannon Kelly '12** who sang the National Anthem, all our volunteers, all the participants and our amazing Fun Run Committee: **Lori (Lieb) Morin '96, Terri Dier, Bob Duden '83, John Aylward '99, Kara Foster '88, Shawna (Arroyo) Schroer '96, Ashley (Goldsmith) Ulrich '95 and Kealey (McManus) Butler '08.** Without this awesome committee, the Fun Run would not have been made possible. Also, a big thank you to our 12 Fun Run Sponsors: **System Technology Services, Saint Elizabeth's Regional Medical Center, Dr. Peter Morin, M.D., Raising Cane's, Dr. Daniel J. Tomes with Neurological and Spinal Surgery, L.L.C., Lincoln Running Company, Lincoln Mattress & Furniture, Nebraska Army National Guard, Sid Dillon, Liberty First Credit Union, Arroyo Roofing and Nicole Simon with State Farm Insurance.**

### Grosserode Scholarship Awarded



- photo courtesy of the Foundation Office -

Taylor Cook and Richie Rice were awarded the **Matt Grosserode Memorial Scholarship** for the 2011-2012 school year. The scholarship was founded in 2005 by **John and Joann Grosserode** in memory of their son **Matt Grosserode**. The \$500 scholarship is awarded each year to a senior football player attending Pius X, who is **faithful to God, loving to family and loyal to friends** just as Matt was. Pictured (left to right): Taylor Cook, Joann Grosserode, and Richie Rice.

The \$500 scholarship is awarded each year to a senior football player attending Pius X, who is **faithful to God, loving to family and loyal to friends** just as Matt was. Pictured (left to right): Taylor Cook, Joann Grosserode, and Richie Rice.

### Girls Bowling Team 18th At Nationals



- photo courtesy of Larry Puntaney -

Congratulations to the Pius X Girls Bowling team for their outstanding finish at the USBC Youth Open National Tournament. In a field of nearly 300 teams the Pius X Girls finished 18th in the Nation! Pius X bowlers **Brooke Puntaney (SR), Hannah Baumert (SO), Kelly Machacek (SO), and Kaylee Petersen (JR)** all earned scholarships during the tournament held this summer in Las Vegas.

Congratulations to the Pius X Girls Bowling team for their outstanding finish at the USBC Youth Open National Tournament. In a field of nearly 300 teams the Pius X Girls finished 18th in the Nation! Pius X bowlers **Brooke Puntaney (SR), Hannah Baumert (SO), Kelly Machacek (SO), and Kaylee Petersen (JR)** all earned scholarships during the tournament held this summer in Las Vegas.

"And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it." - Matthew 16:18 -

### SOADA Club Names Its Leadership Team



- photo courtesy of Laurie Barnes -

Congratulations to the Pius X students chosen for the 2011-12 **SOADA Club Leadership Team** (Students Organized Against Drugs and Alcohol). Pictured back row from the left- **Kyle VerMaas, Cassie Effkin, Abby Schoening, Meredith Hovis, Eric Anderson;** Front row from the left- **Morgan Floyd, Claire McDermott, Kiley Farrell, Kennedy Sander;** Not pictured- **Will Schlautman and Zoe Dalton.** New members are still welcome to join. The club meets **Thursday** mornings at **7:45 a.m. in room 008** (basement study hall room). If you have any questions, please contact **Laurie Barnes** at [laurie.barnes@piusx.net](mailto:laurie.barnes@piusx.net) or **Jenny Sander** at [jennifer.sander@piusx.net](mailto:jennifer.sander@piusx.net).

### Thank You - Canned Food Items Donated



Special thanks to all that contributed canned food items to attend the **annual Pius X Intra-squad Volleyball scrimmage** on Thursday, August 25th. **Over 290 pounds of food** were received and donated to the **Catholic Social Services Food Pantry**. **Thank you for the support of both the volleyball program and the CSS Food Pantry!**

### Seminarian/Novice/Postulant Pius X Graduates

There are currently 22 Pius X graduates in the seminary or a religious order which says a tremendous amount about their families and about their Catholic education they received at Pius X. Please keep them in your daily prayers.

Name	Graduated	Entered	Parents
Estaban Benton	2011	2011	Rob & Magdalena Benton
Dayne Buresh	2011	2011	Nicholas Buresh & Carrie Sullivan
Tessa Contreras	2010	2010	Gregory & Cynthia Contreras
Timothy Danek	2007	2009	Richard & Sandy Danek
Christopher Eckrich	2008	2009	Gary & Mary Eckrich
Luke Fleck	2009	2010	Kevin & Anne Riley
Sr. Abigail Marie Fuenning	2007	2009	Tom Fuenning & Pat Stear
Stephen Graeve	2007	2008	William & Jayne Graeve
Corey Harrison	2007	2007	Greg & Janet Harrison
Anthony Kohel	2006	2011	Richard & Kathleen Kohel
Ricardo Izquierdo	2007	2007	Ricardo & Melania Izquierdo
Ryan Kaup	2006	2008	Randall & Sherry Kaup
Timothy Cole Kennett	2009	2010	Tim & Stephanie Kennett
Andrew Litt	2009	2010	Mike & Rhonda Litt
Benedict Mattern	2008	2010	Ben & Maureen Mattern
James Morin	2008	2009	Peter & Lori Morin
Brother Angelus Immaculata, C.F.R.	2003	2007	Dick & Luanne Montgomery
Brother Innocent Mariae, C.F.R.	2003	2003	Dick & Luanne Montgomery
Phillip Power	2010	2011	Joe Power & Melanie Moss
Benjamin Rynearson	2004	2007	Jimmy & Kathie Rynearson
Adam Sparling	2002	2005	Terri & Con Murray/Greg Sparling
Christopher Stoley	2007	2007	Mark & Margaret Stoley

### A Prayer For Vocations

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

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

## Henrichsen & Twehous Chosen For Youth Leadership Lincoln



photos courtesy of Bob Meier Photography



Congratulations to **Claire Henrichsen** (top left) and **Carly Twehous** (bottom left) who were selected as participants in the **Youth Leadership Lincoln Class XV**. Claire is the daughter of Steve & Patty Henrichsen of the St. Joseph parish and Carly is the daughter of Rich & Marilyn Twehous of the North American Martyrs parish.

The purpose of Youth Leadership Lincoln (YLL), part of Leadership Lincoln's Larry Arth Youth In Action Center, is to enhance knowledge and develop leadership skills in a diverse group of participating high school sophomores. The mission is to empower students and inspire them through their newly gained knowledge, awareness, and skills. Eventually they will become more deeply involved in and committed to their communities throughout their lifetimes.

## Lauer Participates In Junior Law Cadet Program



photo courtesy of LifeTouch

Congratulations to **Chris Lauer**, son of Ken & Alice Lauer of the St. Joseph parish, who was selected to participate in the Junior Law Cadet Program sponsored by the Nebraska American Legion and the Nebraska State Patrol this summer. Each year, high school juniors from each of the American Legion's 15 Districts are chosen to participate in the Junior Law Cadet Program. Chris was one of only three young men from Lincoln and only 38 from across the state of Nebraska who were chosen to attend.

## Wathen Wins State Pro-Life Essay Contest



photo courtesy of LifeTouch

Congratulations to **Marie Wathen**, daughter of Jim & Carol Wathen of the St. Peter parish, for winning the 11th grade state-level Pro-Life Essay Contest sponsored by the Bishops' Pastoral Plan for Pro-Life Activities and the Knights of Columbus. Marie won the 11th grade contest for the Diocese of Lincoln and her winning essay was forwarded on to competition at the state level. The 300-500 word essay was to make a persuasive argument as to why various national and international groups are wrong in saying that the world is overpopulated. The judges selected winners based on the entry's understanding of the pro-life message, clarity in communicating this message, and creativity & originality. As the winner of the state-level contest, Marie and Pius X each received \$150. In addition, Marie and her parents will attend the Bishops' Pro-Life Banquet on Saturday, October 15, to receive her award and read her essay.

"Prayer is a conversation with God. Even if we whisper, even if we do not open our mouth, a cry rises within us. And God never fails to hear this inner conversation." - Saint Clement of Alexandria -

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

## Tom Seib Chosen For 14th Annual Capitol Forum



photo courtesy of LifeTouch

**Mr. Tom Seib**, teacher at Pius X High School, was chosen as one of the 30 high school teachers from across the state to participate in the **14th Annual Nebraska Capitol Forum on America's Future**. Capitol Forum seeks to develop a foundation for long-term civic engagement by giving students a voice in public consideration of current issues. Students study and discuss various positions on global concerns to better understand options and their consequences. Mr. Seib has been involved in the Capitol Forum Program for the past 4 years. He has been at Pius X for 27 years, and currently teaches **American Government** and is the **Social Studies Department Chair**.

## Social Studies Department 10th Anniversary Of 9/11 With Students



Pictured: Senior Government students discuss 9/11 with teacher, Mr. Seib. Photo courtesy of Yearbook.

On September 12 and 13, the Social Studies Department presented a 10th Anniversary lesson on the 9/11 terrorists' attacks on the United States to all its students in the LPAC. Classes began on September 9 with some basic 9/11 background so students would understand what was going to be presented. The National Geographic "Inside 9/11" program was used which was designed to help viewers become aware of what actually happened on 9/11 and its implications. Students were asked to take 3 things from the lessons: 1) **learn** more about what actually happened on 9/11, 2) **remember** those who died that day, as well as all the troops who have given their lives since then in Iraq and Afghanistan, and 3) **understand** why this happened and why there is still a danger for our country from those who instigated 9/11.

## Thank You To Mark Ressigie & Tom Kreifels

A special thank you from the Pius X Booster Club to **Mark Ressigie at Innovative Homes** for concrete work done by the stadium making it possible for wheelchairs and walkers to get to the middle of the stadium without walking on rocks; and to **Tom Kreifels** for his commitment and hard work to make the football concession stand a great success.

## Holy Father's Prayer Intentions For October

**General Intention:** That the terminally ill may be supported by their faith in God and the love of their brothers and sisters.

**Missionary Intention:** That the celebration of World Mission Day may foster in the People of God a passion for evangelization with the willingness to support the missions with prayer and economic aid for the poorest Churches.

"Actions speak louder than words; let your words teach and your actions speak. We are full of words but empty of actions, and therefore are cursed by the Lord, since he himself cursed the fig tree when he found no fruit but only leaves. It is useless for a man to flaunt his knowledge of the law if he undermines its teaching by his actions." - Saint Anthony of Padua (1195-1231) -

## Visit Your Guidance Department Today!

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

## Financial Aid Program - Monday, November 28

The very important **Financial Aid Program for seniors and their parents** will be **Monday, November 28, at 6:00 p.m.** in the L/PAC. This program will cover the Federal Financial Aid Program and help parents/students understand the application process and scope of the program which includes grants, loans and work-study employment.

## College Planning Meeting For All Juniors & Parents Monday, November 28

The **College Planning Meeting** to begin formally preparing for life beyond high school is scheduled for **Monday, November 28, from 7:00-8:30 p.m** in the **Pius X Commons**. All **juniors and their parents** SHOULD PLAN to attend. The program will cover the following topics:

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

## Attorney General's Youth Council

The **Attorney General's Youth Council** consists of high school **juniors and seniors** from public and private schools in Nebraska. Their mission is to provide ongoing and direct input on government policies and practices that may affect teenagers, encourage youth to become active participants in their local and state government, and promote and give recognition to the abilities, accomplishments and contributions of young people in their communities. The council holds a one day conference at the State Capitol in the early spring watching the Legislature in action and hearing speakers from all branches of state government. Lunch will be provided. Application forms are available in the Guidance Office; The deadline is **Friday, October 28**.

## Hugh O'Brian Youth Leadership (HOBY)

Each year, HOBY (Hugh O'Brian Youth Leadership) invites each high school to select a sophomore student (and alternate) to attend the HOBY Leadership Seminar. Outstanding leaders from the entire state of Nebraska will join together for the 2012 Nebraska HOBY Leadership Seminar June 1-3 on the campus of Hastings College. Applicants will need to demonstrate past leadership in school and have been active in service work and activities. Applications are available in the Guidance Office.

## Prudential Spirit Of Community Awards

Any student, **grades 5-12**, who has been **involved in a volunteer activity in the community** that occurred at least in part during the 12 months prior to the date of application, is eligible to apply for the **Prudential Spirit of Community Award**. Students will need to complete an online application and submit a printed copy to the Guidance Office by **Tuesday, November 1**.

## U.S. Service Academy Nominations

The Guidance Office has application forms for **seniors/juniors** interested in applying for a nomination to a U.S. **Service Academy** through **U.S. Senator Mike Johanns, U.S. Senator Ben Nelson or Congressman Jeff Fortenberry**. Applications should be submitted between the spring of junior year and the fall of senior year. The deadline to apply **varies with each elected official and is usually in September or early October**. **Students must also apply to the service academies**.

## Rotary International Youth Exchange Program

Students interested in participating in a youth exchange program, living in a foreign county for ten to twelve months, and are between the age of 15-18 are eligible to apply for the Rotary Youth Exchange Program. Preliminary applications are due **Tuesday, November 1**, for participating in the program for the 2012-2013 school year. Application forms are available in the Guidance Office or <http://www.rotarydistrict5650.org/youthex>.

## VFW Voice of Democracy Contest

All students are eligible to enter the **2011-2012 VFW Voice of Democracy Contest**. Students compete for scholarships by writing and recording a 3-5 minute essay on the theme: **"Is There Pride in Serving in Our Military?"** Completed applications forms and essay (written and recorded) must be returned to the Guidance Office by **Friday, October 28**.

## College Fair At Southeast Community College

**Southeast Community College** in Lincoln (8800 O Street) will be holding a **College Fair** on **Sunday, October 23, from 1-3 p.m.**

## Job Shadowing

Is your junior or senior interested in a career but not quite sure what the job entails? **Job shadowing** is an academically motivating activity designed to give students the unique opportunity of an up-close look at the world of work. The program invites students to see first-hand how the skills learned in school relate to the workplace. If interested, visit the Guidance Office.

## Reading Tutorial Sessions

The **University of Nebraska-Lincoln** is offering **reading tutorial sessions** 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 services include one-on-one individual reading instruction based on the needs of the student. For more information, please contact **Melisia Bieber** at **(402) 472-3532** or [readingcenter@unl.edu](mailto:readingcenter@unl.edu). Applications are available in the Guidance Office.

## UNK Health Careers Fair - October 12

The **University of Nebraska-Kearney Health Careers Fair** will be held on **Wednesday, October 12**, at the Nebraskan Student Union with an Open House from 9:30-11:30 a.m. and Breakout Sessions from 11:30 a.m. - 12:30 p.m. For more information, visit [www.unk.edu/healthcareersfair](http://www.unk.edu/healthcareersfair).

## Industry Workshops at SCC Milford Campus

The next Industry Workshops in Electrical & Electromechanical Technology, Heating Ventilation, AC & Refrigeration Technology, and Major Appliance Professional Technology will be held at the SCC Milford Campus on **October 19**. For more information or to register call (800) 933-7223, extension 8258, or [kreinsch@southeast.edu](mailto:kreinsch@southeast.edu).

## Women Interested In Engineering Day At UNL

Women Interested in Engineering Day at UNL will be held Saturday, **October 22, from 9:00 a.m. – 2:45 p.m.** Please register at [www.wiie.unl.edu](http://www.wiie.unl.edu).

**Naviance/Family Connection**

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

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

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

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

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

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

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

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

**UNL & ACT/SAT Scores**

The **University of Nebraska Lincoln** does NOT accept ACT/SAT scores from the high school transcript. The only ACT scores they will accept must be sent to them directly from the ACT/SAT testing company. There are two ways to accomplish this: 1) include the ACT/SAT code number for UNL on the ACT/SAT registration form and the score will be sent directly to UNL, OR 2) request the scores from the ACT/SAT websites: [www.actstudent.org](http://www.actstudent.org) (ACT) and [www.collegeboard.org](http://www.collegeboard.org) (SAT).

**ACT/SAT Information**

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

<u>ACT Test Date</u>	<u>Registration Deadline</u>	<u>Late Fee Required</u>
December 10, 2011	November 4, 2011	November 5-18, 2011
February 11, 2012	January 13, 2012	January 14-20, 2012
April 14, 2012	March 9, 2012	March 10-23, 2012
June 9, 2012	May 4, 2012	May 5-18, 2012
<u>SAT Test Date</u>	<u>Registration Deadline</u>	<u>Late Fee Required</u>
November 5, 2011	October 7, 2011	until October 21, 2011
December 3, 2011	November 8, 2011	until November 20, 2011
January 28, 2012	December 30, 2011	until January 13, 2012
March 10, 2012	February 10, 2012	until February 24, 2012
May 5, 2012	April 6, 2012	until April 20, 2012
June 2, 2012	May 8, 2012	until May 22, 2012

**ParentCONNECT**

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

**Red Letter Days At UNL**

Red Letter Day at UNL is an all-day open house experience for high school **seniors** interested in attending UNL. It includes sessions on academics and student life, a tour of the campus, and information on admissions, scholarships, & financial aid. The day is from 8:30 a.m.-3:30 p.m. and the early registration fee is \$10. All-Major Dates include October 3, October 28, and November 4. Major-Specific Dates include October 7 (Education & Human Sciences), October 10 (Pre-Health), October 12 (Architecture and Journalism & Mass Communications), and October 24 (Business Administration). Interested students may apply online at [www.admissions.unl.edu/visit](http://www.admissions.unl.edu/visit).

**UNL Advanced Scholars Program**

The **Advanced Scholars Program** from the **University of Nebraska-Lincoln** offers high school students the opportunity to take **online UNL courses while attending high school**. Students can **earn college credit** and "test drive" the college experience with a network of support from the University. Courses in the Advanced Scholars program are taught by UNL faculty and are the same courses typically taken by freshmen on campus.

**Student Eligibility Guidelines:** junior, senior, or identified as a high quality student; hold an overall "B" grade point average; have an ACT composite score of 22 or higher (if it has been taken); and the support of the high school counselor or principal.

**Cost & Fees:** Student expenses include a one-time application fee of \$45, course tuition of \$100 per credit hour, books, and materials. There are no additional program, facilities, or distance fees.

**Required forms** may be found at UNL's Advanced Scholars Program website at <http://advancedscholars.unl.edu/>. The Advanced Scholars Program is now partnering with the Nebraska Coordinating Commission for Postsecondary Education (CCPE) to seek college tuition funding for students who qualify under the free and reduced lunch guidelines. For more information, please visit the Coordinating Commission for Postsecondary Education (CCPE) website at: <http://www.ccpe.state.ne.us/publicdoc/ccpe/ACE/default.asp>.

**NCAA/NAIA Eligibility Certification**

High School student-athletes planning to enroll at an **NCAA Division I/II or NAIA colleges** in the fall of 2011 and participate in an intercollegiate sport **MUST** register with the **NCAA Eligibility Center** and have completed the amateurism questionnaire and/or the NAIA Eligibility Center form. **IF THIS HAS NOT BEEN DONE, PLEASE DO IT NOW.** Student-athletes must also provide official transcripts from all schools attended through grade 11 and provide official test scores from the testing agency by sending them to code 9999 for the NCAA and to code 9876 for the NAIA. Request transcripts for the NCAA and/or the NAIA through Family Connection/Naviance. Copies which have been e-mailed or faxed will not be accepted. If your student-athlete has received a fee waiver for the SAT or ACT due to his or her inability to pay, he or she also qualifies to have the NCAA and/or NAIA Eligibility Center registration fee waived. For more information, please visit [www.eligibilitycenter.org](http://www.eligibilitycenter.org) (NCAA) or [www.playnaia.org](http://www.playnaia.org) (NAIA). The Guidance Office has the official guide for college-bound athletes printed for student/parent usage.

## October 2011 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
		Visit the Pius X website at <a href="http://www.piusx.net">www.piusx.net</a>				<b>1</b> First Saturday 9:00AM V/JV Volleyball @ LNE Invitational  10:00AM JV Softball vs. Norris
<b>2</b> 27th Sunday in Ordinary Time  TBA Life Chain	<b>3</b> 5:00/6:30PM JV/V Softball vs. Ralston  5:00PM Reserve Volleyball @ LSW  6:30PM Reserve Football vs. Beatrice  5:30PM Vocal Department Bake Sale at North American Martyrs parish hall  7:00PM Vocal Department Fall Concert at NAM	<b>4</b> TBA Golf @ Districts  3:35-4:00PM Uniform Shop Open  4:00PM V/JV Tennis @ LSE  5:00-11:00PM Dino's 1st Tuesday  5:30PM Reserve Volleyball @ Schuyler  6:30PM V Volleyball @ Schuyler	<b>5</b> 4:00PM V/JV Tennis @ LNE	<b>6</b> TBA Softball @ Districts  1:00PM V/JV Cross Country vs. Pius X Last Chance Meet  3:35-4:00PM Uniform Shop Open  4:00PM Tennis @ GI  5:00PM Reserve Volleyball vs. Lincoln Lutheran  6:30PM Freshman Football vs. Ralston	<b>7</b> First Friday  First Friday Adora- tion in the chapel  7:20AM FCT  Granite City Friday (Coach Appreciation Night)  TBA Softball @ Districts  7:00PM V Football vs. Sew- ard  Booster Club registration due	<b>8</b> TBA LINKS Band Festi- val @ LH Beechner Field  8:30AM JV Volleyball vs. Pius X Quadrangu- lar  9:00-11:00AM Uniform Shop Open  9:00AM Reserve Volleyball @ Omaha Roncalli Invitational  10:00AM Freshman Football @ Creighton Prep
<b>9</b> 28th Sunday in Ordinary Time	<b>10</b> Columbus Day  No School  TBA Golf @ State  4:30PM JV Football @ LNS  5:00PM Reserve Volleyball @ Pius X/Gretna/P- LV So. Triangular	<b>11</b> TBA Golf @ State  3:35-4:00PM Uniform Shop Open  4:30PM Freshman Football @ LNE  5:00PM JV Cross Country @ LPS Invitational  5:00PM JV/V Volleyball @ Pius X/Marian/P-LV Triangular	<b>12</b> TBA Softball @ State	<b>13</b> TBA Cross Country @ Districts  TBA Softball @ State  TBA Tennis @ State  3:35-4:00PM Uniform Shop Open  5:30/6:30PM V/JV Volleyball vs. LE	<b>14</b> 1st Quarter ends  Senior Service hours due  6:30AM Mass for Friends of Pius X in the chapel  7:20AM Schoenstatt SOS Club  TBA Softball @ State  TBA Tennis @ State  7:00PM V Football @ Crete	<b>15</b> TBA LPS Band Invi- tational @ Seacrest Field  8AM-3PM Campus Clean-Up  9:00AM Reserve Volleyball @ Millard South Invitational  9AM Pro-Life Conference  11AM Rosary Rally at Camp Gargano
<b>16</b> 29th Sunday in Ordinary Time	<b>17</b> 8:05AM-NOON PLAN Testing for Sophomores  No School- Grades 9, 11, 12  Teacher Workday  6:30PM JV Football vs. Ralston	<b>18</b> 3:35-4:00PM Uniform Shop Open  6:00/7:00PM JV/V Volleyball vs. Omaha Burke	<b>19</b> 5:00PM JV Volleyball @ Pius X/LSW/LNS Trian- gular	<b>20</b> 3:35-4:00PM Uniform Shop Open  5:00PM V/Reserve Volley- ball @ Pius X/ Be- atrice/ Neb. City Triangular  7:00PM Fall Play	<b>21</b> TBA Cross Country @ State  7:20AM FCT  7:00PM Fall Play  7:00PM V Football @ Beatrice	<b>22</b> TBA NSBA State Band Contest @ Millard South  TBA Reserve Volleyball @ Papillion- LaVista South Invi- tational  9:00-11:00AM Uniform Shop Open  7:00PM Fall Play
<b>23</b> 30th Sunday in Ordinary Time  2:00PM Fall Play	<b>24</b> 6PM Passport To Advent- ure potluck	<b>25</b> 3:35-4:00PM Uniform Shop Open  5:30/6:30PM JV/V Volleyball @ Grand Island NW	<b>26</b>	<b>27</b> 3:35-4:00PM Uniform Shop Open  5:00PM V Volleyball @ Pius X/Waverly/Gretna	<b>28</b> TBA Football @ State Play-Offs  7:20AM Schoenstatt SOS Club	<b>29</b>
<b>30</b> 31st Sunday in Ordinary Time	<b>31</b>					

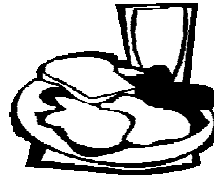
## November 2011 - Pius X High School

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Visit the Pius X website at <a href="http://www.piusx.net">www.piusx.net</a>		<b>1</b> All Saints Day No School 5:00-11:00PM Dino's 1st Tuesday	<b>2</b> All Souls Day 9:25AM All Souls Mass 7:00PM Home & School General Meeting	<b>3</b> TBA Volleyball @ Dis- tricts 3:35-4:00PM Uniform Shop Open	<b>4</b> First Friday First Friday Adora- tion in the chapel 7:20AM FCT TBA Volleyball @ Dis- tricts	<b>5</b> First Saturday 9:00-11:00AM Uniform Shop Open FCT Retreat
* All dates and times are subject to change without notice.*						
<b>6</b> 32nd Sunday in Ordinary Time FCT Retreat 7:00PM Performances	<b>7</b>	<b>8</b> 3:35-4:00PM Uniform Shop Open	<b>9</b> Fall Collegiate Ath- letic Signing	<b>10</b> TBA Volleyball @ State 3:35-4:00PM Uniform Shop Open	<b>11</b> Veteran's Day Senior Photos and Baby Ads due to Yearbook by 4pm 6:30AM Mass for Friends of Pius X in the chapel 7:20AM Schoenstatt SOS Club TBA Volleyball @ State	<b>12</b> TBA Volleyball @ State
<b>13</b> 33rd Sunday in Ordinary Time	<b>14</b> 2nd Quarter Progress Reports due Winter Sports begin	<b>15</b> 3:35-4:00PM Uniform Shop Open	<b>16</b> 10:15AM Start	<b>17</b> 8:05-10:45AM Careers & Life Management Class Mock Interviews 3:35-4:00PM Uniform Shop Open	<b>18</b> 7:20AM FCT Granite City Friday	<b>19</b> 9:00-11:00AM Uniform Shop Open
<b>20</b> Christ The King	<b>21</b> Junior High Honor Choir 1pm & 7pm in LPAC	<b>22</b> 3:35-4:00PM Uniform Shop Open	<b>23</b> No School 8:00AM-NOON Faculty Retreat	<b>24</b> Thanksgiving No School	<b>25</b> No School	<b>26</b>
<b>27</b> 1st Sunday of Advent	<b>28</b> 9:37AM Advent Service 6:00PM Seniors/Parents FAFSA Meeting 7:00PM Juniors/Parents College Meeting	<b>29</b> 3:35-4:00PM Uniform Shop Open	<b>30</b>			

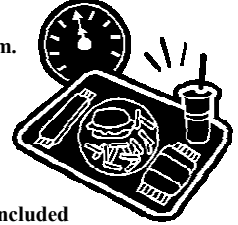


**Food Service**

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



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



**Lunch**  
students - \$2.60  
adults - \$3.15

1 fruit, 1 vegetable, and 1 milk included



**A "TINI" Fact**

Bottled water manufacturers are not permitted to make any health claims. No therapeutic benefits from bottled water have been documented. Nevertheless, consumers apparently believe that bottled water tastes better and is healthier for them than tap water. Ironically, half of the bottled water sold today originates from tap water sources.

**Thursday, October 27 - Halloween Lunch**



Please join us for a great Halloween lunch on Thursday, October 27: BBQ Bat Wings, Scalloped Potatoes, and Poison Fruit.

**Decorated Pumpkin Contest October 31st**



Bring your decorated pumpkins to the Commons on the morning of Monday, October 31. They will be displayed throughout the morning and lunch hour. Vote for your favorite. Winners will be announced and prizes awarded after lunch.



**My Plate.....**

**Changes In Dietary Guidelines For Americans**

Take action on the Dietary Guidelines by making changes in these areas. Choose steps that work for you and start today.

**Balancing Calories**

- Enjoy your food, but eat less.
- Avoid oversized portions.

**Foods to Increase**

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

**Foods to Reduce**

- Compare the sodium in soups, breads and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

For more information, please visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Welcome! New Food Service Staff**

Our newest staff members are **Gale Freeburg** and **Carrie Herrera**. Gale Freeburg and her husband, Terry, have 2 out-of-nest children, Cara and Travis. Gale has an extensive retail background and ran her own business. Carrie Herrera and her husband, Mario, have 4 children: Carlos, Olivia, Adelina and Celia, all attending St. Theresa's school. Carrie has been a stay-at-home mom for 13 years. Both gals are a great addition to our food service staff.



**How Much Can I Have For Lunch?**

This seems to be a common question. Under the USDA guidelines, we follow the over VS serve method, designed to help schools reduce waste, lower food costs and allow students to make food choices.

Under this serving method, schools must offer students all five required food components in minimum quantities to all students. The five required components are milk, meat/meat alternate, grains/breads, and two servings of different fruits/vegetables.

All high school students must be allowed to select any three, four or five food components for lunch. At least three of the five components offered must be taken in minimum portions for a lunch to be claimed as reimbursable.

Each day a menu is posted for lunch. It lists how the meal is counted and what number of fruit & vegetable components are left for the student to select.



**Mind The Label**

Here's a simple strategy for healthier eating: Read your foods' nutrition labels. Researchers found that people who read food labels and ingredient lists reported eating more nutrients, fewer calories, and less fat and sugar. Watching serving size alone knocked 150 calories off the average person's daily total. Source: American Dietetic Association, August 2010



**Cancer Cells Live On Sugar**

A study found that cancer cells live on sugar, and fructose just may be their favorite food. Previous researchers assumed that two types of sugar, glucose and fructose, were interchangeable sources of energy, but fructose makes a distinct contribution to the growth of cancer cells in the pancreas by facilitating the production of the cancer's genetic material. Fructose has become a bigger part of the human diet in recent decades as high-fructose corn syrup has found its way into many processed foods. The author says these results suggest that reducing fructose in the diet may help slow cancer growth. Source: Cancer Research, August 2010



**Lunch Account Payments**

When you need to add money to your student's lunch account, please feel free to send a check for any amount to the front office. The office will indicate the student's name and forward it to **Karen Francis** in the Business Office who will apply it to your student's account. If you send cash, the kiosk will not take anything larger than a \$20 bill. If you have any questions about this process, please contact the main office or [karen.francis@piusx.net](mailto:karen.francis@piusx.net).

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

Non-Profit Org  
**U.S. Postage**  
**Paid**  
 Permit #136  
 Lincoln, NE

**Menu - October 2011**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>October 3</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      Fiesta                      Tossed Salad                      Meatball Sub/Mozzarella</p>	<p><b>October 4</b>  <u>Hot Breakfast</u>                      Breakfast Pizza</p> <p><u>Lunch</u>                      Hamburger/Wheat Bun                      Chef's Choice Potato                      Mexican Chicken Soup                      Yogurt                      Crackers                      Wheat Roll</p>	<p><b>October 5</b>  <u>Hot Breakfast</u>                      French Toast Sticks/Syrup</p> <p><u>Lunch</u>                      Tator Tot Casserole                      Green Beans                      Wheat Dinner Roll                      Hot Ham &amp; Cheese Hoagie</p>	<p><b>October 6</b>  <u>Hot Breakfast</u>                      Cheesy Scrambled Eggs                      Bagel</p> <p><u>Lunch</u>                      Chicken Strips                      Baked Potato                      Carrots                      Bread Stick                      Beef &amp; Noodles</p>	<p><b>October 7</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      Cheese Quesadilla                      Broccoli Cheese Soup                      Yogurt                      Wheat Dinner Roll</p>
<p><b>October 10</b>                      No School</p>	<p><b>October 11</b>  <u>Hot Breakfast</u>                      Pancakes/Sausage</p> <p><u>Lunch</u>                      Chef's Choice Pizza                      Green Beans                      Chicken Ala-King on Biscuit</p>	<p><b>October 12</b>  <u>Hot Breakfast</u>                      Breakfast Sandwich</p> <p><u>Lunch</u>                      BBQ Chicken/Wheat Bun                      Mixed Vegetables                      French Toast Sticks/Sausage</p>	<p><b>October 13</b>  <u>Hot Breakfast</u>                      Breakfast Wrap</p> <p><u>Lunch</u>                      Italian Casserole                      Garlic Bread                      Polish Dog/Bun</p>	<p><b>October 14</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      Canadian Cheese Soup                      Yogurt                      Crackers                      Bread Stick                      Fish/Chips</p>
<p><b>October 17</b>                      No Lunch                      8:05AM-NOON                      PLAN Testing for Sophomores                      No School-                      Grades 9, 11, 12                      Teacher Workday</p>	<p><b>October 18</b>  <u>Hot Breakfast</u>                      Fruit/Granola/Muffin</p> <p><u>Lunch</u>                      Chicken Noodles                      Green Beans                      Biscuit/Honey                      Beef &amp; Bean Burrito</p>	<p><b>October 19</b>  <u>Hot Breakfast</u>                      Omelet/Biscuit</p> <p><u>Lunch</u>                      Chili                      Cinnamon Roll                      Crackers                      Potato/Chili/Topping</p>	<p><b>October 20</b>  <u>Hot Breakfast</u>                      Cinnamon Roll</p> <p><u>Lunch</u>                      Beef Fajita's                      Fixin Bar                      Broccoli                      Corn Dog</p>	<p><b>October 21</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      Cheese Nachos                      Fixin Bar                      Black Bean Enchilada                      Mexican Rice</p>
<p><b>October 24</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      Meal In A Bowl                      Wheat Dinner Roll</p>	<p><b>October 25</b>  <u>Hot Breakfast</u>                      Breakfast Pizza</p> <p><u>Lunch</u>                      Hamburger/Wheat Bun                      Potato Smiles                      Sweet N Sour Chicken/Rice</p>	<p><b>October 26</b>  <u>Hot Breakfast</u>                      Pancakes/Sausage</p> <p><u>Lunch</u>                      Beef Stew/Rice                      Wheat Dinner Roll                      Chili Cheese Dog</p>	<p><b>October 27</b>  <u>Hot Breakfast</u>                      Chef's Choice Breakfast</p> <p><u>Lunch</u>  <b>Happy Halloween</b>                      BBQ Bat Wings                      Scalloped Potatoes                      Poison Fruit</p>	<p><b>October 28</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      4 Cheese Ziti                      Garlic Bread                      Chef's Choice entrée</p>
<p><b>October 31</b>  <u>Cold Breakfast</u>                      choose 3 items</p> <p><u>Lunch</u>                      Ghoulish                      Corn                      Peas                      Wheat Dinner Roll                      Chicken Patty/Wheat Bun                      Baby Bakers</p>				