

WHAT'S THE SCOOP?

We like to share interesting events and accomplishments in your school, business or personal life. Our next issue will be published in October and the deadline for submissions is September 15th. Please send to Susan Parisi at susan@foodserv.org or Food Service Consultants, 2370 Schuetz Road, St. Louis, Missouri 63146.



NEW UPDATED WEBSITE



Food Service Consultants and Specialized Catering have been working with Paradigm New Media Group to upgrade their websites. Visit the sites:

www.FoodServiceConsultants.org

www.SpecializedCatering.org

We hope you will find them interesting.

\$50 Recruitment Bonus

We are always looking for good employees, and have found that the best source is our present staff.

There is usually a need at the beginning of each semester as well as throughout the year.

As an incentive, we will pay a 50.00 recruitment bonus to any employee who recommends a friend or acquaintance who is hired and completes 30 days of employment.

Applicants may apply in person or call Susan Parisi at the main office.

A SHORT COURSE IN HUMAN RELATIONS

The six most important words: "I admit I made a mistake."

The five most important words: "You did a good job."

The four most important words: "What is your opinion?"

The three most important words: "If you please."

The two most important words: "Thank You."

The most important word: "We"

The least important word: "I"

Procrastination

A painfully shy man fell in love with a young woman. He sensed that she felt the same way, but couldn't find the courage to ask her out. Finally he decided he would mail her a love letter every day for one year, and then ask her for a date. Faithfully, he followed his plan, and at year's end he was courageous enough to call her-only to discover she'd married the letter carrier.

VILLA THERESA IS NOW A SKILLED NURSING FACILITY

On January 26, 2011 Villa Theresa, was State Licensed as a Skilled Nursing Facility (SNF).

Villa Theresa is nestled in the quiet Village of St. Mary's, home to Sisters of the Most Precious Blood, in O'Fallon, Missouri.

The facility was inspected for three days in all departments by State Inspectors. The Dietary Department had zero deficiencies during the inspections!

Villa Theresa is now opened as a public Skilled Nursing Home and apartments are filling up.

Some of the information in this newsletter was taken from articles originally published in the *St. Louis Review* and *E-Vangelizer*.

WE ARE PLEASED TO SAY THIS EDITION OF THE NEWSLETTER IS PRINTED ON POST CONSUMABLE PAPER.



INSIDER

www.foodserviceconsultants.org

www.specializedcatering.org

Food Service Consultants, Inc.

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IT'S PICNIC TIME!

Mark your calendars now!

The annual Employee Picnic will be held on **Friday, June 10, 2011** at Purina Farms.

We invite all employees along with their families to attend! It will be held at Purina Farms where fun and educational family-friendly activities and exhibits reinforce the many ways that animals enrich our lives. It is the perfect place for parents, children and grandchildren to have a good time.

We will have wagon rides, a dog show, music and delicious food and thirst-quenchers. Employees have a chance to win the fantastic prizes that our suppliers donate. Be sure to let your Manager know if you can attend.



Annual Picnic 2010

FSC FAMILY FEATURES

- Sharon Blank, Manager at Villa Theresa received her certification in the Dietary Managers Course on March 27, 2010. Sharon is now certified to work with Dietitians, Nurses and Doctors to develop and serve special diets at a Skilled Nursing Facility. FSC congratulates Sharon and thanks her for the time and hard work she put in to achieve the certification.
- Barb Schmitz, Cafeteria Manager at Trinity Catholic High School became a grandma for the sixth time when her daughter Kristen and her husband Brian Mathewson had a baby boy. Shane Robert Paul Mathewson was welcomed into the world weighing eight pounds eleven ounces and twenty-one inches long on February 19th at 11:02 p.m.
- Cathy Perry, Cook at Ascension Catholic School was a very proud parent when her son Sam competed in the National Geography Competition in Columbia, Missouri in April. Sam is a 7th Grader at Ascension.
- Alfred Parisi, son of Susan Parisi in FSC's main office, received top honors in DECA's District Competition. DECA prepares young students for futures in the marketing or business field.

We wanted to share some accomplishments of a few of our cafeteria workers at Kennedy Catholic High School:

- Donna Linkogel is bowling in the USBC Womens National tournament.
- Cindy Manott's son Andrew and Mary Ann Seib's son Jeffrey are being inducted into the National Honor Society for next year.
- Mary Ann Seib's son Joseph is receiving 1st honor awards at Sacred Heart in Valley Park.
- Mike Pavlisin, a senior at CBC Catholic High School has been accepted into the 6 year medical program at the University of Missouri Kansas City. Mike's dad, Bill Pavlisin was announced as one of the winners of the 2010-2011 CBC High School Fathers of the Year. Mary Beth, proud mother and wife is our foodservice manager at Ascension Catholic School.

- Maggie Aubuchon took an 8-hour class with Heartland Hospice so she can volunteer and spend time with hospice patients.
- Sheila Bennish and her staff at Missouri Baptist College cafeteria received 100 on their Health Inspection again! That makes 15 in a row! The inspector is opening a new restaurant and he ask Sheila if she would be interested in being his Manager! He said he hasn't seen a kitchen, storeroom, ice boxes and etc. as clean and organized as MBU. He said he wanted to write on report what an excellent job they are doing, but it is against the rules.
- Harriet White, our manager at St. Catherine Laboure is retiring at the end of this school year. She has always done a great job for FSC since 1999 and we will miss her.

FSC extends our best wishes and congratulations to everyone!

CATERING HIGHLIGHTS

February was

busy with annual auctions at St. Louis Priory, St. Joseph's Academy and Barat Academy. We also had the privilege to serve a fundraiser reception for Missouri Senator Roy Blunt. We cooked several lunches and dinners at Missouri Baptist University with one being Campus Visit Day. St. Alban Roe hosted their Dinner Auction. Logan College held their BS Degree graduation. Logan College continued their tradition of the Tri-Seven Card breakfast where the students receive their business cards from the school. We also served the Affton Center Stage Dinner Theatre events. We provided food and refreshments for several events at Alberici Constructors.

March We had the honor of being a part of several auctions in March; St. Elizabeth Academy, Kennedy Catholic High School, St. Bridget and Blessed Theresa of Calcutta. Missouri Baptist University held their Senior Adult Day. Kennedy Catholic High School recognized their athletes' accomplishments with their winter sports banquet. SLUH hosted their Founders Reception. Sister Pat from St. Joseph's Academy celebrated her 50th Jubilee with a wonderful Hors d'oeuvre reception. SLUH had their father/son dinner in the commons.

April A number of auctions occurred in April; Chaminade College Prep, Duchesne High School, St. Ann Catholic Church, SLUH, Incarnate Word Academy, and Rohan Woods School. Logan College held their graduation breakfast and luncheon in the William D. Purser Center. Ursuline Academy hosted their annual Mother/Daughter Breakfast. The Torch Society brunch, which was attended by Archbishop Carlson, was at Kennedy Catholic High School. St. Mary's students invited their grandparent's to join them for a continental breakfast. CBC and the Jesuit Retreat Center greeted the Superior General from Rome with a luncheon and dinner. Jefferson College's "Jazz Up the Carnivale" dinner, dance and auction took place. With other luncheon and dinner receptions April kept us busy. Wishing everyone a blessed Easter.

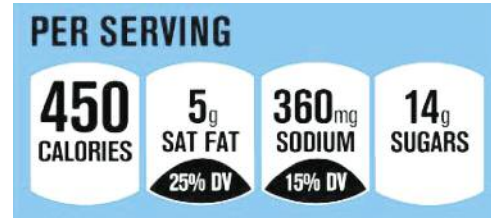


FOOD TALK

By Joann Augsburger-Jana

Nutrition Keys Make Debut

Nutrition Keys are now appearing on the front of food packages as a voluntary food and beverage industry-sponsored labeling system in the United States. For years, consumers have commented that the Nutrition Facts Panel mandated by the FDA is difficult to understand. *Nutrition Keys* is the food industry's attempt to respond to Michelle Obama's plea for labels that would help busy consumers, especially parents, make informed decisions when they shop. *Nutrition Keys* is a fact-based approach that summarizes important nutrition information from the Nutrition Facts Panel in a clear, simple and easy-to-use format on the front of food and beverage packages. The new icons inform consumers how the key nutrients in each food item fit into a balanced diet. The four basic icons are: calories, saturated fats, sodium and sugars.



Labels can also include "nutrients to encourage" which are defined as nutrients needed to build a nutrient dense diet. Packages may include up to two nutrients to encourage: potassium, fiber, protein, vitamin A, vitamin C, vitamin D, calcium and iron. These "nutrients to encourage" are only to be placed on a package if the product has more than 10 percent of the daily value (DV) per serving of the nutrient. In addition, the food must meet the FDA requirements for a "good source" nutrient content claim



A program similar to *Nutrition Keys* has been in use on a voluntary basis in the United Kingdom with significant success, as 83% of British consumers report awareness of the icon and 63% report that they use the nutrition information at the point of purchase. Beginning in 2009, Food Service Consultants used the British program as the basis for its color coded **BE BRIGHT. EAT RIGHT.** nutrition labeling. **BE BRIGHT. EAT RIGHT.** has been introduced in several Food Service Consultants' accounts and plans are for its expansion in the upcoming school year.

*Look for nutrition labeling.
It's the key to making healthy food decisions.*

CELEBRATING BIRTHDAYS!

MAY

- 5 Kelly A. Dagenais St. Elizabeth/St. Robert
- 6 Christina A. Herbst Purina Farms-Manager
- 6 Shirley Menendez St. Elizabeth Academy
- 7 Tyrone Lamarr Campbell St. Mary's High School
- 9 Christopher G. Titus Duchesne High School
- 9 Mareo Hill North County Christian School
- 9 Nancy Jean Franz Rosati Kain High School-Manager
- 9 Sheila A. Bennish Missouri Baptist University-Manager
- 11 Brett David Groennert Catering Director
- 12 Janet R. Eisenbeis Trinity Catholic High School
- 12 Nancy Ann Axley Ursuline Academy-Manager
- 15 Barbara Jean Durlington Ascension Catholic School
- 16 Shelby Brown Missouri Baptist University
- 18 Kellie A Furrer Assumption Elementary
- 18 Tamara Mary Gieske Academy of the Sacred Heart
- 21 Elizabeth Schwarz Ascension Catholic School
- 22 Poh-Chin Toh Westminster Christian Academy
- 23 Joyce Ann Jokerst Sacred Heart Elementary
- 24 Carolyn Jean Marler FSC District Supervisor
- 27 Sylvia Sue Fuhrig St. Gerard Majella-Manager

JUNE

- 1 Dana Girgis St. Peters Elementary-Manager
- 4 Kendra Jackson St. Mary's High School
- 5 Debbie Hill FSC District Supervisor
- 6 Elaine Yanak St. Joseph Parish-Manager
- 6 Lili Huelman Nerinx Hall-Manager
- 9 Elizabeth May Elliott Ascension Catholic School
- 9 Lorely Organvidez St. Joseph's Academy
- 9 Mary Brickey Bishop DuBourg
- 9 Nicholas Byington J.S. Alberici Constructors
- 11 Deborah Fischer St. Margaret Mary Alacoque
- 12 Ellen M. Fogarty St. Monica-Manager
- 12 Kathleen Carapella FSC District Supervisor
- 13 Patricia Ann Feiste FSC Main Office
- 14 Catherine Nicholson Holy Infant
- 17 Christine H. Dreste Queen of All Saints-Manager
- 17 Kathleen M. Hylla FSC District Supervisor
- 17 Linda Mersman Academy of the Sacred Heart
- 19 Kathleen Robtoy FSC District Supervisor
- 20 Cynthia Ann Manott JFK Catholic High School-Manager

- 20 Cynthia Kay Mueller St. Catherine Laboure
- 22 Linda S. Declue Jefferson College
- 22 Mary Jane Carpenter Lutheran South High School
- 24 Colleen Lasko St. Joseph Parish
- 25 Kathleen M. Baldi DeSmet Jesuit High School
- 26 Donna M. McMullin Ursuline Academy
- 26 James Day Villa Duchesne/Oak Hill
- 29 Diane Marie Foote Academy of the Sacred Heart

JULY

- 7 Harriet White St. Catherine Laboure-Manager
- 7 Jeff Diebold Logan College-Manager
- 7 Nancy A. Guthrie Nerinx Hall
- 8 Christine A. Florek Trinity Catholic High School
- 9 Cheryl Rakey Sees Mary Queen of Peace
- 10 Denise R. McCulloch Duchesne High School
- 11 Vanessa Marie Jackson St. Mary's High School
- 12 Erin. P. Manott Specialized Catering

- 12 Helen K. Morgan CBC High School
- 12 Karla Marie Sitzes St. Joseph Parish
- 13 Margaret Lickenbrock Trinity Catholic High School
- 13 Phyllis Jean Walsh St. Louis Priory
- 14 Sharon Blank Villa Theresa-Manager
- 14 Telia D. Rodgers DeSmet Jesuit High School
- 16 Clara E. Jacob Lutheran South High School
- 16 Gwendolyn Cole St. Clare of Assisi-Manager
- 17 Barbara Jane Ade Nerinx Hall
- 17 Phyllis Geneva Sebree Mary Queen of Peace
- 19 Dena Brooks Missouri Baptist University
- 20 Alfred C. Meinz Jefferson College
- 22 Amy L. Clifford SLUH
- 22 Michele Renee Largent Jefferson College
- 23 Janet Dickneite St. Paul Catholic School-Manager
- 25 Eileen Hausmann Ascension Catholic School
- 26 Dee Gilliam Incarnate Word Elementary-Manager
- 26 Yetta Sue Edwards Ursuline Academy
- 27 Kathy Ann Ulsas St. Catherine Laboure
- 28 Kathern J. Chamberlain St. Simon-Manager
- 30 Timothy Diebold Specialized Catering

AUGUST

- 1 Donna Kern Assumption Parish
- 4 Angela Davis Barat Academy
- 4 Tammy Ann Neumeier St. Joseph Parish
- 5 Alice Love North County Christian School
- 5 Fearby Jane Morford Villa Duchesne/Oak Hill
- 6 Terese Powell CBC Catholic High School-Manager
- 8 Corey Kumpf Specialized Catering
- 8 Erin Casey SLUH
- 9 Cynthia Sheppard Bishop DuBourg
- 10 Judith Ann Hutchens Sacred Heart Elementary
- 10 Nancy Boschert Duchesne High School-Manager
- 10 Sara Ann Newman Assumption Elementary-Manager
- 11 Gerald J. Gerkowski J.S. Alberici Constructors
- 11 Amanda Ottinger Tower Grove Christian School
- 12 Christine Haughton Rohan Woods
- 12 Tracey Campbell Tower Grove Christian School
- 13 Kevin M. Smith Jefferson College
- 15 Susan Elizabeth Potrzeboski St. Alban Roe
- 16 Gail R. Pelech Ursuline Academy
- 17 Karen M. Pulliam-Hill Villa Duchesne/Oak Hill
- 18 Courtney Nicole Rion Specialized Catering
- 20 Catherine Louise Perry Ascension Catholic School
- 21 Laura Nolan Barat Academy
- 24 Teri Garner Igel Ascension Catholic School
- 25 Maryann Seib JFK Catholic High School
- 30 Janet M. Decker Tower Grove Christian School-Manager
- 31 Monty Hines YMCA of the Ozarks-Manager

Best Wishes To Everyone!



The Cardinals are looking for friendly volunteers from local colleges, community organizations, church groups – even friends and families – to join the "4 A Greener Game" initiative and help collect recyclables from fans throughout each game at Busch Stadium. Typically, the Stadium generates 1900 tons of trash throughout the season. With the help of the Ice Mountain Green Team, 745 tons of recyclable material was diverted from local landfills in 2010.

The Ice Mountain Green Team is a group of volunteers who walk down the aisles of the seating bowl in-between innings collecting recyclables from fans and promoting recycling at Busch Stadium. Volunteers are asked to arrive 45 minutes prior to game time for a brief training session. Recycling collection begins in the 2nd inning, continues throughout the game and ends 15 minutes following the conclusion of the game.

In exchange for your services, you're able to watch the game in standing room only sections of Busch Stadium, as collections are only done in-between innings and during pitching changes so as not to disturb fans trying to watch the game. You will also be entered into a monthly drawing for prizes such as autographed items, memorabilia, and tickets to an upcoming game!

FAQ

1. Is there an age limit to participate?

No, there is no age limit to participate. However, children 15 and under need to be accompanied by adult chaperones. All volunteers will be required to sign a waiver form. Minors (17 and under) will need a parent or guardian to fill out their waiver form for them.

2. How many volunteers are needed for each game?

A maximum of 40 volunteers are needed for each game.

3. Can I volunteer for more than one game?

Yes. We encourage you to volunteer for multiple games.

4. Can I sign up individually or do I need to sign up with a group?

We welcome both individual volunteers and groups of volunteers.

5. Is parking provided?

Parking is not provided. However, we do encourage volunteers to take public transportation or car pool to minimize the impact on the environment.

6. Do I need a ticket?

No, you do not need a ticket, but all volunteers must be pre-registered with Ashly Moore. On the date you are scheduled, report to the Employee Entrance at 404 S. 8th Street to check in. It is located just south of Gate 3 and the Stan Musial Statue.

7. Do I need to bring anything?

No, all supplies are provided (gloves, bags and a vest identifying you as a Green Team volunteer) for you.

8. Will volunteering count towards my community service hours?

Yes, we can provide a letter verifying your community service hours upon request.

9. Is there an area in the stadium where our company's name would appear, recognizing us as volunteers?

Groups can be recognized on the scoreboard during the game as an added benefit.

**To sign up please email Ashly Moore at
4AGreenerGame@cardinals.com
or call 314-345-9485**

CATERING HIGHLIGHTS

FEBRUARY 2011

5	ST. LOUIS PRIORY	AUCTION DINNER	570
10	LOGAN COLLEGE	TRI - SEVEN CARD CEREMONY BREAKFAST	130
	DEPARTMENT OF SPECIAL EDUCATION	VISUAL PHONICS WORKSHOP DINNER	48
11	DEPARTMENT OF SPECIAL EDUCATION	VISUAL PHONICS WORKSHOP LUNCHEON	48
12	BARAT ACADEMY	DINNER AUCTION & DANCE	232
	MARIAN MIDDLE SCHOOL	ACADEMIC SATURDAY CONTINENTAL BREAKFAST & LUNCHEON	240
	ACADEMY OF THE SACRED HEART	FATHER / DAUGHTER BREAKFAST RENTALS	0
	SAFE ENVIRONMENT OFFICE	BOX LUNCHESES	15
14	AQUINAS INSTITUTE OF THEOLOGY	GROUNDBREAKING LUNCHEON	40
15	SHAW NATURE RESERVE	WORKSHOP LUNCHEON	109
16	SHAW NATURE RESERVE	WORKSHOP LUNCHEON	94
	ROHAN WOODS SCHOOL	AUCTION TASTING	5
17	MISSOURI BAPTIST UNIVERSITY	PRESIDENT'S CLUB DINNER	64
19	MARK KEANEY	MEMORIAL LUNCHEON	125
	MISSOURI BAPTIST UNIVERSITY	DINNER RECEPTION	70
20	MICHAEL ALBRECHT	90TH BIRTHDAY RECEPTION	90
21	MISSOURI BAPTIST UNIVERSITY	CAMPUS VISIT DAY	250
22	ST. ELIZABETH ACADEMY	AUCTION TASTING	5
	FRIENDS OF ROY BLUNT	CAMPAIGN FUNDRAISER RECEPTION	25
24	MISSOURI BAPTIST UNIVERSITY	TRUSTEES LUNCHEON	32
25	LOGAN COLLEGE	SCHOLARSHIP AWARDS LUNCHEON	250
	AFFTON CENTER STAGE	DINNER THEATRE	55
	ST. ALBAN ROE	AUCTION DINNER	493
26	ST. JOSEPH ACADEMY	AUCTION DINNER	380
	LOGAN COLLEGE	BS GRADUATION RECEPTION	450
	AFFTON CENTER STAGE	DINNER THEATRE	60
27	KIRKWOOD BAPTIST CHURCH	BUFFET DINNER	200
28	ST. ANSELM PARISH	DEANERY DINNER	30

MARCH 2011

3	MARIAN MIDDLE SCHOOL	BOARD DINNER	15
4	AFFTON CENTER STAGE THEATRE	ANNUAL DINNER THEATRE	62
5	ST. ELIZABETH ACADEMY	AUCTION DINNER	240
	KENNEDY CATHOLIC HIGH SCHOOL	AUCTION DINNER	250
	BLESSED THERESA OF CALCUTTA	AUCTION DINNER	240
	ST. BRIDGET	AUCTION DINNER	260
	AFFTON CENTER STAGE THEATRE	ANNUAL DINNER THEATRE	75
	AFFTON CENTER STAGE THEATRE	ANNUAL DINNER THEATRE	122
	CATHOLIC EDUCATION OFFICE	BOX LUNCHESES	150
	EDEN CHURCH	IDA MAE'S 90TH BIRTHDAY RECEPTION	75
6	SLUH	FATHER / SON DINNER	500
	KING OF KINGS LUTHERAN CHURCH	ASSOCIATE PASTOR FAREWELL LUNCHEON	220
8	KENNEDY CATHOLIC HIGH SCHOOL	WINTER SPORTS BANQUET	150
	ST. JOSEPH ACADEMY	JUNIORS & ALUMS BREAKFAST	55
11	MISSOURI BAPTIST UNIVERSITY	SENIOR ADULT DAY	430
12	SACRED HEART NETWORK	NETWORK DINNER	113
15	DUCHESNE HIGH SCHOOL	AUCTION TASTING	5
16	ST. JOSEPH ACADEMY	SISTER PAT'S 50TH JUBILEE	110
19	SISTERS OF THE MOST PRECIOUS BLOOD	COMMUNITY DAY	105
	LINDA SANCHEZ & TINA MCWHORTER	HORS D'OEUVRES RECEPTION	12
26	DAWN PLACKMEIER	DINNER PARTY	20
29	MISSOURI BAPTIST UNIVERSITY	FARMINGTON SPECIAL GUEST LUNCHEON	9
30	SLUH	FOUNDERS RECEPTION	175
	CATHOLIC EDUCATION OFFICE	NEW PRINCIPALS LUNCHEON	20

APRIL 2011

2	CHAMINADE COLLEGE PREPARATORY	AUCTION DINNER	412
	KATIE FLYNN	HORS D'OEUVRES RECEPTION	30
8	CBC	SUPERIOR GENERAL DINNER	21
	SLUH	PREVIEW PARTY	150
9	SLUH	AUCTION DINNER	703
	INCARNATE WORD HIGH SCHOOL	AUCTION DINNER	340
	ROHAN WOODS SCHOOL	AUCTION DINNER	200
	LASALLE RETREAT CENTER	SUPERIOR GENERAL LUNCHEON	40
	CARDINAL RITTER COLLEGE PREP.	SCHOOL RECEPTION	250
	URSULINE ACADEMY	MOTHER - DAUGHTER BRUNCH	175
10	KENNEDY CATHOLIC HIGH SCHOOL	TORCH SOCIETY BRUNCH	100
12	ST. ELIZABETH / ST. ROBERT	DEANERY DINNER	35
	MISSOURI BAPTIST UNIVERSITY	HISTORICAL SOCIETY LUNCHEON	10
13	KENNEDY CATHOLIC HIGH SCHOOL	ADVANCED EDUCATION EVENT	40
	SHAW NATURE RESERVE	BUS TOUR BOX LUNCHESES	60
14	URSULINE ACADEMY	DINNER THEATRE	90
15	ST. MARY'S HIGH SCHOOL	GRANDPARENTS DAY	360
16	PATTY STOCKELL	PICNIC AFTER MS WALK	50
	JESUIT ALUMNI GROUP	HORS D'OEUVRES RECEPTION	25
	DESMET JESUIT HIGH SCHOOL	VISITING RUGBY TEAM LUNCHEON	150
19	VILLA DUCHESNE	DINNER	65
	SLUH	PRESIDENT'S RECEPTION	400
22	LOGAN COLLEGE	GRADUATION BREAKFAST	500
23	LOGAN COLLEGE	GRADUATION RECEPTION	1200
30	DUCHESNE HIGH SCHOOL	AUCTION DINNER	380
	JEFFERSON COLLEGE	CARNIVALE DINNER	180
	ST. ANN PARISH	AUCTION DINNER	248

Millicent Williams: Cafeteria Superhero



Photo Credit: Maddie Siebum

Notre Dame students mill around the cafeteria, deciding whether to buy chicken strips or fries. When they choose their food, they get in line at the cash register and hear a familiar voice chatting with the students. This friendly voice belongs to Millicent Williams, a cafeteria worker with new ideas to improve the lunch system.

"We love Millicent! She's a ray of sunshine who makes French toast and muffins!" said Rachel Schleicher (10).

Most girls know Williams only as the happy face in the cafeteria, but she is doing more in the cafeteria than just serving lunch. Williams has improved the cafeteria by introducing Macho Nachos, starting Papa John's pizza days, and making a suggestion box.

"I'm trying different things. Basically, I'm trying to give you more of a say in what you eat. Who wants to buy (food) if you have no choice?" said Williams.

Williams' newest project is serving breakfast in the morning. The food is available to students who come before school starts. The menu ranges from French toast sticks to cereal.

"This is a wonderful, delicious idea that I hope continues through the years," said Ellen Blackstone (10), who was the first to purchase breakfast before school.

Williams grew up in St. Louis and went to Roosevelt High School. She has a two-year-old son named Jordan and a devoted husband. She describes Notre Dame girls as "warm spirits I love to be around."

"I want to keep doing what I'm doing. You girls give me positive feedback, and I just run with it," said Williams.

MBU SERVES MORE THAN 400 SENIOR ADULTS



Hundreds of senior adults from across the bi-state attended Missouri Baptist University March 11 for the University's Senior Adult Day.

The annual event, which was sold out, aims at allowing MBU students, faculty and staff the opportunity to serve local seniors. Those in attendance are treated to a musical production and lunch.

More than 400 senior adults attended the event, making it the largest in its 15-year history.

The event is part of a larger University initiative aimed at preparing students to serve in a globally and culturally diverse society.

Adam Wilson, a MBU senior who took a leading role in the musical production, says the event provides him an opportunity to use the skills he's refining inside the classroom to serve others in the community.

"This is one of my favorite days of the year," Wilson said. "It is so fun to perform for generations of folks who I have so much respect for."

The show, "Memories are Made of This: A Celebration of the 1950's," included performances from several of MBU's Fine Arts ensembles including the MBU Ringers, In Character and MBU Bands. Even MBU's President, Dr. Alton Lacey, made a cameo appearance as the King of Rock and Roll.

Food Service Consultants was pleased to serve the following menu to the seniors: Crispy Fried Chicken, Mashed potatoes with gravy, Savory Green Beans, Buttered Corn, Mile High Apple & Cherry Pie, Lemon Poppy, Blueberry and Banana Nut Muffins and beverages.

**WE ARE ALWAYS LOOKING FOR
INFORMATION TO ADD TO OUR NEWSLETTER.**

HEART TRANSPLANT RESCUES YOUNG WOMAN

BY HARRY JACKSON JR. • harry.jackson@post-dispatch.com > 314-340-8234 | Posted: Wednesday, February 16, 2011



Age • 24

Home • Ferguson

Occupation •
Hospitality specialist at the
Ritz-Carlton Hotel in Clayton.

What she did •
Survived heart disease that
started when she was 15.

How •
With a heart transplant and
prayers.

Megan Moss' blog •
meganmoss.blogspot.com

Megan's father,
Wayne Moss' blog •
megansheartstory.blogspot.com

Organ donor facts:

- 110,000 people are waiting for an organ.
- 18 people will die each day waiting for an organ.
- One organ donor can save up to eight lives and improve the lives of many more.

Website •
organdonor.gov/become.asp

Source: U.S. Dept. of Health
and Human Services

Megan Moss is alive because the heart that beats in her chest once belonged to a woman who signed an organ donor card.

Moss, 24, said she hadn't thought about organ donation until she needed it. Now, she can't stop thinking about it.

"Organ donation means giving life," she said. "I'm living proof, living."

Megan's journey began when she was 15. An athletic student at North County Christian School, she played basketball, volleyball and soccer.

Out of nowhere, her stamina disappeared. The young athlete got out of breath walking between rooms in her house.

"I was in good condition. I'd just finished basketball season and I was starting soccer and I couldn't walk up the stairs without getting out of breath; I couldn't run the laps," she said.

Her doctor first diagnosed asthma and gave her an inhaler. But he took an X-ray to look at her lungs and heart.

Three days later, Megan got a call to visit a cardiologist, "Now."

Megan's heart had grown too large because of a virus, myocarditis.

She had to give up all of the strenuous sports except volleyball, she said.

Except for having to take heart medicines, she lived a relatively normal life after that. She graduated high school, earned her associate's degree in business at St. Louis Community College at Florissant Valley. She started work on her bachelor's degree at the University of Missouri-St. Louis.

She found a good job with benefits working as a hospitality specialist with the Ritz-Carlton Hotel in Clayton.

"She was looking at buying a condo and moving out," said Megan's mother, Kathy Moss. "We were getting ready for the empty nest."

But in November 2009, her stamina faltered.

"I couldn't walk up the stairs without having to stop to get my breath," she said. "I'd come home exhausted from work and have to take a nap."

This time, a cardiologist told her that congestive heart failure had reduced the efficiency of her heart to 13 percent.

Her case was transferred to the Transplant Center at Barnes-Jewish Hospital.

She made it through the holidays, but continued getting sicker. By January 2010, she had lost her appetite and couldn't hold down food.

"I wasn't hungry for anything, so I lost a lot of weight, 12 pounds in the first week."

At 113 pounds, she was back in the hospital. She went on the transplant list on Feb. 2, and went home on intravenous medication.

By April 1, she had to return to the hospital where she jumped to the top of the

transplant list.

Open-heart surgery connected her to a machine that pumped blood for her. But her liver and kidneys began to fail.

She developed pneumonia. On April 17, the cardiologist told Megan's parents she was too sick for a transplant, even if they found a heart.

"That morning, I had relinquished her to God," her mother said. "I told the Lord that if her time on earth is done, I release her."

"But I didn't get the sense that that's what God was going to do. Her time was not up; not ready."

The word of Megan's crisis spread. Family and friends came by the hospital. Church members came by. A waiting room was filled with people praying for the young woman who lay in induced sleep in intensive care.

People who had followed a blog written by Megan's father, Wayne Moss, wrote notes of support and faith from Korea, Europe, Africa.

At 9:30 p.m., 12 hours after her parents were told she was too weak for a transplant, their doctor told them their daughter's condition had improved enough for surgery. And a heart was on the way from Texas.

"About 6 a.m., that's my heart birthday," Megan said. "I woke up ... and I had an appetite. I hadn't had an appetite for four months. I could hold food down, and that gave me energy."

She returned home on May 4, weighing 87 pounds.

Nine biopsies, one a month, haven't turned up any rejection episodes.

She works out three times a week, 30 minutes a day, with a treadmill and workout DVD.

Her job at the Ritz-Carlton in Clayton allowed her to keep her medical insurance if she paid the part she'd pay when she was able bodied.

"They were amazing," she said. "I'm going back to work in a month. They were so good to me."

'YOU'RE NOT INVINCIBLE'

Her message to other young women is, "You're not invincible. I was stopped by heart disease — completely healthy."

"It can happen to anyone. Take care of your body. You can have heart issues when you're young."

But more, she makes pleas for organ donation.

"I never thought about being an organ donor until I needed one. My family didn't think about it until they had a daughter who needed it."

"That's a huge thing in my life," she said. "It can save lives. It saved mine. It's the gift of life."

Megan is the daughter of Wayne Moss, Elementary School Principal of North County Christian School.

A Wrestling First

Peter Weingart is St. Mary's High School's first state qualifier in wrestling. The sophomore at the South St. Louis school wrestles in the 171-pound class. St. Mary's won the AAA Conference championship on Feb. 5. The state tournament began at the Mizzou Arena in Columbia, Mo., Feb. 17 and goes through Saturday, Feb. 19, the medal round. More information, including live action and results of the championships, is at mshsaa.org.

Coach of the Year

Terry Michler, soccer coach at Christian Brothers College High School, has been selected as the 2010 Coach of the Year in Boys Soccer by the National Federation of State High School Coaches Association, the official professional organization for coaches of the National Federation of State High School Associations. This award recognizes career coaching record, community service, involvement in other school activities, professional involvement at the local, state and national levels, and the coach's basic philosophy of athletics. Robert Gardner, executive director of the national coaches' association, called the award "a significant achievement," saying, "Coach Michler has been selected from coaches throughout the country."

INCARNATE WORD, ST. DOMINIC TAKE STATE TITLES

Two basketball teams from Catholic schools in the archdiocese have won championships in the state tournament games in Columbia, Mo.

Incarnate Word Academy won the girls Class 5 bracket, and St. Dominic High School won the girls Class 4 bracket. Several other teams from Catholic schools in the archdiocese also went deep into the playoffs this year.

Incarnate Word won its second Missouri State High School Activities Association basketball title in a row. The team defeated Blue Springs 59-49 March 12 at Mizzou Arena to finish the year 27-4. Incarnate Word was behind 15-13 after the first quarter but poured in 20 points in the second quarter to take a 33-27 lead at halftime. Trailing by one point after the third quarter, the team went ahead for good on a layup by Brianna Puni.

The leading scorer for Incarnate Word was Nakiah Bell with 16 points. Brittany Carter added 12 points and Puni had 10, while Puni had six rebounds and Taylor Manuel had five.

To get to the finals, Incarnate Word defeated Webb City 60-56 the previous day. Manuel had 19 points, and Puni had 12 points and nine rebounds.

St. Joseph's Academy took fourth place, losing 69-64 to Webb City March 12 and to Blue Springs 61-43 the previous day and ended the year 27-5. The team fell behind in the first half of the Webb City game and fell short despite improving in the second half. Madeline Stock led with 20 points that game, while Erin Nelson led with 12 points and Sydney Stipanovich had 11 the previous day.

In Class 4, St. Dominic dominated in the finals March 12 after being tied at the first quarter, defeating Smithville 61-44 to cap a 30-0 season. Jennifer Rocha and Leslie Wilmes each had 15 points, Kelly Schnieders had 13 and Lauren Needham added 11 for St. Dominic, with



Joseph Kenny | jkenny@stlouisreview.com The St. Dominic High School girls basketball team won Class 4 state championship after defeating Smithville at Mizzou Area March 12.

Schnieders grabbing nine rebounds and Wilmes getting seven.

St. Dominic defeated St. Francis Borgia 46-28 to reach the finals. That game also was tied after the first quarter before St. Dominic pulled ahead. Wilmes led with 16 points while Needham had 10 rebounds. Mackenzie Haddox had 16 points for St. Francis Borgia.

St. Francis defeated Farmington 53-43 March 11 for third place. Jodi Klott led with 16 points, while Haddox added 15 and 11 rebounds. Kristin Dempsey also had 11 rebounds.

Two other girls teams advanced to sectionals before being stopped. In Class 3, Cardinal Ritter College Preparatory fell just short, losing 43-40 to Principia. In Class 2, St. Vincent fell 53-38 vs. Meadow Heights.

In the boys playoffs, in Class 3, Cardinal Ritter just missed advancing to the semifinals with an 80-79 loss to Elsberry March 12 in quarterfinals. In Class 5, Chaminade and DeSmet both lost after advancing to quarterfinals.

Catholic Schools Week Activities

At Sacred Heart School in Valley Park, students came to school Jan. 31 wearing Sacred Heart spirit shirts, religious medals and other religious accessories to visually proclaim they are proudly Catholic. Sacred Heart students were greeters, ushers and gift bearers at the parish Masses Jan. 29-30, where they handed out hand-written thank-you notes to parishioners for supporting the school.

At Trinity Catholic High School in North St. Louis County, the annual Life Issues Day was held the week prior to Catholic Schools Week, offering speakers and topics supporting the Church's strong defense of life at all stages. Trinity campus minister Eileen Goeke explained, "The workshops are presented in conjunction with the March for Life that many Trinity students attend, as well as a lead-in for Catholic Schools Week." Presenters included Trinity alums Katie Whalen, representing St. Louis Healthy Families, and Kelly DeVere-Rodgers, a counseling professional who discussed dating. Other topics included domestic violence, teen sexuality, anger management, alcoholism and addiction and cyberbullying.

St. Pius X High School in Festus honors school supporters with its Hall of Fame. This year's inductees are Bill and Carol Schmidt, members of Our Lady Parish in Festus. Bill was a coach and teacher at St. Pius for 12 years; Carol worked at the archdiocesan high school for 26 years and volunteered 12 years before being employed there. The couple continues to volunteer at St. Pius, and had three children and two grandchildren graduate from the school. The Schmidts have been recognized as Honorary St. Pius Alumni.

CHEF'S CORNER



By Chef David Lunsford YANKEE DOODLE DANDY

This upcoming Memorial Day and 4th of July weekends millions of Americans will huddle around outdoor pits, ovens and grills to cook themselves meaty, patriotic dishes slathered in sauce. Barbecue is about as Red, White and Blue as American cuisine gets. And for the pure T Rex, the only real question is how to save room for more.

Barbecue varies by region, with the four main styles named after their place of origin: Memphis, Tennessee, North Carolina, Kansas City and Texas. Memphis is renowned for pulled pork-shoulder doused in sweet tomato-based sauce. North Carolina smokes the whole hog in a vinegar-based sauce. Kansas City natives prefer ribs cooked in a dry rub, and Texas...well, Texans dig beef. Eastern Texas' relative proximity to Tennessee puts it in the pulled-pork camp, but in the western segment of the Lone Star State, you're likely to find mesquite-grilled "cowboy style" brisket.

Merely throwing meat on a grill is not barbecue, at least not in the traditional sense. While novices may believe that anything covered in barbecue sauce counts as barbecue, the real thing is cooked over indirect heat, usually a wood fire for a long time. The resulting flavor is a combination of smoke, meat juice, fat and whatever spice or rubs have been added.

Barbecue is a dandy dish I love to doodle with. In St. Louis, Pork Steaks are what it's all about. I love to slow smoke my ribs and pork steaks with hickory and apple wood. You don't have to have fancy equipment. My Weber grill does just fine. It was a good investment! Start the night before; rub ribs or pork steaks with Durkee's rub all over meat. Let them sit overnight in fridge until you get ready to smoke the next day. The next day prep grill with coals and soaked wood chips. I mix wood chips 3 to 1 apple wood and hickory. I smoke meat on low (never above 250 degrees. Ribs are smoked for about two hours and pork steaks (I like the thick cut) about two to three hours. When done meat should still be firm. Roll meat in spice mixture, then wrap in plastic wrap. Let sit in pan wrapped one or two hours. Meat will steam in wrap and will come out tender. Some people like to add a little barbecue sauce, but I prefer it without.

Whatever your recipe, I wish you all a fun and safe holiday!

God gave us two ears but only one mouth. Some people say that's because He wanted us to spend twice as much time listening as talking. Other claim it's because He knew that listening was twice as hard.

CATHOLIC SCHOOLS SCORE BIG IN NAT'L HISTORY DAY IN MISSOURI REGIONALS

Once again, the overwhelming majority of winning entries in the regional competition junior division of National History Day in Missouri are students in Catholic schools in the St. Louis Archdiocese.

Overall, 23 of the 28 winning entries were from Catholic schools — Holy Infant in Ballwin, which had 26 student winners in group and individual entries; St. Margaret of Scotland and St. Raphael the Archangel schools, both in South St. Louis; and Our Lady School in Festus. In the senior division, St. Elizabeth Academy had the only winning entry from a Catholic school.

Last year 17 of the 23 winning entries were from Catholic schools.

National History Day in Missouri is a yearlong education program for students in sixth grade through high school. More than 2,400 Missouri students participate annually in local and regional competitions throughout the state, with more than 500 advancing to the state contest at the University of Missouri-Columbia, this year on April 9. The program is sponsored by the State Historical Society of Missouri and the Western Historical Manuscript Collection-Columbia at the University of Missouri.

Each June, 50-55 Missouri students compete with more than 2,500 students from across the country at the national competition in College Park, Md.

This year's theme is "Debate and Diplomacy in History: Successes, Failures, Consequences."

The St. Louis Regional Competition was held Feb. 26 at the University of Missouri-St. Louis.

Winners include:

Junior individual exhibit:

Sarah Connolly, St. Margaret of Scotland; Emma Muzzey, Our Lady; Claire Mitchell, St. Margaret of Scotland

Junior group exhibit:

Kathleen Magee, Molly Mitchell, Amy Marshall, Emma Sonderman, St. Raphael; Jack Bender, Teddy Schulte, Holy Infant; Mary Beth Howard, Genevieve Jacquot, St. Raphael

Junior individual performance:

Emma Andrews, St. Margaret of Scotland; Sydney Phelan, Holy Infant

Junior group performance:

Peyton Dart, Lindsay Lansing, Sydney Lodes, Sydney Rogers, Holy Infant; Samantha Loucks, Haley Lafloure, Grace Elbl, Our Lady; Lydia Tsikalas, Lucie Indelicato, Erin Schisler, Carrie Boyer, Mary Magee, St. Raphael

Junior individual documentary:

Haley Robison; Christopher Mark, both Holy Infant

Junior group documentary:

Anthony Delia, Nick Thomas; Megan Finder, Katie Potrzeboski; Ben Henke, Jake Velicer, all Holy Infant

Junior individual website:

Andrew Effer; Maggie Shomaker; Matthew Lesko, all Holy Infant

Junior group website:

Emily Cumiskey, Madeline Rygelski; Cade Breed, Christopher Raeber; Cole Arnold, Joe Warnecke, all Holy Infant

American Association of Universit

Women Junior Special Prize in Women's History:

Madison Kreher and Alexa Powell, Holy Infant

Senior group exhibit:

Andrea Dorsey, Sarah Human, Sara Poe, St. Elizabeth Academy.

Holy Infant Catholic School principal Sr. Rosario Delaney was surprised by members of the Metro West Fire Department (many her former students) on March 4, and honored as an Honorary Fire Chief for the day!



At right, Sr. Rosario Delaney in the driver's seat with her honorary fire protection helmet in hand.



ST. MARY'S HIGH SCHOOL NAMING CEREMONY-FRANK J. BOMMARITO CAMPUS AND 1ST PITCH EVENT-DIVIS FIELD

April 5th, St. Louis, MO- St. Mary's High School remains a pillar of strength and hope on the south-side of St. Louis. On April 5th, St. Mary's honored Frank J. Bommarito by naming the campus after him. Following this ceremony was the 1st Pitch Event which opened our new state of the art baseball field. The baseball field is dedicated to the Divis family based on their relentless effort and support of the mission of St. Mary's High School. Participating in the 1st Pitch Event were notable St. Louisans such as Whitey Herzog and alumni, Mayor Francis Slay '73, Auxiliary Bishop Ed Rice '78, Frank J. Bommarito '52, Ed Perniciaro Sr. '55, Duffy Morton '53, Principal Kevin Hacker and representing the Divis Family, Karen Divis. The St. Mary's Dragons hosted the St. Dominic Crusaders in the Inaugural Baseball Game. We invited local restaurants to be a part of this great day to create our own Ballpark Village. They brought some of their delicious fare to sell. The Ballpark Village took place on the closed Itaska/St. Mary's Drive between Spring Ave. and 38th Street and was open from 4-7pm.

St. Mary's High School, founded in 1931, is an integral part of St. Louis' Dutchtown neighborhood. The campus includes more than 27 acres, blending high-tech academic classrooms, the brand new Center of Applied Sciences and modern sports facilities including the new baseball field and soccer practice facility. St. Mary High School remains on the cutting edge of secondary education and its more than 11,000 graduates can testify to the quality of their academic curriculum.



A Football Player Visits Assumption

Patrick O'Brien, a third grader at Assumption School in O'Fallon, Missouri, won a Verizon Wireless contest and got to spend a day with Rams player James Laurinaitis. Patrick O'Brien got picked up in the morning to go to school in a limousine with James Laurinaitis. James Laurinaitis spent the whole morning with Patrick. Patrick said James Laurinaitis was very nice. Patrick said he "freaked out" when he first saw him. Patrick's favorite part was riding in the limo. This exciting event for Assumption even made the nightly news! Patrick said he was not at all nervous about being on the news, and he even announced on television that he was single!



St. Pius X High School Gold Star Seniors have earned Gold Honors in the in-school Renaissance Program for the seven semesters they have completed. The program promotes academic achievement, Honor code behavior and fulfillment of a minimum of twenty-five service hours per year.

ST. ELIZABETH ACADEMY HIGH SCHOOL SENIOR LUCY PAASCH HAS RECEIVED THE PRESTIGIOUS SKIPPY KEEFER SPORTSMANSHIP AWARD.

This is the first time a St. Elizabeth Academy student has secured this award.

Lucy Paasch is a star volleyball and basketball player, having played all four years of high school. She has also spent one year on the soccer team. She was a member of the 2010 district title soccer team and helped guide the 2010 volleyball team to their first district title since 1986. She is also the captain of the 2010-2011 basketball team and plans to attend **Fontbonne University**.

The Skippy Keefer Participation and Sportsmanship Award offers \$1,000 yearly to a senior female athlete within the **Metro Women's Athletic Association** who exemplifies the qualities of *athletic participation and excellence in sportsmanship*.

Congratulations to **MBU** student **Sarah Mattos** for winning first place in the St. Louis Chapter of NATS (National Association of Teachers of Singing). Over 60 students that are from teachers throughout the St. Louis area participated. Next year's event is at Missouri Baptist!

VILLA DUCHESNE ANNOUNCES NATIONAL MERIT FINALIST AND COMMENDED STUDENTS

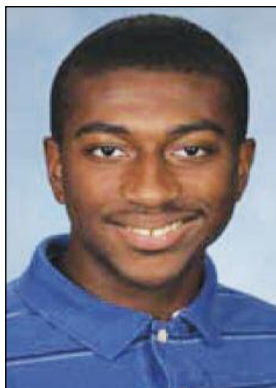
The National Merit Scholarship Corporation has recognized Villa Duchesne Senior Sabrina Fritz as a National Merit Finalist. Less than one percent of the more than 1.4 million students who take the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) receive this distinction. Sabrina will study biomedical engineering in the fall.

In addition, Villa Duchesne Seniors Marnie Brown, Christina Kreisch, and Kate Moeller have been named Commended Students by the National Merit Scholarship Program. They placed in the top five percent of students who took the PSAT/NMSQT.

Villa Duchesne Principal Doug Lowney announced Sabrina Fritz as a National Merit Finalist at a school assembly.



Trinity Catholic High School senior **Albert H.** has completed a major make-over of the school's soccer, track and field press box as his **Eagle Scout Project**. Hammons installed new dry wall on the walls and ceiling, painted and did some electrical work on the lighting. He also laid baseboards and did some trim work in addition to doing a general cleaning and discarding of some items that were no longer needed. Hammons donated several weeks of his time this winter on the renovation.



His project will be evaluated on March 13. If all goes well, as is expected, Albert will become an Eagle Scout.

St. Mary's principal and teacher Kevin Hacker wins M. Cathlin Casey Award for Teaching Excellence

St. Mary's High School principal and teacher, Mr. Kevin Hacker, has been awarded the M. Cathlin Casey Award for teaching Excellence by St. Louis University's 1818 Advanced College Credit Program. Hacker was honored at St. Louis University on Tuesday, March 1st. The award is given to candidates who meet the following criteria:

- Minimum 5-year service in the 1818 ACC Program
- Current 1818 ACC Program teacher
- Record of excellence in classroom teaching
- Record of contributions, support, and commitment to the 1818 ACC Program



Nerinx Hall High School senior **Laura Steenberge** has been selected for the **2011 Missouri Scholars 100**, a state-wide program that honors 100 of Missouri's top students in the Class of 2011. Students will be recognized at a luncheon in Columbia, MO on Sunday, May 1.

Missouri Scholars 100 is a program sponsored by the **Missouri Association of Secondary School Principals**. Schools across Missouri are invited to nominate candidates, and the selection is based primarily on minimum GPA's of 3.7, ACT's of 29, SAT's of 1900, rank in the top 10% of the class, and upper-level coursework in math, science, English and world language. Students must also have records of excellent attendance, exemplary citizenship and involvement in the school activity program. **MASSP Director Jim L. King** said, "Students who are selected to this program have taken a rigorous course of study and have maintained the highest academic standards."

MBU professor, **Dr. John Han's** refereed essay, "Six New Trends in American Literary Studies," appears in an issue of *The Journal of Teaching English Literature*, the official publication of the Korean Society for Teaching English Literature.



Trinity Catholic High School seniors Josh Hanten, Andrew Holzum, David Krafft and Danny Kuehner paused for a photo on the Brooklyn Bridge during their recent trip to New York. The trip was arranged by their industrial technology teacher, Gene Schnell, and his former student, Rosary High School alumna Kate Dwyer, a senior project manager on the World Trade Center project.

We Serve Great People!

SUPER STUDENT

Philip Moore, a senior at **Christian Brothers College High School**, is one of 104 high school seniors nationwide to be named a **2011 National Scholar by the Horatio Alger Association** and will receive a \$20,000 college scholarship. CBC's class leader in Christian service hours, Philip's volunteerism includes helping at soup kitchens and as a mentor to younger students. He is active in sports, the student newspaper and social justice clubs and is a member of the CBC National Honor Society.

WINNING READERS

Students at **Assumption School** in O'Fallon read more books than students at any other school in Missouri participating in the **Reading with the Rams** contest sponsored by the St. Louis Rams and the St. Louis Post-Dispatch Newspapers in Education program. More than 70 percent of the student body took part in the program, out-reading 21,000 students from 200 other schools throughout the state. Students kept detailed track of their reading records and earned points for various tasks: two points (a safety) for reading one article; three points (a field goal) for reading a short story; and six points (a touchdown) for reading a book at least 50 pages long and on the grade-level reading list. Rams running back Steven Jackson visited Assumption to congratulate the students.

QUEENS OF GENEROSITY

The annual **Penny Queen Week** fundraising effort at **Cor Jesu Academy** in Affton raised \$36,372 this year. Each grade selects Penny Queens to lead their class in raising money, and students vote on which four charities to donate to each year. This year's charities, to be presented their checks next week, are Amigos for Christ, the CRUDEM Foundation, the Jack and J.T. Snow Fund at Washington University School of Medicine and Murwira Children's Home. Two student service projects -- the service trip to Appalachia and the Apostles of the Sacred Heart mission in Benin, Africa -- also will receive some funds. This year the senior class raised the most money. The Penny Queens are: seniors, Claire Herman, Julia Merlo, Stevi Schaezel; juniors, Alexis Reilly, Alyssa Hustedt, Katy Mueller; sophomores, Melanie Hosty, Elizabeth Mansfield, Margaret Pate White; freshmen, Kelsey Gima, Alexis Philippe, Sarah Suddarth.

OUTSTANDING STUCO

For the 22nd consecutive year, **Notre Dame High School** in South County has been awarded the **Gold Honor Council Award** by the Missouri Association of Student Councils. This is the highest honor given to schools in Missouri. Notre Dame's Student Council consistently wins local and national awards, and its moderator, Ann Bolzenius, is regarded as one of the foremost STUCO advisers in the country.

SCIENCE MINDED

Ursuline Academy senior **Brittany Cusanelli** and junior **Amanda Neville** earned second-place blue ribbons for their research presented at the Missouri Junior Academy of Science, held at St. Louis University on March 12. Both are independent study students of Marie Sherman, now in her 45th year at Ursuline Academy. Brittany's independent research answered the question, "Do 'green' cleaners really work?," while Amanda's research determined the best environment for "detecting fingerprints with superglue."

WYSE GUYS

Trinity Catholic High School took first place in the Small School Division of the recent Academic Challenge Worldwide Youth in Science and Engineering (**WYSE**) contest, held Feb. 8 at McKendree University in Lebanon, Ill., and advances to the March 11 Sectional Competition at St. Louis Community College-Florissant Valley. Winning individual students included seniors Joe Hoffmann, Ed Ross, David Krafft, Brett Turnbough, Ellen Hilmes, Tyler Wilmann and Andy Holzum; juniors Connor Walsh, David Reddan and Dillon Porzel; and sophomore Anna Duban.

ESSAY WINNERS

Clare Goldkamp of **St. Simon the Apostle School** in South County was the first place winner of this year's St. Patrick Center Eighth-Grade Essay Contest.

Mrs. Alexandria Dilworth of **Missouri Baptist University** was invited to the Pentagon where she was honored for her commitment to our soldier's families. While her husband and his unit were deployed in Iraq, Mrs. Dilworth served as the chairperson for out of state families in the units Family Readiness Group. Because of the dedication shown by the group, they were awarded and given a check for \$1000 to help the unit with future work.

We Serve Great People!

STUDENT EXCHANGE



Villa Duchesne and Oak Hill School welcomed ten students and two teachers from Taiwan on January 22 for a three-week exchange. The Taiwanese students were eager to share their rich culture with their American counterparts while attending classes at Villa Duchesne.

On January 26, fourth graders at Oak Hill learned how to write their names in Taiwanese, make paper lanterns, and eat with chopsticks. In February, Villa Duchesne and Oak Hill School welcomes student from China for a two-week exchange.



Baby blanket party **Loretto Sister Marian McAvoy**, left, and **Jeda DePuno**, a nursing student at Southern Illinois University-Edwardsville, paused during assembly of "no sew" fleece baby blankets Feb. 5 at the Loretto Center in Webster Groves. DePuno and other members of the Catholic Newman Student Union at SIUE joined Loretto Community members for the **Blankets for Pakistan Babies** project sponsored by the students and the university's campus ministry office. The students were able to send 40 pounds of fleece blankets, including 35 baby blankets and four adult blankets, to the Sisters of Loretto who minister in the Diocese of Faisalabad, Pakistan.

Lending A Hand

Ursuline Academy marked Catholic Schools Week with **SPLASH (Students Proudly Lending A Serving Hand) Week**. Through themed dress-down days and food and clothing sales, the 577 students raised more than \$8,000 to benefit the Ursuline missions. Students also collected a truckload of canned food and toilet paper for area food pantries.

ST. MONICA TEACHERS WRITE GRANTS

Mrs. Karen Hummel applied for and has received a \$600 grant from the **Target Field Trip Grant Foundation** allowing her to take her 5th graders to a program titled "Farmstading at Faust Park."



Mrs. Susan Nowotny wrote 4-6 grade social studies and science standardized test questions for Scholastic over her Christmas break. **Mr. Phillip Stapleton's** application for a grant from the **Pendergast-Weyer Foundation** has been approved. The school will receive two SMART-Response PE24pk, combining hand-held technology, wireless remotes, a receiver and powerful assessment software to create test material that can be easily integrated into any lesson or assessment activity.

Kennedy Catholic High School junior **Melissa R.** is featured in an article in the *New York Times*. Melissa is a recognized young scientist, winning America's Top Young Scientist Award in 2008 and the Youth Achievement Award in 2010.



Melissa is taking advantage of the opportunities available at Kennedy.

The *New York Times* article may be found at:
http://www.nytimes.com/2011/02/05/us/05science.html?_r=1&hp