

T-BIRD FLYER

**JESUS
SHOWS US
HIS WOUNDS
SO WE WON'T
BE AFRAID
TO SHOW
HIM OURS**

FR. MIKE SCHMITZ

UPCOMING EVENTS

March 11th

No School – Professional
Development

March 12th

7:30am National Honor Society
Meeting – Library

8am State ACT – Great Hall

March 28th

2:30pm Parent-Teacher Conferences

Dear Parents and Guardians,

More times than not, the topic of my weekly article is driven by the happenings of our school and its people. In the last few weeks, I have received articles and even had a few students approach me about possibly hosting an event next year to help educate teens about the rise of a frightening trend that universities and high schools across the country are witnessing. Among our nation's youth, electronic cigarettes, also known as vaping or e-cigs, have become the most commonly used form of tobacco. According to the CDC, about 20% of high school students and about 5% of middle school students used electronic cigarettes in 2018. And these numbers are rapidly increasing. The FDA has called this phenomenon one of its "biggest public health challenges," and solving it will require a better understanding of what e-cigs are and why youth find them so attractive.

One of our English teachers recently had her freshmen read an article about e-cigs, and a few interesting comments from the article are worth sharing. "Experts think vaping has increased because of the exploding popularity of newer versions of e-cigarettes, like those by Juul Labs Inc. of San Francisco. The products resemble computer flash drives. They can be recharged in USB ports and used without being noticed, including in school bathrooms and even in classrooms." This same teacher just recently attended a conference where the presenter vaped eight times during the presentation and no one was the wiser, all to make a point about how easy it is for kids to hid this. Scary stuff, huh?

The American Academy of Pediatrics recommends talking with your teen about e-cigarette use. Instead of sitting down for a formal discussion, it may be more effective to be more casual. For instance, ask them what they think of e-cigarettes if you see an ad or notice someone using one. But do provide the facts. For example, the Truth Initiative found that 63 percent of respondents ages 15 to 24 who used devices made by one of the e-cig companies cited in today's FDA announcements were unaware that the products contained nicotine. It's also important to explain to adolescents that their brains will continue to develop until they're 25 years old, the AAP says, and that nicotine in the teen years can affect brain development or increase their susceptibility to addiction to other drugs.

You may remember back in the fall, I attended a conference about addictions. One of the sessions I attended, was called Hidden in Plain Sight. A mock teen bedroom was set up and we were schooled on what to look if we suspected drug, tobacco or alcohol use. Please check out this link <http://powertotheparent.org/be-aware/hidden-in-plain-sight/> as well as the link provided by our school nurse to help you and more importantly our students remain drug and alcohol free. Continued prayers during this Lenten season.

Blessings,
Mrs. Williams

Center for Disease Control and Prevention, American Academy of Pediatrics-Feb. 1, 2019, US Food and Drug Administration



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SENIOR CLASS PLAY

Tickets are now on sale in the business office for \$10 for the 2019 Senior Class Play, HAIRSPRAY! Showtimes are: Thursday, March 21st at 8pm
Friday, March 22nd at 8pm
Saturday, March 23rd at 2pm



SOARING THUNDERBIRDS!

Congratulations to Anna Kahle, who participated in the Poetryoutloud state competition in Columbus and won! Anna will represent Ohio at the end of April in the national contest in Washington D.C. Way to go, Anna!



Joey Caprella capped off his career as a T-Bird with a 3rd place finish winning 4-2. He also tied the school career win record with 159 wins! Way to go, Joey! We are so proud of your accomplishments!

PURSE BINGO



Saturday, March 23rd
Lima Central Catholic High School

Tickets are now on sale for our Athletic and Band Boosters Purse Bingo which will be held on Saturday, March 23rd here at LCC. Tickets are \$30 per person and includes dinner and 20 games of bingo. You can reserve a table of 8 for \$280. The doors will open at 6pm and bingo starts at 7pm. We will have 50/50, raffles, traveling purse and a 21st purse drawing. We have tickets in the business office or you can contact Stephanie Watkins at (419) 230-2659 or by email at swatkins@apps.lcchs.edu to reserve your tickets.

ZACK PACKS UPDATE

Last week the Teen Leadership Class began to box the 1100+ items donated by the students for Ronald McDonald House Charities in Cincinnati in memory of Zachary Weber, son of 2003 graduate, Angie Daley Weber. Thank you for all of the participation!

Congrats to 3x State Qualifier – Chase Caprella for earning Academic All-Ohio! Chase currently carries a 4.170 accumulative average.



WOW! We have an AIME qualifier! This is a first in at least 10 years. Joe Chen scored a 96 on this year's AMC 12 math contest, which was one of the more difficult ones we have seen in years. This score gets him an invitation to take the next test in the series of this international math contest. Congratulations, Joe! LCC is very proud of you! Close behind was Alvaro Diaz and Chloe Guo. For the younger grades, Nicole Patricio-Agosto came in first place for the AMC 10, while Nathaniel Bruno and Mary Kelly Mulcahy tied for 2nd place. Congratulations!

IF YOU WOULD LIKE TO MEET WITH ANY OF THE FACULTY OR STAFF PLEASE CALL AHEAD OR EMAIL TO SCHEDULE AN APPOINTMENT. THANK YOU!

*Please join us every Thursday for Mass at 9:30am in the old gym
or for our 7:30am daily mass in the Chapel*

Reminder: Please check Progress Book weekly to check your student's grades! If you have any problems logging in please contact the Guidance Office.

THIS WEEK IN THUNDERBIRD SPORTS



For a full list of this week's sporting events visit www.lcchs.edu

More auction information and tickets available at <http://bit.ly/BidForOurKids2019>
Check out the link and all the great things that will be happening at our auction!

Q
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*By order of
the Queen of Hearts
you are summoned
to a land of wonders,
wild and new*

♠ ♦ ♣ ♥ ♠ ♦ ♣ ♥

FOLLOW THE WHITE RABBIT TO

*Bid for our Kids
St. Charles and LCC Auction*

♠ ♦ ♣ ♥

MARCH 30, 2019
DOORS OPEN 5:30 PM
UNOH EVENT CENTER

FOLLOW LCC ON FACEBOOK: WWW.FACEBOOK.COM/LIMACENTRALCATHOLIC

TWITTER: @LCCHSTBIRDS

INSTAGRAM: LIMACENTRALCATHOLICHS

“My riches consist not in the extent of my possessions, but in the fewness of my wants.”