

AHS NEWS March 5, 2010

Dates to Remember:

March 8th Battle of the Books
6 pm—Library

March 7th: Pancake Breakfast
St. Philip Church
8 am—12:30 pm
Shadow Stations
AHS gym—7 pm

March 9th: Girls Basketball Regional
7:00 vs. WI Valley Lutheran

March 10th: Shadow Stations
AHS gym—1 pm
St. Bronislava—7 pm

March 11th: Neighborhood Table/Key Club

March 17th: Market Day pick up

March 20th: ACT Prep Class 8—noon

March 23rd: Parent/Teacher Conference
4—8 pm

March 24th: Model UN trip

Mar. 29—April 2nd: Spring Break



Attention Parents

Please mark March 23rd on your calendar .

It is our second semester Parent/Teacher Conference evening. It is best to connect early in the semester with your son/daughter's teacher.

Teachers will be here from 4—8 pm to give you the opportunity to talk and help build a strong partnership with them.

Hope to see you on March 23rd.

Life at AHS

Attention Juniors

Please note date change

ACT Prep Class

March 20, 2010

8:00—12:00

Cost: \$20.00

(Checks payable to Mrs. Cavanaugh)

Instructors:

Mrs. Cavanaugh

Mr. Klein



Science Demonstration Team:

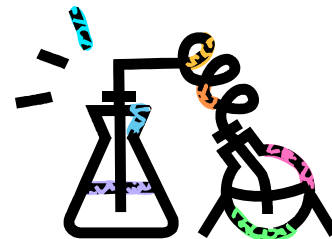
During the lunch hours, the science demonstration team has been working on adding some new demos. They will be visiting the Elementary schools on Friday, March 12th.

Adding to the bangs, flashes, explosions and amazing science reactions will be the:

Electrocution of a pickle

Flames dancing to music

Dr. Allan Glinski and his team can really make SCIENCE FUN!



MOSES and the burning within

Students & faculty are putting in a lot of extra time and energy to present this musical to you. Please be sure to mark your calendars and come to one of the performances.

April 9 and 10th

7:00 pm AHS Gymnasium

(Doors open at 6:30 pm)

Tickets available at Daly Drug, AHS office,
and at the door.

\$7.00 Students/Children \$10.00 Adults

STUDENT LIFE AT ASSUMPTION

Student Art Exhibit

The Leigh Yawkey Woodson Art Museum is featuring the work of eight Assumption students in their annual Student Art Exhibit. The exhibit includes three photography pieces:

Serenity – A photograph of stream in fall by Grant Sigler

Underworld – A photograph of hosta plants from underneath by Emily Olson

Lunch – A photograph of white berries on a red leafed background by Faviola Segovia



Scott Rybicki is exhibiting a chain maile shirt titled The True Secret of Superman's Strength.



Chain maile is considered an art form that is over 2000 years old. Chain maile was made so that it would stop a blade before it pierced the skin. Scott researched the pattern for the ring design and individually made each ring from a spool of wire. The rings were then connected in the pattern and then joined all together to make the shirt.

Pottery pieces that will be on display include:

Rock Falls by Kevin Shawbitz: A cylindrical piece with piercings on top from which strung stone beads hang.

Pierced Hearts by Cortni Stuttgen: A tall cylindrical hand built piece with long curving triangles attached that lead to two pierced hearts at the top of the piece.

Towering Inferno by Tori Severin: A tall hand built cylinder with intense colored dripping glaze.

Black Crystals by Marina Delgado-Serrano: A small wheel thrown piece with a textured metallic band, and a black crystal band accented by a shiny dark green feather.

The Student Art Exhibition is on view March 6 – 28, 2010. You can see these works and more at the Leigh Yawkey Woodson Art Museum 700 North 12th Street Wausau
Tuesday – Friday, 9am - 4pm and Saturday – Sunday, Noon- 5pm

We would also like to Thank all of you that supported our art program by coming to our Art Brunch and show!

Healthy Living:

The objective of the Healthy Living class at Assumption is to live out and improve our four main areas of health. Those areas include physical, mental/emotional, social and spiritual health. The week is divided into different health days. Two days are for exercise, one is for a relaxing game day, one is for a mental/ emotional quote day (to improve our positive attitude), and one is for healthy, quick, and inexpensive snacks or meals. Each student has their own week to present their positive or inspiring quotes along with their healthy food. Here are some examples from our mental/emotional quote day, along with a recipe from one of our healthy food days.

Quotes from Becca Sigler:

There is no such thing as a useless person; they could be used as a bad example.
-unknown-

“I can do all things through Christ which strengthen me.”
-Philippians 4:13-

Recipes for the week

Peanut Butter Fruit Wrap—Jessi Lucin

(1) Whole Wheat Tortilla
Half banana or apple sliced thinly
1—2 tbsp of peanut butter
Spread peanut butter on tortilla, layer fruit, roll and enjoy.
For variation you can add some whip cream on top.



Chocolate Chip Cookies—Becca Sigler (Deceptively Delicious by Jessica Seinfeld)

1 cup firmly packed brown sugar
3/4 cup trans-fat free soft tub margarine spread
2 large egg whites
2 tsp pure vanilla extract
1 (15 ounce) can chickpeas, drained and rinsed
2 cups semisweet chocolate chips
3/4 cup chopped walnuts (optional)
3/4 cup raisins (optional)
2 cups all-purpose flour
1/2 cup old-fashioned oats
1 tsp baking soda
1/4 tsp salt



Preheat oven to 350°. Spray a cookie sheet with cooking spray.
Beat sugar and margarine until smooth. Beat in egg whites and vanilla, then the chickpeas and chocolate chips. Add flour, oats, baking soda, and salt. Mix on low speed until a thick dough forms. Drop by tablespoonful onto baking sheet. Press with a fork to flatten. Bake until the cookies are golden brown and just set, 11- 13 minutes. Do not over bake. Cool.
Store in an airtight container for up to 3 days.