

Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 14, Issue 8 • April 2006

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SMH welcomes our new neighbor

Dear Parents,

It's hard to believe that we will be ending the third quarter this week, the weather is getting warmer and we are heading into the home stretch. Where has the year gone?

This year is shaping up to be another great year.

We have a new pastor at our Lady of Pompeii Parish across the street. Father Leon Biernat comes to all of us with outstanding credentials.

One of which is he loves working with teenagers and wanted to come here because he wants to be actively involved with the students at St. Mary's High School. Once he settles in at his new church, I'm sure you will see more of him.

We are already discussing what his role will be with our students. If you have ever attended one of his masses (which I encourage you to do) you will find him exciting, sincere, vibrant, and most of all faithfilled. Our students thoroughly enjoy him when he celebrates one of our masses.

With Father Biernat, Sister Rose, and Father Peter Karalus we have a winning team who will have a



positive and long-lasting effect on our students. God surely blessed us.

Please continue to monitor your son/daughter's academic progress. They need to continue working hard and begin preparing for final exams. I know this is difficult with the weather warming up, but their academic studies must come first before they go out to enjoy the nice weather.

As I have always said, "Academic achievement is a cooperative effort between the school and home." Only through a concerted effort on our part will we be successful in graduating a young adult that is prepared to go on to college and graduate with the necessary tools to meet the challenges of our highly-competitive society.

Hopefully they will also take the spiritual values we have taught them to guide them when making difficult decisions.

May God Bless,

Dr. Joseph Carimino
Principal

Hollywood producer explains outreach to world's poor

By **Alissa Cometto**

Class of 2006

On March 7, producer and film-maker, Gerard Straub visited St. Mary's High School and taught the students what is its like to live in poverty.

Mr. Straub produced films for CBS many years ago, but later decided he could do something for society through movies on those who are less fortunate.

Mr. Greg Coogan, St. Mary's campus minister and religion teacher, opened for Mr. Straub's presentation by explaining that the purpose of Lent is to learn what it is like to live a life like the poor.

Mr. Straub described a movie he produced in Lima, Peru, on a doctor who had drifted from God into a scientific life. He then went into poverty, which led him back to God because of the tragic experience it gave him.



Gerard Straub explains his film work among the homeless

Mr. Straub told the students about how he went to a Catholic high school as well, but when he worked for CBS, he had slowly forgotten all of the important religious teachings he learned there. But while visiting Rome, he realized that God was real and He loved him.

When he returned to the U.S., he went to Philadelphia to work at a soup kitchen called the St. Francis Inn. While at the soup kitchen, he lived with the friars there and learned about their lives. This experience eventually led to a book he wrote called, *We Have a Table for Four Waiting*, and later turned into a film. This film touched others in a special way that another soup kitchen had been built.

Mr. Straub then traveled through India, Kenya, and several other poor countries, which caused him to write yet another book

(Continued on page 9)

Character trait of the Month: *Forgiveness*

Did you know that exercising forgiveness can help to improve your health? Recent studies have shown that when people are forgiving towards others, they may actually be improving their health by reducing their blood pressure and heart rate. By holding on to grudges and not forgiving, you may experience more tension in your body as well as increased stress. I don't know anyone that needs to **add** more tension to their life!

And the health benefits aren't even the best part. By forgiving others, you will also receive spiritual benefits. Jesus

said, "When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions." (Mark 11:25) How lucky we are!

This month, do your part to improve your health – both physically and spiritually, by exercising forgiveness. (Our students will already be on their way, as they will participate in the sacrament of Reconciliation on March 29th!)

(Source: "Forgiveness heals the heart, research hints;" Eileen O'Connor. May 20, 1999. www.cnn.com)

From the Health Office

Sports / Working Papers Physicals

Anyone playing sports must have a current physical on file in the Health Office.

All freshmen, sophomores, and juniors who played a sport this year will be scheduled for a physical with the school physician on either April 27 or April 28.

Any student who did not play a sport this year but is interested in playing a sport next school year or would like to have a Working Paper Physical must sign up for a physical with Mrs. Murphy.

If you have any questions, please call Mrs. Murphy, at 683-4824, ext.20.

From the Tuition Office

Registration Forms / Financial Aid Application

Some families have not turned in their Registration Forms and/or Financial Aid Applications for the 2006-2007 school year (these forms were due on March 15).

Financial Aid Applications received after the deadline are subject to the availability of tuition assistance funds.

Those who have questions or need additional forms should contact Mrs. Kremer at 683-4824, ext. 23.

Final Tuition Payments

May ends the 12-month payment plan for the 2005-2006 school year. Final payments on all accounts are due by May 25th with the exception of the senior class whose final payment is due May 15th.

Part-Time Cafeteria Position

Applications are being accepted for a PAID part-time position in the St. Mary's High School Cafeteria.

Those who are interested in applying or want more information should contact the Cafeteria Manager Mrs. Evelyn Skalski at 683-0630 between 7 a.m. and 1 p.m.

A Survey for Parents

*We value your opinion! We want to know how you feel! If you are interested in sharing your opinion, please fill out the form below and return it to the Main Office by **April 12th**. We will use the information gathered to help guide us in making decisions for the 2006 – 2007 school year. There is no need to put your name on the form. Thank you for your participation!*

1. How many students do you currently have attending St. Mary's? _____

2. How many of your students are: _____ Female _____ Male

3. Which of the following options for vacation periods would you prefer?

Option A – Continue having the "split break" with one week off in February, and seven days off around Easter (Holy Thursday, Good Friday, and Easter Week off). This is the schedule that we have used for the last two years.

Option B – Go back to the "traditional" calendar, where we would have no winter break in February (just one day off for President's Day), but we would have the complete two weeks off around Easter. **NOTE: For students in most districts, this would mean that parents would have to provide transportation to/from school for three to four days in February when most districts take their winter break and would NOT provide transportation for our students.**

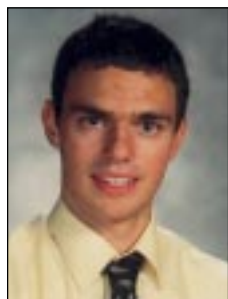
4. What changes/improvements would you like to see made to the dress code?

Report cards are coming

Report cards will be distributed on Friday, April 7, in homerooms.

As stated in the Tuition Policy adopted by the Board of Trustees, "Report cards will not be distributed to parents or students where two or more months of tuition are due." If this applies to you, report cards will be held until your account is brought current.

February Students of Month



Greg Sieminski



Kristine Starkey



Phil Montante



Amanda Lewalski

Senior Judy Moore chosen Cheektowaga Student of the Month

On March 30, the Cheektowaga Chamber of Commerce honored Judy Moore as the Student of the Month for St. Mary's High School.

At a luncheon held at the Millennium Airport Hotel in Cheektowaga, Judy was cited for her high school record as well as her community service, extra-curricular activities, and other accomplishments.

Judy's mother, Mrs. Julie Moore, and her previous English instructor, Mr. Robert Mihelbergel, accompanied her at the luncheon.



Walsh wins dance competition

Senior Colleen Walsh recently took part in a weekend convention and workshop in Chicago sponsored by The West Coast Dance Explosion. The weekend consisted of workshops and classes with choreographers who specialized in many styles of dance, including ballet, jazz, lyrical, hip-hop, and tap.



Dance Explosion Elite Dancer in the Senior Division (ages 16 and over).

Colleen received a workshop tuition for the 2006 National Finals, to take place in July in Las Vegas, and a year-long scholarship to attend conventions and workshops across the country.

As part of this event, Colleen auditioned for prizes: participants were taught a routine that they performed for judges. Colleen received the top prize in Female West Coast

While in Las Vegas, Colleen will perform a solo routine and compete against the other Elite dancers chosen from other conventions for the title of National West Coast Explosion Senior Elite Dancer for 2006.

Wrobel earns Eagle Scout

Congratulations to freshman Steven Wrobel who recently earned the rank of Eagle Scout for Troop 565 in Depew.

Steven will be honored at an Eagle Scout Court of Honor on April 27.



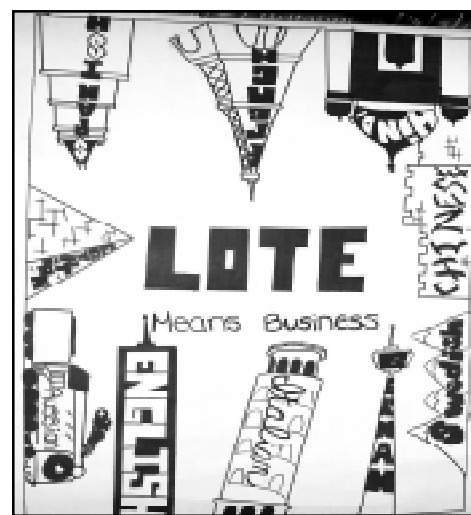
Students do well in language contest

At the beginning of this school year, students in Mrs. Amy Wesolek's class submitted posters for a contest sponsored by the New York State Association of Foreign Language Teachers. Of the award winners, seven students from St. Mary's High School received Certificates of Merit. The seven are Amanda DiPiazza, Kristin Leszkowicz, Ryan Mik, Nicholas Nicosia, Alex Severyn, Allyson Severyn, and Elyse Texido.

In addition, freshman Samantha Spisiak was awarded First Runner-Up in the contest. In addition to a certificate, she also received a United States Savings Bond.

Her poster, along with the other award winners, demonstrated hard work and artistic talent. The posters expressed the importance of foreign language for all people.

Congratulations, students. We are proud of your accomplishments.



Samantha Spisiak's poster, titled LOTE (Languages Other than English) Means Business, was awarded First Runner-Up in the NYS AFLT contest.

Spring Bouquet of Flowers



Parent Guild Fashion Show

Friday, May 5

Dinner - 6:30 p.m. • Show - 8:00 p.m.

Ripa's Restaurant

Walden & Pavement • Lancaster

Tickets - \$25

Call 668-3503 for Tickets

Separating the wheat from the chaff, reading between the lines, and won't be fooled again

By **Mr. Gary Schulenberg**
Dean of Curriculum

Believe it or not, the above title for this article on P.I.G. (Participation in Government), actually makes sense. Students learn about the creation, structure, and workings of their government throughout their Social Studies education. It also includes the social, political, and economic history of our great nation. In their senior year they take a semester course called PIG. As the title implies, it does involve some type of participation in their government. This involvement can take many different shapes or forms.

As young adults, they are ready for the more sophisticated task of making sense of the whole thing. In some ways this is more difficult than ever. In other ways, it's the best of times.

Our class began with a brainstorming session resulting in a list of various issues and concerns that will later serve as a basis for group projects in the fourth quarter. Their

choices will become the participatory element of the course.

The next phase of the course was the study of propaganda and media manipulation. This is a critical part for an educated citizenship to discern the validity of the monstrous amount of information present in our world. So many are pushing agendas that help their own interest groups but at the expense of others.

Propaganda includes using the bandwagon effect, euphemisms, fear, logical fallacies, name-calling, and much more. Media manipulation might consist of utilizing propaganda, poll pushing, digital cropping, statistical juggling, and staged events.

An example of the latter was the supposed spontaneous toppling of the statue of Saddam during the early phase of the invasion of Iraq.

We've dissected political ads, using the above materials. During Sunshine Law Week, the class examined these laws that are designed to keep government open to the pub-

lic. We also tied this in with the controversy centered on the possible domestic spying on Americans.

The class also studied the editorial pages of *The Buffalo News*. This included political cartoons, letters to the editor, and local and national pundits.

PIG students will be writing a letter to the editor. This led to a presentation about the political continuum; the extreme left and right wings and everything in between. The watching of a number of faux newscasts was also on our agenda. Sometimes they seem closer to the truth than more traditional news shows.

We're still contemplating a number of movies that may help us in these matters of learning to read between the lines.

The class has used a variety of different resources. The Internet is an invaluable tool to look up primary sources and important information. The Web is also a source for misinformation. Websites offer a whole spectrum of views and materials. The critical examination of these sources will better prepare the students to filter out the valid and pertinent information that can be used to develop strategies for solving problems.

One very successful example of using Internet resources was an examination of an article on a Zogby polling of U.S. forces in Iraq. The PIG students found it difficult to accept two of the findings: a majority of U.S. military respondents thought that Saddam Hussein's participation in 9/11 and his support of Qaeda were two of the main reasons for invading Iraq.

Unfortunately the two supposed reasons are not based on facts, as illustrated by numerous investigations and findings.

Mr. Michael Daniel, my student teacher, and I searched for and found the actual survey, which the students took. Then we compared their answers to the actual poll numbers. We found that the best answers for this disconnect between the U.S. troops and inaccurate information referred us back to our study of propaganda. It's all very intriguing.

The creation of a literate and probing citizenry is one of the goals of this course. Whether it involves voting for a candidate, petitioning the government, working for social-justice causes, or placing checks on a government that has drifted away from the contract theory of government, an educated electorate is essential.

Model UN at UB

By **Mr. Gary Schulenberg**
Model UN Advisor

St. Mary's High School sent 32 student delegates to the University of Buffalo on March 15 to participate in WorldConnect's Model United Nations. They joined 700 students from 35 schools representing Western New York and Northwestern Pennsylvania. Seventy countries were represented in seven committees of the General Assembly.

The process began last November when St. Mary's students chose countries to represent and signed up for different committees. Once we received notice that we were to be delegates to Italy, Greece, and Australia, research began on their respective countries.

Another step involved the writing of resolutions that were submitted for approval to be later debated. Although we met once a week, the bulk of the work had to be done independently.

On the day of the Model UN, our delegates were smartly dressed and ready for anything. Local college students from

D'Youville, Daemen, Canisius, University at Buffalo, and Niagara University moderated each assemblage.

The delegates debated, amended, caucused, and voted on resolutions. Our students gained valuable experience and insight into the workings of the United Nations.

It's really amazing to see these young men and women conduct themselves at such a sophisticated level. For first timers, the poise and resourcefulness of some of the delegates can be intimidating. It takes a lot of courage and confidence to speak in front of your peers.

St. Mary's students continue to rise to the occasion. Some discover talents they never knew they had.

Others took their recognized abilities to the next level.

Many of our students are already looking forward to next year's Model UN. They want to build upon their new research skills and to hone their public speaking abilities. Our St. Mary's community can be proud that our students participate in such a great program.





Lent at St. Mary's

By Mr. Gregory Coogan
Campus Minister

For most Catholics, the first thought that Lent brings to mind is giving something up. I remember while growing up, the standard was to give up candy, a discipline that found suitable reward in the baskets of Easter candy. Some of us even added to the Easter surplus by saving candy all through Lent, stockpiling what we would have eaten had we not promised to give it up.

A friend of mine told me that he had urged his children to move beyond giving up candy to giving up some habit of sin that marked their lives. About halfway through Lent he asked the children how they were doing with their Lenten promise. One of his young sons had promised to give up fighting with his brothers and sisters during Lent. When his father asked him how it was going, the boy replied, "I'm doing pretty good, Dad—but boy, I can't wait until Easter!"

That response indicates that this boy had only partly understood the purpose of Lenten "giving up." Lent is about conversion, turning our lives more completely over to Christ and His way of life. That always involves giving up sin in some form. The goal is not just to abstain from sin for the duration of Lent but to root sin out of our lives forever. Conversion means leaving behind an old way of living and acting in order to embrace new life in Christ.

Here at St. Mary's we have been focusing on the conversion and symbols of Lent. I would like to share with you some reflections put together by student members of the Campus Ministry Committee:

"As a Catholic community, Lent is how we can symbolically put our beliefs to the test, and 'walk the walk,' so to speak. The core of the belief we stake our life upon is the sacrifice Jesus made to save us. By sacrificing something important to us such as a habitual behavior or a favorite food we are, on a small scale, participating in the sacrificial life modeled for us by Jesus Christ. The imitation of Christ will lead us to a fulfilling life completed through mutual love with God. Lent reminds us that our participation in Christ's love is crucial to a life of grace."

—Chelsey Kelso

"The season of Lent is a time of prayer, fasting, and giving alms to the poor. I have had the distinct honor of serving as a

student representative for Campus Ministry throughout my entire high school career. The Religion Department and student representatives meet once a month to plan spiritual programs for the St. Mary's community. One of our biggest goals is to get students more involved in their faith. This year's season of Lent is off to a great start at St. Mary's.

We began the season of Lent with our Ash Wednesday Liturgy. Students at St. Mary's were marked with a cross on their foreheads with ashes as a sign of penance and our mortality. We were reminded that "we are dust, and to dust we shall return." Students were also given cards, to which they wrote down their Lenten sacrifices and placed them before God. I think that this was a great idea, because it encouraged students to sacrifice sinful tendencies.

During each week of Lent, the entire St. Mary's Community gathers together for a prayer service. I enjoy these prayer services, because it reminds us all that we are preparing for Christ's death and resurrection. This year, each prayer service will focus on a Christian symbol. Our first prayer service was centered around the cross. I had the opportunity of walking through the student body while carrying the cross. Students were asked to touch the cross as it passed, offering a prayer up to

Jesus. I was pleased at how many students came forward to touch the cross. During Lent, we are all to pick up our cross and walk with Jesus.

Another great opportunity for students at St. Mary's is the Sacrament of Reconciliation. Since we are human, we all fall into sin. It is important to confess our sins, so we can become closer to Christ. This is one of my favorite opportunities during Lent, because many high school students are busy with extracurricular activities and do not have the opportunity to receive this sacrament. We are very blessed to have several local priests come and celebrate this sacrament with us.

In the past, we have done a Living Stations of the Cross. It allows students to see their fellow peers acting out the painful and exhausting journey that Christ endured.

During the holy season of Lent, Jesus spent 40 days and nights praying and reflecting in the desert. We are all called to join Christ in our own desert praying and reflecting on our life, asking ourselves how we can become better imitators of Christ."

— John Stich



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Social Studies – Putting it all together

By Mr. Gary Schulenberg
Chair, Social Studies Department

(This is the last in a series of articles about Social Studies)

As previously noted, Social Studies includes the social sciences and numerous methodologies. Understanding the process of change, learning the lessons from the past, and predicting the consequences of actions are included.

As world events unfold during a school year, students often ask me what I think might happen in light of certain events. I use all of the elements of Social Studies to give them a measured and, hopefully, educated hypothesis. This is also where I practice what I teach – the decision making/problems solving formula: defining the problem, gathering information and data, and making an educated guess (hypothesis). Here is where some stop, and things can go wrong. The formula continues with looking at the consequences of your hypothesis, judging if you want those consequences. Finally, if things look OK, act upon your decision. When we see a mistake made by an individual or by world leaders, some aspect of this invaluable tool is inevi-

tably forgotten or ignored.

Let me give you an example of this use of Social Studies. Early in my career, I predicted that within the lifetime of my students, the Soviet Union would implode and cease to exist. This was a very safe bet based on my knowledge of Social Studies. Believe me, I'm not some geo-political genius. It was a fairly simple supposition.

Many people mistakenly referred to the Soviet Union as Russia. In fact the country of the Soviet Union was an empire. This meant it was comprised of a federation of many different ethnic and racial grouping. The Russians actually were only a slight majority in this, the world's largest country. This diversity was exemplified by the fact that one of the world's largest Muslim populations was in the Soviet Union. I also knew that one of the characteristics of an empire is that they are bound to decline (where's the British Empire now?). In addition, when people are conquered, they tend to want independence. I understood that the Soviet Union was not a classless society as prescribed by Karl Marx. It changed from a left-wing dictatorship of the small Communist Party to an almost reactionary regime of So-

viet bureaucrats. Although this dictatorship did provide stability, at the expense of personal liberties, and while the economy provided full employment and no inflation, the system was inherently corrupt and doomed. Add to that the military spending game of chicken with the U. S.; the Soviet Union could not continue to exist as an empire. The only miscalculation on my part was that I had no inkling that it would happen as soon and as quickly as it did. The rest, as they say, is history.

In more recent times, after 9/11, I was asked if I thought we would invade Afghanistan. I considered the geography of this landlocked country. It has extremely rugged terrain, which the British and Soviets could never control. It has a very traditional and conservative culture made up of varying languages and ethnic groups. There is a long history of hostility among these competing groups.

War lords ruled most of the country, each with their own armies. And it would be very difficult to counter the influence of the poppy production (raw material for heroin). Although I was wrong with my prediction (we did invade), the reasons supporting my prediction do help explain the current problems the country are encountering.

When we look at the situation in Iraq, Iran, North Korea, Sudan, the Palestinian situation, Chechnya, Uganda...I firmly believe that Social Studies offers tools and methodologies that can provide insight, understanding, and solutions. Not only must our leaders adhere to the important elements but also an enlightened electorate must hold our leaders accountable according to these principles.

It is my sincere desire that these articles about Social Studies have expanded your understanding of this core of courses. Hopefully they have also provided you with food for thought about the world at large.

Student teacher takes on the challenge

By Mr. Gary Schulenberg
Social Studies Teacher

St. Mary's welcomes Mr. Michael Daniel, who hails from D'Youville College. He will be spending seven weeks with us under the tutelage of Mr. Gary Schulenberg.

The Global Studies II and PIG classes were told how this student teacher situation works. Mr. Daniel will practice teaching during his seven weeks here.

During the first week or two, he will simply observe the class. He'll get to know all of the students and learn about our classroom procedures and school regulations.

Next, Mr. Daniel will team-teach with Mr. Schu, teach some classes he's designed, and eventually create and teach his own classes. During his time at St. Mary's, Mr. Daniel will be under Mr. Schu's close supervision.

There are many positive aspects to this program. The student teacher has the opportunity to learn the ins and outs of preparing for classes, dealing with classroom management, developing evaluative tools, and hopefully, learn to love this profession.

The students have twice the teacher power. There are more opportunities to get assistance with two in the room. Ideally a student teacher will bring new ideas and techniques to the classroom. Finally, a successful student teaching situation should inevitably result in the mentor learning from his or her student teacher.

St. Mary's holds SAT Prep classes

St. Mary's will hold an SAT Prep Classes to prepare for the June 3 test date.

The cost of the class is \$225, which includes the book. Registration forms are available on our website. The dates and times are as follows:

Sunday, April 30 - 8:30 a.m. - 12 noon

Wednesday, May 3 - 6 - 8 p.m.

Sunday, May 7 - 11 a.m. - 2 p.m.

Wednesday, May 10 - 6 - 8 p.m.

Sunday, May 14 - 11 a.m. - 2 p.m.

Wednesday, May 17 - 6 - 8 p.m.

SATURDAY, May 20 - 11 a.m. - 2 p.m.

Wednesday, May 24 - 6 - 8 p.m.

Sunday, May 28 - 8:30 a.m. - 12 noon

Wednesday, May 31 - 6 - 8 p.m.

More information is available by contacting the Counseling Centre at 683-2349

*The spring's already at the gate
With looks my care beguiling;
The country round appeareth
straight*

A flower-garden smiling.

- Heinrich Heine, Book of Songs



Student Views

St. Mary's Students presents their articles

Editor's Note: This section of Currents offers articles written by students at St. Mary's High School.

Many of these articles are written by students in Mr. Peter Herr's Media Communications class. Others are composed by students who wish to demonstrate their writing abilities. We hope that you will enjoy these articles and appreciate their efforts.

Planning for Prom 2006 in full swing

By Lynn Holtz
Class of 2006

As March comes to its close, many students may be beginning to think about the end of the year activities, such as the Prom.

The Prom, which will be on Thursday, May 25, at Kloc's Blossom Grove, has been on the mind of a few, dedicated students since January. Those students meet as The Prom Committee just about every Thursday to discuss and decide on details for the prom.

The Prom Committee is led by Mrs. Linda

Aures and Mrs. Lynn Leonard, both moderators of the Junior class. They lay out the agenda for the meeting, show the Committee members examples and samples of previous Proms, encourage compromise and group decision-making, and do the leg work for the group.

Mrs. Leonard said, "It is a pleasure to work with the students and watch their ideas grow into a perfect prom."

Some of the decisions the group decides on are the theme and title of the prom, which is, *Caught in a Moment*.

They also chose the color schemes (baby blue and silver) and logos that will appear of the napkins, tickets, programs, and

favours. The Prom Committee also decides on what the favours will be, as well as what the menu will look like for the Prom. The group also picks the song of the night (*The Time of My Life* by Jennifer Warnes). Along with all that, they purchase the crowns and sashes for the Prom King, Queen, Prince, and Princess.

Alissa Tartick said, "Prom Committee is so much fun! It's so nice to have a say in how the Prom will go."

Anyone interested in becoming a member of the Prom Committee just has to show up in room 212 on any given Thursday, mark their name on the sign-in sheet, and be ready to contribute ideas!

Jave Jive coming April 28

By Jamison Malucci
Class of 2007

The fourth annual Java Jive will take place at St. Mary's High School on April 28.

The Java Jive started at St. Mary's after an English Department conference in which the idea was conceived.

The Java Jive features original poems and songs by students and faculty and is organized by the English department.

Last year's Java Jive featured some of St. Mary's faculty including Mr. Peter Herr, Mr. Gary Schulenberg, Mrs. MaryEllen Migliore, and Mr. Robert Mihelbergel, with desserts prepared by Mrs. Kristen Killian.

"The Java Jive is a great display of the poetic talents of the St. Mary's community and can help to expose students' and teachers' otherwise hidden creative skill," said Zach Weiss.

The event brings students, faculty, friends and atmosphere of St. Mary's back to the atmospheres of a 1950s coffee club-style performance where clapping is not allowed; snapping fingers is used to show approval.

The Java Jive attracted approximately 200 people last year, a figure the English teachers hopes to top this year with the help of the school's local poets and songwriters.

Seniors hold successful Fish Fries

By Ben Schmitt
Class of 2006

The St. Mary's High School fish fry was sponsored and run by the Senior Class. This event has been done for the last two years. This is a major fundraiser for the Seniors which last year had raised a blistering \$2,000. This year, while not as successful, still raised about \$1,000 in this extremely worthwhile cause.

While there was a large turnout for customers, there was also a large group of the Senior Class volunteering their time to work and raise money for their class.

An all-around general feeling of satisfaction was the end result, as Amanda Johnson said, "It was cool to know that people gave up going to eat at restaurants and would rather help our class for graduation."

Another satisfied senior, Erin Cichocki, said, "I had so much fun! I was amazed at the crowd that showed up to support our class rather than going to a restaurant."

Ryan Miller, a senior with pride for his class, said, "It felt good to help out."

Also Scott Flick said, "The fish was exquisite."

This fish fry done by the senior class

was a great success in knocking down the cost of graduation for each individual senior. Not only did this event help the seniors financially; it also bestowed more of a sense of appreciation on them.

Everyone is invited to come next year and support the fish fry for the class of '07 and help them make it a larger success.

Students donate to Kids Escaping Drugs

By Ben Duck
Class of 2006

On March 16, St. Mary's held a Jeans Day for Kids Escaping Drugs Telethon.

This Jeans Day raised approximately \$600 for the Kids Escaping Drugs Telethon.

The Kids Escaping Drugs Telethon will be held on April 2 on WGRZ-TV Channel 2 on Your Side from 4 to 11 p.m. These telethons are held to raise money for the Renaissance Campus, which helps adolescents with drug problems. This is a major event for the people at the Renaissance Campus.

Anyone can visit their website at www.ked.org and make a donation anytime or visit this site to get other information on this program or on the Renaissance Campus.

Who needs sleep?

By **Kelly Geary**
Class of 2006

Sleep, the one-thing students don't mind filling their time with. Beauty sleep, deep sleep, and a good night's sleep are just some of the commonly used phrases to convey what people would value more of.

Teens, as opposed to adults or children, exhibit more of a need for sleep than most. Why is that? Have teens pushed the envelope on budgeting time? Are teens stretched too thin? Or do teens really have a shift in their internal clocks that causes them to go to sleep later and wake up later than adults?

"I just don't do well in mornings," said Jessica Tammaro, a junior at St. Mary's. Jessica isn't the only student to feel that way; for many students mornings can be quite the task at hand.

National Sleep Foundation survey finds a substantial portion of teens are sleepy during the day. According to parents' reports in the 1999 nationwide survey, *Sleep in America*, 60 percent of teens under the age of 18 complained of being tired during the day in the past year, and 15 percent reported falling asleep at school during the past year. Teenagers are more likely to complain of being tired during the day than are younger children, according to parent reports (23 per-

cent of teenagers vs. 11 percent of younger children).

Recently, St. Mary's High School students participated their own sleep survey to identify why mornings are such a task. It found that, on average, students were getting to bed on school nights at 11 p.m. However, freshman said they were more prone to go to sleep from 9 to 11, and seniors were more likely to go to sleep from 11 p.m. to 1 a.m.

This may be due to one or two things: a change in students natural sleep habits or students getting used to a high school routine. One may never so sure which is correct. But what is certain is the amount of extra curricular activities students involve themselves in. Ninety-two percent of the student body found a lot of their time wrapped up in sports, clubs, activities, and work.

"Some students are in everything; they spread themselves too thin. It's great that kids are getting involved, but they need to pick and choose their favorites," said Mrs. Julie Kruk, an art teacher at St. Mary's.

Activities may not be the only thing that make mornings so tough for teens. However, regardless if that is true or not, teachers find students less attentive in mornings and more rowdy in the afternoon.

"I'm tired all the time anyways. I don't

think it's really because I need more sleep; I just get nappy," said Kevin Robinson, a senior at St. Mary's. Just getting "nappy" may be a bigger problem than most people think.

"The most troubling consequences of sleepiness are injuries and deaths related to lapses in attention and delayed response times at critical moments, such as while driving," according to the National Sleep Foundation. "Drowsiness or fatigue has been identified as a principal cause in at least 100,000 police-reported traffic crashes each year, according to the National Highway Traffic Safety Administration (NHTSA, 1994). Young drivers age 25 or under are involved in more than one-half of fall-asleep crashes."

Fatigue shows up in nearly every student, at sometime or another.

"As soon as I get into my bed I realize how tired I really am," said senior Shaun Morgan. "I fall asleep instantly."

The question on teens getting enough sleep, or too much, many never completely be answered; however if sleep problems do seem to come your way, visit www.well.com for a wealth of information on getting to sleep at night. They found that the old remedies are still the most effective. For example, take a hot bath, drink herb tea, stay away from caffeine, drink hot milk, or listen to music; and as always - Sweet dreams!

Writing for *Next* has been great opportunity

By **Kristine Starkey**
Class of 2007

A few years ago I remember looking through a copy of *Next*, the youth section of *The Buffalo News*, and seeing a big article titled, "Call for Writers." Even as a seventh grader something about that notice clicked in me. From that point on I saw that becoming a *Next* correspondent would be something to aim for in the future.

As a sophomore at St. Mary's High School, I applied for *Next* in the fall of 2004 and was signed on to begin next spring. My first article, on the legacy of Hunter Kelly, was published that summer. That article marked the beginning of a fun and exciting adventure into the world of journalism.

What I consider to be one of my most interesting articles is my piece on fantasy author Christopher Paolini. Having arranged it through mutual friends, my e-mail interview with him was slated to be published in mid-August, but then I received

an e-mail from the author's agent saying I couldn't have the article published because *Time* magazine was running a similar piece around that same time. Once things were cleared up I was allowed to have it published at the end of August. But the most incredible part was seeing the headline and a large red dragon on the front cover of *Next*, knowing that it was my story being featured.

Often I draw inspiration for what to write from things at St. Mary's, for example, the English Regents Exam. After taking the first part of the exam and having to write about manatees, I saw a new sign in the wall: If You Hate Manatees Sign Here. I just knew that would make a great opening line for a commentary on the pointlessness of the exam.

I then quickly learned that it was a hit among the faculty when I kept getting stopped in the hall by random teachers all day and hearing my English teacher Mrs. MaryEllen Migliore read my article to the entire class. After that article I don't think I will ever look at manatees the same way again.

One of the things I enjoy most about writing for *Next* is getting to meet other teens interested in journalism. At semiannual meetings at *The Buffalo News* it is exhilarating to simply sit together to discuss what we would be interested in reading about in a newspaper. Editor Ms. Jean Westmoore is very open to all of our ideas and provides useful guidance when it comes to writing certain pieces.

Writing for *Next* has, and continues to contribute to my experience as a writer. I have come to learn the importance of self discipline through writing under a deadline. Because I get paid based on how free of errors my articles are, I have learned the importance of editing and rereading my own work. I have also learned valuable lessons on how to turn my passion for writing in to a potential career in the future.

As a seventh grader the thought of writing for a national newspaper seemed almost impossible. In writing for *Next* I have come to learn that with passion and effort, anything is possible.

Are NFL players making too much money?

By **Andy Dudzinski**
Class of 2006

It's that time of year again for NFL free agency. But with the free agency comes many questions about why is the salary cap so high and why do the players want so much money.

These are questions most frequently asked and more so this year with the debate with the NFL and the Players' Union: the union wanted the salary cap to be higher than it was and set off a string of debates and questions.

In recent years NFL players have been making unheard of amount of money, and the NFL has been dishing it out. So with this off-season the players' union wanted to make the salary cap for each team over \$10 million higher. But many people wonder why the

Players Union wanted more money. Many think the answer is that the players are greedy, but the real answer is that the players are doing what everyone would more than likely do: make as much money as possible. But whom can you blame? The players? Owners? The League? Nobody knows whom to blame, but the problem is still there, that the players are making way too much money. They think that they are the greatest player in the game and want to get paid for it.

As the NFL off-season continues many teams are trying to buy the best players, and they are willing to give as much money as possible. But the question still remains about whom to blame. We may never know, but what we do know is that NFL players will still be making more money than some of the most important people in the world, such as teachers, and that is wrong.

An "old" fashioned" Spring Break?

By **Amanda Tourot**
Class of 2006

The debate of the two-week break at Easter Break has caused upsets and controversy among school districts, teachers, and students for several years.

Changes have been made and meetings held, but still there has been no set decision on what type of break to have.

Recently, schools have been having two separate weeks designated as "February break" and "Spring/Easter Break."

Nearly half of all St. Mary's students favor a combined two-week spring break. In a recent poll, 48 percent of students prefer this style of vacation, while only 32 percent prefer the split weeks off in February and around Easter.

The February breaks serve no constructive purpose, seeing as it occurs at a time when decent weather is still unknown to Buffalonians and there are not many options other than sitting at home and lounging the day away. Then, when students and teachers alike, deserve a break, we have Easter recess which is not a long enough period of time for any meaningful vacation to take place.

A flop?

Students tend to slack off before vacations when school starts up again. It is tough to pay attention, after all, when one is looking forward to some well-needed time off or when thoughts of a recent vacation fills one's mind.

Students, like St. Mary's senior John McGowen, agree, "The two week break at Easter is nice because there is more time to have vacation. There is time to rest and recharge before school starts up again, so students can be productive."

Many people favor the "old-fashioned" two week spring break. This way, worthwhile vacations and trips can be planned. Less students miss days of school to extend vacation.

As Stephanie Szwajda, St. Mary's senior, stated, "I would be willing to get rides to school during a week other schools have off in February, just so we can all have a two week spring break."

Changes to the vacation schedule must be made, and the changes must be uniform for all schools in the area, both public and private.

Producer (continued from page 1)

called, *When Did I See You Hungry?* This also was made into a film. Mr. Straub stated that so many students are moved in such a positive way by films, that several of them help those who are in desperate need. This is what a few St. Mary's students had to say on the presentation as well, some positive, and some negative.

"It was disturbing. I didn't know that people were still like that," said Amanda Tourot.

Lynn Holtz added, "I thought it was a

good idea to show us how lucky we are."

Another statement was made by Alesia Johnson saying, "He wanted us to walk out of there feeling sorry. We came out asking, what can we do?"

Mr. Straub's presentation ended with an epilogue called, "What do I do?"

It was a song which began, "Do what you can do and do it well, just let God's grace to the rest."

Mr. Straub helped to reach so many students. The presentation allowed most to realize that what they have is something so special, and we should be accepting each day with the greatest amount of thanks and praise.

St. Mary's hosts 5-hour course

St. Mary's High School will be the site for the New York State Five-Hour Safe Driving Course.


All applicants for a driver's license must take this course to be eligible to make a road test appointment.

Upon completion of the class, participants will be issued certificate #DMV-278.

This course will be offered at St. Mary's from 3 to 8 p.m. on:

- Wednesday, April 5
- Tuesday, May 9
- Tuesday, June 13

The cost of the course is \$30 per student paid in cash (no checks, please). Pre-registration is not necessary.



Monday, June 26
at
Glen Oak Golf Club

For more information, call
The Development Office
at 683-4824, ext. 28

SOuL's spiritual adoption – Third Trimester

Please continue to pray for your baby!

Week 28

- Your baby's hair is growing and gaining color now, including little eye lashes.
- Lungs are now capable of breathing air, if it were absolutely necessary.

Week 29

- Space is getting really tight for the baby. She will have her knees tucked up to her chest all the time in the 'fetal position'.
- Due to the lack of space available to her now, your baby will make fewer big movements, like somersaults, and more small movements of the arms and legs.
- All 300 bones in the little one's body are present and accounted for now.

Week 30

- Baby is approaching 16 inches long and is weighing about 3 pounds now.
- Some babies are sucking their thumbs.
- It is possible for the baby to cry real tears.
- The baby's brain is growing rapidly, developing billions of new nerve cells.

Week 31

- Your baby's irises are now responsive to light, dilating and contracting as needed.
- Your baby's nails are now long enough to reach to the tip of her fingers.
- A loud noise may cause your baby to jump.

Week 32

- Your baby is putting on weight quickly, having doubled her weight in the last month.

Week 33

- Your little one is preparing for life on her own by storing iron in her liver.

Week 34

- The baby is developing immunities to mild infections.
- Your little one is weighing about 4 ½ pounds now and is approximately 17 inches long.

Week 35

- Your baby is now approximately 20 inches long and weighs close to 5 pounds.
- About 90 percent of babies born this week survive, most with no major problems.
- There should be a sufficient amount of surfactant in your little ones lungs for them to work well on their own now.

Week 36

- Your baby's little knees and elbows are developing dimples now.
- The majority of babies are now in the position, either head down (vertex) or butt down (breech), that they will maintain until birth.

Week 37

- Any hiccups your baby has now will be

really obvious to you!

- Your baby's nervous system is maturing.

Week 38

- Your little one is gaining as much as an ounce a day at this point.

Week 39

- The average size for your little one is over seven pounds now (boys are generally a little heavier than girls).
- The lungs are the last organs to reach maturity, but they should be ready to go now.

Week 40

- Your little one is completely formed.
- About 15 percent of the baby's weight is fat, essential to help the baby regulate her own body temperature after birth.

Week 41

- The 'average' first baby is born four days after her estimated due date.
- Your little one will enjoy hearing you read the same stories after his birth that you read to him before his birth. You may even be able to tell that he recognizes them by calming down and becoming alert as you read.

Week 42

- The baby is still putting on weight, though more slowly now.

April 2006 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken nuggets, mashed potatoes, gravy, green beans, assorted fruit, milk	4 Goulash with meat sauce, warm Italian bread, chef salad, peach cobbler, milk	5 Mini subs: turkey or ham, cheese, lettuce, cold pasta salad, Jell-O, milk	6 Chicken tender subs, hash brown potato patty, chicken soup, fruit, milk	7 Grilled cheese, tomato soup, tater rounds, fruit, milk
10 Boneless rib-a-cues on roll, seasoned rice, apple sauce, milk	11 Macaroni & cheese, California vegetables, bread sticks, pudding, milk	12 Stuffed-crust pizza, chef salad, mozzarella sticks, fruit, milk	13 Happy Easter!	14 No School!
17	Happy Easter!!			21
24 Turkey wraps, cold pasta, fruit, milk	25 Goulash with meat sauce, bread sticks, chef salad, fruit, milk	26 Tacos with seasoned meat, cheese, lettuce, salsa, soft or hard shells, seasoned rice, cobbler, milk	27 Boneless BBQ ribs, sauce, hash brown potato patty, fruit, milk	28 Cook's Choice

Breakfast Served Every Day
7:15-7:45 a.m.

Cost: \$1.00

Toasted bagel, cream cheese, donut/cereal, muffin, juice/milk

Note: A la carte items can be purchased at \$.60 each donut, bagel, muffin; \$.40 milk; \$.40 juice

Special Note

Students may prepay for lunch by the week or month — \$2 per day.

Everyday the Cafeteria serves:

- A. Balanced lunch as shown on the menu
- B. Soup of the day with tuna, or egg sandwich
- C. Salad bar

D. Deli sandwiches w/ ham, turkey, lettuce, & cheese; bread, kaiser roll

Please Note: Lunches are subject to change according to availability of products. Extra grains are served each day to meet dietary guidelines.

April 2006 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1&2 RPM Overnight Retreat	3-A Student Senate 2:20pm BB vs. East Aurora 4:15pm JV BB @ East Aurora 4:15pm SB @ Immaculata 4:30pm Lax vs. Newfane 5pm	4-B Curriculum Committee 2:30pm Poetry Club 2:30pm	5-C Special Ext. HR Schedule (Prayer Service / Class Meetings) 5-Hour Driver Ed 3-8pm Boys Track @ MMAA Relay Meet (Donahue) 4pm	6-D Tuxedo Junction Measuring during lunches Scholars to Studio Arena 7pm	7-E Pride Day Report Card Distribution	8 ACT Test Date
9 Palm Sunday Lax vs. Erie, Pa. 12noon	10-F Student Senate 2:20pm Lax vs. Kenmore East 5pm	11-A NHS 2:20pm Parent Guild Board 6:30pm Parent Guild (Elections) 7pm Living Stations of the Cross 7:30pm JV BB vs. East Aurora 4:15pm	12-B Environmental Club 7:30am PM Assembly Schedule (Living Stations of the Cross) Principal's Ad Board 2:30pm Boys Track @ MMAA JV Meet (Donahue) 4pm BB vs. Fredonia 4:15pm Lax vs. Gow 5pm	13-Off Holy Thursday Easter Recess School Closed	14-Off Good Friday No School School Closed	15
16 Easter Sunday	17-Off No School School Closed BB vs. Williamsville North (Orlando) 10am BB vs. Williamsville South (Orlando) 12:30pm	18-Off No School Office Open 9am-12noon	19-Off No School Office Open 9am-12noon	20-Off No School Office Open 9am-12noon BB vs. Williamsville South (St. Petersburg) 10am JV BB @ O'Hara 12noon	21-Off No School Office Open 9am-12noon	22 BB vs. Lancaster (Dunn Tire Park) 9am Boys & Girls Track @ ECC Kats WNY Relay (ECC South) 1:15pm
23 BB vs. TBA (Dunn Tire Park) TBA	24-C School Resumes Student Senate 2:20pm BB vs. St. Joe's 4pm JV BB @ St. Joe's 4pm SB vs. Villa Maria (V only) 4:30pm Tennis @ O'Hara 4:30pm Lax @ Genesee 5pm	25-D Earth Day T-Shirt Day Poetry Club 2:30pm Girls Track vs. Villa Maria (Donahue) 5:30pm	26-E Environ. Club 7:30am PM Liturgy Schedule (Easter Liturgy) Faculty Meeting 2:30pm Book Club 3pm BB vs. Timon 4pm JV BB @ Timon (Cazenovia) 4pm SB vs. Mt. St. Mary's 4:30pm Tennis @ Holy Angels 4:30pm Lax @ Wilson 7pm	27-F Java Jive Rehearsal 2:30pm JV BB vs. Canisius 4pm	28-A Java Jive 7pm BB vs. Niagara Catholic 4pm SB @ Holy Angels Tourney 4:30pm	29 SB @ Holy Angels Tourney 10am BB @ Niagara Catholic (Sal Maglie) TBA
30 SAT Prep 8:30am-12noon Lax @ ILC Lax Bash at Gow 9am	1-B Student Senate 2:20pm BB vs. O'Hara 4pm Boys Track vs. Timon/St. Jude (Lancaster HS) 5pm SB vs. Holy Angels Tourney 4:30pm Tennis vs. Mt. Mercy 4:30pm	2-C AP Comp Sci Exam (AM) Ext. HR Schedule (Senate speeches) Curriculum Committee 2:30pm Poetry Club 2:30pm Girls Track vs. St. Mary's for Deaf (St. Mary's Deaf) 3:30pm JV BB @ O'Hara 4pm Lax @ Kenmore East 5pm	3-D AP Calc Exam (AM) SAT Prep 6-8pm BB @ St. Francis 4pm JV BB vs. St. Francis 4pm Tennis vs. Mt. St. Mary's 4:30pm Boys Track vs. St. Mary's for Deaf (St. Mary's Deaf) 5pm	4-E AP English Exam (AM) Senate Officer Elections in HR Prom Committee 2:20pm JV BB vs. St. Joe's 4pm Lax @ TBA 5pm	5-F AP US History Exam (AM) AP European History Exam (PM) Parent Guild Fashion Show BB vs. Canisius 4pm BB @ Canisius (Delaware) 4pm SB @ Sacred Heart 4:30pm Tennis vs. O'Hara 4:30pm	6 SAT Test Date SB @ Immaculata Tourney TBA



St. Mary's High School
142 Laverack Avenue
Lancaster, NY 14086