

Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 16, Issue 2 • October 2007

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Get involved!

The 2007-2008 school year has gotten off to a great start. We have had tremendous success with all our Homecoming activities, Open House, Parents-Back-to-School Night, and Rachel's Challenge.

Before this school year gets too far ahead of us, I would like to take this opportunity to encourage all of our students to get involved in some way at St. Mary's High School. Your son's or daughter's education will be significantly impacted if they are involved in an extra-curricular activity or sport.

While participating in an activity that is outside the classroom, your son or daughter will learn the value of sportsmanship, dedication, teamwork, and not to mention the value of forging meaningful relationships that may last a lifetime.

We are blessed at St. Mary's High School to have dedicated teachers and coaches who are willing to spend time moderating, directing, or coaching your sons and daughters in a variety of activities after school hours. If your child is not



involved, it will take some direction to get them involved and to keep them involved. In the end it will be worth all the effort.

It is my belief that the benefits will surpass the time and travel necessary to make extra-curricular activities part of your child's education.

If you need our assistance connecting your son or daughter with St. Mary's extra-curricular offerings, please contact

the Counseling Centre or any of our faculty or staff members.

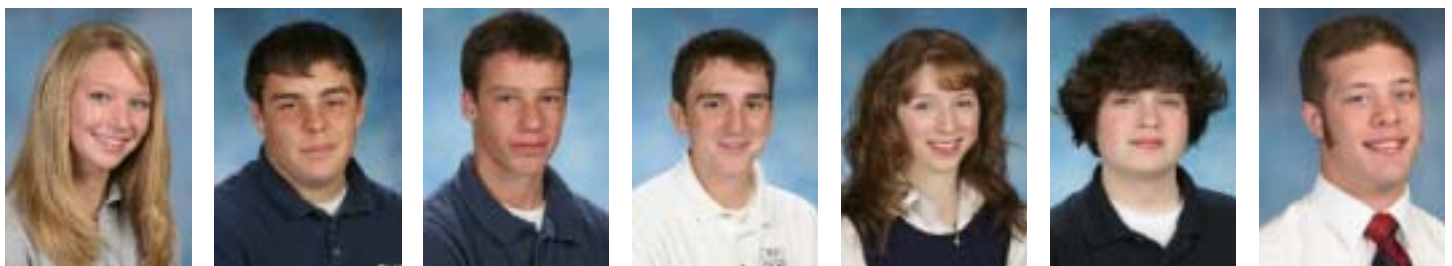
As we continue with this school year you will find a wide variety of helpful information within each issue of *Currents*. Please don't hesitate to call if you have any questions or need assistance.

Go Lancers!!

Sincerely,

Assistant Principal

Seven students named AP Scholars



Bowen

Brown

Hamilton

Hypnarowski

Kelso

Robinson

Steffen

Seven students at St. Mary's High School have earned the designation of AP Scholar by the College Board in recognition of their exceptional achievement on the college-level Advanced Placement Program Exams.

The College Board's AP Program offers students the opportunity to take challenging college-level courses while still in high school, and to receive college credit, advanced placement, or both for successful performance on the AP exams. About 18 per-

cent of the more than 1.4 million high school students in more than 16,000 secondary schools worldwide who took AP Exams performed at a sufficiently high level to merit the recognition of AP Scholars. Students took AP Exams in May 2007 after completing challenging college-level courses at their high schools. The College Board recognizes several levels of achievement based on students' performance on AP Exams.

At St. Mary's:

- Chelsey Kelso, who recently graduated,

qualified for the AP Scholar with Honors Award by earning an average grade of at least 3.25 (out of five) on all AP Exams she took and grades of three or higher on four or more of these exams.

- Six students qualified for the AP Scholar Award by completing three or more AP Exams with grades of three or higher. The AP Scholars are seniors Michael Brown, Robert Hamilton, Charles Hypnarowski, and Joshua Robinson, and recent graduates Alison Bowen and Jarrett Steffen.

St. Mary's receives Mass vestments

By **Mr. Thomas Wm. Fay**
Religion, Math teacher

Consider the irony: St. Mary's High School, long dedicated to prayer and wor-

ship in the Catholic tradition, has been without its own liturgical vestments since the Salvatorian priests left about 15 years ago. That is, until now.

The generosity of the family and friends

of Robert LaLonde, who passed away in March, has enabled the school to purchase four sets of vestments to be used for the celebration of Eucharist. The green, white, red, and purple stoles and chasubles will enable the celebrants to vest in the appropriate color, depending on the feast. In the past, visiting priests had to bring their own vestments.

Mr. LaLonde, a generous supporter of the Church and Catholic education, was the father-in-law of Mr. Fay.

Mr. LaLonde's family and friends wanted him to be remembered in a special way; so each time Mass is celebrated at St. Mary's, he will be remembered.



Father Paul Salemi wore the new green vestments for the Opening Mass, in which he blessed the vestments donated in memory of Robert LaLonde.

Emergency Dismissal Drill

On Friday, Oct. 5, all school districts will be running the annual "Emergency Dismissal Drill." This is done to ensure that certain aspects of each district's emergency plan are in place.

For our students, this means that dismissal will be at 2 p.m., rather than the normal time of 2:19 p.m. We will be running a special schedule that day to ensure that class time is not missed.

If you have any questions, please contact Mr. Bowen at the school.

Testing and College Visitation Day

Wednesday, Oct. 17, is the Underclassmen Testing Day. On that day, freshmen will take the NEDT test, sophomores will take the PLAN, and juniors will take the PSAT. All students must be in regular dress code that day. Teachers and counselors will be working with students prior to the test, so they are prepared for the day. Dismissal will be at 11:30 a.m.

Seniors DO NOT have to report to school that day and are encouraged to use the day to visit any college(s) that they might be interested in attending.

Spirit Apparel brochure enclosed

A Spirit Apparel Brochure is enclosed with this month's *Currents*.

Anyone who wants to purchase any Spirit Wear should use the enclosed order form and mail it to Ad Works. More information may be obtained by calling AdWorks at 685-8077.

Mrs. Skalski takes Food Service post

Congratulations to Mrs. Evelyn Skalski, cafeteria manager at St. Mary's High School. She was installed as president of the International Food Service Association, Buffalo Branch.

The installation ceremony was held on Tuesday, Sept. 25.

Congratulations, Mrs. Skalski



From the Health Office

Any student new to St. Mary's High School without a physical exam on file will be scheduled for a physical here at school on Wednesday, Oct. 24, to be given by the school doctor.

Also, any student needing a physical for working papers or anyone who doesn't have a current physical on file and wishes to play a winter sport may sign up for an October 24 physical in the Health Office.

* * *

WINTER SPORT ATHLETES: All athletes must have a current physical on file in the Health Office. In addition, students interested in trying out for a winter sport must

turn in Interval Health History Forms completed by a parent/guardian to the Health Office/Main Office by October 15. Failure to comply will result in not being able to start practice with the rest of the team. This policy is explained in detail in the student pass book.

The Blue Health Form has been inserted in this issue of *Currents*. Additional forms for siblings will be available in the Health Office, the Counseling Office, and the Main Office.

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

Currents

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Are you a part of Catholic Advocacy Network?

As the school year begins, parents, grandparents, teachers, and friends of Catholic education are encouraged to join the Catholic Advocacy Network.

For 2007-08, the Advocacy agenda includes:

- Help all parents offset the cost of their child's education by linking the Empire Child Tax credit to educational expenses.
- Establish an education investment tax credit to stimulate private donations to all schools and scholarship organizations.
- Reform and expand school transportation services to all students, including those attending religious and independent schools.
- Create a new category of funding for instructional materials and technology equipment.
- Ensure full reimbursement for Academic Intervention Services and all other state mandates in all schools, especially in the areas of health and safety.
- Ensure sufficient and quality professional development programs for all teachers.
- Provide funding for all schools to establish entry-level teacher support programs to assist new teachers in meeting certification requirements.

Those who wish to join the Catholic Advocacy Network should go to www.nyscatholic.org and register today.

Marszalkowski named to Bills Leadership program

The Buffalo Bills and Time Warner Cable recently announced that Allison Marszalkowski, a senior at St. Mary's, has been selected for the 2007-08 Buffalo Bills Time Warner Cable Student Leaders program.

Allison is one of 28 students in the program.

The program, designed to provide students with unique experiences that will develop leadership skills in preparation for their continuing education, is open to students who are juniors or seniors. As part of the program, the Buffalo Bills and Time Warner Cable will be hosting monthly meetings with the selected students.

They will go behind the scenes where they will learn about a variety of careers and meet professionals within the organization and community.



Allison Marszalkowski

The Student Leaders will also have the opportunity to attend Buffalo Bills home games, volunteer at community events, assist various Buffalo Bills departments, and serve as Buffalo Bills / Time Warner Cable ambassadors to their schools.

Allison is the third St. Mary's student to be selected for the Leaders program in its four years of existence. Eric Kufel was a member in 2005-06, and Adam Beilman was selected for the 2006-07 year.

Raising the flag pole



Thanks to Jim Bistoff (in the loader) and Dan Rinow (on the loader) for all their work in installing the newly-refurbished flag pole. The new flag pole now stands at the end of the driveway, just out side the Franciscan Sisters' Convent.

Thank you for Open House help



Thank you to the parents, students, faculty, staff, and friends of St. Mary's High School who helped with Open House 2007.

Over 170 students and families came to Open House and took a tour of the school. Everyone who was here had so many nice things to say about the friendly, welcoming feelings they encountered during their visit.

Peter Herr explains the St. Mary's Leadership Program to a visiting family at Open House 2007. More pictures are on the St. Mary's website, www.smhlancers.org.

Sikorski named Fair Princess



Stephanie Sikorski

Senior Stephanie Sikorski was crowned princess of the 2007 America's County Fair, held in August in Hamburg.

Stephanie lives in Buffalo. In her interview for the crown, she reported that she enjoys dancing and performing in school musicals, plays, and concerts.

As princess, Stephanie, along with the Fair Queen, rode in the Fair's daily parade. They also served as the Fair's ambassadors and helped judge some of the 4-H events and other activities.

Be careful of illegal contact lenses

The following alert was sent to all school nurses:

Over the last few weeks, the Department of Financial and Professional Regulation has formed a task force to combat the growing problem of the illegal sale of cosmetic contact lenses that are sold primarily to teenagers. This practice poses a threat of eye infection and unnecessary vision loss to students. Our investigation culminated in an ABC Chicago News Expose on August 21, 2007, with the story of a woman who suffered painful loss of vision to these lenses. The ABC Documentary showed Department staff exposing the illegal sale of these lenses in a flea market, and described multiple non-medical locations around the state that sell these imported devices.

Please remember the following:

1. Illegally sold cosmetic colored contact lenses are an “under the counter market” device that may or may not be FDA approved and are bought at beauty supply stores, costume stores, or athletic stores. Since an eye care professional is not available, there is no fitting, there are no handling instructions or an explanation of the disinfection process. Without proper storage, these lenses will grow a variety of bacteria that are opportunistic to enter and infect the cornea. These lenses are sold in many minority neighborhoods and when infections begin, the wearers frequently have



a poor understanding of the problem they are confronting, thus delaying treatment.

2. All contact lenses are medical devices, and as such, are regulated by the FDA. They are so marked, and as medical devices, they are to be fit by either an optometrist or ophthalmologist for safe wear. As young wearers have a good immune system, some will be fortunate to initially avoid infections. However, with recurrent use, and with improper storage and over wear, the abuse may eventually cause the infections and sub-

sequent permanent scarring that may follow.

3. As the unsuspecting student wears the lenses for extended periods, the lens may tighten on the eye, making removal difficult, as the eye may be inflamed and irritated. They may deny to school nurses that they have ever had these lenses, again, delaying treatment. It is important to remember that the types of pathogens that are prevalent with soft contact lens related infections tend to be very aggressive, commonly causing substantial damage in **24 to 36 hours**. Therefore, obtaining proper diagnosis and treatment rapidly is vital to a successful outcome and recovery of vision.
4. Once the “red eye” enters the nurses office, the vision- threatening corneal infection that may leave the cornea permanently scarred and vision permanently decreased looks to the observer like the “pink eye” that only requires some ointment from the local physician. Again, the patient may give a history of no contacts, minimize the pain but there is an unusual amount of redness with variable amounts of discharge. A close corneal observation under a microscope may give the tell- tale sign of a “white spot” on the cornea. Some may *continue to wear the lenses* because of the buffering effect that the lens offers the eye, but the infection smolders, causing more and more damage.

Please report any known sales of these illegal cosmetic sales to the complaint intake department 1-312-814-6910.

Sale of Entertainment Books continues

The sale of the 2008 edition of the Entertainment Book by the Senior Class continues through November.

Until the sale closes, the cost is **\$25** for each book with the class earning at least \$5 per purchase. Once the sale ends, the cost is **\$30** each, with all money going to the company.



Please don't let this opportunity pass you by. Send in your money today. And remember, every Book sold by a Senior equals **\$5** off of that student's Graduation Fee.

(Please note that payment must be made before an Entertainment Book will be handed out.

Thank you for your understanding.)

*“Be who you are
and say what you
feel
because those who
mind don't matter
and those who mat-
ter don't mind.”*

— Dr. Suess —

Magazine Sale Still On-Going through  **Reader's Digest** ¹Go to qsp.com ²Click “Just Shopping?” ³Enter code 425009377 ⁴Shop
Remember: 40% of your purchase supports St. Mary's

Students accept Rachel's Challenge

On Monday, Sept. 17, students, faculty, staff, and parents heard a presentation on Rachel's Challenge.

Named for Rachel Scott, the first student shot and killed in the Columbine High School tragedy, the Rachel's Challenge presentation brings together video, slides, and words in a powerful manner. Britta Holtcamp, a friend of Rachel's brother, explained all that happened at Columbine and then used Rachel's words to challenge everyone present to do more with their life, to overcome prejudice, to treat everyone in a way they want to be treated.

In an essay Rachel wrote a month before she died, she said, "I have this theory that if one person can go out of their way to show compassion then it will start a chain reaction of the same." This kindness and compassion are the basis of this program.

In the morning, Britta talked to the entire school body, describing the wonderful world



Britta Holtcamp shows students that kindness begins with themselves.

we would live in if we just followed Rachel's words. In the afternoon, Britta spoke to about

100 "student-leaders," challenging them to live out Rachel's words and actions. Examples of things the students could do include forming a committee to welcome new students, writing to politicians and corporations encouraging fairer treatment of all people, and creating banners and videos to spread a message of kindness.

In the evening, Britta spoke to the parents and other members of the St. Mary's community, sharing many of the same stories that she had shared with the students earlier in the day.

To show their acceptance of Rachel's Challenge, students, faculty, and staff have signed a large banner testifying that "I accept Rachel's Challenge." This banner is presently hanging in the hallway outside the St. Mary's Media Center. In addition, hands with the names of all of the school members were placed around the banner, declaring that the person will "touch a million hearts."

Theater department presents Jane Austen play

The St. Mary's High School Performing Arts Department will present Jane Austen's *Pride & Prejudice* as this year's fall play.

As the website imdb.com describes it, this tale of love and values unfolds in the class-conscious England of the late 18th century. The five Bennet sisters - including strong-willed Elizabeth and young Lydia - have been raised by their mother with one purpose in life: finding a husband. When a wealthy bachelor takes up residence in a nearby mansion, the Bennets are abuzz. Among the man's sophisticated circle of friends, surely there will be no shortage of suitors for the Bennet sisters. But when Elizabeth meets up with the handsome and, it would seem, snobbish Mr. Darcy, the battle of the sexes is joined.

The cast list is as follows:

Mr. Bennett – Josh Robinson
 Hill – Steve Wrobel
 Mrs. Bennett – Ali Marszalkowski
 Lady Lucas – Lauren Polanski
 Charlotte Lucas – Grace Daigler
 Jane Bennett – Stephanie Sikorski
 Elizabeth Bennett – Brittany Carleton
 Lydia Bennett – Jordan Hokaj
 Mr. Darcy – Ken Held
 Mr. Bingley – John Anstett
 Mr. Collins – Andrew Adolf
 Amelia – Julia Spunt
 Mr. Wickham – Eric Robinson
 Belinda – Katie Aquino
 Amanda – Michelle Scotland

Young Man – Ethan Rugani
 Captain Denny – Alex Elwell
 Miss Bingley – Sara Gromek
 Agatha – Justine Pazderski
 Second Young Man – Chris Ploski
 Maggie – Nicole Vasquez
 Mrs. Gardiner – Samantha Zack
 Lady Catherine DeBourgh – Cassie Carleton

Col. Guy Fitzwilliam – Giuseppe Passucci
 Mrs. Lake – Sandra Jezuit

Tickets go on sale on Tuesday, Oct. 9. The cost this year is \$13 for the dinner and the play on Thursday, Nov. 1, or \$4 for just the play, for the November 1 or 2 performance. Tickets are available in the Media Center or by calling 683-4824, ext. 15.

St. Mary's High School
 presents
Jane Austen's
Pride & Prejudice

Thursday, Nov. 1
Dinner – 6:30 p.m. • Play – 7:30 p.m.

Friday, Nov. 2
Play only – 7:30 p.m.

Tickets go on sale Tuesday, Oct. 9
Dinner & Show – \$13 • Show Only – \$4*
** Dinner reservations must be made by Wednesday, Oct. 24*
 Tickets are available in the Media Center
 or by calling 683-4824, ext. 15

Welcome new teachers, Enrollment director

Stephanie Brown

Classes – Global

Studies 10, Global Studies 10 Honors

Education – Bachelor of Science degree in Education (Social Studies 7-12) from Buffalo State College



Tell us about yourself – I am an Orchard Park native. I have eight siblings (I'm the oldest). In my spare time, I read, play piano, and perform in various choirs.

Where else have you taught – Student taught at Springville-Griffith Institute Middle School and Lackawanna High School

Why St. Mary's – My stepbrother is an alumnus, and during his time here I was impressed by St. Mary's dedication to excellence. I was very excited about the opportunity to join St. Mary's

Jessica Carroll

Classes – Integrated Algebra, Math II

Education – Bachelor of Arts degrees in Math & Statistics and Secondary Education (math) from Canisius



College; Master's degree in Secondary Education (mathematics 7-12) from University at Buffalo

Tell us about yourself – I live in Williamsville. I enjoy spending time with my family and reading. I like to watch a lot of movies and spend time with friends.

Where else have you taught – Taught Calculus and AP Statistics at Grand Island High School last year.

Why St. Mary's – I came to St. Mary's because I want to be in a supportive environment for teaching and learning. Everyone here is extremely nice, and I feel like I fit in here.

Deanna Larson

Classes – French I, II, II, Spanish I

Education – Bachelor of Arts in French, with a minor in linguistics, and a Master's of Education in French

Adolescent Education from University at Buffalo.

Tell us about yourself

– My family includes my parents, as well as my brother and sister-in-law. I am from Clarence, where I graduated from Clarence High School. In my spare time, I like to play the flute and bowl.

Where else have you taught – Student taught at Lancaster High School and Pioneer Middle School. Also completed a long-term sub job at Medina High School.

Why St. Mary's – I feel that St. Mary's will be a very nice school to work at. Thus far, it seems like a small, close-knit school, with a wonderful atmosphere.



Angela Tuchols

Classes – Physical Education, Health

Education – Liberal Arts degree from Niagara County Community College; Bachelor of Science degree in Physical



Education and Sports Management from Brockport State; License in Massage Therapy from the New York Institute of Massage; Master of Science degree in Physical Education and Health from Canisius College

Tell us about yourself – I grew up in Lockport, and I am the second of four children. I enjoy snowboarding, staying active, bike riding, swimming, and playing golf.

Where else have you taught – Pilates, spinning, and trekking at Eastern Hills BAC. Also worked past two years as Aquatic Director / Recreation Supervisor at Orchard Park Recreation

Why St. Mary's – I decided to come to St. Mary's because of all of the wonderful things I have heard about the institution and staff. I am looking forward to making new friends and having a great teaching experience.

Kathryn Ratka

Classes – Keyboard & Guitar, Advanced Guitar, Advanced Keyboarding, Musical Theory, Prep Choir, Vocal Ensemble



Education – Bachelor's degree in music from SUNY Fredonia

Tell us about yourself – I was born in Buffalo, moved to Schenectady from ages 1-7, back to Buffalo in first grade, been here ever since. I have one brother, one sister (both younger). I grew up in a house with over 40 snakes and reptiles (Dad's hobby). I love art, crafts, theater. And I have a Great Dane named Hannibal.

Where else have you taught – 50+ students, over the past seven years, on violin, viola, and voice. All private students, taught at my home studio or at Crossroads Music Center in Williamsville, where I am the voice and strings teacher.

Why St. Mary's – I went to Sacred Heart for high school; I am drawn to the Catholic private school setting. Also, the position seemed to leave room for growth and innovation.

Steven Grieco

Position – Enrollment Director

Education – Bachelor's degree in sports management from Medaille College



Tell us about yourself – I am a 2001 graduate of St. Mary's. I had the opportunity to play baseball in Hawaii for the Northeastern United States team and play in Belgium for Team USA.

Where else have you worked – Youth Director for St. Joseph's, Niagara Falls.

Anything else – I am happy and excited to be back at my home away from home as the Director of Enrollment, and hope to help the St. Mary's grow and prosper. I am pleased to see a lot of the same faces, showing how much dedication our staff has! Once a Lancer always a Lancer!!

Counseling Corner

Mary Jakubowski (mjak@smhlancers.org)

683-2349

Kelly Smith (ksmith@smhlancers.org)

Demonstrating interest

Each year, most selective colleges report record numbers of applications for spots in their entering class. The increase in applications can be attributed to several causes.

The population of high school graduates is still on the rise, and a higher percentage of these students are college-bound. In addition, seniors today tend to apply to a greater number of colleges, spurred on, in part, by the relative ease of the Common Application and its relatives.

Colleges, showing concern about yield (the number of accepted students who actually enroll), often factor the applicant's apparent

interest in their college into the application decision. How can you demonstrate your sincere interest in each college to which you apply?

"Sincere interest" requires work on your part.

You should have thoroughly researched each college on your list, visited the campus if at all possible, and understand the ways in which each is a good fit for you.

To do this, seek out opportunities to speak with admissions officers—attend regional information sessions and college fairs, and meet with the reps who visit your school.

Respond positively to offers of interviews; come prepared, armed with a few questions of your own. Learn who handles the applications from your region and shoot off an occasional e-mail to reaffirm your

interest, ask a question, or provide new information about honors or awards won after your application was submitted.

When using the Common Application, be sure to *customize* your answers for each college. Applying for a major not offered at that institution, or professing your interest in another school in your essay does little to convince the admissions committee of your "sincere interest" in *their* campus. Read each college's mission statement, understand course requirements, and look to choices of majors before answering the "why us" question.

Students whose responses demonstrate how a college is a good personal fit have a competitive edge in the admissions process.

CC Timeline

October 2007

2nd – Registration deadline for Nov. 3 SAT

6th – SAT and Subject Tests

17th – PSAT exam for juniors, PLAN for sophomores, NEDT for freshmen

27th – ACT and ACT plus Writing

30th – Registration deadline for Dec. 1 SAT

Meet with college reps visiting high school

Seniors - Continue work on applications

November 2007

2nd – Registration deadline for Dec. 8 ACT

3rd – SAT and Subject Tests

Seniors – File Early Decision/ Early Action applications

Work on remaining college applications

Seniors – get a FAFSA from counselor or online at www.fafsa.ed.gov

Athletes & college recruiting

Thinking about playing your chosen sport in college?

Are you wondering how to make your involvement in athletics enhance your chances of admission?

Here are some guidelines for prospective college athletes.

- Choose a college by following the "broken leg" rule. It's simple—if you were unable to compete there, would you still want to attend that college?
- Earn the best grades that you can. Although you may receive letters of interest from very selective colleges, they will not continue in the recruiting process unless they feel you can be competitive academically as well as on the playing field. SAT and/or ACT scores are also critical for these institutions. Required GPA and

scores will be far above the NCAA eligibility requirements.

- Be realistic. Ask your coach for his/her honest assessment of your ability to play at Division I, II, or III.
- Be proactive. Start the process early. Research colleges that meet your criteria both for athletics and academics. Include schools with sports teams from at least two different divisions. Complete prospective athlete forms on the athletics area of college websites. E-mail appropriate coaches expressing your interest in their program.
- Market yourself. Don't count on colleges finding you. Make yourself visible by playing at

(Continued on page 4)

Internet sites of the month

www.collegestudentathletes.com

Here's a site for high school athletes who want to combine sports and academics at a Division III college. Match your academic, athletic and extracurricular needs to find the schools that best fit your criteria. The site also includes a treasure trove of information about the recruiting process, financial

aid, and what it's like to play at a D3 school. A conference search tool allows you to focus in on the schools that play in one of the 44 D3 conferences. A resources page provides links to websites that are helpful to D3 athletes. Try out this free site to pursue your interest in athletics.

www.commonapp.org

For those of you just beginning on the college search process, you might want to take an early look at the parts of a college application. The Common Application, currently being accepted at over 300 colleges nationwide, is a good place to start. Download a copy of the application in pdf format, and check out the information that colleges will want to know. An early look at the essay questions will give you time to think

about experiences that reveal the true you, while the discipline statement you'll be asked to sign might make you more aware of the impact of behavior on college acceptance. If you're ready to begin applying to college, use of the common application will greatly streamline the procedure. Apply online after downloading the grid showing member colleges and their application requirements.

Set example of respecting teachers

Most high school students say they want to be treated with respect. But when it comes to their teachers, teens admit that they and their peers often don't extend that same respect to them.

In fact, a national survey of teens found that most teachers show respect to their students. But less than one in four students say their classmates treat teachers with respect.

What can you do to make sure your teen is not one of the students who is disrespectful? Here are three tips:

- **Be a good role model.** When you are talking with your teen, call teachers by their names—not "that

math teacher."

- **Meet your teen's teachers.** It's always easier to work together once you have spoken in person.

- **Help your teen put complaints in perspective.** He may be upset with something a teacher said in class. Just say, "Teaching is hard work. She was probably just tired."

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Attendance is important

Some teens don't see the importance of school. They feel they're not learning anything if the lessons can't be directly applied to the "real world."

Use this thinking to promote attendance. Help your teen see that good attendance is important in the real world. Ask your teen what her future career goals are. Then talk about how important attendance is in that field. For example, if she wants to be:

- A chef, the restaurant couldn't open without her being there.
- A firefighter, the whole town could burn down if she decided to take the day off without telling anyone.
- A reporter, her newspaper or television station could miss out on the big story due to her poor attendance.

By this point, she'll probably be impatiently saying, "I get it." Explain to her that you're just trying to make the point that regular school attendance is crucial for her success in school. Talk about your job, and what would happen if you didn't have a good attendance habit.

If your teen is regularly absent or tardy, discuss the reasons why. Is she a slow starter in the morning? Then help her get in the habit of getting ready the night before. If she doesn't start a good morning routine now, she may face getting fired for being late in the future.

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Keep track of how much your teen uses the Internet

Many of today's teens think that they know more about using the Internet than their parents do, just because they've grown up using it and spend a lot of time in front of the computer.

To one extent, they're right—your teen probably does know more about chatting online, using social networking sites and shopping online than you do. However, some teens ignore the potential dangers of the Internet. It's up to you to talk with your teen about Internet safety.

To keep your teen safe online:

- **Make rules and enforce them.** As a family, discuss Internet safety. One great way to monitor your teen's online activities is by putting the computer in the living room. Your teen is less likely to break the rules if there's a chance you might look over her shoulder.
- **Use privacy filters.** Your Internet provider can help you adjust the security settings on your computer. They can help you filter out sites you don't want your teen

viewing.

- **Talk with your teen.** Ask her what her favorite websites are, who she is instant messaging and if she keeps a blog. Let her know that you're not trying to spy on her; you're just trying to keep her safe.
- **Spend time online yourself.** This will help you see what's out there.

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Spotlight on College Majors—

Business / Entrepreneurial Studies

Business remains the most popular major on American college campuses, with about 25 percent of all bachelor's degrees awarded in this area. Business studies can be divided into specific areas such as accounting, finance, marketing, and management. Many business majors, however, are interdisciplinary, drawing upon each of these areas. Entrepreneurial studies is one of the most practical of the business majors; it focuses on the skills needed to set up and run your own small business. (The U.S. Small Business Administration defines a "small business" as one that employs less than 500 people.)

Most new businesses fail within their first five years of operation. For this reason, budding entrepreneurs need to learn how to maximize their chances for success. Learning to write a business plan, discovering ways of funding a business, understanding sales and marketing, getting a handle on business accounting, and developing strategies to provide leadership for a team are all much needed skills. The entrepreneurial studies major must learn to do strategic planning, become grounded in business law and ethics, develop management skills, and understand business communications and networking. This is the major of choice for individuals who want to learn how to recognize and respond to new business opportunities. It's also an excellent choice if you wish to use your energy and creativity to enhance and grow a family-owned business. Successful entrepreneurs need to communicate well, and be both well-organized and persuasive. You'll need to convince others that your ideas have merit and that you have a concrete plan to reach your goal. Thus, the entrepreneurial studies major is ideal for creative, energetic types who want to chart their own course, and who are comfortable with taking risks.

Although courses required for this major vary from college to college, nearly all schools require students to



www.bsu.edu

first take a core of general business courses. Classes in accounting, finance, economics, management, and marketing provide a financial and managerial knowledge base. The remaining courses in the major should be a mix of the "academic" and the "pracademic". The additional courses in the major generally focus on developing and writing business plans, financing a business, sales and marketing, taxation, and new product development. Elective classes look to the individual interests of emerging entrepreneurs, with classes in family business, mergers and acquisitions, franchising, managerial law, organizational effectiveness, solving business problems, and launching a company. A major difference between entrepreneurial studies at different colleges is the variety of courses available. While the coursework can provide the theoretical and practical information about starting, operating, and managing a small business, the best programs have a strong experiential component, providing students with opportunities to practice

what they've learned. Some offer courses such as *New Venture Planning* (Rider University) in which students choose a hypothetical business that they are interested in starting, complete a business plan involving market research and marketing strategy, and look at business locations and staffing issues. Rider encourages students to apply for a \$5,000 seed money grant to help launch their new business after graduation.

When considering programs, look for faculty who have strong academic credentials coupled with real-world experience as entrepreneurs or as consultants to small businesses. Classes should be project-oriented and provide opportunities to interact with local companies. The availability of internships that allow students to work with real-world issues is invaluable. Look for other program enhancements such as incubator space (to launch your own company), business plan competitions, access to experts in the industry, and access to venture capital and seed financing.

There are also other career options open to entrepreneurship majors. Some graduates go into sales and marketing, while others look for careers managing business operations. Careers in investment banking and venture capital funding are additional options for those with degrees in this area. The skills gained through entrepreneurial studies programs are both practical and marketable. It is the entrepreneur who brings new products to market. Understanding how to do this successfully is an excellent way to improve the lives of others.



Athletes & College

(Continued from page 1)

regional events and showcases. Make unofficial visits to campuses that interest you. Contact the coaches ahead of time and ask if you could meet with them when you're on campus.

Register on the NCAA Clearing-house website by the end of junior year.

More Information

Parents – Mark your calendar for Tuesday, April 1, 2008. The NACAC Buffalo National College Fair will be in the Buffalo Convention Center. Over 220 colleges will be represented.

Prudential Spirit of Community Awards are for students who have given generously of their time and talents as a young volunteer. Visit www.prudential.com/spirit to apply. Deadline: October 31, 2007.

Coca-Cola Scholarship. Apply at www.coca-colascholars.org. Deadline: October 31.

Canisius College Fine Arts Scholarship – Art & Music - for students planning to major in Art History or have talent in Studio Art or Music (performance). Deadline: January, 2008.

SAT Prep Class – Trocaire College – Wednesdays in October. Call the Life Long Learning office for more info. (Trocaire College-826-1200)

College Night for Students with Disabilities. Learn what services are available at WNY Colleges and Universities. UB Center for Tomorrow, October 25, 6:30-9 p.m. Call 270-5339 for reservations.

The Parent Network of WNY meets often with sessions designed to provide parents with information, support, and new ideas. Call 332-4170 for more information.

Grade report schedule for the 2007-2008 School Year

End of Quarter

<u>Quarter Closes</u>	<u>Grades Due</u>	<u>Report Cards Distributed</u>
November 8	November 13	November 19
January 25	January 29	February 1
April 4	April 8	April 11
June 26	June 26	July 1

Mid Quarter Progress Reports

<u>Due</u>	<u>Mailed</u>
October 10	October 12
December 19	December 19
March 5	March 7
May 14	May 16
(Seniors only for 4 th Quarter)	
April 30	May 2

Interim Progress Reports

<u>Due</u>	<u>Mailed</u>
October 24	October 26
December 5	December 7
January 9	January 11
February 13	February 15
March 18	March 21
April 30	May 2
May 28	May 30

Does your child get enough calcium?

Healthstyles, the wellness magazine of Independent Health, reminds parents that children between the ages of 9 and 18 should get 1,300 milligrams of calcium every day. In a study published in the American Journal of Clinical Nutrition, calcium from food strengthened bones better than supplements.

Some calcium-rich foods and beverages include:

- Plain low-fat yogurt (450 mg per cup)
- Nonfat milk (300 mg per cup)
- Orange juice fortified with calcium (300 mg per cup)
- Tofu (204 mg per cup)
- Broccoli (90 mg per cup)

Galaxy XVI

Saturday, Nov. 3

Grand Prize \$10,000

*Volunteers –
you will be notified soon
of your assignments*

*For more information, call
the Development Office
683-4824, ext. 28*



The Parent Guild



Upcoming Guild meetings

OCTOBER 9th

Topic: Depression in Teenagers

Speaker: Rev. Joseph Burke,
Canisius College, Assistant Professor,
Counseling & Human Resources Department

NOVEMBER 13th

Topic: Financial Aid for College

Speaker: Expert from State University at Buffalo

From the Athletic Office

The 2006-2007 academic year was a memorable one for the St. Mary's High School student-athletes and teams, both in the classroom and in the athletic arenas. On the academic side, a number of our student-athletes were nominated for various All-Academic teams. The girls' volleyball team, which was nominated for state all-academic nomination, demonstrates our commitment to academics.



Our yearly goal is to win the Supremacy Cup each and every year and to win multiple league and playoff titles. Academically, we want our student-athletes to continue to excel in the classroom with the understanding that their No. 1 goal is to achieve academic excellence. We are committed to following our plan of excellence that is St. Mary's High School.

Thank you for the leadership and the examples that you have set over the years. We look forward to your continued support and an even closer relationship.

On the fields of competition, St. Mary's was awarded the Monsignor Martin League "A" Supremacy Cup trophy for the 2006-2007 athletic year. Capturing league championship trophies were girls' tennis, girls' volleyball, girls' soccer, wrestling, and baseball.

But as good as 2006-2007 was, our goal is to be even better this year. We have the facilities, coaches, and academic support system in place to ensure continued excellence, and we are committed to that end.

Go Lancers,

Dan Gill

Director of Athletics

2007 Fall Sports Schedules

Girls Volleyball

JV matches begin at 4:30 p.m. (unless indicated) with varsity immediately following

Mon., Oct 1 vs. O'Hara
 Wed., Oct. 3 vs. Mt. Mercy
 Thu., Oct. 4 @ Eden
 Fri., Oct. 5 @ Nardin
 Tue., Oct 9 vs. Sacred Heart
 Fri., Oct 12 vs. Niagara Wheatfield
 Mon., Oct. 15 @ Mt. Mercy
 Wed., Oct. 17 @ Mt. St. Mary's
 Thu., Oct. 18 vs. Starpoint
 Tue., Oct. 23 @ Frontier
 Thu., Oct. 25 Quarterfinals
 Tue., Oct. 30 Semifinals
 Mon., Nov. 5 League Finals
 Nov. 10-11 State Championships

Varsity Football

Sat., Oct. 6, 2 p.m. @ O'Hara
 Sat., Oct. 13, 2 p.m. @ Eden
 Sat., Oct. 20, 2 p.m. vs. Timon
 Fri., Oct. 26, 7 p.m. @ Walsh

Sat., Nov. 3 - League Playoffs
 Sat., Nov. 10, 11 a.m. - League Championship @ Ralph Wilson Stadium

JV Football

Sat., Oct. 6, 10 a.m. vs. O'Hara
 Sat., Oct. 13, 10 a.m. vs. Eden
 Sat., Oct. 20, 10 a.m. @ Timon

Golf

Mon., Oct 8, 9 a.m. - All Catholics

Boys Soccer

All games begin at 4:30 p.m.
 Wed., Oct. 3 vs. St. Joe's
 Fri., Oct. 5 @ Canisius
 Thu., Oct. 11 @ Timon
 Wed. Oct. 17 vs. Nichols

Boys Volleyball

Tue., Oct. 2, 6:30 p.m. vs. Timon
 Thu., Oct. 4, 6:30 p.m. @ St. Francis
 Wed., Oct. 10, 6:30 p.m. vs. St. Joe's

Tue., Oct. 16, 6:30 p.m. @ Canisius
 Thu., Oct. 18, 6:30 p.m. @ O'Hara
 Wed., Oct. 24. 6:30 p.m. @ Timon

Boys Cross Country

Wed., Oct. 3, 4:55 p.m. vs. Timon, St. Joe's (St. Francis)
 Wed., Oct. 10, 4:15 p.m. vs Canisius, Gow (Westwood)
 Sat., Nov. 3 - All Catholics

Girls Soccer

All games begin at 4:30 p.m.
 Tue., Oct. 2 @ O'Hara
 Wed., Oct 10 @ Niagara Catholic
 Tue., Oct. 16 @ Immaculata

Girls Cross Country

Thu., Oct. 4, 4:20 p.m. vs. Immaculata (Cazenovia)
 Thu., Oct. 11, 4 p.m. vs. Nichols (Cazenovia)
 Thu., Oct. 18, 4 p.m. vs. Sacred Heart (Cazenovia)
 Thu., Oct. 25, 4:20 p.m. vs. Holy Angels (Cazenovia)
 Sat., Nov. 3 - All Catholics

Schedule updates – www.smhlancers.org

What if ...up to 26% of each purchase you made went to your favorite worthy cause?
 Your shopping at hundreds of online stores helps St. Mary's High School with each purchase!
 It's all free & private. Join today and change online shopping for good. Go to igive.com for more information.

School Meals

**We serve education everyday
through healthy choices**

October 2007 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini subs, hash brown patty, orange juice, fresh fruit, milk variety	2 Chicken patty on roll, cold pasta, salad, Jell-O, milk variety	3 Cheese burger on roll, tater rounds, corn, fresh fruit, milk variety	4 Tacos, soft or hard shell, seasoned meat, cheese, lettuce, salsa, milk variety	5 Stuffed-crust pizza, chef salad, brownies, milk variety
8 No School – Columbus Day	9 Chicken fajitas, soft shell, peppers, onions, baked Doritos, fresh fruit, milk variety	10 Goulash with meat sauce, chef salad, bread sticks, fresh fruit, milk variety	11 Chicken nuggets, mashed potatoes with gravy, green beans, fresh fruit, milk variety	12 Mini subs, hash brown patty, orange juice, fresh fruit, milk variety
15 Meat ball subs, oven fries, fresh fruit, milk variety	16 Chicken finger subs, baked ziti, fresh fruit, milk variety	17 No lunch – Half Day	18 Southwestern pizza, chef salad, fresh fruit, milk variety	19 Grilled cheese, tomato soup, oven fries, fresh fruit, milk variety
22 Tacos, seasoned meat, soft or hard shell, cheese, lettuce, salsa, rice, fresh fruit, milk variety	23 Pizza subs, hash brown patty, fresh fruit, milk variety	24 Brunch for Lunch: eggs, sausage, French toast, hash browns, apple sauce, milk variety	25 Goulash, meat sauce, chef salad, bread sticks, fresh fruit, milk variety	26 To be announced
29 Chicken patty on roll, tater tots, fresh fruit, milk variety	30 Spaghetti, meat balls, chef salad, Italian bread, fresh fruit, milk variety	31 Cheeseburger on roll, wedge potatoes, brownies, milk variety		

Breakfast Served Every Day – 7:15-7:45 p.m.

Cost — \$1

Juice / Milk with Bagel & cream cheese
OR Cinnamon bun

Note - a la carte items (Pop-Tarts • Cereal • Toast) may be purchased 60c each, milk or juice for 40c each

All students eligible for Free/reduced Lunch are eligible for breakfast

Students may prepay for lunch by the week or month at \$2.25 per day

Menu Choices

Balanced lunch as shown on menu OR

Salad Bar & Deli Bar

Side dishes included with Salad/Deli Bar

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





Cafeteria has position available

The St. Mary's Cafeteria is looking for a person for the kitchen. The position is to work in the kitchen for 2 1/2 hours per day five days a week at a rate of \$7.30 per hour.

For more information or to apply for the position, please call Mrs. Evelyn Skalski, cafeteria manager, at 683-0630 between 6 a.m. and 2 p.m. when school is in session.

Reminder:
Student lunches are
\$2.25 per day

October 2007 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1-C Student Senate 2:30pm WVB vs O'Hara 4:30pM	2-D SADD Meeting 2:30pm Curriculum Committee 2:30pm Registration Deadline for Nov. 3 SAT WSoc @ O'Hara 4:30pm MVB vs. Timon 6:30pm	3-E Book Club in Marian House 2:30pm MSoc vs. St. Joe's 4:30pm WVB vs Mt. Mercy 4:30pm MCC vs. Timon, St. Joe's 4:55p	4-F Portrait Retakes during Lunches WCC vs. Immaculata 4:20pm WVB @ Eden 4:30m MVB @ St. Francis 6:30pm	5-A Special Schedule Class Meetings Junior Class Breakfast College Consortium 9-9:45pm Emergency Dismissal Drill MSoc @ Canisius 4:30pm WVB @ Nardin 4:30pm	6 SAT Test Date Varsity Football @ O'Hara 2pm JV Football vs. O'Hara 10am
7	8-Off Columbus Day No School Golf All-Catholics 9am 	9-B NHS 2:30pm Campus Ministry 2:30pm Parent Guild Board 6:30pm Parent Guild 7pm (Topic: Teenage Depression) WVB vs Sacred Heart 4:30pm	10-C Principal's Ad Board 2:30pm MCC vs. Canisius, Gow 4:15pm WSoc @ Niagara Catholic 4:30pm MVB vs. St. Joe's 6:30p	11-D WCC vs. Nichols 4pm MSoc @ Timon 4:30p	12-E Pride Day WVB vs. Niagara Catholic 4:30pm 	13 SMH Grade School Volleyball Tourney Varsity Football @ Eden 2pm JV Football vs. Eden 10am
14	15-F Student Senate 2:30pm WVB @ Mt. Mercy 4:30pm	16-A Senior Casual Dress Day WSoc @ Immaculata 4:30pm MVB @ Canisius 6:30pm	17-Test Testing Day NEDT/PSAT/PLAN 11:30am Dismissal Senior College Visit Day Faculty Staff Meeting 11:30am MSoc vs. Nichols 4:30pm WVB @ Mt. St. Mary's 4:30pm 	18-B Junior Ring Mass 6:30pm WCC vs. Sacred Heart 4pm WVB vs Starpoint 4:30pm MVB vs. O'Hara 6:30pm	19-C Freshman Retreat 8am-2pm	20 Varsity Football vs. Timon 2pm JV Football @ Timon 10am
21	22-D Student Senate 2:30pm Scholars to Carousel Museum 6pm	23-E WVB @ Frontier 4:30pm	24-F New Student School Physicals MVB @ Timon 6:30pm	25-A WCC vs. Holy Angels 4:20pm WVB Quarterfinals	26-B	27 Varsity Football @ Walsh 7pm Admission Prep Class 9am-12noon
28	29-C Student Senate 2:30pm	30-D Registration Deadline for Dec. 1 SAT WVB Semifinals	31-E Senior Halloween Dress	1-F Double Assembly (Class Meetings) PM Liturgy (All Saints Day) Dinner Theater 6:30pm 	2-A Theater 7:30pm Registration Deadline for Dec. 8 ACT	3 SAT Test Date (Registration Deadline Oct. 2) Admissions Prep Class 9am-12noon Galaxy of Prizes 6-10pm VFB - League Playoffs MCC All-Catholics WCC All-Catholics

**EARN FREE SUPPLIES
at OFFICE DEPOT**

Every time you give our School ID number when buying qualifying school supplies, St. Mary's receives credits equal to 5% of the qualifying purchases to use for Free Supplies!

The School ID for St. Mary's High School is 70073221



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