

Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 16, Issue 3 • November 2007

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Let us be thankful ...

The hardest arithmetic to master is that which enables us to count our blessings. ~Eric Hoffer

Dear Friends,

As I write this letter today, we are entering the month of November, the month of Thanksgiving. While the weather gets colder outside, let us be thankful to have the clothing and shelter to keep us warm. As we get deeper into the school year, let us be thankful for the many opportunities that we have been presented with. While the trees lose all of their leaves, let us be thankful for all of the new trees that have been planted in the wake of last year's surprise storm. (Let's also be thankful that anniversary came and went without another storm!)

I would like to take this time to express my sincere gratitude for the many wonderful things that have come to St. Mary's already this school year:

- For the wonderful new students & families that have joined us this year: I already see so many new students involved and working hard. I am thankful that they (and their parents) have chosen St. Mary's and that they have already been, and will continue to be, valuable members of our community.
- For the talented new faculty and staff members who have agreed to give their time and talent to our students and community: It has been so exciting to see the fresh and creative approaches that they are taking both inside the classroom and out.
- For the returning students, families and faculty/staff: Their wisdom and experience have been the light



for the new people in the building. Thank you for continuing to share your gifts with our community.

• For our club/organization moderators: Thank you for coming forward to lead our students in the extra-curricular activities that will make them better students. I am also thankful that so many of our students have become active in both the new clubs, as well as the traditional clubs. You can truly see a vibrant community when you walk through our doors each day!

• For our sports teams: As I write this letter, the girls soccer and boys golf teams have brought home their second consecutive league championships! Hopefully this will be the beginning of many successes this year. This week, our boys/girls volleyball teams will both participate in playoff matchups, as well as our football and cheerleading teams this Saturday. I am thankful that these student-athletes are able to have these opportunities; I hope that you will join me in praying for their continued success.

I am looking forward to seeing many of you at this weekend's activities: the dinner theatre and theatre performances on Thursday and Friday, followed by the football game and Galaxy of Prizes on Saturday.

May God bless you and your entire family as we enter into the beginning of the holiday season.

Sincerely,

Principal

Women's soccer team wins second straight championship

A big congratulations to the Women's Varsity Soccer team as they defeated Immaculata Academy to win the Msgr. Martin Small School Championship for the second year in a row. The Championship Game was held October 28 at Amherst High School.

The Lady Lancers were down 2-0 early in the second half but made a great comeback on goals by freshman Victoria Fontana

and junior Sarah Dutro within two minutes of each other. Regulation time ended in a tie, as did overtime and double overtime, forcing a shoot-out. Goalie Michelle Scotland held strong, as goals by Dutro and junior Juelie Scanlon sealed the victory.

In the semifinals, the Lady Lancers defeated Niagara Catholic 6-2, with two goals by Rachelle Besser.

Congratulations to the team – Katie Aquino, Rachelle Besser, Sarah Dutro, Caitlyn Ferber, Victoria Fontana, Katie Kapanek, Bridget Rosati, Maria Rosati, Juelie Scanlon, Mary Scotland, Michelle Scotland, Samantha Spisiak, Raeann Stilwell, Christie Valentino – along with coaches Amy Wesolek and Evan Williamson on your championship and a great season!

Fundraiser increases ASD awareness

Senior Ali Marszalkowski, through the Student Leaders Program with the Buffalo Bills, is conducting a Pieces of Hope Fundraiser with the goal of raising money and awareness of Autism Spectrum Disorder, or ASD.

The National Institute of Mental Health describes Autism Spectrum Disorders (ASD), also known as Pervasive Developmental Disorders (PDDs), as diseases that cause severe and pervasive impairment in thinking, feeling, language, and the ability to relate to others. These disorders are usually first diagnosed in early childhood and range from a severe form, called autistic dis-

order, through pervasive development disorder not otherwise specified (PDD-NOS), to a much milder form, Asperger syndrome. They also include two rare disorders, Rett syndrome and childhood disintegrative disorder.

In her fundraiser, Ali will be visiting homerooms during the week of November 5 to 8 selling puzzle pieces for \$1 each. These puzzle pieces will then be assembled to show how much the school supports ASD research.

For each puzzle piece the students purchase, their name will be entered into a raffle for two tickets to the Buffalo Bills - Miami Dolphins game on December 9 at Ralph Wilson Stadium.

1st Quarter Follow-up is November 19

First quarter report cards will be distributed to parents on Monday, Nov. 19, from 4 to 7 p.m.

The faculty will be present at this time, giving parents the opportunity to briefly meet individually with their sons'/daughters' teachers, if desired.

A parent-teacher conference is an excellent opportunity for parents to both give and receive information. To make parent-teacher meetings productive, the following general topics and related questions are suggested:

- **Homework** – Is my son/daughter's homework completed accurately and on time?
- **Focus** – Does my son/daughter pay attention in class?
- **Class Participation** – Does my son/daughter participate in class by asking questions and volunteering answers?
- **Class Time Management** – Does my son/daughter use class time wisely?
- **Organization** – Does my son/daughter

come to class prepared (homework, textbook, notebook, writing supplies, etc.)?

- **Strengths and Weaknesses** – What is my son/daughter good at doing in this course? What does he/she need to work on?
- **Suggestions for Improvement** – What are your suggestions or advice for my son/daughter's academic success in this class?
- Add other questions tailored to individual courses.

If a parent is unable to pick up the report card on November 19, the student will receive the report card in school the following day.

Important Note: As stated in the St. Mary's High School Tuition Policy, "Report cards will not be distributed to parents or students when two or more months of tuition are due." If your account is past due, please make the necessary arrangements to bring your account current. Thank you for your cooperation.

Reminder: School closings

As the winter months approach and thoughts turn to school closings, here is some information regarding Snow Days that parents and students should be aware of:

- Mrs. Kranz is in touch with several public school districts, and a decision to close the school is usually made between 6 and 6:30 a.m.
- Information on school closing will then be passed on to Channels 2, 4, or 7, and WBEN-Radio 930. Please listen to the announcements carefully; just because schools around St. Mary's are closed does not necessarily mean St. Mary's is closed.
- Mr. Kidder will change the main phone message and the St. Mary's website to reflect this closing.
- When St. Mary's High School is closed, all activities, including sports, are cancelled.
- If your school district is closed but St. Mary's is open, students are legally absent; you do not have to call your student in, though it would be helpful if you did. Students are responsible for their assignments.
- If a student comes to school, it is our expectation that they will remain until the school is closed or the end of the school day.
- Students that are absent from school are not allowed to participate in any extra-curricular activities on that day.
- If a district closes during the day, students will be released only to district transportation or a designated parent or guardian. We will not release students to ride with other students or other parents, except for siblings.
- If a parent or guardian decides it is necessary to pick a student up during the day, please call to let us know you are coming.

If you have any questions on this policy, feel free to contact the school at 683-4824.

Reminder: College visitation policy

St. Mary's High School encourages members of the senior class to visit colleges they are considering but not when doing so will jeopardize their present academic studies. If at all possible, St. Mary's recommends that visits take place during school vacations.

If visits must take place during school hours, seniors are asked to limit their visits to a "reasonable" number. The administration reserves the right to deny an off-cam-

pus pass if they feel a student is abusing this policy or is in poor academic standing.

In addition to submitting parent permission prior to the visit, students are required to submit to the Discipline Office a letter from a college official on college letterhead stating that the student was visiting that college on the day in question.

If you have any questions regarding this policy, please contact the school.

Currents

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Keeping our athletes safe

Several stories have recently appeared in the media regarding MRSA (Methicillin-Resistant *Staphylococcus aureus*) and Staph infections. St. Mary's High School has long been taking preventative measures to prevent the spread this disease as well as other similar illnesses among the athletes.

According to Mr. Mark Kelso, assistant coach on the varsity football team, every day the team addresses the overall health of the players.

"We take home the vests and towels that we use on the field and have them sterilized each night," Mr. Kelso reported, "as opposed to sitting in storage until the next use."

In addition, the water bottles and gallon containers are run through the school's dishwasher at the end of practice every day. Also, posters have been posted in all locker rooms regarding proper hygiene.

All this, and more, is done to keep the St. Mary's athletes safe.

From the Tuition Office

Winter Sport Parent Volunteer Sign-Up Night will coincide with First Quarter Follow-up on Monday, Nov. 19. Sign-up sheets will be available in the "Blue Room" (the former Development Office). Coordinators of each sport will be available to answer questions from 6 to 7 p.m.

Parents coordinators are also needed for the following positions:

- Boys Basketball
- Weekend Tournaments

Parent Volunteers are needed for a Cheerleading Tournament on Saturday, Nov. 17. Shifts available are 7 a.m. to 1 p.m. and 12 noon to 6 p.m.

Those who are interested in serving as a coordinator or volunteering should contact Mrs. Sue Mulhern (smulhern@smhlanders.org or 683-4824, ext. 23). Deadline for coordinator application is Monday, Nov. 5.

Two more named AP Scholars



Alyssa Owczarczak

St. Mary's High School has just learned that, in addition to the seven students named last month, two other students have earned the designation of AP Scholar by the College Board.



Giuseppe Passucci

Alyssa Owczarczak and Giuseppe Passucci qualified for the AP Scholar Award by completing three or more AP Exams with grades of three or higher. Congratulations, Alyssa and Giuseppe.

From the Health Office

Below are answers to some common questions regarding *Staphylococcus aureus* or MRSA infection from the New York State Department of Health.

What is Staphylococcus aureus or Staph?

Staph is a type of bacteria. It may cause skin infections that look like pimples or boils. Skin infections caused by Staph may be red, swollen, painful, or have pus or other drainage. Some Staph (known as Methicillin-Resistant *Staphylococcus aureus* or MRSA) are resistant to certain antibiotics, making it harder to treat. The information in this article applies to both Staph and MRSA.

Who gets Staph infections?

Anyone can get a Staph infection. People are more likely to get a Staph infection if they have:

- Skin-to-skin contact with someone who has a Staph infection
- Contact with items and surfaces that have Staph on them
- Openings in their skin such as cuts or scrapes
- Crowded living conditions
- Poor hygiene

How serious are Staph infections?

Most Staph skin infections are minor and may be easily treated. Staph also may

cause more serious infections, such as infections of the bloodstream, surgical sites, or pneumonia. Sometimes, a Staph infection that starts as a skin infection may worsen. It is important to contact your doctor if your infection does not get better.

How are Staph infections treated?

Treatment for a Staph skin infection may include taking an antibiotic or having a doctor drain the infection. If you are given an antibiotic, be sure to take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it. Do not share antibiotics with other people or save them to use later.

How do I keep Staph infections from spreading?

- Wash your hands often or use an alcohol-based hand sanitizer
- Keep your cuts and scrapes clean and cover them with bandages
- Do not touch other people's cuts or bandages
- Do not share personal items like towels or razors

If you have any questions about your condition, please ask your doctor. For more information, please visit: http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html.

September Students of Month



Christina Knapp



Steven Wrobel



Adam Page



Victoria Fontana

Discipline free for five weeks

Congratulations to the following homerooms who were discipline free for the first 5 weeks of school:

- Freshmen: 215 (Mr. Fay) and 220 (Mrs. Tytko)
- Sophomores: 212 (Mrs. Aures)
- Juniors: 121 (Mrs. Tandy)

Keep up the good work!

St. Mary's unveils three new organizations

As the new school year begins, St. Mary's is pleased to add three new clubs to the list of extracurricular organizations available to students: the Donate Life Club, the Friends of Rachel, and SADD.

The Donate Life Club, under the leadership of Mr. Keith Junik, is a club committed to spreading awareness about organ, tissue, and blood donation. The club works hand in hand with Upstate New York Transplant Services (UNYTS) to familiarize, organize, and

share information with the student body.

The club is off to a wonderful start with 39 members and will head on a field trip to the UNYTS Facility next month. Anyone interested in more information on the Donate Life Club should email Mr. Junik at kjunik@smhlancers.org.

The Friends of Rachel (FOR) is a program that is for things, not against things. It is not only a program designed for the students to reach out to each other but to reach

out to people different than themselves.

FOR is inspired by the September visit of Britta Holtcamp from Rachel's Challenge, named for Rachel Scott, the first student shot and killed in the Columbine High School tragedy. It is designed for the members to assist and befriend new students, to be seen though not look at-ers, and to be "first initiators." The FOR Program does not just help change the temporary *climate* of your school; it helps create a permanent **culture** change. The school assembly plants the seed of a "chain reaction"; FOR is what causes the chain to grow. School nurse Mrs. Beth Murphy, counselor Mrs. Mary Jakubowski, teacher Mrs. Trish Connelly, Dean of Students Mrs. Lynn Leonard, and principal Mrs. Rebecca Kranz are moderators of the club. Students who wish to join should see one of the moderators.

Miss Kelly Smith, school counselor, is serving as the moderator of the school's chapter of SADD, Students Against Destructive Decisions. The SADD mission is to provide students with the best prevention and intervention tools possible to deal with the issues of underage drinking, drug use, impaired driving, and other destructive decisions.

There are many things that the St. Mary's SADD chapter can work on. Each month has a different focus. For the month of October SADD chose to work on the National Red Ribbon Celebration, which encourages others to take a stand against alcohol and substance abuse. This took place from October 22-26. Every morning that week there were educational announcements surrounding the effects of alcohol and substance abuse as well as "themed" days. For example, October 23 was "Shade out" drugs day, and students were encouraged to wear sunglasses.

In the upcoming months there are many things that the chapter can choose to focus on. November's focus is to wipe out smoking. December's focus is on National Drunk and Drugged Driving Prevention and HIV/AIDS awareness month. All students are welcome to participate in SADD and should see Ms Smith to join.

Scholars visit carousel museum

On October 22, the members of the St. Mary's Scholars Program visited the Herschell Carousel Museum in North Tonawanda.

After a guided tour featuring the history of wooden carousels and their manufacture,

the students rode the museum's authentic 1916 carousel.

Each month, the members of the Scholars Program visit a local cultural or educational institution around Western New York. In November, the Scholars Program students

will view a presentation at Buffalo State College's Ferguson Planetarium, and in December, the students will tour the Albright-Knox Art Gallery.

Currently, 29 students are involved in the St. Mary's Scholars Program. To be a member, a student must be a junior or senior who takes advanced and honors courses while maintaining an overall average of 93 or better.

Upon graduation, these students are formally recognized as St. Mary's Scholars.



Scholar members Alyssa Owczarczak, Chris Horvatits, and Andrew Adolf prepare for their ride on the carousel built in 1916.

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.

Thanks for your understanding.)

Galaxy XVI
Saturday, Nov. 3rd

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

Alumni News

ND senior speaks to classes

Andrea Laidman, a 2004 graduate of St. Mary's High School and a present senior at the University of Notre Dame, recently re-

turned to St. Mary's to speak to present students.

First, Andrea spoke to Mrs. Cindy Powers' Catholic Social Teachings class about the death penalty. Andrea has become an expert on international social issues through her studies and intern experiences in South Africa and Ireland.

Andrea returned the next day to speak to Mr. Peter Herr's Leadership class about what she has done in college and what it takes to be a successful student.

West Point honors Matt Walter

Cadet Mathew Walter, a 2006 graduate of St. Mary's High School, has earned the Distinguished Cadet Award at the U.S. Military Academy.

Distinguished Cadets are those cadets who demonstrate academic excellence by achieving a grade point average of 3.67 or higher. The insignia for the Distinguished Cadet Award is a gold star.

Matt, the son of Conrad and Michele Walter of Alden, plans to graduate from West Point in 2010 and be commissioned a second lieutenant in the U.S. Army.

The mission of the U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of duty, honor, country, and prepared for a career of professional excellence and service to the nation as an officer in the U.S. Army.



Andrea Laidman speaks to seniors Ali Marszalkowski and Giuseppe Passucci about her experiences at the University of Notre Dame.

Food Collection to benefit St. Luke's

The Campus Ministry Department of St. Mary's High School is conducting its annual Thanksgiving Food Drive, with donations this year benefiting St. Luke's Mission of Mercy.

The collection will take place in homerooms from November 14 to 21.

According to Amy Betros and Norman Paolini, the co-directors of St. Luke's, in their recent newsletter, the organization has seen a great increase in the number of people needing assistance. "We have gone from feeding 50 to almost 600 a day over the years. As the Christmas season approaches, we know we will hit a record year of people asking for our help."

For the St. Mary's collection, students and families are encouraged to donate Thanksgiving-related items such as canned goods, stuffing mix, instant mashed potatoes, and any other nonperishable food items.

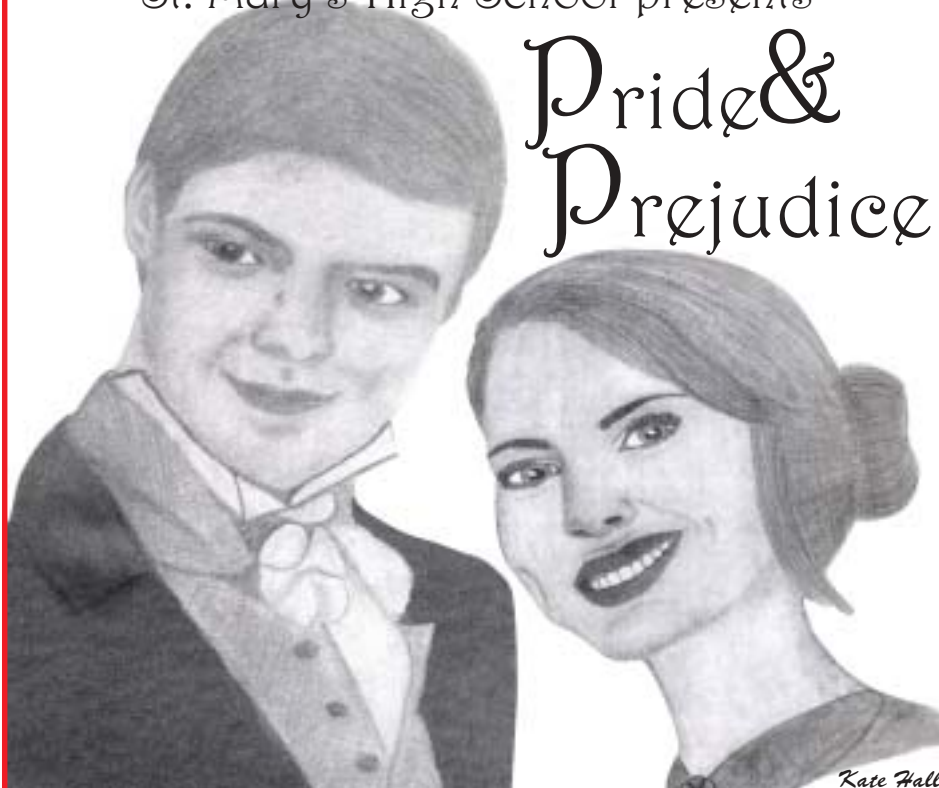
In addition, a special collection will be held at the November 21 prayer service, with the money collected going to St. Luke's.

Again quoting from St. Luke's newsletter, "Whatever you do this Thanksgiving and Christmas, please, please do not forget about us. We need you more than ever."

Anyone interested in volunteering with St. Luke's Mission of Mercy should call 894-4476.

St. Mary's High School presents

Pride & Prejudice



Kate Hall

Based on Jane Austen's novel

Thursday, Nov. 1 • Friday, Nov. 2

Dinner - 6:30 p.m. • Play - 7:30 p.m. Play only - 7:30 p.m.

Only Tickets for Show available - \$4

Tickets available at the school or by calling 683-4824

St. Mary's adds SMARTBoards

St. Mary's High School is pleased to announce that they have recently installed two new SMART Boards, one located in the Computer Lab (room 223) and the other in the redesigned Presentation Room (Blue Room).

What is a SMART Board, you may ask? Well, think of something that combines a computer with a white board with an overhead with a touch screen. Created by SMART Technologies (www.smarttech.com), a SMART Board is a large white board on which is projected images from a computer. The computer can be controlled directly from the board through the touch screen. In addition, the teacher can write on the board, adding another dimension to the computer display.

Now that the SMART Boards are in place, the next step is for teachers to create lessons to be used with their students. Teachers may sign out either of the rooms with SMART Boards to provide their students another means of instruction.

Anyone who would like to see the new SMART Boards is encouraged to call to make an appointment.

SOTE plants tree

Stewards of the Earth, the St. Mary's Environmental Club, recently planted a tree at the front of the school. This tree was donated to the school because members of the school had attended last year's presentation at UB by former Vice President Al Gore.



Planting the SOTE tree are Tim Pyszczynski, Tony Moreno, Chris Martino, Giuseppe Passucci, Shaun Boland, Josh Robinson, Alex Cappola, Kenny Held, and moderator Mr. Phil Conner.

It's time to order 2008 Yearbooks

Only one book will capture this year's incredible events and experiences – the St. Mary's Lance Yearbook.

It's the only place to find the friends, fashion, fun, favorite teachers and classes,

games, music, art, dances, and everything in between.

This year, parents have three new ways to order the 2008 Yearbook:

1. Online – www.jostensyearbook.com

2. Mail – Justens Publishing will be mailing home an order form

3. Phone – call toll free 1-866-282-1516.

Parents are encouraged to check their mail at home for more information.

Senior Baby Faces in the St. Mary's Lance Yearbook

Dear Senior Parents,
We are writing to inform you of an opportunity to show your love and pride for your son or daughter. This wonderful opportunity is the senior Babyface section of the Lance Yearbook. Included with the adorable picture of your son or daughter, you are invited to write a special message from you. The cost is \$25 per Babyface and needs to be handed in by November 20. Please send the photo, payment, and love note to Yearbook advisor Mrs. Walh-Henshaw.

Thank you,
The Lance Editors and Mrs. Walh-Henshaw

Student's Name _____

Message _____

St. Mary's Lance Yearbook Advertising Rate Sheet

Full Page (7 1/2" x 9 1/2")	\$225
Half Page (7 1/2" x 4 1/2")	\$125
Quarter Page (3 1/2" x 4 1/2")	\$75
Eighth Page (3 1/2" x 2)	\$40

Name of Company _____

Address _____

Telephone _____

Contact Person _____

Write ad message or attach clip art below:

Return to

Lance Yearbook • St. Mary's High School • 142 Laverack Ave • Lancaster, NY 14086

Please make all checks payable to St. Mary's High School

Thank you for your support and generosity in our effort to improve our Yearbook.

Counseling Corner

Mary Jakubowski (mjak@smhlancers.org)

683-2349

Kelly Smith (ksmith@smhlancers.org)

Being your own advocate

"Don't brag." After years of learning to be modest, along come the challenges of applying to college. College essays often ask that you focus on achievements or successes and may urge you to tell the admissions committee about the contributions that you could bring to their campus. Some colleges, such as the University of California system, require that only you, the applicant, provide such information. How can you act as your own best advocate?

Give the essay the effort it is due. Approach your answer as an opportunity to build a case for your acceptance. Most importantly, be sure you answer the question that is asked. Read the rationale for the question and craft your response to include the points you want the admissions committee to know.

Make the most of open-ended questions such as "Is there anything else about your personal or academic history that we should know?"

Utilize this as an opportunity to fully answer any questions that might be raised by the data in your record. For example, if your drop in grades during first semester of tenth grade coincided with family problems, talk about it. Be sure to explain the steps you took to cope with the problem. Open-ended questions are

also appropriate spots to let your evaluators know about special interests, unusual family experiences, and any challenges that you've had to face. Help to win your own acceptance by acknowledging struggles and taking some credit for your successes.

Preparing yourself for college

Your mission during your high school years is to learn as much as you can. Students grow through both academic endeavors and extracurricular activities; don't sacrifice one for the other. Your academic program needs to be rigorous enough to provide intellectual challenge and varied enough to give you opportunities to develop competency in many areas. Although you can get a high school diploma with a minimum number of academic units, selective colleges are looking for much more.

For selective colleges, success in a challenging academic program is the most important factor in the admissions decision. Your high school program should include at least four years of English with additional courses in expository writing being a plus.

Applicants need to have taken a minimum of three years of mathematics (through Algebra II) but many

selective colleges expect four or more years including advanced math courses like Calculus. While two years of foreign language study may be acceptable, you'll be a more competitive applicant with three or more years of study of the same foreign language. Most selective colleges expect three or more years of science—most prefer that you have taken the basic courses including Biology, Chemistry, and Physics before going on to more advanced classes. Two or more years of social sciences such as U.S. History and World History are expected, supplemented by at least three or more additional courses from the five course areas described above. Advanced Placement, honors level classes, and International Baccalaureate courses are desirable. Complete your program with selections chosen from the fine and

(Continued on page 4)

CC Timeline

November 2007

2 – Registration deadline for Dec. 8 ACT

3 – SAT and Subject Tests
Seniors – File Early Decision/
Early Action applications
Work on remaining college
applications

December 2007

1 – SAT and Subject Tests
8 – ACT and ACT plus Writing
26 – Registration deadline for Jan.
26 SAT
Seniors – get a FAFSA online at
www.fafsa.ed.gov
Seniors – file additional college
applications before deadline

Cutting college costs

The reality of the high cost of college is just now hitting some families as they've poured over financial aid offers from colleges. At many schools, self-help is up and gift aid is down. That means that colleges have offered less in the way of tuition discounts or grants and

expect families to assume a greater part of the college financial burden. Parents may pay expenses from savings and wages, students through part-time employment, and both parents and student may meet some expenses through educational loans.

(Continued on page 4)

Location and college choice

Location plays a major role in college selection, and rightly so. The number one reason given by students who transfer out of their first college is the desire to move closer to home. It's not just family ties that draw students, but also the familiarity of city or rural life, and the comforting sense of fitting in.

You may spare yourself the upheaval of transferring by giving a good deal of thought to location when making your initial college list. Some factors to consider:

- **Distance from Home.** Think about distance in terms of hours rather than miles. The time needed to travel between distant cities by air may be much less than that needed to get to an in-state school by car. For example, you can get from Miami to Atlanta in about 90 minutes by air, but it will take over five hours by auto to the University of Florida at Gainesville. When

considering a college far from home, find out if the airport closest to the college has direct flight to your hometown. If connecting flights are necessary, consider the impact inclement weather may have on air travel.

- **Surrounding Community.** Is the school located in a city, suburb, or rural area? Will you have access to your preferred types of recreational activities? Die-hard surfers might find themselves less than happy in a desert or country environment. Rural colleges offer bucolic beauty, but this might not be enough for students who crave an exciting night-life or the energy of a vibrant city. Try to determine how students interact with the surrounding community. Are there adequate opportunities for internships, service learning, or research? Participation in these activities have been shown to greatly enhance the educational

experience.

- **Proximity of Other Colleges.** Consortia of nearby colleges can offer students at smaller institutions many of the benefits of a larger institution. Agreements between colleges may allow students a greater variety of courses as well as the opportunity to participate in activities not available at their home school.

Visiting college campuses during your junior and senior years will help you to determine how well a location suits you.

Spending an extended time on campus, either in a summer program or through a multi-day visit, will provide you with more hard data.

Although this type of college search takes both time and money, it is much better than finding yourself unhappy with your selection because you did not give adequate thought to location when choosing your college.

Internet site of the month

www.careersandcolleges.com

Careersandcolleges.com was developed by the publishers of Private Colleges and Universities Magazine. At this free website, students can investigate majors and careers, explore college choices, learn about and prep for college admissions tests, and search for scholarships. Registration is

required for use of the site, and students "pay" by allowing the website's sponsors to contact them and through the collection of information. To avoid an influx of e-mail offers, you have the ability to "opt out" of such contact if you wish. Read the privacy statement before completing registration.

Help, don't take over

You knew the college application process was out of control. But last week, you heard a mom talking about "Our essay."

Yes, applying for college is stressful. But it's also an important way for teens to take responsibility. Of course, left on their own, some teens won't file a single application.

Are you helping without taking over? Answer yes or no to each of the statements below:

- ___ 1. I've helped my teen set up a filing system for applications. She knows exactly what she needs to do to complete each one.
- ___ 2. I've explained how I will help. If my teen needs help with editing, I'll

be there. But I won't write her essays.

- ___ 3. I've helped my teen set up a schedule that gives her time to write and revise her application essays.
- ___ 4. My teen is scheduled to take the college tests she needs.
- ___ 5. We have talked with her counselor about schools that might be right for her.

How well are you doing?

Each yes means you're striking the right balance. Your teen is taking responsibility, but you're there for backup.

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Remind teen of test-taking strategies

While there are specific ways to approach specific kinds of tests (standardized tests, true-false tests and essay tests) there are some general strategies that will help your teen do his best on any test. When taking a test, remind your teen to:

- Read the instructions carefully. He should make sure he knows exactly what he is supposed to do.
- Look for direction words that tell him what to do. Direction words are words like compare, list, describe, define, and summarize.
- Read through all the questions quickly before he starts. He should think about how much time he has and decide how much time he can spend on each question.
- Read each question carefully as he begins the test. Then he should determine what he thinks the answer is before he reads any choices provided.
- Skip a question if he isn't sure of the answer. He should answer all the questions he knows first. Then he

(Continued on page 4)



Spotlight on College Majors — *Digital Media*

Turn a love of video games into a career

According to the International Game Developers Association, only a handful of American colleges offered a major in game design five years ago. Now you can learn the technical side of game design or engage in an academic study of video games as they relate to American culture at over 100 universities across the country. Many other colleges teach these subjects at a graduate level.

In case your parents are horrified when you tell them that you're planning on majoring in video games, remind them that interactive entertainment takes in about \$9 billion a year in the U.S. alone. Game revenues are expected to pass film box-office receipts in the next couple of years, making this area an excellent field for career advancement. Even within the more mainstream film industry, it is the computer specialists, animators, and multimedia artists as well as those skilled in digital and computer-generated imaging who will have the best job prospects.

One difficulty in finding programs that suit your needs is figuring out what the programs are called as well as the departments which sponsor them. Some universities provide studies in this area housed in different colleges within the university. For example, you can major or minor in *Interactive Entertainment* at the University of Southern California's School of Cinema-Television; minor in *video game programming* through the information technology department at USC's Engineering School; or engage in an academic study of video games and society through USC's School of Communications. At other colleges, the program may focus more on the artistic side, with an emphasis on graphic design.

Colleges like Parsons and USC try to provide students with both the technical and academic backgrounds needed to become working game designers. Class-work combines the



www.smc.edu

academic and practical, and includes a lot of teamwork and actual game design. Studies tend to be multidisciplinary and involve course work in art, computer science, design, and film. Typical courses in the major include computer programming, two-dimensional and multimedia design, digital design, networks and databases, project management, and web site management.

The creative side of your studies, which includes programming, writing, and artwork, are generally taught in a computer laboratory. The more academic side, which might include business studies, law, and ethical issues, will be presented in the traditional classroom format. By working in teams to actually design games, students gain experience in all of the roles actually held in the game design industry.

Game Designers are the people responsible for the playability and entertainment experience of the game. Most video games have a number of designers, with each person responsible for a specific part of the game. The designer begins with a written design

document, including flowcharts, screen shots, interfaces, and script templates. The design document will be converted to an online game engine, and pieces of the game will be built. For a 3-D game, *level designers* create the game platform using world architecture including buildings and natural terrain and translate these to a digital world. The game *fiction writers* (or *screenwriters*) create the fictional backstory. They script

scenes and write dialogue. The writers work closely with designers to account for any possible route players may take as they proceed through the game. To do this, the fiction writers need to be familiar with databases and non-linear dialogue.

There's also a growing need for audio specialists in the gaming industry. *Sound engineers/designers* create all of the sound effects, record voiceovers for characters, and may even record musical scores. Audio synthesis is just beginning to become important, and there's lots of room for innovators in this field. *Composers* are often hired on a contract basis to create the score, usually using synthesizers. *Programmers* provide the code that is the basis of the computer game. Specialization has made its way into this area. Programmers develop their skills in such phases as graphics and special effects, audio programming, artificial intelligence programming, and multiplayer networking programming.

You can learn more about this career and the studies required at the website of the International Game Developers Association, www.igda.org.



Scholarships

Lorraine Brady Scholarship for residents of Lockport. Deadline: November 30.

New York Press Association First Amendment Essay Contest. Visit the "What's New" page of the website at www.nynewspapers.com. Deadline: December 4.

AXA Achievement Scholarship. Go to www.axa-achievement.com. Deadline: December 15.

AT&T and The Better Business Bureau Science and Technology Scholarship. Application is available at www.upstateny.com.

More Information

bbb.org. Deadline: January 10.

Better Business Bureau "Student of Integrity Award". Describe in 500 words or less an ethical dilemma you faced and its outcome. Deadline: January 14, 2008.

Elks National Foundation Scholarships are available at www.elks.org/enf/scholars. Deadline: January 11.

National Co-Op Scholarship Program is available for schools such as Rochester Institute of Technology. The application is at www.co-op.edu. Deadline: February 15.

The website www.buffaloalliance.org has a Scholarship Connection heading

under programs. Under colleges you will find a list of scholarships by school. Most WNY colleges are represented.

Other Information

SAT Prep Class November 1 through 29. ECC - Tuesday and Thursday evenings, 5-8 p.m. South Campus. Cost is \$179. Call 851-1800

National College Fair will be at the Buffalo Convention Center, April 1. Over 220 colleges and universities will be represented. Plan on attending.

Cutting costs

(Continued from page 1)

No wonder families are eager to find ways to cut college costs.

Here are some:

- Graduate on-time or even early. In order to earn a bachelor's degree in four years, students need to choose appropriate classes and stick with them. Dropping a class may leave you with too few credits and lengthen the time (and cost) you spend in college. Changing majors or double-majoring may also add to the length of your stay.
- Get a jump on credits through AP classes or CLEP exams. Passing scores on AP exams taken in high school may lead to college credit, while high scores on the College Level Examination Program can shorten the time you need to earn your degree. Check out www.collegeboard.com for a list of schools that award credit through CLEP exams.
- Consider taking some of your credits at a nearby community college during summer breaks. Community college classes are generally less expensive per credit. Make sure that they'll be acceptable to your college before registering for outside courses.
- Get a job. Part-time employment provides extra structure to the college student's day and yields extra money to meet college expenses.

Prepare

(Continued from page 1)

performing arts, computers, and other electives.

Remember, learning doesn't end when the school day is over. You'll learn and grow from community service activities, an after-school job, volunteer programs, and participation in clubs and sports. The qualities that you gain by taking part in these activities are the ones that often make the difference in admission to a selective college.

More importantly, the experiences you'll have will shape the person you become.

Tests

(Continued from page 2)

can come back to the others.

- Allow time to go back and check his answers. Do they make sense? Are sentences complete?

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**"Every job is a self-portrait
of the person who did it.
Autograph your work
with excellence."**

— Unknown —

**The Parent Guild****Upcoming Guild meetings**

NOVEMBER 13th

Topic: Financial Aid for College

Speaker: Martie Howell, Financial Aid Counselor, Niagara University

JANUARY 8th

Topic: Internet Safety - SMHS Computer/Technology Course

Speaker: Paul Meyerhofer,

St. Mary's Technology Coordinator & Computer Teacher

SMH Spring Fashion Show

As winter is almost upon us it is time to start planning the SMH Parent Guild Spring Fashion Show. If you would like to join in reinventing this Spring event and plan a new and exciting theme, please contact this year's event chairman, Cindy Slomovitz at 570-1622.

Football team prepares for playoffs

It took the last game of the year to clear up the playoff picture in the Msgr. Martin A League. With the 18-14 victory of St. Mary's over Archbishop Walsh, the Lancers clinched home field advantage as the two teams will play a rematch. The game will be the league semi-finals, to take place on Saturday, Nov. 3, at St. Mary's.

The winner of this game will play the winner of the Cardinal O'Hara-Nichols game. This game will be the league championship, to take place on Saturday, Nov. 10, at 11 a.m.

at Ralph Wilson Stadium.

The Lancers completed their season with a 7 win, 2 loss overall record, while going 3 and 1 in the league. The season included league victories over Nichols and Niagara Catholic, in addition to Walsh. They also scored important wins over Alden, CleveHill, Eden, and Timon.

Come and support the Lancers as they look to return to Ralph Wilson Stadium for a potential rematch with league champion Cardinal O'Hara.

Fall Sports Awards Banquet

**Wednesday, Nov. 14
6 p.m.**

\$10 adults / Athletes FREE

**More information
coming soon!**

2007 Winter Sports Schedules

Boys Basketball

JV games begin at 6 p.m. varsity at 7:30 p.m.

Fri, Nov. 23, @ Verona Tournament
Sat, Nov. 24, @ Verona Tournament
Tues, Nov. 27, @ Lancaster Tip-Off (JV)
Wed, Nov. 28, @ Lancaster Tip-Off (Varsity)
Thurs, Nov. 29, @ Lancaster Tip-Off (JV)
Fri, Nov. 30, @ Lancaster Tip-Off (Varsity)
Thurs, Dec. 6, @ Akron Tip-Off
Fri, Dec. 7, @ Akron Tip-Off (Varsity)
Sat, Dec. 8, @ Akron Tip-Off (JV/Varsity)
Wed, Dec. 12, vs. Lancaster (Varsity)
Fri, Dec. 14, vs. Hutch Tech
Fri, Jan. 4, @ O'Hara
Tues, Jan. 8, vs. St. Francis
Fri, Jan. 11, @ Canisius
Wed, Jan. 16, vs. Niagara Catholic
Fri, Jan. 18, @ Nichols
Tues, Jan. 22, vs. St. Joe's
Fri, Jan. 25, vs. O'Hara
Mon, Jan. 28, @ St. Francis
Fri, Feb. 1, vs. Canisius
Tues, Feb. 5, @ Niagara Catholic
Tues, Feb. 12, @ St. Joe's
Wed, Feb. 13, vs. Nichols
Fri, Feb. 15, @ Timon
Mon, Feb. 18, vs. Timon
Fri, Feb. 22, Playoffs Begin

Women's Basketball

JV games begin at 6 p.m., varsity games at 7:30 p.m., unless noted

Wed., Nov. 14, JV p.m., Varsity 6 p.m., vs. Hutch-Tech (scrimmage)
Nov. 23 & 24 @ Canandaigua Tourney
Wed., Nov. 28, @ Immaculata
Mon., Dec. 3, vs. Holy Angels

Wed., Dec. 5, vs. Nardin
Thur., Dec. 13, vs. Depew
Mon., Dec. 17, @ Maryvale
Wed., Dec. 19, TBA, @ Buffalo Seminary
Fri., Dec. 21, @ Williamsville South
Dec. 26 & 28 @ Holland Tourney
Fri., Jan. 4, vs. Niagara Catholic
Mon., Jan. 7, vs. Mt. St. Mary's
Wed., Jan. 9, vs. Christian Central
Fri., Jan. 11, @ Cardinal O'Hara
Mon., Jan. 14, vs. Mt. Mercy
Thur., Jan. 17, JV 5:30 p.m., Varsity 6:30 p.m., @ Cheektowaga Central
Fri., Jan. 25, JV 5 p.m.; Varsity 6:30 p.m. @ Iroquois
Mon., Jan. 28, vs. Nichols
Wed., Jan. 30, vs. Buffalo Seminary
Mon., Feb. 4, @ Niagara Catholic
Wed., Feb. 6, vs. Cardinal O'Hara
Wed., Feb. 13, TBA @ Sacred Heart
Fri., Feb. 15, vs. Lancaster
Feb. 16, Playoffs Begin

Wrestling

Tues, Dec. 4, 6:30 p.m. @ Gow
Wed, Dec. 5, 6 p.m. @ Lackawanna
Sat, Dec. 15, @ Barker Tournament
Tues, Dec. 18, 6 p.m. vs. Nichols
Wed, Dec. 19, 6 p.m. @ Niagara Catholic
Thurs, Dec. 27, @ Akron Tournament
Fri, Dec. 28, @ Akron Tournament
Thurs, Jan. 10, 5 p.m. @ Nichols
Fri, Jan. 11, @ Lockport Tournament
Sat, Jan. 12, @ Lockport Tournament
Fri, Jan. 18, 6:30 p.m. vs. Gow
Thurs, Jan. 24, 6 p.m. vs. Niagara Cath
Sat, Jan. 26, @ Depew Tournament
Sat, Feb. 2, @ MMA Duals (Gow)

Sun, Feb. 10, @ All-Catholic Meet
Sun, Feb. 17, @ Catholic State Meet
Mon, Feb. 18, @ Catholic State Meet

Boys Varsity Bowling

All games begins at 3:35 p.m. at Thruway Lanes

Tues, Nov. 13, vs. St. Francis
Thurs, Nov. 15, vs. Timon
Tues, Nov. 20, vs. O'Hara
Tues, Nov. 27, vs. St. Joe's
Thurs, Nov. 29, vs. Park
Thurs, Dec. 6, vs. Canisius
Tues, Dec. 11, vs. Nichols
Thurs, Dec. 13, Position Round
Thurs, Jan. 3, vs. St. Francis
Tues, Jan 8, vs. Timon
Thurs, Jan. 10, vs. O'Hara
Thurs, Jan. 17, vs. St. Joe's
Thurs, Jan. 24, vs. Park
Tues, Jan. 29, vs. Canisius
Tues, Feb. 5, vs. Nichols
Thurs, Feb. 7, vs. All Catholics

Boys JV Bowling

All games begins at 3:35 p.m. at Thruway Lanes

Tues., Nov. 13, vs. St. Francis
Thurs., Nov. 15, vs. Nichols
Tues., Nov. 20, vs. O'Hara
Tues., Nov. 27, vs. St. Joe's
Thurs., Nov. 29, vs. Canisius
Thurs., Dec. 6, Position Round
Tues., Dec. 11, vs. St. Francis
Thurs., Dec. 13, vs. Nichols
Thurs., Jan. 3, vs. O'Hara
Tues., Jan 8, vs. St. Joe's
Thurs., Jan. 10, vs. Canisius
Thurs., Jan. 17, Position Round

More Schedules & Schedule Updates: www.smhlancers.org

Golf team takes league, all-Catholic titles

Senior Billy Lewis fired a 76 to lead St. Mary's High School to the Class A All Catholic Championship, held at Brookfield Country Club on October 8. St. Mary's won their second straight championship, defeating Park School, Niagara Catholic, and O'Hara.

With his low score, Lewis was named to the All-Catholic team that will take part in the

state championship.

Tony Fasanella was named a Coaches' All Catholic.

The previous week, St. Mary's won their second straight Msgr. Martin "A" League Championship by defeating Niagara Catholic 12-1/2 to 11-1/2. The victory was their 12th straight victory over a League "A" rival over

the past two seasons.

Congratulations to seniors Billy Lewis, Tony Fasanella, and Alex Cappola, juniors Zach Costello, Mike Bojar, and Bob Isbrandt, sophomores Joe Barnhardt and Tom Irish, and freshman Jeff Pazderski.

The St. Mary's team is coached by Mr. Mark Rzemek.

School Meals

We serve education everyday through healthy choices

November 2007 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Stuffed crust pizza, chef salad, fresh fruit, milk variety	2 Grilled cheese, tomato soup, potato patty, fruit, milk variety
5 Tyson chicken nuggets, mashed potatoes, gravy, glazed carrots, fruit, milk variety	6 Goulash with meat sauce, chef salad, bread sticks, fruit, milk variety	7 Chicken finger subs, chicken soup, rice, fruit, milk variety	8 Pizza subs, sauce/cheese/pepperoni, tater tots, fruit, milk variety	9 No School
12 No School	13 Cheeseburger on roll, tater tots, corn, fruit, milk variety	14 Tacos, seasoned meat, cheese, lettuce, salsa, soft shells, rice, fruit, milk variety	15 Turkey dinner, mashed potatoes, gravy, bread stuffing, corn, Jell-O, milk variety	16 Sahlen's hot dogs, tater tots, baked beans, fruit, milk variety
19 Mini subs (turkey or ham), oven fries, fruit, milk variety	20 Chicken fajitas, soft shell, onions, peppers, rice, fruit, milk variety	21 Happy	22 Thanks	23 Giving
26 Pizza subs, sauce, cheese, pepperoni, hash brown patty, fruit, milk variety	27 Goulash with meat sauce, chef salad, Italian bread, Jell-O, milk variety	28 Tacos, seasoned meat, cheese, lettuce, salsa, soft shells, rice, fruit, milk variety	29 Brunch for Lunch: eggs, sausage, French toast, hash brown patty, fruit, milk variety	30 To be announced

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.

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St. Mary's offers "Spiritual Bouquet" for Bishop Kmiec

On November 3, 1982, Bishop Edward Kmiec, the present bishop of Buffalo, was ordained a bishop, at the time as an auxiliary bishop of the Diocese of Trenton, N.J.

In honor of his 25th anniversary as a bishop, St. Mary's High School will be joining with other schools and organizations in

the diocese in offering a "Spiritual Bouquet" to Bishop Kmiec. St. Mary's will create its "bouquet" on Friday, Nov. 2.







As part of this "bouquet," all school prayers that day will be offered for Bishop Kmiec.

These prayers include the morning

prayer and prayers at the beginning of all classes. In addition, the all-day First Friday Adoration in the chapel will in his honor.

St. Mary's contribution to the "bouquet" will be presented to Bishop Kmiec on November 3, when he will be celebrating an anniversary Mass at St. Joseph's Cathedral.

November 2007 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-F Triple Assembly Ext HR (Class Meetings, Cookie Dough Sale) PM Liturgy (All Saints Day - Mass at OLP) Dinner Theater 6:30pm 	2-A Spiritual Bouquet for Bishop Kmiec 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 VarFB League Playoffs MCC & WCC - All Catholics
4	5-B Junior Class T-Shirt Sale Student Senate 2:30pm WVB League Finals	6-C Junior Class T-Shirt Sale Curriculum Committee 2:30pm Friends of Rachel meetings 7:30am 2:30pm Senior Trip Parent Meeting	7-D Book Club in Marian House 2:30pm Junior Class T-Shirt Sale	8-E Junior Class T-Shirt Sale Pride Day End of First Quarter	9-Off No School for Students Faculty/Staff Retreat 	10 Admissions Prep Class 9am-12noon VarFB Championship 11am @ Ralph Wilson Stadium WVB State Tourney
11 WVB State Tourney	12-Off Veterans Day No School 	13-F Friends of Rachel meetings 7:30am 2:30pm N.H.S. 2:30pm Campus Min 2:30pm Parent Guild Board 6:30pm Parent Guild 7pm Topic: Financial Aid for College	14-A Principal's Ad Board 2:30pm Winter Sports Banquet 6pm Thanksgiving Collection 14-21	15-B Sophomore Class Retreat 8am-2pm Senior Class Trip Departs	16-C Senior Class Trip	17 Incoming Freshmen Admissions Test 8:30am-12noon Senior Class Trip
18 Senior Class Trip Returns	19-D Student Senate 2:30pm First-Quarter Follow-Up (REPORT CARD DISTRIBUTION) 4-7pm	20-E Friends of Rachel meetings 7:30am 2:30pm	21-F Noon Dismissal Thanksgiving Prayer Service (Collection for St. Luke's) 	22-Off Thanksgiving Day No School 	23-Off Thanksgiving Holiday No School 	24 Hockey vs Olean 11:30am
25	26-A Student Senate 2:30pm	27-B Friends of Rachel meetings 7:30am 2:30pm	28-C Faculty/Staff Meeting 2:30pm	29-D Scholars to Buffalo State Planetarium	30-E	1 SAT Test Date (Registration Deadline Oct. 30) Hockey vs Tonawanda 8:30pm



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