

# Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 16, Issue 5 • January 2008

## Quick Look

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*“Families are like fudge –  
mostly sweet with a few nuts.”*

~ Author Unknown

Dear Family & Friends,

When I read the quote above as I was perusing the Internet, it made me laugh a little. Of course, any of my family members that are reading this letter will probably count me in as one of the “nuts!” But I knew weeks ago that I was going to focus this month’s letter on family.

After having attended five different family gatherings in two days time over Christmas Eve and Christmas Day (and still having one more to go today – Dec. 27<sup>th</sup>), I kept thinking over and over again about how lucky I was. Who cares about all the running around in the days beforehand? Who cares about how many times you have to fill up the gas tank, pull out the credit card, stand in long lines, or clean your living room from all the commotion? When it comes down to the holidays and spending time with family I love – it all becomes worth it.

I’m not just talking about my immediate family either. I’m not just talking about all the aunts, uncles, brothers, sisters, cousins, nieces, nephews, parents, grandparents... I’m also

talking about our family at church, our friends that we have always counted as “family,” and our family here at St. Mary’s. Everywhere I turn, I see family. How blessed we are to be a part of so many “families.”



As we begin 2008, let us be thankful for both the sweet and the nutty parts of all of our families, and let us pray that the joy of the Christmas spirit will continue throughout the year!

Family support is so very important, especially for our students here at school. Countless research studies have shown the importance of family support for the success of the high school student. Let’s continue to show our support to our students in the coming year!

May God bless you and your families in the New Year.

Peace,

Principal

## Notes for January Exams – Schedule on page 2

Here are some notes in regards to the January Exams:

- Students only have to be in school for their scheduled exams.
- Students are required to be in dress code for the exams.
- Students who are completing semester courses must turn in their textbooks prior to taking their exam. Failure to do so

may result in the students/parents being charged for their replacement.

- Busses will be picking up students at the usual time in the morning. The schedule for afternoon busses is listed on page 2 with the exam schedule.
- Some teachers may offer review sessions for times when students are not taking exams. Students should check with their

teachers to see when these review sessions are scheduled.

- If a student is at St. Mary’s when they are not scheduled to take an exam or in a review session, they are required to be in the cafeteria.

Questions regarding these exam week guidelines and schedule should be directed to Mr. Bowen.

# St. Mary's High School

## Exam Schedule – January 2008

Mon, Jan 21	Tuesday, Jan 22	Wednesday, Jan 23	Thursday, Jan 24	Friday, Jan 25
<b>N O S C H O O L</b>	<b>8-9 a.m.</b> Spanish I MT (9) Spanish II MT (9,10) Spanish III MT (10, 11) French I MT (9) French II MT (9, 10) French III MT (10,11)  <b>9:30-11:30 a.m.</b> Integrated Algebra IA MT (9) Integrated Algebra IB MT (9) Math II B MT (10)  <b>12-3 p.m.</b> English Regents Session I (11)  <b>Bus: 3:15 p.m.</b>	<b>8-10 a.m.</b> Math III A MT (11) Math III H MT (10, 11) Economics FINAL (12) Health FINAL (10, 11)  <b>12-3 p.m.</b> English Regents Session II (11) AP European MT (10)  <b>Bus: 3:15 p.m.</b>	<b>8-11 a.m.</b> Math A Exam Review (9, 10) <b>MANDATORY</b>  <b>8-10 a.m.</b> US History MT (11) Psychology FINAL (12)  <b>12-3 p.m.</b> Math A Regents (9, 10)  <b>Bus: 3:15 p.m.</b>	<b>8-10 a.m.</b> Global I MT (9) Global II MT (10)  <b>8-11 a.m.</b> AP Calculus MT (12) Math B Regents (11) Living Environment Regents (11)  <b>10:30-11:30 a.m.</b> Computer Foundations FINAL (9, 10)  <b>12-2 p.m.</b> Religion 10 FINAL (10) Religion 11 (Morality) FINAL (11)  <b>Bus: 2:19 p.m.</b>

Format: Name of exam (grade level(s))

Note: MT = Midterm Exam

# For all students in Foreign Languages: French I, II, III and Spanish I, II, III

The following dates are important to write in your calendar. This is the time that the speaking and listening portion of the mid-term exams will be given during regular class.

**Listening – Tuesday, Jan. 15**

**Speaking – Wednesday, Jan. 16**

**Thursday, Jan. 17**

**Friday, Jan. 18**

*There are no make-up dates for these sections of the exams. You must be present in class, on time, to receive credit.*

# Student Senate starts Faculty/Staff of the Month



Mr. Tom Fay

Every month, the Faculty/Staff and Administration of St. Mary's High School select members of the student body for the Students of the Month.

The students have decided that they want to reciprocate the honor.

Beginning in December, members of the Student Senate will vote on a Faculty/Staff member of the month.

The honorees for this award will be chosen based on a variety of criteria, including friendliness, helpfulness, and school spirit.

For the month of December, the Student Senate has selected math/religion/Latin teacher Mr. Tom Fay as the Faculty/Staff Member of the Month.

Mr. Fay was recognized at the Christmas Liturgy with a certificate and a gift from the Student Senate.

Check upcoming issues of *Currents* to see future winners of this award.

# End of 2nd Quarter, start of 3rd quarter

Friday, Jan. 25, marks the end of January exams as well as the end of the second quarter of the 2007-2008 school year.

Report cards for the second quarter will be distributed in homeroom on Friday, Feb. 1.

Families whose tuition payments are not up to date or who have not made prior payment arrangements will not receive their re-

port cards.

*Just a reminder that the Faculty Inservice will be held on Monday, Jan. 28. Thus, there is no school for students that day.* The first day of the third quarter will be Tuesday, Jan. 29. As the first day of the new semester, with some new classes beginning for the second semester, this day will be an A-Day.

# Reminder: School closings

With the arrival of the winter months and thoughts turning 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 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 extracurricular 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.

# November Students of Month



Giuseppe Passucci



Jessica Runk



Monica McNeill



Michelle Jezuit

# December Students of Month



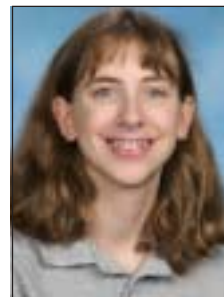
Cassandra Carleton



Amanda DiPiazza



Richard Mazella



Amy Kawa

## St. Mary's introduces AP Composition, Statistics

In its ever-expanding effort to prepare students for college, St. Mary's High School is pleased to begin offering two new Advanced Placement courses for the 2008-09 school year, AP English Language and Composition and AP Statistics.

Presently, St. Mary's offers AP English Literature to seniors. The new AP Composition would be open to juniors.

AP Composition will be designed to be equivalent to the introductory year of college composition course work. The course will help students become skilled readers of a variety of types of writings. They will also become skilled writers who compose for a variety of purposes, being aware of writer's purposes, audience expectations, and the subjects they are writing about.

An important part of the course will be the development of research skills that enable students to evaluate, use, and cite source material. The overall objective of the course would be to enable students to write effectively and confidently in their college courses across the curriculum and in their professional

and personal lives.

The other new course at St. Mary's is AP Statistics, an introductory, non-calculus based college course.

An introductory statistics course, similar to AP Statistics, is typically required for majors such as social sciences, health sciences, and business. Science, engineering, and mathematics majors usually take an upper-level calculus-based course in statistics, for which the new AP Statistics is an effective preparation.

The purpose of the AP Statistics course is to introduce students to major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students are exposed to four broad conceptual themes: exploring data, planning a study, anticipating patterns, and statistical inference.

AP Statistics will be open to juniors or seniors who have taken or are taking Precalculus or Precalculus Honors. Students taking AP Statistics may also take the other math Advanced Placement course, AP Calculus, at the same time.

## Course Selection begins soon

Throughout January, the course selection process for 2008-09 will begin.

Guidance Counselors will be meeting with the students – in classes and individually – to discuss with the students required courses for graduation along with recommended courses to assist the students in their college and life pursuits.

All students are required to take four years of English, Social Studies, Math, and Religion; three years of Science; two years of Foreign Language, two semester courses in art and/or music; a semester of health; a semester of computers; and physical education. This course load allows room for electives. The following is a list of electives offered at St. Mary's:

### List of Electives at SMH

#### Art

Ceramics • Adv. Ceramics • Studio in Art  
Drawing and Painting • Intro to Fine Arts  
Advertising & Design

#### Business/Computers

Accounting I • Accounting II • Business Law  
Career Exploration Internship Program  
Leadership Skills • Sports/Entertainment  
Marketing • Adv. Computer & Communications  
Application • Introduction to CAD • Adv. CAD  
with 3D Modeling • Internet and Web Page  
Development • Digital Art • Computer Sci I & II  
AP Computer Science • Yearbook I & II

#### English

A.P. Composition • A.P. Literature • Art & Craft of  
Poetry Writing • Media Communications  
Public Speaking

#### Languages

Spanish IV • Latin - An Introduction

#### Mathematics

A.P. Calculus • A.P. Statistics

#### Music / Performing Arts

Intro to Perf Arts • Musical Theatre Performance  
Tech Crew • Prep Choir • Vocal Ensemble  
Keyboard & Guitar • Adv. Keyboard • Adv. Guitar  
Music Theory I

#### Religious Studies

Retreat Peer Ministry

#### Science

Environmental Chemistry • Physics  
A.P. Biology • Adv. Chemistry

#### Social Studies

A.P. European History • AP U.S. History  
Psychology • Intro to Criminal Justice



## The Parent Guild



### Upcoming Guild meetings

**JANUARY 8<sup>th</sup>**

**Topic 1: Internet Safety, Computer/Technology Courses,  
Computer Science Academy**

*Speaker:* Paul Meyerhofer, SMHS Tech Coordinator & Computer Teacher

**Topic 2: New Tuition Payment / Financial Aid Procedure**

*Speaker:* Representative from FACTS Tuition Management

**FEBRUARY 12<sup>th</sup>**

**Topic: SMHS Diploma Requirements & Elective Choices**

*Speakers:* Mary Jakubowski, Kelly Smith - School Counselors

**MARCH 11<sup>th</sup>**

**Topic: COLLEGE 101**

*Speaker:* Mary Jakubowski, SMHS Junior/Senior Counselor

### SMH Spring Fashion Show

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.

# Computer Science Academy unveiled

St. Mary's High School is excited to announce the formation of the Computer Science Academy (CSA). Students who are interested in concentrating on computer courses, becoming a member of a Computer Club, and participating in computer competitions should apply for the CSA.

Why would a student want to join the CSA?

- An opportunity to determine if the student wants to pursue a career using comput-

ers.

- Computer courses made available to Academy students.
- Course selection guidance from the Academy moderator.
- Activities to develop skills and teamwork.
- A Certificate of Enrollment explaining the details of the Academy which can be included with college applications.
- A Certificate of Achievement to be awarded upon graduation from St. Mary's.

- A top graduating CSA student recognized during Senior Awards.

The Computer Science Academy will be moderated by Mr. Paul Meyerhofer. He has a Bachelor of Science degree in Computer Science from the Rochester Institute of Technology, over 15 years experience as a Programmer/Analyst, and a teaching certificate from Buffalo State College.

Be sure to read February's issue of *Currents* for more information regarding how to apply to the CSA.

## St. Mary's to present *Copacabana*

The Performing Arts Department recently announced that the spring musical will be Barry Manilow's *Copacabana*.



*Copaca-bana*, which will be performed on March 13, 14, and 15, follows aspiring songwriter, Stephen, as he composes what he hopes will become a hit musical.

His imagination takes him back to the 1940s as he creates a story surrounding an ambitious young singer Lola Lamar who

arrives in New York City from Tulsa hoping to become a star. She lands a position at the famous Copacabana Nightclub, "the hottest club north of Havana", and strives to become a 'Copa Girl' dancer with the help of the bartender, Tony Starr.

Tickets go on sale in March. More information will be available in future *Currents*.

## Guest speaker addresses Health classes

On December 13, students in Mrs. Angela Tuchols' and Mr. Mark Rzemek's Health classes heard from a guest speaker on the dangers of smoking and the influence of smoking in the media.

Mr. Alan Rubeck is a representative from Reality Check, an anti-smoking campaign that educates teens about the tobacco companies' marketing strategies that try to influence teens to use their products.

Although Reality Check is similar to the Truth Campaign, Reality Check concentrates more on Hollywood's exposure and use of tobacco. The Health classes were just finishing up their unit on tobacco, and the teachers wanted the students to be more educated on how the tobacco companies try to manipulate and target their age group.

In his presentation, Mr. Rubeck talked to the students about:

- the Reality Check Youth Action Movement (Youth led adult supported anti-tobacco industry movement)
- Tobacco related trivia (students answer three or four tobacco trivia questions, to receive Reality Check gear)
- Discuss Branding, Marketing and basic Tobacco Industry tactics (The power of media and how it relates to tobacco company marketing)
- Introduce Reality Check's three state-wide initiatives (Smoke-free Movies, Tobacco Ad-free Magazines, No Thanks Big Tobacco advertising, sponsorship, and promotion)
- Present a call to action relating to resolution and policy advocacy (Buffalo Common Council Smoke-free Movies, signed post cards)

## St. Mary's recycles papers

Need a place to put those Christmas catalogs?

St. Mary's High School is now participating in the Abitibi Paper Retriever recycling program.

The Abitibi retriever accepts all sorts of paper materials, including newspapers, magazines, shopping catalogs, office and school papers, and mail. It does NOT accept cardboard.

Each time paper is recycled to the Abitibi retriever, St. Mary's receives a portion of the

money collected from the recycling.

Participating in this program is a great way to help St. Mary's raise extra money; and everyone is encouraged to bring in old or unwanted paper materials to the St. Mary's Abitibi Paper retriever.

The Abitibi Paper Retriever is the large green and yellow bin located in the back parking lot next to the football field. Each and every sheet of paper adds up, and by participating, you can raise money for the school and help the environment at the same time.



Friday, January 11 • Starting at 7 p.m.  
in the St. Mary's Aud

\$8 per person • Limit 300 tickets  
to benefit Roswell Park Cancer Institute

For band list / more information, check [smhlancers.org](http://smhlancers.org)

# Christmas at St. Mary's High School



## Have you ordered your 2008 Yearbook yet?

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](http://www.jostensyearbook.com)
2. Mail – Jostens Publishing will be mailing home an order form
3. Phone – call toll free 1-866-282-1516.

**Final order will be submitted in January, so order your Yearbook soon!**

## 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*



**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](http://igive.com) for more information.



# Counseling Corner

Mary Jakubowski ([mjak@smhlancers.org](mailto:mjak@smhlancers.org))

683-2349

Kelly Smith ([ksmith@smhlancers.org](mailto:ksmith@smhlancers.org))

## Searching for scholarships

According to *U.S. News and World Report*, one out of every 13 students wins an outside scholarship, with an average award of about \$2,000. Although this may not make a large dent in the private college bill, it does help to defray college costs. How can you increase your chance of winning some of the \$2 billion dollars in private scholarship money that is given out to college students each year?

First off, don't enter any scholarship competitions or complete applications that require you to pay a fee. Although you may be asked for proof of financial need (as through the FAFSA), never provide bank account numbers or credit card information. Beware scholarship scams!

Begin your search for scholarships with local community organizations. Community-based groups such as Rotary, Lions, Optimist, and League of Women Voters often offer scholarships to students in their community. Your town's branch of "big-box" retailers also designate scholarships for local youths—try BestBuy, Target, Radio Shack, and the local WalMart. Check with your

school's guidance office for a list of community-based awards. The advantage of local scholarships lies in the numbers—far fewer students will be competing for these than for the better-known national awards.

Search online—try one of the free scholarship databases such as those provided by [fastweb.com](http://fastweb.com), [scholarships.com](http://scholarships.com), or [collegeboard.com](http://collegeboard.com). Apply to those programs whose criteria match your profile and interests. Many scholarships require an essay as part of the application. Study the topics carefully and enter those competitions to which you can submit some variant of a general essay, tweaked to meet the rules.

Parents should also check with the human resources department at

their workplace. Many companies designate money for scholarships for children of employees.

In your search for scholarship money, remember that most financial aid for college is awarded in the form of federal, state, and college institutional grants. You become eligible for this money for freshman year only if you first file the FAFSA (Free Application for Federal Student Aid) as soon after January 1 as possible. Merit-based institutional scholarships are generally offered to incoming freshmen who rank in the upper part of the entering class. Include some of these schools in your college list if the availability of scholarship dollars will be important in your final college decision.

## New rules for student-athletes

Planning to play sports at a Division I or II college? Student-athletes entering any Division I college after August 1, 2008, must abide by the new NCAA initial eligibility rules.

The *16 core-course rule* increases the number of core courses from the present 14 to 16 for Division I only. Students must complete three years of mathematics (Algebra I and higher) as well as four years of additional core courses. Requirements include 4 years of English, 3 years of math, 2 years of natural/physical science, 2 years of social science, one additional year of English, math, or science, and 4 years of additional core classes chosen from English, math, science, social science, foreign language, or non-doctrinal religion. Scores required on the SAT/ACT for eligibility are based on an inverse sliding scale; the higher your core GPA, the

lower the test score required. The test score includes only the critical reading and mathematical reasoning sections of the SAT and excludes the optional writing section of the ACT. For Division II schools, student-athletes must have a minimum core GPA of 2.0 and a minimum verbal and math score on the SAT of 820. Students taking the ACT must have a sum score of 68.

Another new wrinkle is the time limit. Courses must be taken within four years from the time you start high school in order to count towards the core course requirement. An appeal process is currently in the works for student athletes who must repeat a year, but it is still unclear how this will impact the recruiting and eligibility process.

Become familiar with these standards if you want to play. You can see all of the new rules at [www.ncaa.org](http://www.ncaa.org).

### CC Timeline

#### January 2008

Seniors – complete & send FAFSA any time after Jan. 1<sup>st</sup>  
 26<sup>th</sup> – SAT and Subject Tests  
 27<sup>th</sup> – SAT Prep Class at St. Mary's begins  
 29<sup>th</sup> – Deadline for March 1 SAT

#### February 2008

Juniors – Begin a college search  
 Seniors – Make sure your FAFSA has been filed

## The endangered college catalogs

Concerned by costs to both the environment ("save a tree") and the bottom line, colleges no longer routinely send printed copies of their catalog to prospective students. Indeed, many have chosen to stop printing entirely, offering their catalog instead as a pdf file available on their website. Those who do continue to send catalogs to high

schools find their efforts underused and often underappreciated. High school counselors struggle to find room for these bulky publications and may find that their students rarely look to the catalogs as they research colleges.

For hard data, students often depend upon the glossy marketing brochures or fancy college websites. All

this is really unfortunate, since college catalogs can be an invaluable help in finding colleges that really match your needs.

Start with catalogs of the colleges you've been considering. Check with your high school's college center to see if these are available, or go online to the individual college websites if necessary. You won't need to read through the entire volume; checking selected portions of each catalog should provide you with necessary information.

Begin with the *Mission Statement*. This is a short description of the college's reasons for existing. How well do the institutional goals fit with your reasons for going to college?

The *General Degree Requirements* section will tell you about the college's educational framework – here you'll find out about core requirements, concentrations, and majors.

More detail will be found in *Descriptions of Majors*. You can learn about both the majors offered and the type and number of courses required for that major. Opportunities for independent study and student-designed majors should be available.

You'll also want to check out the *Course Descriptions* section for your proposed area of study. Both breadth and depth of courses are important – you'll want to be able to choose from a variety of offerings in your area. This is a good way of comparing majors at different colleges.

*Faculty Credentials* will provide information about the number of faculty members who have terminal degrees (usually Ph.D.'s or MFA's) in their area. Check out student-faculty ratio, but be sure to ask the admissions office about the percent of courses taught by senior faculty rather than teaching assistants.

*Physical Facilities* will tell you about physical resources – here you can learn if the college continues to build new facilities such as science, technology, and business centers, athletic and recreational facilities, and residential housing.

Although the promotional brochures such as viewbooks may be more fun to read, it is the dry college catalog that can really provide you with the information you need to become an educated consumer of higher education.

### SMH offering SAT Prep classes

St. Mary's will be offering two series of SAT Prep Classes designed to end before the March 1 and May 3 SAT test dates.

The cost of these classes is \$225 per person and includes a review book.

The dates for the classes are:

#### First Class

**(Registration deadline January 18)**

Sun. Jan. 27 — 8:15 a.m. - 12 noon

Wed., Jan. 30 — 6-8 p.m.

Sun., Feb. 3 — 11 a.m. - 2 p.m.

Wed., Feb. 6 — 6-8 p.m.

Sun., Feb. 10 — 11 a.m. - 2 p.m.

Wed., Feb. 13 — 6-8 p.m.

Sun., Feb. 17 — 11 a.m. - 2 p.m.

Wed., Feb. 20 — 6-8 p.m.

Sun., Feb. 24 — 8:15 a.m. - 12 noon

Wed., Feb. 27 — 6-8 p.m.

#### Second Class

**(Registration deadline March 7)**

Sun. March 30 — 8:15 a.m. - 12 noon

Wed., April 2 — 6-8 p.m.

Sun., April 6 — 11 a.m. - 2 p.m.

Wed., April 9 — 6-8 p.m.

Sun., April 13 — 11 a.m. - 2 p.m.

Wed., April 16 — 6-8 p.m.

Sun., April 20 — 11 a.m. - 2 p.m.

Wed., April 23 — 6-8 p.m.

Sun., April 27 — 8:15 a.m. - 12 noon

Wed., April 30 — 6-8 p.m.

For a registration form, go to the St. Mary's website, [www.smhlancers.org](http://www.smhlancers.org), click on Counseling, and follow the instructions.

### Internet site of the month: [www.uc411.com](http://www.uc411.com)

Canadian colleges and universities offer an attractive alternative for U.S. students. Heavily subsidized by the Canadian government, these colleges compare favorably in cost to their U.S. counterparts. Even the most selective of the schools is more attainable for U.S. students than colleges of similar

quality in the States.

You can learn more about the Canadian colleges at [uc411.com](http://uc411.com). Perform a college search, read profiles of selected colleges, ask for information about programs and applications, and check out available scholarships at this free educational directory site.

## Parents: stay involved

You don't have to read research reports to know that your involvement is important to your teen's school success. After all, teens usually rise to the level of what parents expect.

But if you did sit down to read a research report, you'd find that your instincts are exactly right. Parents who stay involved with the school have teens who are more successful.

Sadly, a lot of parents become dropouts. One in three high school students say their parents have no idea how they are doing in school. And more

than half say they could bring home a grade of C or lower without upsetting their parents.

So what can you do? Go to school events. Your physical presence sends a powerful message to your teen. And talk about your expectations for how she does in school. Your teen may not always be the best, but she should always do her best.

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## Spotlight on College Majors — *International Relations* Interested in History? Language? Travel? Culture

Although business majors lead in numbers, the social sciences account for the second most frequently chosen major area, with over 175,000 bachelor's degrees awarded annually. The social sciences address the problems and challenges that affect our world today, and the knowledge and skills

gained in this area can be applied to nearly any career path chosen later. The increasingly global society that we live in has provided numerous opportunities for international relations graduates; political science studies equip students for leadership positions as well as graduate studies in areas such as law.

Majoring in international relations might be a perfect fit if you are interested in history and languages, enjoy foreign travel and learning about different cultures, or find yourself fascinated by the political arena. Students majoring in international relations generally begin with survey courses in international relations, world history, sociology, anthropology, and micro and macroeconomics.

This is a truly interdisciplinary study, generally taught by professors who specialize in political science, economics, or history. Since international relations is not generally a free-standing department at most colleges, the programs tend to differ in emphasis from college to college. Some colleges stress the United States' perspective while others take a more global view. In



[www.goucher.edu](http://www.goucher.edu)

some cases, language and literature receive greater prominence than the more typical emphasis on political science, economics, and history. By junior year, majors take classes that reflect their program's direction. These may include such courses as diplomacy, regional issues, international organizations, U.S. foreign policy, human rights, law, and national security. When choosing your college for this major, examine the course catalog to determine the courses offered in this major and if that department's emphasis fits your area of interest.

A political science major might be a better fit for the student interested in current events, politics, social justice, community service, student government, and history. Political science and government majors study both domestic and international issues such as civil rights, war and peace, economic development, and forms of government. The major begins with introductory classes in political science or international relations, along with classes in research and analytical methods. More advanced courses may cover such

topics as global political economy, constitutional law, and international security. In many cases, poly sci majors also minor in a related field such as history, anthropology, or economics. These courses help to provide a background that explains the factors that influence and shape political institutions.

Capstone or research projects are common for political science majors, and many students take

advantage of opportunities to get practical experience in their field of interest. Internships in local governmental offices, a "Washington semester" working in D.C., and study abroad experiences all enhance the academic program.

As our global society grows, graduates with degrees in international relations have become highly sought after. Many companies have moved to the international arena, creating a real need for individuals who understand international political, cultural, and economic issues. Graduates may start with entry level positions in the federal government, work for the United Nations or other humanitarian organizations, find positions with companies engaged in international business, or work in international journalism. Having experience living and working overseas strengthens the applicant's resume.

Political science and government majors will find themselves with similar career options. Many will enter fields like federal, state, and local government, business, public service, the Foreign Service, the diplomatic corps, politics, journalism, and public administration. Graduates from both of these majors often pursue graduate degrees in their field or go on to attend law school.

The American Political Science Association has a booklet titled *Careers and the Study of Political Science* that is available at their website at [www.apsanet.org](http://www.apsanet.org). Here you'll find more detailed information about this major as well as associated careers.



## SUNY sponsors Financial Aid Days

On January 19 and February 2, the State University is hosting Statewide Student Financial Aid Days. Let the financial aid professionals at SUNY campuses make it easier for you.

SUNY's Statewide Student Financial Aid Days are offered as a service to all prospective college students and their families. The program is designed to answer questions and provide assistance regarding the financial aid application, types of aid available, and the award process.

On January 19 (Fredonia) and February 2 (Buffalo State and UB) will be offering financial aid workshops. Campuses will also provide hands-on assistance from SUNY financial aid professionals in completing the Free Application for Federal Student Aid (FAFSA).

The FAFSA is required for all financial aid, including New York State assistance.

Web access to complete the online FAFSA will be offered on some campuses to those who have pre-registered for a U.S. Department of Education PIN.

Bring the following information with you:

- Driver's license
- Alien registration card (non U.S. citizens)
- Student and Parent bank statements and investment information

## Exchange student hosts wanted

Dear Parents and Students,

Global Resources for Education and Travel is excited to share their Exchange Program with you:

**Who:** Students from Ecuador

**What:** We need your support as volunteer host families. The students are fully screened, insured, and have spending money. Give your family a cultural education right in your own home.

**How:** We need loving families to open their hearts and homes to host the students.

**For more information,** call Pat Clark (627-7081) Carol Clark (627-4759) or e-mail pclarck515776464@aol.com

- FAFSA PIN number
- Social Security numbers
- Estimated or completed 2007 Federal Income Tax Returns
- W-2 forms and other records of

income earned for 2007

- 2007 untaxed income information.
- Register online for SUNY Financial Aid Day at [www.suny.edu/studentevents](http://www.suny.edu/studentevents) or by calling 1-800-342-3811.

## More Information

### Scholarships

*2008 Sam Walton Community Scholarship* is available at [www.walmartfoundation.org](http://www.walmartfoundation.org). Deadline: January 14, 2008.

*Junior League of Buffalo* scholarships to females who are outstanding volunteers in the WNY community. Deadline: February 1, 2008.

*American Association of University Women* announces the Velma Cobb scholarship for females who have a GPA of 90 or higher. Deadline: February 10, 2008.

*AXA Achievement Community Scholarships*. Download an application at [www.axa-achievement.com](http://www.axa-achievement.com). Deadline: February 15, 2008.

*AES Engineers* awards scholarship for students who are not required to be taking engineering courses. Information is available at [www.aesengineers.com/scholarships.htm](http://www.aesengineers.com/scholarships.htm). Deadline: September 15, 2008.

*Bernard C. Harris Memorial Scholarship* @ [www.harrisconnect.com/scholarship](http://www.harrisconnect.com/scholarship). Applications to St. Mary's Counseling office by February 23, 2008, to allow one candidate to be determined.

*St. John Fisher College* has scholarships available to students whose parents did not graduate from college and to students who demonstrate an interest in serving others. Websites are [www.sjfc.edu/admissions/firstgen/](http://www.sjfc.edu/admissions/firstgen/) or [www.sjfc.edu/admissions/ServiceScholars](http://www.sjfc.edu/admissions/ServiceScholars). Deadline: January 15, 2008.

### College Search

Don't forget about the National College Fair coming to the Buffalo Convention Center April 1, from 6 to 8:30 p.m. Over 220 colleges and

universities from across the country and Canada will be represented.

Need help guiding your son or daughter through the "Going to College" process. CollegeAnswer.com can help with information from early planning, selecting a school, estimating costs, understanding financial aid, and applying for student loans.

### Summer Programs

The National Youth Science Camp (NYSC), <http://www.nysc.org>, offers a fantastic opportunity for graduating seniors who intend to pursue an education and profession oriented toward science, mathematics, engineering, or medicine. The NYSC is a residential science education program that honors and challenges the two most promising high school science students from each state. Applications are due by February 18, 2008. More information and applications may be found at <http://www.emsc.nysed.gov/ciai/mst/science/natyouth.html>.

Roswell Park Cancer Institute sponsors a Summer Research Participation Program for high school and college students. For information and an application go to [www.roswellpark.org/summer](http://www.roswellpark.org/summer). Deadlines are February 1 for college students and February 15 for high school students.

### Junior Parents

Look for an information packet from the Counseling Center the second week in January. This will contain much information you will need as your student begins his or her college search.

## Football team benefits from NFL grant

The National Football League Youth Football Fund recently awarded a grant of \$5,000 to St. Mary's High School for the school's football program.

The NFL Youth Football Fund (YFF) is a nonprofit organization founded by the National Football League and the NFL Players Association. The YFF seeks to use football as a catalyst to promote positive youth development and also insure the health of grassroots football in future generations. Through the NFL Player-Coach High School Football Grant Program, the YFF allows former NFL players who currently are registered as official head or assistant high school football coaches to apply for grants to help support their high school football teams.

According to Mark Kelso, a former



Mr. Mark Kelso

program is pleased to be able to outfit our players with top-quality helmets to ensure their safety on the playing field," said Mr. Kelso. "The coaching staff at St. Mary's is extremely grateful to the NFL and the YFF for making these funds available to assist our athletes. It is fantastic to see the NFL supporting youth football initia-

tives around the country." safety for the Buffalo Bills and current assistant coach for the St. Mary's Lancers, the funds from this grant were used to update the team's equipment.

"The St. Mary's football program is pleased to be able to outfit our players with top-quality helmets to ensure their safety on the playing field," said Mr. Kelso. "The coaching staff at St. Mary's is extremely grateful to the NFL and the YFF for making these funds available to assist our athletes. It is fantastic to see the NFL supporting youth football initia-

tives around the country."

In addition to being the assistant coach of the St. Mary's football team, Mr. Kelso is also the Advancement Director for the school.

## Wrestlers do well in Barker

On the weekend of December 15 and 16, the wrestling team from St. Mary's High School traveled to Barker High School for the annual Barker Wrestling Tournament. And four of St. Mary's wrestlers placed in their weight class.

Congratulations to:

- Senior Brian Hinton – third place
- Senior Bobby Hamilton – fourth place
- Sophomore Jake Weiss – sixth place
- Senior David Eron – sixth place

# 2007-08 Winter Sports Schedules

### Men's Basketball

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

- 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**

- 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

### Women's Varsity & JV Bowling

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

- Thurs, Jan. 3, vs. Nichols
- Tues, Jan 8, vs. Sacred Heart
- Thurs, Jan. 10, vs. Holy Angels
- Tues., Jan. 15, vs. Mt. Mercy
- Thurs, Jan. 24, All Catholics

### Men's Varsity Bowling

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

- 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

### Men's JV Bowling

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

- Thurs., Jan. 3, vs. O'Hara
- Tues., Jan 8, vs. St. Joe's
- Thurs., Jan. 10, vs. Canisius
- Thurs., Jan. 17, Position Round

### Wrestling

- 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

**More Schedules & Schedule Updates: [www.smhlancers.org](http://www.smhlancers.org)**

**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**

"Back by popular demand" - St. Mary's High School's Athletic Department

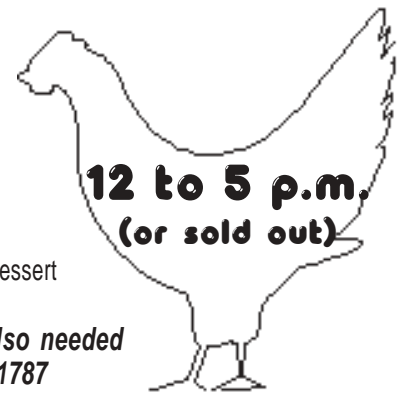
# Chiavetta's Chicken Dinner

**\$7.50 per dinner**

**\$28 for Family Pack of 4**

Includes 1/2 chicken, potato salad, lettuce salad, roll & butter, coffee, dessert

Parents of Athletes asked to donate baked goods. Volunteers also needed to work dinner. For more info, contact Dave Helak at 675-1787



## School Meals

**We serve education everyday  
through healthy choices**

### January 2008 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> No School Happy New Year!	<b>2</b> Stuffed crust pizza, chef salad, assorted fruit, milk variety	<b>3</b> Chicken nuggets, mashed potatoes with gravy, steamed corn, fresh fruit, milk variety	<b>4</b> Grilled cheese, tomato soup, hash brown patty, assorted fruit, milk variety
<b>7</b> Pizza subs, tater tots, green beans, assorted fruit, milk variety	<b>8</b> Mini subs (turkey/ham), cheese, lettuce, tomato, potato patty, fruit, milk variety	<b>9</b> Tacos, seasoned meat, soft or hard shells, cheese, lettuce, salsa, rice, Jell-O, milk variety	<b>10</b> Goulash, chef salad, bread sticks, assorted fruit, milk variety	<b>11</b> Chicken patty on roll, baked ziti, assorted fruit, milk variety
<b>14</b> To be announced	<b>15</b> Chicken tender subs, oven fries, fresh fruit, milk variety	<b>16</b> Spaghetti, meat balls, chef salad, Italian bread, fruit, milk variety	<b>17</b> Brunch for Lunch: eggs, sausage, French toast, hash brown patty, apple sauce, milk variety	<b>18</b> Chicken fajitas, soft shell, peppers, onions, tater tots, fruit, milk variety
<b>21</b> No School	<b>22</b> Exam Week	<b>23</b> Exam Week	<b>24</b> Exam Week	<b>25</b> Exam Week
<b>28</b> No School	<b>29</b> To be announced	<b>30</b> Tacos, seasoned meat, soft or hard shells, cheese, lettuce, salsa, rice, Jell-O, milk variety	<b>31</b> Cheese burger on roll, potato wedges, glazed carrots, fruit, 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.**

# January 2008 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1-Off</b> Christmas Recess No School Offices Closed	<b>2-B</b>  School Resumes Book Club in Marian House 2:30pm 	<b>3-C</b> Prom Committee 2:30pm Ski Club 3-9pm  MBowl V vs. St. Francis, JV vs. O'Hara 3:45pm WBowl vs. Nichols 3:45pm	<b>4-D</b> Double Assembly Ext. HR (Class Meetings) PM Liturgy (Epiphany) Freshman Class Candy Sale Begins  MBB @ O'Hara 6pm WBB vs. Niagara Catholic 6pm 	<b>5</b>
<b>6</b>	<b>7-E</b> Student Senate 2:30pm  WBB vs. Mt. St. Mary's 6pm	<b>8-F</b> Friends of Rachel meeting 7:30, 2:30 Curriculum Comm. 2:30pm Musical Auditions 2:30pm Parent Guild Board 6:30pm Parent Guild 7pm Topic: Internet Safety  MBB vs. St. Francis 6pm MBowl V vs. Timon, JV vs. St. Joe's 3:45pm WBowl vs. Sacred Heart 3:45pm	<b>9-A</b> Principal's Ad Board 2:30pm Musical Auditions 2:30pm  WBB vs. Christian Central 6pm	<b>10-B</b> Prom Committee 2:30pm Ski Club 3-9pm  Wrest @ Nichols 5pm MBowl V vs. O'Hara, JV vs. Canisius 3:45pm WBowl vs. Holy Angels 3:45pm	<b>11-C</b> Pride Day Musical Call-Backs 2:30pm  MBB @ Canisius 6pm WBB @ O'Hara 6pm Wrest @ Lockport Tourney 	<b>12</b> Wrest @ Lockport Tourney
<b>13</b>	<b>14-D</b> Student Senate 2:30pm  WBB vs. Mt. Mercy 6pm	<b>15-E</b> Friends of Rachel meeting 7:30, 2:30 N.H.S. 2:30pm Campus Ministry 2:30pm  WBowl vs. Mt. St. Mary's 3:45pm	<b>16-F</b> Faculty/Staff Meeting 2:30pm  MBB vs. Niagara Catholic 6pm	<b>17-A</b> Prom Committee 2:30pm Ski Club 3-9pm Scholars to Irish Classical Theater  WBB @ Cheektowaga 5:30pm MBowl V vs. St. Joe's, JV Position Round 3:45pm	<b>18-B</b> MBB @ Nichols 6pm Wrest vs. Gow 6:30pm	<b>19</b>
<b>20</b>	<b>21-Off</b> Dr. Martin Luther King Jr. Day No School 	<b>22-Exams</b> January Exams  MBB vs. St. Joe's 6pm	<b>23-Exams</b> January Exams	<b>24-Exams</b> January Exams Ski Club 3-9pm  Wrest vs. Niagara Catholic 6pm MBowl V vs. Park 3:45pm WBowl All-Catholics 3:45pm	<b>25-Exams</b> January Exams End of Second Quarter  MBB vs. O'Hara 6pm WBB @ Iroquois 5pm	<b>26</b> Wrest @ Depew Tourney
<b>27</b> SAT Prep Class 8:15 a.m. - 12 noon	<b>28-Off</b> No School for Students Faculty In-Service Day  MBB @ St. Fran. 6pm WBB vs. Nichols 6pm 	<b>29-A</b> Friends of Rachel meeting 7:30, 2:30 Registration Deadline for March 1 SAT  MBowl V vs. Canisius 3:45pm	<b>30-B</b> SAT Prep Class 6-8 p.m.  WBB vs. Buff Sem 6pm	<b>31-C</b> Prom Committee 2:30pm Ski Club 3-9pm Incoming Freshmen Registration 6-8pm	<b>1-D</b> NHS Induction Ceremony 6:30pm  MBB vs. Canisius 6pm	<b>2</b> Wrest @ MMA Duals (Gow)



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