

Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 16, Issue 6 • February 2008

Quick Look

Living Stations go
Hollywood 2

Schedule for
Spirit Week ... 2

Reception honors
Leadership
Council 4

Rock for Roswell
raises \$1,600 . 4

Counseling
Corner 5-8

Copacabana tickets
go on sale
Feb. 27 10

Menu 10

Calendar 11

Make a Difference!

Dear Parents & Friends,

Let me start off this month's *Currents* by sharing a little story.

This story is about a man walking along a Florida beach one morning before the sun's rays get very hot. He sees a little boy picking up from the numerous tide pools dotting the shore, one starfish after another and methodically throwing each of them back into the ocean. The man says to the boy, "Why are you doing that? With all the tide pools, and all the thousands of starfish exposed to the heat of the sun every day, your project can *never* make a difference!" The little boy looks up at the man, then down at the starfish he is throwing back into the sea, he says: "It makes a difference to *this* starfish!"

That story reminds me that making a difference in the life of someone else can be as simple as taking the time to do a random act of kindness. In the spirit of one of our new extra-curricular groups, The Friends of Rachael, taking the time out to encourage someone can

have a huge impact on that individual. Just think if everybody took the time to practice this and to try to make a difference in the lives of others. That spirit would truly change the world, one individual at a time.



Here at St. Mary's High School, the faculty and staff strive to make a difference in the lives of the students whom we teach. In addition to the lessons in English, science, social studies, math, foreign language, religion, business, computers, and fine arts, we aim to teach the students entrusted in our care that they too have a responsibility to make a difference in the world that they live.

As always, it is a great privilege and an awesome responsibility being here at St. Mary's teaching your sons and daughters.

Sincerely,

Assistant Principal

Congratulations, Scholarship recipients, accepted students

St. Mary's High School recently announced the recipients of scholarships to attend St. Mary's High School for the 2008-2009 school year.

The scholarships, with a total value of over \$85,000, were awarded to students who will be freshmen in the next school year. Scholarship awards were based on a Scholarship Test, applications, letters of recommendation, and/or personal essays.

The following is the complete list of scholarship winners:

• \$12,000 Leadership Scholarships for Lancaster/Depew Students - **Joshua May from Cheektowaga** and **Daniel Moreno**

from Lancaster

- \$8,000 Gus Galasso Scholarship - **Miranda Chojecki from West Seneca**
- \$4,000 Albin Kocialski Scholarship - **Blake Rounds from Depew**
- \$4,000 Fr. Leon Ross Scholarship - **Martha Concannon from Lancaster** and **Jamison Powell from Cheektowaga**
- \$4,000 Gus Galasso Scholarship - **Alexis Parry from Lancaster**
- \$4,000 Mrs. Brzuszkiewicz Memorial Scholarship - **Joshua Closson from Lancaster**
- \$4,000 Alumni Scholarship - **Jonathon Hoffman from Lancaster**
- \$4,000 Academic Scholarships - **Emily**

Cavallari from Lockport and Ashley Romance from West Seneca

- \$2,000 Gordon Hoppe Scholarship - **Courtney Flynn from Cheektowaga**
- \$2,000 Katherine Czapski Kipp Memorial Scholarship - **Shannon Speyer from West Seneca**
- \$2,000 Student Senate Leadership Scholarship - **Michael Kranz from Depew**
- \$2,000 Academic Scholarships - **Austin Lauer from Cheektowaga** and **Nathan Meyers from Cheektowaga**
- \$1,400 Academic Scholarships - **Jackson Balling from Strykersville; Alexander**

(Continued on page 3)

Living Stations go Hollywood

A biannual Lenten tradition at St. Mary's High School has the performance of the Living Stations.

The Living Stations of the Cross bring the Catholic ritual of Stations of the Cross alive, as the St. Mary's students portray the different characters in the Stations of the Cross, including Jesus, Mary, Simon of Cyrene, Veronica, and more.

This year, because the Living Stations are scheduled to be performed very close to the Spring Musical, Mrs. Cindy Powers, religion teacher and Living Stations director, and Mr. Peter Herr, Theater Department

chair, have decided to try something new – making a Living Stations movie.

Over the next few weeks, students will be filmed as they perform the Living Stations. Following an editing under Mr. Herr's direction, this film will be shown to the entire school on Wednesday, March 19, the last day before Easter break.

Please note that there will NOT be parents' presentations on March 18. Instead, parents, grandparents, and friends are invited to attend his special showing. Check the March *Currents* for the exact time of the assembly.

Office Hours during Winter Break

During the Winter Break, the St. Mary's High School will be open at the following times:

- Monday, Feb. 18 – Closed
 - Tuesday, Feb. 19 – 9 a.m. to noon
 - Wednesday, Feb. 20 – 9 a.m. to noon
 - Thursday, Feb. 21 – 9 a.m. to noon
 - Friday, Feb. 22 – Closed
- School resumes Monday, Feb. 25.

St. Mary's prepares for Spirit Week

With the challenge of January exams behind and the excitement of the new semester ahead, St. Mary's High School will take a little time to unwind as the school celebrates Spirit Week.

Here is a list of events scheduled for Spirit Week 2008:

- **Monday, Feb. 11** – Special PM Assembly Schedule
Dress – Red, White, & Blue
Speaker – Neils Creamens from In Jest – Presentation is interactive with humor discussing attitude and doing the right thing
- **Tuesday, Feb. 12** – Regular Schedule
Dress – Sports Teams
- **Wednesday, Feb. 13** – Special Pep Assembly Schedule
Dress – Class Color Top, Pride Day bottoms
Pep Rally in afternoon – will include Spirit Games and presentation of Student and Faculty Spirit Awards
- **Thursday, Feb. 14** – Regular Schedule
Dress – Red & pink on top, Jeans on bottom
Money to be donated to Catholic Charities
- **Friday, Feb. 15** – PM Liturgy Schedule
Dress – Pride Day
Spirit Week Liturgy in afternoon

Special Agent visits government class

By Mrs. Trish Connelly
Social studies teacher

On Thursday, Jan. 17, the senior Participation in Government Class was honored to hear a talk by Senior Special Agent Michael Szrama of the Immigration and Customs Enforcement Division of the U.S. Department of Homeland Security. Agent Szrama, the father of senior Catherine, works out of the Buffalo Office of Investigations.





Special Agent Michael Szrama talks to Mrs. Connelly's P.I.G. class

sary. Agent Szrama also discussed the difficulties that arise in trying to deport illegal immigrants, as sometimes even their native

countries will not allow for their return. The illegal immigrants are also entitled to a hearing; cases tend to get backed up in court, further exacerbating the situation.

Agent Szrama stressed the importance of strengthening the borders to keep the country safe. His answers to questions helped the students gain further insight as to how the bor-

ders are protected. Because the students live in near proximity to such a border, his talk "hit close to home."






SPRING SPORT ATHLETES

ALL ATHLETES MUST HAVE A CURRENT PHYSICAL ON FILE IN THE HEALTH OFFICE. IN ADDITION, THE INTERVAL HEALTH HISTORY FORM (GOLDEN YELLOW) IN THIS EDITION OF CURRENTS MUST BE COMPLETED.

IN ORDER TO BEGIN TRYOUTS/PRACTICE, COMPLETED FORMS MUST BE RETURNED TO THE HEALTH OFFICE BY:

FEBRUARY 15TH.

Currents

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Scholarship recipients, accepted students *(continued from page 1)*

- Kelly from Akron; Bruce Michelsen from Cheektowaga; Ian Tierney from East Aurora; and Michael Wojtaszczyk from Lancaster** • \$750 Alumni/Service Scholarship - **Tara**
- Barnhardt from Lancaster** • \$750 Service/Academic Scholarships - **Claire Arnott from East Aurora and Emily Beilman from Williamsville** • \$250 Academic Scholarships - **Thomas**
- DeJohn from Cheektowaga and Damon Fermo from Cheektowaga** • \$250 Service/Academic Scholarships - **Jacob Czuprynski from Lancaster and Emily Gibson from Clarence**

The Admissions Committee of St. Mary's High School is also pleased to announce the complete list of students who have been accepted as members of the Class of 2012. They are:

Drew Abbatooy (Lancaster)	Theresa Donovan (Akron)	Marissa LaMagna (Lancaster)	Patrick Ryan (East Amherst)
Michael Adymy (West Seneca)	Christa Farrell (Lockport)	Hayley Lampart (Clarence)	Frank Sardina (Lancaster)
Alexandra Allan (East Aurora)	Emily Ferber (Cheektowaga)	Austin Lauer (Cheektowaga)	Christopher Saxer (Cheektowaga)
Katyerina Aponte (Lockport)	Damon Fermo (Cheektowaga)	Ellen Lema (West Seneca)	Kelsey Schaffstall (West Seneca)
Alexis Aquino (Lancaster)	Michelle Ferrara (South Wales)	Lauren Lubecki (Depew)	Jessica Scheib (Cheektowaga)
Claire Arnott (East Aurora)	Larissa Filipiski (Lancaster)	Tyler Machajewski (Depew)	Timothy Schifferle (Clarence)
Jackson Balling (Strykersville)	Courtney Flynn (Cheektowaga)	Joshua Martin (East Aurora)	Mark Schwartz (Williamsville)
Tara Barnhardt (Lancaster)	Renee Fregeau (Clarence Center)	Brian Maurer (Cheektowaga)	Matthew Seep (Williamsville)
Nathan Bartell (Clarence)	Cassidy Fritsch (Buffalo)	Joshua May (Cheektowaga)	Brian Sheppard (Lancaster)
Brianna Bartholomew (Depew)	Jessica Gesegnet (Buffalo)	Joseph McCarthy (West Seneca)	Tyler Sikora (Buffalo)
Paul Bartholomew (Depew)	Emily Gibson (Clarence)	Daniel McManus (Lancaster)	Eric Sivec (Clarence Center)
Emily Beilman (Williamsville)	Lauren Glawatz (Lancaster)	Dominic Mendola (Lancaster)	Ashley Skipper (Buffalo)
Katrina Beiter (Buffalo)	Kathleen Grabar (West Seneca)	Samuel Merriman (East Aurora)	Logan Smith (West Seneca)
Haley Blatchford (Cheektowaga)	Molly Grant (Buffalo)	Christopher Mesi (Cheektowaga)	Michael Sobolewski (Lancaster)
Rachel Bolton (Depew)	Chelsea Hacker (Buffalo)	Nathan Meyers (Cheektowaga)	Rebecca Sokolowski (Buffalo)
Michael Boyd (Cheektowaga)	Rachel Hamilton (Clarence)	Bruce Michelsen (Cheektowaga)	Michael Southhard (Lockport)
Lucas Brassard (Cheektowaga)	Kevin Harmon (Lockport)	Jordanne Miller (Lockport)	Shannon Speyer (West Seneca)
Rose Brown (Lancaster)	Carly Harrington (Buffalo)	Megan Miller (Lancaster)	Amera Stacy (Lancaster)
Daniel Cavallari (Lockport)	Katherine Healy (Lancaster)	Thomas Mills (Buffalo)	Connor Steffans (Hamburg)
Emily Cavallari (Lockport)	Kelly Hess (West Seneca)	Anthony Mordino (Lancaster)	Quentin Steffen (Depew)
Casey Cavinder (Buffalo)	Luke Hinton (Lockport)	Daniel Moreno (Lancaster)	Garrett Stephens (Cheektowaga)
Miranda Chojecki (West Seneca)	Michael Hockwater (Cheek.)	Melissa Morlock (Lancaster)	Lauren Stich (Lockport)
Callan Christiano (East Aurora)	Jonathon Hoffman (Lancaster)	Patrick Mulcaire (West Seneca)	Zachary Styn (Cheektowaga)
Zachary Ciciera (Lancaster)	Lauren Hokaj (Lancaster)	Chelsea Murray (Orchard Park)	Joshua Sugg (Lancaster)
Jordan Ciezki (Lancaster)	Sabrina Hood (Lancaster)	Meghan Musialowski (Lanc.)	Gregory Summers (Alden)
Jessica Clark (Williamsville)	Claire Horton (Lockport)	Thomas Nasca (Lancaster)	Ashley Swierczynski (Buffalo)
Joshua Closson (Lancaster)	Jensen Hurley (Lancaster)	Matthew Neidhart (Lancaster)	Nils Kristian Talbot (East Aurora)
Nicholas Colern (Depew)	Ben Jerozal (Cheektowaga)	Matthew Nelson (Buffalo)	Ian Tierney (East Aurora)
Martha Concannon (Lancaster)	Nicholas Junker (Orchard Park)	Brian Nguyen (Williamsville)	Charles Vallone (Depew)
Taryn Courneen (Buffalo)	Nicholas Kacala (Lancaster)	Mark Niewiemi (Lancaster)	Meredith Vivian (Buffalo)
Bridgette Craver (Buffalo)	Sarah Kapanek (Cheektowaga)	Kathleen O'Sullivan (Buffalo)	Andrew Warne (Lockport)
Daniel Cristler (Williamsville)	Neil Keenan (Buffalo)	Morgan Owczarczak (Lancaster)	Michael Weiler (Cheektowaga)
Jacob Czuprynski (Lancaster)	Rachelle Kelchlin (West Seneca)	Alexis Parry (Lancaster)	Korry Williams (Cheektowaga)
John Davidson (Lockport)	Alexander Kelly (Akron)	Stephen Pauly (Lancaster)	Ryan Winnicki (East Aurora)
Thomas DeJohn (Cheektowaga)	Michael Keyes (Buffalo)	Samantha Pfohl (Depew)	Patrick Wisniewski (Cheek.)
Jacob Denz (East Aurora)	Emily Kinmartin (Elma)	Brian Pilski (Lockport)	Michael Wojtaszczyk (Lancaster)
Andrew Dobmeier (Lancaster)	Veronica Knittel (Lancaster)	Aaron Porzio (Buffalo)	Allison Wozniak (Lancaster)
Corey Donoghue (East Aurora)	Kimberly Kocol (Buffalo)	Jamison Powell (Cheektowaga)	Alex Yebernetsky (Cheektowaga)
	Emily Kolkmeier (Lockport)	Brittany Radel (Depew)	Nathan Young (Buffalo)
	Lauren Kotas (Lancaster)	Lauren Reilly (East Aurora)	Ryan Zelli (Lancaster)
	Fotis Koutsandreas (Elma)	Kylie Reinholz (Lancaster)	Alexis Ziccardi (East Aurora)
	Michael Kranz (Depew)	Ashley Romance (West Seneca)	Mary Katherine Zielonka (Alden)
	Kristen Kyaw (Williamsville)	James Rosati (West Seneca)	Stephanie Zimicki (Lockport)
	Nathan Labenski (Lancaster)	Blake Rounds (Depew)	Amanda Ziomek (Cheektowaga)
	Bart LaFaso (Clarence)	Tyler Rozbicki (Sloan)	Olivia Zureck (Lancaster)

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

Reception honors Principal's Leadership Council

On Sunday, Jan. 13, Mrs. Rebecca Kranz hosted the first Leadership Council Reception at St. Mary's High School. This reception offered St. Mary's three recognition opportunities:

- Mrs. Kranz and Mr. Mark Kelso, the Director of Advancement, honored the members of the Principal's Leadership Council. This council is composed of generous alumni and friends of St. Mary's who have contributed to the education of the

students through donations of time, talent, and treasure.

- Mrs. Kranz and the Board of Trustees recognized Sen. Dale Volker and Stan Keysa for all that they have done for St. Mary's. In addition to being graduates of the school, Sen. Volker and Mr. Keysa were founding members of the school's Board of Trustees, helping to oversee the school as it made the transition from diocesan high school to private, college-

preparatory high school.

- Mr. Kelso and the St. Mary's Alumni Association named the 2008 Alumni of the Year, Mr. Dan Rinow and Mr. Mike Rybak. In addition, the Association honored parent-of-alumni Mr. Jim Bistoff as Honorary Alumni of the Year.

Thank you to all who made the Leadership Reception so successful, and thank you to the Leadership Council for their generosity to St. Mary's High School.



Mrs. Kranz and former Board president Ann Diem congratulate Stan Keysa.



Mr. Kelso and Mrs. Kranz honor Dan Rinow as Alumnus of the Year



Michael Rybak is also recognized as 2008 Alumnus of the Year

ROCK FOR ROSWELL

Leadership Class collects over \$1,600



Counseling Corner

Mary Jakubowski (mjak@smhlancers.org)

683-2349

Kelly Smith (ksmith@smhlancers.org)

Options in testing

SAT, ACT, Subject Tests, or no testing at all? Colleges differ in their requirements for admission. Underclassmen would be wise to check out what testing will be needed as they begin to research possible college choices.

Although all U.S. colleges now accept the ACT in lieu of the SAT, not all require the optional writing test offered by the ACT. However, for most students taking the ACT, completing the writing section will provide more opportunities to use this test for any of the colleges to which they'll apply.

Some students seem to do much better on the SAT while others perform at a higher level on the ACT. If you can, try both exams and then retake the test on which you get the higher score.

Subject test requirements also vary from college to college. Most colleges that do require these exams ask that students take two in different subject areas. Ideally, you should take the exam soon after you complete your coursework in that subject area.

Thus you'd take the U.S. History exam at the end of the year in which you had this class. Students applying to science and engineering programs are often required to submit scores from the Math II and a chemistry or physics exam. When researching colleges, note the tests that are required as well as any subject exams needed.

A growing number of colleges have moved to a "test optional" status. For these colleges, grades take on more significance, and students may be asked to submit a graded paper in lieu of admissions

test results. Many state schools are test optional for residents with high GPAs, and some highly selective colleges such as Pitzer, Hamilton, and Muhlenberg offer applicants the choice of applying without test scores.

Talent-based and specialized schools such as Julliard, Johnson & Wales, and the Ringling School of Art & Design do not require test scores.

A full list of colleges that are test optional in admissions will be found on the website of Fair Test at www.fairtest.org.

The College Board and test-prep

After years of denying that test prep courses did little more than add a few points to test-takers scores, the College Board recently admitted that the new writing test is indeed coachable. At the board's annual meeting, a College Board vice president described recent research that showed that even short-term coaching does have a major impact on the writing scores of those students with poor writing skills. Students planning on taking the SAT or ACT this spring now have another good reason to prep for the exams.

Our position has long been that the only bad kind of preparation is no prep at all. Choosing the best way to prepare depends on learning style, time available, and cost. Taking an organized test prep class works well for many students. These classes provide structure, practice questions, and test-taking techniques.

One-on-one test prep may be best for those who seek some review sessions and testing strategies and for those with uneven strengths in the

different sections of the exam. With this type of individualized preparation, students can concentrate on their own needs.

Computer-based or online prep may be best if you have a very full schedule of outside activities. In this way, you prepare during the time periods that work best for you. You need to be very disciplined for such student-directed preparation. It's easy to put off doing the work and your test day will creep ever closer. For online prep, you can choose a course like the ones given by College Board or by Princeton Review, or try the free test prep available at www.number2.com.

Low tech preparation works too. Utilize the test-taking tips provided both by ACT and by College Board and practice using actual released exams available from the testing agencies.

You learned long ago to never walk into a test unprepared. Put some time into test prep and you'll be rewarded for your efforts.

CC Timeline

February 2008

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

March 2008

1st – SAT
7th – Deadline for April 12 ACT and ACT plus Writing
Check with counselor about summer programs
Juniors – Create an initial list of colleges

Playing the ratings game

In a brand-name driven society, it's no surprise that families often turn to magazine rankings to help them find the "best" college.

While college administrators may publicly dismiss rankings as meaningless, when the rankings are favorable, you'll find them featured prominently on a school's website.

Admissions deans are under constant pressure to improve their rankings. The University of Pennsylvania's slip from fourth to seventh place in the 2007 *US News & World Report* rankings may have disappointed alumni, and that can impact donations to the school. But families need to keep in mind that the quality of education doesn't change dramatically in one year.

Even if you accept the idea of

ranking colleges, can you trust the data used to make those decisions?

The class profiles submitted by schools may not give the full picture. Colleges can leave out the SAT scores of certain groups, including legacies, recruited athletes, and development admits whose families are big donors, because the grades and test scores of these students would lower the class average and make the school look less selective.

Schools may count applications that were never completed so it looks like they have more students applying, lowering the acceptance rate and making them appear more selective in the ratings. Also, part of the *US News* score is based on college administrators rating other schools that they may know nothing about.

How do you compare schools that have different programs and cultures anyway? It's like including romantic comedies and dramas in the same best movies list.

Different people love different films, and one person's number one is another person's number eighteen. The enjoyment you get from the experience of watching your favorite movie has nothing to do with its ranking.

The same holds true for colleges. What matters is the experience a student will have at that school. Spending four happy, productive, and successful years at a college that is number 43 on the *US News* list makes that college number one for that student.

Other magazines are getting into the rankings game. *Newsweek* has rated the top 100 global universities. *Washington Monthly* took a different approach. Instead of asking which college is best for you, they asked which college is best for America. Their criteria included how colleges facilitate social mobility by reaching out to low-income students, whether they foster scientific and humanistic research, and how much they promote the ethic of service. Princeton, which is first on the *US News* list, is 43 on this list of national universities, while UC Berkeley is second. Bryn Mawr College, in 21st place on the *US News* list, tops *Washington Monthly's* list of liberal arts colleges.

But none of the rankings assess the quality of teaching, because that is tough to measure quantitatively. Rankings don't tell us how prepared a school's students are for graduate school or the job market. They also don't say anything about the sense of community that makes a campus welcoming and fun.

Perhaps rankings make us feel more secure. If someone pronounces a school the best, we can reassure ourselves that we've made the right decision. But students who trust themselves enough to find their own best schools will end up making the most satisfying college choices. So create your own ranking system when selecting colleges and avoid playing the ratings game.

Questions for college reps

You'll meet them at your high school, at college fairs, and in area meetings hosted by their colleges. College admissions reps are true road warriors, traveling thousands of miles each fall to put a personal face on the college admissions process. Each will provide you with an informed view of their own campus and insight into how the admissions process works at their university.

You'll want to attend any event promising contact with these individuals who'll serve as your advocates if you apply to their institution. But go beyond the meet and greet and ask those questions that are really important to you.

Some questions to consider:

- What makes this school unique?
- What opportunities exist for undergraduate research, internships, study abroad, or independent study?
- What's the academic advising system like? Can students double major or create their own major? Can they easily change majors?
- What's the neighborhood like and how do students get involved in the life of the community?

Ask for a business card—use their e-mail address to ask any questions that occur to you at a later time. If you do apply, the personal contact you've established with the college rep may weigh in your favor in the admissions decision.

Use service to teach lessons

Too often, teens get a bad rap. Adults criticize their dress, their music, and their attitudes.

In fact, today's teens may be the most idealistic generation ever. Nearly 60 percent of teens do some sort of regular volunteer service. And many schools today require students to volunteer.

While teens are volunteering, they're also learning important lessons. Here are three big lessons that teens

learn from their service:

- **They can make a difference.** A teen who serves meals in a soup kitchen sees that her efforts matter to people who may otherwise go without food. A teen who volunteers in a children's hospital ward sees the faces of patients light up when she walks in. But teens can also learn this same lesson close to home. If an elderly neighbor needs

(Continued on page 4)



Spotlight on College Majors — *Landscape Engineer* It's not just mowing grass and planting trees

If you're creative, interested in the environment and science, and enjoy working with people, landscape architecture may be just the career for you.

According to the Bureau of Labor Statistics, landscape architecture is the fastest growing of all of the design professions. Nearly a quarter of the 30,000 landscape architects working in the United States are self-employed; the average salary earned by those in this profession is nearly \$90,000 per year.

Landscape architecture involves the planning, design, and management of both the natural and man-made environment. In addition to beautifying our environment, landscape architects must determine the best use for a site. They need to consider the environmental impact of proposed development and make plans for both auto and pedestrian traffic.

Landscape architects design such varied facilities as parks and playgrounds, college and industrial campuses, gardens and recreational areas, shopping centers, residential developments, and national forests. Their work impacts all of us.

To become a landscape architect, students must learn about the ways the natural environment can be changed to better the quality of life for its users. They must first understand the land as well as its ecology. To this end, students study design, construction techniques, art, history, and natural and social sciences.



www.udel.edu

Majors start with traditional techniques such as site planning and design, employing both drawing and computer graphics in studio-based courses. The students study ecological systems, learn about plants that grow in a variety of conditions, and discover the relationships between social and political institutions and the natural environment.

In more advanced classes, the major includes courses in urban design, landscape technology, and regional planning. As a culminating project, students may design a park or a garden, or create a site plan for a residential dwelling or sports arena.

College departments may differ a great deal in their approach, so students contemplating this major should look closely at the emphasis that is placed at the colleges they are considering. Some programs focus on physical design, others on environmental issues such as sustainability and regeneration. Some do a good job of combining both design and ecology. City-based colleges are more likely to

focus on urban design than are suburban campuses. Finally, some colleges offer a four-year curriculum that culminates in a Bachelor of Science in Landscape Architecture (BSLA); others offer the five-year Bachelor of Landscape Architecture (BLA) which includes more studio and lecture courses.

Most states require that landscape architects be licensed, a process that includes the completion of the professional degree and the passing of a national licensing exam.

Some states also require completion of a period of supervised practice before the landscape architect becomes licensed.

Landscape architects may be employed in a variety of settings including public, private, and academic institutions. Many are self-employed, have their own firms, or work on a consultant basis. Those interested in private employment may find jobs in engineering, architectural, and planning organizations.

Governmental agencies such as the U.S. Forest Service, the National Park Service, the Bureau of Land Management, the U.S. Army Corps of Engineers, and state and local governments provide many graduates with opportunities for employment. Those landscape architects who hold Master's degrees may go on to teach and conduct research in colleges and universities.

If you believe that landscape architecture might be a career for you, you can learn more about the career and major by visiting the website of the American Society of Landscape Architects at www.asla.org. You can also do more research through the Bureau of Labor Statistics at www.bls.gov (click on the Occupational Handbook), or by visiting <http://LApofession.org>, a site that offers scholarship and landscape architecture career information.



Give your teen a destination, not a road map

When teens face tough problems, they often turn to their parents for advice. It's easy to give your teen a road map: "First do this. Then do that." But she'll learn more if you take a different approach—giving her a destination, instead of a map.

So work with your teen on the problem. What is the destination she's trying to reach? Suppose she got a bad

grade in a math class. Ask her what her goal is.

It may not be quite the goal you would have chosen. You'd like her to aim for an A. She says she'll be happy with a B. But once she has a destination clearly in her mind, you can help her think about how to "map" her route.

Does she need to do extra studying? Should she ask the teacher for

some after-school help? As she creates her own road map, she'll also be learning important problem-solving skills.

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SMH offering SAT Prep classes

St. Mary's will be offering the second in a series of SAT Prep Classes designed to end before the May 3 SAT test date. The classes run Sundays and Wednesdays from March 30 through April 30.

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

To register, go to www.smhncancers.org, click on Counseling, and follow the instructions.

Set high expectations to motivate

The secret to motivating your teen to do well in school is surprisingly not promising material rewards. It's setting high but realistic expectations for her.

So what are "high but realistic" expectations?

Well, a high, unrealistic expectation might be expecting a teen with an interest in chemistry to find a cure for cancer—by the end of next year. A low, realistic expectation would be to expect the same teen to attend all of her chemistry classes this week—classes she already plans to attend.

The high but realistic expectation would be to expect her to increase her chemistry grade by one letter grade this grading period—something that shows you believe in her, and something that she also feels capable of achieving.

Whether they show it or not, teens do want to meet their parents' expectations. Your teen is likely to strive for success if your expectations are realistic.

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Service lessons

(continued from page 2)

help, have your teen volunteer to run errands and then spend time just listening.

- **There are things more important than things.** We live in a material world. Teens spend a lot of time worrying about whether they have the right shoes or blue jeans or jackets. Volunteering helps put all that in perspective. When she sees a mom who took her kids out of an abusive home with only the clothes on their backs, she may worry less about having the "right" brand name on her own jeans.
- **They are generous.** Volunteering helps shape the way teens view themselves forever. Teens who learn to give now will keep giving throughout their lives.

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More Information

Scholarships

Catholic School Counselors Scholarship for a student who can show academic excellence, co-curricular activities, and community involvement. Deadline: Feb. 4.

Best Buy Scholarship based on good grades and outstanding community service. Deadline: Feb. 15.

Norman F. Locher Memorial Scholarship for a resident of an area served by a Volunteer Fire Company who has exemplified community involvement. Deadline: March 1.

Scholar Athlete Milk Mustache of the Year 2008 Award Program @ bodybymilk.com. Deadline: March 7.

Zonta Club of Cheektowaga or Lancaster scholarship for students dedicated to community service. Deadline: March 7.

Ethan Allen Interior Design Scholarship to a student attending Villa Maria or Buffalo State

majoring in interior design.

Deadline: April 1.

Monsignor Maguire Essay Contest "How Do You See the Holy Spirit Working for Us in the Church Today". Deadline: April 25.

Nicholas Patterson Scholarship Program for students with financial need. Deadline: May 15.

BigSun Scholarship for student athletes. Visit www.bigsunathletics.com. Deadline: June 20.

Parents

Remember the National College Fair on April 1 from 6 to 8 p.m. at the Buffalo Convention Center. This is an excellent place to begin your student's college search.

The National Association of Independent Colleges and Universities has established a website that enables a student to search for the perfect school. Visit www.uican.network.org.

Annual Alumni Hockey Game - March 1

The St. Mary's Lancer's Hockey Club is holding its annual Alumni Game on Saturday, March 1, at 8:30 p.m. at Holiday Twin Rinks, Cheektowaga.

All former Lancers Hockey players are welcome to play in the game against the current Lancers team.

For more information, please call Lancers Business Manager Lori Mik at 681-1772, or e-mail at lori.mik@genmills.com.

Go Lancers

The Parent's Guild of St. Mary's High School

Is sponsoring an

Indoor Garage Sale

Saturday, April 5 • 9 to 3

at St. Mary's High School

50¢ Admission Fee

**Reserve Your Table NOW!!!
Table Rental \$10**

**FOR INFORMATION CALL:
Patti @ 652-0963 Shel @ 983-3647**



The Parent Guild

Upcoming Guild meetings

FEBRUARY 12th

Topic:

SMH Diploma Requirements & Elective Choices

Speakers:

Mary Jakubowski

SMHS Junior/Senior Counselor

Kelly Smith

SMHS Freshman/Sophomore Counselor

MARCH 11th

Topic: **COLLEGE 101**

Speaker: Mary Jakubowski,
SMHS Junior/Senior Counselor



For more info, call 683-4824, ext. 28

2007-08 Winter Sports Schedules

Men's Varsity Bowling

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

Tues, Feb. 5, vs. Nichols

Thurs, Feb. 7, All Catholics

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

Wed., Feb. 6, vs. Cardinal O'Hara

Wed., Feb. 13, @ Sacred Heart (at Villa Maria College)

Fri., Feb. 15, vs. Depew (Senior Game)

Feb. 16, Playoffs Begin

Men's Basketball

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

Fri, Feb. 1, vs. Canisius

Women's Basketball

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

Mon., Feb. 4, @ Niagara Catholic

Wrestling

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

Tickets for Copacabana go on sale February 27

The Performing Arts Department of St. Mary's High School will be performing Barry Manilow's *Copacabana* as this year's Spring Musical.

Copacabana will be performed on March 13, 14, and 15, at 7:30 p.m. each night.

Following auditions in early January, the cast list was recently announced. *Copacabana* will feature Jordan Hokaj as

Lola Lamar, John Anstett as Tony Forte, Ali Marszalkowski as Conchita Alvarez, Giuseppe Passucci as Rico Castelli, Sara Gromek as Gladys Murphy, Andy Adolf as Sam Silver, and Kenny

Held as Stephen. (See the entire cast list at www.smhlancers.org.)

Tickets for the performance will go on sale on **Wednesday, Feb. 27, at 7:30 a.m.** in

the Media Center. **Tickets are reserve seating only. No advance sales allowed.**

The tickets cost \$7 for adults, \$6 for high school or college students, \$5 for children and senior citizens. A weekend pass to attend all three performances is also available at \$15 each (please note: the seats for each performance will not be the same).

More information on the tickets are available by calling Keith Kidder at 683-4824, ext. 15.



School Meals

We serve education everyday through healthy choices

February 2008 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled cheese, tomato soup, hash brown potato patty, chilled apple sauce, milk variety
4 Tyson Chicken patty on roll, baked ziti, chilled peaches, milk variety	5 Goulash with meat sauce, steamed corn, crisp bread sticks, fruited Jell-O, milk variety	6 To be announced	7 Tacos with seasoned meat, salsa, cheese, lettuce, rice, assorted fruit, milk variety	8 No School
11 Chicken fajitas with fried peppers, onions, cheese, tater tots, fresh fruit, milk variety	12 Spaghetti with meat balls, warm Italian bread, chef salad, fruit, milk variety	13 Chicken nuggets, mashed potatoes, gravy, green beans, assorted fruit, milk variety	14 Stuffed-crust pizza, chef salad, orange juice, cookies, milk variety	15 Fish sticks, oven fries, steamed corn, assorted fruit, milk variety
18	19	20 Winter Recess		21
25 Chicken tender subs, noodles with sauce, cake, chilled juice, milk variety	26 Pizza subs, tater tots, glazed carrots, fruit, milk variety	27 Tacos with meat sauce, salsa, cheese, lettuce, rice, fruit, milk variety	28 Mini subs: turkey & ham & assorted, hash brown patty, fruit, milk variety	29 Grilled cheese, tomato soup, wedge potatoes, 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.

February 2008 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-C NHS Induction Ceremony 6:30pm <i>MBB vs. Canisius 6pm</i>	2 <i>MBB vs. Canisius 6pm</i> Wrest @ MMA Du-als (Gow) TBA Hock v Olean 8:30pm
3 SAT Prep Class 11 a.m. - 2 p.m.	4-D Student Senate 2:30pm <i>WBB @ Niagara Catholic 6pm</i>	5-E Friends of Rachels meeting 7:30, 2:30 Curriculum Committee 2:30pm Donate Life Speakers' Training Periods 1-3 <i>MBB @ Niagara Catholic 6pm</i> <i>MBowl vs. Nichols 3:45pm</i>	6-Field Trip Class Meetings Ash Wed. Prayer Service Full-School Field Trip-Studio Arena Auction Training Book Club in Marian House 2:30pm SAT Prep Class 6-8pm <i>WBB vs. O'Hara 6pm</i> 	7-F No After School Activities <i>MBowl All Catholics 3:45pm</i>	8-Off No School for Students Faculty In-Service Day Lancer Auction 6pm 	9
10 SAT Prep Class 11am-2pm <i>Wrest @ All-Catholics TBA</i> Spirit Week February 11-15	11-A Special PM Assembly Schedule (Neals Creamer from In Jest) Dress - USA (Red, White & Blue - No Jeans) Student Senate 2:30pm	12-B Dress - Sports Teams Donate Life Speakers' Training Periods 7-9 Friends of Rachels meeting 7:30, 2:30 NHS 2:30pm Campus Ministry 2:30pm Parent Guild Board 6:30pm Parent Guild 7pm (Topic: Diploma Requirements) <i>MBB @ St. Joe's 6pm</i>	13-C Special Pep Assembly Schedule Dress - Class Color Top, Pride Day Bottom Principal's Ad Board 2:30pm SAT Prep Class 6-8pm MBB vs. Nichols 6pm <i>WBB @ Sacred Heart TBA</i>	14-D Dress - Red & Pink on top, Jeans on bottom (to benefit Catholic Charities) Prom Committee 2:30pm Ski Club 3-9pm	15-E Pride Day PM Liturgy <i>MBB @ Timon 6pm</i> <i>WBB vs. Lancaster 6pm</i> 	16 <i>WBB Playoffs begin</i>
17 SAT Prep Class 11am-2pm <i>Wrest @ Catholic State Meet TBA</i>	18-Off Mid-Winter Recess No School School Closed <i>MBB vs. Timon 6pm</i> <i>Wrest @ Catholic State Meet TBA</i> 	19-Off Mid-Winter Recess No School Offices Open 9am-12noon 	20-Off Mid-Winter Recess No School Offices Open 9am-12noon SAT Prep Class 6-8pm 	21-Off Mid-Winter Recess No School Offices Open 9am-12noon Ski Club 3-9pm 	22-Off Mid-Winter Recess No School School Closed <i>MBB Playoffs begin</i> 	23
24 SAT Prep Class 11am-2pm	25-F Student Senate 2:30pm	26-A Friends of Rachels meeting 7:30, 2:30	27-B Special Schedule Class Meetings Lenten Reconciliation Faculty/Staff Meeting 2:30pm SAT Prep Class 6-8pm	28-C Prom Committee 2:30pm Ski Club 3-9pm	29-D	1 SAT Test Date (Registration Deadline Jan. 29)



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St. Mary's High School
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