

Currents



The Curriculum Newsletter of St. Mary's High School • Vol. 16, Issue 9 • May 2008

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Remember the children!

The students in Miss Stephanie Brown's Global Studies II classes recently participated in the "I Never Saw Another Butterfly" project, as sponsored by the Holocaust Museum in Houston, Texas.

As part of the project, the museum is attempting to collect 1.5 million handmade butterflies to represent the 1.5 million children who died in the Holocaust of World War II.

Children from throughout the world are being asked to contribute butterflies for an upcoming exhibit at the museum.

As part of the project, Miss Brown had the students make butterflies, which she hung in the classroom. The students also discussed the horrors of the Holocaust, with the hope that future generations will never repeat this tragedy.



Members of Miss Brown's Global Studies II Honors class stand with their butterflies before they were sent to the Holocaust Museum.

The butterflies were then packaged and shipped

to the Holocaust Museum.

More information in the "I Never Saw Another Butterfly" project is available at www.hmh.org.

2008 Senior Exam Schedule

Fri., May 16	Mon., May 19	Tue., May 20	Wed., May 21
<p>Period 1-3 (8:04-10:07) English 12 English 12 Honors</p> <p>Period 7-9 (12:16-2:19) Psychology Business Law</p>	<p>Period 1-3 (8:04-10:07) Math IVB PreCalculus</p> <p>Period 7-9 (12:16-2:19) Economics</p>	<p>Period 1-3 (8:04-10:07) Social Justice Retreat Peer Ministry</p>	<p>Period 4-6 (10:10-12:13) Physics Environmental Chemistry</p>

Here are some notes in regards to the Senior Exams:

- Students only have to be in school for their scheduled exams.
- The Administration is allowing the students to be in Pride Day Dress for the exams (see Student Handbook for details). If students can not cooperate with this dress code, they will be required to be in Regular Dress Code.
- Students 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.
- Buses will pick up students at the usual time in the morning and leave at the regular time. (Remember – rest of school will still be in classes.)
- Some teachers may offer review sessions at 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 Media Center *quietly studying*. Questions regarding the Senior Exam Guidelines and schedule should be directed to Mrs. Kranz.

Happy birthday, Shakespeare



Alex Zach and the members of the English 11 classes celebrated William Shakespeare's 444th Birthday on April 23.

Mrs. Maryellen Migliore's classes enjoyed cake, readings, and hats as they marked this famous author's special day.

Welcome, new teachers

Michelle Giomundo

Classes – Ceramics, Advanced Ceramics, Drawing & Painting.
Education – BFA with concentration in Interior Design and BS in Art Education from Buffalo State.



Tell us about yourself – I worked for three years (as an interior designer) before I realized that I wanted to teach art, so I took the plunge: I quit my full-time job to return to school. The best part of teaching art is when the students see the world a little bit differently. That's when my teaching worked. When not teaching, I'm thinking about art and creating art.

Where else have you taught – Niagara Wheatfield – Edward Town Middle School, Buffalo Public School #95 Waterfront Elementary, and subbed at Maryvale and Orchard Park.

Why St. Mary's – I've always been familiar with St. Mary's. I'm very lucky to be a part of this family.

Deborah Nailos

Classes – Math Labs.
Education – Master's from Buffalo State College.



Tell us about yourself – I am a product of early Catholic education followed by public school (Amherst). I love to go camping, hiking, birding, and playing guitar. I play guitar at church and with a banjo bass band.

Where else have you taught – I lived and taught in Hamburg for 33 years.

Why St. Mary's – Now that I'm retired, I get a change to "give back" and teach at places I couldn't before. Sister Rose Therese told me St. Mary's might need a replacement for Mr. Bowen, so I looked in to coming here. I hope I can help the sophomores and freshmen improve their algebra.

From the Health Office –

Do you plan to play a sport?

Students who chose not to have a physical at school or who were absent on the day of physicals for the 2008-2009 school year and plan on playing a fall sport must have a purple physical form completed by their doctor and on file in the Health Office by August 1.

Failure to comply will result in not being able to start practice with the rest of the team.

Forms are available in the Health Office or Main Office.

Those who have any questions should contact Mrs. Beth Murphy, the school nurse, at 683-4824, ext. 20.

Spread the News: Spring Open House

for 6th, 7th, & 8th Graders

Saturday, May 10 – 12 to 3 p.m.

Visitors can

**Tour the School • Meet the Students
Talk to Teachers • Free Refreshments**

For more information, call the Enrollment Office at 683-4824, ext. 37 or sgrieco@smhlancers.org

St. Mary's announces Vacation Schedule 2008-09

To assist families planning for the 2008-09 school year, here is a list of dates to be aware of (please note that this is tentative and subject to change):

- September 3 – Half-day for Freshmen
- September 4 – Full Day for all students
- September 8 – Picture Day
- November 10 & 11 – Veterans Day Weekend

- December 22 to January 2 – Christmas Break
- January 26-29 – January Regents Exams
- January 30 – Staff Development Day
- February 16-20 – Winter Break
- March 20 – Principal's Holiday
- April 9-17 – Easter Break
- May 22-25 – Memorial Day Weekend

A complete and official schedule will be published during the summer.

Currents

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County Executive to be Commencement Speaker

St. Mary's High School is pleased to announce that Christopher Collins, County Executive for Erie County, will be the Commencement Speaker as part of the Graduation Ceremonies for the Class of 2008.

Commencement will take place on Tuesday, June 3, at 6:30 p.m., in the Auditorium of Villa Maria College.



Mr. Collins' presence was arranged through Bryan Fiume '01, director of Governmental Affairs for Erie County.

In addition, members of the St. Mary's classes of 1958, 1948, and 1938 will be honored on the anniversaries of their graduation.

Student Art to be featured at Exhibit

Students from Miss Michelle Giomundo's art classes will be participating in the 18th annual Diocesan Art Exhibition.

This exhibition is taking place May 4-8 at Nativity of the Blessed Virgin Mary School, 8550 Main St., Williamsville.

The opening reception is being held on Sunday, May 4, from 1-4 p.m. In past years, the opening reception has boasted over 750 visitors!

This is a great opportunity for you to come out and see your fellow students' creative talents!

Congratulations, JV Basketball Champs



Congratulations to the Girls Junior Varsity Basketball Team. Coached by Dave Helak, the team won the Msgr. Martin JV League Championship, defeating teams from Sacred Heart, Nardin, Holy Angels, and O'Hara to earn the championship.

Mark calendar for Language test dates

Students and parents should note on their calendars the following dates for the Foreign Language Exam, Part 1, Listening and part 2, Speaking.

All students must be in class, on time, to receive credit.

- Listening for French I and II; Spanish I and II – **MONDAY, JUNE 2**
- Speaking for French I and II; Spanish I and II – **TUESDAY - FRIDAY, JUNE 3 - JUNE 6**

Students/Teacher for the month of March



Josiah LeRoy



Kelsey Polanski



Jessica Warner



Christina Loniewski



Miss Baer



Monday, June 23
at
Glen Oak Golf Club

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

Congratulations, Second Quarter Honor Roll Students

Top five Seniors



Mary
Scotland



Michelle
Scotland



Alyssa
Owczarczak



Joshua
Robinson



Giuseppe
Passucci

Top five Juniors



Jessica
Runk



Sandra
Jezuit



Victoria
Reitz



George
Arnott



Samantha
Spisiak

Senior 1st Honors

John Anstett
Kathryn Aquino
Adam Bardol
Shaun Boland
Hillary Braun
Alexander Cappola
Brittany Carleton
Cassandra Carleton
Erika Carlson
Noel Coleman
Victoria Cuva
Allison Cwynar
Megan Delo
Kaitlyn Dobmeier
Thomas Gebhard
Katherine Hall
Robert Hamilton
Ellyn Hayes
Kenneth Held
Brian Hinton

Lauren Polanski
Timothy Pyszczynski
Alec Roberts
Douglas Robinson
Joshua Robinson
Bridget Rosati
John Scanlon
Joseph Schaub
Mary Scotland
Michelle Scotland
Stephanie Sikorski
Julia Spunt
Angelia Stepien
Leonardo Storniole
Catherine Szrama
Emily Trzepacz
Timothy Voisin
Samantha Zack
Sarah Zureck

Senior 2nd Honors

Charles Hypnarowski
Katherine Kapanek
Christina Knapp
Kevin Labenski
Brittany Lampart
Alia LaPort
Josiah LeRoy
Megan Marciniak
Allison Marszalkowski
Jeffrey McCormick
Brendon McMahan
Eric Messenger
Robert Mohring
Anthony Moreno
Jessica Nowak
Alyssa Owczarczak
Giuseppe Passucci
Jeffrey Pawlak
Kyle Platt

Rachelle Besser
Eric Birner
Michael Brown
Lawrence Chirico
Tricia Cichocki
Joseph Eckl
David Eron
Anthony Fasanella
Sara Gromek
Mitch Krieger
Tara Kutner
Mark Lojaco
Ashley Marranca
Christopher Martino
Mitchell Porzio
Eric Robinson
Reanne Rolston-Baldi
Cassandra Rybak
Lauren Ryberg

Joshua Scanlon
Christopher Stilwell
Timothy Sullivan
Andrew Suraf
Joseph Thurston

Junior 1st Honors

Andrew Adolf
George Arnott
Jeremy Banas
Gregory Bittner
Matthew Bittner
Rebecca Carriero
Alyssa Cavallari
Austin Chudyk
Joanna Cianciosa
Zachary Costello
Michael Cronmiller
Amanda DiPiazza
Caitlyn Ferber
Matthew Fitzpatrick
Jeremy Gangloff
Mollie Greene
Kathryn Hamilton
Christopher Horvatits
Sandra Jezuit
Sean Kavanagh
Jesse Kelso
James Knapp
Amanda Lewalski
Kelsey Polanski
Victoria Reitz
Rayna Rickard
Jessica Runk
Juelie Scanlon
Allyson Severyn
Samantha Spisiak
Elyse Texido
Jamie Vallone
Andrew Wierzbicki
Steven Wrobel

Alexander Zach
Jordan Baker
Mathew Bilz
Michael Bojar
Jacob Evans
Alicia Hunter
Thomas Interdonato
Robert Isbrandt
Eric Junker
Gregory Justen
Nicole Marciniak
Timothy Meyers
Ryan Mik
Tony Molino
Anne Popielinski
Connor Powell
Ethan Rugani
Alex Severyn
William Severyn
Margaret Wirth

Sophomore 1st Honors

Joseph Barnhardt
Alex Beilman
Kevin Burton
Mallory Cichocki
Emma Concannon
Shawn Cronmiller
Alex Elwell
Connor Hoffman
Jeffrey Kapanek
Chelsea Kiezbak
Michael Malicki
Megan Marrano
Monica McNeill
Victoria Niedzielski
Justine Pazderski
Cara Pijanowski
Brittany Pivarsi

Mary Pokorski
Katiemarie Puntoriero
Jeremy Pyszczynski
Nicole Richter
Tyler Rzemek
Stephanie Simmeth
Patricia Slawiak
Christina Van Dewater
Jessica Warner
Timothy Wojcicki

Sophomore 2nd Honors

Alexander Burns
Kara Dudek
Anthony Heigl
Andrew Hypnarowski
Steven Interdonato
Edward Lubecki
Joseph Malicki
Sarah Murphy
Kelsey Rademacher
Christie Valentino
Jacob Weiss

Freshman 1st Honors

Sarah Buczek
Ashley Bystrak
Matthew Cronmiller
Grace Daigler
Kevin Drury
Alexandra Feim
Victoria Fontana
Nicole Gangloff
Joshua Gumulak
Daniel Hamilton
Sara Hamilton
Kaleigh Irish

Michelle Jezuit
Amy Kawa
Brittany Ketterer
Emily Kowalski
Jamie LeRoy
Christina Loniewski
Alex Marranca
Katlyn McCown
Maria Rosati
Anthony Runk
Rachael Salamone
Jocelyn Setlock
David Sobczynski
Molly Spisiak
Jessica Swannie
Brandon Tytko
Tegan VanArtsdalen
Kristen Warner
Lauren Wesolowski
Danielle Woodward
Michael Wrona

Freshman 2nd Honors

Kylie Bett
Mary Bittner
Patrick Brown
Brett Feind
Thomas Giampa
Kimberly Hacker
Garrett Haima
Michael Helak
Kathryn Horvatits
Cody Kelso
Taylor Leavens
Christopher Morgan
Shannon Nowak
Nicole Ratajczak
Jesse Skubis
Raean Stilwell

Top six Sophomores



Nicole
Richter



Christina
VanDeWater



Mary
Pokorski



Alex
Elwell



Kevin
Burton



Megan
Marrano

Top six Freshmen



Grace
Daigler



Amy
Kawa



Victoria
Fontana



Nicole
Gangloff



Emily
Kowalski



Christina
Loniewski

SMH grad, West Seneca officer, speaks to class



Officer Michael Rybak discusses the textbooks he used during his time at the Police Academy.

By Mr. Gary Schulenberg
Social Studies Teacher

Recently, Officer Michael Rybak, Class of 1999, paid a visit to Mr. Schulenberg's *Introduction to Criminal Justice* class.

As part of the curriculum, the students investigated the requirements necessary to become a police officer. Students read about the formal (Police Academy) and informal (field training) education police must experience.

The class also studied the special stresses and demands of police work.

As a 2006 graduate of the Police Academy and a current member of the West Seneca Police Department, Officer Rybak shared his own experiences. He went into detail about his training and emphasized the importance of a sound educational foundation in pursuing a career in law enforcement. He stressed that preparation for the civil service exam was essential.

Officer Rybak gave a PowerPoint pre-

sentation of his training. It highlighted various aspects of his professional development.

Officer Rybak came to class in full uniform. He described the use of his equipment. It includes his bullet-resistant vest, Mace spray, handcuffs, an expandable baton, and his Glock-40 caliber handgun.

This fully equipped belt weights about 20 pounds.

The previous classroom material was reinforced when Officer Rybak related his version of the pressures of the job. The time demands and always being on duty can create very stressful situations.

Also long periods of relative inactivity can be interrupted by the need to deal with a crisis situation. The class learned that police must use a variety of ways to positively deal with these pressures.

This visit was another great example of alumni continuing to be connected to and assisting St. Mary's.

We look forward to future experiences with these fantastic supporters of St. Mary's.

3rd Quarter Principal's Academic Commendation List

The Principal's Academic Commendation List honors those students who received three or more academic commendation cards from their teachers during the previous marking period. These cards are earned through outstanding effort and/or achievement throughout the quarter. All students are eligible to receive these cards.

The following is the list of students who made the Principal's Academic Commendation List for the Third Quarter of the 2007-08 school year:

Seniors

John Anstett
Kathryn Aquino
Adam Bardol
Rachelle Besser
Shaun Boland
Hillary Braun
Alexander Cappola
Cassandra Carleton
Brittany Carleton
Erika Carlson
Noel Coleman
Victoria Cuva
Megan Delo
Kaitlyn Dobmeier

Thomas Gebhard
Katherine Hall
Robert Hamilton
Charles Hynarowski
Katherine Kapanek
Christina Knapp
Kevin Labenski
Alia LaPort
Allison Marszalkowski
Brendon McMahan
Robert Mohring
Anthony Moreno
Jessica Nowak
Alyssa Owczarczak

Giuseppe Passucci
Jeffrey Pawlak
Kyle Platt
Lauren Polanski
Timothy Pyszczynski
Joshua Robinson
Douglas Robinson
Bridget Rosati
Joshua Scanlon
Mary Scotland
Michelle Scotland
Stephanie Sikorski
Julia Spunt
Angelia Stepien
Leonardo Storniolo
Catherine Szrama
Timothy Voisin
Samantha Zack
Sarah Zureck

Juniors

Andrew Adolf
George Arnott
Matthew Bittner
Gregory Bittner
Rebecca Carriero
Alyssa Cavallari
Joanna Cianciosa
Amanda DiPiazza

Caitlyn Ferber
Matthew Fitzpatrick
Jeremy Gangloff
Kathryn Hamilton
Alicia Hunter
Thomas Interdonato
Sandra Jezuit
Sean Kavanagh
Jesse Kelso
Kelsey Polanski
Victoria Reitz
Jessica Runk
Juelie Scanlon
Allyson Sevryn
Samantha Spisiak
Jamie Vallone
Andrew Wierzbicki
Steven Wrobel
Alexander Zach

Sophomores

Alex Beilman
Kevin Burton
Mallory Cichocki
Shawn Cronmiller
Alex Elwell
Anthony Heigl
Connor Hoffman
Scott Ickowski

Thomas Irish
Jeffrey Kapanek
Chelsea Kiebzak
Megan Marrano
Sarah Murphy
Victoria Niedzielski
Cara Pijanowski
Brittany Pivarsi
Mary Pokorski
Jeremy Pyszczynski
Kelsey Rademacher
Nicole Richter
Tyler Rzemek
Patricia Slawiak
Christina Van Dewater
Jessica Warner
Timothy Wojcicki

Freshmen

Kylie Bett
Mary Bittner
Patrick Brown
Sarah Buczek
Ashley Bystrak
Matthew Cronmiller
Grace Daigler
Jeffrey DiMayo
Alexandra Feim

Victoria Fontana
Nicole Gangloff
Joshua Gumulak
Kimberly Hacker
Garrett Haima
Sara Hamilton
Daniel Hamilton
Michelle Jezuit
Amy Kawa
Emily Kowalski
Jamie LeRoy
Christina Loniewski
Alex Marranca
Katlyn McCown
Christopher Morgan
Maria Rosati
Anthony Runk
Rachael Salamone
Jocelyn Setlock
David Sobczynski
Molly Spisiak
Jessica Swannie
Brandon Tytko
Tegan VanArtsdalen
Kristen Warner
Lauren Wesolowski
Danielle Woodward
Michael Wrona

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






Student Views

St. Mary's students present their articles

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

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

Are violent video games a problem?

By Erika Carlson
Class of 2008

In today's society, video games are an extremely popular leisure activity. Although video games can bring people together, there is also a negative side to these action packed games. The violence in video games today can really affect people's values, especially children and teenagers.

The biggest effect that violent video games have on society is desensitization: teenagers are so used to seeing violence not only on their video games but also on TV and movies. The violence doesn't even phase this generation of kids because it's so normal, almost expected or required. The reality of it is that the way children think and act is now being twisted by video games.

Craig A. Anderson for the *American Psychological Association* stated that video games are "a double-edged sword." He says the active role that a video game requires "helps educational video games be excellent teaching tools for motivational and learning process reasons. But, it also may make violent video games even more hazardous than violent television or cinema."

Who cares?

By Alyssa Cavallari
Class of 2009

It seems like the only thing in the news anymore are reports of Britney Spears' last breakdown or Paris Hilton's latest scandal, but why do any of us really care? Celebrities' lives don't affect us personally, so why do we spend so much time finding out what they're up to now?

Jodi Holopirek wrote in *The University Daily Kansan*, "Entertainment media audiences are...tired of hearing about the same over-publicized, attention-craving, self-obsessed celebrities." The media controls what news they put out there, so why not cover

(Continued on page 7)

Basically video games can be more harmful than violence on TV because of the participation that is necessary to play. Dr. Anderson explained that "rewarded violence in video games increases hostility and aggressive thinking and behavior" and "violent behavior punished in the context of a video game increases hostility to the same degree, but affects aggressive thoughts and behavior less."

Emily Sohn in *Science News*, interviewed child psychiatrist John Murray who found "that exposure to violent video clips activated the amygdala, a thumbnail-sized area in the brain." Ms. Sohn explained, "The amygdala is best known as the fight or flight organ. It senses danger and prepares you to either go

to battle or run away."

Some effects that violence in video games had during conducted tests were accelerated heart rate, thoughts became more aggressive, and the kids tested became "less helpful and sociable," stated Dr. Murray.

There is a lot of hesitation to pass laws to restrict these violent video games, because the worldwide video game industry is worth \$30 billion. The video game market is expected to keep increasing through 2011, where it is predicted that the market will be worth \$48.9 billion.

Video games will continue to be a major controversy. It is only when safe videos become profitable that something will be done about the violence these videos contain.

Bisons games are a great family event

By Alex Cappola
Class of 2008

This year, the Buffalo Bisons, the AAA minor league farm team for the Cleveland Indians, kicked off their season on Thursday, April 3, as they took on the Norfolk Tides, the minor league franchise for the Baltimore Orioles. Friday, April 11, was the Bisons' home opener in Dunn Tire Park, where they began their home season with a bang...literally: after the game – and after every Friday home game of the season – the Bisons showed a fireworks display for the crowd to enjoy.

Bisons baseball games are a great family experience for Buffalo sports fans during the summer when the Sabres and Bills aren't playing. They are a great way to get the next-best experience to a major league baseball game for a very affordable price, in fact the most affordable price for a professional sporting event in Buffalo.

Going to Bisons games are always a fun

experience, especially if you're lucky enough to see a player from the major leagues who may be rehabilitating in their team's minor league program. It is also a great opportunity to possibly get an autograph from someone you otherwise might not get to see play.

There has been recent speculation that the Indians will be moving the current Bisons players closer to home in Columbus, Ohio, next year. Next year could mean many new faces, as the Bisons will be affiliated with a different major league organization.

The Bisons have had a great deal of success in the past few seasons, winning the International League Championship in 2004 and winning their division in 2005. The Bisons have placed at least third in their division since then.

If history is an indicator of future success, the 2008 season may very well be a great one as well. Bring out the family this summer for some great baseball in downtown Buffalo.



War journalists have a very dangerous job

By Kelsey Polanski
Class of 2009

As America enters its fifth year in the war in Iraq, a largely debated issue over the presence of journalists in Iraq is being raised. Some would say that it is not worth the risk that these journalists take just to get a news story, while others would argue for the freedom of speech and that it is their job.

The First Amendment to the Constitution grants the rights of freedom of speech and press. This amendment gives the right to those journalists in Iraq to find and publish news stories. If journalists were not in Iraq, the world would not have any information on the war.

Whatever reasons there are for the journalists to be present in Iraq the question still remains: is it worth the deaths, the captivities, and the emotional pain that these journalists and their families have to suffer?

The Committee to Protect Journalists, CPJ, published statistical reports on journalists in danger. CPJ reports that so far in the war in Iraq, 83 journalists were murdered, and

Who cares?

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stories about the good things happening? Ms. Holopirek stated, "Countless celebrities exist, and they are doing countless acts of goodwill. Yet these acts rarely get covered."

The most obvious reason people actually listen to and read about this news is because people find it interesting. It makes people feel better to read about the bad things happening in other peoples' lives. Their faults make celebrities relatable to people. In an article in the *Pittsburgh Tribune-Review*, Zach Stevenson says, "Gossiping about celebrities is a social glue that helps people of different backgrounds, ages, and interests bond." It is a subject of conversation that everyone knows about and understands.

Celebrities themselves often dislike the constant questions about their personal lives and being stalked by paparazzi. Clay Aiken said in an article in *Fox News*, "I've gotten to a point where I feel it's invasive. Forget it. What I do in my private life is nobody's business anymore, period."

Instead of idolizing wealthy celebrities, the media should present better ideals that society can look up to.

44 have been killed in cross fire or other war-related incidents. Fifty-one journalists have been taken captive; there are five journalists that still remain in captivity.

A *USA Today* article titled "Reporters in



www.warandmedia.org

Iraq Under Fire There From Critics" talks about the risks journalists are taking by their presence in Iraq. According to this article already 83 journalists have been killed in the past few years of the war, while in the 22 year war in Vietnam, only 63 journalists were killed in the whole war.

The journalists live in fear of death and being kidnapped. They need to be accompanied by U.S. or Iraqi troops whenever they go anywhere. With the need for more troops

and more vehicles and protection for the journalists, it is complicating everyone's whole effort. Every expedition must be carefully planned to accommodate everyone.

The *USA Today* article also brought up the issue of whether or not the war is being covered correctly. Journalists themselves differ on this. The Iraq War started out being the most-covered war yet, and now it has become one of the least-covered wars. Some argue there is not enough information about rebuilding efforts and the fighting of insurgents.

One reporter asked President Bush about the coverage in Iraq, and Mr. Bush answered that they have the right to report what they want and if they didn't allow this than they would be like the Taliban.

No matter what anyone says, in the end it is the journalists themselves who have the choice of whether or not they will be in Iraq to cover the war. A member of the U.S. military said that "it is their job, they accept the risks, it is their decision and their choice... no one forced them to do it." This soldier also said that he has "great respect for them... they accept the risk that goes with their jobs."

While speaking to the Media Communi-
(Continued on page 11)

The homeless need our help

By Christine Haima
Class of 2009

To some just having a place to live comes natural to them. But for others they really have to work to be able to actually pay for their house. There are a lot of homeless people these days, and everyday there are more people who become homeless. There are some people who had good jobs, but just all of a sudden they get laid off. They are no longer able to buy food, clothes, etc. They eventually lose their house along with everything else, or they sell it all so they can buy food for them and their family.

There are different kinds of homelessness. There are those who choose to live this life style. They are called "nomads."

Another reason for being homeless is because someone ran away from home. Since that person is no longer living with their parents they cannot use their money or have them get them clothes or other things they are used to. They need to fend for themselves. Also running away from home means that it

will be harder to get an education and go to college. So that a run-a-way pretty much won't be able to get a job and pay for food and other necessities.

There is also an issue of health care for the homeless people. Homeless people are more likely to get injuries and medical problems from living on the streets, which includes poor nutrition, substance abuse, exposure to the severe elements of weather, and a higher exposure to violence (robberies, beatings, and so on). Yet at the same time, they have little access to public medical services or clinics in America, in many cases because they lack health insurance.

Some people just blow them off when they see homeless people on the streets begging for money. They think, "They didn't get anywhere in life; why should I help them?"

These are human beings just like you are. They just want to eat so they can make it through the night. The government needs to get more involved in this situation. Something needs to happen so that these people can be helped.

Baseball needs instant replay

By **Chris Horvatits**
Class of 2009

Over the past few years, it seems that there is more controversy in all sports. But, it seems that there are often more arguments over calls and non-calls in the game of baseball. It isn't a mere coincidence that baseball is the only of the four major sports that doesn't use any form of instant replay. The time has come to add this new technology to the oldest professional game in America.

The first steps have been taken, as the general managers of Major League Baseball recently voted 25-5 to explore the idea. The minority group of GMs who voted against it has one important ally on their side: the commissioner of baseball, Bud Selig.

"I think it sometimes creates as many problems or more than it solves," Mr. Selig said last November. "I'm not a big advocate of instant replay." He would not elaborate on how replay would cause more problems.

Some nay-saying GMs believe that managers would feel "compelled" to challenge calls, making games longer. Some were even concerned about what financial burdens a new system would bring to the league, with the new technology and possible new jobs.

What new controversies would a replay system cause during games?

Instant replay wouldn't cause umpires to second-guess themselves; it would give them an opportunity to make sure of themselves. If general managers are worried about managers challenging too many calls, they should add a more specific rule addressing who can challenge calls and when they can.

Also, it wouldn't add much more time to the already short game. Of all the major sports, baseball games usually take the shortest amount of time, some lasting under two hours.

And the MLB financial reports would show that there is plenty of money to at least take this under consideration.

Officials of all sports, including baseball, are right "99.9 percent of the time," according to one of the general managers. But it is difficult for even a four-man crew to see every play and interpret it properly. Nobody should be in the position, especially at the end of the game, of making a decision that affects hundreds of thousands of people.

But, unfortunately, officials of all sports must do that every game. The difference is the officials of other leagues have instant replay. Players, coaches, and fans all simply want the right call to be made. Instant replay would help. It would give umpires the chance to review a play that they didn't see as clearly as they would have liked to.

Obscenities have no place on radios

By **Katie Hamilton**
Class of 2009

Some obscenities, indecencies, and profanities, once considered offensive and intolerable, are now being broadcast without restrictions. Although some words are restricted on radio, many innuendos, crude jokes, and curse words are still allowed and used openly.

Why do we allow these words to infiltrate society through media if they are offensive and have a harmful meaning? And what about the various other "culturally" offensive words? These offensive words contribute to the prejudiced attitudes in our society.

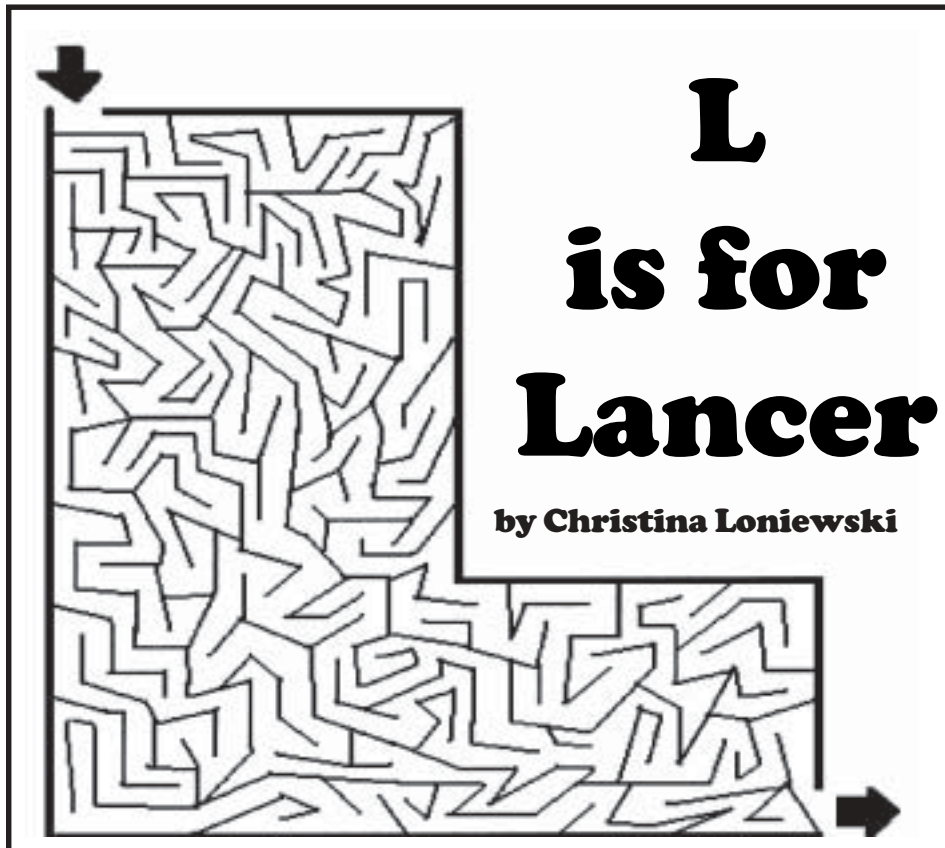
Peter Herr, Media Communications teacher, said, "DJs who are professionals and who stoop to that level create a wedge in our society."

Obscenities, indecencies, and profanities have a negative impact on society, especially on children, and they should not be allowed to be broadcast openly on the air. What is broadcast on radio and TV sets a precedent for how people act and live. Children who hear these words and see obscenities learn that it is okay to use them and act like the people on the radio or television. Do we want people to learn that it is okay to use profanity and indecencies in our society?

Why do we use these profane words if other words can be used? Using these offensive words abuses the right for freedom of speech. It disrespects the people listening to the speaker and influences the growing disrespect in our communities. There are many other ways to express opinions without using offensive language.

The Federal Communications Commission should redefine their restrictions to include sexual innuendos, crude jokes, and more offensive words.

The people who set the precedents for our society should be restricted in what they say and how they act. The media should not promote sexual situations, prejudices, and violence on the air especially when children could learn bad values from them.



For the latest on
St. Mary's High School,
go to
www.smhlancers.org.

There's not much good to Reality TV

By **Samantha Spisiak**
Class of 2009

It is nearly impossible to turn the television on without being bombarded with commercial after commercial about the latest reality TV show. It is amazing how much effort and thought is put into coming up with new ideas of how to humiliate someone on national television.

What's even worse is that today's society has grown to enjoy watching this

humiliation and let it have a negative impact on their lives. Reality TV shows brings unscripted drama into the living rooms of Americans and exposes surreal situations happening to everyday people. Reality TV shows have increasingly had a negative ef-



fect on society.

Reality TV shows main source of entertainment is watching other people humiliate themselves. On the website about.com, Barry B. Langberg, a Los Angeles lawyer said, "Something like this is done for no other rea-

son than to embarrass people or humiliate them or scare them. The producers don't care about human feelings. They don't even care about being decent. They only care about money," when defending his clients who have been injured or traumatized by taking part in these TV shows. Not only do these shows only focus on humiliating people, but also reality TV shows aren't even "real."

According to about.com, "There is now a growing concern about how reality TV

shows can help perpetuate racial stereotypes." Much of reality TV shows focus on different stereotypes of people. In nearly every reality TV show you watch, people are being stereotyped on not only their skin color but also their religion or where they live. These stereotypes that we see on television seep into the daily lives of viewers and impair the way they see the world around it. It is important to understand that reality shows are not made in order to film how different people act but rather how people *react* to extreme situations.

Reality TV shows have a negative effect on their viewer both physically and mentally.

According to an article on eMaxHealth.com, "First time patients seeking cosmetic plastic surgery are directly influenced to have a procedure by the plastic surgery reality television shows they watch." Reality TV shows have not only caused viewers to change how they see the world around them but also changes viewers perspective of themselves.

In an article on eMaxHealth.com, Dr. Persing said that shows such as "Extreme Makeover" and "The Swan" "...create unrealistic, unhealthy expectations about what plastic surgery can do for you. Although it's called reality TV, it may not be reality."

Reality TV shows also affect society by promoting greed. These shows show people going to the extreme just to become yet another American millionaire. Society reflects this drive for wealth by continuously wanting more instead of being content with what they have.

Reality TV shows are watched by people of all ages. According to Nielsen Media research, 45.3 percent of males 18 to 24 and nearly 47 percent of females this age watch reality television frequently. Forty percent of males ages 25 to 34 and 34 percent of women watch reality TV shows frequently. These statistics alone show how dependent Americans are on these drama filled shows.

If reality shows are so morally wrong, then why are these TV shows so incredibly popular? One reason is that there are such a large variety of people who participate in these reality TV shows that it is very easy to find people on these shows who we can relate to. Viewers began to fantasize about what they would be able to do if they were on the show.

Another reason viewers are so caught

(Continued on page 12)

Bills playing in Toronto brings positives

By **Kenny Held**
Class of 2008

For months now, sports talk in Buffalo regarding football has been surrounded by a lot of concern about relocation of the Buffalo Bills. Always in the back of Bills fans' minds has been the deal regarding upcoming "home-games" being played in Toronto. Many fans believe it is the beginning of the end. But it could also be a very good thing, for a whole host of reasons.

The finalized deal was that the Bills would play eight games in Toronto's Rogers Center: five annual "home-games" and one preseason game every other year.

For most fans, this deal leads to an abundance of skepticism and overall worry. However, it seems Bills fans are used to negative thinking. They are accustomed to the lack of money the administration has to spend on free agents. As a result, they are left watching as other teams scoop up the talented, promising free agents. Bills fans are often left wondering, "Why are we not spending more money now, to get better more quickly?" After Marv Levy retired, the Bills had a very young roster and now needed to add some new, veteran talent and leadership. The only

way to do that was to spend more money.

The new Executive Vice President of Business Operations Russ Brandon devised a plan to make more money that could be spent on these players. This is where the team goes Canadian.

Toronto is a prosperous market, full of promise, and lots of potential fans and money. Branching out to fans and businesses there may very well mean a better football team, more established franchise, and perhaps even playoff games.

So far, this risk has paid off financially for the Bills. The franchise has already signed some very promising free agents. This includes defensive tackle Marcus Stroud as well as linebacker Kawika Mitchell. There is a slim chance (if any at all) that this would have happened without the further regionalization of the franchise.

Ultimately, there aren't many fans that will terribly miss the three-preseason games. There will be many people upset over the loss of an annual season "home-game" (especially season ticket holders), but it is a small price to pay for all of the positives. That is, new fans, more money, and ultimately a better Buffalo Bills team and franchise, keeping them where they belong, in Buffalo.

Tobacco use has many negative consequences

By **Vicky Reitz**
Class of 2009

Although the devastating effects tobacco use has on health and other important aspects of one's life seem to be everywhere, the number of high school students taking up the habit is on the rise. Teenagers are the most vulnerable group subjected to the pressures to fit in at all costs. Yet, the long-term consequences of smoking or chewing smoke-less tobacco must be made known, thus preventing future negative results. By becoming educated in the



truth about tobacco, the goal of fitting in is easily outweighed by the goal of living a long, healthy life.

Many theories surround the question as to why teenagers are most prone to pick up the habit.

Miss Kelly Smith, Underclassmen Counselor and Moderator of Students Against Destructive Decisions (SADD) at St. Mary's High School, said. "Teens are often not aware or fully informed of the facts and consequences of tobacco use. Peer pressure also has a lot to do with it."

This hefty weight placed on the shoulders by the media, society, and friends can limit their ability to make well-thought out and responsible decisions. For this reason, groups like SADD are working to inform the school community.

The negative health effects of smoking are well-known today. In addition to cancers of the mouth, throat, lungs, and more, and respiratory diseases, are the social and economic consequences of tobacco use.

"There are so many negative things that come out of smoking," explains Mrs. Elizabeth Murphy, School Nurse at St. Mary's. "On top of the health effects, there's the expense."

"I just don't see why anyone would choose such a habit," she continued. "With all of the information we know today, it's just foolish to start. It's just not a smart choice. No benefit comes out of it."

The devastating effects tobacco use has on one's health are even greater when the frequency and time period one has been smoking or chewing smoke-less tobacco are examined.

Not only are teenagers at the greatest risk to succumb to the pressure to use, but will also feel the most devastating long-term health consequences.

Teenagers are not alone in their battle against the pressure to stop smoking. Groups like SADD spread information to raise awareness, as well as to demonstrate to teens that there are others just like them fighting against peer pressure.

Miss Smith also offered some of her opinions as to how teens can escape the strain put on the process of making tough decisions by their peers and the media.

"Positive choice and influences lead to positive consequences," states Miss Smith.

If one chooses to surround his or herself with friends who smoke, or have any negative habits, one is more inclined to join. However, the same goes for the student who surrounds his or herself with friends who display positive peer pressure.

Michelle Scotland, a senior and member of SADD, made clear, "Surround yourself with people who have a positive effect on you. Leaders, not followers."

Looking back on high school, many will analyze their choices and the consequential outcomes they experience later in life.

Don't allow tobacco use to be one of the choices that led to a negative future. It's not worth it.

Where are women sports?

By **Joanna Cianciosa**
Class of 2009

Sports are one of the favorite pastimes of American people whether it be professional level or college level; people watch the games. One of the biggest staples in college sports is the NCAA March Madness basketball tournament.

Coverage of this tournament is very biased however; many people don't realize that there is a tournament for both the men's and women's college basketball leagues. My

own mother didn't even know that there was a women's March Madness.

Any visitor to the Sports Illustrated website can be redirected to the college basketball page. Once on that page the entire page is devoted to the men's tournament, leaving the women's tournament about a two inch box.

This lack of media coverage for female athletes is very disturbing. The women's tournament is the same as the men's tournament, both are for national championships, many of the same schools compete, and there is the same amount of teams in each tournament, yet you never see anybody watching the women's games on TV or filling out brackets for the women's tournament.

This lack of media coverage is in direct violation of Title 9 of the education amendments. This law states that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

College is still an education, therefore classifying it as an educational program. Due to this classification the men's and women's tournament should be getting equal coverage by the media but it doesn't. Hardly ever do you read of the women's tournament.

Sports Illustrated comes out with a preview to March Madness every year where they devote a little over half of that entire issue to the March Madness tournament. Out of all of these pages, only one page was devoted to the women's tournament.

This lack of coverage and interest in women's sports is seen everywhere. This view needs to start changing. All it takes is a few people. Maybe start covering more of the women's tournament on TV and in magazines.

A few people could trigger something bigger, eventually leading to equality among men's and women's sports.



Mitchell Report will have no effect on steroid use

By Charles Hypnarowski
Class of 2008

The Mitchell Report was released on December 13, 2007, a 409-page report on the investigation of the use of anabolic steroids and human growth hormone in Major League Baseball by former senator George J. Mitchell.

The Mitchell Report will not rid baseball of steroids and clean up the game. According to George Mitchell “drug testing, which hasn’t always been secret, will remain a huge challenge for baseball because some performance enhancers –namely human growth hormone, or HGH – can’t be detected by urine tests.” The Mitchell Report and the new drug testing policy will reduce steroid use, but certainly won’t completely eradicate it from baseball.

The Mitchell Report implicated seven MVPs, 31 All-Stars, and more than 80 players in the use of performance-enhancing drugs. The players’ reputations have been ad-

versely affected, probably forever, even if it turns out later that they should not have been. Federal prosecutors are aiming investigations on seven-time MVP Barry Bonds and seven-time Cy Young Award winner Roger Clemens.

In 2006 Major League Baseball instituted a drug-testing program that calls for a 50 game suspension for a first time offense and a lifetime ban for a third violation. This hasn’t seemed to stop steroid users. Since 2006, there have been four 50 game suspensions, three 25 game suspensions, two 15 game suspensions, and one 80 game suspension handed out. Nine different players were caught using steroids during two seasons. Major League Baseball is trying to rid

itself of performance enhancing drugs. The harsh penalties will act as a deterrent for any future steroid use, and is justified. Steroids clearly are not an epidemic, there are just a few players who think they can beat the system.

In an age of designer drugs and undetectable human growth hormone (HGH), players are sometimes presumed guilty until they prove themselves innocent. The Mitchell Report’s only effect seems to be the federal investigation of Roger Clemens. The Mitchell Report has caused hype over steroids. Steroids are assumed whenever a player is playing better than usual, or even when they are playing worse than usual. The report may have tarnished the reputation of all players listed in it.

Too much stress was put on the Mitchell Report. The Mitchell Report was bad for baseball. The report only provided accusations against over 80 players without any major evidence. The MLB and the media spent way too much time on the Mitchell Report and on petty accusations against players. The Mitchell Report has had no major effects on steroid testing or regulations in baseball. Performance enhancing drugs in baseball have been more apparent in recent years.



Former Senator George Mitchell

Sabres need a back-up goalie

Jeff Pawlak
Class of 2008

Generally, when one thinks about the Summer of 2007 for the Buffalo Sabres, they consider their greatest mistake, the letting go of captains Daniel Briere and Chris Drury. Together in the 2006-2007 campaign they piled up 164 points and helped lead the team to a President’s Trophy along with a second consecutive appearance in the Eastern Conference Finals.

This year, the Sabres fought to simply try to get into the playoffs, but the greatest reason for this probably isn’t the loss of Briere and Drury; it was management’s mishandling of the goaltending situation.

The franchise obviously is looking to keep Ryan Miller as their starter for the future, and they should; he’s a solid young goalie who has made a big impact on both the team and the community. But the top brass didn’t do a lot of good for him when they opted to get rid of backup Ty Conklin in favor of Jocelyn Thibault.

His name may sound cool, and he

doesn’t seem like a half-bad guy, but Thibault has proven to be quite the disappointment with some of the worst goaltending stats in the entire league this year. In the 11 games that he’s played, he has a 3.76 goals against average and a mere .858 save percentage.



Jocelyn Thibault

Meanwhile, Conklin turned out to be the savior of the Pittsburgh Penguin’s midseason, earning an 18-9 record with an outstanding .923 save percentage and 2.51 GAA.

It may not seem fair or even logical to put so much blame on the backup goalie who has barely played a dozen games this season, but Thibault’s less-than-desirable goaltending has undoubtedly led to Miller’s increased game time this year. The Michigan native has played in 77 games, 14 more than last season, 29 more than two seasons ago.

And in case it wasn’t obvious, Miller wasn’t quite the same this year. Though he improved his goals against average, his save percentage has dropped for the second season in a row, and his overall play was nowhere near as awe-inspiring as it was in the previous two campaigns, especially in the

(Continued on page 12)

War journalists

(Continued from page 7)

Class of St. Mary’s High School, war veteran Jon Powers told the class of the experiences of journalists in Iraq. One incident that Mr. Powers described told of two men who were traveling in a convoy on a U.S. mission, and a grenade hit their vehicle. The one reporter picked up the grenade, presumably to get rid of it, and it exploded in his hand taking off his hand. The photographer with them was also injured but continued to take shots of the scene from the back of their vehicle until he passed out. This incident shows the courage of these journalists and proves that they are willing to do their job.

While these journalists are willing to accept the risks they take, the question still remains whether or not these risks are even worth it.

There are many affected by abortion

Austin Chudyk
Class of 2009

Abortion is a very controversial topic. It is a very morally unacceptable medical practice and should be outlawed for its negative effects on society.

Abortion has numerous possible health problems. Some of these health problems include pelvic inflammatory disease, Chlamydia infection, and dyspareunia. Abortion also causes spontaneous miscarriages, infertility, and chronic pelvic pain in many women. Studies have shown that there is also evidence that abortion may increase breast cancer.

Abortions also cause many negative psychological effects. VoiceforLife.org is one of many organizations that help educate the public about abortion. They report that a large percentage of women who have had an abortion have had or still have many psychological issues resulting from the abortion.

One study was taken on a large group of women who have had one or more abortions. In it, 73 percent of the women said that they had emotionally painful flashbacks of the abortion, and 69 percent have had feelings of craziness. Also, 96 percent of the women say they do believe that abortion is killing.

Other studies have shown that the women aren't the only ones who experience negative effects. Fathers of the aborted child often feel guilt and depression for supporting the abortion. Men who don't support the decision have no legal say in the matter, so they may feel anger and regret. Siblings of

the aborted child often have feelings of fear towards their mother and self-blame and may resort to violence.

Most of society doesn't care to realize that abortion does kill. Most health authorities don't even recognize the physical risks

or negative health effects of abortion. Abortion doesn't just put a woman at risk with her health, but also goes against religious morals. The Catholic Church, along with almost every single religious group, looks down upon abortion because it kills.

A-Z Animals

by **Christina Loniewski '11 & Nicole Ratajczak '11**

R	E	T	S	M	A	H	O	T	Y	A	K	U	B	Z
Y	O	U	P	M	I	R	H	S	N	E	H	N	E	I
B	E	T	R	V	S	Y	M	A	K	I	A	B	E	D
X	P	L	A	O	N	D	U	D	J	R	E	T	T	O
I	V	C	E	G	E	G	P	C	E	N	O	W	A	G
A	U	T	K	P	I	N	D	O	L	P	H	I	N	P
S	L	A	F	W	H	L	I	B	L	I	O	N	A	O
O	T	B	N	O	J	A	L	R	Y	T	A	R	M	R
O	U	T	R	T	P	C	N	A	F	Q	U	E	V	E
R	R	I	O	Z	E	B	U	T	I	S	H	G	I	E
A	E	U	C	S	U	R	U	A	S	O	A	I	X	D
G	O	R	I	L	L	A	N	I	H	Y	C	T	U	N
N	D	F	N	M	J	P	E	N	G	U	I	N	C	I
A	C	Q	U	A	I	L	W	A	L	R	U	S	K	E
K	E	G	F	R	E	T	T	O	X	L	B	E	A	R

*Alligator • Bear • Cobra • Dolphin • Elephant • Fruit Bat • Gorilla • Hamster
Iguana • Jelly Fish • Kangaroo • Lion • Manatee • Newt • Otter • Penguin • Quail
Reindeer • Shrimp • Tiger • Unicorn • Vulture • Walrus • Xiaosaurus • Yak • Zebu*

Sabres' back-up goalie *(continued from page 10)*

shootouts.

Sabres management needs to realize that Miller can't be an iron-man like the goalies from San Jose and New Jersey; no matter how good he may be; he's not the type of goalie who can play over 70 games a season. He needs a better backup that the team can lean on every once in a while without giving up all hope of winning the game, so that he's not getting burned out time and time again.

More importantly, a solid backup is essential in time of injury. Imagine if Miller had gotten hurt partway through the season and Thibault would have to had start a dozen games; the Sabres wouldn't even have had a chance for the playoffs.

Having a backup who is as underwhelming as Thibault is one of the riskiest situations possible.

The Sabres organization doesn't need to pickup a backup who's good enough to be a starter. They simply need someone who they can count on for 10 games or so, to ensure that Ryan Miller stays as fresh as he was when the team was bulldozing through

the regular season to strong playoff standings.

If they do that, maybe this time next year the town won't be sweating bullets worrying whether or not they'll even see the postseason.

Reality TV *(Continued from page 9)*

in these "realities" is the suspense. Viewers develop strong views and opinions of the people who appear on the show and are interested in what they will do next. Reality TV shows certainly can be riveting and fun to watch; however, they stress negative morals and have a negative affect on our lives.

Reality TV shows are extremely prevalent parts of society that are impossible to ignore. They greatly influence the thoughts

and views of society today.

If society today took the time to develop closer relationships with people, take a walk outside, and create their own adventures instead of watching TV the world would be a better place.

The next time you turn on your TV and see yet another reality TV show think if this is the kind of morals and values you want to promote in today's society.

Counseling Corner

Mary Jakubowski (mjak@smhlancers.org)

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Art institute vs. university art major

Students who want to study art in college have many options. They can attend a liberal arts college or university, where they can pursue other academic interests as well as art, or head for an art school, where they would concentrate on developing their talent.

If you choose to attend an art school, like Rhode Island School of Design, you'll find a community of people who share your passion for art. You'll be exposed to intensive, high-level training, and an exchange of ideas among creative people. These schools have valuable alumni networks that can help you find employment.

In addition to the basic question of talent, students considering art school need to ask themselves if they are passionate enough about art to spend at least 15-20 hours a week on it in addition to studio or class time.

Art students are more likely to be successful if they have a clear creative vision, an ability to discuss their technique, and a healthy ego, as they will be expected to give and also receive feedback.

After four years at an Art Institute, you would graduate with a Bachelor of Fine Arts degree. While about 30-35 percent of the curriculum would be non-art courses, even courses in history or politics are likely to approach their subjects from an artist's perspective.

The BFA trains students to be professional artists and would probably not be acceptable for professional graduate schools such as law school; this option is best for students who are sure about their commitment to art.

If you enjoy studying academic subjects as much as creating art, your best bet might be a college with an excellent art department. You could major in art and would graduate with a Bachelor of Art (BA) degree, with at least half of your coursework in other subjects. One advantage to attending a liberal arts college is that if you change your mind about studying art, there are dozens of other majors available.

Another option would be to attend a university, like Washington University, which has a School of Art offering such majors as painting, sculpture, and ceramics. You could combine different interests, earning a

BFA from the School of Art and a BA from the College of Arts & Sciences or a BS in Business Administration from the School of Business.

Whether you decide to apply to an art school or a university with a competitive art program, you may need to submit a portfolio. Even schools that don't require portfolios for freshmen admission may use them in awarding art scholarships.

While students should ask admissions officers at each school about portfolio requirements, a typical portfolio might consist of 10 to 15 slides of work completed in the last two years. A great way to get feedback is to attend a National Portfolio Day, where representatives from art programs across the country review student work and offer critiques. For more information on locations and dates, go to www.npda.org.

Art school graduates may find jobs in advertising, illustration, publishing, and other fields that utilize artistic skills. Even in non-art related jobs, these graduates have much to offer, including self-discipline, confidence, critical judgment, creative problem-solving, and the ability to give and receive feedback.

CC Timeline

May 2008

- 1st – common reply date for college decisions
- 3rd – SAT and Subject Tests
- 5th – 16th – AP exams
- 6th – Deadline for June 7 SAT
- 9th – Deadline for June 14 ACT

June 2008

- Seniors – thank teachers and counselors who helped you
- 7th – SAT and Subject Tests
- 14th – ACT and ACT plus Writing

SAT subject tests

To take or not to take, that is the question. Confronted with a variety of testing options, students often worry about just which college entrance exams they really need to take. For most college-bound students, scores from either the SAT or the ACT will satisfy college admissions requirements. Students with strong grades who meet minimum GPA requirements for their desired colleges may not even need to submit scores from

these exams. **May**, however, is the operative word. It is a good idea to have scores from these exams available so you can increase your college options. Even the "test optional" colleges find that most applicants submit either SAT or ACT scores.

But what about the SAT Subject exams? Students planning on applying to any college that expects

(Continued on page 4)

Motivate your teen to stay focused

The end of the school year is in sight—and many teens might already be mentally checked out, spending more time daydreaming about afternoons at the pool than learning pre-calculus. Help your teen remain focused throughout these last weeks of school—especially for important end-of-year exams. Here's how you can help your teen stay engaged in school:

- **Offer to help your teen study.** She can't slack off on memorizing the dates of important Civil War battles if you're the one holding the flash-cards. You don't have to be a trained teacher to help your teen study—ask to see her class notes and then together use them to

make up questions for review.

- **Keep asking about school.** Just hearing you talk about it will remind your teen that school should be as important to her as it is to you. Your interest could be the boost she needs to keep her motivation high.
- **Tell your teen you're proud of her.** Talk about how much she has accomplished so far this year—and how you're confident that she'll be able to finish out the year in the same way.
- **Ask your teen's school for the final exam schedule** (if you haven't already). Make sure your teen gets a good night's sleep before test days and has a nutritious breakfast

in the morning. Be sure to bake her a special treat to celebrate her hard work.

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Protection from online dangers

When your teen wants to socialize, she's just as likely to text message or sign on to a social networking site. Here's a quiz to see if you're doing all you can to protect your teen when she's online. Answer yes or no to the following questions:

1. **Have you talked** with your teen about how much information she can safely share online?
 2. **Have you reminded** your teen of the "Grandma rule"—everything she posts in a public place should be something she would be willing to show her grandmother or a college admissions counselor!
 3. **Have you talked** with your teen about what makes a person a true friend? Just because she gets a "friend request" on a social networking site does not mean that person is her friend.
 4. **Do you keep the computer** in a central place in your house?
 5. **Have you installed** security tools on your home computer, such as a firewall and filtering software?
- How well are you doing?**

Each yes means you are helping protect your teen from online dangers. For each no answer, try that idea.

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Avoid "MBA" arguments

She dyed her hair Crayola red. His room looks like a waste dump.

There's no question that teens do things that drive parents crazy. But not all problems are created equal.

Many things that create friction between parents and teens fall into the category of "MBAs"—Minor, But Aggravating. They are not signs of character flaws. Usually they are things teens will outgrow.

Mostly, issues related to hair and dress are MBAs. Rather than continuing to argue, you might offer this solution—your teen can wear anything the school says is appropriate.

Some issues are not MBAs. These are things you need to focus on and deal with immediately:

- Alcohol or drug abuse.
- Eating disorders.
- Depression. All teens are gloomy sometimes, but if your teen is always depressed, it's time to get help.

In other words, things that affect your teen's health, safety, or long-term well-being are things that must be addressed. If the problem isn't one of those, it's probably an MBA. The less you focus on it, the less time you'll spend fighting over a minor issue that will probably work itself out in time.

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Get a jump on summer

It's never too early for your teen to get a head start on his future. Talk to him about what he plans to do after graduation—even if it seems far away. Encourage him to use this summer to prepare for his future.

If he plans to:

- **Attend college**—suggest that he research colleges he would like to attend. If he has his heart set on a certain school, see if he meets admission requirements. He could begin preparing for the SAT or ACT. Could he take a college-level course at a local community college?

- **Attend vocational school**—ask him if he is interested in a trade. Help him research program requirements. Is there an entrance exam? What schools offer the best programs?
- **Get a job**—encourage him to get a part-time job or internship in that field. The interviewing skills he will learn in the process are great practice. Encourage your teen to "shadow" adults in different fields to see which one most interests him.

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Military notification

By law, St. Mary's High School must provide the U.S. Army and Navy with lists of our students when requested.

If a parent would like their son or daughter excluded from this list, please let the Counseling Centre know by May 16.



Spotlight on College Majors — Astronomy

It's not just about looking at stars

Contrary to popular opinion, astronomers and astrophysicists really don't do a lot of stargazing. Instead, these are quantitative sciences that utilize a combination of mathematics and physics to study the universe beyond our atmosphere. These subjects are ideal for students interested in the physical sciences who are adept at critical thinking, who enjoy research and quantitative analysis, and who exhibit qualities of initiative and patience.

Introductory classes in astronomy focus on the stars and planets as well as on the physical and mathematical laws that govern their actions. Students consider the various theories about the origin and future of the universe and learn about the solar system, stars, galaxies, and cosmology. Because both math and physics figure so prominently in this major, high school students contemplating this area should take four years of math and lab science while in high school. If possible this should include calculus and physics. An introductory course in computer science would also enhance your preparation for this major.

The course of study in astronomy provides the equivalent of a major in physics and a minor in mathematics. Upper level students take classes in the history of astronomy, galactic and multiwavelength astronomy, stellar structure and evolution, astrophysical techniques, quantum physics, planetary physics, and calculus.

Hands-on work with telescopes and digital cameras is provided in observational classes such as radio and optical astronomy. Students also become proficient in computer analysis of their observations. Since college departments differ in their emphasis, it is important to check on the type of study offered at each college you are considering. Some stress hands-on (observational) astronomy, while other programs provide a more theoretical (physics-based) emphasis.

It is astrophysics that focuses on the theoretical side of astronomy.



www.bsu.edu

While astronomy emphasizes observing, measuring, and gathering data about the universe and beyond, astrophysics concentrates on the physical processes of outer space. Studying the origin and future of the universe is a core theme of astrophysics. If you are more interested in working with math and physics than in observing celestial phenomena, astrophysics might be the major for you.

Classes in astrophysics may include such studies as differential equations, quantum mechanics, waves and particles, plasma and high-energy astrophysics, relativity, and upper level astronomy courses.

The recent advancements in technology have led to exciting developments in the fields of astronomy and astrophysics. Long confined to just observing the universe beyond our atmosphere through telescopes,

researchers now have the technology to make more direct observations. Planetary astronomers have sent probes to both touch and feel distant worlds such as the Moon, have launched a probe to orbit Saturn, and have even brought back samples of the materials that compose these celestial bodies. In recent years, astronomers have mapped the shape of the universe, sent rovers to Mars, discovered dark energy, and learned more about the origin and early years of the universe.

New telescopes have greatly increased our ability to "see" distant worlds. Space-based telescopes such as the Hubble Space Telescope and the Chandra X-Ray Telescope have enabled us to learn about the formation of stars and supernova and helped us to understand black holes. New space-based telescopes are expected to provide information about the Big Bang, the age of the universe, and data on the formation of galaxies.

Because most jobs in astronomy and astrophysics are in basic research and development, a graduate degree (Ph.D) as well as postdoctoral study comprise the usual educational requirement. Many Ph.D. astronomers teach at the college or university level while also taking part in research. Most astronomers are employed by university or governmental laboratories.

Although about 80 universities offer undergraduate degrees in these areas, only about half offer the Ph.D. Thus, rivalry for places in graduate school is strong, and competition continues for employment opportunities in these fields.



Subject tests *(continued from page 1)*

these exams must be sure that they have met their application requirements. For example, the University of California system (which includes UCLA and Berkeley among others) requires that applicants submit scores from two subject exams chosen from different academic areas. Many engineering schools want the results of either the physics or chemistry subject exam as well as scores from the Math II exam.

Other selective colleges allow applicants to choose any two test areas such as math, history, science, literature, or foreign language. A couple of colleges still require scores from three subject exams.

So, the question of whether or not you need to take these exams really boils down to the colleges you are considering. Having acceptable scores from subject tests simply opens up your college options.

Since the Subject exams closely follow information presented in high school classes, you should take the SAT in an area when you have completed your course of study. Thus, you'd take the SAT in U.S. History at the conclusion of that course. You'll want to have completed either pre-calculus or calculus before sitting for the Math II exam, and will do best on the foreign language exams with a minimum of three to four years of language study.

Seniors who have just now realized they need to take one or more subject exams will find they will do best if they put some time in reviewing the

coursework. Books are readily available with reviews in each of the subject areas, and the College Board website,

www.collegeboard.com, has a description of the material covered on each exam as well as sample questions.

Regents Review Live!

As an aid to their review work, students who are taking a Regents Exam in June are encouraged to tune in to Regents Review Live! on the local ThinkBright station.

Regents Review Live is a 90-minute show hosted by a respected subject teacher in New York State. The teacher will go over many of the important topics on that subject. Viewers will also be invited to call in questions that they may have for the teacher to answer.

All shows will appear from 4:30 to 6 p.m. on ThinkBright, a public broadcasting corporation station partnered with WNET. ThinkBright is found on Channel 21 on the Time Warner System.



The schedule for Regents Review Live! shows is:

- Monday, May 5 – English
- Tuesday, May 6 – Math A
- Wednesday, May 7 –

Math B

- Thursday, May 8 – Earth Science
- Friday, May 9 – Living Environment
- Monday, May 12 – Chemistry
- Tuesday, May 13 – Physics
- Wednesday, May 14 – Global History
- Thursday, May 15 – US History
- Friday, May 16 – Spanish
- Monday, May 19 – French

In addition to the Regents Review Live! television shows, excellent review links and resources are available at www.regentsreviewlive.net.

More Information

Scholarships

Cheektowaga Lions Club Scholarship for residents with an average between 80 and 90. Deadline: May 7. (All eligible seniors were given an application).

Safari Club International Scholarship for seniors planning to major in forestry, conservation, environ-

mental sciences, veterinary medicine or fisheries and wildlife management. Deadline: May 30.

Junior Parents

ECC Workforce Development is holding an SAT Prep course at the North Campus beginning May 20. Call ECC for more details.

Chris Griswold Memorial Run

**Saturday, May 17,
Como Park, Lancaster**

10 a.m. – Walk/Fun Run
10:30 a.m. – 5K Race

Sponsored by St. Mary's
Alumni Association

For Additional Information
or Applications contact
Alumni Office (683-4824, ext. 28)

**Attention Incoming Freshmen:
You are invited to a
Spring Barbecue
Saturday, May 10 – 12 to 3 p.m.
Meet your classmates & their families
Get a quick peak at your schedule
Enjoy free hot dogs and drinks**

**Please RSVP by May 7
to 683-4824, ext. 37 or sgrieco@smhlancers.org**

Spring Sports Update

– By Juelie Scanlon, Class of 2009 –

Baseball

After a productive spring training trip to the Cal Ripken Experience in Myrtle Beach, S.C., the varsity baseball team had an explosive start to the season by winning the Robert E. Rich Memorial Baseball Tournament at Dunn Tire Park. Matt Bittner went 3 for 4 in the championship game, with teammate Jesse Kelso winning the MVP award. As they start their regular season they have won eight consecutive games and are an impressive 4-0 in league play with wins over Nichols, St. Joe's, St. Francis, and O'Hara. The team finds themselves ranked #3 in *The Buffalo News* Small School Poll.

On the JV side, sophomore Ed Lubecki recorded a no-hitter in the Lancers' victory at O'Hara and the team is showing great promise. The teams record stands currently at 2-2.

Remaining Schedule

Varsity

All Games 4:15 p.m. (unless noted)

Fri, May 2, vs. St. Francis

Sat, May 3, 12 noon vs. Pioneer (double-header)

Mon, May 5, @ O'Hara

Fri, May 9, vs. Nichols

Tues, May 13, vs. Canisius

Wed, May 14, @ Timon (Caz Park)

Mon, May 19, @ St. Joe's

Fri, May 23, or Sat., May 24, – Quarter-finals @ Sal Maglie

Sun, June 1, or Mon., June 2 – Semi-finals @ Sal Maglie

Sat, June 7, 1 p.m. – Georgetown Cup Game 1 @ Dunn Tire Park

Sun, June 8, 12 noon – Georgetown Cup Game 2 @ Dunn Tire Park

Mon, June 9, 7 p.m. – Georgetown Cup Game 3 (if necessary) Dunn Tire Park

Junior Varsity

Games begin at 4:15 p.m. (unless noted)

Fri, May 2, vs. Timon

Sat, May 3, 12 noon vs. St. Francis I

Sun, May 4, 12 noon, @ St. Joe's II

Mon, May 5, vs. O'Hara

Wed, May 7, @ St. Francis I

Sat, May 10, 12 noon @ Pioneer (double-

header)

Mon, May 12, vs. St. Joe's II

Tues, May 13, vs. St. Francis II

Thurs, May 15, vs. North Tonawanda

Sat, May 17, 12 noon @ Canisius II (Delaware Park)

Sun, May 18, 12 noon @ Canisius I (Delaware Park)

Tues, May 20, vs. St. Joe's I

Softball

The varsity girls' softball team has started out very strong. They are posting an undefeated record thus far and continue to show remarkable improvement. Experienced seniors Cassie Rybak, Bridget Rosati and Sarah Zureck helped a relatively young team get off to a great start while recording wins against Sacred Heart, Mt. Mercy, Alden and O'Hara. Freshman Lauren Wesolowski pitched a no-hitter against O'Hara. Congratulations to all team members for one of the best starts to a season in St. Mary's softball history.

The JV softball team is progressing well under first-year coach Angela Tuchols. The team scored their first win of the season against O'Hara 16-5.

Remaining Schedule

Games begin at 4 p.m. (unless noted)

Thu, May 1, vs. Park School (JV only)

Mon, May 5, @ Nardin (Mang Field)

Wed, May 7, vs. Holy Angels

Thu, May 8, @ Mt. St. Mary's (Pepsi Center)

Sat, May 10, Immaculata Tournament (Nike Base)

Sun, May 11, Immaculata Tournament (Nike Base)

Wed, May 14, @ Immaculata

Fri, May 16 – Playoffs

Mon, May 19 – Playoffs

Tues, May 20 – Championship

Track

As the track season gets underway the men's 4x1 relay team made up of Connor Powell, James Knapp, Jake Evans, and Pat Morgan is competing at a very high level right now. Senior middle distance runner Eric Birner is one of the best runners in WNY.

Newcomers Doug Robinson and Kenny Jarmusz are providing some depth to this year's team. In girls' track, Alyssa Cavalleri won the mile, and Samantha Spisiak won the 800.

Jessica Runk, Kelsey Polanski, Vica Fontana, and Maggie Wirth all displayed their hard work at their first meet and continue to improve in all aspects.

Senior Brittany Lampart ran her best time at their recent meet.

Remaining Schedule

Boys Track

Sat, May 3, 12:30 p.m. Wildcat Relays @ Depew HS

Wed, May 7, 3:30 p.m. @ St. Mary's Deaf

Tue, May 13, 5:30 p.m. vs. O'Hara @ Lancaster HS

Sat, May 17, 10 a.m. WNY Classic @ Clarence HS

Wed, May 21, 3:30 p.m. All Catholics @ JFK

Sat, May 24, 9 a.m. Catholic States in NYC

Sat, June 14, 9 a.m. Federation States @ UB

Sun, June 15, 9 a.m. Federation States @ UB

Girls Track

Thur, May 1 3:30 p.m. @ St. Mary's Deaf

Sat, May 3 12:30 p.m. Wildcat Relays @ Depew HS

Tue, May 13 5:30 p.m. vs. O'Hara, Immaculata @ Lancaster HS

Sat, May 17 10 a.m. WNY Classic @ Clarence HS

Wed, May 21 3:30 p.m. All Catholics @ JFK

Sat, May 24, 9 a.m. Catholic States in NYC

Sat, June 14, 9 a.m. Federation States @ UB

Tennis

The tennis team opened their season with matches against Mt. St. Mary's and Holy Angels. In singles, Emma Concannon and Mollie Greene won both their matches and are a huge asset to their team. Senior Ellyn Hayes has moved to singles and continues her development.

Doubles teammates Amanda DiPiazza and Rayna Rickard are improving daily. Meghan Hinton, Alyssa Owczarczak, and Justine Pazderski round out this year's roster.

**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

Boys invited to open VB gym

Starting Thursday, May 15, 6 p.m. there will monthly open gyms at St. Mary's for current and incoming students looking to play boys volleyball this fall.

Pizza will be served!!!

Information regarding camps, club programs, and the fall 2008 season will be available.

Those who would like more information are encouraged to contact Coach Eric Honsberger at 949-5373 or HonsbergerE@ yahoo.com "I look forward to having another fun and competitive season."

Calling girls' basketball players

All girls interested in playing basketball are invited to "Spring shoot-a-rounds." These open-gyms will include practice on the fundamentals of shooting, footwork, and defense. We will scrimmage often and have tons of fun.

Shoot-a-rounds will be every Tuesday from 6-8 p.m.

Who's invited?

- All current St. Mary's students
- All siblings or friends that are interested in seeing exactly what St. Mary's basketball is all about.

School Meals

We serve education everyday through healthy choices

May 2008 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini subs: turkey, ham, or assorted, hash brown pattie, fruit, milk variety	2 Ronny's pizza, oven fries, assorted fruit, milk variety
5 Sahlens hot dogs, tater tots, fruit, milk variety	6 Chicken nuggets, mashed potatoes, mixed vegetables, fruit, milk variety	7 Goulash with meat sauce, steamed corn, hot biscuits, fruit, milk variety	8 Steak-ums on roll, tater tots, fresh fruit, milk variety	9 Brunch for lunch, eggs, sausage, French toast, hash brown pattie, fruit, milk variety
12 Chicken tender subs, cold pasta salad, fruit, milk variety	13 Cheeseburger on roll, cold pasta salad, fruit, milk variety	14 Goulash with meat sauce, steamed broccoli, fruit, milk variety	15 Tacos, seasoned meat, cheese, lettuce, salsa, soft shell, fruit, milk variety	16 Grilled cheese or grilled ham & cheese, tomato soup, fresh fruit, milk variety
19 Cook's Choice	20 Fajitas on soft shell, peppers, onions, cheese, nacho chips, fruit, milk variety	21 Stuffed crust pizza, chef salad, assorted fruit, milk variety	22 Hot roast turkey sandwiches, mashed potatoes, green beans, assorted fruit, milk variety	23 No School
26 No School	27 Goulash with meat sauce, chef salad, bread sticks, Jell-O, milk variety	28 Cook's Choice	29 Tyson chicken pattie, oven fries, fruit, milk variety	30 Cook's Choice

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.

May 2008 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 SAT Prep Class 8:15am-12noon	28-F Student Senate 2:30pm	29-A Friends of Rachel 7:30/2:30 Ext. HR (Student Senate Speeches)	30-B SAT Prep Class 6- 8pm	1-C Stud Sen Elections PM Liturgy (Ascension Thursday & May Crowning) Prom Comm. 2:30pm Fine Arts Night 7pm SB 4pm @ Park (JV) GTrack 3:30pm @ St. Mary's Deaf 	2-D VBB 4:15pm vs St. Francis JVBB 4:15pm vs Timon	3 SAT Test Date (Registration Dead- line April 1) Book Club in Marian House 2:30pm VBB 12noon vs. Pio- neer (DH) JVBB 12 noon vs. St. Francis I Track 12:30pm @ Wildcat Relays (Depew HS)
4 JVBB 12 noon vs. St. Joe's II	5-E AP Exam (US Gov't & Politics - AM) Prom Tickets on Sale Student Senate 2:30pm VBB 4:15pm @ O'Hara JVBB 4:15pm vs O'Hara SB 4pm @ Nardin	6-F Jeans Day for Juve- nile Diabetes Re- search Friends of Rachel 7:30/2:30 AP Exam (Computer Sci - AM) Ext HR (Class Off Speeches) Prom Tickets on Sale Curr Comm. 2:30pm Registration Dead- line for June 7 SAT	7-A AP Exam (Calculus - AM) Prom Tickets on Sale BTrack 3:30pm @ St. Mary Deaf JVBB 4:15pm vs St. Francis I SB 4pm vs Holy An- gels	8-B AP Exam (English Lit - AM) Class Officer Elec- tions Prom Tickets on Sale Prom Committee 2:30pm SB 4pm @ Mt. St. Mary's	9-C AP Exams (US History - AM; European - PM) Prom Tickets on Sale Registration Dead- line for June 14 ACT VBB 4:15pm vs Nichols	10 Spring Open House & Barbecue 12noon-3pm JVBB 12noon @ Pio- neer (DH) SB @ Immaculata Tourney
11 SB @ Immaculata Tourney	12-D AP Exam (Biology - AM) Student Senate 2:30pm JVBB 4:15pm vs St. Joe's II	13-E Friends of Rachel 7:30/ 2:30 Class Mtgs; Pre-Prom Assm HR Rep Elections Ring Presentation to Soph. N.H.S. 2:30pm Camp Min 2:30pm Parent Guild Board 6:30pm Parent Guild 7pm Install Officers VBB 4:15pm vs Canisius JVBB 4:15pm vs St. Francis II GTrack 5:30pm vs O'Hara, Immaculata (Lanc HS) BTrack 5:30pm vs O'Hara (Lanc HS)	14-F Pride Day Faculty/Staff Meet- ing 2:30pm VBB 4:15pm @ Timon SB 4pm @ Immaculata 	15-A Closing Ceremony Last Day for Seniors Senior Retreat 9:30am-4:30pm JVBB 4:15pm vs North Tonawanda	16-B Senior Exams	17 JVBB 12 noon @ Canisius II Track 10am @ WNY Classic (Clarence HS)
18 JVBB 12 noon @ Canisius I	19-C Senior Exams Student Senate 2:30pm VBB 4:15pm @ St. Joe's	20-D Friends of Rachel 7:30/2:30 Senior Exams Ring Purchase for Sophomores Prom Committee 2:30pm JVBB 4:15pm vs St. Joe's	21-E Senior Exams Principal's Ad Board (Calendar Meet- ing) 2:30pm Track 3:30pm @ All- Catholics (JFK)	22-F Early Dismissal for Juniors Prom 6:30-11pm	23-Off Memorial Day No School 	24 VBB Quarterfinals Track 9am @ Catho- lic States (NYC)
25 VBB Quarterfinals	26-Off Memorial Day No School 	27-A Friends of Rachel 7:30/2:30	28-B	29-C	30-D	31



St. Mary's High School
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