

January 2009

CURRENTS

As we welcome 2009, let's make resolutions together

Happy Holidays! I hope you and your family have enjoyed a happy and safe holiday season and will continue to as we welcome a new year.

2008 was very good to us. We watched our graduates walk the stage and accept their diplomas. We introduced a class of 109 students. We welcomed the bishop to our school for the first time in 13 years. We cheered as both the ladies' soccer and volleyball teams successfully defended their titles.

We witnessed our underdog football team nearly overthrow Cardinal O'Hara at the Ralph. We bid farewell to Mr. and Mrs. Jakubowski who dedicated decades to our school. And we welcomed Ms. Allison Lacher, Mr. Matt Olsen, Mr. Derek Schalk, Mr. Albert Derrico, and Mr. David Hall into our SMH family.

As good as 2008 was, I have no doubts that the SMH family will not only continue its successes but also strive to even greater heights in 2009. This new year allows us the opportunity to reflect on the years past and the changes we hope to make for the future. As we welcome 2009, let's



make some resolutions together.

For all of our parents...may we have the patience with our teenage sons and daughters as they encounter each new day filled with new challenges and experiences.

To each alumnus...may we make a conscious effort to remember all the joys that we experienced at St. Mary's throughout years past; to support the current and future students as best we can to help create and encourage their hopes and dreams for the future.

To all the administration, faculty, and staff... may we have the fortitude to lead to the best of our abilities and the enthusiasm to make each tomorrow better than the one before.

And to each and every student...may you study a little harder, pay attention a little more, be more accepting of those around you, and never forget who you are.

HAPPY NEW YEAR AND BEST WISHES!!!

Mr. Keith Junik

Dean of Education

Notes for January Exams – Schedule on page 2 –

Here are some notes in regards to the January Exams:

- Students only have to be in school for their scheduled exams.
- Students are required to be in dress code for the exams.
- Students who are completing semester courses must turn in their textbooks prior to taking their exam. Failure to do so may result in the student/parents being charged for their replacement.
- Buses will be picking up students at the usual time in the morning. The

schedule for afternoon buses is listed on page 2 with the exam schedule.

- Some teachers may offer review sessions for times when students are not taking exams. Students should check with their teachers to see when these review sessions are scheduled.
- If a student is at St. Mary's when they are not scheduled to take an exam or in a review session, they are required to be in the cafeteria.

Questions regarding these exam week guidelines and schedule should be directed to Mr. Junik, Dean of Education.

Jan. 5, Feb. 3 will be "A" days

Because of the Snow Day on Friday, Dec. 19, the first day back after the Christmas Break, Monday, Jan. 5, will be an A day.

Also, the first day of the Second Semester, Tuesday, Feb. 3, will be an A day.

Students should be aware of this schedule note and plan accordingly.

Exam Schedule – January 2009

Mon, Jan 26	Tuesday, Jan 27	Wednesday, Jan 28	Thursday, Jan 29	Friday, Jan 30
R E G U L A R S C H O O L D A Y	<p>8-10 a.m. Int. Geometry A MT (10) Int. Geometry H MT (9,10) Math III A MT (11) Math III H MT (10,11)</p> <p>8-11 a.m. Math B Regents Exam Retake (12) Living Environment Regents Exam Retake (12)</p> <p>12-3 p.m. English Regents Exam Session I (11) AP Statistics MT (12)</p> <p>Bus: 3:15 p.m.</p>	<p>8-9 a.m. Spanish I MT (9) Spanish II MT (9,10) Spanish III MT (10,11) French I MT (9) French II MT (9,10) French III MT (10,11)</p> <p>8-11 a.m. Spanish Regents Exam Retake (12)</p> <p>9:30-11:30 a.m. Global Studies I MT (9) Global Studies II MT (10)</p> <p>12-3 p.m. English Regents Exam Session II (11) AP Calculus MT (12) AP World History MT (10)</p> <p>Bus: 3:15 p.m.</p>	<p>8-11 a.m. MANDATORY Review for Mr. Hall's Geometry B Class Periods 1 & 2 (10)</p> <p>8-10 a.m. US History MT (11) Psychology FINAL (12) Criminal Justice FINAL (12)</p> <p>12-2 p.m. Regents Chemistry MT (11)</p> <p>12-3 p.m. Integrated Algebra Regents Exam (10) Chemistry Regents Exam Retake (12)</p> <p>Bus: 3:15 p.m.</p>	<p>8-10 a.m. Health FINAL (10) Int. Algebra A MT (9) Int. Algebra B MT (9)</p> <p>11 a.m.-1 p.m. Religion 10 FINAL (10) Religion 11 (Morality) FINAL (11) Pre-Calculus MT (12)</p> <p>Bus: 1:15 p.m.</p>

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

Note: MT = Midterm Exam

Course Selection Process begins soon

Throughout February, the course selection process for 2009-10 will begin.

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

All students are required to take four years of English, Social Studies, Math, and Religion; three years of Science; two years of Foreign Language, two semesters in art and/or music; a semester of health; a semester of computers; and physical education. This course load allows room for electives.

The following is a list of electives offered at St. Mary's:

Art Department

Ceramics • Adv. Ceramics • Studio in Art •

Drawing and Painting • Intro to Fine Arts • Advertising & Design

Business/Computers Department

Accounting I • Accounting II • Business Law • Career Exploration Internship Program • Leadership Skills • Marketing • Introduction to CAD • Adv. CAD with 3D Modeling • Internet and Web Page Development • Digital Art • Computer Sci I & II • Personal Finance • A.P. Computer Science • Yearbook I & II & Advanced

English Department

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

Foreign Language Department

Spanish IV • Latin, An Introduction

Mathematics Department

A.P. Calculus • A.P. Statistics

Music / Performing Arts Department

Intro to Performing Arts • Musical Theatre Performance • Tech Crew • Prep Choir • Vocal Ensemble • Keyboard & Guitar • Advanced Keyboard • Advanced Guitar • Music Theory I

Religious Studies Department

Retreat Peer Ministry

Science Department

Environmental Science • Physics • A.P. Biology • Advanced Chemistry

Social Studies Department

A.P. World History • A.P. U.S. History Psychology • Introduction to Criminal Justice

Financial Aid information

Dear Parents,

Please note the following information in regards to Financial Aid at St. Mary's and FACTS tuition management:

1. The Financial Aid Information was mailed to all families the week of December 15. Those families who did not receive this information and are interested in applying for financial aid may pick up information in the St. Mary's Main Office. Applications are due by January 12. Help is available from FACTS (toll free) at 1-866-315-9262.
2. Families are reminded that they can contact FACTS tuition management directly to make any changes to their account numbers used to pay their monthly tuition bill. The number to FACTS is 1-800-624-7092.

Those who have questions or concerns are encouraged to contact Sue Mulhern, Tuition Coordinator, at 683-4824.

For Foreign Language students: French I, II, III and Spanish I, II, III

The following dates are important to write in your calendar.

This is the time that the speaking and listening portion of the mid-term exams will be given during regular class.

Listening – Tuesday, Jan. 20

**Speaking – Wednesday, Jan. 21
Thursday, Jan. 22
Friday, Jan. 23**

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

For students in Computer Foundations

Reminder that the final exam for Computer Foundations class will take place in class on Thursday, Jan. 22, and Friday, Jan. 23.

The only make-up date for the exam is Monday, Jan. 26.

Those who have questions should contact Mr. Meyerhofer.

2nd Quarter ends, 3rd quarter begins

Friday, Jan. 30, marks the end of January exams as well as the end of the second quarter of the 2008-2009 school year.

Report cards for the second quarter will be distributed in homeroom on Monday, Feb. 9. **Families whose tuition payments are not up to date or who have not made prior payment arrangements will not receive their report cards.**

Just a reminder that the Faculty Inservice will be held on Monday, Feb. 2.

Thus, there is no school for students that day. The first day of the third quarter will be Tuesday, Feb. 3. As the first day of the new semester, with some new classes beginning for the second semester, this day will be an "A-Day".

Also during that week will be the annual Lancer Auction, the major fundraiser at St. Mary's, on Friday, Feb. 6. **There will be no afterschool activities on Thursday, Feb. 5, and no school for students on Friday, Feb. 6.**

Currents

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St. Mary's introduces Personal Finance course

In addition to preparing students for college, St. Mary's High School is interested in preparing students for life. With this in mind, St. Mary's is pleased to announce the creation of a Personal Finance course.

Offered through the Business/Computer Science Department, this half-

year elective will discuss earning money, budgeting, loans (including college loans), managing a checking account and a credit card, doing comparison shopping, insurance of all types, investing, taxes, buying a house, and saving for retirement.

Personal Finance is open to students in their junior or senior years.

Wrobel receives scholarship



Steven Wrobel receives the Cayuga District Scholarship from Stanley Keysa, former district chairman, and Anthony Scime, present district chairman.

Senior Steven Wrobel, from Boy Scout Troop 565 in Depew, was awarded one of two scholarships given by the Cayuga District of the Boys Scouts to an Eagle Scout that is pursuing a college education.

The presentation took place December 11 at the district's annual Wine and Cheese event, at Lancaster Opera House, which raises funds for the scholarships.

Theater Dept. announces musical

The Performing Arts Department recently announced that the spring musical will be Abe Burrows' and Frank Loesser's *How to Succeed in Business without Really Trying*.

Based on the book by Shephard Mead, *How to Succeed in Business Without Really Trying*, as written on stageagent.com, is a story about the



triumph of the common man. The hero is a window washer named J. Pierrepoint Finch. After Finch happens upon a book titled *How to Succeed in Business Without Really Trying*, he decides to begin his rise up the corporate ladder. Following the instructions of the book, Finch lands a job in the mailroom at the World Wide Wicket Company. With the help of his handy book, Finch quickly gains promotions and outsmarts his rival, Frump – who also happens to be the boss's nephew. Finch then gains the love of Rosemary, a secretary at the company. In the end, however, after Finch's ad campaign goes awry, the book can no longer help him. He is forced to rely on his own wits and performs so admirably that he is promoted to Chairman of the Board.

Mr. Burrows and Mr. Loesser are also known for their production of *Guys & Dolls*.

Auditions for the spring musical will be held on Tuesday, Jan. 6, and Wednesday, Jan. 7, with callbacks on Friday, Jan. 9. Tickets go on sale in March. More information will be available in future *Currents*.

Art Club at the Albright-Knox



Art teacher Miss Michelle Giomundo recently took her Art Club and her Studio in Art students on a field trip to the Albright-Knox Art Gallery and the Buffalo State Ceramics Department. Above, an Albright-Knox docent explains a piece on exhibit at the art gallery.



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Every penny counts

By Samantha Spisiak
Class of 2009

Did you ever wonder whatever happened to those extra nickels and dimes that are dropped on the floor? Or change that mysteriously escaped your pocket and ended up on the ground? Hopefully, your lost loose change actually goes to a good cause.

A senior at St. Mary's High School is making sure the change he finds is used to help the less fortunate.

Tom Interdonato has been a member of the St. Mary's "Work Crew" for over three years now, and during that time he has been collecting and keeping the change he finds while cleaning the St. Mary's hallways. Naturally, after years of collect-



Tom Interdonato displays the over \$150 he has collected as a member of the St. Mary's "Work Crew."

ing a nickel here and a penny there, things started to add up. Tom eventually sat down to count it: he had collected over \$150.

But instead of using the money for his personal Christmas shopping, Tom had a much better idea.

"It was right around Thanksgiving time and St. Mary's was holding a food drive to benefit St. Luke's Mission of Mercy," Tom said. "So I went to Wegmans and purchased \$150 worth of non-perishable food items for the drive."

Tom showed the St. Mary's community what the true meaning of the season is all about.

"Who knew what a huge difference some spare change could actually make?" Tom humbly asked.

The Parent Guild

Happy New Year!

The next Parent Guild Meeting will be held on Monday, Jan. 12. The topic is the St. Mary's High School Diploma Requirements and Elective Choices presented by Miss Kelly Smith and Miss Allison Lacher, Guidance Counselors.

SMH Spring Fashion Show

It's time to plan the SMH Parent Guild Fashion Show to be held this spring. Please contact Evelyn Hamilton at 689-0745 to join our Fashion Show Committee.

Juniors to go to College Fair

On March 17 and 18, the Buffalo Convention Center will be the sight of the annual 2009 Spring National College Fair. Over 100 colleges, local and out of town, will be represented at the Fair.

In an effort to assist the Junior Class in their college planning, the Counseling Center will lead the class on a trip to the Convention Center on Tuesday, March 17.

The preparation for the field trip will actually begin the weeks before, as the counselors will meet with the class to discuss the fair and make some suggestions as to what the students should do at the fair. The counselors will suggest what college representative each student should visit and what the students could be asking.

On the day of the field trip, St. Mary's students will depart after the Lenten Prayer Service. St. Mary's will have a reserved time slot so that students will have plenty of opportunity to talk to the representatives.

It is hoped that if the students find they would like more information about the colleges they will come back in the evening with their parents.



Hoops for Hunter's Hope

3-on-3 Basketball Tournament for students in grade 6-12
Saturday, January 10
\$40 per team

For more information and an application, go to smhlancers.org

EARN FREE SUPPLIES at OFFICE DEPOT

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

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

Five named All-Academic

Congratulations to the following fall athletes who were named to All Academic Teams.

Soccer player Andrew Adolf, football player Jesse Kelso, and volleyball players Victoria Reitz and Allyson Severyn were all named to *The Buffalo News* All-Academic Team.

Their pictures were included in the December 20th issue of *The News*.

Kelso along with fellow senior football player Christopher Horvatits were honored by Inside Western New York High School Sports as members of their Fall 2008 All-Academic team.

Congratulations, student-athletes, on your success on the fields and court and in the classroom.



Andrew Adolf



Chris Horvatits



Jesse Kelso



Victoria Reitz



Allyson Severyn

Christmas Creations

Miss Michelle Giomundo's Art Classes were recently in the holiday mood, as they created gingerbread houses as part of the class project.

Unfortunately, not all of the creations made it all the way to Christmas, as the smell of the gingerbread, frosting, and the decorations were just too much for the hungry students, though they were beautiful while they lasted.



Auction is coming

The annual Lancer Auction will be taking place on Friday, Feb. 6, at St. Mary's High School.

We are still looking for people to volunteer for registration, check-out, set-up, and more. Those interested should call Pam Aquino to sign up.



St. Mary's High School

is participating in the
Abitibi Paper Retriever® "Schools on Goal" Program

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Bring your paper to the bright green and yellow recycling bin
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Glass • Trash
Cardboard

Please add recycling to your errand route and bring your paper by once a week – help your school and the environment!

**Help support St. Mary's
and recycle for the future**

Counseling Corner

Kelly Smith (ksmith@smhlancers.org)

683-2349

Allison Lacher (alacher@smhlancers.org)

Is it really harder to get into college today?

Once again, colleges are joyfully announcing that they have received record numbers of applications. The media reports this news and generates anxiety among college-bound students and their families. Students react by filing a few more last-minute applications, and so the college application frenzy continues to spiral out of control. Before you get caught up in it, let's step back and consider if it really is harder to get into college today.

While the number of high school graduates continues to grow, increasing by 200,000 per year from 2002 to 2006, the number of spaces at competitive colleges has also increased at

a nearly identical rate. So why are families so worried? Although the ratio of students to spaces has remained constant over the last decade, the number of applications to elite colleges has been booming, increasing nearly 19 percent over the same time period. As a result, it only *appears* to be much harder to win acceptance to a selective college. With more applications, the admissions rate drops, and the odds of acceptance appear to grow smaller.

The numbers, however, don't tell

the real story. According to Kevin Carey, research manager at the think-tank

Education Sector, the rise in number of applications doesn't really affect the law of supply and demand. "When the number of applications grows faster than the number of applicants, it creates

It only appears to be much harder to win acceptance to a selective college

a false sense that admission standards are growing tighter." He uses the example of 20 students, each of whom applies to five schools and is accepted at two. If the same students each applied to ten colleges and still receive two acceptances, the odds of admission seem worse. But the outcome for each student is the same – two acceptances.

So is it really harder to get into college today? If you consider that the 3,500 or so four-year colleges in the U.S. accept, on average, 70 percent of their applicants, there really is a place at college for every student who wants to attend. Although the Ivies and other "top tier" colleges continue to report lower rates of acceptance, they actually offered admission to 10 percent more students in 2006 than they did in 2002. What's also true, however, is that admission to selective colleges is significantly more competitive than it was when these students' parents were applying to college. Far fewer students targeted those schools and their admissions standards (grades and test scores) were lower. The moral of this story — select colleges by fit rather than reputation, limit your applications to a reasonable number, and refuse to get caught up in the application frenzy. In the end, you can only attend one college, so one great acceptance is all you need.

Honors Program – Shrinking the large university

One way to have the advantages of a small college while attending a large university is through an honors program. Many public and some private universities offer honors programs that provide great benefits, including preferential class registration, special honors classes, enhanced advising, and enrichment programs.

Honors classes attract top professors who enjoy teaching bright, motivated students. In most programs, students are not required to take all honors courses and often take one or two honors classes each semester along with their other classes. Honors classes are smaller and can pursue a subject in more depth. Some programs require students to complete a senior project to receive an honors designation on their transcript.

Some schools offer separate honors housing. Having a residential community where students take their studies seriously can be especially important at schools that are known for

a party atmosphere. Honors students are generally not required to live in honors housing, but it's nice to have the option.

The University of Arizona and Arizona State University, both

popular choices for Southern California students, offer honors programs. These are such large universities, each with more than 30,000 students, that an honors program is a great way to create a sense of community and to be assured of having real contact with professors. Arizona State University's Barrett Honors College creates a living-learning community featuring class-

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Honors classes are smaller and can pursue a subject in more depth

Financial Aid Basics

With college costs continuing their steep rise, an understanding of the financial aid system can pay handsome benefits. Financial aid comes in two varieties: merit and need-based. *Merit aid* is gift money that does not need to be repaid; merit aid is typically referred to as a scholarship. Merit scholarships are generally awarded for outstanding performance that may be academic (as evidenced by grades, high test scores, essay contest), athletic, talent-based (as in art or music), or for a special skill or characteristic (such as outstanding leadership or community service.) These scholarships may be awarded by the student's college or by a private organization such as the National Merit Scholarship Corporation or Best Buy.

The bulk of financial aid awards, however, are awarded to students who have demonstrated their need for such aid by completing the Free Application for Federal Student Aid, otherwise known by the acronym FAFSA. Using a complex methodology, the FAFSA yields an *expected family contribution* (EFC), the amount you and your family are expected to contribute towards your educational costs for the next school year. The difference between the EFC and the *total cost of attendance* at your college is your *demonstrated financial need*. This is the number that the college financial aid office uses in constructing a financial aid package.

This package usually consists of several types of aid. *Grants* are gift aid that does not need to be repaid (you can view this as a discount on your tuition.) *Loans* must be repaid, but subsidized loans have their interest paid for you until you complete your education. Packages

may also include *work-study opportunities*, a job program for college students.

Private colleges often have more discretionary money to award as financial aid and may require applicants to complete an additional form, the CSS Profile. Information gathered here will be taken into account in the creation of the student's aid package.

While some colleges guarantee to

meet 100 percent of demonstrated financial need, many colleges can only meet a portion of this amount. Therefore, financial aid packages may vary greatly from institution to institution. Colleges are also more likely to offer more grant money if your grades and test scores place you in the top 25 percent of their entering class or if you possess a special attribute or talent that they desire.

Completing an FAFSA

Many middle income families fail to qualify for need-based aid simply because they do not complete and submit the Free Application for Federal Student Aid (FAFSA). With the increasing cost of college expenses, families earning six-figure incomes often qualify for some financial aid, so completing the paperwork makes sense. The FAFSA must be filed after January 1 for the next academic year, and a new form must be completed each year to qualify for the next year's aid.

Although you can submit a paper application, it's quickest to file online at www.fafsa.ed.gov. To sign electronically, both student and parents will need a PIN to authenticate their electronic signatures. Apply for your PIN at the Federal Student Aid's PIN Web site, www.pin.ed.gov, by selecting Apply for a PIN. It takes up to ten days by mail (or 3 days by e-mail) for one to be issued, so do this well ahead of time. Then, as soon after January 1 as possible, log on to fafsa.ed.gov to complete your application.

To begin, assemble the documents you'll need: driver's license, social security number, W-2 forms, investment records, business and farm records, current bank statements, latest tax return. You'll need

documents for both parents and dependent student. Completing the "FAFSA on the WEB Worksheet" first should simplify the actual process. Then begin to complete the FAFSA form, carefully entering all data. Save often so your information will not be lost if your session is interrupted. Print out a copy before submitting your FAFSA.

If you apply and sign electronically, you should receive your Student Aid Report (SAR) in about seven days. On the report will be your *Expected Family Contribution* (EFC) – the amount the processing agency expects that you and your family will be able to pay towards your first year of college. The difference between the *total cost of attendance* at a college and your EFC is your *Demonstrated Financial Need*. Colleges you designate will also receive a copy of your SAR. They will use your EFC number to determine your eligibility for need-based aid from that institution. Some colleges even offer merit aid only to students who have filed a FAFSA.

Recent research on drinking

New research shows that teenage drinking is a much greater health problem than most parents realize. For example:

- Teens who start drinking before the age of 15 are twice as likely to become addicted as those who wait until they are 21. Students who drink are also much more likely to commit suicide.
- Alcohol increases impulsive behavior and provokes teens to make stupid decisions that may lead to serious injury or death.

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Website of the month

Projectonstudentdebt.com

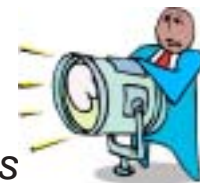
The Project on Student Debt's goal is to identify cost-effective solutions to the problem of paying for college. Recognizing that loans have increasingly become a primary way to pay for higher education, the project seeks to provide information for families to help them make good choices about borrowing.

The "Advice to Borrowers" section addresses the questions that should be

asked when shopping for private loans. For students in earlier stages of the college search process, the Project has developed a list of schools whose financial aid policies limit or eliminate loans from their aid packages, thus reducing costs for students and their families. The list is available at http://projectonstudentdebt.org/pc_institution.php



Spotlight on Majors Epidemiologists



“Virus hunters” study illnesses to determine their causes

Epidemiologists study patterns of health and illness within a population. These “virus hunters” may be found in the lab or in the field, working to isolate organisms and prevent diseases. As populations grow and global travel skyrockets, virus outbreaks increase. Fears of bioterrorism, such as an anthrax outbreak, have also spurred interest in careers in this area. The demand for epidemiologists is expected to keep on growing.

As a medical scientist, the epidemiologist must first study biological systems to understand the causes of disease. They may study cause and effect, such as the link between alcoholism and liver disease, or identify the changes in cells that signal medical problems. But mainly, epidemiologists study different illnesses to determine the cause of each disease and how it is spread, and to develop ways to control or prevent the disease.

Research epidemiologists conduct research to eliminate or control infectious diseases. Employed by the Federal Government, by independent research firms, or by colleges and medical schools, they may concentrate on a specific disease organism such as those that cause typhus, malaria, or AIDS. Agencies of the Federal Government including the



www.donau-uni.ac.at

National Institutes of Health and the National Science Foundation provide much of the financial support for research epidemiologists.

Clinical epidemiologists work in consulting roles at hospitals and medical facilities, investigating outbreaks of infectious disease organisms, and creating ways of eliminating them. Clinical epidemiologists often work closely with physicians to find ways to control the spread of disease. They also may be called upon to develop guidelines for the treatment and control of infectious diseases.

A bachelor’s degree in a biological science is the starting point for the education of an epidemiologist. In addition to required courses in biology and chemistry, undergraduates should

include classes in math, physics, computer science, and engineering, as well as other classes in their field of interest. A graduate degree in their preferred specialty, such as cytology, bioinformatics, or pathology is the next step.

Then comes a master’s degree from a school of public health to provide the minimal educational requirement for employment as an epidemiologist. Some jobs, however, require a Ph.D. or a medical degree; specific training in infectious diseases may also be required.

If all this seems like a lot, you may also want to consider that many medical scientists also spend time in a postdoctoral position. These “postdoc” experiences provide valuable laboratory training and may lead to a permanent position.

Those epidemiologists who administer drugs or provide gene therapy to patients must be licensed physicians. Epidemiologists who are not M.D.s often work closely with licensed physicians who can dispense treatment. Certification programs in the prevention and control of disease require extra coursework as well as the passing of an examination.

The demand for epidemiologists is expected to grow as a result of the expansion in research into the cause and spread of diseases such as AIDS and bird flu, as well as the growing problem of the resistance of bacteria to antibiotics. The growth of international travel tends to increase the spread of diseases and give rise to new ones. Hospitals, too, are more focused now on infection control, and the public is more aware of the possibility of bioterrorism. All of this has led to expected strong job growth in this field.

Want to learn more? Check out the Guide to Training Programs at the Infectious Disease Society of America, www.idsociety.org. Learn about careers in microbiology at the American Society for Microbiology, www.asm.org or click on the website of the American Association of Pharmaceutical Scientists at www.aapspharmaceutica.org.

Overly involved in application process

There’s no question that it’s harder to apply to college today. But to some parents, that means it’s okay for them to take over for their teen.

Are you too involved as your teen applies to college? Answer yes or no to each question:

- ___1. My teen will choose the colleges where she would like to apply (within reason). I will not push my choices on her.
- ___2. I don’t use the word “we” when talking about the college application process, as in, “We’re applying to five in-state schools.”

- ___3. My teen is present at all appointments with the school counselor. I don’t meet without her.
- ___4. I expect my teen to complete college applications and essays on her own.
- ___5. I plan to leave the room when my teen goes for a college interview.

How well are you doing?

Each yes answer means you are letting your teen drive her college search. For no answers, back off and let her take over.

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Drinking

(continued from page 8)

- One-fourth of the teens killed in car crashes were intoxicated.
- What can you do?
- Check where your teen is going and who she'll be with. If she is going to a party, call the parents to be sure they will be in the house and that no alcohol will be served.
 - Be sure she never gets in a car with someone who has been drinking. Develop a code she can use if she calls you that really means, "Come get me."
 - Watch your teen carefully for signs she may be depressed. Sometimes, teens use alcohol as a way to medicate themselves.

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St. Mary's offering SAT prep class

St. Mary's will be offering two series of SAT Prep classes this spring, designed to end before the March 14 or June 6 SAT dates. Each series of classes costs

First Class:

Sunday, Feb. 8 – 8:15 a.m.-12 noon
 Tuesday, Feb. 11 – 6- 8 p.m.
 Sunday, Feb. 15 – 11 a.m.- 2 p.m.
 Tuesday, Feb. 17 – 6-8 p.m.
 Sunday, Feb. 22 – 11 a.m.- 2 p.m.
 Tuesday, Feb. 24 – 6- 8 p.m.
 Sunday, March 1 – 11 a.m.- 2 p.m.
 Tuesday, March 3 – 6-8 p.m.
 Sunday, March 8 – 8:15 a.m.- 12 noon
 Tuesday, March 11 – 6-8 p.m.

\$225, which includes the book. A Registration Form is available at the St. Mary's website, www.smhancers.org, by following the Counseling Center link.

Second Class:

Sunday, March 15 – 8:15a.m.- 12 noon
 Tuesday, March 18 – 6-8 p.m.
 Sunday, March 22 – 11 a.m. – 2 p.m.
 Tuesday, March 24 – 6-8 p.m.
 Sunday, March 29 – 11 a.m.- 2 p.m.
 Tuesday, March 31 – 6-8 p.m.
 Sunday, April 5 – 11 a.m.-2 p.m.
 Tuesday, April 21 – 6-8 p.m.
 Sunday, April 26 – 8:15 a.m. – 12 noon
 Tuesday, April 28 – 6-8 p.m.

Honors programs (continued from page 7)

rooms, advising center, computer room and residence halls. Honors advisors help students to find opportunities for research, internships, and study abroad. Students who are interested need to apply both to ASU and the Barrett Honors College.

Some honors programs provide financial incentives. Penn State University's Schreyer Honors College offers a renewable scholarship of \$3,500 to all first-year students and provides grants to students who study abroad. The school offers more than 200 honors courses each year. Like many honors programs, they boast of high placement rates in graduate and professional schools.

While many large public universities have honors programs, some states also offer the option of a separate honors college. St. Mary's College of Maryland may sound like a religious institution, but it is the state's honors college.

With about 2,000 students, this liberal arts college offers a private school education, with small classes and lots of faculty interaction, all at public school prices.

Private schools can also have honors programs. At Boston's Northeastern University, students have access to separate honors sections of courses, as well as interdisciplinary honors seminars. They can live with other freshmen honors students and enjoy excursions to the theater and symphony.

These are just a few examples of the many honors programs available at colleges and universities across the country. While a few require a separate application, most schools will invite applicants with top grades and test scores to join their honors programs. These programs can offer terrific benefits, but as always, it's important to do your research and make sure the school is a good match for you.

Additional Information

Scholarships

Velma Cobb Scholarship- Deadline is February 14. Guidelines: students must be high school girls attending school in Erie County, must be attending (full time) and accredited college in Fall of 2009, grade point average of 90 or higher, complete an application, submit three letters or recommendation, and possibly attend a personal interview. For an application, see Miss Smith in the Counseling Center.

Erie Community College Scholarships - for more information go to stars.ecc.edu/stars

Lancaster- Depew Rotary Club will be donating scholarships to seniors at either St. Mary's High School, Depew High School, or Lancaster High School. The award will be based on the student's academic achievements, community involvement, and financial need. For an application please see Miss Smith in the Counseling Center.

2009 Foreign Language Scholarship for St. John Fisher College - This scholarship is available to all high school seniors with proficiency in

French, German, Italian, or Spanish. Winners will receive \$3,000 annually, over four years, if they complete two foreign languages courses during their first year at Fisher and maintain a 3.00 cumulative average. See Miss Smith for more information.

Need a Lift?

American Legion's guide to scholarships, grants, and loans for which students may qualify for. Students are more than welcome to come to the Counseling Center to look through this guide.

Attention Juniors Parents

Go to www.collegeboard.com/quickstart to view your PSAT score report, access PSAT answer explanations, a personalized SAT study plan, and information about colleges, majors, and careers that are right for you. You can also register for the SAT through My College QuickStart using Express SAT Sign-up. Make a list of schools for you to visit this spring, and start planning for the future today!

2008 Fall Sport Recap

Women's Volleyball

Led by Coach Donny Pieczynski, the women's volleyball team captured a league and state title this year. They continued their dominance of local competition including wins over #1 ranked teams Starpoint and Eden.

All-Catholic Selections:

League MVP – Allyson Severyn

First Team – Jessica Warner, Elyse Texido

Second Team – Kelsey Polanski, Victoria Reitz, Lauren Wesolowski

All – Academic Nominees: Elyse Texido, Allyson Severyn, Victoria Reitz, Kelsey Polanski

Women's Soccer

Another successful season by our women's soccer team under the new coaching staff of Evan Williamson and Allison Lacher. The team won the league title again this year and continue their dominance of the Monsignor Martin Small School Division.

All-Catholic Selections:

League MVP – Juelie Scanlon

First Team – Sarah Dutro, Megan Hinton, Raenne Stilwell

Second Team – Victoria Fontana, Maria Rosati, Sam Spisiak

All – Academic Nominees: Juelie Scanlon, Sarah Dutro

Cheerleading

Recently competed in and placed 3rd in the Festival of Lights Competition in Niagara Falls, Canada.

Football

All – Catholics Selections:

First Team Offense – Greg Justen,

Brandon Barczak, Ken Jarmusz,

Henry Fumerelle

First Team Defense – Scott Ickowski, Alex Elwell, Jesse Kelso

First Team Special Teams – Lenny Pfohl

Second Team Offense – Patrick Morgan, John Kling

Second Team Defense – Jeremy Feary, Cody Kelso

All – Academic Nominees: Steve Wrobel, Chris Horvatits, Jesse Kelso

Men's Soccer

Program took a big jump this year as we moved to the varsity level for the first

time. Alumnus Al Franjoine was hired to coach. Al is very well-known in the local soccer community and his presence will help in the recruitment of students. He has been a great advocate of St. Mary's and has brought a lot of positive attention to our program. The team has experienced a good level of success in their first season, even defeating league powerhouse St. Francis and Timon/St. Jude.

All-Catholics Selections:

First Team – James Knapp, Lenny Pfohl

Second Team – Mike Cronmiller, Brian Messenger

All – Academic Nominees: James Knapp, Andy Adolf

Golf

The golf team placed second behind Niagara Catholic at the All-Catholic Tournament at Harvest Hill. Junior Joe Barnhardt led St. Mary's with a fourth place finish. The team finished the season with a 4-6 record. Bob Isbrandt was named to the Coaches All-Catholic team.

(continued on page 12)

2008-09 Winter Sports Schedules

Men's Freshman Basketball

Sat, Jan. 3, vs. Kenmore East (11 a.m.)
 Sat, Jan. 10, vs. vs. Lockport (11 a.m.)
 Tues, Jan. 20, @ Christian Central (4:30 p.m.)
 Sat, Jan. 24, vs. O'Hara (11 a.m.)
 Tues, Jan. 27, @ Kenmore East (4 p.m.)
 Thurs, Jan. 29, @ St. Joe's (4:30 p.m.)
 Sat, Jan. 31, @ Kenmore West (11 a.m.)
 Mon, Feb. 2, vs. St. Francis (4 p.m.)
 Sat, Feb. 7, @ Jamestown (11 a.m.)
 Mon, Feb. 9, vs. Timon (4 p.m.)
 Thurs, Feb. 12, @ Canisius (4:30 p.m.)

Varsity Hockey

Thurs., Jan. 1, vs. Maryvale @ Holiday (8:30 p.m.)
 Wed., Jan. 14, vs. Cheektowaga @ Depew (8:30 p.m.)
 Sat., Jan. 17, vs. Maryvale @ Depew (8:30 p.m.)
 Wed., Jan. 21, vs. Grand Island B @ Hyde Park (9:15 p.m.)
 Sat., Jan. 24, vs. LewPort @ Holiday (8:15 p.m.)
 Sun., Jan. 25, vs. Starpoint @ Holiday (8:15 p.m.)
 Wed., Jan. 28, vs. Depew @ Depew (8:30 p.m.)
 Sun., Feb. 1, vs. Southwestern @ Jamestown (11:30 a.m.)

Women's Basketball

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

Mon., Jan. 5, vs. Niagara Catholic
 Wed., Jan. 7, vs. Cardinal O'Hara
 Fri., Jan. 9, @ Buffalo Seminary
 Mon., 12, vs. Mt. St. Mary's (5 & 6:30 p.m.)
 Wed., 14, @ Holy Angels (4:30 & 6 p.m.)
 Fri., Jan. 16, @ Depew
 Mon., Jan. 19, vs. Sacred Heart
 Mon., Jan. 26, vs. Nardin
 Mon., Feb. 2, @ Mt. Mercy
 Mon., Feb. 9, @ Nichols (4:30 & 6 p.m.)
 Fri., Feb. 13, vs. Buffalo Seminary
 Mon., Feb. 16, vs. Williamsville South
 Wed., Feb. 25, vs. Immaculatta
 Sat., Feb. 28, – Playoffs begin

Men's Bowling

Games begin at 3:35 p.m. at Thruway Lanes.

Thurs, Jan. 8, vs. St. Francis
 Tues, Jan. 13, vs. O'Hara
 Thurs, Jan. 15, vs. Timon
 Thurs, Jan. 22, vs. St. Joe's
 Thurs, Jan. 29, vs. Park
 Thurs, Feb. 5, vs. Canisius
 Tues, Feb. 17, vs. Nichols
 Thurs, Feb. 19 – All – Catholics
 Sat, March 7 – State Catholic Championships

Men's Basketball

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

Tues, Jan. 6, @ St. Francis
 Fri, Jan. 9, @ Canisius (5 & 6:30 p.m.)
 Mon, Jan. 12, @ Depew
 Tues, Jan. 13, vs. Niagara Catholic
 Fri, Jan. 16, vs. Nichols
 Fri, Jan. 23, @ Timon/St. Jude
 Tues, Jan. 27, @ O'Hara
 Fri, Jan. 30, vs. St. Francis
 Tues, Feb. 3, vs. Canisius in Coaches vs. Cancer Game
 Fri, Feb. 6, @ Niagara Catholic
 Tues, Feb. 10, @ Nichols
 Thurs, Feb. 12, @ St. Joe's
 Tues, Feb. 17, vs. Timon/St. Jude
 Fri, Feb. 20, vs. O'Hara

Women's Bowling

Games begin at 3:45 p.m. at Thruway Lanes.

Tues, Jan. 6, vs. Nardin
 Thurs, Jan. 8 vs. Immaculata
 Tues, Jan. 13, vs. Nichols
 Thurs, Jan. 15, vs. Sacred Heart
 Tues, Jan. 20, vs. Holy Angels
 Thurs, Jan. 22, vs. Mt. Mercy
 Tues, Feb. 3, All-Catholic Tournament

Fall Recap *(continued from page 11)*

Men's Volleyball

The men's volleyball team reached new levels this season under second year Coach Eric Honsberger. The team beat local powerhouses St. Joe's, Cheektowaga, Williamsville East and Williamsville North as well as placing third in the Williamsville South Tournament. For the first time in the programs history, the team also won their opening round playoff against Timon/St. Jude. The team eventually lost to Monsignor Martin Champion Canisius High School in the second round.

All – Catholic Selections:

First Team – Sean Kavanagh
 Second Team – Dan McFarland

All – Academic Nominations:

Will Severyn, Sean Kavanagh, Dan McFarland, Connor Powell

BB teams sweep Lancaster

The St. Mary's basketball teams' league schedules have yet to begin, but the men's and women's teams have already scored some impressive victories, each toppling town rival Lancaster.

The men's team started it all as they defeated the Lancaster Red Skins 67-56 to win the Lancaster Tip-Off Tournament.

Two weeks later, the Lady Lancers erased a 20-point halftime deficit with brilliant defensive play by Raeanne Stilwell and Maria Rosati, holding Lancaster to a stunning one point in the fourth quarter. Raeanne led all scorers with 19 points and 9 assists, while Vica Fontana popped in 15.

School Meals

We serve education everyday through healthy choices

January 2009 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Tacos with seasoned meat, cheese, salsa, lettuce, soft shells, seasoned rice, fruit, milk variety	6 Stuffed crust pizza, chef salad, assorted fruit, milk variety	7 Goulash with meat sauce, steamed corn, bread sticks, chilled apple sauce, milk variety	8 Chicken fajita with peppers, onions, lettuce, rice, chilled peaches, milk variety	9 Baked ham with pineapple, mashed potatoes with gravy, steamed corn, chilled fruit, milk variety
12 Cheeseburger on roll, oven fries, assorted fruit, milk variety	13 Rib-a-cues on roll, mashed potatoes with gravy, mixed vegetables, Jell-O, fruit, milk variety	14 Chicken fajita with peppers, onions, soft shells, nacho chips, fruit, milk variety	15 Tony's pizza, curly fries, chilled apple sauce, milk variety	16 Chicken finger subs, cold pasta salad, hash brown potato pattie, fruit, milk variety
19 No School International Week	20 Mexican Day: tequitas on soft roll, rice, nachos with cheese, fruit, milk variety	21 Chinese day: fried chicken with Chinese vegetables, white rice, fortune cookie, fruit, milk variety	22 Russian Day: Fish on roll, chicken noodle soup, potato salad, fruit, milk variety	23 Italian Day: chicken parmesan, garlic bread, chef salad, fruit, milk variety
26 Goulash with meat sauce, steamed corn, chef salad, fruit, milk variety	27	28	29	30

January Exams

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

Cost — \$1

Juice / Milk with Bagel & cream cheese

OR Cinnamon bun

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

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

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

Menu Choices

Balanced lunch as shown on menu **OR**

Salad Bar & Deli Bar

Side dishes included with Salad/Deli Bar

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

January 2009 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 Hockey vs. Southwestern</p>	<p>29-Off NO SCHOOL Christmas Break Office open 9-12</p> <p>WBB @ Holland Holiday Tourney MBB @ Cheektowaga Tourney Hockey vs. St. Francis</p> <p>No School</p>	<p>30-Off NO SCHOOL Christmas Break Office open 9-12</p> <p>MBB @ Cheektowaga Tourney</p> <p>No School</p>	<p>31-Off NO SCHOOL Christmas Break Office closed</p> <p>No School</p>	<p>1-Off NO SCHOOL Christmas Break Office closed</p> <p>Hockey vs. Maryvale</p> <p>No School</p>	<p>2-Off NO SCHOOL Christmas Break Office closed</p> <p>No School</p>	<p>3 FreshBB vs. Kenmore East</p>
<p>4 Ski Trip to Holimont to benefit Kids Escaping Drugs (Open to all – call Mrs. Wagner for more information)</p>	<p>5-A Student Senate 2:30pm WBB vs. Niagara Catholic</p>	<p>6-B Ext. HR - PM Lit Schedule (Class meetings - Epiphany) God's Squad 2:30 p.m. Curriculum Mtg 2:30pm Musical Auditions 2:30pm WBowl vs. Nardin MBB @ St. Francis</p> <p>Liturgy Dress</p>	<p>7-C Book Club 2:30 p.m. Helping Hands Club Meeting Musical Auditions 2:30pm WBowl vs. Cardinal O'Hara</p>	<p>8-D BISSNET Diversity Conference Field Trip 8:30am-2:30pm Prom Meeting 2:30pm Ski Club 3-9pm WBowl vs. Immaculata MBowl vs. St. Francis</p>	<p>9-E Musical Callbacks 2:30pm WBB @ Buff Sem MBB @ Canisius</p>	<p>10 3-on-3 Basketball Tournament 9am-?? (sponsored by Leadership Class) FreshBB vs. Lockport</p>
<p>11</p>	<p>12-F Student Senate 2:30pm Parent Guild Meeting (topic-SMH Diploma Requirements & Elective Courses) 7pm WBB vs. Mt. St. Mary's MBB @ Depew</p>	<p>13-A God's Squad 2:30 p.m. NHS Meeting 2:30pm Campus Ministry 2:30pm Java Jive Auditions 2:30pm WBowl vs. Nichols MBowl vs. O'Hara MBB vs. Niagara Catholic</p>	<p>14-B Principal's Ad Board Meeting 2:30pm Java Jive Auditions 2:30pm WBB @ Holy Angels Hockey vs. Cheektowaga</p>	<p>15-C Prom Meeting 2:30pm Ski Club 3-9pm WBowl vs. Sacred Heart MBowl vs. Timon</p>	<p>16-D Jeans Day for Neonatal Clinic at Sisters Hospital WBB @ Depew MBB vs. Nichols</p> <p>Jeans Day</p>	<p>17 Hockey vs. Maryvale</p>
<p>18 Pro-Life Week</p>	<p>19-Off NO SCHOOL Dr. Martin Luther King Day WBB vs. Sacred Heart</p> <p>No School</p>	<p>20-E God's Squad 2:30 p.m. WBowl vs. Holy Angels FreshBB vs. Christian Central</p>	<p>21-F Faculty/Staff Meeting 2:30pm Hockey vs. Grand Island</p>	<p>22-A Prom Meeting 2:30pm SOUL Meeting 2:30pm Ski Club 3-9pm Snow Ball Set-up afterschool WBowl vs. Mt. Mercy MBowl vs. St. Joe's</p>	<p>23-B Pride Day Snowball 8-11pm MBB @ Timon</p> <p>Pride Day</p>	<p>24 SAT Exam FreshBB vs. O'Hara Hockey vs. Lewport</p>
<p>25 Hockey vs. Starpoint</p>	<p>26-C WBB vs. Nardin</p>	<p>27-Exams January Exams See Page 2 for Schedule FreshBB vs. Kenmore East MBB @ O'Hara</p>	<p>28-Exams January Exams See Page 2 for Schedule Hockey vs. Depew</p>	<p>29-Exams January Exams See Page 2 for Schedule Ski Club 3-9pm FreshBB vs. St. Joe's MBowl vs. Park</p>	<p>30-Exams January Exams See Page 2 for Schedule End of Second Quarter MBB vs. St. Francis</p>	<p>31 FreshBB vs. Kenmore West</p>

In the January issue of *Currents*

- *January Exam Schedule*
- *Senior finds money for charity*
- *Juniors to attend College Fair*
- *Counseling Corner – Is it harder to get into college? - Honors Programs - Filling out the FAFSA - Spotlight on Epidemiologists*
- *Men's, Women's Basketball Teams begin season with wins over Lancaster*
- *Winter sports schedules*
- *January Menu & Calendar*
- *And much more!*



Senior Tom Inderdonato saves money for charity. See page 5 for complete story.

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