

February 2009

CURRENTS

February, though short, is filled with exciting events

Dear Friends,

As we all know, February is always the shortest month of the year. So it makes sense that this month, besides the summer months, would have the least number of school days in it. When I was trying to decide what to write in this month's letter, I looked at the February calendar and counted the number of school days we have in the month. I was surprised to discover that it is only 13 school days! A leap year wouldn't even have helped us, because it would have fallen on a Sunday.

Coming up in the next month are some very exciting things. We start right away on Monday, Feb. 2nd, when our faculty & staff will participate in an inspiring day of professional development with a focus on technology. Later that week, we host our annual Lancer Auction, which is our main event for the Advancement Team. Shortly after that, on Monday, Feb. 9th, students will receive their second quarter report cards in homeroom. That evening, we will induct 20 new members in the Marian Chapter of the National Honor Society. That same week, we will be celebrating our Spirit Week sponsored by Student Senate. While it seems like we have just returned from our Christmas break, the February break is right around the corner, the week of the 16th – 20th. When we return from the break, we will be celebrating Ash

Wednesday and the beginning of the Lenten season on February 25th.



So, as you can see, although February is the shortest month, with the least number of school days, there are many things to look forward to.

I challenge all of our students, as well as the adults in the community, to come up with one goal for those 13 school days. How about studying an extra 20 minutes on each of those 13 days? That would add up to an additional 4 hours and 20 minutes of studying this month! Or maybe you can share in a goal similar to my own

– to show sincere appreciation to somebody new on each of the 13 days.

Let me start my first day of appreciation by thanking all of you for your continued support of Catholic education. Our students are extremely blessed to have the opportunities they enjoy at St. Mary's High School. I am grateful to be a part of something so wonderful and inspiring.

Sincerely,

A handwritten signature in black ink that reads "Rebecca L. Kranz". The signature is written in a cursive style.

Rebecca L. Kranz
Principal

Scholarship recipients, Class of 2013 announced

St. Mary's High School recently announced the recipients of scholarships to attend St. Mary's High School for the 2009-2010 school year.

The scholarships, with a total value of over \$85,000, were awarded to students who will be freshmen in the next school year. Scholarship awards were based on

the Admissions Test, applications, letters of recommendation, and/or personal essays.

The following is the complete list of scholarship winners:

- \$12,000 Leadership Scholarship for Lancaster/Depew Students – **Mary**

(Continued on page 4)

February 3 will be "A" day

The first day of the Second Semester will be the first day back for students, Tuesday, Feb. 3. This day will be an A day.

Students should be aware of this schedule and plan accordingly.

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 go back in the evening with their parents.

Mr. Herr named Sam's Club Teacher of the Year

Mr. Peter Herr, head of the Fine & Performing Arts Department, was recently named the Teacher of the Year by the



Mr. Herr receives his Teacher of the Year Award from Sam's Club representative Nancy Michalski.

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

The cast for the March performance is:

J. Pierrepont Finch – Andy Adolf
 Bud Frump – Steve Wrobel
 J.B. Biggley – Billy LaMagna
 Mr. Bratt – Alex Elwell
 Mr. Twimble – George Arnott
 Mr. Gatch – Ethan Rugani
 Wally Womper – J.R. Hubbard
 Book Voice – Mike Whiting
 Ovington – Jake Weiss
 Rosemary Pilkington – Justine Pazderski
 Hedy La Rue – Sandra Jezuit
 Smitty – Maggie Wirth
 Miss Jones – Hayley Lampart
 Miss Krumholtz – Joanna Cianciosa
 Miss Tackaberry – Jessica Runk

Based on the book by Shephard

Cheektowaga Sam's Club. Mr. Herr received a \$1,000 grant for St. Mary's High School, a \$100 gift card to purchase supplies for the classroom, and a personalized certificate.

Each Wal-Mart store, Sam's Club, Neighborhood Market, and Wal-Mart Distribution Center selects one teacher to honor as Teacher of the Year.

The teachers are nominated by members of the community and selected by a committee of facility associates. Nationwide, more than 4,000 teachers are being honored through this program.

"Our area has fantastic teachers," said Sam's Club manager Matt Lindsey. "We are pleased to honor Mr. Herr as the Teacher of the Year."

Musical cast announced; tickets on sale March 2



Mead, *How to Succeed in Business Without Really Trying* is a story of J. Pierrepont Finch who happens upon a book titled *How to Succeed in Business Without Really Trying*. Following the instructions of the book, Finch lands a job in the

mailroom at the World Wide Wicket Company where he 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.

How to Succeed ... will be performed on March 19, 20, and 21, at 7:30 p.m. each night.

Tickets for the performance will go on sale on **Monday, March 2, at 7:30 a.m.** in the Media Center. **Tickets are reserved seating only. No advance sales allowed.**

The tickets cost \$8 for adults, \$7 for high school or college students, \$6 for children and senior citizens. A weekend pass to attend all three performances is also available at \$20 each (please note: the seats for each performance will not be the same). More information on the tickets are available by calling Keith Kidder at 683-4824, ext. 15.

Office Hours during Winter Break

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

- Monday, Feb. 16 – Closed
- Tuesday, Feb. 17 – 9 a.m. to noon
- Wednesday, Feb. 18 – 9 a.m. to noon
- Thursday, Feb. 19 – 9 a.m. to noon
- Friday, Feb. 20 – Closed

School resumes Monday, Feb. 23.

So, what's your area?



Many people are concerned about their height and their weight, but their area?

That's what students in Mrs. Marsha Rosenthal's AP Calculus Class were trying to determine.

As part of their study of Area Under the Curve Topic, the students tried to determine their area. With a little help from their friends, the students traced their outline on paper. Then using a series of boxes, they determined the area of their outline.

Katie Hamilton traces Kelsey Polanski, the first step for Kelsey to determine her area.

From the Health Office

SPRING SPORT ATHLETES

All athletes must have a current physical on file in the Health Office. In addition, prior to the start of tryouts or practice at the beginning of each season, a health history review for each athlete must be conducted.

Students interested in trying out for a spring sport must turn in Interval Health History Forms completed by a parent/guardian to the Health Office/Main Office by February 24. Failure to comply will result in not being able to start practice with the rest of the team.

The Golden Yellow Health Form has been inserted in this issue of *Currents*. Additional forms for siblings will be available in the Health Office, the Counseling Office, the Main Office, and are also available on the school website under the "Health" section.

PHYSICALS FOR ALL ATHLETES

Every student playing a sport must have a current physical on file in the Health Office. Most freshmen, sophomores, and juniors who have played a sport will be scheduled for a physical with the school physician on either March 4th or March 5th.

Students who were scheduled for a school physical last year or the year before and chose not to have it will NOT be scheduled this year unless they sign up to have one.

Any student who did not play a sport this year but is interested in playing a sport next school year or anyone who is interested in getting a physical for working papers must sign up for a physical with Mrs. Murphy in order to have a physical.

PHYSICALS FOR ALL CURRENT FRESHMEN:

All students are required to have a tenth grade physical. All freshmen will be scheduled for a physical to meet the tenth grade physical requirement. This physical will also qualify the students for sports for the 2009-2010 school year. If your student chooses not to have the physical, you must call the health office to inform the school nurse.

Those who have any questions are encouraged to call the school nurse, Mrs. Murphy, at 683-4824, ext.20.

Students attend diversity workshop

Several students of St. Mary's High School recently attended the third annual Students Conference on Leadership and Diversity at Daemen College.

Sponsored by the Buffalo Independent Secondary School Network, (BISSNet), the theme of the conference was *Be the Change*.

Students focused on ways that young people can have an impact in their schools and larger communities on the topics of diversity, environmental activism, student empowerment, building schools for girls in Afghanistan, and more.

The conference provided students an opportunity to have conversations with young people from other schools on the successes and challenges of working on diversity and community engagement issues at their schools. At the end of the day, the students set goals for the remainder of the year, and each school developed an action plan to lay out steps to achieve these goals.

The hope is that students and teachers will continue to work toward making change in all realms of their lives—locally and globally.



Joanna Cianciosa and the other students discuss how they can bring more diversity to St. Mary's High School.

Scholarships, Class of 2013 *(continued from page 1)*

- Hamilton from Lancaster; Robert Loniewski from Lancaster**
- \$8,000 Gus Galasso Scholarship – **Nicholas Chadwick from Lancaster**
- \$4,000 Service / Academic Scholarship – **Stephanie Appenheimer from Buffalo**
- \$4,000 Msgr. David LiPuma Scholarship – **Adam Curtis from Lancaster**
- \$4,000 Mrs. Brzuszkiewicz Memorial Scholarship – **Robert Runk from Lockport**
- \$4,000 Gus Galasso Scholarship – **Tyler Galenski from Lancaster**
- \$4,000 Fr. Leon Ross Scholarship – **Joshua Cehulic from East Aurora; Kelsey Hatfield from Bowmansville**
- \$4,000 Alumni Scholarship – **Zachary Isbrandt from Cheektowaga**
- \$4,000 Albin Kocialski Scholarship – **Stephanie Cronmiller from Elma**
- \$4,000 Academic Scholarship – **Emily Buczek from Cheektowaga**
- \$2,000 Student Senate Leadership Scholarship – **Bryan O'Neill from Holland**
- \$2,000 Katherine Czapski Kipp Memorial Scholarship – **Carolyn Ryer from Lockport**
- \$2,000 Gordon Hoppe Scholarship – **Jacob Bonk from Lancaster**
- \$2,000 Academic Scholarship – **Nicholas Corigliano from Cheektowaga; Steven Samson from Buffalo**
- \$1,400 Academic Scholarship – **Jessica Kobis from Depew; Kristen Nalezynski from Cheektowaga;**
- Joshua Owczarczak from East Aurora; Santo St. Vincent from Lockport; Nicholas Wojcicki from Cheektowaga**
- \$750 Alumni Service Scholarship – **Kristen Hamilton from Clarence**
- \$750 Academic Scholarship – **Jonathan Harding from Williamsville; Ryan Stanek from East Aurora**
- \$250 Service/Academic Scholarship – **Rachael Kruse from Cheektowaga; David Pollock from Lockport**
- \$250 Academic Scholarship – **Roseleann Janik from Cheektowaga; Megan Roman from Cheektowaga**
- St. Mary's High School Principal's Scholarship – **Christopher Kidder from Lancaster**

The Admissions Committee of St. Mary's High School is also pleased to announce the complete list of students who have been accepted as members of the Class of 2013.

Thomas Adolf (Williamsville)
Stephanie Appenheimer (Buff.)
Kennedy Austin (Orchard Park)
Matthew Ballacchino (Depew)
Scott Barrett (West Seneca)
Hunter Bell (Lancaster)
Tim Bergman (Akron)
Edgardo Berrios (Buffalo)
Brittanie Bezak (Amherst)
Madeline Bissell (East Aurora)
Cassidy Bobeck (Cheektowaga)
Stephen Bochenski (Buffalo)
Alex Boivin (Buffalo)
Andrew Bond (Williamsville)
Jacob Bonk (Lancaster)
Ebeu Borkowski (Lancaster)
Hannah Braun (East Aurora)
Claire Browning (Clarence)
Tricia Buchwald (Buffalo)
Emily Buczek (Cheektowaga)
Andrea Burd (Cheektowaga)
Christopher Buzzeo (Lockport)
Dylan Carbone (Buffalo)
Nicholas Carl (Buffalo)
Joseph Caulfield (West Seneca)
Joshua Cehulic (East Aurora)
Nicholas Chadwick (Lancaster)
Marlena Clotfelter (Depew)
Nicholas Corigliano (Cheek.)
Daunté Crawley (Buffalo)
Michael Crissy (Cheektowaga)
Stephanie Cronmiller (Elma)

Adam Curtis (Lancaster)
Kaitlyn D'Andrea (Lancaster)
Tyler Dillon (Lancaster)
Alyssa Donnelly (Alden)
Collin Donoghue (East Aurora)
Brian Dudek (Cheektowaga)
Tyler Eister (Cheektowaga)
Charlie Elwell (Lancaster)
Valois Feneziani (Elma)
Diana Frysz (Williamsville)
Daniel Gacek (Orchard Park)
Tyler Galenski (Lancaster)
Samantha Giardina (Lancaster)
Quintin Gill (Lancaster)
Amber Guizzotti (West Seneca)
Kristen Hamilton (Clarence)
Mary Hamilton (Lancaster)
Jonathan Harding (Wllmsvll.)
Kelsey Hatfield (Bowmansville)
Callie Heftka (Cheektowaga)
Alec Hibit (South Wales)
Ronald Hillman (Lockport)
Ty-leal Hodge (Buffalo)
Andrew Hoffman (Depew)
Donté Hood (Cheektowaga)
Megan Hora (Lancaster)
Alex Horvatits (Lancaster)
Zachary Isbrandt (Cheek.)
Carnell Jackson (Buffalo)
Roseleann Janik (Cheek.)
Justin Kajdas (Depew)
Olivia Kern (East Aurora)
Jacklyn Kertzie (Williamsville)
Christopher Kidder (Lancaster)
Alana Knaebe (Wheatfield)
Jessica Kobis (Depew)
Tony Kotarski (Buffalo)
Philip Kowalski (Depew)

Kyra Krafchak (Buffalo)
Rachael Kruse (Cheektowaga)
Kyle Krzemien (Cheektowaga)
Megan Kusowski (Lancaster)
Kyle Liszewski (East Amherst)
Robert Loniewski (Lancaster)
Leanna Losardo (Cheek.)
Dylan Marranta (Depew)
Troy Measer (Cheektowaga)
Jillian Miazga (Buffalo)
Alexander Michalski (Cheek.)
Sara Miliotto (Williamsville)
Kristen Morgus (Lancaster)
Erica Moser (Williamsville)
Michael Muldoon (Buffalo)
Sean Murray (Lancaster)
Jacquelyn Myers (Lancaster)
Kristen Nalezynski (Cheek.)
Sage Neff (Cowlesville)
Victoria Negroni (Buffalo)
Katherine Niedzielski (Depew)
Jennifer Nowak (Cheektowaga)
Connor O'Brien (Lancaster)
Bryan O'Neill (Holland)
Connor Orcutt (Depew)
Mara O'Shei (Lakeview)
John Overfield (Orchard Park)
Joshua Owczarczak (East Aur.)
Mary Owczarczak (Orchard Park)
Nadine Pfalzer (Depew)
Marissa Pieri (Williamsville)
Jacob Piskor (Lancaster)
James Podwika (Cheektowaga)
David Pollock (Lockport)
Ashley Propis (Lancaster)
Patrick Quinn (Buffalo)
Paul Rath (Lancaster)
Natalie Reesor (Williamsville)

Johnna Rich (Clarence)
Cassandra Riso (Cheek.)
Megan Roman (Cheektowaga)
Steven Romance (Cheek.)
Robert Runk (Lockport)
Devon Rusinek (West Seneca)
Carolyn Ryer (Lockport)
Linnea Ryer (Lockport)
Ashley Rzemek (Lancaster)
Steven Samson (Buffalo)
Lucas Schaefer (Depew)
Emily Schaffstall (West Seneca)
Zachary Schurr (Lancaster)
Kathleen Shea (Elma)
Megan Sheppard (Lancaster)
Brandon Silver (Buffalo)
Dominique Smith (Cheek.)
Nathan Smith (Depew)
Tyler Sojka (Depew)
Carly Spencer (Cheektowaga)
Santo St. Vincent (Lockport)
Ryan Stanek (East Aurora)
Rosemary Stry (Cheektowaga)
Armen Tatoian (East Aurora)
Alyssa Thornton (West Seneca)
Marcel Tremblay (Alden)
Angela Troidl (Depew)
Gerard Wasilewski (Cheek.)
Maximilian Weiss (Clarence)
Manuel Welch III (Buffalo)
Brian Wells (Depew)
Ashley Wierzbecki (Cheek.)
Alison Winiarski (Cheektowaga)
Nicholas Wojcicki (Cheek.)
Jordan Zakroczemski (Bwmnsvll)
Anthony Zarbo (Lancaster)
Hannah Zdon (Buffalo)
Sean Zdon (Buffalo)

Counseling Corner

Kelly Smith (ksmith@smhlancers.org)

683-2349

Allison Lacher (alacher@smhlancers.org)

Selecting next year's high school program

Around this time of year, underclassmen are asked to select classes for the next academic year.

Resist the temptation to make life easy, and opt for the most challenging program you can handle, while still leaving yourself time to enjoy your high school years. Don't overload on honors and AP; instead build your foundation with solid core courses – if possible, try to include four years each of study in English, math, social studies, science, and foreign language. Fill out your schedule with courses in computers, the humanities (such as music and art), PE, and additional electives such as speech and debate or journalism.

Provide yourself with the greatest number of college options by building your foundation with challenging high school classes. Choose the most rigorous courses available at your school if they are appropriate for you. That means, select honors and Advanced Placement classes if offered or an International Baccalaureate (IB) Program if available. If you've read this far, you're probably wondering why you should work so hard. Students in honors, AP, or IB classes tend to be more focused on their studies; the breadth and depth of discussion is

greater, and there are more rigorous demands on students in terms of

[Build] your foundation with challenging high school classes.

reading assignments, written and oral work. The payoff for all this additional effort comes in the form of a solid knowledge base, enhanced academic and reasoning skills,

and better preparation for college level work. The more challenging curriculum also yields benefits in the form of higher test scores and improved critical reading and writing skills. No matter what you choose to do in the future, you'll need to use these skills for the rest of your life.

What's a college degree worth?

According to the Department of Education's National Center for Education Statistics, nearly two thirds of all college students graduate with college debt, owing an average of \$19,000 each. Most of this is in student loans that must be paid back after graduation. Since the debt faced by students can be considerable, it would be wise to consider the monetary value of a college degree.

The U.S. Census Bureau has compiled figures for average earnings based on education completed. Men continue to earn more on average than women, so the numbers differ by gender as well as by educational level. Not surprisingly, high school dropouts had the lowest earnings, with an average of \$23,400/year for men, and \$18,900/year for women. Earning a high school diploma raised those numbers to \$30,400/year for males and

\$25,900 for females.

Some college raised the numbers still further, while a two-year associates degree from a community college yielded an average of \$38,200/year for men and \$33,000/year for women. Earn a bachelor's degree and men's earnings continue to climb to \$52,200/year while women average \$45,400. A professional degree (MD, JD, DDS) increases earnings to an average of \$109,600/year for men and \$99,300/year for women.

Look at lifetime earnings and the monetary value of education becomes even more apparent. High school graduates are expected to earn about \$821,000 over their lifetime; associate degree holders rack up average earnings of \$1,062,000. A bachelor's degree is expected to yield about \$1,421,000; a master's degree about

\$1,619,000; a doctorate about \$2,142,000; and a professional degree about \$3,013,000. When considered in terms of lifetime earnings, that \$19,000 educational debt is a very small price to pay for the monetary, as well as quality of life benefits, that are derived from higher education.

Free test prep on the web

There are lots of ways of preparing for the SATs or ACTs; the method you choose will probably be dictated by cost, time available, and your personal learning style. One-on-one tutoring generally provides the most effective use of time since your tutor can concentrate on those areas in which you need work. Although time-saving, individual tutoring is also likely to be the most costly way to prepare.

Group sessions offered by many test prep companies (Kaplan,

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Overcoming stress for “perfect” grade

Four out of five (79 percent) high school students say that pressure to get good grades creates problems for them. Nearly half (45 percent) say that pressure is a major problem.

A survey by the Horatio Alger Association found that the pressure to get good grades is the biggest cause of stress for today's teens.

The survey shows that teens are working harder for their grades. The average teen reports spending 8.2 hours a week on homework. About one in five spends more than 10 hours per week.

To reduce this pressure:

- Let your teen know that your love does not depend on a straight-A report card. Many teens told the survey that they believed that bringing home a good report card was the best way to make their parents proud.
- Be clear about the message you're sending. Sometimes, teens get the message that parents want good grades at any cost. That can lead them to think that cheating is OK.
- Have your teen focus on doing her best, not being the best. All teens can strive for the first goal.
- Put pressure about college in perspective. Yes, it is hard to get into a small number of very select colleges. But there are many more great schools out there. Assure your teen that you'll work together to find a great college.

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Help your teen want to read

With homework, sports, jobs, and friends, it's no wonder teens think they're too busy to read. Rather than nagging your teen, offer her some motivation. Reading can help her:

- See the world. Your teen can read about fascinating places she may like to visit one day.
- Escape. Sitting down to read can be a wonderful escape from the daily grind

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St. Mary's 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 \$225, which

includes the book.

A Registration Form is available at the St. Mary's website, www.smhncancers.org, by following the Counseling Center link.

First Class:

Sunday, Feb. 8 – 8:15 a.m.-12 noon
 Tuesday, Feb. 10 – 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 10 – 6-8 p.m.

Second Class:

Sunday, March 15 – 8:15a.m.-12 noon
 Tuesday, March 17 – 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.

Use time wisely

Using time wisely is one of the best lessons in responsibility that anyone can learn. It will keep your teen from missing deadlines and appointments. It will help him stay up-to-date with his schoolwork. And it will help him lead a smoother, less stressful, life.

To help your teen manage time, have him:

- Use a planner or calendar. He should write down everything on his schedule for the week.
- Cut down on time wasters. The phone, TV, and computer are usually the biggest offenders. Don't ask your teen to give them up totally, but ask him to come up with ways to limit their use.

- Say no to things that will overload him. If he already has homework, soccer practice, babysitting, and chess club, he probably doesn't have time to also be the stage manager for the fall play.
- Do a little at a time. Studying 30 minutes each day is much more effective than trying to cram for five or six hours the night before a test.
- Plan a "don't put it off any longer" day once a week. Once a week, ask him to work on a task that he has been shoving to the back burner.

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Cheating prevention begins at home

A recent study found that a startling 95 percent of high school students say they've cheated at least once during their school career.

The problem is that most teens don't view cheating as a serious offense. Teens are under a lot of pressure to do well, and cheating is a way to lessen some of that pressure.

Some teens don't realize that cheating is dishonest. But it's the same as lying or stealing—they're stealing someone else's work and lying by saying it's theirs. So what can you do to prevent your teen from becoming a habitual cheater?

- Talk to your teen about cheating. Explain that even though it may seem like "everybody does it," it is wrong—and

your family won't stand for it.

- Back off the pressure. Be sure that your high expectations for your teen are not unrealistic. If your teen is resorting to cheating to get an A, explain that you'd rather she do her best and earn a lower grade than to score higher by cheating.
- Explore the real-life applications of what your teen is learning. If she realizes that she may use geometry beyond that test on Thursday, she may be more interested in studying and learning rather than cheating.

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Spotlight on Majors Nursing



Availability of jobs will not be an issue anytime soon

Although registered nurses fill three out of every five jobs in the health care sector, our aging population coupled with increasing demand for health services has fueled the need for even more nurses. It has been predicted that there will be a shortfall of about 800,000 RNs by the year 2020. Availability of jobs will not be an issue for registered nurses anytime soon.

The duties of a registered nurse include treatment of patients, education of both patients and the public about medical conditions, and the providing of advice and support to the families of patients. Some RNs specialize by type of care they provide. For example, they may work as surgical or emergency room nurses, offer at-home care as home health care nurses, treat personality and mood disorders as psychiatric nurses, or work in critical care watching over intensive care patients.

Other nurses specialize in a particular disease or disorder. Genetics nurses provide genetic counseling and support, oncology nurses provide care to cancer patients, and diabetes management nurses help in continuing care of individuals with diabetes.

Some RNs specialize in the treatment of a body system or organ. Cardiac nurses work with patients with heart disease, ophthalmic nurses specialize in eye disorders, and respiratory nurses offer care to people suffering from asthma and other diseases of the respiratory system.

Still other nurses work with special segments of the population, specializing



fhs.mcmaster.ca

in areas such as gerontology (old age populations), neonatology (newborns), or pediatrics (children). Nurse midwives deliver babies, while nurse practitioners (with advanced degrees) practice primary care medicine. The availability of so many specialties means that all nurses can find opportunities in the area of nursing that truly interests them.

There are three major paths to a career as a registered nurse: a bachelor's degree (BSN), an associate's degree (ADN) from a community college, and a diploma from an approved nursing program. Of these paths, the bachelor's degree provides graduates with the largest number of career possibilities as well as the option of earning an advanced degree leading to employment as a nurse practitioner.

Diploma programs do not grant a college degree. Instead, these are strictly vocational programs, generally hospital-

based, and taking about three years of study and clinical work. ADN programs are offered by junior and community colleges and take between two and three years to complete. Colleges and universities that offer the BSN can prepare their graduates for licensing in about four years. Many RNs will earn their ADN degree and begin their nursing career before returning to school to earn a bachelor of science degree in nursing. All three paths allow graduates to take the national licensing exam, known as the NCLEX-RN. Once licensed, the nurse is eligible for employment as an entry level staff nurse.

RN to BSN programs allow practicing nurses to earn their bachelor's degree, thus making them eligible for higher level nursing positions.

A bachelor's degree would be necessary for administrative and teaching positions, as well as advanced practice positions such as nurse anesthetist, nurse practitioner, nurse midwife, and clinical nurse specialist. The advanced nursing practice specialties listed also require additional study leading to a master's degree.

Nursing education programs include classroom instruction in such areas as anatomy, physiology, chemistry, nutrition, psychology, microbiology, and nursing. Supervised clinical experience is provided in hospital settings and generally involves rotations in pediatrics, surgery, psychiatry, and maternity. Shortage of clinical placements has severely limited the number of students who can earn nursing degrees, thus fueling the ongoing scarcity of nurses. Nursing programs have found themselves becoming more and more competitive, with high grades in high school or in the first two years of college becoming a necessity. Experience in a health care setting also may be considered in the application process.

Learn more about nursing careers at the National League of Nursing website at www.nln.org and at the website of the American Association of Colleges of Nursing at www.aacn.nche.edu.



Additional Information

Scholarships

Joanne Champion Granger Scholarship – a \$1,000 award will be given to a high school senior in Erie or Niagara County who, in addition to academic achievements, has demonstrated a commitment to human rights. For an application, visit www.homeny.org Deadline: February 6, 2009.

Linda Morgante Memorial Scholarship – The selection criteria for this scholarship is based on the following:

1. Student is a graduating senior of St. Mary's High School
2. Student has been accepted to a college where he/she will enter into the medical field (this can include nursing, pre-med, physical therapy, or other medical occupation).
3. Student has maintained a high school average of B or higher
4. Student has been actively involved in extracurricular activities at St. Mary's, his/her church or community.
5. Student is held in high esteem by the faculty and fellow students at St. Mary's.

If you are interested in this scholar-

ship please see Miss Smith in the Counseling Center.

Zonta Scholarship – This scholarship is available for senior girls and boys dedicated to community service. This scholarship is \$1,000. Anyone interested should see Miss Smith in the Counseling Center for an application. The due date is March 31, 2009.

Best Buy 15th Scholarship Program – 9-12 grade students living in the U.S. & Puerto Rico are eligible to apply. Please visit www.bestbuy.com/scholarships or www.at15.com. Deadline is February 15, 2009.

Monsignor Maguire Scholarship Essay Contest 2009 – This year's topic is "What is your outlook of life as a Catholic in Today's World". Winner will receive \$500. Runner up \$300 and 2nd runner up \$200. Please visit the Counseling Center for an application.

Community Foundation for Greater Buffalo – Please visit www.cfgb.org to learn about the scholarships that are being offered at the Community Foundation for Greater Buffalo. Deadline: March 1, 2009.

Norman F. Locher Memorial Scholarship – To be eligible students must:

1. Be a high school senior who has exemplified community involvement in the County of Erie. Preference will be given to students who assist in the emergency services and are matriculating in the Emergency Services fields of Fire or EMS.
2. Demonstrate at least a "C" average throughout high school.
3. Show evidence of acceptance to a two or four year college program.
4. Be a resident of an area served by a Volunteer Fire Company.

Come to the Counseling Center for an application.

General Pulaski Association – a \$1,000 college scholarship that will be awarded to children and grandchildren of Veterans of the U. S. armed forces and of Polish decent. For an application send an email to psiwula@peoplepc.com or call 656-9548.

The SAMMY 2009 Award Program – (Scholar Athlete Milk Mustache of the Year). Applications will only be accepted until March 6, 2009. For official rules visit www.bodybymilk.com.

Test prep (continued from page 5)

Princeton Review, or local groups) provide practice, review, and strategy sessions in a more cost-effective way. Some of the companies also offer a hybrid plan combining review groups with a limited number of individual sessions. Whatever your method, your results will reflect the time and effort you put into the course.

Even the price of group sessions may be more than your family is able to spend. Don't despair; it's still possible to get good results using low cost prep such as review books, on-line or in-school classes, or by taking advantage of the opportunities for free practice offered on the web. *Consumer Reports*, through their WebWatch service, recently evaluated 10 web sites that prepare students for college admissions exams. The sites represented a range of costs from free of charge to \$500. Interestingly enough, one

of the free sites, www.Number2.com, performed exceptionally well when compared to more expensive services such as the online form of Kaplan's and Princeton Review. Users reported that using Number2.com was straightforward and that the service provided tips, quizzes, and useful hints. If you register, Number2.com will keep track of where you left off in your review sessions.

Free practice questions can also be found at www.testprepreview.com and www.kaptest.com. You can even download a whole free practice test as well as additional questions and tips at www.act.org and www.collegeboard.com. Need to work on vocabulary? Try www.freevocabulary.com, or www.vocabtest.com. At www.eprep.com you can download videos to your I pod.

Spending time in preparing for college

admissions exams will lower anxiety, help you to better pace yourself through the exam, and provide familiarity with question types. Effort put into test prep will allow you to attain the best scores possible.

Read (continued from page 6)

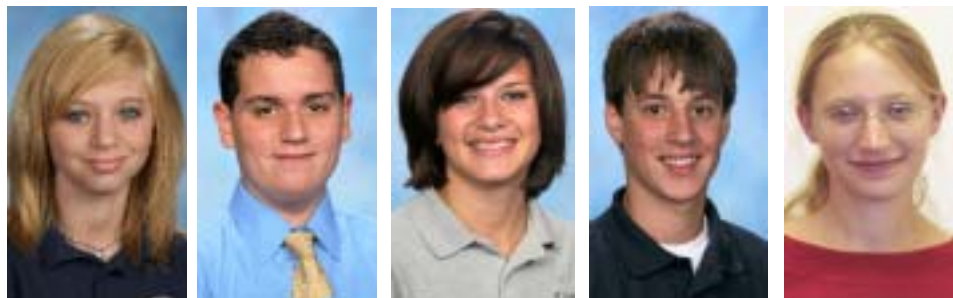
of teenage life.

- Find a cause. Your teen can read more about issues that interest her.
- Become an expert. If your teen has a passion for decorating, she can pick up a book and read about current trends, styles, and techniques.
- Use her brains. There is nothing like a great mystery book to get your teen thinking.

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Students/Teacher of December

Report cards given out Feb. 9



Jamie Vallone Alex Beilman Maria Rosati Jake Denz Miss Ratka

Friday, Jan. 30, marks 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.

St. Mary's hockey team honors seniors

On Sunday, Jan. 25, the Lancer's Varsity Hockey Team recognized their seniors and their mothers for their support and dedication to the team.

Seniors Mike Cronmiller, Matt Fitzpatrick, Ryan Mik, Pat Morgan, Charlie

Salamone, Nick Taylor, Andrew Wierzbicki, Alex Zach, and AJ Zaepfel presented their moms with red roses in appreciation of all their time and support throughout their hockey careers.

The team, coaches, and parents wish

all the Seniors continued success in college and beyond.

Bowling team finishes season

The Lady Lancers Bowling Team recently finished their season, ending up in fourth place in the eight-team league, just missing third place by 1/2 game.

In the end of season awards, the Lady Lancers received several honors. Senior Kelsey Polanski and sophomore Tegan VanArtsdalen received awards for their accomplishments, including a personal high game for Tegan of 227. Senior Jessica Runk was named 2nd-Team All Catholic; while freshman Miranda Chojecki was named First Team All Catholic and was recognized for her high set (650) and high game (253).

The JV Team received Honorable Mention for their spirit and effort throughout the season. Senior Alyssa Cavallari and freshman Chelsea Ineson received awards.

The Lady Lancers will finish the 2008-09 campaign with the All-Catholic Tournament on Tuesday, Feb. 3.

* * *



Freshman Miranda Chojecki and her bowling family were recently featured in an article in the *Am-Pol Eagle*.

This article tells how bowling is a part of the Chojecki family, as her two older brothers have helped lead St. Francis High School to several league championships over the years.

To read the entire article, go to www.ampoleagle.com/link.asp?smenu=143&sdetail=1743&wpage=1.



The seniors honored by the Hockey team were AJ Zaepfel with mother Kris, Pat Morgan with mother Tammy, Ryan Mik with mother Lori, Mike Cronmiller with mother Mary, Matt Fitzpatrick with mother Debbie, Alex Zach with mother Julia, Andrew Wierzbicki with mother Marie, Nick Taylor with mother Kelly, and Charlie Salamone with father Tim.






SPRING SPORT ATHLETES

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

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

FEBRUARY 24TH.

2008-09 Winter Sports Schedules

Women's Basketball

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

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

Women's Bowling

Games begin at 3:45 p.m. at Thruway Lanes.
 Tues, Feb. 3, All-Catholic Tournament

Men's Basketball

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

Sun, Feb. 1, 12 noon vs. St. Joe's
 Tues, Feb. 3, vs. Canisius in Coaches vs. Cancer
 Thur, Feb. 5, @ Niagara Catholic
 Sat, Feb. 7, 11:30 a.m. @ O'Hara
 Sun, Feb. 8, 1 p.m. vs. Nichols
 Tues, Feb. 10, @ Nichols
 Thurs, Feb. 12, @ St. Joe's
 Sun, Feb. 15, 1 p.m. vs. Cheektowaga
 Tues, Feb. 17, vs. Timon/St. Jude
 Fri, Feb. 20, vs. O'Hara
 Wed, Feb. 25 - Quarterfinals
 Sat, Feb. 28 – Semifinals @ Canisius College
 Sun, March 1 – Finals @ Canisius College

Men's Freshman Basketball

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.)

Men's Bowling

Games begin at 3:35 p.m. at Thruway Lanes.
 Thurs, Feb. 5, vs. Canisius
 Tues, Feb. 17, vs. Nichols
 Thurs, Feb. 19 – All – Catholics
 Sat, March 7 – State Catholic Championships

Varsity Hockey

Sun., Feb. 1, vs. Southwestern @ Jamestown (11:30 a.m.)

School Meals

We serve education everyday through healthy choices

February 2009 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School for Students	3 Chicken finger subs, baked chips, chilled apple sauce, milk variety	4 Sloppy Joe on roll, tater rounds, assorted fruit, milk variety	5 Goulash with meat sauce, chef salad, dinner roll, fruit, milk variety	6 No School for Students
9 Boneless rib-a-cues on roll, potato pattie, steamed corn, assorted fruit, milk variety	10 Chicken fajitas with peppers & onions, rice, chilled peaches, milk variety	11 Roast beef on roll, mashed potatoes with gravy, glazed carrots, fruit, milk variety	12 Chicken parmesan, spaghetti with sauce, chef salad, fruit, milk variety	13 Tony's pizza, chef salad, green beans, fresh fruit, milk variety
16	17	18	19	20
No School - Winter Break				
23 Buffalo chicken wrap, oven fries, Jell-O, milk variety	24 Chicken, oriental vegetables, white rice, sweet & sour sauce, dinner roll, fortune cookie, milk variety	25 Stuffed crust pizza (no pepperoni), chef salad, assorted fruit, milk variety	26 Tacos with meat sauce, salsa, cheese, lettuce, seasoned rice, soft shells, brownies, milk variety	27 Cheese ravioli, chef salad, Italian bread, assorted fruit, milk variety

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

Cost — \$1

Juice / Milk with Bagel & cream cheese

OR Cinnamon bun

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

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

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

Menu Choices

Balanced lunch as shown on menu **OR**

Salad Bar & Deli Bar

Side dishes included with Salad/Deli Bar

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

Art students advocate for peace

Students in Miss Michelle Giomundo's Studio in Art class recently created banners for advocacy after learning about artist Keith Haring.

Mr. Haring has created large scale bill-

boards to make people aware of causes that interested him.

Art students chose to advocate for world peace by creating posters which are displayed throughout the school.



February 2009 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hockey vs. Southwestern MBB vs. St. Joe's	2-Off NO SCHOOL FOR STUDENTS Faculty/Staff Development Day Incoming Freshmen Registration 6-8pm WBB @ Mt. Mercy FreshBB vs. St. Francis No School	3-A Ext. HR Schedule (Class Meetings) Curriculum Meeting 2:30pm Auction Training 2:30pm God Squad 2:30pm WBBowl All-Catholic tourney MBB vs. Canisius in Coaches vs. Cancer Game	4-B Book Club 2:30pm	5-C No Afterschool Activities MBowl vs. Canisius MBB @ Niag Cath	6-Off NO SCHOOL FOR STUDENTS Lancer Auction 6-11pm No School	7 FreshBB @ Jamestown MBB @ O'Hara
8 SAT Prep Class 8:15-12noon MBB vs. Nichols Spirit Week February 9-13	9-D Spirit Week - See www.smlancers.org for schedule Report Card Distribution in Homeroom Student Senate 2:30pm NHS Induction Ceremony 6:30pm WBB @ Nichols FreshBB vs. Timon Spirit Week	10-E Spirit Week - See www.smlancers.org for schedule NHS Meeting 2:30pm Campus Ministry 2:30pm God Squad 2:30pm SAT Prep Class 6-8 MBB @ Nichols	11-F Spirit Week - See www.smlancers.org for schedule Principal's Ad Board Meeting 2:30pm	12-A Spirit Week - See www.smlancers.org for schedule Ski Club 3-9pm Java Jive 7pm MBB @ St. Joe's FreshBB @ Canisius	13-B Pride Day PM Spirit Week Liturgy WBB vs. Buff Sem	14
15 SAT Prep Class 11am-2pm MBB vs. Cheektowaga	16-Off NO SCHOOL Winter Break Office Closed Grade School Basketball Tourney WBB vs. Will South No School	17-Off NO SCHOOL Winter Break Office Open 9am-12 noon Grade School Basketball Tourney SAT Prep Class 6-8 MBB vs. Timon MBowl vs. Nichols	18-Off NO SCHOOL Winter Break Office Open 9am-12 noon Grade School Basketball Tourney	19-Off NO SCHOOL Winter Break Office Open 9am-12 noon Ski Club 3-9pm Grade School Basketball Tourney MBowl All-Catholic Tourney	20-Off NO SCHOOL Winter Break Office Closed Grade School Basketball Tourney MBB vs. O'Hara No School	21 Grade School Basketball Tourney
22 Grade School Basketball Tourney SAT Prep Class 11am-2pm	23-C Student Senate 2:30pm Grade School Basketball Tourney	24-D God Squad 2:30pm SAT Prep Class 6-8	25-E Ash Wednesday Prayer Service Faculty/Staff Meeting 2:30pm WBB vs. Immaculata MBB - Quarterfinals	26-F Prom Meeting 2:30pm SOUL Meeting 2:30pm Snowball Set-up Ski Club 3-9pm	27-A Snowball 8-11pm	28 WBB playoffs begin MBB - Semifinals

In the February issue of *Currents*

- *Congratulations, Scholarship Winners; welcome Class of 2013*
- *Mr. Herr named Sam's Club Teacher of the Year*
- *Students attend diversity workshop*
- *Counseling Corner – Selecting Next Year's Courses - What's a College Degree worth? - Free test prep on the web - Spotlight on Nursing*
- *Women's Bowling wraps up season*
- *February Menu & Calendar*
- *And much more!*



What's your area? AP Calculus students use Area Under the Curve to calculate theirs. See page 3 for story.

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

Your Opportunities Await at
St. Mary's High School
142 Laverack Avenue
Lancaster, NY 14086-1849

