

April 2009

CURRENTS

Spring is in the air!

Dear Family and Friends,

Spring is in the air at St. Mary's, and that means a bunch of things. Spring is, of course, symbolic of new life. Just as Jesus dies and rises from the dead at Easter, the landscape that was dead all winter gets to rise to new life in the coming days.

Our winter was a successful one. Both men's and women's basketball teams went on to represent St. Mary's and all of Western New York at the state tournaments in New York City. We also had two wrestlers compete at their state tournament this year. We are enormously proud of all of those athletes, because successes like those are only achieved through commitment and hard work.

In addition to athletics, we also just wrapped up our winter with a successful run of the Broadway musical *How to Succeed in Business without Really Trying*. This production involved almost one quarter of the student body who worked tirelessly to create a wonderful production.



Winter is a difficult time to find the motivation to accomplish great things. It is hard to resist the temptation to curl up under a blanket and forget about the realities that face us. Spring, however, is a time when it is exciting to become active again. Everyday after school we see more and more activity outside, whether baseball, softball, lacrosse, or track practice, or just some tossing of Frisbees on the front lawn.

As a teacher of Leadership, I see spring through a different lens. It is a time to again re-evaluate. (I try to reflect and re-evaluate several times a year.) Spring is a time for taking a good look at what is going on around us and making minor course adjustments if we are not headed in the direction we would like to be going. I believe that success is a choice: on stage, on the field, in the workplace, or in the classroom. So, Spring is a good time to evaluate your choices and see if adjustments are called for.

Academically, Spring is the end of the race. Anyone who
(continued on page 9)

State Champions!

The Lancers Varsity Basketball team traveled to Fordham University in New York City on a mission - to become State Catholic Class B Champions.

To do so, they had to go through the Blessed Sacrament Cardinals from New Rochelle.

The game went back and forth, as the team would take a 10-point lead and then lose it. The Lancers rode a 7-0 run in the extra session to earn the victory 73-71. Dan McFarland led the Lancers with 25 points.



"I'm very proud of our guys," said coach Dan Gill. "That was the toughest team we faced this year. The entire team played hard to earn the victory."

The Lancers next played in the State Federation Class B Tournament in Glens Falls, where they fell to Bishop Kearney.

Seniors getting acceptance letters

By Mr. Keith Junik
Dean of Education

After teaching most of the senior class for three consecutive years, I feel a close connection with this particular group. I am truly interested in their lives, their accomplishments, and all their aspirations.

The other day, I was asking a bunch of them where they planned on going to school next year. The responses were incredible, fascinating, and so impressive; I felt the need to write about it.

- I spoke with Meghan Hinton and Andy Adolf...they are both going to Niagara for musical theatre.

(continued on page 4)

TUITION ASSISTANCE WORK CREW PROGRAM 2009-2010

- ❖ Available to all families
- ❖ There will be 5 (five) separate sessions this year: 2 (two) summer sessions and 3 (three) sessions during the school year (fall/winter/spring).
- ❖ Students are responsible for their own transportation.
- ❖ There are 10-12 awards available per session. Students earn \$6.50 credit per hour with the potential of earning \$520 per session in tuition assistance.
- ❖ Any student participating in the tuition assistance work crew program will be credited for hours worked on a monthly basis.
- ❖ During the school year, students will work 2 (two) days per week for 3 (three) hours per day 2:30 – 5:30 p.m. Summer sessions will be Monday – Friday 4 (four) hours per day 8 a.m. – 12 noon for 4 (four) weeks. Scheduling preference will be based on seniority.
- ❖ Any additional questions concerning the work crew program can be directed to Pam Aquino at 683-4824, ext. 23.

**If you are interested in participating in the Work Crew Program for the 2009-2010 school year, please complete and return the form below to the Main Office AS SOON AS POSSIBLE.
If you are unsure which session works best, please indicate that on the form.**

TUITION ASSISTANCE WORK CREW PROGRAM 2009-2010

Student Name _____ Grade in 2009/2010 _____
(First & Last Name)

I am interested in applying for the following sessions:
Please number the sessions in order of preference. Leave sessions blank that student cannot work. Please complete a separate form for each student. (Feel free to make copies of this form.)

_____ Summer Session I (July 2009)

_____ Summer Session II (August 2009)

_____ Fall Session (Football, Soccer, and Volleyball players **not eligible**)

_____ Winter Session (Basketball, Wrestling, Bowling, and Musical cast **not eligible**)

_____ Spring Session (Baseball, Softball, Lacrosse, and Track participants **not eligible**)

_____ Interested but not sure which session.

*** If your child has a conflict and would like to participate in our work crew program, special arrangements can be made at the discretion of their coach and/or music director and the work crew supervisor.**

Parent/Guardian Signature _____ Date _____

Welcome new gym teacher, Mrs. Barry

St. Mary's is pleased to announce the addition of Mrs. Kelly Barry as the new health / girls' physical education teacher. She replaces Mrs. Angela Tuchols, who resigned to take a position at a public school. The entire St. Mary's community wishes her all the best.

In addition to teaching health and P.E., Mrs. Barry will also be the coach of the Junior Varsity Softball team.

The following is a profile of Mrs. Barry.



Canisius College

Tell us about yourself—I grew up in Elma and went to Iroquois Central. I have been married for almost 10 years, and we have three boys. I enjoy reading, camping, hiking, swimming, softball, and spending time with my family.

Where else have you taught—St. John Vianney, Orchard Park; Villa Maria Academy; Stepping Stone Academy Charter School, Buffalo; and substituted in several public school districts.

Why St. Mary's—My happiest times were in Catholic schools. The administration, faculty, and students are supportive, caring, and hard working at Catholic schools. To be able to do

Classes — Health, Girl's Physical Education

Education — Bachelor of Science and Master of Science degrees from

Community Day is April 25

This year, Community Day will take place on Saturday, April 25, from 9 a.m. to 1 p.m. Community Day is a chance for the members of St. Mary's to come to the school, help with some "chores," and enjoy a picnic lunch. Some of the planned projects include helping to clean up the

grounds, picking up garbage, and just doing a little bit to make the school grounds shine a little bit brighter.

Afterwards, participants will be treated to lunch.

For more information, contact Mr. Mark Kelso at 683-4824, ext. 29.

Catholics encouraged to support "conscience protection"

The Catholic community is encouraged to speak out to protect Catholic doctors, nurses, and hospitals.

The US Department of Health and Human Services (HHS) is inviting public comment on a proposal to rescind an important December 2008 federal regulation that protects the conscience rights of health care providers.

Public support would help protect the

rights of our Catholic health care professionals and institutions, especially those at risk of being discriminated against because of their moral or religious objection to abortion.

Interested individuals should visit www.usccb.org/conscienceprotection to access links to make a comment and to find out more information. Comments must be posted by April 9.

Students/Teacher of Month – January



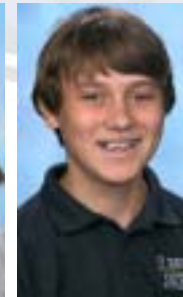
Chris Horvatits



Kevin Burton



Molly Spisiak



Mike Hockwater



Mr. Hall

what I love – teach – here at St. Mary's is truly a blessing to me.

Transportation Reminder

Bus transportation request forms for the 2009 - 2010 school year were mailed home February 13 and must be submitted to the public school districts by **April 1** for students who require bus service next year. Anyone who did not receive a transportation request form in the mail should call Mrs. Claudia Fiume, transportation secretary, at 683-4824, ext. 27.

Important dates for Seniors

With the end of the school year fast approaching the Administration has announced – and is reminding seniors and parents – of the following important dates:

- Friday, May 8 – last day of classes for seniors
- Monday, May 4, through Thursday, May 14 – AP Exams
- Monday, May 11, through Thursday, May 14 – Senior Exams
- Friday, May 15 – Closing Ceremonies with Seniors and Senior Retreat (Mandatory)
- Thursday, May 21 – Prom
- Sunday, May 31 – Baccalaureate Mass (Mandatory) & Awards Brunch
- Monday, June 1 – Graduation Rehearsal (Mandatory)
- Tuesday, June 2 – Graduation (Mandatory)

More information and complete schedules of exams and events will be available in future issues of *Currents*.

Currents

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Editor – Keith Kidder

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Acceptance letters (continued from page 1)

- Kelsey Polanski will be playing volleyball at Le Moyne; Ally Severyn received a full-ride scholarship to Canisius.
- Matt Fitzpatrick is deciding between Syracuse and Cortland...Victoria Reitz between the University of Rochester and Geneseo.
- Stephanie Hance is hoping to go to Truman College in Chicago, Steven Wrobel to UB for Pharmacy school.
- Matt Pfeiffer plans on culinary school, Chance Puianno to Buffalo State to become a social studies teacher.
- George Arnott is off to my alma mater Canisius and Jessica Runk is hoping that Notre Dame is in her immediate future.
- I spoke to Michael Donnelly who is planning to attend Western Michigan to study aviation, Ryan Mik is headed to Penn State, and David Bryant is off to study mechanical engineering at

RIT.

- If you speak with Elyse Texido, she will tell you she has no idea where she wants to go yet...but get this, she has been accepted into all 15 of the schools she has applied to...AMAZING!
- Juelie Scanlon is off to Oral Roberts University, a Christian University in Tulsa, Okla., and Caitlin Ferber is torn between Syracuse and the Rochester Institute of Technology.

There are University at Buffalo and Medaille College bound students, those off to Hilbert and Buffalo State, and those who simply are not sure. There are those who are moving away and those who never want to leave. Those who want to pursue athletics and those who want to be something different. Those who have their careers planned out and those who have no clue. Those who can't wait until high school is over and those who never want it to end.

They are all worried about paying for college and nervous about a brand-new chapter of their lives. They want to succeed and want to have fun. They want to get out of Buffalo but never leave home.

I am so saddened as I look around and realize that this group, to which I have been so close, will soon be leaving to start a new chapter.

I know that most are ready to get out of St. Mary's and are counting the days down to graduation.

I just want everyone to know that our seniors' hard work, ambition, and amazing personalities have made life at SMH a very special place.

Each one has truly left a mark on Lancerville, and I look forward to the next round of success stories four years from now.

Attention Seniors!

Seniors are reminded that their Religion Class Service hours are due to Sister Christine by **April 20**.

Those who have questions regarding service hours should see Sister Christine as soon as possible.



An Easter Prayer

By Sister Christine Winterhalter,
Campus Minister

We would like to take this opportunity to wish all of you a Blessed Easter. Our prayer for you and your loved one is:

*Christ, through these past days
of Lent and Easter,
we have entered into the sorrows of death
but have also risen to the joys
of new life with you.
Fill each of us with your spirit
so that we may remain faithful to you.
Help all of us to share,
through word and deed,
what we have gained
during this Lent and Easter
with all whom we will encounter.
May the gift of your presence
transform every ordinary moment of ours
into a sacred place where you dwell.
Help us to see this gift
through the eyes of faith.
Fill us with your peace. ALLELUIA!*



Math students explore "peer teaching"

By Mr. David Hall
Math Teacher

The Geometry B and the Pre-Calculus Honors classes recently took part in "peer teaching."

Each class is split into five groups. The groups were each given a set of objectives that they were supposed to teach. They were also given a guideline of expectations of what I want to occur in their "class." For example, there was introduction to the lesson, notes, examples, etc.

At the very end of the lesson, they were required to assign homework that



Sophomore Vince Kazmierczak teaches his lesson from the overhead

allows their "students" to practice the objectives.

The next class the student-teachers go over the homework and give out their pre-made quiz that allows them to see how well their objectives were taught.

At the end of all this, each group re-convenes and

grades the group that just taught. Their grade is based on a nine-tier rubric that I provide for them.

The clincher to that is, the class average for the quiz goes into the respective presenter's grade.

Counseling Corner

Kelly Smith (ksmith@smhlancers.org)

683-2349

Allison Lacher (alacher@smhlancers.org)

Comparing the true cost of college attendance

The total cost of attending a particular institution includes both expenses that are paid to the college as well as additional costs that are incurred as a result of going to that college.

Tuition is what you pay in order to attend classes. Tuition may be a flat amount for a semester or may vary depending upon number of classes chosen when based on a per-credit cost.

Fees may include such items as laboratory deposits, materials fees for art studios, health club membership, etc.

Books and supplies can also add a hefty amount to the school budget, typically costing between \$500 and \$700 per year.

Additional costs associated with attending college include *room* charges, generally dependent upon type of living arrangement. You'll pay less sharing a triple dorm room than opting for your own room and may save money by sharing a house or apartment with other students.

Board (meals) costs also depend upon your choices. Most colleges require students to have some sort of meal plan if they opt for an on-campus dorm. Flexible spending plans may be available; these provide more options for students who don't want to eat all of their meals in the dining hall.

Personal expenses include spending money, laundry, entertainment, and personal services such as haircuts.

Most colleges also require that you be covered for medical and dental expenses under your parents' insurance or that you participate in their student insurance plan.

You'll want to compare the terms of each of your colleges' financial aid offers

Many of these costs are considered when colleges put together a financial aid package.

You'll want to compare the terms of each of your colleges' financial aid offers by computing the net cost to you after subtracting any grants and scholarships awarded.

Net cost includes loans to both you and your parents, money from savings, and work-study.

Finally, consider the average time needed to graduate from each institution. A more expensive institution that graduates most of its students in four years may be less costly to attend than an annually less-expensive college if it takes five or six years to graduate from that institution.

Creating a testing plan that works

Whatever you may feel about the value of admissions tests, for the foreseeable future, they are simply not going away. Therefore, it is to your advantage to create a testing plan that will work for you.

There are two ways to approach this task. One way is to first determine the test requirements of the colleges that interest you and then plan to take all of the tests needed. That way, if none of your proposed colleges require subject tests, you can eliminate these from your testing schedule. The drawback of this plan, however, is that lack of appropriate tests could reduce your college options when you do create your final list.

A second option is to take all the tests you could possibly need for the most selective colleges and in that way keep your options open. With this plan, you would take an SAT Subject Test when you complete the terminal course in that subject area, assuming you have done well in that class. Thus, you might take the Spanish language exam after taking Spanish IV, or the U.S. History exam at the conclusion of that subject.

Take two to four subject exams as you progress through high school, and you'll have completed all of the subject

tests that you could possibly need for college admission.

Although relatively few colleges require subject exams, most do want to see the results of SAT or ACT testing. Ideally, you should plan to take each of these exams once and then repeat the test that yielded the lower score. Once again, to keep your options open, opt for the ACT with the optional writing section.

To follow this part of the testing plan, you'll need to allow for three separate testing dates, preferably all during your junior year. Get out a calendar and create a long range plan. Most juniors test between March and June, but commitments such as participation in sports events may create conflicts.

Although you can take both SAT and ACT in the same month (such as in June), you cannot take both the SAT Reasoning Exam and SAT Subject Tests on the same date. For these reasons, you may wish to begin testing earlier (such as January or February of junior year) or may have to delay some testing until the early part of senior year.

Reduce the stress of the college admissions process by taking the time to create your long-range testing plan now—you'll be really happy that you did!

The ratings effect

The higher the ratings, the more people that want the product.

Although many college administrators publicly dismiss college rankings as meaningless, they are under pressure to improve their rankings. Higher rankings mean more applicants and increased selectivity, which in turn drives the college's ranking still higher. Rankings can also impact alumni donations, and even this can affect future ratings.

But what effect does a college's ranking really have on the quality of education received by its students?

To answer that, you need to understand the factors that are considered by the organization providing the ranking. The most widely read is probably that of U.S. News & World Report. To create their annual ranking, U.S. News looks at data supplied by the colleges themselves (SAT scores, GPA, number of applications,

alumni donations, expenditures/student, etc) as well as factoring in a reputational rating by administrators at other colleges, who may not know much about the college they are ranking.

Although there are other ratings guides which use different criteria for ranking, none can accurately assess the quality of teaching. None consider how well prepared graduates are for the job market or for graduate school.

They also are unable to rank the quality of each school community that makes that college a good place to attend school.

When choosing the place to continue your education, look at the experience that students have at that institution. Spending four years at a college where you'll be fully engaged in learning and happy and successful as a member of the school community will make that college number one for you—and that's the only ranking that matters!

You need to understand the factors that are considered by the organization providing the ranking.

Spend time with your teen

It's a fact: Teens don't want to end their relationships with their parents as they grow older. They just want them to change as they grow. Spending time with their parents is one of teens' biggest priorities—but they can't do it alone.

Make spending time with your teen one of your biggest priorities. You can:

- Take five ... or 15. Devote five or 15 minutes a day to your teen. Give her all of your attention—and let her choose what you do. She may want to talk about something that's bothering her, watch a TV show together, or go for a walk. The important thing is that you focus on your teen.
- Show an interest. Talking about what your teen is doing at school is a great first step. Attend her games and performances. Go to the parent-teacher conference. Being there shows your teen how important she is to you more than your words can.
- Be friendly. Make an effort to get to know your teen's friends. Offer to drive a group of teens to the movies or the mall. Make your home a place where

they can feel comfortable "hanging out." You will get to know the people important to your teen—and be able to know she's in a safe place.

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Teens want to be with family

A recent study found that the top concern among teens today is not spending enough time with their parents. "Not having enough time together" actually tied with education. Surprisingly, parents ranked drugs and alcohol as their top concern for their teens. Quality family time came in as a distant fourth.

During adolescence, teens often place more emphasis on spending time with friends than they did as elementary school students—but that doesn't mean family time is any less important to them. Teens count on parents to provide

Spring into reading habit

It's April. Reading inside isn't exactly how your teen envisioned spending this beautiful spring afternoon. But you know the importance of keeping your teen reading—if he's still reading now, at the end of the school year, the chances are good he'll be reading all summer long. And teens who read (and learn) over the summer are more likely to be successful in September.

So what can you do? Offer these spring reading suggestions to your teen. He can:

- Take it outside. Encourage your teen to enjoy the day while getting some reading in. He can read in the backyard, on the front steps or at a park. If he's really motivated, he might consider finding an audio book that he can listen to while he takes a walk or jogs.
- Improve his game. Sure, practice is important when it comes to sports. Yet reading about sports heroes could improve his game, too. He can ask the librarian to help him find biographies of the all-stars in his favorite sport.
- Plan ahead for the summer. Don't get him too excited—he still has to complete his finals before he can really enjoy summer vacation.

But if you're planning a family vacation, suggest that he read a travel book about the area or a work of fiction set in the place you're planning to visit.

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guidance about values and look to parents for advice on a variety of issues, including dating, sex, drugs and alcohol.

So make the time you spend with your teen count. Even something as simple as a weekly family dinner could help you learn more about your teen—and will give him the family time he needs.

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Spotlight on Majors Chiropractor



Observational & people skills are necessary for success

With so many Americans spending hours each day hunched over computer screens, it's no surprise that the demand for chiropractic services is growing. Chiropractors are medical specialists who treat back aches and pains. Trained in the diagnosis and treatment of disorders of the muscular, nervous, and skeletal systems, chiropractors specialize in the treatment of spinal problems. A growing interest by Americans in alternative and holistic approaches to medical care has also fueled the demand for chiropractic practitioners.



www.clinicaresantamonica.com

Doctors of Chiropractic stress the overall health and wellness of their patients. They prefer to rely on the body's recuperative powers to heal itself and utilize natural, drugless, and non-surgical approaches to health care.

When a patient's problems can be traced to their musculoskeletal system through x-rays and laboratory tests, chiropractors may manually adjust the spinal column. Other treatment options may include massage, ultrasound, acupuncture, and heat therapy. Whatever therapy method selected, chiropractors do not prescribe drugs or perform surgery.

Some chiropractors specialize in the treatment of sports injuries; others in areas like pediatrics, neurology, orthopedics, or diagnostic imaging. Although the profession has been viewed suspiciously in the past, chiropractors today are better trained, and chiropractic practice has been gaining more respect and acceptance.

All states and the District of Columbia regulate the practice of chiropractic by licensing only those practitioners who meet the educational and exam requirements established by that state. Although a minimum of two years of college had formerly been the norm for students entering chiropractic school, most states are now requiring a bachelor's degree in addition to the completion of a four-year program at an accredited chiropractic college.

Colleges sometimes offer pre-chiropractic studies, but most students major in other fields before pursuing graduate education. Prerequisites for entrance to chiropractic college generally include courses in English, the social sciences and humanities, organic and inorganic chemistry, biology, physics, and psychology.

Currently, there are 17 post-graduate programs at which students can train in the U.S. that have been accredited by the Council on Chiropractic Education. These programs require a minimum of 4,200 hours of classroom, laboratory, and clinical experiences. The basic sciences, including anatomy, physiology, microbiology, biochemistry, and pathology, are

studied during the first two years. More specialized courses in physical and laboratory diagnosis, neurology, nutrition, orthopedics, geriatrics, physiotherapy, and manipulation and spinal adjustments are common during the concluding two years of study that lead to the Doctor of Chiropractic degree.

Good observational and people skills as well as manual dexterity are necessary for success in this field. Qualities such as empathy, understanding, and the desire to help others are important in individuals considering any health-related occupation.

Most chiropractors are solo practitioners although some are employed by health care facilities such as hospitals and clinics. A growing acceptance of chiropractic care has led to more insurance plans providing coverage for such services. This fact along with our aging population is expected to increase demand for new practitioners.

Want to learn more? Find information about chiropractic education and lists of accredited programs at www.cce-usa.org, the website of the Council on Chiropractic Education. More information about this career can also be found at the website of the American Chiropractic Association at www.acatoday.org.

Teach teen to unplug

April 20–26 is TV Turnoff Week. If you have a teen who seems to be glued to the television, this is a good time to think about how to help her "unplug." Answer yes or no to each question:

- ___ 1. Have you removed the TV from your teen's room, if one was there? This is one of the best ways to help keep grades up.
- ___ 2. Are you a good role model? Do you choose the shows you will watch to avoid channel surfing?
- ___ 3. Do you turn off the TV during mealtime? Do you use that time to talk with each other?

- ___ 4. Do you encourage everyone in the family to do things other than watch TV? Do you keep books and magazines handy? Do you plan time for family activities?
- ___ 5. Will you try to turn off the TV for at least one day during TV Turnoff Week.

How well are you doing?

Each yes answer means you're helping your teen unplug from too much TV.

For no answers, try those ideas.

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Additional Information

Scholarships

Tom Bihl Memorial Scholarship- the applicant should be someone who gives his or her time, effort, and self to the community. The applicant must be a resident of Orchard Park. For an application please see Miss Smith in the Counseling Center. Deadline is April 3.

Aurora Players College Scholarship Opportunity- applicant should be a high school senior of southern Erie County who wishes to pursue their education in a theater-related major. For an application, see Miss Smith in the Counseling Center. All applications must be postmarked on or before April 28.

Junior League of Buffalo- will award two

\$1000 scholarships to graduating female high school seniors who are outstanding volunteers in the Western New York Community. Applications can be obtained in the counseling center or online at www.JLBuffalo.org.

The Western and Central New York Chapter of Safari Club International- will be awarding two scholarships to seniors who are planning to major in Forestry, Conservation, Environmental Sciences, Veterinary Medicines, Fisheries, and Wildlife Management. Applications can be obtained in the Counseling Center. Deadline is May 30.

The Monsignor Healy Foundation- will be awarding scholarships to

students pursuing a career in labor relations and/or human resources management. Applications can be found in the Counseling Center. Applications are accepted on a continuous basis.

AES Engineers- continuing their support of higher education by providing scholarships to deserving students. Visit www.aesengineers.com/scholarships.htm.

New York State Association of Agricultural Fairs- is giving up to six \$1000 scholarships to students who currently are (or previously have been) active in a fair that is a member of the NYSAAF. Stop in the Counseling Center or an application. Deadline is April 17.

Remember how to PARENT

Brain research shows that parents play a critical role during the teenage years. While teens are mature in some ways, they still need parents to help them make responsible decisions.

How can you do that? Here's an easy way to remember some of the things you can do. Just be a PARENT:

P=Promote positive activities. Help your teen channel his energy into worthwhile programs. Teens are great at physical challenges. They also understand technology better than many adults.

A=Assist your teen with activities that require planning. The last part of the brain to develop is what's known as the prefrontal cortex. It is involved in

planning, decision making, and impulse control. Since most teens still lack the ability to do these things well, they need parents to help them. So ask questions. "What will you do if kids are drinking at the party?"

R=Remind your teen to ask for advice. When he does, say you are glad he asked. Talk about how you make decisions.

E=Encourage behaviors that promote good brain development. Make sure your teen avoids drugs and alcohol. Encourage him to get regular exercise.

N=Never underestimate the effects of alcohol on a teen's brain. Research shows teens are affected much more

strongly by alcohol. Alcohol can harm a teen's brain development.

T=Tolerate. Teens make mistakes. Expect them. Plan for them. Then help your teen get back on the right track as soon as he can.

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Touch base four times a day

You are busy and your teen is busy. Still, says Professor Robert Blum, spending time with your teen is critical. His study of more than 12,000 teens shows that they need to feel a close connection with at least one parent. Otherwise, trouble—drug use, sexual activity, and depression—can result.

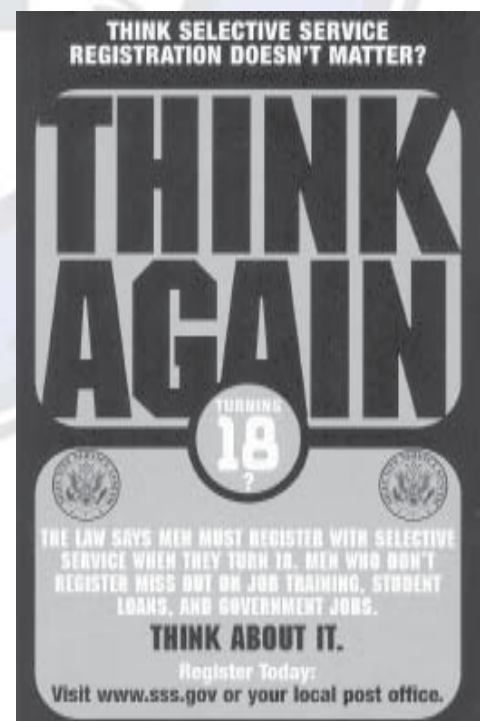
He says parents need to try to touch base with their teen at four key times during the day: early morning, after school, dinnertime, and bedtime.

Of the four, dinnertime is the most important. It's a time when a single

question can lead to a 15-minute conversation. It's a time when you and your teen can talk and listen to each other.

If you can't be at home during all four times, find other ways to touch base. Send an email or an instant message from work. Call your teen on the phone. (Some parents say their teens open up more on the phone than in person.)

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HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING!



Congratulations, cast and crew, for a great production of How to Succeed in Business without Really Trying.
Additional photos are available at www.iaprilgalleries.com/SelectusInc_HowtoSucceedinBusinesswithoutReallyTrying68435.htm

St. Mary's High School is participating in the Abitibi Paper Retriever® "Schools on Goal" Program **Where Recycling Adds Up**

Bring your paper to the Recycling Bin
Behind St. Mary's High School near the football field



We accept:

- Newspapers • Magazines • Shopping Catalogs
Office & School Papers • Mail

We do NOT accept:

- Plastic • Metal • 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**

Spring (continued from page 1)

watches races of any kind can see that the end of the race is where it is won or lost. A runner, jockey, or race car driver needs to remain focused and keep working just as hard at the end as they do in the beginning, or the race will be lost. The same is true for academics. Distractions are everywhere in the Spring. After being cooped up all winter, it is easy for thoughts to travel outside of the classroom, and it is easy for homework to be replaced with some fun outdoors. It is also easy for seniors to believe that the game is over, but that is not true. The race for excellence does not end until the last paper is written or the last exam is taken.

I love Spring. I use it as a time to look back and see what hasn't been working and to look forward and set new goals. I use a nice walk with my dog to clear my head so I can refocus my energies on what I want to achieve.

Students can choose focus and success, and parents can make the choice to help their kids through involvement in their academics, encouragement, and loving support.

What will you choose this Spring?

Sincerely,
Peter Herr

Director of Operations



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



Juniors profit from college fair



On March 17, the Junior Class of St. Mary's High School attended the National Association for College Admission Counseling College Fair held at the Buffalo Convention Center.

There were over 200 schools present with representatives eager to answer students' questions.

It was a great event that encouraged our juniors to begin seriously thinking about where they want to go to college and why.

The college fair field trip was a success and we hope to continue it for years to come!

Adam Page talks with a representative from the University of New Hampshire

Jessica Runk makes all-academic team



Senior Jessica Runk has been chosen for Business First's 2009 All-Western New York Academic Team, making her one of 100 outstanding

high-school seniors across Western New York. Jessica was chosen as a Special Mention recipient.

The Academic Team program is designed to spotlight students who pursue excellence both in and out of the classroom. Winners are chosen based on their records of academic achievement, school leadership, and community involvement.

Jessica will be featured in Business First's Guide to Western New York Schools which is scheduled to hit newsstands on June 5.

Third quarter report cards to be distributed April 24

Wednesday, April 8, marks the end of the third quarter of the 2008-2009 school year.

Report cards for the third quarter will be distributed in homeroom on

Friday, April 24.

Families whose tuition payments are not up to date or who have not made prior payment arrangements will not receive their report cards.

2009 Spring Sports Schedules

Softball

JV and Varsity games begin at 4:15 p.m. Home games are played at Walden Pond

Fri, April 3, vs. Holy Angels
 Tues, April 7, @ Alden
 Wed, April 8, vs. Mt. Mercy
 Fri, April 17, @ North Tonawanda Tournament (V only)
 Mon, April 20, @ Immaculata
 Tues, April 21, vs. Mt. Mercy
 Wed, April 22, vs. Nardin
 Sat, April 25, @ North Tonawanda Tournament (V only)
 Mon, April 27, @ Holy Angels (Shoshone Park)
 Thurs, April 30, vs. Immaculata
 Sat, May 2-Sun, May 3, @ Depew Wildcat Tournament
 Mon, May 4, vs. Niagara Catholic (V only)
 Tues, May 5, vs. Sacred Heart
 Thurs, May 7, vs. Nichols
 Sat, May 9-Sun, May 10, @ Immaculata Tournament (Hamburg Nike Base)
 Mon, May 11, @ O'Hara (V only)
 Tues, May 12, vs. Mt. St. Mary's
 Sat, May 16, Quarterfinals
 Tues, May 19, Semi-Finals
 Thurs, May 21, Finals

Varsity Baseball

Games begin at 4:15 p.m. unless noted. Home games are played on St. Mary's Field

Mon, April 20, vs. Nichols
 Wed, April 22, @ St. Joe's
 Fri, April 24, @ Timon (Cazenovia Park)
 Mon, April 27, 4:45 p.m. @ Niagara Catholic (Sal Maglie)
 Wed, April 29, vs. Canisius
 Fri, May 1, @ St. Francis
 Sat, May 2, 3:30 p.m. vs. Frewsburg
 Mon, May 4, vs. O'Hara
 Fri, May 9, vs. St. Joe's
 Mon, May 11, vs. Timon
 Wed, May 13, vs. Niagara Catholic
 Thurs, May 14, @ Nichols
 Fri, May 15, @ Canisius (Delaware Park)
 Tues, May 19, vs. St. Francis
 Wed, May 20, @ O'Hara
 Wed, May 27, Quarterfinals
 Sat, May 30, Semi-Finals (Sal Maglie)
 Tues, June 2, Georgetown Cup Finals (Coca-Cola Field)
 Wed, June 3, Georgetown Cup Finals (Coca-Cola Field)
 Thurs, June 4, Georgetown Cup Finals (Coca-Cola Field)

JV Baseball

Games begin at 4:15 p.m. unless noted. Home games are played on St. Mary's Field

Mon, April 20, @ St. Francis (1)
 Thurs, April 23, @ St. Joe's (1)
 Sat, April 25, 12 noon @ O'Hara
 Mon, April 27, @ Timon (Cazenovia Park)
 Wed, April 29, @ Canisius (2) (Delaware Park)
 Thurs, April 30, vs. St. Francis (1)
 Fri, May 1, vs. Canisius (1)
 Tues, May 5, vs. St. Joe's (2)
 Wed, May 6, vs. Canisius (2)
 Thurs, May 7, vs. St. Francis (2)
 Fri, May 8, vs. St. Francis (2)
 Mon, May 11, @ St. Francis (2)
 Tues, May 12, vs. Christian Central
 Sun, May 17, 1 p.m. @ St. Joe's (2)
 Tues, May 19, vs. O'Hara
 Wed, May 20, @ Christian Central
 Thurs, May 21, vs. Timon
 Fri, May 22, @ Canisius (1)

More schedules, updates available at www.smhlancers.org

Women's Basketball season was full of surprises

Four named All-Catholics

Looking back to the beginning of the year, no one would have expected a division title, a state playoff win, and a trip to New York City. This year's team had NO seniors; in fact the team consisted of six sophomores and six juniors.

"We knew we had a special group when we went to Villanova this summer for our team camp," said Coach Keith Junik. "The team bonded and began to understand how good they could be"

The season, which began last November, has been a whirlwind of amazing events. A 7-0 start to the season, a 20-point comeback victory over rival Lancaster, and an outstanding effort against the WNY Player of the Year Samantha Kopp and the team from Franklinville marked the beginning of something very special.

A very difficult non-league schedule really prepared the girls for what was about to take place:

- The girls took their first divisional title EVER, defeating Cardinal O'Hara in two out of their three meetings.
- They made an amazing run against Nichols in the Msgr. Martin Playoffs, only to fall short in the closing minutes.
- The Ladies then qualified for the

State Tournament in "Class B" and prepared to face Stella Maris, all the way from Brooklyn. Coach Junik said he wasn't sure how such a young team would handle the pressure of a state tournament but all their nerves were set aside very early as the girls jumped out to an 18-6 lead in the first quarter and never looked backed winning by 17. The win propelled the girls into the "Great 8" down state.

• The girl's trip to New York City was a bit disappointing they fell to St. Mary's of Manhasset in the quarterfinals 71-49, but all in all it was an amazing experience that no one will soon forget.

The Lady Lancers will return ALL 12 girls next year as they make another run at a Msgr. Martin title and another chance at a State Championship.

* * *

Congratulations to the following for being recognized as All-Catholics:

- South Division Most Valuable Player – Sophomore Raeann Stilwell
- First Team All Catholic – Sophomore Victoria Fontana
- Second Team All Catholic – Junior Chelsey Kiebzak and sophomore Maria Rosati

Jesse Kelso nominated for Courage Award



Senior Jesse Kelso is one of five finalists for the High School Athletes in Action Call to Courage Award. The award was presented on March 28 at the

Hyatt Regency Hotel in Buffalo. Jesse was a defensive back and wide receiver on the Lancer football team.

The award, presented by former Buffalo Bill quarterback Frank Reich, honors students who are not only great student athletes but also exemplify outstanding character, commitment, and leadership on and off the field. They are leaders academically in the classroom, at home, and in the community who honor God in everything they do.

The awards ceremony also included the presentation of the college award to University of Buffalo defensive lineman Andrae Smith from Bloomfield, Conn., and the Call to Courage Award to John Kasay, a 17-year member of the Carolina Panthers of the NFL.

John Murphy, Voice of the Bills, served as master of ceremonies.

Alumni gather for hockey game



Current and former members of the St. Mary's Hockey Team gather for a photo following the annual Alumni Game

On March 14, the St. Mary's Hockey Team hosted its annual Alumni Game at Holiday Twin Rinks.

Alumni players from five, six, and even more years back returned to recapture the

fame and glory from their days at St. Mary's.

Afterwards, the players gathered at IV Stallions in Cheektowaga for pizza and food and a lot of reminiscing.

SMH athletes receive awards

Congratulations to the following St. Mary's High School athletes who were recently recognized for their efforts on and off the court.

- Senior basketball players Connor Powell and Matt Bittner, who were named honorable mention to *The Buffalo News* All-Academic team for the Winter season.
- Senior basketball player, Jesse Kelso, who was named to *The Buffalo News* All-Academic team for the winter season. Jesse also received the award during the fall season for football.

• Senior basketball player, Dan McFarland, was #3 on a recent Super 7 Athlete of the Week countdown on WKBW Channel 7. Dan helped lead St. Mary's to a New York State Catholic Title in New York City.



AP Biology students visit Canisius lab

The students in Mrs. Kathy Walh-Henshaw's AP Biology Class recently travelled to Canisius College to complete a series of labs.

Under the direction of Dr. Ed Kasilus, the students explored Ultra-Spec-Agarose Gel Electro-

phoresis, Cleavage of Lambda DNA with Eco RI Endonuclease, and Transformation of E.coli with pGAL.

Following the labs, students prepared a PowerPoint presentation for the class, to explain all that they learned.

Brittany Porzio (left) and Jordan Baker work on the AP Bio labs



School Meals

We serve education everyday through healthy choices

April 2009 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Goulash, meat sauce, dinner roll, chef salad, fruit, milk variety	2 Chicken pattie on roll, tater tots, corn, fruit, milk variety	3 Grilled cheese, tomato soup, hash brown pattie, fruit, milk variety
6 Chicken fajita, soft shells, peppers, onions, baked chips, fruit, milk variety	7 Chicken nuggets, mashed potatoes, gravy, green beans, Jell-O, milk variety	8 Stuffed crust pizza, chef salad, cookies, fresh fruit, milk variety	9 Happy	10 Easter!
13 Have	14 a	15 Great	16 Holiday	17 !!!
20 Spaghetti with meat balls, chef salad, Italian bread, fruit, milk variety	21 Chicken finger subs, oven fries, fruit, milk variety	22 Tacos with seasoned meat, soft shells, cheese, lettuce, salsa, rice, fruit, milk variety	23 Oriental chicken, rice, oriental vegetables, dinner roll, fruit, milk variety	24 Stuffed crust pizza, chef salad, fruit, milk variety
27 Buffalo chicken wrap, oven fries, fruit, milk variety	28 Goulash, meat sauce, chef salad, dinner roll, fruit, milk variety	29 Cheeseburger on roll, tater tots, fruit, milk variety	30 Chicken parmesan, baked ziti, 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.

Join us for the annual St. Mary's HS Parent Guild
Spring Fashion Show

Celebrate Spring ... Celebrate New Beginnings!

Wednesday, April 29th

*Ripa's Restaurant • 4218 Walden Avenue, Lancaster
 Doors Open: 5:30 p.m. • Dinner: 6:30 p.m.*

Featuring Fashions by
 The Jacqueline Shoppe • Kohls • Tuxedo Junction • Dicks Sporting Goods

Tickets: \$25

For tickets contact St. Mary's High School at 683-4824
 Kathy (Adolf '84) Horvatits 704-6089 or Renee (Czerwonka '80) Texido 651-0624

April 2009 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 SAT Prep Class 11am-2pm Healthy Life-styles Week	30-A Day Student Senate 2:30pm	31-B Day Ext HR Schedule (Lenten Prayer Service) God Squad 2:30pm SAT Prep Class 6-8	1-C Day Helping Hands Club Meeting Book Club Meeting 2:30 p.m.	2-D Day Women's Prayer 2:30 p.m.	3-E Day Special Schedule for Guest Speaker	4 Practice Exam for 7th graders 9am-12noon ACT Exam
5 SAT Prep Class 11am-2pm	6-F Day Student Senate 2:30pm	7-A Day God Squad 2:30pm Curriculum Meeting 2:30pm	8-B Day Special Schedule (Class Meetings - Living Stations) Principal's Ad Board Meeting 2:30pm End of Third Quarter	9-Off NO SCHOOL Easter Break Offices Closed	10-Off NO SCHOOL Easter Break Offices Closed	11
12 Easter Sunday	13-Off NO SCHOOL Easter Break Offices Closed	14-Off NO SCHOOL Easter Break Offices Open 9am-12noon	15-Off NO SCHOOL Easter Break Offices Open 9am-12noon	16-Off NO SCHOOL Easter Break Offices Open 9am-12noon	17-Off NO SCHOOL Easter Break Offices Closed	18
	No School	No School	No School	No School	No School	
19	20-C-Day Student Senate 2:30pm	21-D Day NHS Meeting 2:30pm God Squad 2:30pm SAT Prep Class 6-8 Campus Ministry 2:30pm	22-E Day Pride Day Faculty/Staff Meeting 2:30pm	23-F Day Women's Prayer 2:30 p.m. SOUL Meeting 2:30pm	24-A Day PM Liturgy Schedule (Easter) Report Card Distribution (during homeroom)	25 Community Day 9am-1pm
			Pride Day		Liturgy Dress	
26 SAT Prep Class 8:15-12noon	27-B Day Student Senate 2:30pm	28-C Day Ext HR Schedule (Senate Officer Speeches) God Squad 2:30pm SAT Prep Class 6-8	29-D Day Parent Guild Fashion Show 5:30pm at Ripa's	30-E Day Senate Officer Elections in Homeroom Women's Prayer 2:30 p.m. Prom Meeting 2:30pm Evening of Fine Arts 7pm	1-F Day	2 SAT Exam

In the April issue of *Currents*

- Men's Basketball Team wins States!
- 2009-2010 Work Crew Application Form
- Seniors are receiving College Acceptance Letters
- Math students participate in "peer teaching"
- Counseling Corner – Comparing true costs of college -
Creating a testing plan - Spring into reading habit -
Spotlight on Chiropractor
- Women's basketball season was full of surprises
- Softball, baseball schedules
- April Menu & Calendar
- And much more!



Senior Jordan Baker works on an AP Bio lab at Canisius College

**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

