

January 2010

CURRENTS

Set goals in the New Year

Dear Friends,

Because I teach the Leadership Skills course, I read a lot of books by well known leadership experts like Dr. Stephen R. Covey and John C. Maxwell. In almost every book there is the almost universal idea that success is based on knowing where you want to go and then having the discipline to take the steps necessary to get there. That is to say, have a vision and then set the series of goals it will take to achieve that vision.

There is absolutely no reason that all high schoolers can't follow the same path to success. Start with the vision – better grades, better sports play, or getting into the college of their choice. Then set up a schedule of tasks that will allow them to reach those goals. Follow the schedule, establish good habits, and the goal is achievable.

A second part of the formula for success is reflection and evaluation, and New Years is a great time to do that. It's a time where New Year's resolutions are made – I'm going to lose weight, read more, study harder. A lot of New Years resolutions go by the wayside because they are made hastily and don't fit in with the overall plan.

So, here's a better plan. Sit and think about what things you did well in 2009. Then think about what you could have improved on. Finally, think about what new

things you would like to achieve in 2010. Once you have that list, it should be easier to formulate good goals that capitalize on your strengths and address your areas for improvement. Parents can encourage this process by sharing personal or family goals with your students. It is a "lead by example" approach that shows your kids that you too believe in setting goals.

Once the goals are established, write them down in a place where you can see them often. It gives them more importance and it makes them more real. They can be written in the student's agenda planner, posted in a locker, or stuck to the bedroom wall in a prominent place. This serves as a constant reminder of those goals.

Goal setting is an important tool for reaching the successes that we envision. It's not as hard as it sounds and there are plenty of good websites and books to help with the process.

Most importantly, it allows you to see clearly where it is you want to go and helps establish a manageable road map for getting there.

All of the administrators, faculty, and staff at St. Mary's High School wish you a New Year filled with good health and many blessings.

Peter M. Herr

Director of Operations



Basketball team receives lesson on giving

The Christmas season is about more than just getting; it's also about the giving. And members of the St. Mary's High School Men's Varsity Basketball Team learned this lesson first hand as they recently went to Women and Children's Hospital of Buffalo.

Led by Coach Dan Gill, the five players – Joe Cellino, Joe Barnhardt, Vince Kazmierczak, Jeremy Pyszczynski, Peter Notaro and Chad Griffin – visited the hospital as part of a week-long affair.

First, the players and their families collected gifts that would be perfect for the hospital's patients. These gifts were then

wrapped in holiday style. Then, on Monday, Dec. 21, the players hand-delivered the gifts to the children at the hospital.

Coordinated by St. Mary's parent LuAnne Brown, chief nursing officer of Women and Children's Hospital of Buffalo, the players brought the gifts to the hospital. Then they received a personal tour of the facilities, getting the chance to meet patients who would benefit from their generosity.

"It was a great experience for me," said Barnhardt. "It is something I will never forget."

"You don't realize how good you have things until you experience that," added Kazmierczak.

"It was an eye opening experience for me," continued Notaro. "To see kids/families being forced to spend the holidays in the hospital and to be able to put a smile on their face made it a very rewarding experience for me."

"I couldn't believe how happy the kids were after we brought them their gifts," said Griffin.

"This was a great experience for all involved," said Coach Gill. "This trip was certainly valuable in teaching life-lessons."

Exam Schedule – January 2010

Mon, Jan 25	Tuesday, Jan 26	Wednesday, Jan 27	Thursday, Jan 28	Friday, Jan 29
<p>R E G U L A R S C H O O L D A Y</p> <p>“F”</p> <p>D A Y</p>	<p>8-10 a.m. Geometry A MT (10) Geometry H MT (9,10) Alg II/Trig A MT (11) Alg II/Trig H MT (10,11)</p> <p>8-11 a.m. Math B Regents Exam Retake (12)</p> <p>10 a.m.-12 noon Economics FINAL (12)</p> <p>12-3 p.m. English Regents Exam Session I (11)</p> <p>Bus: 3:15 p.m.</p>	<p>8-9 a.m. Spanish I MT (9) Spanish II MT (9,10) Spanish III MT (10,11,12) French I MT (9) French II MT (9,10) French III MT (10,11)</p> <p>9:30-11:30 a.m. Global Studies I R MT (9) Global Studies I H MT (9) Global Studies II R MT (10)</p> <p>12-3 p.m. English Regents Exam Session II (11) AP Calculus MT (12) AP World History MT (10)</p> <p>Bus: 3:15 p.m.</p>	<p>8-11 a.m. MANDATORY Review for Mr. Hall's Geometry B Class (10)</p> <p>8-10 a.m. US History MT (11) AP Stats MT (11,12)</p> <p>12-2 p.m. Chemistry R MT (11) Chemistry H MT (10,11)</p> <p>12-3 p.m. Integrated Algebra Regents Exam (10)</p> <p>Bus: 3:15 p.m.</p>	<p>8-10 a.m. Health FINAL (9-12)</p> <p>11 a.m.-1 p.m. Religion 10 FINAL (10) Religion 11 (Morality) FINAL (11) Int. Algebra A MT (9) Int. Algebra B MT (9)</p> <p>Bus: 1:15 p.m.</p>

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

Note: MT = Midterm Exam

Notes for January Exams – Schedule on page 2 –

Here are some notes in regard to the January Exams:

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

usual time in the morning. The schedule for afternoon buses is listed on page 2 with the exam schedule.

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

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

Please note the following dates for the LISTENING and SPEAKING sections of the French and Spanish mid-term exams:

- Friday, Jan. 15 – LISTENING
- Tuesday, Jan. 19, through Friday, Jan. 22 – SPEAKING

REMINDER: There are NO make-up dates for either of the above sections.
Students must be in class, on time, to receive credit.

For students in Computer Foundations

Reminder that the final exam for Computer Foundations class will take place in class on Thursday, Jan. 21, and Friday, Jan. 22.

The only make-up date for the exam is Monday, Jan. 25. Those who have questions should contact Mr. Meyerhofer.

Financial Aid information

Dear Parents,

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

1. The Financial Aid Information was mailed to all families the week of December 21. Those families who did not receive this information and are interested in applying for financial aid may apply online at www.factstuitionaid.com. Applications are due by January 15. Help is available from FACTS (toll free) at 1-866-315-9262.
2. Families are reminded that they can contact FACTS tuition management directly to make any changes to their account numbers used to pay their monthly tuition bill. The number to FACTS is 1-800-624-7092.
3. Any payment changes must be communicated to the Tuition Office a minimum of four business days prior to the payment date.

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

* * *

Openings for the Winter Work Crew are available now. The Winter Session begins January 4 and runs through March. Please have your student see Mrs. Mulhern as soon as possible to sign up.

2nd Quarter ends, 3rd quarter begins

Friday, Jan. 29, marks the end of January exams as well as the end of the second quarter of the 2009-2010 school year. Report cards for the second quarter

will be distributed in homeroom on Monday, Feb. 8. **Families whose tuition payments are not up to date or who have not made prior payment arrangements will not receive their report cards.**

Congratulations

Congratulations to senior Kevin Burton and junior Thomas Giampa for making the Principal's Academic Commendation List for the first quarter of the 2009-2010 school year.

We apologize that their names were inadvertently left off the list that appeared in the December *Currents*.

Just a reminder that the Faculty/ Staff Inservice will be held on Monday, Feb. 1. Thus, there is no school for students that day.

The first day of the third quarter will be Tuesday, Feb. 2.

Also during that week will be the annual Lancer Auction, the major fundraiser at St. Mary's, on Friday, Feb. 5. **There will be no afterschool activities on Thursday, Feb. 4, and no school for students on Friday, Feb. 5.**

Juniors to go to College Fair

On March 23 and 24, the Buffalo Convention Center will be the sight of the annual 2010 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 23.

St. Mary's students will depart at 9 a.m. St. Mary's will have a reserved time slot so that students will have plenty of opportunity to talk to the representatives.

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

Additions to the Front Foyer

Visitors to St. Mary's High School will be greeted by two new additions to the Main Foyer.

First, upon entering, visitors will see the new Message Board.

Using a large-screen television generously donated by Mr. Keith Junik, the Message Board will be used in a variety of



The new Message Board

ways, including to welcome guests and provide directions for those looking for the Athletic Center or Blue Room.

In addition, the Board will be used for posting of the day's announcements so that students and staff can review what was announced that morning.

In the future, the Board will also be used for more information regarding performances in the St. Mary's Auditorium.

The second item guests will notice is the Peace Mural just outside of the auditorium.

Constructed by members of the Studio in Art class, under the direction of teacher Miss Michelle Giomundo, this mural brings together many symbols of peace, including white doves throughout the piece.

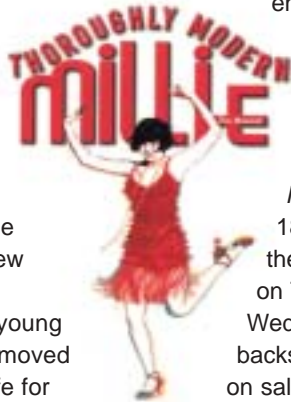


The Peace Mural

Theater Department announces spring musical

The Performing Arts Department recently announced that the spring musical will be *Thoroughly Modern Millie*.

According to mtishows.com, *Thoroughly Modern Millie* is a high-spirited musical romp that has the performers dancing the Charleston. Taking place in New York City in 1922, *Thoroughly Modern Millie* tells the story of young Millie Dillmount, who has just moved to the city in search of a new life for herself. It's a New York full of intrigue



and jazz – a time when women were entering the workforce and the rules of love and social behavior were changing forever.

The St. Mary's production of *Thoroughly Modern Millie* will take place on March 18, 19, and 20. Auditions for the spring musical will be held on Tuesday, Jan. 5, and Wednesday, Jan. 6, with call-backs on Friday, Jan. 8. Tickets go on sale in March. More information will be available in future *Currents*.

Campus Ministry News

Prayer for the New Year

Holy Father, God of our yesterdays, our today, and our tomorrows,
We praise You for Your unequalled greatness.

Thank You for the year behind us and for the year ahead.

Help us in Your new year, Father, to fret less and laugh more.

To teach our children to laugh by laughing with them.

To teach others to love by loving them. Knowing, when love came to the stable in Bethlehem, He came for us. So that love could be with us, and we could know You.

That we could share love with others. Help us, Father, to hear Your love song in every sunrise, in the chirping of sparrows in our backyards, in the stories of our old folks, and the fantasies of our children. Help us to stop and listen to Your love songs, so that we may know You better and better.

We rejoice in the world You loved into being.

Thank You for another new year and for new chances every day.

We pray for peace, for light, and for hope, that we might spread them to others.

Forgive us for falling short this past year. We leave the irreparable past in your hands, and step out into the unknown new year knowing You will go with us.

We accept Your gift of a new year and we rejoice in what's ahead, depending on You to help us do exactly what You want..

I say it again, we rejoice!
In Jesus name, Amen.

(source: www.halife.com)
* * *

All are welcome

Just a reminder, an invitation, that all members of the St. Mary's Community are welcome to join the school for the celebration of Liturgy, including Holy Days of Obligation.

The next mass will be the school's celebration of the Epiphany, on Wednesday, Jan. 6, at 1:10 p.m.



Hoops-4-Hope

Free-Throw Shooting Contest

Sunday, January 10, 12 noon

For more information and an application, contact Peter Herr at pherr@smhlancers.org

St Mary's continues drills

In the November issue *Currents*, the Administration of St. Mary's High School described the new Emergency Action Plan adopted by the school for the 2009-2010 school year.

Since that time, St. Mary's has successfully run drills testing aspects of this action plan, including a Lockout.

St. Mary's will continue to run further drills to be sure that the students, faculty, staff, and administration are prepared in case an emergency does occur that will require immediate attention.

This will include a Shelter in Place, an Evacuation, as well as a Lockdown, in which the school will prepare for the event

of an intruder.

Those who have any questions regarding the Emergency Action Plan are

encouraged to consult the November *Currents* and/or contact a St. Mary's Administrator.

Parent Guild donates Flash Drives

Thank you to the St. Mary's Parent Guild for their generous donation of Flash Drives.

These drives will be available in the Media Center to students who would like to save their computer work for transportation home. Students may sign out the Flash Drive from Librarian Ms. Sityar to

take work home to complete at another time. Students will then return the Drive to Ms. Sityar the following day.

The generosity of the St. Mary's High School Parent Guild allows the school to have the "little things" that make the school a place for educational excellence for our students.

Reminder: School closings procedure / policy

With the winter season upon us, here is a reminder of the St. Mary's High School Policy regarding School and Snow Closings:

• Mrs. Kranz is in touch with several public school districts, and a decision to close the school is usually made between 6 and 6:30 a.m.

- Information on school closing will then be passed on to Channels 2, 4, or 7, and WBEN-Radio 930. Please listen to the announcements carefully; just because area schools are closed does not mean St. Mary's is closed. These channels also post the closing information on their websites.
- Mr. Kidder will put the closing announcement on the main phone message and the St. Mary's website.
- When St. Mary's is closed, all activities, including sports, are cancelled.
- If your school district is closed but St. Mary's is open, students are legally absent; you do not have to call your student in, though it would be helpful if you did. Students are responsible for their assignments.
- If a student comes to school, it is our expectation that they will remain until the school is closed or the end of the school day.
- Students who are absent from school are not allowed to participate in any extracurricular activities, including sports, on that day.
- If a district closes during the day, students will be released only to district transportation or a designated parent or guardian. We will not release students to ride with other students or other parents, except for siblings.
- If a parent or guardian decides it is necessary to pick a student up during the day, please call to let us know you are coming.

Moonlight Str

— Lancer Auction '10 —

Mrs. Pam Aquino, Special Events coordinator, and Mr. Mark Kelso, Advancement director, are looking for people to volunteer at the Auction.

If you are interested, or if you have questions regarding Lancer Auction '10, please call Mrs. Aquino at 683-4824, ext. 28.

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 bright green and yellow recycling bin

Located behind St. Mary's High School near the football field

We accept:

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

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!



TAKE ACTION to restore Catholic school funding

Gov. Paterson wants to slash funding for struggling Catholic schools

Governor Paterson's proposed budget for the 2009-2010 state fiscal year slashes funding to Catholic and other religious and independent schools. The governor proposes cutting the state's Mandated Services Reimbursement program (MSR) in these schools by \$62 million dollars (a 44 percent reduction). Specifically, the governor proposes eliminating \$55 million in Comprehensive Attendance Program reimbursement to religious and independent schools. This important program is intended to ensure that students are safe and in school where they belong.

The governor also proposes wiping away millions of dollars of debt the state owes our schools for our compliance with this program in prior years. He also rejects the 34-year standard of paying 100 percent of expenses for programs that the state mandates on our schools (such as test prep, test taking, data collection, etc.). While Gov. Paterson is proposing drastic cuts to our schools, he is still proposing a \$1.1 billion increase to public schools. Although the increase is less than what public schools expected, it's still a significant increase.

We desperately need your help in telling the governor and legislators that we will not stand to have our families and schools treated unfairly! Parents of children in religious and independent already shoulder a greater financial burden than their public school counterparts. To cut funding to our schools while increasing funding to public schools is indefensible and risks creating an even greater crisis in Catholic school solvency.

Please contact Governor Paterson and your legislators to fight these cuts and to restore the CAP reimbursement to our schools. Simply go to www.nyscatholic.org and click the TAKE ACTION NOW button in the lower right-hand corner of the home page. Fill out the required information, and the system will automatically direct it to Gov. Paterson as well as your Senator and Assembly Member. (Be sure to use your home address so responses can be tracked by legislators.)



Counseling Corner

Carolyn Montalbo (cmontalbo@smhlancers.org)

683-2349

Sarah Nuedeck (snuedeck@smhlancers.org)

Bias in the Admissions Office

We like to think that when admissions officers read applications, they approach each one with an open mind, eager to learn about that student's strengths and dreams for the future. But what are they really thinking?

At highly selective schools, where most applicants have strong grades and test scores, admissions decisions are largely based on whether the student is a good fit for their school. But even while admissions officers are focusing on institutional priorities, their own life experiences color the way they respond to applicants. It's human nature to feel an affinity for people who share our backgrounds, interests, values, or beliefs. And it can be challenging to feel connected to people who don't.

You don't want to worry so much about offending someone that you tone down your application to the point where your voice isn't coming through. But you need to think about what you're communicating. An admissions officer who grew up poor may not respond positively to an essay about a student's third African safari. Resentment is not the reaction you want to evoke in the reader. If you've been lucky enough to have opportunities that other students haven't had, admissions officers won't give you points for your good fortune. You need to show what you've done, not what you've received.

There's no way to know the personal history of the admissions officer who reads applications from your school. An admissions officer who tried out for cheerleader when she was in high school and never made it may cringe when she reads applications from cheerleaders. But good admissions officers try to be aware of their

biases so they can keep them out of the decision-making process.

If your ideas are controversial, find a way to express them that is respectful rather than strident. One student wanted to start an atheists club at his high school and planned to use the experience in college application essays. It could be a risky topic,

but if he presented himself as open and non-dogmatic, he could mitigate the risk of offending some readers, while creating a memorable impression.

[Admissions officers'] life experiences color the way they respond to applicants.

The good news is that, at many colleges, applications are read by two people and sometimes by full committees. Having more than one person read an application reduces the risk of bias influencing a decision, since it's unlikely that two different people will have the same bias. Also, with two readers, students have two chances to bond with an admissions officer who could advocate on that student's behalf.

The best approach in preparing college applications is to convey who you are in an authentic and friendly way. That's how you help the reader look beyond any personal bias and get excited about having you as a member of the college community.

When financial aid is not enough

Requests for financial aid for college skyrocketed this year, and the students may find their financial aid packages less robust than they had hoped. Shrinking endowments along with a decrease in donations, both reflective of the economic issues that affect so much of American life, are impacting the amount of money available for student financial aid. What

can you do if the amount offered by your package simply leaves you with too much to pay?

First off, make an appeal for more aid. Call the financial aid office (even better, arrange a face-to-face meeting if at all possible) to explain why you are requesting more help. New developments that may have occurred since filing your FAFSA (such as loss of a family member's job or unexpected medical bills) could result in a higher aid offer. If your child was offered a better package at an academically

comparable college, respectfully ask "dream U" if there is any chance that college number two's offer could be met so your child could attend their institution.

What can you do if the amount offered leaves you with too much to pay?

Loans can help meet some college expenses. Parents might consider a PLUS Loan (Parent Loan for Undergraduate Students), while students can apply for an unsubsidized Stafford Loan.

Both of these tend to have more favorable rates than other private loans. Be careful, however, that neither you nor your child take on too much debt.

CA1new tax credit may also help. As part of the recent stimulus package, the American Opportunity Education Tax Credit was created (replacing the Hope Scholarship Credit), offering a maximum credit of \$2,500 per year toward college expenses for 2009 and 2010. Consult your financial advisor for more information.

What college-bound athletes need to know

When a college football or basketball team wins a championship, the school typically receives a boost in applications for admission. No wonder colleges recruit student athletes. But what are the benefits for these students?

Preferential treatment in the admissions process is a huge advantage. At many, though not all, Division I schools, if a coach wants an athlete and that student meets NCAA eligibility requirements, the student is more likely to be admitted. But while athletic prowess may be the ticket for superstar athletes, good grades are still important for the majority of prospective players.

Money is another incentive. Division I schools are usually large flagship universities with the most money to put into athletic scholarships. Division II schools also offer athletic scholarships. Many people think all recruited athletes are getting a free education, but the number of scholarships is limited by NCAA rules. The average athletic scholarship is \$10,409. While football and basketball players may get full rides, athletes in less glamorous sports often receive just a few thousand dollars.

Even athletes who get a full ride aren't really getting anything for free. An intense schedule of training, practice, team meetings, and travel to games makes it challenging to keep up with coursework. Athletes may not be able to take certain classes because of scheduling conflicts or workload. While players form tight bonds with their teammates, they have limited time for social life. Forget about spring break at the beach. Being a Division I athlete is a demanding job.

Of course, if you love playing a sport, the sacrifices may be worth it. You have the joy of the game, the camaraderie of your teammates, and an identity on campus. And you certainly graduate having learned good time management skills.

While playing sports at a Division I school may be more prestigious, there are advantages to a Division III school. Athletes can still get special consideration in the admissions process at Division III schools, and even though these colleges

don't offer athletic scholarships, they can offer academic scholarships. Playing for a Division III team might mean more playing time, which is important when you love a sport, and the satisfaction of being a big fish in a small pond. Since Division III schools tend to be smaller, athletes may find more personal attention and smaller classes, and it may be easier to socialize with the rest of the college community.

Students who want to play on a college varsity team should ask their high school or club coach for a realistic assessment of their prospects. Out of over 300,000 high school senior football players, fewer than 18,000 or roughly 6 percent will be NCAA freshmen. In basketball, the high school to NCAA rate is closer to 3 percent for both men and women.

Coaches at Division I schools are

Website of the month

MeritAid.com

A new free site by the people behind Cappex.com, MeritAid helps students to find merit-based scholarships at colleges of their choice.

Scholarships are based on student interests, intended majors, leadership, community service, and accomplishments. Users can search by college or

usually aware of blue chip athletes and will recruit them. Other students who are interested in playing for a school will need to be more proactive. Ideally, your coach knows college coaches and is willing to contact them on your behalf. There are rules about when college coaches can contact students, but students can call or email coaches and may want to prepare an athletic resume that includes academic as well as athletic history.

It's exciting and flattering to be recruited for a team but remember that college is four years of your life. You want to be sure that the school you choose is also a good match for your academic, career, and personal goals. Very few college athletes will continue on to a career in professional sports, so make sure that your college will provide you with the skills you'll need for life.

can complete a profile and find matches from MeritAid's huge database.

This site is not restricted to high school students. Many merit-based scholarships are offered for upperclassmen, so you'll want to bookmark this site and check back later during your college years.

Help create test study schedule

Whether your teen is facing a chapter test in her science class or a college-admission test, she doesn't want to walk in unprepared. A study schedule will help her get ready so she can do her best.

Make sure your teen:

- Sets priorities. A good score on a college-admission test might mean the difference between getting in or not. A poor score in a tough class could mean she has to go to summer school. The test is important, so she has to find the time to study.

- Blocks out time to study. Your teen can't study during school, during practice, or at work, for example. She still has to do her homework for other classes. Have her

look at the calendar and block out other times for study.

- Reviews past tests. Teachers often makes copies of old tests available. Sample college-admission tests are also easy to find. Seeing what is expected can help your teen set a realistic study schedule.

- Determines what needs to be learned. It will take longer to study for a unit test if your teen hasn't done the daily homework.

- Leaves time to review. The night before the test is not the time to learn new material. It's the best time to review.

Source: Rona F. Flippo, *Preparing Students for Testing and Doing Better in School* (Corwin Press, a SAGA Company, www.corwinpress.com)

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Every time you give our School ID number when buying qualifying school supplies, St. Mary's receives credits equal to 5% of the qualifying purchases to use for Free Supplies!
The School ID for St. Mary's High School is 70073221



Spotlight on Majors

Design Careers



Using artistic ability to create visually-pleasing items

Gifted with a passion to create, designers use their artistic ability to produce functional items that are visually pleasing. Their influence is seen in the clothes we wear, the physical spaces we inhabit, the merchandise we buy, and the print and web publications we enjoy. Although many designers are employed by corporations and manufacturers, a significant number are self-employed as consultants and freelance designers. Through their vision and skills, they put their imprint on our world.

Before designers can begin to create, they must first consider the needs of their client, looking at both the function of the intended design and those features that would be important to users. After determining requirements such as desired size, color, cost, weight, shape, and materials, designers prepare sketches to illustrate their vision for the design. Often, computer-aided design tools (CAD) are utilized to make visualizing the final product easier. Industrial designers may use computer-aided industrial design (CAID) tools which also produce machine-readable instructions for automated production machinery. Since design needs for a specific industry may be highly technical, designers generally specialize in a particular area, such as interiors, automobile, clothing and textiles, floral, theatre, industrial,



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medical, website, or floral design.

Fashion designers design clothing and accessories. Most are employed by apparel manufacturers, although some design for individual clients. *Interior designers* may specialize in either residential or business design, planning the interiors of both new and existing structures. They must consider their client's taste, needs and budget in planning functional, comfortable, and aesthetically pleasing spaces. *Commercial and industrial designers* use their artistic talents to produce such items as automobiles, kitchen appliances, furniture, toys, and sports and office equipment. *Graphic designers* develop the layout and design of media including magazines, newspapers, web pages, journals, signs, and other publications. Flowers and foliage are the raw materials used to express the creativity of *floral designers*. While the area of specialization may differ,

designers have much in common.

Along with a passion to create, designers must have an eye for color and detail, a sense of proportion and balance, and an appreciation for beauty. Sketching ability is important, even with the increasing use of computer-aided design tools. Since designers often work as part of a product development team, strong communication skills are vital as is the ability to understand and solve design problems. Because tastes in style and fashion change, designers must be open to new ideas and quick to react to emerging trends.

Most entry-level design positions require a bachelor's degree, except for those wishing to work as floral designers or merchandise displayers. The Bachelor of Fine Arts degree includes a study of art and art history, principles of design, and specialized study in each of the design disciplines. Additional courses in business, marketing, and psychology are recommended for designers who hope to freelance. Training in architecture is often helpful for those wishing to work in interior design. Increasingly, familiarity with computer-aided design software is a requirement for job consideration. For many positions, it is the quality of the applicant's portfolio (a collection of the designer's best work) that leads to a job offer.

The National Association of Schools of Art and Design accredits more than 200 postsecondary programs in art and design. For general information contact the National Association of Schools of Art and Design at <http://nasad.arts-accredit.org>. Learn about careers and programs in interior design at the American Society for Interior Designers at www.asid.org and at www.careersininteriordesign.com. For graphic design information, click on the website of the American Institute of Graphic Arts at www.aiga.org. Don't forget the Bureau of Labor Statistics Occupational Outlook Handbook at www.bls.gov/oco.

Encourage respect for school, teacher

Unfortunately, teens today are not hailed as the most respectful generation.

Talk with your teen about how important respect and good manners are – at home and in school. Let your teen know that you expect him to show respect to his teachers. Encourage him to:

- Pay attention in class. The easiest way to show respect for a teacher is to listen attentively. By making eye contact and paying attention, your teen is showing his teacher that he respects and values the education he

is receiving.

- Use manners. Your teen should follow requests with "please" and be sure to thank the teacher for extra help.
- Be loyal. Outside of classes, your teen shouldn't speak badly of his teachers – even if other kids are. Your teen can show his respect by following the rule, "If you don't have anything nice to say, don't say anything at all."

Source: Good Bugwadia, "Teens: How to show respect & admiration for teachers," Helium, www.helium.com/items/1137082-respect-teachers-admiration-for-teachers-how-to-show-respect

Scholarships

- Trocaire College Scholarships - available to students who will be attending Trocaire in the fall. Visit www.trocaire.edu for specific scholarship information
- NYWEA Scholarship - student pursuing a career in an environmental program. Deadline: Jan. 21. See Counselor for more information.
- KFC Colonel Scholars Program - apply online at www.kfc.scholars.com. Deadline: Feb. 10.
- Catholic Health Athleticare Scholarship - pursuing a career in the healthcare field. Apply online at www.chsbuffalo.org. Deadline: March 31.
- Big Sun Scholarship - student athletes - apply online at www.bigsunathletics.com. Deadline: June 24.



Communicate without snooping

It can be hard to stay in touch with your teenager. He wants independence. You want to know what's going on in his life.

Keep the lines of communication open — without getting a search warrant. Are you staying in touch without snooping? Answer yes or no to the questions below to find out:

1. Do you encourage your teen's friends to spend time at your house?
2. Do you offer to drive your teen and friends to school events? This is a great way to hear what's going on.
3. Do you schedule one-on-one time with your teen? Sometimes, this is all

it takes for a teen to open up.

4. Do you check your teen's page on social networking sites? Your teen is sharing this information with the public — which means he must also share it with you.

5. Do you sometimes just hang out with your teen? Watching TV together can lead to great talks.

How well are you doing?

Each yes means you're communicating without snooping. For each no answer, try that idea in the quiz.

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Handling difficult work situations

Your high schooler comes home and explodes, "I hate my job!" She continues on to say that it's boring work, her boss always makes her work late, and the work-related stress is starting to affect her schoolwork.

You agree that it's time for her to leave this job. But stop your teen before she calls her boss and yells, "I quit!" Talk about the importance of quitting gracefully and respectfully.

With your teen, discuss:

- Her plans. Will she focus only on school for a while? Or does she need to find another job immediately? She might want to stay at her current job until she has another one lined up.
- The two-week notice. Most jobs require employees to give two weeks' notice

that they are leaving the company.

This gives the company time to find a replacement.

- How to talk to her boss. Your teen should explain her reasons for wanting to leave in a professional manner — saying "You're a terrible boss," is not a good option. Instead, your teen should say something like, "I feel I have outgrown the position and am looking for more challenging employment" or, "I am struggling to keep up with my schoolwork, so I need to focus on my grades."

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Health Corner

Too many teenagers are drinking

By the Healthy Lifestyles Club

According to eiconline.org, 4.4 million teenagers under the age of 21 are binge drinking. Binge drinkers drink so much that they do things that they regret and don't remember the next day. Binge drinking consists of consuming four to five alcoholic drinks in a short period of time.

Teens drink for many reasons such as curiosity, peer pressure, to feel older, to reduce stress, and to have a good time; but alcohol has serious side effects on your central nervous system. Your reaction times are slowed; it alters your percep-

tions, emotions, movements, and senses, and can lead to alcohol poisoning.

Alcohol poisoning can occur when you consume large amounts of alcohol in a short period of time. Common symptoms of alcohol poisoning are vomiting, sleepiness, difficulty breathing, and seizures. You should seek medical attention immediately if you or a friend is experiencing any of those symptoms while drinking because alcohol poisoning can lead to death.

Here are some ways to avoid the pressures you may face when in an environment where your peers/friends are

drinking. You could just say "no" and walk away, give reasons for not drinking like "I'm not into drinking" or "My uncle died from drinking", you could call for a ride, tell the friends who are drinking that you have to go because you have other plans, or go someplace fun (bowling, skiing, movies) where drinking is not taking place.

You can still have fun with friends and not drink. However, if you or your friends do decide to drink (which is illegal for anyone under 21) do not drink and drive or get into a car with a friend who has been drinking and wants to drive you home.

Be smart and stay safe.

Alumni Spotlight

Rev. Peter Karalus '87: Langford pastor, SMH Board member

Please tell us about the path your life took upon graduation from St. Mary's.

After graduating from St. Mary's in 1987, I continued my education at the University at Buffalo from which I received my Bachelor of Arts Degree with Departmental Distinction in Art History. While pursuing my undergraduate degree, I also worked as an intern at the Castellani Art Museum at Niagara University and was planning a career in museum education.

What stimulated your interest to serve in the ministry?

Throughout my high school and college years, I remained closely associated with my home parish of St. John Kanty in Buffalo. Being able to know several priests allowed me to understand their vocation, to see them as "regular people," and encounter them through their ministry. While others could recognize God's call in my life, it took a while for me to recognize, address, and deal with that call. Throughout my undergraduate studies, I was exposed to the history of theology displayed in art and architecture. It was inspiring, and also my faith life reminded me that our Catholic faith was not something relegated to museums but was alive in individuals, communities, and our world.

What aspect of your ministry do you find most rewarding?

The most rewarding aspect of my priesthood is to be part of the faith and life journeys of others. As a priest, I am able to witness and walk in faith with others at

some of life's most intense moments: when parents welcome a new child into their lives, when couples commit themselves to each other in faith in marriage, being with someone as they prepare for eternal life and to walk with their families as they grieve but also find hope in our faith when facing the death of a loved one. I also continue to remain involved in many aspects of youth ministry which is also very rewarding and inspiring.

What are your fondest memories of St. Mary's?

Many of the friendships formed when I was a student at St. Mary's continue today. They are life-long relationships. I have had the opportunity to preside at the weddings of friends and baptize their children.

The foundation that St. Mary's offered for all of us to build our relationships, education, careers, and families remains a common thread throughout all our lives.

What aspects of your St. Mary's education prepared you for your present situation?

My St. Mary's education provided me with a solid foundation to approach the future with faith, with confidence, and with a vision. As a parish priest, St. Mary's helped me to understand the importance



Father Karalus comes back to St. Mary's often to celebrate with the school, including the blessing of the Athletic Center in 2003.

of community in my life and in the lives of others.

The relationships we establish and maintain see us through the difficult and confusing times and also help us share and celebrate the joyful times.

What is your advice to students today about service and having a church family?

I continue to encourage students to strive to develop a strong faith life. It takes work, but usually the best and most important things do.

In our very busy and loud world, we all need to find some silence and calm. Faith, knowing and living the message of Jesus Christ, can bring that calmness. This also reminds each of us that we never face anything alone and that we need to take care of those around us.

What do you think of St. Mary's today?

I have been privileged to return to St. Mary's many times as a presider at liturgies and I still find it to be an environment that forms the whole student - spiritually, educationally, emotionally, and physically. And it is a privilege to now serve on the St. Mary's Board of Trustees, leading the school into the future.

St. Mary's continues to be a growing family of which I am proud to be a member.

Students/Teacher of December



Chris Ploski



Nicole Gangloff



Rose Brown



Mary Hamilton



Mr. Derrico

When should my child stay home with the flu?

H1N1 Influenza: A Recommendations from the Centers for Disease Control

When should my child stay home with the flu?

Students with "Influenza-Like Illness" should stay home when they are sick. Your child may have the flu and should stay home if they have the following signs and symptoms:

Fever of 100°F (37.8°C) or higher along with any of the following symptoms:

- Cough
- Runny Nose
- Sore Throat

When should my child return to school?

It is recommended that students stay home until at least 24 hours after they are free of fever [100°F (37.8°C) or greater] or signs of a fever, without the use of fever-reducing medications.



What can we do to reduce the chances of spreading or "catching" H1N1 Influenza?

- Wash hands often with soap and water, especially after coughing or sneezing
- Use alcohol-based hand sanitizers to clean hands if soap and water are not available
- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use (if no tissue is available, cough or sneeze into your arm or sleeve – not your hand)

If your child has these symptoms, please call your child's physician!

Give Kids A Smile

A ONE DAY event for children ages 1 – 18 who do not have access to Dental Care



**Friday, February 5, 2010
9:00 a.m. to 4:00 p.m.**

University at Buffalo
School of Dental Medicine – Squibb

For more information or to register, please contact: (716) 861-2345



Hon. Mention Scholar Athletes

Congratulations to the following St. Mary's High School students who were named to the Honorable Mention List for *The Buffalo News* Fall Scholar-Athlete Award:

- Emma Concannon (women's volleyball)
- Alex Elwell (football)
- Vince Kazmierczak (men's volleyball)
- Chelsea Kiebzak (women's soccer)
- Nicole Richter (women's soccer)
- Jessica Warner (women's volleyball)
- Jordan Warunek (men's volleyball)

Warner signs Letter of Intent

Senior Jessica Warner recently signed a Letter of Intent to attend Canisius College where she plans to play volleyball for the Griffins.

Jessica was a team captain of the St. Mary's Varsity Volleyball Team, leading the Lady Lancers to the League Championship and a second place finish in the New York State Catholic High School Championship.

Jessica is surrounded by her parents,



Mark and Maryann Warner, along with Principal Rebecca Kranz and Coach Don Pieczynski.

Winter Sports Schedules

Women's Basketball

JV games will start at 6 p.m.; Varsity games will start at 7:30 p.m. – unless noted

- Sat, Jan. 2, 6 p.m. vs. Lancaster (Var only)
- Mon, Jan. 4 @ Williamsville South
- Wed, Jan. 6, 6 p.m. @ Buffalo Seminary
- Fri, Jan. 8 @ Christian Central
- Mon, Jan. 11, JV-4:30 p.m.; Var 6 p.m. @ O'Hara
- Wed, Jan. 13 vs. Niagara Catholic
- Wed, Jan. 20, JV-4:30 p.m.; Var 6 p.m. @ Holy Angels
- Mon, Jan. 25 vs. Mt. St. Mary's
- Fri, Jan. 29, JV-4:30 p.m.; Var 6 p.m. @ Nichols
- Mon, Feb. 1 vs. Buffalo Seminary
- Wed, Feb. 3 @ Nardin
- Mon, Feb. 8, JV-5 p.m.; Var 6:30 p.m. @ Iroquois
- Thurs, Feb. 11, JV-5:43:30 p.m.; Var 7 p.m. @ Niagara Catholic
- Fri, Feb. 19 vs. Mt. Mercy
- Mon, Feb. 22 vs. O'Hara

Men's Basketball

JV games will start at 6 p.m. Varsity games will start at 7:30 p.m. – unless noted

- Thurs, Jan. 7, vs. Iroquois
- Sat, Jan. 9, JV-12:30 p.m., Var-2 p.m. vs. Nichols
- Mon, Jan. 11, @ Williamsville North (JV only)
- Fri, Jan. 15 vs. Niagara Catholic
- Fri, Jan. 22 vs. St. Francis
- Sun, Jan. 24, 3:30 p.m. @ St. Joe's
- Sat, Jan. 30, 1 p.m. @ O'Hara
- Tues, Feb. 2, 6:30 p.m. @ Walsh
- Sun, Feb. 7, 2:30 p.m. vs. O'Hara
- Tues, Feb. 9 @ Niagara Catholic
- Thurs, Feb. 11 vs. Canisius
- Fri, Feb. 12, 6:30 p.m. vs. Walsh
- Fri, Feb. 19 @ Timon/St. Jude

Wrestling

- Wed, Jan. 6, 6 p.m. vs. Niagara Catholic
- Sat, Jan. 9th, time to be announced, @ Alexander Tournament
- Fri, Jan. 15, time to be announced, @ Lockport Tournament
- Sat, Jan. 16, time to be announced, @ Lockport Tournament
- Fri, Jan. 22, 6:30 p.m. @ Gow
- Mon, Jan. 25, 5 p.m. Msgr. Martin Duals @ Gow
- Sat, Jan. 30, time to be announced, Depew Tournament
- Mon, Feb. 1, 6 p.m. @ Niagara Catholic
- Sun, Feb. 7, time to be announced, @ All-Catholics Meet at St. Francis
- Mon, Feb. 14, time to be announced, @ Catholic State Meet at St. Anthony's (Long Island)
- Tues, Feb. 15, time to be announced, @ Catholic State Meet at St. Anthony's (Long Island)

Varsity Hockey

- Wed, Jan. 6, 8:15 p.m. vs. Cheektowaga at Depew Rec Center
- Sat, Jan. 9, 4:30 p.m. vs. Wilson at Holiday Twin Rinks
- Sat, Jan. 16, 8:15 p.m. vs. Starpoint at Holiday Twin Rinks
- Mon, Jan. 18, 1:40 p.m. vs. Southwestern / Maple Grove at Jamestown Ice Arena
- Wed, Jan. 20, 8:15 p.m. vs. Depew at Depew Rec Center
- Sat, Jan. 30, 9 p.m. vs. Southwestern / Maple Grove at Jamestown Ice Arena
- Sat, Feb. 6, 8:15 p.m. vs. Maryvale at Depew Rec Center
- Sun, Feb. 7, 9:15 p.m. vs. Wilson at Niagara University
- Wed, Feb. 10, 8:15 p.m. vs. Cheektowaga at Depew Rec Center

JV Hockey

- Fri, Jan. 1, 7:30 p.m. vs. Grand Island at Holiday Twin Rinks
- Sat, Jan. 2, 6 p.m. vs. Dunkirk / Fredonia at Holiday Twin Rinks
- Sun, Jan. 10, 6:15 p.m. vs. Lockport at Holiday Twin Rinks
- Mon, Jan. 18, 2:45 p.m. vs. Depew at Holiday Twin Rinks
- Sat, Jan. 30, 5:45 p.m. vs. Grand Island at Hyde Park
- Sun, Jan. 31, 5 p.m. vs. LewPort at Hyde Park

Men's Bowling

All games will start at 3:35 @ Thruway Lanes

- Thurs, Jan. 7 vs. St. Francis
- Tues, Jan. 12 vs. O'Hara
- Thurs, Jan. 14 vs. Timon/St. Jude
- Thurs, Jan. 21 vs. St. Joe's
- Thurs, Jan. 28 vs. Park
- Tues, Feb. 2 vs. Canisius
- Thurs, Feb. 25 All-Catholics

Men's Freshman Basketball

- Thurs, Jan. 7, 5 p.m. @ Lockport
- Fri, Jan. 8, 4 p.m. @ Kenmore East
- Sat, Jan. 9, 11 a.m. vs. Jamestown
- Mon, Jan. 11, 4:30 p.m. @ North Tonawanda
- Sat, Jan. 16, 11 a.m. vs. St. Francis
- Thurs, Jan. 21, 4 p.m. @ St. Francis
- Sat, Jan. 23, 11 a.m. vs. Lockport
- Sun, Jan. 24, 12:30 p.m. @ St. Joe's
- Tues, Jan. 26, 3:30 p.m. @ Timon/ St. Jude
- Wed, Jan. 27, 5 p.m. @ Canisius
- Sat, Jan. 30, 10 a.m. @ O'Hara
- Sat, Feb. 6, 11 a.m. vs. North Tonawanda
- Sun, Feb. 7, 11:30 a.m. vs O'Hara
- Fri, Feb. 12, 4:30 p.m. vs. Kenmore West
- Sat, Feb. 13, 11 a.m. vs. Kenmore East

Sports Boosters / Softball Team

Chiavetta Chicken Dinner

Sunday, January 24th
12 noon to 5 p.m.

Tickets – \$8.50 • four pack for \$32

Dinner includes 1/2 chicken, potato salad, chef salad, roll & butter, beverage and dessert.
Extra beverages & desserts will be available.
Eat in or take out dinners.

For more info call Dave Helak 675-1787.
Tickets will be available in school office.

Reminder: College visitation policy

St. Mary's High School encourages members of the senior class to visit colleges they are considering but not when doing so will jeopardize their present academic studies.

If at all possible, St. Mary's recommends that visits take place during school

vacations.

If visits must take place during school hours, seniors are asked to limit their visits to a "reasonable" number. The administration reserves the right to deny an off-campus pass if they feel a student is abusing this policy or is in poor aca-

demical standing.

In addition to submitting parent permission prior to the visit, students are required to submit to the Discipline Office a letter from a college official on college letterhead stating that the student was visiting that college on the day in question.

School Meals

We serve education everyday through healthy choices

January 2010 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 Happy	29 New	30 Year	31 to	1 All!
4 Tyson chicken pattie on roll, cold pasta salad, assorted fruit, milk variety	5 Goulash with meat sauce, dinner roll, chef salad, assorted fruit, milk variety	6 Stuffed-crust pizza, mozzarella sticks, assorted fruit, milk variety	7 Tacos with seasoned meat, cheese, lettuce, salsa, rice pilaf, fruit, milk variety	8 Grilled ham & cheese, oven fries, broccoli, fruit, milk variety
11 Chicken nuggets, mashed potatoes, gravy, steamed corn, fruit, milk variety	12 Spaghetti with meat balls, chef salad, Italian bread, assorted fruit, milk variety	13 Chicken fajitas on soft shell, peppers, onions, baked nachos, fruit, milk variety	14 Mini subs: turkey, ham, bologna, or assorted, hash brown pattie, fruit, milk variety	15 Cheese burger, oven fries, green beans, fruit, milk variety
18 No School	19 Chicken finger subs, tater gems, green beans, fruit, milk variety	20 Macaroni & cheese, Sahlen's hot dog, fruit, milk variety	21 Pizza bagels, chef salad, fruit, milk variety	22 Cheese-stuffed shells, dinner roll, mixed vegetables, fruit, milk variety
25 Tacos, seasoned meat, soft shell, cheese, lettuce, salsa, rice, fruit, milk variety	26 Exams – No Lunches	27 Exams – No Lunches	29 Exams – No Lunches	29 Exams – No Lunches

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 \$2.50 per day.

Menu Choices

Balanced lunch as shown on menu OR

Soup of the Day

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.



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JV Bastbetball starts season on road

The St Mary's Lancer JV basketball team has opened up the new season with 3 wins and 2 hard fought losses.

They have played all their games on the road so far and will not play on their home court until January 7 of the new year.

"It will be a great test of character for these 14 boys, as the schedule is very demanding," said Assistant Coach Brad

Murray. "The boys have become a closer team with all the miles on the bus, it's been a good thing."

With road trips to Maple Grove, Fredonia, Dunkirk, and Charles Finney (Rochester), the team has really responded well and are starting to form their own team identity. The Junior Lancers will have to rely on team speed and an up-

tempo offense which will be created with good old fashion in-your-face defense.

"Because our team is on the short side, our coach says we have to do all the little things well, which include boxing out, making our foul shots and eliminating turn overs," says team co-captains Frank Sardina and Jim Rosati.

The Lancers next opponent is the Alden Bulldogs, and then they travel to Depew for a holiday tournament.

The rest of the team members are Anthony Samson, Andy Dobmeier, Dan Moreno, Tyler Sikora, Dan McManus, Eric O'Neill, Paul Bartholomew, Ryan Winnicki, Jamison Powell, and freshmen Sean Murray, Paul Rath, and Lucas Schaefer.






Have you ordered your Yearbook?

The deadline is fast approaching to order their 2009-2010 St. Mary's Lance Yearbook. These full-color yearbooks will only be on sale through January 15. Remember your year for only \$90.

To order your book, go to www.jostensyearbooks.com.

More information is available by contacting Miss Michelle Giomundo at mgiomundo@smhlancers.org.

January 2010 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO SCHOOL Christmas Break 	2
3	4 - D Day Student Senate 2:30pm	5 - E Day Musical Auditions 2:30-5pm Curriculum Committee Meeting 2:30pm	6 - F Day Ext HR / PM Liturgy (Class Meetings / Epiphany) Book Club Meeting 2:30pm Musical Auditions 2:30-5pm 	7 - A Day Leadership and BISSNet Diversity Workshop 8am- 2:20pm at Daemen College Ski Club 3-9pm Prom Meeting 2:30pm	8 - B Day Musical Call-backs 2:30-5:30pm	9
10 Hoops for Hope sponsored by Leadership Class 12noon	11 - C Day Student Senate 2:30pm	12 - D Day NHS Meeting 2:30pm	13 - E Day Principal's Advisory Board 2:30pm	14 - F Day Campus Ministry Meeting 7:25am Prom Meeting 2:30pm Ski Club 3-9pm	15 - A Day Ext. HR Schedule (Dr. Martin Luther King Jr. Presenta- tion)	16
17	18 NO SCHOOL Dr. Martin Luther King Jr. Day 	19 - B Day	20 - C Day Faculty / Staff Meeting 2:30pm Jeans Day for Sisters Hospital Neo-Natal Clinic 	21 - D Day Prom Meeting 2:30pm Ski Club 3-9pm SOUL Meeting 2:30pm	22 - E Day Pride Day 	23 SAT Exam
24 Chiavetta Chicken Dinner 12-4pm	25 - F Day Student Senate 2:30pm	26 January Exams – See schedule on Page 2	27 January Exams – See schedule on Page 2	28 January Exams – See schedule on Page 2 Ski Club 3-9pm	29 January Exams – See schedule on Page 2 End of Second Quarter	30
31						

In the January issue of *Currents*

Peace Mural



White doves like this one are incorporated throughout the Peace Mural found in the Main Foyer. See page 4 for story.

- Basketball team visits hospital
- Additions to the Main Foyer
- Theater Dept. announces Spring Musical
- Alumni Spotlight – Fr. Peter Karalus '87
- Counseling Corner – Bias in Admissions Office; When financial aid is not enough; Spotlight on Design careers
- Jessica Warner signs Letter of Intent
- January Calendar & Menu
- And much more!

**For the latest news
about 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

