

Your Opportunities Await at ... St. Mary's High School

April 2013

CURRENTS

St. Mary's High School presents **HONK!**



More pictures from HONK! are on the St. Mary's website.

Spring Open House – April 29

St. Mary's High School will hold its Spring Open House on Monday, April 29, from 4 to 7 p.m.

This event is designed to show off all that St. Mary's has to offer to prospective students and their families.

Guests will learn more about the opportunities at St. Mary's by taking a tour of the building, and talking with faculty members, students, coaches, and parents. They will receive the latest information about the school.

Steven Grieco, Enrollment Director,

is seeking assistance at Open House in the following ways:

- Students should sign up with him if they are interested in serving as hosts, tour guides, etc.
- Parents are needed to help with refreshments, passing out materials, or to simply answer questions about what it's like to be a parent of a St. Mary's student.

Those interested in helping out with Open House are encouraged to call Mr. Grieco at 683-4824, ext. 37.

AP Exam Review Sessions

As AP classes get ready for their exams in May, many teachers have scheduled review sessions:

- **AP American / Macroeconomics** (Mr. Ard) – Thursdays after school
- **AP Calculus** (Mrs. Rosenthal) – 2:30-3:15 on April 11, 16, 23, 30, May 2, 6
- **AP English Literature** (Ms. VanGroenewoud) – Tuesday, April 30, 2:30pm
- **AP US History** (Mr. Ard) – Tuesdays after school
- **AP World** (Mr. Junik) – 2:30-3:15 on April 16, 23, 30, May 7, 14, 15

Transportation Reminder

Bus transportation request forms for the 2013-14 school year are to be submitted to the public school districts by **April 1** for students who require bus service next year.

These transportation forms were either included in the district newsletter or are available on the district's website.

Anyone who did not receive a transportation request form should call their school district, to be sure that their children will receive transportation next year.

Note – Buffalo and Lockport students do not need to apply for transportation, as this is arranged through St. Mary's.

Work Program registration in May

Many families have contacted St. Mary's High School regarding the Work Program, in which students can assist with summer projects while earning tuition credit. This year, registration for the program will take place on-line only.

Please note that applications for this year's program will be available in May. See the May issue of *Currents* and the St. Mary's website for more information.

Questions regarding the Work Program and the application process may be directed to the Tuition Office.

Important Senior Dates

With the end of the school year fast approaching the Administration is reminding Class of 2013 and their parents – of the following important dates:

- Tuesday, May 7, through Thursday, May 16 – AP Exams
- Thursday, May 9 – last day of classes for seniors
- Friday, May 10, through Thursday, May 16 – Senior Exams
- Friday, May 17 – Prom

- Sunday, May 19 – Baccalaureate Mass (Mandatory) & Family Brunch
- Tuesday, May 21 – Closing Ceremonies with Seniors (Parents Welcome) and Senior Retreat (Mandatory)
- Wednesday, May 22 – Graduation Rehearsal (Mandatory)
- Wednesday, May 22 – Graduation (Mandatory)

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

Office Hours during breaks

From April 1 to April 8, St. Mary's High School will be closed for the Spring and Easter Break.

Offices will be open on Tuesday, April 2, through Thursday, April 4, from 9 a.m. to 12 noon. The other days the school will be closed. If you need to meet any other time, please call the office to set up an appointment.

Report cards issued April 19

Friday, April 12, marks the end of the third quarter of the 2012-13 school year. Report cards for the third quarter will be distributed in homeroom on Friday, April 19.

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

Bishop's Day April 8

It's traditional that when the Bishop visits a school, he declares a school holiday for a day selected by the school Administration.

The St. Mary's Administrative Team has selected **Monday, April 8**, for this Bishop's Holiday. This will extend the Easter Break by one day.

Currents

Published 12 times a year by
St. Mary's High School
142 Laverack Ave., Lancaster, NY 14086
(716) 683-4824 • www.smhlancers.org

Vol. 21, Issue 8

Counseling Corner

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Counselor to Classes of 2013 & 2015

Counselor to Classes of 2014 & 2016

Reinforce study skills to help developing brain

Research shows that teens' brains are still developing – and they continue to develop until they reach adulthood. During adolescence, your teen's brain is learning to think critically, plan ahead, solve problems, and control impulses. But while your teen is able to process more complicated, abstract information, he needs to practice putting these new skills to work and develop processes for learning new information.

Help your teen reinforce what he is learning in school by offering these hints:

- Color code materials to keep organized. For example, your teen might write down his assignments in blue pen, new information in red, and details concerning a long-term project in green. His brain will categorize the information it sees in different colors as it processes what steps to take next.
- Use graphic organizers to visualize new information. Seeing facts written out may help your teen recall them later.
- Use process charts to outline the steps of long-term projects. It will help your teen keep track of important steps and due dates.
- Rely on routines. Consistent expectations and routines, from both you and your teen's teachers, will help him remember processes and rules for completing homework, test-taking strategies, and more.

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Study shows family time leads to academic success

Research shows that teens who spend time with their parents do better in school. Make spending time together a family priority, and plan fun activities with your teen. You can:

- Spend time with your teen's friends – and their parents. This way, your teen is still able to hang out with his friends, just like he wants. And you're able to connect with their parents, which will help you understand their family's values. Stress how important school is to your family.
- Give your teen a choice of things to do with the family. If he would rather take a walk with you instead of helping you at the grocery store, that's okay! Give him flexibility in

deciding how he wants to spend together time. You'll still be enjoying each other's company in the end.

- Eat together as a family. Strive to enjoy at least one meal as a family each day. Use this time to talk about everyone's day and to stay informed about each other's lives. Discuss events around your community and in your teen's school.
- Spend some time with your teen every day. Tell him how happy you are when he hangs out with you.

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Use Smart phone as learning aid

Today, more than 75 percent of teens have smart phones.

They use them to send text messages to friends. They play games. Sometimes, they even use them to call people!

There are many free apps that can turn your teen's smart phone into a learning aid. Your teen can use his cell phone to:

- Prepare for college testing. There are many free apps that help teens master the challenging vocabulary for college tests. Downloading one of these apps will allow your teen to study new words on the go.
- Study a foreign language. Many free apps will help students in their foreign language course. Some apps focus on vocabulary. Others will help students learn those

challenging verb tenses. He should ask his teacher to recommend the best one for the language he is learning.

- Replace a graphing calculator. In upper-level math classes, students often use these calculators to solve problems. There are free apps that will also do the job. Now he can solve equations on his cell phone.
- Read Shakespeare. Instead of lugging around the huge volume of Shakespeare's works, your teen can download whatever he's studying to his smart phone. Look for an app that includes a glossary.

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Campus Ministry



Doubt, forgiveness, knowledge, love

A Blessed Feast of the Resurrection to all the St. Mary's Community for the month of April and beyond!

The Church will celebrate the Easter season for 50 days, that is from the Easter Vigil until Pentecost Sunday.

The readings for the month of April are taken from the Gospel of John, and they focus on doubt, forgiveness, knowledge, and love.

On the second Sunday of Easter, Divine Mercy Sunday, Thomas believes in the resurrected Jesus because he sees. Jesus dares us, today, to believe even though we can't see Him physically as Thomas did.

The question posed to Peter, in the

reading of April 14, is the same question posed to us, "Do you love me?" Jesus asks Peter this three times just as Peter in the Passion Narratives had denied Him three times. Is our response to the question consistent with the way we live? For Jesus, love is not an affection based on emotion; love is a choice. I choose to love Him in good times and in bad, in sickness and in health, for richer or poorer, as long as I shall live.

The Fourth Sunday of Easter, April 21, reminds us that Jesus is the Shepherd. Sheep will respond to the voice of the shepherd, and we are to respond to His voice. In our sound-drenched world, not only is it difficult to hear His voice, it is a

challenge to answer. Even if we hear it, do we listen to it?

The Gospel on April 28 encourages us to love one another. The biblical attributes of love include patience, kindness, humility, truthfulness, hope, and charity, to cite a few. The Scripture does not mention that we have to "like" one another.

As April springs forth the season of the "Risen Christ," and we celebrate our exodus from sin to salvation, be encouraged and empowered by the words of St. Paul: "those who have died with Christ through Baptism will rise with Him."

Benedicat vos omnipotens Deus.

Health Corner

What is stress?

Healthy Lifestyles Club

Stress is anything that threatens or challenges our well-being. If stress weakens both our mental and physical health, it is bad. Stress can cause blood pressure to rise, rapid breathing, the slowing down of the digestive system, a raise in your heart rate, immune system lowering, tense muscles, and sleepless-

ness.

Students often feel stressed over academics because they feel pressured to complete homework, finish group projects, or study for exams. Teenagers can also feel stress from family pressures and problems. A family can experience economic hardship, divorce, or a family move. A large part of teen stress can be contributed to social pressures. Some

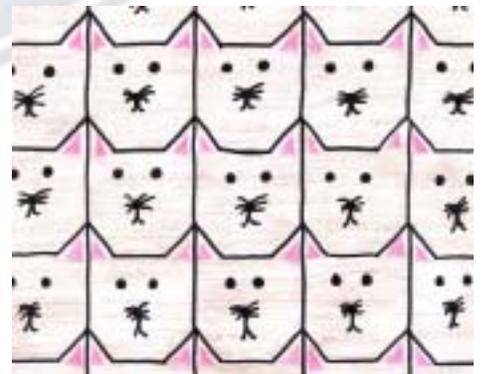
Students make tessellations

Mrs. Jenna Sheehan's and Mrs. Lynn Tytka's Integrated Algebra 2B classes just finished a chapter on transformations.

To enable students to see that math is incorporated in life and art, Mrs. Sheehan and Mrs. Tytka decided to have the students do a project on the life of M.C. Escher and Tessellations.

A tessellation is simply a collection of shapes that fit together to cover a surface, without overlapping or leaving any gaps or spaces. Tessellations are formed by using the math concepts of reflecting, rotating, and translating a single shape over and over on a surface.

Students completed a short research paper and created two different tessellations as part of the project.



Katarina Raab's kitten tessellation.

Announcing the

All Class Grand Reunion

Saturday, June 1 • 6 to 11 p.m.

Cost \$25

Ticket includes The Diva Show, food, drinks, & more

The Reunion Committee is looking for volunteers to work 2-hour shifts at the Grand Reunion. If you are interested or would like more information, contact Jennifer Wiech, Alumni Director, at 683-4824, ext. 49, or at jwiech@smhlancers.org



Lancer athletics



Spring Sports Schedules

Varsity Baseball

Games begin at 4:15pm unless indicated.
 Monday, April 8th vs Lancaster
 Wed., April 10th vs. Canisius
 Fri., April 12th @ Canisius (Delaware Park)
 Sat, April 13th 1pm vs. West Seneca East
 Mon., April 15th vs. Timon
 Wed., April 17th @ Timon (Cazenovia Park)
 Fri., April 19th @ St. Francis
 Mon., April 22nd vs. St. Francis
 Wed., April 24th 4:30pm @ Nichols
 Fri., April 26th vs. Nichols
 Mon., April 29th vs. St. Joe's
 Thurs., May 2nd, 4:30pm @ St. Joe's
 Sat., May 4th 12noon vs. Will North
 Wed., May 8th vs. O'Hara
 Fri., May 10th @ O'Hara
 Sat., May 11th 1pm vs. Frewsburg
 Tues., May 21st 4:30pm Quarterfinals at higher seed
 Sat., May 25th time TBA Semifinals at UB's Home Field
 May 28, 29, & 30th 4pm Finals at Coca-Cola Field

JV Baseball

Games begin at 4:15pm unless indicated.
 Thur., April 11th vs. Niagara Catholic
 Fri., April 12th @ Canisius 1 (Delaware Park)
 Wed., April 17th@ Timon (Cazenovia Park)
 Fri., April 19th@ St. Francis 1
 Mon., April 22nd @ St. Francis 2
 Fri., April 26th @ Christian Central (at TBA)
 Sat., April 27th 12 noon vs. St. Francis 1
 Fri., May 3rd vs. St. Joe's 2
 Sat., May 4th 11am @ St. Joe's 1
 Tues., May 7th vs. Timon
 Wed., May 8th @ O'Hara
 Fri., May 10th @ St. Joe's 1
 Mon., May 13th vs. O'Hara
 Tues., May 14th @ Canisius 2 (Delaware Park)
 Thur., May 16th vs. Canisius 1

Tennis

Matches begin at 4pm. Home court is Como Park.
 Mon., April 8 vs. Niagara Catholic
 Tues., April 9 @ Buffalo Seminary
 Thurs., April 11 @ Mt. Mercy
 Tues., April 16 vs. Mt. St. Mary's
 Thurs., April 18 @ Sacred Heart
 Mon., April 22 vs. Nardin
 Mon., April 29 vs. Park
 Tues., April 30 @ Mt. St. Mary's
 Thurs., May 2 vs. Sacred Heart
 Tues., May 7 @ Nardin
 Tues., May 14 vs. Holy Angels

Varsity Softball

Games begin at 4:15pm. Home field is Walden Pond.
 Sat, April 13th 11am vs Aquinas (Sunshine Park)
 Sat., April 13th 2pm vs. Mt. Mercy (Sunshine Park #1)
 Mon. April 15th vs. Mt. St. Mary's
 Wed. April 17th @Nardin (Lincoln Park #2)
 Sat., April 20th 11:30am vs. Frontier (Northtown Center #2)
 Mon. April 22nd @ Niagara Catholic
 Sat., April 27th @ Depew (Walden Pond)
 Mon. April 29th vs. Sacred Heart
 Wed. May 1st vs. Holy Angels
 Fri. May 3rd @ O'Hara
 Wed. May 8th vs. Mt. Mercy
 Thurs. May 9th vs. Immaculata
 Mon. May 13th @Christian Central (Lou Gehrig #2)
 Wed. May 15th @Nichols

JV Softball

Games begin at 4:15pm. Home field is Walden Pond.
 Mon. April 15th vs. Mt. St. Mary's
 Wed. April 17th @Nardin (Lincoln Park #1)
 Mon. April 29th vs. Sacred Heart
 Wed. May 1st vs. Holy Angels
 Wed. May 8th vs. Mt. Mercy
 Thurs. May 9th vs. Immaculata
 Tues. May 14th @ Christian Central (Lou Gehrig #1)
 Thurs. May 16th @ Nichols

Men's Lacrosse

Games begin at 5pm unless noted. Home field is Keysa Park.
 Mon. April 15th @ St. Joes
 Wed. April 17th @ Canisius
 Sat. April 20th 11am @ Grand Island
 Mon. April 22nd vs. Nichols
 Tues. April 23rd vs. Timon
 Wed. May 1st vs. St. Joes
 Thur. May 2nd vs. St. Francis
 Mon. May 6th vs. Canisius (@SMH)
 Wed. May 8th @ Nichols
 Mon. May 13th @ Timon (Tiff Farms)
 Wed. May 15th @ St. Francis

Women's Lacrosse

Games begin at 4:30pm unless noted. Home field is Keysa Park.
 Tues. Apr. 9th vs. Holy Angels
 Thurs. April 11th vs. Buff Sem
 Tue. April 16th @Nardin (Buffalo Soccer Club)
 Wed. April 17th @ Mt. Mercy (Cazenovia Park)
 Thur. April 18th @ Springville
 Mon. April 22nd @Niagara Falls
 Wed. April 24th vs. Sacred Heart
 Fri. April 26th vs. Mt. St. Mary's
 Mon. April 29th vs. Niagara Falls
 Tues. April 30th @ Holy Angels
 Thurs. May 2nd @ Buff Sem (Larkin House)
 Fri. May 3rd @ Sacred Heart (UB Rotary Field)
 Mon. May 6th vs. Nardin
 Wed. May 8th @ Mt. Mercy
 Wed. May 15th @ Mt. St. Mary's (Philip Sheridan)

February Calendar Winners

Feb. 1 ...956 Ticket Unsold	\$ -	Feb. 15 646 Ticket Unsold	\$ -
Feb. 2 ...742 Ticket Unsold	\$ -	Feb. 16 990 Ticket Unsold	\$ -
Feb. 3 ...791 Eleanor Bilski	\$50	Feb. 17 911 Ticket Unsold	\$ -
Feb. 4 ...455 Ticket Unsold	\$ -	Feb. 18 372 Mike & Laura Stephens	\$25
Feb. 5 ...574 Ticket Unsold	\$ -	Feb. 19 212 Ticket Unsold	\$ -
Feb. 6 ...205 Jackie McCarthy	\$25	Feb. 20 331 Ticket Unsold	\$ -
Feb. 7 ...329 Jason Lehr	\$25	Feb. 21 177 Ticket Unsold	\$ -
Feb. 8 ...632 Ticket Unsold	\$ -	Feb. 22 500 Donna Denz	\$25
Feb. 9 ...133 Ticket Unsold	\$ -	Feb. 23 200 Ticket Unsold	\$ -
Feb. 10 650 Ticket Unsold	\$ -	Feb. 24 598 Pam Aquino	\$50
Feb. 11 .656 Ticket Unsold	\$ -	Feb. 25 616 Ticket Unsold	\$ -
Feb. 12 100 Ticket Unsold	\$ -	Feb. 26 975 Ticket Unsold	\$ -
Feb. 13 972 Lisa Vasko	\$25	Feb. 27 304 Ticket Unsold	\$ -
Feb. 14 697 Sam Enzinna	\$25	Feb. 28 626 Ticket Unsold	\$ -

Stress (continued from page 4)

causes of social pressures can be broken ties with friends, end of a teen relationship, peer pressure, or self doubt.

How do you cope with stress?

- Get out more often. Physical activity is known to reduce stress. Exercise can also boost your health and your mind.

- Reconnect with friends. Take time out of your weekend to connect with friends outside of school in a leisurely environment. Supportive friends can help keep you happy and motivated.

- Express yourself. Be creative or try a new hobby, draw, paint, sing, dance, or

play an instrument. Gain new skills and feel good about yourself.

- Get involved in your school or community. When you give back to people around you, sometimes you forget about your own worries. Plus, the people will sincerely appreciate you.

School Meals

We serve education everyday through healthy choices

April 2013 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 No ...	2 ... School ...	3 ... Easter	4 ... Spring	5 ... Break
8 No School	9 Chicken patty on roll, oven fries, peas & carrots, fresh fruit, milk	10 Pizza, chef salad, green beans, carrots, fresh fruit, milk	11 Spaghetti, meat balls, chef salad, dinner roll, broccoli, fresh fruit, milk	12 Fish on roll, cole slaw, macaroni salad or hash brown patty, peas, fresh fruit, milk
15 Chicken nuggets, mashed potatoes, gravy, broccoli, carrots, dinner roll, fresh fruit, milk	16 Tacos with seasoned meat, whole grain wrap, refried beans, salsa, cheese, lettuce, rice, fresh fruit, milk	17 Stir fry, chicken, rice, vegetables, sweet & sour sauce, fortune cookie, fresh fruit, milk	18 Chicken patty on roll, tater tots, corn, green beans, fresh fruit, milk	19 Grilled cheese, tomato soup, potato patty, carrots, peas, fresh fruit, milk
22 No School	23 Spaghetti, meat balls, whole grain dinner roll, chef salad, garbanzo beans, fresh fruit, milk	24 Oven baked chicken, mashed potatoes, green beans, carrots, dinner roll, fresh fruit, milk	25 Pizza, whole grain crust, chef salad, corn, carrots, fresh fruit, milk	26 Baked ziti with meat sauce, chef salad, dinner roll, peas, fresh fruit, milk
29 Cheeseburger on roll, chef salad, oven fries, green beans, corn, fresh fruit, milk	30 Pizza, whole grain crust, chef salad, broccoli, fresh fruit, milk			

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

Cost — \$1

Juice / Milk with Bagel & cream cheese

OR Pancakes OR Muffin OR French Toast

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

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

Lunch Cost – \$3

Students may prepay for lunch by the week or month at \$3 per day

Menu Choices

Balanced lunch as shown on menu

OR Salad Bar

Milk offered every day –

fat-free chocolate, fat-free white, 1% white

**EARN FREE SUPPLIES
at OFFICE DEPOT**

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

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

April 2013 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NOSCHOOL Spring Break Office Closed Baseball Trip to Myrtle Beach Departs No School	2 NOSCHOOL Spring Break Office Open 9am-12noon No School	3 NOSCHOOL Spring Break Office Open 9am-12noon No School	4 NOSCHOOL Spring Break Office Open 9am-12noon No School	5 NOSCHOOL Spring Break Office Closed Baseball Trip to Myrtle Beach Returns No School	6
7	8 NOSCHOOL Bishop's Holiday VBB vs. Lancaster 4:15pm Tennis vs. Niagara Catholic 4pm No School	9-C Day Art Club 2:30pm Curriculum Committee 2:30pm Tennis @ Buff Sem 4pm WLax vs. Holy Angels 4:30pm	10-D Day Campus Ministry Meeting 7:35am Invest in Education Rally approximately 9am-1pm SEEK Meeting 2:30pm VBB vs. Canisius 4:15pm	11-D Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Tennis @ Mt. Mercy 4pm JVBB vs. Niagara Catholic 4:15pm WLax vs. Buff Sem 4:30pm	12-E Day PM Liturgy Schedule (Easter Liturgy) End of Third Quarter VBB & JVBB @ Canisius 4:15pm Liturgy Dress	13 ACT Test VBB vs. West Seneca East 1pm
14	15-F Day Student Senate 2:30pm VBB vs. Timon 4:15pm VSB & JVSB vs. Mt. St. Mary's 4:15pm MLax @ St. Joe's 5pm	16-A Day NHS Meeting 2:30pm Tennis vs. Mt. St. Mary's 4pm WLax @ Nardin 4:30pm	17-B Day Principal's Ad Board (Calendar Meeting) 2:30pm VBB & JVBB @ Timon 4:15pm VSB & JVSB @ Nardin 4:15pm WLax @ Mt. Mercy 4:30pm MLax @ Canisius 5pm	18-C Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Fashion Show sponsored by Lancer Parent Partnership 5pm at Salvatore's Tennis @ Sacred Heart 4pm	19-D Day Pride Day VBB & JVBB @ St. Francis 4:15pm Pride Day	20 Practice Exam for 7th Graders 9am-12noon MLax @ Grand Island 11am
21	22 NOSCHOOL Administrative Day Tennis vs. Mt. St. Mary's 4pm JVBB @ St. Francis 2 4:15pm VBB vs. St. Francis 4:15pm VSB @ Niagara Catholic 4:15pm WLax @ Niagara Falls 4:30pm MLax vs. Nichols 5pm No School	23-E Day Art Club 2:30pm MLax vs. Timon 5pm	24-F Day Campus Ministry Meeting 7:35am Faculty/Staff Meeting 2:30pm VBB @ Nichols 4:15pm WLax vs. Sacred Heart 4:30pm	25-A Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library SOUL Meeting 2:30pm	26-B Day Jeans Day Java Jive 7pm JVBB @ Christian Central 4:15pm VBB vs. Nichols 4:15pm WLax vs. Mt. St. Mary's 4:30pm Jeans Day	27 JVBB vs. St. Francis 1 3pm
28	29-C Day Eucharstic Adoration Student Senate 2:30pm Spring Open House 4-7pm Tennis vs. Park 4pm VBB vs. St. Joe's 4:15pm VSB & JVSB vs. Sacred Heart 4:15pm WLax vs. Niagara Falls 4:30pm	30-D Day Ext HR Schedule (Student Senate Speeches) Tennis @ Mt. St. Mary's 4pm JVBB vs. St. Joe's 1 4:15pm WLax @ Holy Angels 4:30pm				

St. Mary's High School Lancer Parent Partnership presents the

Spring Fashion Show

Fashion

of the

Night



Thursday, April 18

at Salvatore's Italian Gardens
Doors Open 5pm • Dinner & Show 6pm

Tickets – \$35

Available thru April 10 • Tables of 10 available • Tickets available in Main Office



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

