

CURRENTS

St. Mary's High School • Lancaster, NY • March 2016



Bishop Malone celebrates Ash Wednesday Mass



Bishop Malone delivers his homily on the theme of making changes in our lives.



Father Richard DiGiulio, St. Mary's chaplain, sings with Bishop Malone and Father John Mack, member of the St. Mary's Board of Trustees from Christ the King Seminary.



Bishop Malone receives the Offertory Gifts from seniors Olivia Carl, Joelle Cianciosa, and Emma Winiarski



Bishop Malone places ashes on the forehead of senior Carolyn Kidder.



Seniors Joelle Cianciosa and Helen Gibson present a gift – a “Many & One” graphic signed by all of the students – to Bishop Malone.

Faculty/Staff focuses on service to St. Elizabeth's



On Friday, Feb. 19, at the annual Faculty/Staff Retreat, the focus of the day was service, this year for the residents of St. Elizabeth's Home in Lancaster.

The faculty and staff were broken into three groups:

- Mr. Grieco and others made Easter-themed cookies.

- Ms. Ruhland and her group made paper flowers for decorations.
- Several people with Mr. Kaminski wrote personal letters to the residents.

Robin Hibbert, the Activities Supervisor at St. Elizabeth's, was excited to receive the gifts from Mr. Mauro.

St. Mary's unveils new fundraiser – *Spring Fling Tuition Thing*

St. Mary's High School is pleased to announce a new fundraiser – the Spring Fling Tuition Thing.

This event will take place on Saturday, May 14, from 6 to 10 p.m. at the school.

The Spring Fling Tuition Thing will have two parts, one for families and one for everyone else:

- With a "Golden Ticket", families will be entered in a drawing for full tuition for the 2016-17 school year. In addition, participants will be eligible for several cash prizes. The cost for a Golden Ticket will be \$100, with a limit of 300



available.

- With a regular Fling Ticket, purchasers could win cash prizes, similar to the Bash for Cash held in the fall. Regular tickets are \$50 each; there is no limit to the number of tickets to be sold.

With each ticket sold – whether a Golden Ticket or Regular Ticket – two people will be admitted to the Fling on May 14. At this event, in addition to the cash and tuition drawings, guests will be able to enjoy music and beverages while sampling food from local restaurants. Winners do not have to attend the May 14th

event to win the prizes.

For more information or for tickets, contact the Advancement Office at (716) 683-4824, ext. 223 or Julie Wipperman at jwipperman@smhlancers.org.

Would you like to pre-order your Golden Tickets?

Name _____

Address _____

Phone Number _____ E-Mail Address _____

How Many Golden Tickets? _____ Any Special Number(s)? _____

Bring form and payment (\$100 per ticket, payable to St. Mary's High School) to Main Office

Currents

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Pi Day coming March 14

Math Club seeking pie donations for charity

The St Mary's Mathletes are hosting a Pi Day Donations Event on Monday, March 14.

Before homeroom starts on that day, members of the Math Club will be collecting pies in the cafeteria to donate to the Lancaster Food Pantry. Last year the students donated 408 pies! Students will be given bonus points from their math teacher for every pie they donate, up to three pies. Pies must be store purchased and sealed. Pies may be dry or frozen.

For those of you don't know what Pi is, Pi (Greek letter "δ") is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to



Members of the Math Club collecting pies during last year's Pi Day.

its diameter — which is approximately 3.14159. Pi Day is an annual celebration of the mathematical constant δ (pi). Pi Day is observed on March 14 since 3, 1, and 4 are the first three significant digits of δ. In 2009, the United States House of Represent-

tatives supported the designation of Pi Day.

We hope you contribute pies to this great cause. Thanks!

Transportation requests due to districts by April 1

Parents of St. Mary's students must request transportation services directly from the public school district.

The deadline for submitting written requests for transportation for the 2016-17 school year is April 1.

Failure to submit a request by this deadline might lead to the suspension of bus privileges for those families.

Most school districts require families

to apply for transportation on the district website, though some districts still have forms to fill out and submit.

Mrs. Fiume, who coordinates transportation for St. Mary's students, will be sending letters home soon with more information.

Note – Students in the Buffalo and Lockport school districts do not need to apply for transportation.

Students/Teacher of the Month



Joseph Stoj

Anna Heerd

Zain Ai

Athena Mohamed

Mr. Hall

Lancer Parent Partnership

presents the Annual Spring Fashion Show & Dinner



Thursday, April 21, 2016
Salvatore's Italian Gardens
Doors Open at 5 p.m.



Tickets \$45
Tables of 10 Available



Tickets will be sold prior to performances of Seussical on March 10-12



Tickets on sale in Main Office beginning March 14



Deadline for tickets - April 11



For more information, contact St. Mary's at 683-4824.

Fundraising

WHILE YOU **Shop**



St. Mary's SCRIP Program

Would you like to earn money off your tuition? Let me ask you a few simple questions:

- Do you eat at or order food from: Olive Garden, Wendy's, Subway, Applebee's, Panera, Burger King, DQ, Pizza Hut, Denny's, Cold Stone, Crusciki Bakery, The Cheesecake Factory, Arby's, Tim Horton's, Red Lobster, Frank's Grille, Cracker Barrel, Dunkin' Donuts, Starbucks, etc.?
- Do you shop at Amazon.com, Kohl's, The Home Depot, JCPenney, Gap, Bath & Body Works, Best Buy, Dick's Sporting Goods, Cabela's, Jo-Ann Fabric & Craft Store, Tops, Walmart/Sam's Club, Advance Auto Parts, Xbox, Sephora, Sally Beauty, Lands' End, GameStop, Lowe's, EBay, PetSmart, Rite Aid, Williams-Sonoma, Aeropostale, Foot Locker, Dell Computer, Dress Barn, Famous Footwear, American Eagle Outfitters, Bass Pro Shops, Barnes & Noble, Under Armour, etc.?
- Do you go to Disney World or Disneyland?
- Do you fly Delta Airlines, Southwest Airlines, etc.?
- Do you stay at Comfort Suites, Comfort Inn, Fairmont Hotels, Clarion Hotels, Hyatt (Hotels, House, Place, Regency), etc.?
- Do you go to see movies at Edwards Theatres, AMC Theatres, Regal Theatres, etc.?
- Do you get your car washed or get an Oil Change at Delta Sonic?
- Do you buy gas?

You can earn FREE money by purchasing giftcards to all of these places and many many more. It's money you would already be spending.

It's easy to sign up and start to order.

- Visit www.shopwithscrip.com.
- Click Register.
- Click Join a Scrip Program.
- Enter the school enrollment code: DEFL1BLF37466
- Enter your information in 5 easy steps.

HOW TO PLACE AN ORDER

- You can click on "Express Order" and type in what you would like to order.
- Click Add to Cart.

Orders need to be placed online by Monday at 10 a.m. That means your payment needs to be sent into the office on Monday by 10 a.m. (in an envelope labeled SCRIP and your check made payable to St. Mary's High School). You can pay

by check, cash, or credit card.

Orders are sent home with your child on Friday of that same week (unless other plans have been made to pick up your gift cards).

TO CHECK OUT

- Click Cart.
- Click Payment Option (Prestopay or Check).
- Then click Submit Order.
- * Please do not forget to send your cash to school or a check, made payable to St.Mary's High School*. Your order will not be placed if I do not have your payment.

If paying by Credit Card, still click Check as your payment option. You can either send in your Credit Card information: account number, expiration date, and CRV code, to me on a sheet of paper in an envelope labeled Scrip, or e-mail me this information at cwiniarski@smhlancers.org. (PrestoPay is another payment option – you can email Carol at cwiniarski@smhlancers.org for more information about this or call her at 572-3698).

HOW YOU EARN MONEY

If you click on retail list under Quick links at the very bottom, you will see a complete list of retailers/ restaurants with a percentage after each listing. That percentage is what the rebate is based on. For instance Kohl's is 4%. If you purchased a Kohl's gift card for \$100, the rebate is \$4. What you earn for purchasing that gift card is \$2. The "rebate split" is 50/50 – 50 percent goes to you, 50 percent goes to St. Mary's.

Note – Kohl's gift cards purchased through our Scrip Program can be used to pay your Kohl's Bill! Our current "Scrip Year" ends March 31. Anyone that has ordered gift cards from our Scrip Program from September 26 to March 31 will have a rebate credit posted to their tuition account during the month of April. If you have paid your tuition in full, you have the option to put the credit towards your next year's tuition or receive a check. Anyone with a graduating senior, you will receive a check (you can continue to utilize the Scrip Program after your child graduates and continue to receive a check).

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)

Students must learn to think critically

According to a recent survey of college professors, today's high school graduates are not prepared for the expectations they'll face in college. A lack of critical thinking skills is cited as one of the reasons.

Of the instructors surveyed, 82 percent found that less than half of their students had the critical thinking skills they needed to be successful.

In schools, teachers are focusing more on deeper learning and critical thinking. This means your teen will not

Teach respect for school and home

Teenagers spend a lot of time speaking to their friends. They often use slang and joke around with one another. And more often than not, they slip into this habit when speaking to teachers or other adults, not realizing that they are being disrespectful.

Talk to your teen about the importance of being respectful to others. Explain what respectful behavior looks like. She can show respect through:

- The way she speaks. Your teen should speak slowly, clearly, and calmly. She should also address people properly by saying, "Good morning, Mr. Jones" or using their titles, such as "Yes, Officer." And of course, using the magic words – please and thank you – is always a

(Continued on page 12)

only have to call up a fact but also understand how that fact relates to other ideas.

To support your teen's developing thinking skills:

- Challenge him to form opinions and defend them. For example, if your teen thinks there should be a stop sign in front of the school, ask him why he feels that way. Then encourage him to write a letter to local authorities outlining his ideas.
- Help him see other sides of an issue. Say, "I understand why you feel that way. But there are other people who might say"

- Give him the reasons behind the limits you have set. For example, studies show that more teens are injured in car accidents after midnight. What a great reason to establish a curfew before then!
- Talk about the advertisements when you're watching TV. How are they trying to persuade viewers? Are they effective?

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Breakfast & Games at the Seminary

High School Guys are invited to the Seminary for Mass, Free Food, and Games.

The Serra Club is sponsoring a Breakfast and Games Day at Christ the King Seminary in East Aurora on Sunday, April 17. All high school guys are invited.

The day begins with Mass at 10:30 a.m., followed by an all-you-can-eat breakfast, basketball, cards, board games, discussion, and Q&A with the priests and seminarians of Christ the King. The day is free.

For more information or to sign up, contact ctkguys@gmail.com.

LANCASTER OPERA HOUSE

Children of Eden

Now through March 13

Fridays & Saturdays 7:30pm - Sundays 2:30pm

St Mary's HS Students, Faculty, Staff and Alumni Save \$5.00 off the Ticket Price. Use Code "EDENVIP" on line or at the box office

**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

unyts BLOOD DRIVE

Thursday, March 17 • 8 a.m. to 1 p.m.

In the Gus Galasso Performing Arts Center

All presenting donors will receive a free UNYTS T-Shirt!

– Photo Identification Required! –

Requirements:

1. Donors must be healthy. Being healthy involves eating correctly, practicing proper hygiene, and maintaining proper levels of vitamins & minerals.
2. Donors must be of age. All blood donors must be at least 17 years old, although 16-year-old are allowed to donate with parental consent.
3. Donors must weigh at least 110 pounds before they can donate. There are additional requirements for donors younger than 18.

For a complete list of guidelines, go to www.unyts.org

To schedule an appointment contact

Mrs. Junik (ejunik@smhlancers.org) or Mr. Junik (kjunik@smhlancers.org)

Thank you for making Lancer '16 Successful!



Congratulations, Second Quarter Honor Roll Students

Top five Seniors



Kendra Ciezki Hanna Strek Carolyn Kidder Olivia Carl Jack Hathaway

Top five Juniors



Daniel Cress Marissa Loniewski Victoria Jankowski Anna Heerd Kathryn Vogl

Senior 1st Honors

Jennifer Baran
Garrett Braniecki
Austin Calkins
Olivia Carl
Joelle Cianciosa
Kendra Ciezki
Bailey Dolegowski
Madison Fermo
Allyson Fischer
Lisa Gali
Helen Gibson
Victoria Gorny
Christopher Gresham
Jia Wei Jimmy Gu
Ann Hamilton
Jack Hathaway
Bridget Herod
Alexander Hokaj
Carolyn Kidder
Nicholas Kobis
Jessica Kranz
Leah May
Mikala McCartney
Katherine Netti
Nina O'Scier
Julie Pijacki
Jennifer Piskor
Victoria Powell
Kayla Prentki
Grace Pyszczyk
Jessica Ratigan
James Roetzer
Jonathan Rowe
Veronica Rozler
Allison Rusinski

Andrew Salamone
Joseph Stoj
Hanna Strek
Regan Weiss
Emma Winiarski
Madeline Wnuk
Alyssa Zirnheld

Senior 2nd Honors

Bradley Berchou
Richard Cieslak
Marissa Dantonio
Anna DiDomenico
Joseph DiGesare
Mitchell DiPirro
Samuel Horton
Maddisen Irish
Ashley Junik
Ethan Krygier
Tianyi Gary Li
Kaila MacKay
Gabrielle Mauro
Brendan McKeating
Erica Michalski
Caliegh Passucci
Nicholas Samson
Emily Thomas
Isabel Van Remmen
Megan Vogel
Stephen Wisniewski
Genevieve Zajac
Evan Zaprzal
Kevin Zolnowski

Junior 1st Honors
James Ando
Elizabeth Bakeman

Alexander Bish
Charles Bristol
Daniel Cress
Mark Cronmiller
Joshua Fontaine
Grace Freeman
Grace Fuller
Anna Heerd
Stephanie
Hossenlopp
Victoria Jankowski
Marissa Loniewski
Caitlyn Meyer
Faith Meyers
Savannah Meyers
Alex Paul
Alexander Stegmeier
William Story
Collin Tytko
Kathryn Vogl
Sydney Zajac
Sai Frida Zheng

Junior 2nd Honors

Asia Alexander
Gina Appenheimer
Alexandria Deguire
Samantha Grabski
Jill Greene
Erin Hufford
Kaitlyn Kowalewski
Jack Mulcaire
Stephanie Nemmer
Andrea Seeloff
Kristi Smith
Brittany Wachowski
Nathan Waley

Haley Wipperman

Sophomores 1st Honors

Shae Antonicelli
Stephanie Baran
Kristen
Barczykowski
Emily Bookmiller
Eric Brown
Rachel Cichocki
Lucas Cousins
Onalee Duane
Blake English
Jacob Fay
Christina Federico
Maria Fontaine
Ander Jankowski
John Kandler
Nicole Kruse
Zackary Laistner
Veronica LaPort
Sophie May
Shannon Murty
Chelsea Okon
Marysia Paradis
Summer Slade
Jessa Syracuse
Ryan Tytko
Jillian Vitale
Kylie Wagner
Jacob Was

Sophomores 2nd Honors

Ziyao Zain Ai
Kelsie Allen

Scott Brown
Gabrielle Burkard
Joshua Ciesielski
Joseph Flading
Heather Gotro
Sarah Hapeman
Daniel Hatfield
Annaliese Hirsch
Chloe Isbrandt
Jessica Kozminski
Antonino Marino
Danielle Norton
Alicia Pacer
Kyle Schaffstall
Julia Soluri
Christian Szablewski
Andrew Wargo
Madeline Was
Shala Wright

Freshmen 1st Honors

Caitlin Bish
Ashley Cruz
Madelyn Ellison
Sarah Filion
Julia Hartloff
Saige Maniscalco
Bridget Mazurowski
Athena Mohamed
Emily Molnar
Hannah Mulhern
Brianna Propis
Emily Renkas
Susan Romance
Matthew Rosinski
Emersyn Szczesniak

Emma Trapper
Matthew Vallone
Bridget Vogl
Tara Wanat
Jacob Wilk
Toriann Wipperman

Freshmen 2nd Honors

Anna Almeter
Alexander Bellet
Raeanne Conrad
Ethan Craddock
Alexander Denz
Carilyn Duke
Francesco Gallo
Nicole Gorny
Joyce Hunziker
Alyssa LaMartina
Cole Laskowski
Santo Lima
Cole Murray
Brady O'Brien
Arianna Palmer
Nicholas Pronobis
Olivia Rivarola
Olivia Rodriguez
Emily Sierk
Payton Stachewicz
Madelynn Stearns
Alyssa Strimple
Arielle Tyrpak
Austin Walsh
Joshua Weiss
Alex Wright
Caroline Zanghi
Nicole Ziolkowski

Top five Sophomores



Shannon Murty Chelsea Okon Emily Bookmiller Rachel Cichocki Ryan Tytko

Top five Freshmen



Caitlin Bish Julia Hartloff Sarah Filion Jacob Wilk Saige Maniscalco

A Mission Moment

Teachers were asked to share why they teach at St. Mary's

The mission of St. Mary's High School is the formation of the Christian leaders of tomorrow using a curriculum designed to challenge the intellect, and form the student's character by giving witness to the teachings of Jesus Christ. Each St. Mary's graduate is prepared with the background and skills to be a faithful

disciple of Christ, a productive learner, an effective communicator, and a responsible citizen.

* * *

Recently, while our faculty & staff participated in their yearly retreat, we asked them to consider the question, "Why St. Mary's?" We asked them to contemplate

why they choose to work at St. Mary's High School every day. Over the next several months, we will share some of their responses with you regarding our values and mission.

* * *

"Because we are family. We learn from and share with each other. And because no matter what happens we pray for and with each other, God is with us, and 'It's all good.' There is no place better." ~ Mrs. Tandy (Foreign Language Dept.)

* * *

"I do not feel that I chose St. Mary's. I believe that God placed me here. St. Mary's is a part of His plan for my life. I am blessed to work with so many wonderful people and to have the opportunity to share in the lives of young people. God's plan unfolds each day and I can only hope to honor Him in my daily life with the responsibility I've been entrusted with." ~ Mrs. Neudeck (Counseling Dept.)

St. Mary's hosts 3-D workshop

Mr. Paul Meyerhofer, Technology Coordinator (right), was the featured presenter at a 3-D printer workshop for teachers who are in the Education Collaborative of Western New York.



SMHS Bookstore

Here are some of the items available!

Many & One Teeshirt



\$10

Cotton Teeshirt (gray or light blue)



\$10

Cotton Athletics Teeshirt



\$10

Gray Long-Sleeve Teeshirt



\$15

Bookstore is open daily from 10 a.m. to 2 p.m. For more information, call the school at 683-4824

Mock Trial shows improvement in second year

By Mr. Gary Schulenberg
Moderator of Mock Trial Club

With one year of experience under our belt, St. Mary's Mock Trial Club again entered this state-wide competition. Mr. Schu and eight students dove into this challenging contest of skill and strategy. Assisting Mr. Schu was alum Colleen Malchow, Esq. ('98).

In mid- December, we received the case of *People v. Kelly Roberts*. This was actually an evidentiary/suppression hearing to determine whether the police conducted a lawful search that would allow the admission of evidence in a drug case. It involved under-cover surveillance by the police, "hot pursuit", an emergent situation

due to the fact that a child-care center was next door, and multiple witnesses that had their own agendas. It was quite a juicy case giving ample opportunity to press each side's position.

The Mock Trial Tournament is sponsored by the NYS Bar Association. The Erie County Bar Association, along with a couple dozen of the area's high schools, facilitate the running of the competition. Our "New York State 2016 High School Mock Trial Tournament Materials" booklet included rules, policies, and procedures for the case, as well as trial scripts, affidavits, evidence, related cases and case law, and many pages of appendices.

In our first session at UB, we repre-

sented the prosecution against St. Joe's. The more experienced St. Joe's team, being the defense, edged out our team and took the first round. In the second session a week later against Williamsville North, St. Mary's nearly won. The judge repeatedly talked about how well prepared both teams' witnesses and attorneys were and related that the scores were very close.

The SMHS team was made up a mix of students and included Kendra Ciezki, Lucas Cousins, Marissa Dantonio, Carrie Kidder, Athena Mohamed, Katie Nettie, Alex Paul, and Nathan Waley. Although half the team is graduating, we hope to build upon the knowledge and experience of the underclassmen and recruit new members for next year.



Campus Ministry



Joe, the Carpenter

This year the month of March will include the majority of the Lenten season, the Triduum (Holy Thursday, Good Friday, and Holy Saturday) and Easter, the Feast of the Resurrection. It would be easy to miss a significant celebration. On the Saturday before Palm Sunday and the beginning of Holy Week, the Church will recognize and celebrate the Feast of St. Joseph, husband of Mary and earthly father of Jesus.

It wasn't until the 16th century that the Church began to acknowledge the role of St. Joseph in salvation history. Little is known about his life or his death. We do know from Matthew's Gospel that this carpenter was a man of faith and open to the direction and promptings of the Holy Spirit. A follower of the "Law," he responded to God's call by taking Mary as his wife.

According to Luke, even when Jesus was lost in the temple, only Mary's words expressed their worry and concern. What father wouldn't be anxious and exasperated over the loss of a child? Luke continues that Jesus returned to Nazareth where he grew in wisdom and knowledge and probably wood working at Joseph's hands.

There are many thoughts and legends surrounding St. Joseph, but we just don't know.

On March 19th, we as the Church community will celebrate this humble man of faith. We will offer our

reverence and respect to his dedication as a husband, his example as a father, and his role model as a saint. Happy St. Joseph's Day to all.

Benedicat vos omnipotens Deus. twf+

* * *

Members of the St. Mary's community are invited to join us for the following masses in March:

- Thursday, March 3, 7:30 a.m. – Cast & Crew of the Musical
- Wednesday, March 16, 1 p.m. – Lent
- Thursday, March 17, 7:30 a.m. – Especially for Mothers and Sons



Mr. Mauro and Andrew Wargo from the Campus Ministry Team give freshman Sean Melson (left) juice and a prayer card during the recent Donut Day in celebration of Mardi Gras.

2015-16 Spring Sports Schedules

Varsity Baseball

All games begin at 4:15pm unless noted

Wed, April 13, 4:30pm vs. Nichols
 Fri, April 15, 4:30pm @ Nichols
 Mon, April 18 vs. Canisius
 Wed, April 20 vs. Canisius
 Fri, April 22 @ St. Francis
 Mon, April 25 vs. St. Francis
 Wed, April 27 @ Christian Central
 Fri, April 29 vs. Christian Central
 Mon, May 2 vs. Timon
 Wed, May 4 @ Timon
 Fri, May 6 @ O'Hara
 Mon, May 9 vs. O'Hara
 Wed, May 11, 4:30pm @ St. Joe's
 Fri, May 13 vs. St. Joe's
 Thurs, May 19, 4:30pm – Quarterfinals
 Sat, May 21, 1pm – Semifinals Game 1
 Sun, May 22, 1pm – Semifinals Game 2
 Mon, May 23, 4:30pm – Semifinals Game 3 (if necessary)
 Thur, May 26, 4pm – Finals Game 1 (Coca-Cola Field)
 Fri, May 27, 4pm – Finals Game 2 (Coca-Cola Field)
 Sat, May 28, 4pm – Finals Game 3 (if necessary) (Coca-Cola Field)

JV Baseball

All games begin at 4:15pm unless noted.

Thurs, April 14 vs. Timon
 Fri., April 15, 4:30pm vs. St. Joe's Maroon
 Mon, April 18 @ St. Francis Red
 Wed, April 20 @ Canisius Blue
 Fri, April 22 @ St. Francis White
 Mon, April 25 @ Timon
 Tues, April 26 vs. St. Francis Red
 Wed, May 4 vs. Canisius Gold
 Thur, May 5 vs. St. Joe's Maroon
 Fri, May 6, 4:30pm @ St. Joe's White
 Mon, May 9 @ Niag Catholic
 Tues, May 10 @ Canisius Gold
 Sat, May 14, 12noon vs. St. Francis White
 Tues, May 17 vs. O'Hara
 Wed, May 18 vs. St. Joe's White
 Fri, May 20 vs. Canisius Blue
 Mon, May 23 @ O'Hara
 Tues, May 24 vs. Niag Catholic

Varsity Softball

All games begin at 4:15pm unless noted. Home games are played at Walden Pond.

Wed, April 13 vs. Nardin
 Mon, April 18 vs. O'Hara
 Wed, April 20 vs. Mt. St. Mary's
 Wed, April 27 @ Mt. Mercy (Cazenovia Park)
 Fri, April 29 vs. NiagCatholic
 Fri, May 6 @ Sacred Heart (Shoshone)
 Wed, May 11 @ Immaculata (Hilbert)
 Fri, May 13 vs. Nichols
 Sat, May 21 – Quarterfinals
 Mon, May 23 – Semifinals
 Wed, May 25 – Finals
 Tuesday, May 31 – States

JV Softball

All games begin at 4:15pm unless noted. Home games are played at Walden Pond.

Wed, April 13 vs. Nardin
 Wed, May 20 vs. Mt. St. Mary's
 Mon, April 25 @ Nardin (Lincoln Park)
 Fri, April 29 vs. Sacred Heart
 Mon, May 2 @ Christian Central
 Wed, May 4 vs. Immaculata
 Fri, May 6 @ Sacred Heart (Shoshone)
 Fri, May 9 vs. Christian Central
 Wed, May 11 @ Immaculata (Hilbert)
 Fri, May 13 @ Mt. St. Mary's (Northtown)

Men's Lacrosse

All games begin at 5pm unless noted. Home games are played at Westwood Park

Mon, April 4 vs. Newfane
 Wed, April 6 vs. Park
 Fri, April 8 @ Niagara Falls
 Mon, April 11, 7pm @ Buffalo (Riverside)
 Thur, April 14 @ Kenmore (Green Acres)
 Sat, April 16, 2pm @ Gow
 Tues, April 19 @ Newfane (Krull Park)
 Thur, April 21 @ Depew
 Mon, April 25 vs. Gow
 Wed, April 27 @ Park
 Fri, April 29 vs. Niagara Falls
 Mon, May 2 vs. Depew
 Wed, May 4 vs. Buffalo
 Fri, May 6 vs. Kenmore

Girls' Lacrosse

All games begin at 4:15pm. Home games are played at Westwood Park

Fri, April 8 @ Buff Sem (Larkin Field)
 Tues, April 12 vs. Buff Sem
 Thur, April 14 @ Sacred Heart (Smallwood)
 Mon, April 18 vs. Mt. Mercy
 Wed, April 20 vs. Nardin
 Mon, April 25 @ Mt. St. Mary's (Phillip Sheridan)
 Wed, April 27 vs. Immaculata
 Mon, May 2 @ Mt. Mercy (Pierce Field)
 Wed, May 3 vs. Mt. St. Mary's
 Mon, May 9 @ Nardin (Pierce Field)
 Mon, May 16 vs. Sacred Heart
 Wed, May 18 @ Immaculata (Hilbert)
 Tues, May 23 – Semifinals
 Thur, May 26 – Finals

Track

Boys – Wed, April 6, 5pm vs. St. Francis / O'Hara (St. Francis)
 Boys – Wed, April 13, 5:30pm vs. St. Joe's (Crosby)
 Girls – Mon, April 18, 5:30pm vs. Immaculata / Mt. St. Mary's (St. Francis)
 Boys – Wed, April 20, TBD vs. Timon / O'Hara (TBD)
 Girls – Wed, April 27, 5:30pm vs. Nardin / Nichols (Maryvale)
 Boys – Wed, May 4, 4:30pm, vs. Canisius / Timon (Canisius)
 Girls – Wed, May 4, TBD vs. Sacred Heart / Mt. Mercy (TBD)
 Boys & Girls – Wed, May 11, TBD vs. O'Hara (TBD)
 Boys & Girls – Mon, May 16, 5pm – All-Catholics (St. Francis)
 Boys & Girls – Tue, May 17, 5pm – All-Catholics (St. Francis)
 Boys & Girls – Sat, May 28, 9am – CHSAA Qualifier (Icahn Stadium, NYC)

Tennis

All games begin at 4:15pm unless noted. Home matches are played at Como Park

Thur, April 7 @ Mt. Mercy
 Tue, April 12 @ Niagara Catholic
 Thur, April 14 vs. Sacred Heart
 Tue, April 19 vs. Park
 Thur, April 21 @ Mt. St. Mary's
 Mon, April 25 vs. Mt. Mercy
 Fri, April 29 @ Buffalo Seminary
 Tue, May 3 vs. Nardin
 Thur, May 5 vs. Niagara Catholic
 Tue, May 10 @ Park
 May 14 & 15 – All-Catholics (time and location TBD)

2016-17 Physical Sign-up

Every student playing a sport must have a current physical on file in the Health Office prior to the first tryout/practice date.

Students wishing to have a school physical MUST sign up in the Health Office. Students will NOT be automatically signed up if they had a physical the previous year. The school physician will be here at St. Mary's on March 16th. Additionally, any student who did not play a sport this year but is interested

in playing a sport next school year; or anyone who is interested in getting a physical for working papers needs to sign up for a physical with Mrs. Murphy in order to have a physical.

THE DEADLINE TO SIGN UP IS MARCH 7TH.

If you have any questions, please call the school nurse, Mrs. Murphy, at 683-4824, ext. 220.

Meat Raffle Thank You!



Thank you to everyone who helped make the first Meat Raffle at St. Mary's so successful. Proceeds from the raffle go to the Baseball and Softball teams as they prepare for their trip to Tampa at the end of March.



Baseball Camp – Day 1

Assistant varsity coach Chris Gresham keeps an eye on a young pitcher at the recent baseball camp. The second part of the camp, focussing on hitting, will take place on March 12.



Spring Sport Start Date information

Monday, March 7th

- Softball – 2:30-4pm
- Girls Lax – 4-5:30pm
- Baseball – 5:30-7pm
- Track – 2:30 meeting in the cafe.

Tuesday, March 8th

- Softball – 2:30-4pm
- Girls Lax – 4-5:30pm
- Baseball – 5:30-7pm

Wednesday, March 9th

- Softball – 2:30-4pm
- Girls Lax – 4-5:30pm
- Baseball – 5:30-7pm

Thursday, March 10th (Musical)

- Softball – 2:30-3:45pm
- Girls Lax – 3:45- 5pm
- Baseball – 5-6:15pm

Friday, March 11th (Musical)

- Softball – 2:30-3:45pm
- Girls Lax – 3:45- 5pm
- Baseball – 5-6:15pm

More information on start dates are available by contacting Mr. Grieco at (716) 683-4824, ext. 235 or sgrieco@smhlancers.org.



24th Annual
Chris Griswold Memorial 5K Race & 1 Mile Fun Run
to benefit the St. Mary's High School Athletic Dept.

Saturday, May 21 • Como Park
10am - Walk/Fun Run • 10:30am - 5K Race

To sign up, go to smhlancers.org





March 2016 Menus

Chef Manager – Tristan Hall

(Please note – menus are subject to change)



– Breakfast –

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham, Egg, & Cheese Flatbread (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	2 Breakfast Burrito Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	3 Sausage & Egg on English Muffin Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	4 French Toast Sticks with Syrup (v/wg) Hash Brown Patty Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
7 Breakfast Sandwich Fruit Cup (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	8 Sausage & Egg Bagel Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	9 Breakfast Flatbread (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	10 Ham & Egg on Brioche Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	11 French Toast Sticks with Syrup (v/wg) Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
14 Sausage & Egg Biscuit Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	15 Breakfast Burrito Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	16 Breakfast Pizza Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	17 Breakfast Sandwich (v/wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	18 French Toast Sticks with Syrup (v/wg) Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
21 No School	22 No School	23 No School	24 No School	25 No School
28 No School	29 No School	30 No School	31 No School	

Complete Meal Includes:

- 1 Entree,
Choice of Side (*blue italic*),
milk or bottled water ... \$4.00
- 1 Entree,
Choice of Side (*blue italic*),
Intense Milk or
Vitamin Water \$5.00

Served Daily:

- Entrees \$3.25
- Salad – Large (v) \$3.00
- Salad – Small (v) \$2.00
- Fresh Made Soup \$1.25
- Cold Sub, Wrap \$3.25
- Intense Milk \$1.50
- Milk 1/2 pint \$.75
- Orange Juice \$1.50
- Vitamin Water \$1.75
- Pizza, all varieties \$2.50

Breakfast a la Carte:

- Breakfast Sandwich \$3.25
- Bagel; 4 oz. with Butter ... \$1.20
- Cream Cheese \$.60
- Hash Brown Patty \$.50
- French Toast Sticks (5) ... \$1.85
- Greek Yogurt \$1.60
- Fresh Fruit Cup \$1.75

Lunch a la Carte:

- Fresh Baked Cookie \$1.00
2 for \$1.00
- Nachos \$1.75
- Bag of Chips \$1.25

Symbols:

- (v) = vegetarian
- (wg) = whole grain
- * = Better Choice Healthy
- Entrees (choosemyplate.gov)

Prepayment:

Go to myschoolbucks.com, create an account, and make payment. Students can also prepay in the lunch line with cash or check (made payable to **Personal Touch Food Service**, with the student ID number on it).

– Lunch –

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Tuesday Beef or *Chicken Taco Spanish Rice (v) Seasoned Corn (v)	2 Penne Chicken Alfredo Garlic Breadstick (v) Roasted Vegetables (v)	3 *BBQ Chicken Mashed Potatoes (v) Green Beans (v)	4 *Fish Sandwich on a Bun with Tartar Sauce Steak Fries (v) Fruit Cup (v)
7 Spicy Chicken Fingers Macaroni & Cheese (v) Fruit Yogurt (v)	8 Chicken Quesadilla with Black Bean Salsa Cilantro Lime Rice (v) Roasted Vegetables (v)	9 *Beef Goulash Buttered Noodles (v) Garden Salad (v)	10 Bacon Cheeseburger Steak Fries (v) Fruit Cup (v)	11 3-Cheese Grilled Cheese (v) Tomato Soup (v) Potato Chips (v) Vegetable Medley (v)
14 Pulled Pork Sandwich (wg/v) Coleslaw Bakes Beans (v) Potato Salad (v)	15 *Taco Salad with Chipotle Ranch Dressing Tortilla Chips with Salsa (v/wg) Roasted Corn (v)	16 *Penne Pasta Bolognese or Marinara Breadstick (v) Vegetable Medley (v)	17 *Chicken Finger Sub (wg) Tater Tots (v) Fruit Yogurt (v)	18 *Tilapia Po' Boy Flatbread (wg) Reloulade Sauce Cajun Fries (v) Seasoned Vegetables (v)
21 No School	22 No School	23 No School	24 No School	25 No School
28 No School	29 No School	30 No School	31 No School	

Teach respect (continued from page 5)

- great way to show respect.
- Her body language. When your teen smiles, nods, and makes eye contact, she is showing people that she respects them. She should also sit or stand up straight and avoid crossing her arms or rolling her eyes.
- Her overall attitude. By not interrupting others, your teen is also showing respect. She should keep her cool even when she disagrees with what someone is saying. Consideration for another's thoughts and beliefs— even if they differ from her own — is a big sign of respect.
- If your teen uses these methods to show respect, she'll be respected in turn by her teachers, fellow students, friends, and family.

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Spirit Week 2016



Maddie Wnuk and Hanna Strek dress alike on Pajama Day.

Joe Stoj and Brad Berchou on Tailgate Tuesday.

Juniors and seniors (and faculty members) in one round of the Cake Walk during the Friday Carnival.

March 2016 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - C Day SADD 7:30am Curriculum Committee 2:30pm	2 - D Day Lenten Prayer Day <i>GBB – Semis at Villa Maria</i> Liturgy Dress Code	3 - E Day Morning Mass 7:30am NHS Tutoring 2:30pm	4 - F Day Junior Retreat 8am-3pm	5 SAT Testing Day (Redesigned Test) <i>BBowl – State Tournament</i>
6 Foreign Language Week <i>GBB – Finals at Villa Maria</i>	7 - A Day Student Senate 2:30pm First Day of Spring Sports Liturgy Dress Code	8 - B Day NHS 2:30pm Principal's Ad Board 2:30pm	9 - C Day Special Schedule (Lenten Reconciliation / Rosary) Senior Class Trip to OLV Basilica 10am-3pm Liturgy Dress Code	10 - D Day Pride Day NHS Tutoring 2:30pm Math Club 2:30pm Campus Ministry 2:30pm Musical 7:30pm Pride Day	11 - E Day School-Day Performance of Musical (Time TBA) Musical 7:30pm	12 7th Grade Practice Admissions Exam 9am Musical 7:30pm
13 Donate Life Week	14 - F Day Pi Day (sponsored by Math Club) Student Senate 2:30pm	15 - A Day SOUL 2:30pm	16 - B Day PM Liturgy Schedule (Liturgy) Junior Class Trip to National College Fair 8-10:30am Science Exploration Day to UB 8am-1:30pm Faculty/Staff Meeting 2:30pm Liturgy Dress Code	17 - C Day Jeans Day Morning Mass 7:30am Blood Drive 8am-1pm NHS Tutoring 2:30pm	18 - D Day	19
20	21 Spring Break Offices Open 8am-12noon Baseball / Softball Trip departs No School	22 Spring Break Offices Open 8am-12noon No School	23 Spring Break Offices Open 8am-12noon No School	24 Holy Thursday Spring Break Offices Closed No School	25 Good Friday Spring Break Offices Closed No School	26
27 Easter Sunday	28 Spring Break Offices Closed Baseball / Softball Trip Returns No School	29 Spring Break Offices Open 8am-12noon No School	30 Spring Break Offices Open 8am-12noon No School	31 Spring Break Offices Open 8am-12noon No School	1 Spring Break Offices Open 8am-12noon No School	2

The Theater Department of
St. Mary's High School presents



March 10-12

Nightly performances at 7:30 p.m.

For tickets, call 883-4824 or go to www.smhlaners.org

Preparing young men and women for college and beyond



ST. MARY'S HIGH SCHOOL
142 LAVERACK AVENUE
LANCASTER, NY 14086-1849