

CURRENTS

Board of Trustees announces creation of President, Vice President positions

Mark Tramont '77, Kevin Kelleher '89 begin January 6

The Board of Trustees of St. Mary's High School recently announced that they have created the positions of President and Vice President for the school in Lancaster.

In addition, the Board announced that they have hired Mark Tramont, a 1977 graduate of St. Mary's, to be president and Kevin Kelleher, a 1989 graduate, to be vice president.

According to Deacon Michael McKeating, Chairman of the St. Mary's Board of Trustees, the decision to create the positions of President and Vice President is a project that the Board has been working on for quite a while.



Mark Tramont '77



Kevin Kelleher '89

"When we studied other Catholic private schools – both in the Diocese of Buffalo and throughout the country – most of these schools have a president-principal model, with the president

responsible for the financial aspects of the school and the principal responsible for the academics," Deacon McKeating said. "We as a Board decided that for St. Mary's to continue to grow financially and academically, the school would benefit from the establishment of the President and Vice President positions.

"Mrs. Rebecca Kranz, the current principal of St. Mary's, has done a marvelous job of leading the school to its position as one of the top Catholic schools in Western New York," Deacon
(Continued on page 2)

Exam Schedule – January 2014

Mon., Jan. 27	Tues., Jan. 28	Wed., Jan. 29	Thur., Jan. 30	Fri., Jan. 31
<p>8-10 a.m. Social Justice & RPM Social Justice (Final) Old Testament (Final) MANDATORY Computer Foundations Review (for students with average less than 95 percent)</p> <p>8-11 a.m. Living Environment Regents Exam (Retake)</p> <p>12 noon-2 p.m. Computer Foundations (Final)</p> <p>12 noon-3 p.m. English Regents Exam</p> <p>IMPORTANT NOTE: English Regents Review Tuesday, Jan. 21, after school</p> <p>Buses 3:15 p.m.</p>	<p>8-10 a.m. Global 9 & 9 Honors (Midterm)</p> <p>8-11 a.m. Global 10 & AP World (Midterm) Global Studies Regents Exam (Retake)</p> <p>8-11:30 a.m. AP Biology Fieldtrip to UB</p> <p>12 noon-2 p.m. Morality (Final)</p> <p>12 noon-3 p.m. Algebra II/Trig Regents Exam (Retake)</p> <p>MANDATORY AP Calculus Class</p> <p>Buses 3:15 p.m.</p>	<p>8-9 a.m. Study Skills (Final)</p> <p>8-11 a.m. US History Regents Exam (Retake) Geometry Regents Exam (Retake)</p> <p>9:30-11:30 a.m. Health (Final) Business Law (Final)</p> <p>9:30-11 a.m. MANDATORY Algebra B Class</p> <p>11:30 a.m. - 1 p.m. MANDATORY Algebra A Class</p> <p>12 noon-3 p.m. Chemistry Regents Exam (Retake) MANDATORY Review for all students taking Integrated Algebra Regents Exam on Jan. 30 MANDATORY AP Statistics Class</p> <p>Buses 3:15 p.m.</p>	<p>8-10 a.m. General Chemistry (Midterm) Regents Chemistry (Midterm) Chemistry Honors (Midterm)</p> <p>8-11 a.m. Integrated Algebra Exam</p> <p>MANDATORY Junior College Planning Session Session I - 10:30-11:30 a.m. Session II - 12 noon-1 p.m.</p> <p>MANDATORY Sophomore College Planning Session Session I - 11:30 a.m.-12:30 p.m. Session II - 1-2 p.m.</p> <p><i>Students will receive more information regarding the College Planning Sessions, including their Session assignments, from their Guidance Counselors</i></p> <p>Buses 2:20 p.m.</p>	<p>No School for Students Faculty / Staff Retreat</p> <p>See Page 3 for Notes regarding January Exams</p>

New President / Vice President *(Continued from page 1)*

McKeating continued. "The Board felt that the experience and expertise that Mr. Tramont and Mr. Kelleher possess will make them excellent choices to lead the school to even more success in the future."

Mr. Tramont received his Bachelor's Degree from the University at Buffalo and completed graduate work at Montclair State College. For the next 29 years he was employed in the wine and spirits industry in the Buffalo/Rochester area and in New Jersey/Metro New York. He worked on the national and international level, first for Angostura Limited, based in Trinidad, and Distillerie STOCK of Italy, before helping to form an independent import company, Touchstone Wines LLC.

Upon his return to Western New York, Mr. Tramont and his wife Eileen purchased AuNaturel Boutique, a company that helps pre and post-operative women with breast cancer to regain symmetry and confidence. AuNaturel has expanded to operate their main location in Amherst and two satellite locations. In 2010, he became the Business Development

Director for Parkview Health Services, where he was responsible for obtaining new business and creating new ways of marketing the company's pharmaceutical services.

"From the first time I walked into St Mary's some 41 years ago, I knew this is a special place," said Mr. Tramont. "My four years as a student taught me many valuable lessons on academics, life, friendship, and faith.

"I welcome the opportunity to work with Kevin Kelleher in his new role," Mr. Tramont continued. "And, most importantly, I look forward to working alongside our talented faculty, staff, and our Principal Rebecca Kranz to insure that St. Mary's will continue to be that special place for our students and their families."

After graduating for St. Mary's, Mr. Kelleher went on to earn his Bachelor's Degree in History from St. Bonaventure University, followed by his Juris Doctorate Degree from the University at Buffalo Law School. Upon earning his degrees, he moved on to work for the Atlantic 10 Conference in Philadelphia, where he

served as the Assistant Director of Championships and Compliance. From there, he worked for a sports event management firm known as the Gazelle Group, where he was the Director of the Coaches vs. Cancer Classic held annually at Madison Square Garden.

In 1993, Mr. Kelleher became the founder of the Chris Wanat Memorial Foundation. Through the work of this foundation, the Foundation has given over \$250,000 to the Lancaster/Depew community.

In the summer of 2000, Mr. Kelleher returned to St. Mary's High School, where he served as Athletic Director and Enrollment Director for six years. He also served as Varsity Coach of the Boys' Varsity Basketball Team and brought home the first-ever state championship for St. Mary's. He was also instrumental in the building of the state-of-the-art Athletic Center, which still stands as one of the best high school gyms in the state.

In 2006, Mr. Kelleher became one of the owners of Integrity Distribution and Vice President of Sales and Marketing for ADPRO Sports

Commented Mr. Kelleher, "I am looking forward to working together with Mr. Tramont, Mrs. Kranz, the tremendous faculty and staff, along with the deep and successful alumni base of St. Mary's High School to ensure our one and only mission: to provide our students and their families with an exceptional four-year high school and college preparatory experience, based on strong spiritual principles of faith, discipline, and service to our community."

"I am excited to welcome home these two alumni who I'm sure are going to do great things for St. Mary's," said Mrs. Kranz. "I have worked alongside them for many years in several different capacities and am confident that St. Mary's will be a stronger school with them as part of the team. St. Mary's offers one of the best college-preparatory educations in the area, and our family, faith-based foundation will be a staple in this area for generations to come because of the wonderful things these two gentlemen will be able to do."

Mr. Tramont and Mr. Kelleher will officially assume their new positions beginning on January 6.

Students/Teacher of November



Laura
Cavallari

Jonathon
Fontaine

Madeline
Wnuk

Asia
Alexander

Mr. Chris
Hider

Save the Date - Lancer Auction 2014

St. Mary's High School invites you to

Celebrate ...

Friday, February 7, 2014

*For more information contact Pam Aquino, Auction Coordinator,
at 683-4824, ext. 223 or paquino@mhlancers.org*

Thank you from Griecos for support of fundraiser



Big brother Vinny Grieco sits with his sisters Gabriella and Isabella.

Thank you for the prayers and well wishes during this difficult time. It has truly meant so much to us.

Words can't express how happy we were to hear the students wanted to have a pancake breakfast for us.

We were so touched with all of the hard work of the students and are very appreciative for all of the parents, faculty, and Lancer family who came out to support us.

Thank you again for your generosity and support.

Once a Lancer, Always a Lancer.

Once Family, Always Family.

The Griecos

School closing information

As the winter weather arrives and thoughts turn to days off, here is some information regarding Snow Days:

- 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, and 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. The stations also post the closing information on their websites.
- Mr. Kidder will utilize the SchoolReach system to call all of our families to let them know of the school closing and share any other important information.
- Mr. Kidder will put the announcement on the main phone message, the St. Mary's website, the St. Mary's Facebook page, and Twitter account.
- 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 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.
- If the school cancels after-school activities, the radio and TV stations, SchoolReach, the web page, and the Facebook page will be used to get this information to the parents.
- When school resumes, the letter day will be the same as the first day that was cancelled.

Notes for January Exams

Here are some notes in regard to the January Exams:

- Students only have to be in school for their scheduled exams / review classes.
- Students are required to be in dress code for the exams (Seniors ONLY may be in Pride Day dress).
- 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 located with the exam schedule. *(Please note that afternoon buses from Alden and Williamsville will only be here at 2:20 p.m. each day)*
- 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 or the Library.

Christmas Show



Victoria Powell was just one of many performers at this year's Christmas Show. See the St. Mary's webpage for a video from the show.

MY LOCKER.NET
YOU DESIGN IT, WE MAKE IT, YOU WEAR IT.™

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 684-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)
Counselor to Classes of 2015 & 2017 Counselor to Classes of 2014 & 2016

Make resolutions to help achieve goals

January is the month for making New Year's resolutions. People plan to do things like lose weight, get more active, or get better grades. But by February, most have scrapped their resolutions.

As your teen thinks about his future, he can use this time to move closer to his academic goals. Share the following ways your teen can use New Year's resolutions to turn his dreams into realities:

- Remember Janus. The Roman god

Janus, who gave his name to this month, looked both forward and back. That's a good first step for your teen to take. What goals did he meet during the past year? How was he able to achieve them? What lessons can he learn that will be helpful in the new year?

- See your goal. What would your teen's success look like? The more vivid a picture he can paint in his mind's eye, the more likely he is to achieve it.

- Write your goals. Once your teen has a goal in mind, have him write it down on paper. This is the first step to creating a plan to achieve the goal.
- Break it down. Big goals can't be achieved in a day. Your young scholar is not likely to earn a college scholarship this week, but he can work on building the good habits that will get him on the right path.

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There is no such thing as 'No Homework'

Unless it's school vacation, you should wonder about a high school student who says, "I don't have any homework." Maybe there's nothing due tomorrow. But once a teen gets to high school, there is always something she can do to keep up with school. Encourage her to spend a half hour to an hour on one of the following activities:

- Get started on a long-term project. It's never too early. And it's great to be able to start something when you're not under pressure.
- Read a chapter for a second time, or look back through last week's notes. She'll be amazed at how much better this information will stick in her mind if she looks at it while relaxed.

- Create a test from her books and notes. Or ask you to quiz her.
- Practice math problems. Or look up some vocabulary words the teacher hasn't yet assigned.
- Write something. It could be a story, a poem, a journal entry, or a letter to a friend.
- Read something. Whether it's a classic book or a news magazine, any reading is worthwhile.
- Explain a science experiment. Challenge her to explain to you the last experiment she did in science class.

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Get into a reading habit

If your teen doesn't usually pick up books on his own, you can still help him get into the reading habit. Encourage your teen to:

- Start a crossword challenge. Doing the crossword puzzle or a word puzzle in the newspaper is a great way to build vocabulary. Make a copy of the puzzle and race your teen to see who can complete it first.
- Read to family members. Ask him to read to a younger brother or sister. If he doesn't have one, suggest that he read to an older relative. If he hesitates, remind him that an older person might like the gift of reading

(Continued on page 5)

Who's reading Currents?

To encourage students and families to read *Currents*, Mr. Kidder is sponsoring a little contest.

Bring in the attached form to Mr.

Kidder's office to enter a contest for a free snack.

The random drawing of submitted forms will take place on January 17.

I READ THE JANUARY CURRENTS!

NAME _____

HOMEROOM _____

**BRING TO MR. KIDDER'S OFFICE
FOR YOUR CHANCE TO WIN A FREE SNACK!**

We have a winner!

School celebrates SEEK Week, Reconciliation



Junior Hannah Hapeman celebrates a correct answer to Pictionary as the Scholars Program recently celebrated Game Night.

The St. Mary's community celebrated SEEK Week the week of December 9 through 13. The week is designed to allow all members of the school to realize and appreciate all that they have the same and different.

The week concluded with a SEEK celebration. At this event, a video was shown introducing the International and Foreign Exchange students to the community. After the video, the students from China demonstrated how to make a paper bracelet to small groups.

At the same time, the school also celebrated Reconciliation, allowing all of the students to take part in this very important Sacrament.



John Zhang helps freshman Maya Zelazny with her bracelet.



Campus Ministry



Happy New Year!

Happy New Year. During 2014, "May the Lord bless you and keep you; May He let His face shine upon you and be gracious to you; May the Lord look upon you kindly and give you peace." Numbers 6: 24-26.

As the celebration of the year begins, this column will take a different perspective than it has previously. The forthcoming articles between January and August will offer insight on the Ten Commandments. I hope they will be thought-provoking and helpful. Comments are welcome.

"I am the Lord, your God, you shall not have strange gods beside Me." Exodus 20: 2-3.

In my youth this is one sin I never confessed breaking. After all, I was never burning incense; I didn't have a statue of Buddha or a "golden calf" or anything that I thought was an idol, a "strange god".

As the time has passed, I have become acutely aware of the "other gods" who have become part of my life. At various

times, money, power, alcohol, knowledge, people pleasing, religious legalism, or materialism have all taken a turn at being the priority in my life. They were, and at times still are, the "golden calves" to me. Too often, my confession is a humbling acknowledgment of these misguided values. I accepted a worldly system that promised contentment, peace, and joy. Mea culpa, mea culpa, mea maxima culpa.

The satisfaction was temporary and fleeting, and one goal became replaced by another in an almost frantic manner. But none brought the serenity I had hoped for or thought would satisfy. Believing that there is a God who is, who is in charge, and who is loving and forgiving has.

The challenge of the first commandment is to be aware of the priorities we hold. How do we order faith, family, and friends? A positive restatement of this commandment might be "Be faith-filled."

Benedicat vos omnipotens Deus.

Reading habit (continued from page 4)

- time even more than a gift from a store.
- Improve his game. Sure, practice is important when it comes to sports. Yet reading about sports heroes could improve his game, too. He can ask the librarian to help him find biographies of the all-stars in his favorite

- sport.
- Take it outside. He can read in the backyard, on the front steps, or at a park. If he's really motivated, he could find an audio book to listen to while he takes a walk or jogs.
- Volunteer to read. Daycare centers, libraries, hospitals, and nursing

homes are just a few places that may welcome volunteer readers. This might be a way for your teen to complete volunteer hours.

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Three named Scholar Athletes

After every sports season, *The Buffalo News* presents the Scholar Athlete Awards. To be nominated, a student must be a senior, have above a 90 average for their first six semesters at their school, and play an important role on their team.

This year, St. Mary's had three student-athletes named as winners of the Scholar Athlete of the Fall Season Award: Laura Cavallari (girls soccer), Rachel Molino (girls soccer), and Erica Swannie

(girls volleyball). In addition, the following received Honorable Mention: Dylan Braniecki (boys soccer), Alexandra Casillo (girls soccer), Tyler English (boys volleyball), Nathaniel Keith (football), Cory Kiebzak (boys soccer), Allison Langley (girls soccer), Abigail Salamone (girls volleyball), Jacqueline Steck (girls volleyball), Nicholas Sugg (boys soccer), Matthew Wrobel (boys volleyball), Trevor Wrona (football), and Collin Zelli (boys soccer).



Laura Cavallari Rachel Molino Erica Swannie

November Lottery Calendar Winners

Congratulations to the following individuals who were winners in the Athletic Department's Calendar Fundraiser for the month of November:

November 1	532	Ticket Unsold	\$-
November 2	419	Ticket Unsold	\$-
November 3	396	Jim Nunan	\$50
November 4	169	Ticket Unsold	\$-
November 5	858	Ticket Unsold	\$-
November 6	111	Ticket Unsold	\$-
November 7	102	Ticket Unsold	\$-
November 8	034	Ticket Unsold	\$-
November 9	419	Ticket Unsold	\$-
November 10	390	Ticket Unsold	\$-
November 11	617	Jason Lehr	\$25
November 12	106	Ticket Unsold	\$-
November 13	726	Ticket Unsold	\$-
November 14	625	Ticket Unsold	\$-
November 15	352	Ticket Unsold	\$-
November 16	622	Ticket Unsold	\$-
November 17	507	Ticket Unsold	\$-
November 18	740	Brenda Ecklund	\$25
November 19	385	Ticket Unsold	\$-
November 20	952	Ticket Unsold	\$-
November 21	515	Ticket Unsold	\$-
November 22	845	Ticket Unsold	\$-
November 23	911	Ticket Unsold	\$-
November 24	858	Ticket Unsold	\$-
November 25	339	Ticket Unsold	\$-
November 26	461	Christine Fisher	\$25
November 27	379	Don Peterson	\$100
November 28	182	Ticket Unsold	\$-
November 29	790	Lorenzo Stevens	\$25
November 30	305	Ticket Unsold	\$-

Register for Driver Ed

St. Mary's High School offers Driver Education classes to its students and any member of the community. Trained professionals committed to the student's success teach both the classroom and in-car sessions.

Spring Session begins in February !! The cost for the session is \$450.

The New York State Education Department requires that each student attend 24 hours of classroom instruction and 24 hours of in-car instruction. One-and-a-half hour driving labs are available

at various times in the Driver Education vehicles. Every effort is made to register students in the classroom and driving lab of their choice.

Registration forms are available on the St. Mary's website (www.smhlanders.org) by clicking on Driver Ed. Forms and payment must be received by **January 24, 2014!** After that date, please call for availability.

Those who have questions regarding registration information should call St. Mary's High School at 683-4824.

SAT Prep Class

St. Mary's is pleased to offer an after-school SAT preparatory course for juniors this spring semester to help students prepare themselves for the SAT exam they will be taking prior to applying to colleges. This course will focus on the strategies needed to master the Math, English, and Writing sections, in addition to the essay. The cost of this course is \$215 and will start five weeks prior to the March SAT exam date.

Students will need to purchase the textbook (McGraw-Hill 12 SAT Practice

Tests ISBN# 978-0071583176) prior to the first class. The classes will meet on Monday afternoons from 3-4:30 p.m. on February 3, 10, and 24, and March 3 in Room 107 at St. Mary's High School. Students are also encouraged to attend the practice SAT diagnostic on March 1 from 8 a.m.-12 noon.

Those who have questions should contact Ms. Jenna van Groenewoud at jvangroenewoud@smhlanders.org. To register, please contact the St. Mary's Guidance Department. The deadline to register is Monday, Jan. 27.

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

Hockey team names captains



The St. Mary's Lancers Hockey team recently selected their captains for the 2013-14 season, (left to right) Zach Ineson, David Filion, Brett Helmbrecht, and Mason Smith.

Coach Junik earns 100th victory

Congratulations to Girls Varsity Basketball Coach Keith Junik who recently earned his 100th victory as the Lady Lancers defeated Lewiston-Porter on December 18.

Sophomore Annie Hamilton had 11 points, freshman Hannah Pufpaff had 9, and senior Ally Casillo had 8 as St. Mary's won the non-league game 35-30.

Open Gym Schedule for Lady Lancer Softball Teams

- Saturday, Jan. 11 – 12:30-2:30pm
 - Saturday, Jan. 25 – 12:30-2:30pm
 - More dates to come!
- Bring your glove & sneakers!**

For information contact Coach Helak at 225-6924 or helak328@hotmail.com or Coach Whitwood at 683-2349 or jwhitwood@smhlancers.org

2013 Winter Sports Schedules

Women's Varsity Basketball

- Fri, Jan. 3, 7:30pm @ Niagara Catholic
- Wed, Jan. 8, 6pm @ Mt. St. Mary's
- Fri, Jan. 10, Time TBA @ Pioneer Tournament
- Sat, Jan. 11, Time TBA @ Pioneer Tournament
- Mon, Jan. 13, 7:30pm vs. Buffalo Seminary
- Wed, Jan. 15, 6:30pm @ Christian Central
- Mon, Jan. 20, 2pm vs. Nichols
- Fri, Jan. 24, 7:30pm vs. O'Hara
- Mon, Jan. 27, 7:30pm vs. Nardin
- Tues, Jan. 28, 7:30pm vs. Springville
- Thur, Jan. 30, 7:30pm @ Park
- Mon, Feb. 3, 7:30pm vs. Sacred Heart St. Mary's
- Fri, Feb. 14, 6pm @ Mount Mercy
- Sat, Feb. 15, 6pm vs. Christian Central
- Tues, Feb. 18, 7pm vs. Niagara Catholic

Women's JV Basketball

- Fri, Jan. 3, 6pm @ Niagara Catholic
- Wed, Jan. 8, 4:30pm @ Mt. St. Mary's
- Thur, Jan. 9, Time TBA @ Pioneer Tournament
- Sat, Jan. 11, Time TBA @ Pioneer Tournament
- Mon, Jan. 13, 6pm vs. Buffalo Seminary
- Mon, Jan. 20, 12:30pm vs. Nichols
- Mon, Jan. 27, 6pm vs. Nardin
- Tue, Jan. 28, 6pm vs. Springville
- Mon, Feb. 3, 6pm vs. Sacred Heart
- Fri, Feb. 14, 4:30pm @ Mount Mercy
- Tue, Feb. 18, 5:30pm vs. Niagara Catholic

Men's Varsity Basketball

- Thurs., Jan. 2, 6:30pm vs. Park
- Mon, Jan. 6, 7:30pm vs. Canisius
- Wed., Jan. 8, 6:30pm @ Nichols
- Fri., Jan. 10, 6:30pm @ Walsh
- Sat., Jan. 11, 6:30pm vs. St. Francis
- Tues., Jan. 14, 7:30pm vs. O'Hara
- Fri, Jan. 17, 7:30pm vs. Niagara Catholic
- Tues., Jan. 21, 7:30pm vs. Olean
- Thurs, Jan. 23, 6:30pm @ Cleve-Hill
- Fri., Jan. 24, 6:30pm @ Iroquois
- Wed., Jan. 29, 7pm @ St. Joe's
- Fri., Jan. 31, 6:30pm vs. Walsh
- Tues., Feb. 4, 6:30pm @ O'Hara
- Thur., Feb. 6, 7:30pm @ Niagara Catholic
- Sat., Feb. 8, 1:30pm vs. Nichols
- Tues., Feb. 11, 6:30pm @ Park
- Wed, Feb. 12, 7:30pm @ Fredonia

Men's JV Basketball

- Mon., Jan. 6, 6pm vs. Canisius
- Wed., Jan. 8, 5pm @ Nichols
- Fri., Jan. 10, 5:30pm vs. Middle College @ Flickinger Center
- Sat., Jan. 11, 5pm vs. St. Francis
- Tues., Jan. 14, 6pm vs. O'Hara
- Wed., Jan. 15, 6:30pm @ St. Francis
- Fri., Jan. 17, 6pm vs. Niagara Catholic
- Sat., Jan. 18, 12:30pm vs. Lancaster
- Tues., Jan. 21, 6pm vs. Olean
- Thurs., Jan. 23, 5pm @ Cleve-Hill
- Fri., Jan. 24, 5pm @ Iroquois
- Wed., Jan. 29, 5:30pm @ St. Joe's
- Tue., Feb. 4, 5pm @ O'Hara
- Thur., Feb. 6, 6pm @ Niagara Catholic
- Sat., Feb. 8, 12pm vs. Nichols
- Wed., Feb. 12, 6pm @ Fredonia

Freshmen Basketball

- Sat, Jan. 4, 11am vs. Niagara Falls
- Mon, Jan. 6, 4:30pm vs. Canisius
- Sat, Jan. 11, 11am @ Jamestown
- Mon, Jan. 13, 5pm @ Lancaster
- Wed, Jan. 15, 5pm @ St. Francis
- Thurs, Jan. 16, 6pm @ Clarence
- Sat, Jan. 18, 11am vs. Lancaster
- Sat, Jan. 25, 11am vs. Timon
- Wed, Jan. 29, 4pm @ St. Joe's
- Sat, Feb. 1, 11am vs. Jamestown

Hockey

- Fri, Jan. 3, 1pm vs. Lockport (Northtown Center)
- Sun, Jan. 5, 7:15pm @ West Seneca West (Holiday Twin Rinks)
- Mon, Jan. 6, 7:30pm @ Timon (Cazenovia Park)
- Sat, Jan 11, 12noon @ West Seneca East (Cazenovia Park)
- Thur, Jan. 16, 9pm vs. Kenmore West (Northtown Center)
- Mon, Jan. 20, 1:15pm vs. Lew-Port (Leisure Ice Rink)
- Sat, Jan. 25, 3pm vs. Niagara Falls (Northtown Center)
- Sun, Feb. 2, 3:30pm vs. St. Francis (Holiday Twin Rinks)
- Thur, Feb. 6, 7pm vs. Amherst (Northtown Center)
- Sat, Feb. 8, 8:35pm @ North Tonawanda (Hockey Outlet)

Men's Bowling

- All Matches begin at 3:35pm at Thruway Lanes**
- Tue., Jan. 7, vs. Canisius
 - Thurs., Jan. 9, vs. Timon
 - Tues., Jan. 14, vs. St. Joe's
 - Thurs., Jan. 16, vs. Christian Central
 - Thur., Jan. 23, vs. O'Hara
 - Thurs., Jan. 30, vs. Park
 - Tue., Feb. 4, vs. TBA
 - Thurs., Feb. 6, vs. TBA

Women's Bowling

- All matches begin at 3:45pm at Thruway Lanes**
- Thurs, Jan. 2, vs. Immaculata
 - Tues, Jan. 7, vs. Mt. St. Mary's
 - Thurs, Jan. 9, vs. Mt. Mercy
 - Tues, Jan. 14, vs. Nardin
 - Thurs, Jan. 16, vs. Sacred Heart
 - Tues, Jan. 21, vs. TBA

Wrestling

- Sat, Jan. 4, Time TBA @ Alexander
- Tues, Jan. 7, 6pm vs. St. Joe's
- Fri, Jan. 10, 3:30pm @ Alden Tourney
- Wed, Jan. 8, 6pm vs. St. Francis
- Sat, Jan. 11, 7:30am @ Alden Tourney
- Thurs, Jan. 23, 6pm vs. Akron
- Tues, Jan. 28, 6pm @ Canisius
- Tues, Feb. 4, 6pm vs. Gow

Schedules are subject to change, especially due to the weather. Updates available www.smhlancers.org

Health Corner

Why processed foods should be avoided

By Ana Lyons '14

Healthy Lifestyles Club

"Eating clean" not only makes one look good but feel good as well.

Nowadays it is extremely difficult to find foods that are not highly processed and loaded with preservatives. There are certain things that the public must be aware of before investing in large amounts of processed foods.

As most people should know, these foods are highly addictive with their high sodium and sugar levels; the body craves these foods almost all the time when consumed frequently; consequently this leads to obesity and other serious health-related problems. Many foods are also preserved with dangerous phosphates that lead to rapid aging, kidney deterioration, and weak bones.

Refined sugars, processed flours, vegetable oils, and many other toxic ingredients commonly found in processed foods are largely responsible for the inflammation epidemic sweeping the country. Inflammation can be linked to cancer, dementia, and many other diseases.

Genetically modified organisms, also known as GMOs, present in most processed foods, have been shown to lead to infertility, organ damage, gastrointestinal disorders, and cancer. Excess consumption of these "poisons" contribute to weight gain, acidifying blood, and even permanent alteration of the composition and function of intestinal contents.

One may usually associate pesticides with produce only; however, due to the excessive amount of GMOs used in almost every packaged food, almost 70

different types of pesticides may be found in the common breakfast cereal.

Many may be under the impression that junk food tends to be cheaper than fresh, organic food. However this not the case.

One has the option to grow his or her own vegetables and farmer's markets set up throughout the country offer reasonable prices for pesticide-free produce.

Processed foods are not natural. They are mostly synthetic; humans cannot be lazy about what they consume. Set aside some time at the beginning of a busy week to prepare healthy meals for the week. You will find that you will be a lot less stressed and sure that the food you are taking in is good for you. For more information on healthy eating visit www.choosemyplate.gov/healthy-eating-tips.html.

School Meals

We serve education everyday through healthy choices

January 2014 Menu

Breakfast – \$1*Reduced – 25¢**Bagels, cream cheese, assorted cereal, muffin, juice, milk, fresh fruit***Served Every Day**
7:15-7:45 p.m.**A la carte items:***Muffins – 60¢**Pop Tarts – 60¢**Orange Juice – 50¢**Milk – 50¢***Lunch – \$3***Reduced – 25¢***Students may prepay for lunch for one week or more – \$2.75 per day****All lunches include milk:***White – 1%**White – Fat Free**Chocolate – Fat Free***A la carte items:***Sandwiches – \$1.50**Other items vary everyday!*

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Happy	2 New	3 Year
6	Stuffed-crust pizza, chef salad, fries, fruit, milk	7 Taco, seasoned meat, lettuce, wraps, salsa, cheese, rice, fruit, milk	8 Chicken nuggets, dinner roll, mashed potatoes, gravy, peas, carrots, fruit, milk	9 Goulash, meat sauce, chef salad, dinner roll, fruit, milk	10 Grilled cheese, tomato soup, oven fries, zucchini, fruit, milk
13	Cheeseburger, roll, hash brown patty, green beans, fruit, milk	14 Stuffed crust pizza, chef salad, fries, fruit, milk	15 Turkey or ham sub, sweet potato fries, broccoli, mixed vegetables, fruit, milk	16 Chicken nuggets, mashed potatoes, gravy, zucchini, fruit, milk	17 Grilled ham & cheese, tomato soup, hash brown patty, green beans, corn, fruit, milk
20	No School	21 Chicken patty on roll, Romaine salad, tater rounds, carrots, fruit, milk	22 Sahlen's hotdog on roll, baked beans, green beans, fries, fruit, milk	23 Spaghetti, meatballs, dinner roll, chef salad, broccoli, corn, fruit, milk	24 Stuffed crust pizza, Romaine lettuce, fruit, milk
27		28	29	30	31
Good Luck on your Exams!					

January 2014 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NO SCHOOL Christmas Break Offices Closed	2 NO SCHOOL Christmas Break Offices Open 9am-12noon <i>WBowl vs. Immaculata 3:45pm</i> <i>VarMBB vs. Park 6:30pm</i>	3 NO SCHOOL Christmas Break Offices Open 9am-12noon <i>Hockey vs. Lockport 1pm</i> <i>WBB @ Niagara Catholic 6, 7:30pm</i>	4 <i>Fresh BB vs. Niagara Falls 11am</i> <i>Wrestling @ Alexander</i>
			No School	No School	No School	
5 <i>Hockey vs. West Seneca West 7:15pm</i>	6-C Day Student Senate 2:30pm <i>Fresh BB vs. Canisius 4:30pm</i> <i>MBB vs. Canisius 6, 7:30pm</i> <i>Hockey vs. Timon 7:30pm</i>	7-D Day Curriculum Committee 2:30pm Auditions for Musical 2:30pm <i>MBowl vs. Canisius 3:35pm</i> <i>WBowl vs. Mt. St. Mary's 3:45pm</i> <i>Wrestling vs. St. Joe's 6pm</i>	8-E Day Campus Ministry Meeting 7:30am Auditions for Musical 2:30pm <i>WBB @ Mt. St. Mary's 4:30, 6pm</i> <i>MBB @ Nichols 5, 6:30pm</i> <i>Wrestling vs. St. Francis 6pm</i>	9-F Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library <i>JV WBB @ Pioneer Toumey</i> <i>MBowl vs. Timon 3:35pm</i> <i>WBowl vs. Mt. Mercy 3:45pm</i>	10-A Day Ext HR / PM Liturgy Schedule (Class Meetings/ Epiphany Liturgy) Callbacks for Musical 2:30pm <i>Var WBB @ Pioneer Toumey</i> <i>JV MBB vs. Middle College 5:30pm (@ Flickinger Center)</i> <i>Var MBB @ Walsh 6:30pm</i> <i>Wrestling @ Alden Toumey</i> Liturgy Dress Code	11 <i>Wrestling @ Alden Toumey 7:30am</i> <i>WBB @ Pioneer Toumey</i> <i>Fresh BB @ Jamestown 11am</i> <i>Hockey vs. West Seneca East 12noon</i> <i>MBB vs. St. Francis 5, 6:30pm</i>
					Liturgy Dress Code	
	13-B Day Student Senate 2:30pm <i>Fresh BB @ Lancaster 5pm</i> <i>WBB vs. Buffalo Seminary 6, 7:30pm</i>	14-C Day NHS Meeting 2:30pm <i>MBowl vs. St. Joe's 3:35pm</i> <i>WBowl vs. Nardin 3:45pm</i> <i>MBB vs. O'Hara 6, 7:30pm</i>	15-D Day SEEK Meeting 2:30pm Principal's Ad Board 2:30pm <i>Fresh BB @ St. Francis 5pm</i> <i>Var WBB @ Christian Central 6:30pm</i> <i>JV MBB @ St. Francis 6:30pm</i>	16-E Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library <i>MBowl vs. Christian Central 3:35pm</i> <i>WBowl vs. Sacred Heart 3:45pm</i> <i>Fresh BB @ Clarence 6pm</i> <i>Hockey vs. Kenmore West 9pm</i>	17-F Day Jeans Day <i>MBB vs. Niagara Catholic 6, 7:30pm</i> Jeans Day	18 <i>Fresh BB vs. Lancaster 11am</i> <i>JV MBB vs. Lancaster 12:30pm</i>
					Jeans Day	
	20 NO SCHOOL Dr. Martin Luther King Jr. Day <i>WBB vs. Nichols 12:30, 2pm</i> <i>Hockey vs. Lew-Port 1:15pm</i> No School	21-A Day SOUL Meeting 7:20am <i>WBowl vs. TBA 3:45pm</i> <i>MBB vs. Olean 6, 7:30pm</i>	22-B Day Campus Ministry Meeting 7:30am Faculty/Staff Meeting 2:30pm	23-C Day Weekly Mass 7:30am in Chapel Math Club 2:30pm NHS Tutoring 2:30pm in Library <i>MBowl vs. O'Hara 3:35pm</i> <i>Wrestling vs. Akron 6pm</i> <i>MBB @ Cleve-Hill 5, 6:30pm</i>	24-D Day Pride Day Blessing of the Brains during Lunches <i>MBB @ Iroquois 5, 6:30pm</i> <i>Var WBB vs. O'Hara 7:30pm</i> Pride Day	25 SAT Testing Day <i>Fresh BB vs. Timon 11am</i> <i>Hockey vs. Niagara Falls 3pm</i>
	No School				Pride Day	
26	27-Exams January Exams <i>WBB vs. Nardin 6, 7:30pm</i> January Exams	28-Exams January Exams AP Blo Fieldtrip to UB 8-11:30am <i>WBB vs. Springville 6, 7:30pm</i> <i>Wrestling @ Canisius 6pm</i> January Exams	29-Exams January Exams <i>Fresh BB @ St. Joe's 4pm</i> <i>MBB @ St. Joe's 5:30, 7pm</i> January Exams	30-Exams January Exams End of Second Quarter <i>MBowl vs. Park 3:35pm</i> <i>Var WBB @ Park 7:30pm</i> January Exams	31 NO SCHOOL FOR STUDENTS Faculty/Staff Retreat <i>Var MBB vs. Walsh 6:30pm</i> No School for Students	1 <i>Fresh BB vs. Jamestown 11am</i>
	January Exams	January Exams	January Exams	January Exams	No School for Students	

"My Grown Up Christmas List"



Jessica Michalski, Jennifer Baran, and Alex Hokaj perform as part of the Vocal Ensemble at the annual Christmas Show. An additional picture is on page 3, and a video is on the St. Mary's website, www.smhlancers.org.

In the January issue of *Currents*

- *January Exam Schedule*
- *St. Mary's names President, Vice President*
- *Thank you from the Grieco family*
- *School closing information*
- *Celebrating SEEK Week, Reconciliation*
- *Three named Scholar Athletes*
- *Coach Junik earns 100th win*
- *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
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