

CURRENTS

St. Mary's announces scholarship recipients

St. Mary's High School recently announced the recipients of Scholarships to attend St. Mary's High School for the 2014-2015 school year. The scholarships, with a total value of over \$85,000, were awarded to students who will be freshmen in the next school year. Scholarship awards were based on the Admissions Test, applications, letters of recommendation, and/or personal essays.

The following is the complete list of scholarship winners:

- Top Academic Scholarship – **Jacob Was from Depew,**
- Leadership Scholarships for Lancaster/Depew Students – **Joseph Flading and Chelsea Okon, both from Lancaster**
- Gus Galasso Scholarships – **Kristen Barczykowski from Cheektowaga, Marysia Paradis from Depew**
- Mrs. Judy Brzuszkiewicz Memorial Scholarship – **Jacob Fay from Depew**
- Katherine Czapski Kipp Memorial Scholarship – **Emily Bookmiller from Lancaster**
- Mrs. Judy Hokaj Memorial Scholarships – **Shae Antonicelli from Lancaster, Sydney Kwitowski from West Seneca**
- Gordon Hoppe Scholarship – **Stephanie Baran from Lancaster**

Welcome, Class of 2018!

The Admissions Committee of St. Mary's High School is also pleased to announce the complete list of students who have been accepted as members of the Class of 2018:

- Shae Antonicelli from Lancaster
- Marykate Aronica from Clarence
- Stephanie Baran from Lancaster
- Kristen Barczykowski from Cheektowaga
- Alexandra Bielewski from Williamsville

- Jacob Bloom from Cheektowaga
- Emily Bookmiller from Lancaster
- Emily Brandon from Depew
- Eric Brown from Lancaster
- Scott Brown from Williamsville
- Gabrielle Burkard from Cheektowaga
- Angelo Caizza from Cheektowaga
- Victoria Camillo from Cheektowaga
- Marie Caruana from Clarence

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- Albin Kocialski Scholarship – **Heather Gotro from West Seneca**
- Msgr. David LiPuma Scholarship – **Christina Federico from Cheektowaga**
- Fr. Leon Ross Scholarship – **Zackary Laistner from Lancaster, Jillian Vitale from Cheektowaga**
- Rose McKeating Scholarship – **Kyle Kwitowski from West Seneca**
- Board of Trustees Scholarship – **Veronica LaPort from Lockport**
- Student Senate Leadership Scholarship – **Alec Zimmerman from Cheektowaga**
- Alumni Academic Scholarship – **Madeline Was from Depew**
- Alumni Service Scholarship – **Erin Gregoire from Lancaster**

- Service / Academic Scholarships – **Victoria Camillo from Cheektowaga, Zoi Mastoras from Orchard Park, Kyle Schaffstall from West Seneca**
- Academic Scholarships – **Emily Brandon from Depew, Benjamin Cehulic from East Aurora, Sarah Daigler from Williamsville, Sophie May from Cheektowaga, Madelyn Potter from Lancaster, Jaymee Reszel from Lancaster, Jeffrey Rosner from Buffalo, Jessa Syracuse from West Seneca, Rieleigh Tobolski from Cheektowaga, Lauren Vilardo from West Seneca, Andrew Wargo from Lancaster, Jacob Winiarski from Cheektowaga**
- St. Mary's High School President's Scholarship – **Ryan Tytko from Lancaster**

A new year is upon us

A new year is upon us, and a new look for St. Mary's administration is in place. But what does this mean?

In creating a President/Principal model, St. Mary's is enabling our greatest treasures – our faculty and principal, Mrs. Kranz – the opportunity to focus on what is important: you, our students, and your education. The roles that Mr. Kelleher and I are undertaking are to run the administrative end of the school. By that I am referring to finance, tuition, enrollment, alumni, buildings & grounds,



Mark Tramont

and advancement. It is with great pride that I have the opportunity to work side by side with such talented individuals as Mrs. Kranz, Mr. Kelleher, and our entire faculty and staff.

So, as a student, what does this mean to you? Well, you are much more than just a student: you are the future of St. Mary's High School. As seniors, you are but months away from becoming alumni and entering another phase in your life. You will soon be leaving St. Mary's and going off to

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Class of 2018 *(continued from page 1)*

Benjamin Cehulic from East Aurora
 Rachel Cichocki from Lancaster
 Joshua Ciesielski from Cheektowaga
 Matthew Ciezki from Lancaster
 Ja'Shawn Collins from Buffalo
 Michael Cowan from Cheektowaga
 Ryan Crapo from Lackawanna
 Samuel Croce from Elma
 Sarah Daigler from Williamsville
 Elizabeth D'Andrea from Lancaster
 Mohanad Darfor from Buffalo
 DaVontae Davis from Buffalo
 Margaret DeWitt from West Seneca
 Erin DiPirro from Lancaster
 Hakeem Dobbins from Buffalo
 Onalee Duane from Lancaster
 Kevin Durkin from Williamsville
 Caitlyn Dyster from Lewiston
 Mary Eggert from Buffalo
 Blake English from Lockport
 Jacob Fay from Depew
 Christina Federico from Cheektowaga
 Christian Fisher from Buffalo
 Joseph Flading from Lancaster
 Maria Fontaine from Darien Center
 Dean Gallagher from Lancaster
 Rebecca Garner from Buffalo
 Troy Gooch from Lancaster
 Heather Gotro from West Seneca
 James Graff from Depew
 Erin Gregoire from Lancaster
 Jayden Gulledege from Buffalo
 Natalie Halady from Cheektowaga
 Davonte Hall from Buffalo
 Sarah Hapeman from Williamsville
 Angelique Hartman from Buffalo
 Grace Harvey from Williamsville
 Daniel Hatfield from Bowmansville
 Noah Hausbeck from Tonawanda
 Adam Helwig from Alden

Angela Hora from Cheektowaga
 Kenyatta Huston from Lockport
 Chloe Isbrandt from Cheektowaga
 Ander Jankowski from Cheektowaga
 Victoria Jasinski from Lancaster
 Julia Jaworski from East Aurora
 Robert Jellinick from East Amherst
 Sarah Jiva from Williamsville
 Derek Johnson from Buffalo
 Jeremy Johnson from Buffalo
 John Kandler from Lancaster
 Jessica Kozminski from Depew
 Nicole Kruse from Cheektowaga
 Cole Kruszka from Hamburg
 Krystian Krzyszton from Buffalo
 Kyle Kwitowski from West Seneca
 Sydney Kwitowski from West Seneca
 Zackary Laistner from Lancaster
 Veronica LaPort from Lockport
 Emily Lewandowski from East Aurora
 Tayzhauna Lewis from Cheektowaga
 Tyron Lott from Buffalo
 Jacob Lukasik from Depew
 Katherine Makowski from Depew
 Anthony Maple from Buffalo
 Antonino Marino from Lancaster
 Zoi Mastoras from Orchard Park
 Gout Mawien from Buffalo
 Sophie May from Cheektowaga
 Benjamin Mazurowski from Williamsville
 Mairead McGovern from Williamsville
 James Miller from Buffalo
 Madison Moore from Buffalo
 Shannon Murty from Depew
 Nicole Nazzarett from Cheektowaga
 Janyah Nelson from Buffalo
 Danielle Norton from Lancaster
 Chelsea Okon from Lancaster
 Alicia Pacer from Depew
 Marysia Paradis from Depew

Taven Payne from Buffalo
 Emily Pijacki from Cheektowaga
 Madeline Pike from Cheektowaga
 Bria Posey from Buffalo
 Mia Posey from Buffalo
 Madilyn Potter from Lancaster
 Frank Propis from Lancaster
 Robert Pugh Jr. from Lockport
 Donovan Queeno from Buffalo
 Saequan Reid from Buffalo
 Jaymee Reszel from Lancaster
 Taylor Robinson from Lancaster
 Trinity Robinson from Elma
 Jeffrey Rosner from Buffalo
 Adam Roszczyk from Cheektowaga
 Joseph Rozeski from Orchard Park
 Jae'lin Russell from Buffalo
 Kyle Schaffstall from West Seneca
 Anna Schmitz from Marilla
 Nicholas Schultz from Lancaster
 Matthew Shalloe from West Seneca
 Summer Slade from Lancaster
 Samantha Smith from West Falls
 Brandon Smith from Depew
 Andrew Snyder from Lancaster
 Julia Soluri from Depew
 Mitchell Stein from Clarence Center
 Matthew Swiatek from Depew
 Jessa Syracuse from West Seneca
 Christian Szablewski from Lancaster
 Rieleigh Tobolski from Cheektowaga
 Brendan Trapper from Lancaster
 Robert Trusiak from Lancaster
 Melanie Tunkey from Getzville
 Ryan Tytka from Lancaster
 Lauren Vilaro from West Seneca
 Jillian Vitale from Cheektowaga
 Wyatt Von Wrycza from Sloan
 Kylie Wagner from Williamsville
 Andrew Wargo from Lancaster
 Jacob Was from Depew
 Madeline Was from Depew
 Christopher White from West Seneca
 Jacob Winiarski from Cheektowaga
 Shala Wright from Buffalo
 Alec Zimmerman from Cheektowaga
 Andrew Zimniewicz from Cheektowaga

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@smhlancers.org

Interested in Volunteering? Call Mrs. Aquino!

Currents

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Edited by Keith Kidder '85

St. Mary's adds AP Chemistry, French 4, 3D CAD

Changes made to several other courses

Throughout February, the course selection process for 2014-15 will begin. Guidance Counselors will be meeting with students to discuss required courses for graduation and recommended courses to assist students in their college and life pursuits.

This year, St. Mary's has made a few changes to course offerings, including the addition of AP Chemistry and French 4, adjustments to AP American Government, alterations to Introduction to CAD and Advanced CAD courses, and name changes to some of the courses.

Here are descriptions of the new courses and classes that have changed:

- **Advanced Placement Chemistry** – This course is designed to be the equivalent of a general chemistry course that would be taken by a first-year college student. Structured around the "Six Big Ideas" determined by the College Board, the course works to develop math skills and problem-solving through working with complex and difficult chemistry concepts. This course also involves a laboratory component that helps to develop problem-solving skills by the inclusion of inquiry-based laboratory experiments where students must

develop and test their own procedure to solve a scientific problem. (Prerequisite: Completed Chemistry Regents or Honors and Algebra II / Trig A or Honors, at least 85 on Regents Chemistry Exam, and/or Department Recommendation.)

- **French 4** – The objectives for this course are directed to student improvement of communication skills in French, both written and spoken. Grammar will be reviewed with a focus on the use of the subjunctive tense. Students will learn how to write a type of dissertation called a Hegelian dialectic, where they express their own opinions while having to consider opposing views. French culture and social issues will be discussed. Tentative topics include, but are not limited to, friendship, technology, equality, individual freedoms, globalization, and immigration.

- **3D Computer Automated Design I (replaces Advanced CAD with 3D Modeling)** – Using modeling software, students will build real-world objects in a three-dimensional environment. Students will print some of their work on a 3D printer and create movies that illustrate their completed projects. The skills gained

in this course will help students prepare for possible careers in such fields as graphic design, game design, animation, simulation, and engineering. (Allowed to count as an art elective.)

- **3D Computer Automated Design II (NEW)** – Building upon 3D CAD I, students create and print more complex three-dimensional drawings. Students also create more complicated movies that animate as well as illustrate their projects. (Allowed to count as an art elective; prerequisite: 3D CAD I.)

- **Advanced Placement American Government & Politics** – This course has been expanded to a full-year, every-day course. This is a college introductory course designed to give students a critical perspective of government and politics in the United States. This course fulfills the New York State Participation in Government requirement. Students will discuss the various institutions, groups, beliefs, and ideas that make up the American political reality. Students will be required to produce a mock campaign and volunteer at a local campaign office. Students must take the A.P. exam in May. The cost of the A.P. exam is approximately \$90. Students who pass the A.P. exam may be eligible for college credit. **Please note: Students MUST take the Intro**

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A new year *(continued from page 1)*

college; as alumni you are important to the future of St. Mary's, because many of the alumni help guide and direct the course of the school for generations to come.

As freshmen, sophomores, and juniors, you are readying yourselves for your next challenge. And the challenges will be plentiful. There is the challenge of assuming greater leadership roles within St. Mary's. Another challenge will be to fill the voids created by our graduates on the playing field and on the stage. Then there is the challenge of a more rigorous academic curriculum to ready you for the challenges of college. Finally, there are the challenges of understanding your place within the Church and deepening your faith: faith in your Christian beliefs, faith in yourself, faith in your fellow people.

So what should you expect of us? The most important expectation is that the course that we – Mr. Kelleher, Mrs. Kranz, members of our Board of Trustees, the faculty and staff, and me – set for the school will ensure the continuous successful operation of St. Mary's for the future. All this is in the hopes that one day one of you reading this finds yourself sitting in this seat looking forward to the challenges that lie ahead and willing to set the course for more future generations of St. Mary's students and their families.

"To one who has faith, no explanation is necessary. To one without faith, no explanation is possible." Thomas Aquinas

Mark Tramont '77

President

Report card distribution postponed

Due to several circumstances, Report Card Distribution for the Second Quarter will now be taking place in Homeroom during the week of February 10 to 14. Families will be contacted via SchoolReach email the exact date of the distribution.

Thank you for your patience and understanding as we make sure that report cards are correct.

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)
Counselor to Classes of 2015 & 2017 Counselor to Classes of 2014 & 2016

Foreign languages benefits in many ways

Many students consider foreign language courses as something they must take to earn a diploma. Very few see the many benefits of learning to speak another language. Here are some facts to share with your teen:

- Students who study a foreign language tend to do better with their native language. For English-speaking students, a new language sharpens English vocabulary, grammar, and writing skills.
- Foreign languages improve memory. They offer practice in speaking and listening.
- When students study a foreign language, they are preparing themselves for the world outside of school. They are exposed to

another culture and its traditions.

- Those who learn another language often have a wider choice of careers than those who don't. Here are a few ways to help your teen succeed in a foreign language course:
 - Ask him to teach you a few simple phrases. Use them around the house.
 - Stay involved in his homework. Ask your teen how he is doing at least once week.
 - Look for news and TV stories about the country whose language he is studying.
 - Go to the library and check out videos, music, and books in the language.
 - Look for festivals and cultural events related to the language he is

studying. Make plans to attend one together.

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Make time for conversation

Teens sometimes act like they wish parents would just go away. But studies have shown that teens actually want to spend time with their parents – and those who do tend to earn better grades!

Here are some ways you can be sure to build in more time for talking with your teen:

- Eat dinner together. Turn off phones and the TV. And don't argue – mealtime should be relaxing and fun for everyone.
- Talk while you drive. It's a known fact that teens are more likely to talk to you if they don't also have to look at

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Reading comprehension can be challenging

In high school, students are presented with increasingly complex and specialized material. Reading a high school textbook requires serious concentration.

Your teen has finally finished reading a chapter in a textbook. She closes the book. Yes, she read it. But did she comprehend it?

Here are some questions your teen can ask herself after she reads to check her comprehension:

- What are the main ideas presented in the chapter?
 - What are the supporting details for these ideas?
 - How do these ideas compare with what I've learned in the past?
 - Do I understand the conclusions presented in the chapter?
- If your teen cannot answer ques-

tions like these, she may need to read textbooks in a different way. Here is a three-step system for her to try:

- Preview the text. Flip through the chapter before doing a careful read. Look at headings, photos, and words in bold or italics. Skim through the questions at the end of the chapter.
- Read the chapter carefully. Take notes on critical information. Read difficult sections a few times.
- Answer the questions at the end of the chapter. If she can't answer them thoroughly, your teen should continue reviewing the chapter until she can.

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Set effective consequences

Setting consequences is an important part of discipline. They show your teen that his actions carry results.

Experts agree that consequences are most effective when they are:

- Natural. The best consequences happen naturally. Example: Your teen doesn't do his homework. Natural consequence: He earns a bad grade. However, when a natural consequence threatens your teen's safety, don't let it happen.

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Spirit Week 2014 – February 24-28

Now that January exams are wrapping up and the second semester has begun, St. Mary's will take time for a little fun as the school celebrates Spirit Week during the week of February 24 to 28. Sponsored by Student Senate, the week

will combine special dress and fun events to hopefully lift school spirit during the cold of winter.

A highlight of the week will be the return of Mr./Miss Lancer Competition, taking place on Wednesday, Feb. 26.

Through a series of events, special dress, and interviews, St. Mary's will crown the individuals who are the most spirited St. Mary's Lancers.

Here complete schedule for Spirit Week 2014:

Monday, Feb. 24	Tuesday, Feb. 25	Wednesday, Feb. 26	Thursday, Feb. 27	Friday, Feb. 28
<p>Dress 'Merica Monday (Red, White, & Blue or Armed Forces; no jeans)</p> <p>Schedule Regular</p>	<p>Dress Twin, Triplet Tuesday (dress the same as someone else; jeans are allowed)</p> <p>Schedule Regular</p>	<p>Dress Sports Day Wednesday (wear clothes of favorite sports teams; no jeans)</p> <p>Schedule Regular</p> <p>Event Mr./Miss Lancer Competition – 7pm</p>	<p>Dress Travel the World Thursday (wear colors of country assigned to each class; no jeans)</p> <p>Schedule PM Assembly Schedule</p> <p>Event Class Competition Assembly</p>	<p>Dress Lancer Fan Day Pride Day (regular Pride Day dress code; no jeans)</p> <p>Schedule Ext. HR / PM Liturgy</p> <p>Events Class Meetings Spirit Week Liturgy</p>



Campus Ministry



Holy God, we praise Thy name!

Exodus 20:7 reads "You shall not take the name of the Lord, your God, in vain." God's name is to be respected and revered for it is powerful and potent.

In past times, using God's name in vain referred to taking an oath deceptively, promising a vow unfaithfully, or expressing belief about God contemptuously.

Today, little has changed. In courtrooms, some witnesses swear on the Bible "to tell the truth...so help me God," and then proceed to perjure themselves. We use expressions like "honest to God" or "I swear to God" and then proceed to lie or tell "half-truths." We invoke God's name to verify and justify our dishonest acts and speech.

The word "vain" comes from the Latin *vanus* meaning empty. It refers to the expressions so common in everyday

language that have become empty of the truth. To use God's name in vain (probably habitually) is a sign of disrespect and ignorance. It is empty of the respect, praise, and thanksgiving critical for our faith relationship.

Why is it that we call to God in anger rather than praise; in frustration rather than thanksgiving; in disappointment rather than confession?

Moses was the first to know God's name as Yahweh; it was the early Church who recognized God's name as Jesus; it is our privilege to know God's name as Holy Spirit.

In parishes throughout the country, Holy Name Societies seek to have God's name held holy and respected, and it's our task as well.

Benedicat vos omnipotens Deus.

Conversation (continued from page 4)

- you. So take your teen with you when you head out to run an errand.
- Cook together. As a bonus, your teen will learn how to prepare favorite foods.
- Do a project together. Paint a room, organize a closet, or clean out the garage.
- Volunteer together. Select a cause you both care about.
- Rent a movie. Watch it together. Then talk about it.
- Take a nature walk or go on a hike together.
- Ask your teen to teach you how to do

something.

- Make an appointment to spend time with your teen once a month.

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Consequences (continued from page 4)

- Related. The consequence should relate directly to what your teen did. Example: Your teen comes home with an empty gas tank – again. The rule is to fill the tank before returning the car. Related consequence: He can't use the car for one week.
- Reasonable. Example: Your teen comes home after curfew. Reasonable

consequence: He has to stay home next Saturday night. Not reasonable: He's grounded for two months.

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Cast of Footloose announced

Tickets go on sale Monday, March 3

Following auditions during the first week back from Christmas Break (interrupted a couple of times by snow days), the directors of this year's Spring Musical had the hard time of selecting the cast for the production of *Footloose*.

Congratulations to the following who have been chosen to be a part of the cast:

Ren McCormack – Matthew Wrobel

Ariel Moore – Victoria Powell

Rev. Shaw Moore – Alexander Hokaj

Vi Moore – Samantha Cousineau

Willard Hewitt – Andrew Salamone

Ethel McCormack – Kayla Murphy

Chuck Cranston – Austin Klink

Rusty – Anna Heerdt

Wes Warnicker – David Owczarczak

Wendy Jo – Victoria Jankowski

Jeter – Aaron Denz

Urleen – Grace Fuller

Bickle – Zachary Szpila

Eleanore Dunbar – Julie Pijacki

Principal Harry Clark – Christopher Hoffman

Betty Blast – Jennifer Piskor

Garvin – Nicholas Kobis

Cowgirl Bobby Lee – Rebecca Hojna

Coach Dunbar – Eric Eggert

Lyla – Sydney Mulkey

Cop – Gary Li

Lulu Warnicker – Chelsea Goldyn

Dancers: Torey Adams, Asia

Alexander, Marissa Dantonio, Alie Deguire, Mary Eddy, Helen Gibson, Rebecca Hojna, Kaitlyn Kowalewski, RiverLeigh Martinez, Jessica Michalski, Tia Piotrowski, Veronica Rozler, Alexandra Szpila, Regan Weiss, Emma Winiarski, Wynn Xu, Maya Zelazny

Ensemble: Jennifer Baran, Lonnie

Bowlds, Joelle Cianciosa, Jennifer Dudzinski, Laura Enzinna, Jenna Erwin, Allyson Fischer, Chelsea Goldyn, Samantha Grabski, Katrina Kenneweg, Marissa Loniewski, Gary Li, Harry Lu, Leah May, Peter Marks, Aggie Milholland, Rachel Molino, Grace Pyszczyk, Julie Sobczynski, Kristi Smith, Kaitlyn Tytka, Alexandra Zelazny

Tickets for the March 20, 21, and 22 performances of the spring musical

Footloose will go on sale on **Monday, March 3, at 7:30 a.m.** in Mr. Kidder's Office (behind the Library).

Tickets are reserved seating only. No tickets will be sold before March 3.

The tickets cost \$8 for adults, \$7 for high school or college students, \$6 for children and senior citizens. A weekend pass for all three performances is also available at \$20 each (may not be all same seats).

More information is available by calling Mr. Kidder at 683-4824, ext. 215.

Students win Olympiad medals

Congratulations to the St. Mary's High School Science Olympiad team that recently took part in the regional competition held at Canisius College. Nearly 500 students representing 32 schools participated in the competition.

Special recognition goes to:

- Maya and Alexandra Zelazny – 6th place medal in Boomilever event.

- Chelsea Goldyn and Erin Neidhart – 6th place medal in Material Science.

The St. Mary's Science Olympiad team is under the direction of science teachers Mr. Phil Conner and Mr. Al Derrico.

Diocese seeks Easter Mass participants

Daybreak TV of the Diocese of Buffalo has been asked again to provide Easter Sunday Mass nationally for ABC affiliates.

The Easter Sunday Mass will be pre-record on Saturday, March 8, at 10 a.m. at St. Joseph Cathedral, Delaware Avenue, Buffalo. The goal is to fill the cathedral with 800 people.

This Mass will feature the talents and good work of many people from the diocese. The Cathedral Choir and Brass will present the music.

"I hope you will join me to celebrate Easter (a little bit early and wearing your Easter finest!)," wrote Bishop Richard Malone, "and bring family, friends, or associates with you."

Because seating is limited, responses are needed by February 14. Please register online at www.daybreaktv.org or call 716-847-8745 to RSVP.

He makes the save!



Junior goalie Mason Smith makes a save in a recent game between the St. Mary's Lancers and the Amherst Tigers. St. Mary's went on to win the game 9-0.

Suggestions wanted for library books

Every year, St. Mary's High School receives Title money through New York State for the purchase of new books for the school library.

Over the past few months, Mr. Kidder has been gathering new-book ideas from members of the Faculty, especially through the school's Curriculum Committee.

Mr. Kidder would also like to receive book suggestions from students and families.

Those who have ideas for books that should be considered for the St. Mary's library should send their suggestions (title and author) to Mr. Kidder at kkidder@smhlancers.org.

Suggestions should be made by Friday, Feb. 14, because the Administration will determine the final order over the Winter Break.

Lady Lancers battle Nichols

The St. Mary's Women's Basketball Teams recently hosted the Nichols Vikings for a mid-day doubleheader on Monday, Jan. 20.

In the opening game, the Junior Varsity team, led by freshmen Haley Wipperman and Kathryn Vogl, defeated the

Nichols team 36-29.

In the varsity match-up, the Vikings came out on top, though the St. Mary's underclassmen showed that the future looks bright for the team, as sophomore Annie Hamilton and freshman Hannah Puffpaff led the Lady Lancer charge.



Senior Jakki Steck and freshman Hannah Puffpaff look for rebounds against Nichols.

St. Mary's is participating in the Abitibi Paper Retriever® "Schools on Goal" Program

- Where Recycling Adds Up -



Bring your paper to the bright green & yellow recycling bin

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

Just 4 Me

Pediatric Dentistry

&

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Free Dental Cleanings & Sealants for Kids

(age 1-17)

Friday, Feb. 7, 8am-4pm

at

Just 4 Me Pediatric Dentistry

1660 Hopkins Rd, Getzville, NY

To reserve your spot,

call (716)688-7721

– From the Health Office –

Attention Spring Sport Athletes

All athletes must have a current physical on file in the Health Office. In addition, prior to the start of tryouts or practice at the beginning of each season, a health history review for each athlete must be conducted.

Students interested in trying out for a spring sport must turn in Interval Health History Forms, completed by a parent/guardian, to the Health Office/Main Office by **February 13th**. Failure to comply will result in not being able to start practice with the rest of the team.

The Pink Health Form will be available in the Health Office, the Counseling Office, the Main Office, and is also available on the school website under "Parents", and then the "Health" section.

Physical Sign-up for 2014-15

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 18th.**

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.



Lancer Parent Partnership



Fashion Show updates

The Lancer Parent Partnership Fashion Show Committee will meet on **Thursday, Feb. 27, at 6 p.m.** in the St. Mary's High School Library. All are welcome to join the committee and assist with the planning.

This year's event, "Wrapped in Fashion", will be held on Thursday, April 3, at Salvatore's Italian Gardens Restaurant. Vendors confirmed to date include Mary Kay, Silpada, Au Naturel Boutique, and Thirty-One Gifts. Additional vendor tables and sponsorships are still available. Stores showcasing their fashions are Bridal Chateau, Men's Warehouse, Tuxedo Junction, TJ Maxx, Old Navy, PacSun, DEB, and Dress Barn.

As the Lancer Parent Partnership's only fundraiser, the event raises money for student scholarships, as well as parent networking socials and faculty and staff appreciation events. In addition to the nine departmental scholarships traditionally funded by the Lancer Parent Partnership, two addi-

tional scholarships will again be awarded this year to members of the Class of 2014 who exhibit strong leadership and extraordinary community service.

Those who are unable to attend the February meeting but would still like to help should e-mail Sandy Gibson at ekgib15@msn.com. There are many ways to help, including assisting with the models, decorating, and helping with admissions and raffles the night of the event.

* * *

Aspiring models can sign up online via the link on the St. Mary's web site. All students, faculty, staff, and alumni are welcome to model in the show. Students will receive 10 service hours for modeling and five hours if they would like to help on the night of the show.

The last day to sign up to model is Friday, Feb. 14. No exceptions! The online form will be turned off after this date.

Models will be contacted by Susan Szpila, model coordinator, to confirm

model information and to get fitting assignments after Winter Break.

* * *

The annual Fashion Show is a wonderful evening of fun, food, fashions, and fabulous prizes! Tickets are \$35 and include admission, a door prize ticket, a three-course dinner, and the show. Tables of 10 are available.

The event will also feature a special raffle, theme basket raffle, 50/50 split raffle, and a cash bar. Theme baskets will be on display during the spring musical, March 20-22. Admission tickets, special raffle tickets, and theme basket raffle tickets will be sold prior to each performance and during intermissions.

Tickets are available beginning March 3 through the School Office or may be purchased at one of the performances of *Footloose*.

Please invite your friends and family from outside the St. Mary's community and help us showcase this great event to benefit our students!

*Get your
St. Mary's Stuff
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Hockey team honors seniors



The St. Mary's Hockey team recently honored the senior members of the team.

The seniors are Brett Helmbrecht (with parents Jeff & Robin), Collin Zelli (with parents Brian & Karen), and Grant Ziomek (with parents Bob & Joyce).

Girls' Lacrosse team to hold Open Gyms



The St. Mary's Girls' Lacrosse team will be holding "Open Gym" sessions for any St. Mary's girls who are interested in playing Lacrosse.

The Open Gym is an opportunity for newcomers and experienced players, before the team's upcoming Spring season in the Msgr. Martin league.

The Open Gyms will be held:

- Sat., February 15, 10 a.m. to 12 noon
- Sat., February 22, 9 to 11a.m.
- Sat., March 1, 10 a.m. to 12 noon

For more information, contact Coach Elwell at paul.elwell.jr@gmail.com or Coach Formato at jimformato@gmail.com.

December Lottery Calendar Winners

Dec. 1	793	Sam Oakes	\$50
Dec. 2	983	Elaine Stolarski	\$25
Dec. 3	264	Christine Hokaj	\$25
Dec. 4	505	Ticket Unsold	\$-
Dec. 5	184	Ticket Unsold	\$-
Dec. 6	631	Ticket Unsold	\$-
Dec. 7	887	Ticket Unsold	\$-
Dec. 8	655	Ticket Unsold	\$-
Dec. 9	173	Ron Spring	\$25
Dec. 10	595	Ticket Unsold	\$-
Dec. 11	204	Mark Sheperd	\$25
Dec. 12	202	Matt Jaracz	\$25
Dec. 13	449	Ticket Unsold	\$-
Dec. 14	501	Ania Gurnari	\$25
Dec. 15	808	Daniel Dolinar	\$50
Dec. 16	963	Russ Fuller	\$25
Dec. 17	419	Ticket Unsold	\$-
Dec. 18	019	Pam Aquino	\$25
Dec. 19	445	Ticket Unsold	\$-
Dec. 20	542	Ronald Heerdt	\$25
Dec. 21	117	Ticket Unsold	\$-
Dec. 22	210	Ticket Unsold	\$-
Dec. 23	584	Ticket Unsold	\$-
Dec. 24	482	Ticket Unsold	\$-
Dec. 25	314	David Fasolino	\$25
Dec. 26	329	Ticket Unsold	\$-
Dec. 27	291	Ticket Unsold	\$-
Dec. 28	874	Ticket Unsold	\$-
Dec. 29	733	Ticket Unsold	\$-
Dec. 30	284	Antoinette Rzemek	\$25
Dec. 31	388	Kelley Carlson	\$25

Winter Sports Schedules

Women's Varsity Basketball

Mon., Feb. 3, 6pm vs. Sacred Heart
 Wed., Feb. 5, 6:30pm @ Springville
 Sat., Feb. 8, 10:30am @ Mt. Mercy
 Sat., Feb. 15, 6pm vs. Christian Central
 Tues., Feb. 18, 7pm @ Niagara Catholic
 Wed., Feb. 19, 6:30pm vs. Nardin

Men's Varsity Basketball

Tues., Feb. 4, 6:30pm @ O'Hara
 Thur., Feb. 6, 7:30pm @ Nia. Cath.
 Sat., Feb. 8, 3:30pm vs. Nichols
 Tues., Feb. 11, 6:30pm @ Park
 Wed., Feb. 12, 7:30pm @ Fredonia
 Fri., Feb. 14, 7:30pm vs. Canisius
 Sun, Feb. 16, 3pm @ St. Francis
 Tues., Feb. 18, 5:30pm @ St. Joe's

Women's JV Basketball

Mon., Feb 3, 4:30pm vs. Sacred Heart
 Wed., Feb. 5, 5pm @ Springville
 Sat., Feb. 8, 9am @ Mt. Mercy
 Tue., Feb. 18, 5:30pm @ Niagara Catholic
 Wed., Feb. 19, 5:30pm v. Nardin

Men's JV Basketball

Tue., Feb. 4, 5pm @ O'Hara
 Thur., Feb. 6, 6pm @ Nia. Cath.
 Sat., Feb. 8, 2pm vs. Nichols
 Wed., Feb. 12, 6pm @ Fredonia
 Fri., Feb. 14, 6pm vs. Canisius
 Tues., Feb. 18, 4pm @ St. Joe's

Freshmen Basketball

Sat, Feb. 1, 11am vs. Jamestown
 Mon., Feb. 3, 4pm @ St. Joe's

Men's Bowling

All Matches begin at 3:35pm at Thruway Lanes
 Tue., Feb. 4, vs. Park
 Thurs., Feb. 6, All-Catholics

Wrestling

Tues., Feb. 4, 6pm vs. Gow
 Wed., Feb. 5, 6pm vs. Canisius
 Sun., Feb. 9, All-Catholics
 Fri., Feb. 14, State Tournament
 Sat., Feb. 15, State Tournament

Hockey

Sun., Feb. 2, 3:30pm vs. St. Francis (Holiday Twin Rinks)
 Tues., Feb. 4, 3:45pm vs. Timon (Cazenovia Park)
 Thur., Feb. 6, 7pm vs. Amherst (Northtown Center)
 Sat., Feb. 8, 8:35pm @ North Tonawanda (Hockey Outlet)

Women's Bowling

Tue., Feb. 4, 3:45pm, All-Catholics

Open Gym Schedule for Lady Lancer Softball Teams

- Saturday, Feb. 22 – 12:30-2:30pm
- More dates to come!
- Bring your glove & sneakers!
- Note – Tryouts begin Monday, March 3!

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

Health Corner

February is Heart Health Awareness Month

By Emily Cavallari '14
Healthy Lifestyles Club

February is Heart Health Awareness month. According to the American Heart Association, heart disease is the leading cause of death in the United States: about **600,000 Americans** die from heart disease each year, or, to put it another way, it causes **one in every four deaths**.

Heart disease, or atherosclerosis, occurs when deposits of cholesterol and other cellular waste products build up in the inner linings of the heart's arteries. This causes blockage of the arteries and prevents blood from reaching the heart. This starves the heart of oxygen.

Risk factors of heart disease include smoking, age, gender, family history, weight, cholesterol levels, and high blood-pressure. People over age 65, men, and smokers have a higher risk of heart disease than their counterparts.

Symptoms include chest pain, shortness of breath, heartburn, fatigue, and dizziness. If someone is complaining about the above symptoms, make them comfortable and call 911 immediately.

Prevention is the best way to protect oneself from Heart Disease. Smoking is a major factor, so choose to be tobacco free. Maintaining healthy cholesterol levels can be achieved through a healthy diet plan and regular exercise. Lowering blood

pressure can also help prevent disease. It is recommended that those who are obese try to reduce weight as a means of prevention.

Choosing a healthy lifestyle is the best way to decrease your chances of heart disease. However, due to heredity, choosing a healthy lifestyle may not be enough. So, there are medications that a doctor can prescribe to reduce risk of disease.

Heart disease is an extremely harmful even deadly disease that can be often prevented.

For more information on Heart Disease visit The American Heart Association at www.heart.org.

School Meals

We serve education everyday through healthy choices

February 2014 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Breakfast – \$1 <i>Reduced – 25¢</i> Bagels, cream cheese, assorted cereal, muffin, juice, milk, fresh fruit Served Every Day 7:15-7:45 p.m.</p> <p>A la carte items: Muffins – 60¢ Pop Tarts – 60¢ Orange Juice – 50¢ Milk – 50¢</p> <p>Lunch – \$3 <i>Reduced – 25¢</i></p> <p><i>Students may prepay for lunch for one week or more – \$2.75 per day</i></p> <p>All lunches include milk: White – 1% White – Fat Free Chocolate – Fat Free</p> <p>A la carte items: Sandwiches – \$1.50 <i>Other items vary everyday!</i></p>	3 Stuffed-crust pizza, Romaine salad, carrots, apple sauce, pears, tater tots, milk	4 Cheeseburger on roll, lettuce salad, tomatoes, green beans, oven fries, apple sauce, milk	5 Chicken nuggets, mashed potatoes, gravy, dinner roll, peas & carrots, fresh apples, pears, milk	6 Baked ziti with meat sauce, dinner roll, Romaine salad, steamed broccoli, corn, peaches, milk	7 No School	
	10 Tacos, two 6-inch wraps, meat, cheese, lettuce, salad, tomatoes, salsa, seasoned rice, fresh fruit, milk	11 Sahlen's hotdogs, whole grain roll, baked beans, corn, peaches, pears, fries, milk	12 Chicken patty on whole wheat roll, mashed potatoes, gravy, peas & carrots, fresh fruit, milk	13 Sloppy Joe on roll, hash brown patty, green beans, zucchini, assorted fruit, milk	14 Cheese ravioli, sauce, Romaine salad, dinner roll, steamed broccoli, mixed fruit, milk	
	17	18	19	20	21	No School - Winter Break
	24 Tacos, two 6-inch wraps, meat, cheese, lettuce, salad, tomatoes, salsa, seasoned rice, peaches, milk	25 Spaghetti & meatballs, whole grain dinner roll, Romaine salad with Garbanzo beans, apple sauce, milk	26 Chicken tender sub on roll, sweet potato fries, corn, broccoli, mixed fruit, milk	27 Cheeseburger on roll, baked beans, green beans, apple sauce, milk	28 Grilled cheese, broccoli, carrots, Romaine salad, oven fries, mixed fruit, milk	

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

Courses *(continued from page 3)*

to Economics online course over the summer; more information is available from Social Studies

Department. (Prerequisite: Based on department recommendation and/or approval.)

- Advanced chemistry has been renamed **Forensic Science.**
- Introduction to Journalism has been renamed **Modern Media: Journalism,**

Social Media, and Beyond.

- Geometry II B has been renamed **Math II B.**
- Algebra II B has been renamed **Math III B.**

The Course Catalog, with a complete listing of all classes, will be available soon on the St. Mary's website. Questions regarding courses should be directed to the students' guidance counselors.

Break Hours

During the Winter Break, the St. Mary's High School office will have the following hours:

- Monday, Feb. 17 – Closed
 - Tuesday, Feb. 18 – 9 a.m. to noon
 - Wednesday, Feb. 19 – 9 a.m. to noon
 - Thursday, Feb. 20 – 9 a.m. to noon
 - Friday, Feb. 21 – Closed
- School resumes Monday, Feb. 24.

February 2014 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 FreshBB vs. Jamestown 11am
2 Hockey vs. St. Francis 3:30pm	3-C Day Student Senate 2:30pm Incoming Freshmen Registration Night 6-8pm FreshBB @ St. Joe's 4pm WBB vs. Sacred Heart 6, 7:30pm	4-D Day Curriculum Committee 2:30pm MBowl vs. Park 3:30pm WBBowl – All-Catholics 3:45pm Hockey vs. Timon 3:45pm MBB @ O'Hara 5, 6:30pm Wrestling vs. Gow 6pm	5-E Day SEEK Meeting 2:30pm WBB @ Springville 5, 6:30pm Wrestling vs. Canisius 6pm	6-F Day Jeans Day Weekly Mass 7:30am in Chapel No Afterschool Activities MBowl – All-Catholics 3:30pm MBB @ Niagara Catholic 6, 7:30pm Hockey vs. Amherst 7pm	7 No School for students Faculty/Staff Inservice Lancer Auction 6pm	8 ACT Testing Day WBB @ Mt. Mercy 9, 10:30am MBB vs. Nichols 2, 3:30pm Hockey vs. North Tonawanda 8:35pm
				Jeans Day	No School for Students	
9 Wrestling All Catholics	10-A Day Student Senate 2:30pm Grammar School Basketball Tournament	11-B Day NHS Meeting 2:30pm Grammar School Basketball Tournament VarMBB @ Park 6:30pm	12-C Day Campus Ministry Meeting 7:30am Principal's Ad Board 2:30pm Grammar School Basketball Tournament MBB @ Fredonia 6, 7:30pm	13-D Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Grammar School Basketball Tournament	14-E Day Eucharistic Adoration Grammar School Basketball Tournament WBB @ Mt. Mercy 4:30, 6pm MBB vs. Canisius 6, 7:30pm Wrestling @ State Tournament	15 Wrestling @ State Tournament VarWBB vs. Christian Central 6pm
16 MBB @ St. Francis 3pm	17 No School Mid-Winter Break School Closed	18 No School Mid-Winter Break Offices open 9am-12noon WBB @ Niagara Catholic 5:30, 7pm MBB @ St. Joe's 4, 5:30pm	19 No School Mid-Winter Break Offices open 9am-12noon WBB vs. Nardin 5, 6:30pm	20 No School Mid-Winter Break Offices open 9am-12noon	21 No School Mid-Winter Break School Closed	22
	No School	No School	No School	No School	No School	
23 Spirit Week See page 5 for details	24-F Day Student Senate 2:30pm	25-A Day	26-B Day Campus Ministry Meeting 7:30am Faculty/Staff Meeting 2:30pm Mr./Miss Lancer Competition 7pm	27-C Day PM Assembly Schedule (Spirit Games) Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library	28-D Day Ext HR / PM Liturgy Schedule (Class Meetings / Spirit Week Liturgy)	

In the February issue of *Currents*

- St. Mary's announces scholarship recipients, accepted students
- SMHS adds AP Chemistry, French 4
- Schedule for Spirit Week
- Fashion Show Update
- Hockey team honors Seniors
- Footloose tickets on sale March 3
- February Calendar & Menu
- And much more!

**For the latest news about
St. Mary's High School,
go to www.smhlancers.org**

Blessing of Brains



Chelsea Goldyn and Mr. Tom Fay (right) distribute Exam Care Packages as part of the Blessing of Brains, sponsored by Campus Ministry.

Your Opportunities Await at
St. Mary's High School
142 Laverack Avenue
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