## St. Mary's High School Achieve Success October 2014 CURRENTS

## It came down to the final seconds!

Dear Family & Friends,

This year's Homecoming Week was an exciting one! The

traditional competition between classes that happens all week literally came down to the final seconds of the last assembly on Friday. There was a tie between the Senior Class and Freshman Class (Great job, freshmen!). So, as a final tie-breaker, each of the two classes was required to do a class cheer and the class that registered louder on our decibel meter would win. While the Freshman Class made a very strong effort,

reaching over 90 decibels, the Senior Class stepped up their spirit and registered over 100 decibels!

All week long, the spirit in the school was palpable. On Pride Day, it is a fact that I could not find anyone in the building that didn't have some SMHS gear on as part of their outfit. There were painted faces everywhere. The events that the Lancer Cheerleaders planned were energetic and entertaining (Thank you, ladies!). The Powder Puff Football game on Thursday night also came down to the final seconds as the Junior/Freshman team made a fantastic touchdown catch on the second last play of the game.

Wow, what a game ... and what a week!



The challenge now is to keep this spirit going through the remainder of the year. With having such a fantastic start, this is a challenge well worth the undertaking. When we work together, there is so much more that can be accomplished than working on our own. That was obvious in the class competitions throughout the week and is evident in our classrooms every day.

Nobody in the Lancer community is on their own. Everyone here has people that love and support them, and everyone here has the love of God and the power of the Holy Spirit with them

every day. If you **need** help, reach out to those around you. If you **can** help, reach out to those around you. Remember the theme that was presented at the Opening Liturgy, "I am third – God, others, self." That is another clear way to see how using our own spirit and the Spirit from our Lord will help us to be suc-

(Continued on page 10)

## St. Mary's to welcome Jason Evert

On Tuesday, Oct. 7, students of St. Mary's High School will be attending an

assembly led by nationallyknown speaker Jason Evert.

Jason, along with his his wife Chrystalina, are the founders of the Chastity Project, an organization that promotes chastity through talks to high school and college students.

In his talks, Jason will reveal the compelling vision of God's plan for human

sexuality and present an uplifting case for practicing the virtue of chastity. By addressing the issues that teens struggle with most, such as sexual pressure, pornography, modesty, and starting over, Jason will offer encouragement for teens to maintain their purity or begin again if they've made mistakes in the past. Jason has spoken on six continents

> to more than one million people about the virtue of chastity, including several years ago at St. Mary's.

The Everts are the authors of more than ten books, including *How to Find Your Soulmate without Losing Your Soul* and *Theology of the Body for Teens.* 

Jason earned a

master's degree in Theology, and undergraduate degrees in Counseling and Theology, with a minor in Philosophy at Franciscan University of Steubenville. He is a frequent guest on radio programs throughout the country, and his television appearances include Fox News, MSNBC, the BBC, and EWTN.

After speaking solo for several years, he teamed up with Crystalina, and the two married in 2003.

In addition to the assembly at St. Mary's, Jason will also be giving evening presentations at local parishes:

- Monday, Oct. 6, 5:30-7 p.m. Youth Session "Love or Lust?" For junior high and high school students at St. Gregory the Great Church, Williamsville.
- Monday, Oct. 6, 7:30-9 p.m. "Safeguarding Ourselves and our Families from the Evils of Pornography," For young adults and older at St. Gregory the Great Church, Williamsville.
- Tuesday, Oct. 7, 7-8:30 p.m. "Parenting for Purity" talk regarding Christian Sexuality (for Parents only) at St. Amelia's Church, Tonawanda.



Jason Evert

### Currents

## Keep your kids safe. Get their seasonal flu vaccines every year Seasonal Flu: A Guide for Parents

*Is seasonal flu more serious for kids?* – Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.

*Flu vaccine may save your child's life.* – Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu. It is recommended for everyone 6 months and older

What is seasonal flu? - The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.

### Flu shot or nasal spray vaccine? -

- Flu shots can be given to children 6 months and older.
- A nasal-spray vaccine can be given to healthy children 2 years and older.
- Children younger than 5 years who have experienced wheezing in the past year or any child with chronic health problems should get the flu shot, not the nasal-spray vaccine.
- · Children younger than 9 years old who get a vaccine for the first time need two doses.

#### How else can I protect my child?

- · Get the seasonal flu vaccine for yourself.
- Encourage your child's close contacts to get seasonal flu vaccine too. This is very important if your child is younger than 5 or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get vaccinated.
- Wash your hands often and cover your coughs and sneezes.It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough, or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs.
- Tell your children to:
  - · Stay away from people who are sick;
  - · Clean their hands often;
  - · Keep their hands away from their face, and
  - · Cover coughs and sneezes to protect others

What are signs of the flu? – The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

*How does the flu spread?* – People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.

*How long can a sick person spread the flu to others?* – Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).

What should I use to clean hands? – Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them unless they are visibly soiled. The gels should be rubbed into hands until the hands are dry

What can I do if my child gets sick? – Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.

*Can my child go to school/day care with the flu?* – No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.

When can my child go back to school/day care after having the flu? – Children with the flu should be isolated in the home, away from other people. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours.) Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes, or gels with alcohol in them if the school allows gels.

For more information about the flu, visit www.health.ny.gov/diseases/communicable/influenza/seasonal/ Or the Centers for Disease Control and Prevention at www.cdc.gov/flu

## - Notes from the Health Office -Information on New EnteroVirus D68 (EV D68) P

Dear Parents/Guardians,

Recent news reports have shared that a virus called **Enterovirus D68 (EV D68)**, has been found in school-aged children in many states. It is now in New York. This is not a new virus, and not all people who get this virus will get really sick. There is no treatment for illness caused by EV-D68.

The virus can be found in saliva and nasal mucus. It spreads from person to person through coughing, sneezing, or touching surfaces.

Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches. Most of the children who got very ill with the EV-D68 infection had trouble breathing, and some had wheezing. Many of these children had a history of breathing problems due to asthma or cystic fibrosis.

If your child develops a fever, runny nose, sneezing, cough, body and muscle aches, please do not send your child to school until he/she does not have a fever, is not taking any medicines to reduce the fever, and is well enough to stay in class all day and learn. Until then, please allow your child to rest and get better at home. If your child is not having serious breathing problems, you can use over-the-counter medications for pain and fever. Aspirin should not be given to children. If you child is having breathing problems you should contact your doctor or health care provider immediately.

To help protect your child please remind them to:

- Wash their hands often with soap and water for 20 seconds.
- Avoid touching their eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover their nose and mouth when coughing or sneezing – using a tissue if possible.

Hand washing with soap and water is the best method for cleaning hands. If soap and water are not available, alcoholbased hand sanitizers (concentration 60% or greater) may be used. We recommend you supervise your child when using hand sanitizer. Some students are sensitive to hand sanitizer products and if this occurs, please notify the school.

School staff is reminding students to cover their mouths when coughing and sneezing, throw their tissue in a trash can, wash their hands, and not share any personal items. Areas that students touch frequently will be given additional attention.

Thank you for your cooperation.

### Bash for Cash is coming October 25

Bash for Cash will be taking place at St. Mary's High School on Saturday, Oct. 25.

For those new to the event, Bash for Cash combines a cash give a way with an evening of fun and food.

The grand prize is \$10,000, while there are also 61 other prizes ranging from \$50 to \$3,000. And every entry has a chance for every prize.

On the day of the event, every

ticket purchased allows two adults to attend the festivities which include

pizza, beverages, raffles, split

clubs, and games. Tickets for the Bash for Cash cost \$50. They are available by contacting Mrs. Pam Aquino, Special Events Coordinator, at 683-4824, ext. 223.

Also, indviduals interested in volunteering at the Bash for Cash should contact Mrs. Aquino.

## New students physicals; winter athletes

Any student new to St. Mary's High School without a physical exam on file will be scheduled for a physical at school on November 6<sup>th</sup> to be given by the school doctor.

#### Winter Sport Athletes

All athletes must have a <u>current</u> physical on file in the Health Office. In addition, students interested in trying out for a winter sport must turn in Interval Health History Forms, completed by a parent/guardian and student, to the Health Office/Main Office by October 23.

Failure to comply will result in not being able to start practice with the rest of the team. This policy is explained in detail in the Student Handbook online.

The Blue Health History Form will be available in the Health Office, the Counseling Office, the Main Office, and on the school website.

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

### Report Cards to only be printed first quarter

The Administration of St. Mary's High School has made the decision that the school will only print students' report cards following the first quarter, which ends in November.

These report cards will be distributed at the First Quarter Follow-Up, which takes place on Monday, Nov. 17, from 5 to 7 p.m.

The report cards for the other quarters will be available electronically through the InfoNOW Student Information System.

Families will be notified when the report cards are available for viewing.

More information regarding report cards will be available nearer to the end of each quarter.



### St. Mary's High School

### October 2014

## **Counseling Corner**

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org) Counselor to Classes of 2015 & 2017 Counselor to Classes of 2016 & 2018

## Remind teen to think before posting

Teens who are staring at their cell phones may not be reading text messages. They may be looking at suggestive photos forwarded by friends.

Research shows that peer pressure can influence teens to take and post suggestive pictures of themselves. Almost half of teens surveyed say that pressure from friends or dates is the reason they post photos they would never share with their

## Multi-tasking does not work

Your teen is doing his homework. He's also watching TV and texting his friend. Should you tell him to stop multitasking?

Brain researcher Daniel Willingham has studied what happens to students when they are trying to concentrate. Can they remember what they read if they are also watching TV? Can they learn vocabulary words if they're also texting?

"There is always a cost to multitasking," Willingham says. That's because we really don't do two things at once. Instead, we switch back and forth between them. So when students do their homework while the TV is on in the background, their homework isn't getting their full attention.

What about listening to music? Some people can listen to music and concentrate. Others can't.

Still, Willingham says, the research is clear. "If you want to do something well, it's best to focus on one task at a time."

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To protect your teen:

- Know whom she communicates with. You know who comes into your home, but do you know the people she chats with on her phone and whom she is friends with online?
- Remind her that nothing is private in cyberspace. Even when teens think they're sending a photo to just a few friends, those teens can forward the pictures and pretty soon, they are everywhere. And when your teen posts a photo online, anyone can take a screen shot of that photo and share it.
- Help her think about the future.
  Nothing completely disappears

once it's on the Internet. How would she feel if one of her teachers or a college admissions officer saw the picture? How about a potential employer?

 Check out her online presence. Go on Instagram, Facebook, and other social media sites where your teen communicates with friends and posts pictures. Remind her that she's already chosen to make this information public. You are not snooping. You're just asking to see what everyone else already knows about her.

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## October 15 – Standardized Testing & College Visitation Day

Wednesday, Oct. 15, is the Underclassmen Testing Day.

On that day, freshmen will take the ASPIRE test, sophomores will take the ASVAB test, and juniors will take the PSAT.

All students must be in regular dress code that day.

Teachers and counselors will be working with students prior to the test so they are prepared for the day. Dismissal will be at 11:30 a.m.

Seniors DO NOT have to report to school that day and are encouraged to use the day to visit any college(s) that they might be interested in attending.

## St. Mary's, St. Bonaventure providing "Bus to Bona"

St. Mary's High School, in cooperation with St. Bonaventure University, will be providing a "Bus to Bona" for St. Mary's seniors on Senior College Visitation Day, Wednesday, Oct. 15.

The "Bus for Bona" will leave St. Mary's at 8:30 a.m. to return at approximately 3:30 p.m. During the trip, seniors will be able to take a tour of the campus; meet with teachers, students, and admissions' advisors; and sit in on classes.

The seniors will also be treated to a free lunch in the university's Magnano Centre.

Approximately 30 seniors have signed up for the trip, but there is still room for more. Questions may be addressed to Mrs. Neudeck, Senior Class Counselor, at 683-2349 or sneudeck@ smhlancers.org.

### CURRENTS



October 14

The St. Mary's Theater Department recently announced the cast for this year's fall play, *13 Past Midnight*, by Billy St. John. • Brenda Moss – Jessica Michalski

- Pete Griffin Austin Klink
- Lila Lamont Aggie Milholland
- Victor Winslow Jackson Sperduti
- Eve Fulton Alexandra Zelazny
- · Gary Anderson Alex Hokaj
- Louise Burke Anna Heerdt
- Durwood David Owczarczak
- Toni Crawford Kayla Murphy
- Skyler Trent Jake Concannon
- Kathyrn Winslow Hannah Hapeman
- Chad Martin Zach Szpila
- · Zara Dare Christina Federico
- Talbert Worthington Matthew Ciezki
- Maureen O'Malley Shannon Murty
- Alison Trent Mary Eddy

## 13 Past Midnight by Billy St. John

When powerful millionaire Victor Winslow, producer of a popular T.V. soap opera, invites members of the cast and crew to his mansion for a party, no one dare refuse. Winslow informs his guests that he has assembled them to help him develop a new murder mystery game he's invented called "13 Past Midnight." But before the game begins, the host gives the players ample motives to want to kill him - for real! But the game becomes deadly when Victor is discovered stabbed in the neck with a dart, and Pete Griffin, a private investigator hired to act as a consultant, must try to trap the murderer before he or she can strike again. Filled with laughs and chills, Thirteen Past Midnight will make the audience think twice before accepting an invitation to a murder mystery evening!

The play will be performed November 7 and 8. Tickets go on sale on Tuesday, Oct. 14, at a cost of \$5 per ticket in Mr. Kidder's Office (behind the library).

# Campus Ministry Something about Mary

It is the tradition of the Catholic Church to dedicate the month of October as the month of the Holy Rosary. The prayer recalls events from the life of Christ, the teachings of the early Church, and the intercession of the Blessed Virgin Mary.

The Ave Maria rosary, as we know it, emerged about the 15th century when its use became more frequent than the Pater Noster (Our Father) rosary. As time passed, the division of three mysteries, each containing five decades, became the norm. The devotion was not only a prayer, but it became a teaching tool long before the Bible, prayer books, or missals ever existed. Recitation taught about the life of Jesus, the faithfulness of Mary, and, the most often recited, communal prayers (the Apostles' Creed, the Our Father, the Hail Mary, and the Glory Be). St. John Paul II added a fourth set of mysteries, the Luminous Mysteries, the Mysteries of Light.

A resurgence is occurring in praying the Rosary in part because of its calming, easing style. A suggestion has been made for incorporating this devotion into our very busy, ever active lives. Begin the first week of the month by praying the Joyful Mysteries, and on each day of the week recite one decade: on the first Monday pray the first Joyful Mystery, The Annunciation; on Tuesday, the second Joyful Mystery. The Visitation; and so forth. The second week pray the Mysteries of Light. the third week, the Sorrowful; the fourth week, the Glorious. Start over each following month. You can also offer an intention as you pray each Hail Mary. I have found this helps me to keep my focus during prayer and avoid the monotony.

During this month, may you find serenity and peace in your prayer life. Benedicat vos omnipotens Dues. twf+

Lancer Parent Partnership

## Fashion Show Meeting – Oct. 28

The Lancer Parent Partnership will hold a Fashion Show Pre-Planning Meeting in the Library on Tuesday, October 28, at 6 p.m. This meeting is designed to "get the ball rolling" in preparation for the Fashion Show, which will be taking place on Tuesday, April 21, 2015, at Salvatore's Italian Gardens.

The Fashion Show is the major fundraiser for the Parent Partnership. Money raised at this event helps to fund scholarships for graduating seniors, gifts of appreciation to the faculty and staff, and other events which help build a bond between the school and the parents.

If you would like more information about the Fashion Show – or would like to be involved but are not able to attend the October 28 meeting – please contact Sandy Gibson at ekgib15@msn.com.



Phone: (716) 681-9866 • Fax: (716) 681-9868 sales@chruscikibakery.com • www.chruscikibakery.com

## Homecoming 2014 ...



Father Joe Rogliano, a 1975 St. Mary's graduate, receives an "I Am Third" t-shirt from senior Hannah Hapeman at the Homecoming Liturgy.



Hanging out at Firemen's Park as part of the annual Walk-a-thon.



Juniors Hanna Strek and Mikala McCartney along with senior Tia Piotrowski.



Struggling for yardage in the game against Oil City.



Marie Caruana performs during halftime of the Homecoming Football Game.



Senior Marc O'Neill awaits the challenges in the Class Competition Assembly.



Juniors vs. Freshmen in Tic-Tac-Toe.

## ... A Royal Celebration







Coach Steve Grieco can not believe the call.



Junior Joe Stoj performs his half-time routine.



Junior Carrie Kidder just before her game-winning catch.



Participants in this year's Powder Puff Football Game.

## The Homecoming King & Queen, Princes & Princesses



Seniors Brandon Weber and Julie Sobczynski.



Juniors Stephen Wisniewsski and Marissa Dantonio.



Sophomores Jimmy Ando and Sydney Zajac.



Freshmen Eric Brown and Danielle Norton.

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## **2014 Fall Sports Schedules & Results**

### Varsity Football

Sat. Sept. 6, 2pm @ University Prep ..... Won 22-20 Sat., Sept. 13, 1pm vs. St. John the Baptist ...... Won 34-14 Fri., Sept. 19, 7pm @ Timon ... Lost 14-38 Sat., Sept. 27, 2pm vs. Oil City (Pa.) ..... Lost 32-35 Sat., Oct. 4, 1pm vs. Niagara Wheatfield Sat., Oct. 11, 5pm @ East High (Erie, Pa.) Sat., Oct. 18, 2pm @ St. Joe's Sat, Oct. 25, 1pm vs. St. Francis Sat., Nov. 1, 1pm vs. O'Hara Sat. Nov. 8, time TBA - Quarter-finals Sat. Nov. 15, time TBA - Semi-finals (Ralph Wilson Stadium) Wilson Stadium) Golf

#### All matches begin at 3:45pm unless noted.

Thurs., Sept. 4, vs. Park ..... Won 20-4 Tues., Sept. 9, @ O'Hara / Canisius ...... Won 19-5 / Lost 1-23 Wed., Sept. 10, @ Timon ...... Lost 10-14 Fri., Sept. 12, vs. St. Francis ..... Lost 2-22 Mon., Sept. 15, vs. Park / Christian Central ...... Won 17-7 / Won 19.5-4.5 Tues., Sept. 16, vs. O'Hara ...... Won 19-5 Wed., Sept. 24, @ Christian Central .....Lost 8-16 Thurs., Sept. 25, vs. Gow ..... Lost 7-17 Mon., Sept. 29, 4 p.m. @ Nichols .....Lost 1-23 Tues., Sept. 30, vs. O'Hara Wed., Oct. 1 @ St. Joe's ..... Lost 1-23 Fri., Oct. 3, vs. Timon (Buffalo Tournament Club) Mon, Oct. 13 - All-Catholics

### Men's Volleyball

All matches start at 5 pm. Wed., Sept. 10, vs. Canisius ...... Lost 0-3 Sat., Sept. 13, @ NT Tournament Sat., Sept. 20, @ Sweet Home Tourney Sat., Sept. 27, @ Will South Tourney Thurs., Oct. 2, @ Canisius Tues., Oct. 7, @ St. Francis Thurs., Oct. 9, vs. St. Joe's Thurs., Oct. 16, vs. O'Hara Wed., Oct. 22, @ St. Joe's Sat., Oct. 25, @ Grand Island Tourney Tues., Oct. 28 - Quarter-finals (at higher seed)

Wed, Nov. 5 - Finals (at St. Joe's)

- Sat. Nov. 22, time TBA Finals (Ralph

...... Won 3-Lost 3 Mon., Sept. 15, vs. St. Francis ..... Lost 1-3 Wed., Sept. 17, vs. Maryvale ...... Won 3-2 ..... Lost in guarters Thurs., Sept. 25, @ O'Hara ...... Won 3-1 ..... Lost in quarters Mon, Nov. 3 - Semi-finals (at #1 seed)

### Women's Volleyball

All JV matches start at 4:30 pm, Varsity matches start at 6 pm unless noted Sat. Sept. 6 - SMHS Tournament -

- Varsity Only ..... Champions Tues., Sept. 9, vs. Mt. Mercy
- ...... JV Won 3-0, Var Won 3-0 Thurs., Sept. 11, vs. O'Hara
- .....JV Won 3-0, Var Won 3-0 Mon., Sept. 15, @ Mt. St. Mary's
- ..... JV Won 3-0, Var Won 3-0 Wed., Sept. 17, @ Sacred Heart
- .....JV Won 3-0, Var Won 3-0 Mon., Sept. 22, vs. Nichols
- ..... JV Won 3-0, Var Won 3-0 Wed., Sept. 24, vs. Nardin
- ..... JV Won 2-1, Var Won 3-0 Fri., Sept. 26, vs. Niagara Catholic
- ..... JV Win 3-0, Var Win 3-0
- Sat., Sept. 27, Eden Tournament (Varsity
- only) ..... Champions BNCC Tournament (JV only)
- ..... Lost in Semis Mon., Sept. 29, @ Immaculata
- ...... JV Win 3-0, Var Win 3-1 Tues., Sept. 30, vs. Eden
- .....JV Won 2-1, Var Won 3-2 Mon., Oct. 6, @ Nichols
- Tues., Oct. 7, 5 & 6:30pm vs. Rochester Mercy
- Sat., Oct. 11, & Sun., Oct. 12 Garden State Tournament (Farleigh Dickinson - Varsity only)
- Sat., Oct. 11, Lancaster Tournament (JV only)
- Tues, Oct. 14, vs. Mt. St. Mary's
- Thurs., Oct. 16, 5:30 & 7pm, @ Rochester Mercy
- Fri., Oct. 17, @ Niagara Catholic
- Mon., Oct. 20, @ O'Hara
- Tues., Oct. 21, 5:30 & 7pm, @ Eden
- Wed., Oct. 22, vs. Sacred Heart
- Fri., Oct. 24, @ Mt. Mercy Mon., Oct. 27, vs. Immaculata
- Tuesday., Oct. 28, @ Nardin (Villa Maria College)
- Sat., Nov. 1 Quarter-finals (St. Mary's)
- Mon., Nov. 3 Semi-finals
- Wed., Nov. 5 Finals (St. Joe's)
- Sun., Nov. 9 State Tournament (St. Mary's)

### JV Football

### All games start at 10 am unless noted.

- Sat. Sept. 20, vs. Timon ..... Lost 6-20 Mon., Oct. 6, 4:30pm, @ Niagara Wheatfield Sat., Oct. 11, vs. Canisius Thurs., Oct. 16, 4:30pm @ Batavia (Vandetta Stadium) Sat., Oct. 25, @ St. Francis
- Sat., Nov. 1, vs. Williamsville South (Location TBA)

### Women's Soccer

All games start at 4:30 pm unless noted. Home games played at Westwood Park.

Thurs., Sept. 4, vs. Christian Central .....Lost 2-3 Sat., Sept. 6, 10am, vs. Buffalo Seminary Tues., Sept. 9, vs. Mt. Mercy ...... Lost 1-8 Wed., Sept. 10, @ O'Hara ..... Won 4-1 Fri., Sept. 12, 6:30pm @ Depew . Won 1-0 Mon., Sept. 15, @ Immaculata .... Lost 1-4 Tues., Sept. 16, @ Niagara Catholic .....Lost 2-4 Thurs., Sept. 25, @ Buffalo Seminary .....Lost 2-3 Sat., Sept. 27, 11am @ Christian Central .....Lost 1-7 Fri., Oct. 3, 6pm @ Pembroke Sat., Oct. 4, 12noon @ Immaculata Tues., Oct. 7, vs. O'Hara Thurs., Oct. 9, @ Mt. St. Mary's Tues., Oct. 14, vs. Niagara Catholic Thurs., Oct. 16, vs. Park Mon., Oct. 20, @ Park Wed., Oct. 22, @ Sacred Heart (Rotary Field) Men's Soccer All games start at 4:30 pm unless noted. Home games played at Westwood Park. Tues., Sept. 2, @ Alden ..... Lost 1-5 Thurs., Sept. 4, vs. Timon ..... Lost 0-3 Sat, Sept. 13, 12noon @ Walsh . Won 5-1 Tues., Sept. 16, vs. Niagara Catholic ..... Won 2-1 Mon, Sept. 22, @ Timon ..... Lost 0-2 Thurs., Sept. 25, @ Park ..... Lost 1-3 Sat., Sept. 27, 1pm @ Christian Central

- ..... Won 1-0 Wed., Oct. 1, vs. Gow ..... Tied 3-3
- Sat., Oct. 4, 1pm vs. Walsh (Firemen's Park)
- Mon., Oct. 6, 4:30pm vs. O'Hara
- Tues., Oct. 7, @ O'Hara
- Tues., Oct. 14, @ Niagara Catholic
- Thurs., Oct. 16, vs. West Seneca Christian (Firemen's Park)
- Mon., Oct. 20, vs. Park
- Wed., Oct. 22, vs. Christian Central
- Fri., Oct. 24, 4pm @ Gow
- Tues., Oct. 28, 4pm @ West Seneca Christian

Schedules are subject to change. Updates and results are available at www.smhlancers.org

## Final seconds (Continued from page 1)

cessful. I know personally there is nobody that I would rather be with when it comes "down to the final seconds" than God and my family, and that includes my Lancer family.

Currently, I have a handmade Lancer towel, made by one of our students (Thank you, Nicole!) hanging on the door to my office. I would love to keep displaying more Lancer pride mementos on my door.

You can print something you design on a computer or make almost anything with the Lancer name and/or symbol on it, and I would love to show it off on my door. You can include famous/inspiring quotes, pictures from Homecoming Week, or

### New lunch program proving to be popular, successful

As St. Mary's High School completes its first month of the new lunch program – offering lunches catered by local restaurants – it is proving to be very successful, if the long lines and smiling faces are any indication.

A couple of weeks ago, the cafeteria began offering snacks. These include ice cream, nachos with cheese, fruit snacks, and more. On September 30, they also began selling salad plates, for those who would prefer that option. Please note this change to the program – students will no longer be asked to sign up ahead of time for their lunch choices.

Instead, the cafeteria staff will estimate the number of lunches to be bought and order food based on that estimation.

Your feedback on the lunch program is welcome. Please email your thoughts / suggestions to lancer@smhlancers.org. anything that will show the spirit of our amazing community. The first three people that bring me something to hang on my door will receive a prize.

Finally, I welcome everyone to follow me/us on Twitter. My "handle" is @LancerKranz, and the school is @stmaryslancers. There are also other Lancer Twitter handles that you can find and follow for athletics, fine arts, etc. We are always trying to post up-to-the-minute information about the exciting things going on in the school. That is one of the many ways that we continue to spread the Lancer Spirit throughout the entire year.

Congratulations to the Senior Class for winning their final Homecoming Week! They will be rewarded with an extra Pride Day on Friday, October 3rd.

God bless you and your family,

**Principal Class of 1992** 

## Lunch Menu – October 1 to 31

Student Lunches: <b>\$4</b>	Monday 29 Meatloaf, mashed potatoes, green beans 6	Tuesday 30 Baked ziti, green salad, bread stick	Wednes- 1 Specialty Pizza Day	Thursday 2 BBQ Sloppy Joe Sandwich, roasted potatoes 9	Friday 3 Goulash, green salad, bread stick 10	Student Lunches: <b>\$4</b>
Please note: You may prepay for	Chicken parmesan, side pasta, bread stick	Beef tacos, Southwest pasta salad	Specialty Pizza Day	Chicken breast sandwich, pasta salad	Specialty mac & cheese (Buffalo chicken finger), side salad	Applications for Reduced Price
student lunches by sending checks	13 No School	<b>14.</b> Meatball sub, pasta salad	15 No lunches	<b>16</b> Chicken breast sandwich, pasta salad	<b>17</b> Pulled pork sandwich, pasta salad	Lunches are still being accepted.
made out to "St. Mary's High School"	<b>20</b> Chicken parmesan, side pasta, bread stick	<b>21</b> Cheeseburger, French fries	<b>22</b> Specialty Pizza Day	23 Chicken breast sandwich, pasta salad	<b>24</b> Lazy lasagna, side salad, bread stick	Contact the school's Main Office at
to Mrs. Skalski, Cafeteria Manager.	<b>27</b> Chicken parmesan, side pasta, bread stick	<b>28</b> Chicken finger wrap, pasta salad	<b>29</b> Specialty Pizza Day	<b>30</b> Chicken breast sandwich, pasta salad	<b>31</b> Asian stir fry, rice	683-4824 to receive an application.

Lunches provided by:





D'Avolio Kitchens

## **October 2014 Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1- E Day	2- F Day	3-A Day	4
			SEEK 2:30pm Golf @ Gow / St. Joe's 3:45pm MSoc vs. Gow 4:30pm	Weekly Mass 7:30am NHS Tutoring 2:30pm President's Ad Board 2:30pm MVB @ Canisius 5pm MJV Soc @ Timon 4:30pm	Special Schedule (Emergency Drill) Early Dismissal 2pm Golf vs. Timon 3:45pm WSoc @ Pembroke 6pm 2pm Dismissal	WSoc @ Immaculata 12noon Varsity FB vs. Niagara Wheatfield 1pm MSoc vs. Walsh 1pm
5	6-B Day	7-C Day	8-D Day	9-E Day	10-F Day	11
		Special Schedule (Guest Speaker – Jason Evert) SADD 7:30am Curriculum Committee 2:30pm Scholars Time TBA MSoc @ O'Hara 4:30pm WSoc vs. O'Hara 4:30pm MVB @ St. Francis 5pm WVB vs. Rochester Mercy 5, 6:30pm	Campus Ministry 7:30am Principal's Ad Board 2:30pm MJV Soc @ Timon 4:30pm	Weekly Mass 7:30am Freshman Retreat 8am- 2pm NHS Tutoring 2:30pm Math Club 2:30pm WSoc @ Mt. St. Mary's 4:30pm MVB vs. St. Joe's 5pm	Special Schedule (College Consortium / Class Meetings)	SAT Testing Day Varsity WVB @ Garden State Tournament JV WVB @ Lancaster Tournament JV FB vs. Canisius 10am Varsity FB @ East High (Pa.) 5pm
<b>12</b> Varsity WVB @ Garden State Tournament	<b>13</b> NOSCHOOL Columbus Day Golf – All-Catholics MJV Soc @ Timon 4:30pm	<b>14-A Day</b> NHS 2:30pm MSoc @ Niagara Catholic 4:30pm WSoc vs. Niagara Catholic 4:30pm WVB vs. Mt. St. Mary's 4:30, 6pm	<b>15-Test Day</b> Standardized Test Day 11:30am Dismissal Senior College Visitation Day "Bus to Bona" 8:30am- 3:30pm <b>11:30am</b> <b>Dismissal</b>	<b>16-B Day</b> Food Drive Begins Weekly Mass 7:30am NHS Tutoring 2:30pm MSoc vs. West Seneca Christian 4:30pm WSoc vs. Park 4:30pm WSoc vs. Park 4:30pm MVB vs. O'Hara 5pm WVB @ Rochester Mercy 5:30, 7pm	$\sim$	<b>18</b> Varsity FB @ St. Joe's 2pm
19	20-D Day	21-E Day	22-F Day	23-A Day	24-B Day	25
Red Ribbon Week	Student Senate 2:30pm MSoc vs. Park 4:30pm WVB @ O'Hara 4:30, 6pm	WVB @ Eden 5:30,	Campus Ministry 7:30am Faculty/Staff Meeting 2:30pm <i>MSoc vs. Christian</i> <i>Central 4:30pm</i> <i>WSoc @ Sacred Heart</i> <i>4:30pm</i> <i>WVB vs. Sacred Heart</i> <i>4:30, 6pm</i> <i>MVB @ St. Joe's 5pm</i>	Weekly Mass 7:30am NHS Tutoring 2:30pm Fall Sport Photos – After school	Food Drive Ends Jeans Day MSoc @ Gow 4pm WVB @ Mt. Mercy 4:30, 6pm	ACT Testing Date Bash for Cash 6pm MVB @ Grand Island Tournament JV FB @ St. Francis 10am Varsity FB vs. St. Francis 1pm
26	<b>27-C Day</b> Freshman Class Officer Forms Due Student Senate 2:30pm <i>WVB vs. Immaculata</i> <i>4:30, 6pm</i>	Christian 4pm	<b>29-E Day</b> Junior Recognition Mass 6:30pm	30-F Day ExtHR/PMLiturgy Schedule (Class Meetings / Freshman Speeches / Respect Life Liturgy) NHS Tutoring 2:30pm Club/Organization Photos – After school	<b>31-A Day</b> Donut Day sponsored by Campus Ministry	<b>1</b> Admission Test Prep Class 9am-12noon JV FB @ Williamsville South 10am Varsity FB vs. O'Hara 1pm WVB – Quarterfinals

## *The Mauro Connection*



English teacher Mr. Max Mauro (center) with two of his nieces, Bridget Mauro-Law, who played her violin at the Homecoming Liturgy (left), and junior Gabrielle Mauro.

## In the October issue of *Currents*

- St. Mary's welcomes Jason Evert
- Information regarding EnteroVirus D86
- Photos from Homecoming 2014
- October Calendar & Menu
- And much more!

### For the latest news about St. Mary's High School, go to www.smhlancers.org and follow us on

