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

CURRENTS

May 2014

2014 AP & Senior Exam Schedule

Mon., May 5	Tues., May 6	Wed., May 7	Thur., May 8	Fri., May 9
12:00-3:30 p.m. AP Psychology	8:00-11:30 a.m. AP Computer Science	8:00-11:30 a.m. AP Calculus	8:00-11:30 a.m. AP English Literature (Juniors)	8:00-11:30 a.m. AP English Language (Seniors)
See "Senior Exam Notes" on Page 2			Last Day of Classes for Seniors	8:15-10:15 a.m. English 12 Final Exam 12:00-3:30 p.m. AP Statistics
				12:00-2:00 p.m. Accounting Final Exam (Seniors Only)
Mon., May 12	Tues., May 13	Wed., May 14	Thur., May 15	Fri., May 16
8:00-11:30 a.m. AP Biology	8:00-11:30 a.m. AP US Government	8:00-11:30 a.m. AP US History (Juniors)	8:00-11:30 a.m. AP World History	No Exams
9:00-11:00 a.m. General Chemistry Final Exam (Seniors Only) Physics Final Exam (Seniors Only)	(Seniors) 12:00-2:00 p.m. Economics Final Exam	8:00-10:00 a.m. AP Calculus (School Exam) AP Statistics (School Exam) 12:30-2:30 p.m. Pre-Calculus Final Exam	AP Biology (School Exam) 1:00-2:00 p.m. Senior Seminar	Special Schedule Moving-Up Ceremony with May Crowning Senior Retreat 9:00 a.m3:30 p.m. Seniors need to be in
12:00-2:00 p.m. RPM Final Exam Religion 12 Final Exam		(Seniors Only) Math IV B Final Exam	ALL SENIORS)	homeroom this day.

Have you accomplished your goals?

As the 2013-2014 school year comes to a close, please

take a moment to ask yourself the following question, "Have I accomplished all the goals I had in the beginning of the year?" That is if you set goals and if you kept track of them. Whether or not you set goals for '13-'14 or you have kept track of them, it is never too late, as this is the time to set your goals for next year.

Take a minute and reflect on where you are spiritually, academically, and socially and project where you want to be next year at this time.

Seniors, this is especially important to you as you

transition from St. Mary's to your college but no less important for everyone else, as you move from one grade level to the next. Each of us should ask ourselves questions like what area of my

performance in academics, home, or my spiritual life do I want

to improve? What are the obstacles keeping me from attaining my goals? How will I remind myself of my goals? What will I have to do to attain my goals?"

You may have heard the saying, "If you don't know where you are going ... any road will take you there." This is most associated with the Lewis Carroll novel *Alice Through the Looking Glass*. While not actually a line from the novel, it best paraphrases the exchange between Alice and the Cheshire Cat. This exchange ends with Alice

saying that it doesn't matter where she goes as long as she gets somewhere, to which the Cat retorts, "Oh you're sure to do

(Continued on page 2)



Senior Exam Notes

Here are some notes concerning the Senior Exams (schedule on page 1):

- Students only have to be in school for their scheduled exams, mandatory meetings, and all day May 16.
- The Administration is allowing the Seniors to be in Pride Day Dress for the exams (see Student Handbook for details). If students cannot cooperate with this dress code, they will be required to be in Regular Dress Code.
- Students must turn in their textbooks prior to taking their exam. Failure to do so may result in the students/ parents being charged for their replacement.
- Buses will pick up students at the usual time in the morning and leave at the regular time. (Remember – the rest of school will still be in session.)
- Some teachers may offer review sessions at 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 High School when they are not scheduled to take an exam or in a review session, they are required to be in the Library for quiet study or the cafeteria.

Questions regarding the Senior Exam guidelines and schedule should be directed to Mrs. Kranz.

Work Program registration begins May 19

Many families have contacted St.

Mary's regarding the Work Program, in which students can assist with summer projects while earning tuition credit.

Registration for the program takes place on-line only. Please note that applications for this year's program will be available on the St. Mary's website beginning on May 19 at 9 a.m.

Questions regarding the Work Program and the application process may be directed to Mrs. Melanie Adams, Assistant Enrollment Director for Student Accounts.

Attendance Policy for students attending Prom

On May 22, the date of the Prom, Juniors will be taking the Field Test for the Common Core English Regents from 8 to approximately 10:15 a.m. This test is **mandatory** for all Juniors, and they must be present for the entire test.

All Juniors will be dismissed when they complete the test, whether they are attending the Prom, or not and will need their own transportation home on that date. Any Juniors who are absent from school on that date will NOT be allowed to attend the Prom, and no refunds will be made.

Underclassmen who are attending the Prom must be present in school from homeroom through at least the end of 4th period, 10:50 a.m. If they need to be dismissed after 10:50, they must turn in a written notice from their parents to the Attendance Office as soon as they arrive that morning.

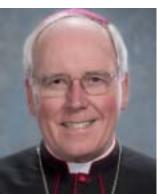
Any underclassmen who are not in school from 7:53-10:50 a.m. will NOT be allowed to attend the Prom, and no refunds will be made. Any classes missed by underclassmen after 10:50 a.m. will be unexcused absences.

Bishop Malone to be Commencement Speaker

The Administration of St. Mary's High School is pleased to announce that the speaker for the 110th annual Commencement Exercises will be Most Rev. Richard Malone, Bishop of Buffalo.

The Commencement will be held on Wednesday, June 4, at Villa Maria College in Cheektowaga.

Born in Salem, Mass., just outside of Boston, Bishop Malone was ordained a priest in 1972. After serving at a parish in Stoneham, Mass., he taught at St. Clement High School in



Somerville, Xaverian
High School in
Westwood, and St. John
Seminary College in
Boston. In 1993, he
became the Director of
Religious Education for
the Archdiocese of
Boston; two years later
he was named Secretary of Education.
In 1990, Bishop

Malone was named an Auxiliary Bishop of Boston and titular Bishop of Aptuca. Bishop Malone was named the bishop of Portland, Maine, in 2004. On September 29, 2012, Pope Benedict XVI named Bishop Malone the 14th Bishop of the Diocese of Buffalo.

Your goals? (Continued from page 1)

that if you only walk long enough." Why spend countless hours, days, even years meandering through life when all you need is some pen, paper, and a few minutes to reflect on what your goals are.

Finally, whether your goals are long term or short, whether they are small or large, make certain that they are SMART. This acronym, which you may have heard, most notably from Mrs. Kranz, stands for Specific, Measureable, Attainable, Realistic, and Timely. As long as you can answer

positive to the five points of SMART you will be setting yourself up for success. But, be ever mindful that "Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty." (Special prize to the first student to tell me where this line comes from; just send me an e-mail). So take a few minutes, to set your goals, and spend time everyday reflecting on them.

Mark Tramont 77

Presiden

Notes from the Health Office

Sports physicals were offered at St. Mary's High School in March.

Student athletes who chose not to have a physical at school or were absent on the day of physicals are responsible to have a purple Physical Form completed by the students doctor.

This MUST be on file in the Health Office by August 1st.

Failure to comply will result in not being able to start practice with the rest of the team.

Physical forms are available in the Health Office, the Main Office, and on the school website, www. smhlancers.org.

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

Language speaking, listening schedule

The Listening Portion of the final exams for French 1, French 2, Spanish 1, Spanish 2, and Spanish 2 Honors classes is scheduled for Friday, May 30, during class time.

Final Speaking Assessments for the Foreign Language classes will be held on the following dates:

· French 1 & 2, Spanish 1, 2, &

2 Honors – Tuesday, May 27, to Monday, June 2.

- French 3 Monday, May 19, to Thursday, May 22
- Spanish 3 Wednesday, May 14, to Monday, June 2. All students must be present at scheduled times for their appointments to receive credit

There are no make-ups offered.





Katie Schaller '05 has the SMHS Spirit always with her

my major. After

from Fredonia

Fichte Endel &

Elmer Eyecare

and now my

position is in medical

supply sales

called Prodigy

Surgical which

with a great

company

present

I graduated

I worked for

Even though it has been nearly 10 years since Katie Schaller was here at St. Mary's, she looks back fondly on her time at St. Mary's, about what it meant to her, and what it means





Katie Schaller in 2005 and today.

to her now. We recently took some time to sit down with Katie to catch up on her life and to get her reflections on her time at St. Mary's

Where did you attend college and what was your major?

After graduating from St. Mary's in 2005 I attended Fredonia where I majored in Speech Pathology and played Volleyball.

What jobs have you held since leaving Fredonia and what are you currently doing now?

I have had some opportunities that have taken me down a different path than

sells Arthrex surgical supplies.

Can you tell us more about Arthrex and your current position?

I absolutely love my job; it involves medical supply sales to Orthopedic Surgeons. It's very competitive with sales quota's to meet which is why I do enjoy it for sure. I like the fact that I work with sports medicine doctors, as sports has always been a big passion of mine.

What are some of your interests outside of work?

I would say there are two main interests: anything and everything family

and fitness related. I love doing yoga, going to the gym, and I am still active playing in volleyball along with touch football leagues. Spending time with my family is my biggest passion. I have a total of 11 nieces and nephews with one on the way who I absolutely adore.

Can you share some thoughts about your time at St. Mary's and what it meant to you?

Wow, so much to talk about. My time at St. Mary's truly reinforced all of the values that my parents instilled in me. I was taught how to live a life full of strong moral values at St. Mary's and at home.

From an academic standpoint I left here feeling very prepared to face the rigors of college life. Obviously I loved the sports programs. I participated in



Katie's Pure Love Award

Volleyball, Basketball, Softball, and Track. Being able to be part of the volleyball program really taught me how to be disciplined, that was really an amazing group of girls, most of which are still my best friends to this day. Looking back I feel so lucky to have been able to participate in four sports and still stay on track academically. I loved the faculty & staff (Mr. Fay and Mrs. Mig. were among her favorites). I also think being in a co-ed atmosphere helped prepare me for college and life in general.

Do you have a fondest memory from your time at St. Mary's?

Volleyball State Championships certainly stand out. We all had bracelets that were inscribed with the word F.A.M.I.L.Y. The word Family is obvious but for us it also stood for Forget About Me I Love You. But the memory that had and still has the most meaning was when I won the Pure Love Award my senior year. The recipient was someone who not only displayed strong character and values but that person also tried to instill those traits into our fellow students. I received a

(Continued on page 5)

Wirth '12 gives Oishei speech

Korey
Wirth, a 2012
graduate of St.
Mary's High
School, was
the featured
speaker at the
Oishei
Foundation
Luncheon.
The Foundation celebrated
its 16th year of
providing
scholarships



to underprivileged students so that they can attend Catholic or private schools in the Buffalo area.

Korey, who was an Oishei student at St. Mary's, is presently a sophomore at Canisius College majoring in Pre-Med and Mathematics.

Important Senior Dates

With the end of the school year fast approaching, the Administration is reminding the Class of 2014 and their parents of the following important dates:

- Monday, May 5, through Thursday, May 15
 AP Exams (see schedule on page 1)
- Thursday, May 8 last day of classes for Seniors
- Friday, May 9, through Thursday, May 15
 Senior Exams (see schedule on page 1)
- Friday, May 16 Closing Ceremonies with Seniors (Parents Welcome) and Senior Retreat (Mandatory)
- Sunday, May 18 Baccalaureate Mass (Mandatory) & Family Brunch
- Thursday, May 22 Prom
- Wednesday, June 4, 9 a.m. Graduation Rehearsal (Mandatory)
- Wednesday, June 4, 6:30 p.m. -

Casillo inducted into Lancaster Hall of Fame

The Youth Bureau of the Town of Lancaster recently held its annual Youth Hall of Fame Induction.

These awards recognize individuals who have shown



Alexandra Casillo

achievements in personal growth and community service.

Congratulations to senior Alexandra Casillo who was inducted into the Hall. She was recognized for her leadership and her academic accomplishments.

Graduation (Mandatory)

More information and complete

schedule of events will be available in future mailouts.

Parents invited to Moving Up Ceremony

On Friday, May 16, St. Mary's High School will be holding the Moving Up Ceremony and May Crowning. The events that day will include special prayers for the seniors as they leave the student body and for the other classes as they move up in the school community. There will also be a preview of the Senior Video and the traditional May Crowning by two members of the Senior Class.

Parents are invited to come to this celebration. Ceremonies will begin at 8 a.m., to last about an hour.

Eggert receives Cheektowaga Chamber Award

Senior K. Eric Eggert was recently selected to receive the Cheektowaga Chamber of Commerce Student Achieve-

ment Award for the month of April.

Eric was recognized for his excellent communications skill and hard work both in and out of school. He attended the awards ceremony with his family along with Mrs.



K. Eric Eggert displays his Cheektowaga Chamber of Commerce Award.

Whitwood, St. Mary's Counselor, who nominated Eric for the Award.

Goldyn earns Service to Youth Awards

Congratulations to senior Chelsea Goldyn who recently received the Service to Youth General Outstanding Individual



Chelsea Goldyn shows off her Cheektowaga Youth Bureau Award.

Award from the Cheektowaga Youth Bureau.

Chelsea was honored for her outstanding service to the youth of Cheektowaga throughout 2013.

In addition to the plaque, Chelsea also received a gift

card from Barnes & Nobles for books for college.

Alumni spotlight (continued from page 4)

beautiful cross carved in a stone which I still have to this day.

Any other thoughts to share?

Looking back...I can't thank my parents enough for having the wisdom to send my four siblings and me to Catholic schools. They both worked in the public

school system: however they made great sacrifices to send my sisters (Kara – Class of 1996 & Elizabeth – Class of 2002) and me to St. Mary's. At first I questioned them and why they made that sacrifice to send me to a Catholic high school. It took me a while to appreciate it,

but now I can see why they did it. St. Mary's helped shape who I am, and I truly believe that I am a better person for it. To be surrounded by people with the same moral and faith-based principles was a fantastic experience that I was extremely fortunate to have had.



Campus Ministry Murder, he wrote



It's May, the fifth month, so the commandment we examine is also the Fifth.

The New Revised Standard Version of the Bible notes in Exodus 20:13, "Thou shall not murder."

The original Hebrew word distinguishes murder from killing. "Murder" is characterized by premeditation, deliberate, a certain freedom to choose to take a life, as in homicide. "Killing," however, is related to ideas of self-defense, the protection of family, neighbor, and country. The element of free choice is lacking.

In perhaps a more real way the "killing" we do tends to be

more of an emotional, spiritual type than the physical. Our words can become instruments that "kill" self-esteem, relationships, and trust, the result being more harmful and hurtful than physical pain.

Do we "kill" faith with doubt, joy with cynicism, hope with despair, love with selfishness? Do we not only see the glass as half-empty but the water in it is polluted?

In Exodus, the admonition was directed to physical life, but today the Fifth Commandment challenges us on a different level: it reminds us to be pro-life, pro-Spirit, and pro-active.

Benedicat vos omnipotens Deus. twf+

Let your spiritual life be like a caterpillar

A reflection by Sister Rose Therese DiGregario, OSF

"What the caterpillar calls the end of the world, the master calls a butterfly." — Richard Bach

Prayer and reflection on how our spiritual life and the life of a butterfly are the same ... and different.

Awesome and creative God, we beg you for the courage and the grace to be totally transformed into your image and likeness. You give us numerous insights from your creation that challenge us to risk and to take the leap of faith as does the caterpillar to become a butterfly.

The caterpillar's role in life is to eat and grow and to shed its skin many times as it continues its life of transformation. We too are called to eat and grow and to shed our skins many times as we

become transformed: to eat Your Word in the Scripture; to eat and drink at Your table and to extend it to our world community table; to shed the baggage of fear, doubt, and discouragement; and to plunge into a deeper relationship with You, Creator God, and Holy Spirit.



And when the time is right, the caterpillar continues its journey and struggles to lose itself to enter the cave of the cocoon. There it is completely dissolved of its caterpillar life, to become totally transformed into an unimaginable new creation. We too are called to go into our cocoons of prayer, silence, and contemplation, to be renewed, and to take off the old and put on the new.

And when the time is right, when the caterpillar thinks it is the end of the world, you, Divine Master, call it a butterfly. It emerges; it is free; it has wings and can go where it pleases and pleases where it goes. We too, when we are discouraged and think we can no longer go on, emerge from our cocoons of prayer, silence, and contemplation, with wings and a renewed spirit. You call us to new life as sisters and brothers of the St. Mary's faith community. You call us your Beloved Children, and you give us wings to go witness the Good News of our lives! You challenge us to go where YOU please, and we, Divine Master, will please wherever we go. Amen.

RPM Class presents Living Stations



Members of the Retreat Peer Ministry Class presented the Living Stations of the Cross. Led by teacher Mrs. Cindy Powers, the students brought to life the events of Good Friday, from Jesus' condemnation to death to His burial in the tomb.

Above, Laura Enzinna portrays Mary who is given the body of her son, Jesus, portrayed by Eric Eggert.

TLC visits The Towers

Andrea Seeloff (left), Kristi Smith, and the members of The Lancer Club (TLC) recently visited with the residents of The Towers to help them dye eggs in anticipation of the Easter season.



Congratulations, Third Quarter Honor Roll Students

Top five Seniors







Laura Cavallari



Reagan Craddock



Christopher Hoffman



Frin Neidhart



Kaitlvn Tytka



Kavla Murphy



Rebecca Hoina



Agatha Milholland

James Ando



Ryan Rataiczak

Senior 1st Honors **Torey Adams** Catherine Blaszak

Kathleen Bookmiller Caitlin Bystrak Alexandra Casillo Laura Cavallari Mamin Amy Chen Yijing Shery Cheng Reagan Craddock Aaron Denz Natalia Dziadosz Kevin Eggert Tyler English Laura Enzinna Chelsea Goldyn Marc Gonzalez Jacob Hacker Rylee Haffey Peyton Harris Chelsea Heffernan Meghan Helak Christopher Hoffman Sydney Irish Brooke Kacala Nathaniel Keith Cory Kiebzak Cailvn Krygier Mary Martin Marco Matteini Mark McManus Bailey Michalski Rachel Molino Melissa Musialowski Erin Neary Erin Neidhart Katarina Raab Francesca Rockwood Michaela Rowe Victoria Rozler Abigail Salamone

Jacqueline Steck Erica Swannie Christopher Szumla Erika Talbot Latrell Tyson Hayley Wnuk **Trevor Wrona** Yige Jessica Wu Collin Zelli Grant Ziomek

Senior 2nd Honors

Dylan Braniecki Holly Bystrak Samantha Cousineau Daniel Dolinar Vincent Francemone Brett Helmbrecht Emily Krucenski Allison Langley Ana Lyons Joseph Podwika Samantha Rodriguez Kayla Roman Lucas Sperduti Nicholas Sugg Nicholas Vallone Megan Wrest Matthew Wrobel

Junior 1st Honors

Paul Bargnesi Andrew Blaszak Paige Burkard Theresa Cometto Teresa Cronmiller Ashley Drzymala Jennifer Dudzinski Nicholas Federico David Filion **Brittany Gorny** Katie Grabski Hannah Gresham

Xinyue Chloe Guan Joseph Hamilton Hannah Hapeman Justin Hersey Danielle Hockwater Rebecca Hojna Zachary Ineson Katrina Kenneweg Austin Klink Sydney Kozminski Victoria Kwitowski Nicholas Lukasik Magdalene Manuel Leah Meyer Jessica Michalski Agatha Milholland Kayla Murphy Marc O'Neill Tia Piotrowski Ryan Ratajczak William Roskopf Gillian Sacco Matthew Schneider Kaitlyn Schott Jacob Shepard Mason Smith Julie Sobczynski Shelby Strausbaugh Alexandria Szpila Zachary Szpila Jacob Tomaszewski Mariah Troidl

Alyssa Ziobro **Junior 2nd Honors Emily Bellet**

Lonnie Bowlds

Alyssa Yebernetsky

Alexandra Zelazny

Christopher

Kaitlyn Tytka

Amber Wilk

Truesdale

Joseph Coleman Jacob Concannon Nicolas DeSanto Mary Eddy Samuel Freeman Nicholas Heigl Zailiang Eagle Jian Michael Kruse RiverLeigh Martinez Brianna Poules John Propis Jackson Sperduti Benjamin Tobolski Qiuyang Wang Yu Charlotte Wang Brandon Weber Matthew Wierzbicki Michael Wierzbicki Sean Wilson

Sophomore 1st

Honors Jennifer Baran Austin Calkins Olivia Carl Joelle Cianciosa Kendra Ciezki Madison Fermo Lisa Gali Helen Gibson Victoria Gorny Christopher

Gresham Jia Wei Jimmy Gu Jack Hathaway Carolyn Kidder Nicholas Kobis Jessica Kranz Rosalie Martin Leah May Mikala McCartney Julie Pijacki Jennifer Piskor

Victoria Powell Grace Pyszczek Jessica Ratigan James Roetzer Isabel Van Remmen Regan Weiss Emma Winiarski Madeline Wnuk Alyssa Zirnheld Kevin Zolnowski

Sophomore 2nd Honors

Jordan Badura Bradley Berchou Garrett Braniecki Summer Compton Marissa Dantonio Anna DiDomenico Joseph DiGesare Ean Dionne Bailey Dolegowski Allyson Fischer Ann Hamilton Bridget Herod Alexander Hokai Ashley Junik Tianvi Garv Li Brendan McKeating Katherine Netti David Owczarczak Jonathan Rowe Veronica Rozler Allison Rusinski Andrew Salamone Joseph Vallone Megan Vogel Genevieve Zajac Evan Zaprzal

Freshman 1st Honors Asia Alexander Alexander Bish Charles Bristol John Connolly **Daniel Cress** Mark Cronmiller Jenna Erwin Joshua Fontaine Grace Fuller Samantha Grabski Meghan Hanna Anna Heerdt Stephanie Hossenlopp Victoria Jankowski Marissa Loniewski Caitlyn Meyer Faith Meyers Savannah Meyers Stephanie Nemmer Alex Paul Andrea Seeloff Kristi Smith Alexander Stegmeier William Story Collin Tytka Kathryn Vogl Haley Wipperman

Freshman 2nd Honors

Gina Appenheimer Elizabeth Bakeman Amava Devers Grace Freeman Jill Greene Erin Hufford Sean McCarthy Hannah Pufpaff Jacob Tredo Brittany Wachowski Sydney Zajac Maya Zelazny

Top five Sophomores



Claire Schroeder

Nicholas Soluri

Carolyn Kidder



Olivia Carl



Madison Fermo



Ciezki



Christopher Gresham



Daniel Cress



Victoria Jankowski



Top five Freshmen

Grace Fuller



Marissa Loniewski



Kathryn Vogl

May 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 2014 & 2016

Summer job can teach valuable lessons

A summer job may be your teen's first step into the workforce and can help him prepare for the demands and responsibilities of "the real world." Summer jobs teach students many valuable lessons about respect and responsibility – important ingredients for school success.

A summer job can teach your teen how to:

- Be on time. Punctuality is crucial in the workplace. Others will depend on your teen to show up when expected.
- Work with others. Your teen will have to get along with his coworkers and take direction from a supervisor.

- Behave professionally. An employee's behavior and how he communicates reflect on the company. Your teen will need to be on his best behavior.
- Dress professionally. Most workplaces have dress codes or uniforms.
- Interact with customers. Many entrylevel jobs involve working with the public. Your teen will need to be polite and helpful to all kinds of people – even those customers who may not treat him in the same courteous fashion.
- Think about his future. Experience in a job can help your teen decide if a line of work is right for him. If he wants to be a veterinarian, but

faints at the sight of blood during his shift at the animal shelter, he may need to rethink his career goals.

Reprinted with permission from the May 2014 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2014 The Parent Institute®, a division of NIS, Inc.

Five key tasks of parents

Did you think that most of your big parenting jobs were over?

Hardly. According to research collected by the Harvard School of Public Health, parents of teens have five key parenting tasks:

- Love and connect. Spend time together as a family and spend one-on-one time with your teen. Do familiar things like cooking a meal or watching sports, and add new things like volunteering as a family.
- Guide and limit. Figure out what's non-negotiable – issues like safety, health, and school attendance. Let your teen know you won't give in on those things. But talk about how you can work together to compromise on issues like clothes, hair, and schedules. Give him practice in making choices and then living with the results.
- Monitor and observe. Know where your teen is going – and who

he's with. Talk with other adults (teachers, coaches) who might notice any changes in your teen's behavior. Keep in contact with the school about his grades and attendance.

- Model and consult. Be a good role model. Take care of your health. Put your values into practice. Your example is more powerful than any words you speak.
- Provide and advocate. If your community doesn't provide what you think teens need, get active. Network within the community to provide the support you know all teens need. Work with others to add positive guidance and remove negative influences.

Reprinted with permission from the May 2014 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2014 The Parent Institute®, a division of NIS, Inc. Source: A. Rae Simpson, Ph.D., Raising Teens: A Synthesis of Research and a Foundation for Action, Harvard School of Public Health, www.hsph.harvard.edu/chc/raising-teens.

Don't let work slide with nice weather

As soon as the days become longer, students' attention spans seem to become shorter. It's like there's something in the air that entices kids of all ages to skimp on studying in favor of extra time outdoors.

To make sure your teen is still finishing his homework:

- Talk about it. Ask questions about his assignments: Which one was the most interesting? Which one was the most difficult? This will remind him that even if he doesn't care about his homework, you still do.
- Time it. If your teen averaged three hours of homework each night during the winter, a new 15-minute homework average should make you suspicious. A question like, "Why are you spending less time on homework now?" might be enough to fix the problem.
- Combine it. Suggest that your teen do his reading on the front steps. Or let him shoot hoops while you quiz him on science terms. That way, he can enjoy the outdoors – without sacrificing any of his homework time.

Reprinted with permission from the May 2014 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2014 The Parent Institute®. a division of NIS. Inc.

Jeans Day benefits grad's sick son

On Friday, April 25th, the St. Mary's community had the pleasure of meeting seven-year-old Andrew Masse along with his mother, Jennifer, a 1989 graduate of St. Mary's, his dad, Mark, as well as his grandparents as the Masse family joined us to celebrate our Easter liturgy.

When Andrew walked in, he was full of smiles and laughs and high-fives all around, and the students - especially the girls - surrounded him, sharing hugs and stories and gifts of all sorts. However, this didn't last long. Soon, Andrew was asleep. The seven year old, who a few minutes ago was full of exuberant young energy, just could not keep his eyes open any

Class of 2015 holding Senior Trip Fundraiser

The Junior Class of 2015 has been given approval to hold a fundraiser to earn money towards their Senior class trip and/ or their 2015 Senior class graduation fees.

The Senior Trip will be taking place in November 2014.

The fundraiser will be a 'July 2014 Daily Draw Lottery'. This fundraiser will give each student, who chooses to participate, the opportunity to raise funds for their class trip.

Lottery ticket sales will be tracked for each student, and, once the prize payout of \$1,150 is met, a portion of each ticket sold by the student will be allocated to that student seller to be used towards payment of their senior class trip as follows:

- · 350-499 tickets sold; \$1.50/ticket
- #500-699 tickets sold; \$2.50/ticket
- 700-899 tickets sold; \$3.00/ticket
- 900-1,000 tickets sold; \$3.50/ticket #Please note, it is anticipated that at least 500 tickets will be sold.

Tickets are only \$5 each, with a maximum of 1,000 tickets to be sold. The more tickets sold, the higher the amount that will be allocated per ticket sold to the student seller's account.

More information will be coming to Junior families very shortly.



Andrew Masse with his dad Mark and mom Jennifer '89.

longer. He slept for the next hour in the arms of his dad.

For you see, Andrew is battling brain cancer. And lots of activity just wipes him out. While he did wake at the end to receive St. Mary's hats and shirts and a standing ovation from our student body, he struggled the entire time to keep his eyes open.

Andrew and his family came to St. Mary's because we wanted to have the St. Mary's community have a face to go with the name: on Friday May 2 the school conducted a jeans day fundraiser to raise money for Andrew and his family as he continues his heroic fight.

To make the day extra special, some seniors also thought it would be nice for the students to wear Andrew's favorite color along with their jeans. When asked what his favorite color was, Andrew humbly deferred to the color of Childhood Cancer Awareness - Yellow, Even in his sickness, he

- Yellow. Even in his sickness, he thought of the greater cause.

So, on Friday, May 2, students were encouraged to wear Jeans and Yellow, to be generous in donations, and to think of Andrew, a brave young man battling a terrible disease, who, even as he fights to keep his eyes open, thinks first of others and the struggles other people are going through too.

22nd Annual

Chris Griswold Memorial 5K Race & 1 Mile Fun Run

to benefit the students of St. Mary's High School

Saturday, May 17, 2014 in Como Park

10am - Walk/Fun Run • 10:30am - 5K Race

To sign up, go to smhlancers.org

Students/Teacher of March



Matthew Wrobel



Nicholas Federico



Brendan McKeating



Joshua Fontaine



Mr. Anthony Moreno



Fashion Show successful again

The annual Spring Fashion Show, *Wrapped in Fashion*, was held on Thursday, April 3. With 183 paid admissions, it was the most successful Fashion Show in recent memory. This year's show featured 50 student, faculty, alumni, and parent models.

Congratulations to all of the raffle winners! Winners of the Special Raffles, Door Prize, and 50/50 were:

- 32" LED TV/DVD Combo Kathy Krucenski
- Salvatore's Diamond Package Dr. Ginny Stolarski
- \$100 Tops Gift Card Lynn Tytka
- Door Prize, \$25 Gift Card donated by TJ Maxx Katrina Owens
- 50/50 (\$292) Sandee Grega











80 West Drullard Avenue, Lancaster • and The Broadway Market Phone: (716) 681-9866 • Fax: (716) 681-9868 sales@chruscikibakery.com • www.chruscikibakery.com

Chrusciki Bakery is excited to offer **10% OFF**

Graduation & Communion Cakes for all St. Mary's Families

LPP sponsoring Reading List book exchange

The Lancer Parent Partnership is hosting a Summer Reading List Book Drop/Exchange so that students can drop off previously read books from the Summer Reading List and then select up to two books for their current grade level reading list.

Students may drop off books in the Main Office beginning May 5. Books will be displayed on tables in the Library by grade level from 5:30-6:30 p.m. on Monday, June 9, prior to the Academic Awards ceremony. We are asking participants to drop off a canned good for each book they take, which will then be donated to the Lancaster Food Pantry.

The books on this year's Summer Reading List are:

English 9 & 9 Honors

Night, by Elie Weisel Alas, Babylon by Pat Frank Roll of Thunder, Hear My Cry by Mildred Taylor Summer of My German Soldier by Bette Greene Ten Little Indians, also titled And Then There

Were None by Agatha Christie Mockingjay by Suzanne Collins The Boys of Winter by Wayne Coffey

English 10 & 10 Honors

Lord of the Flies by William Golding
In the Middle of the Night by Robert Cormier
A Night to Remember by Walter Lord
Rebecca by Daphne du Maurier
Briar Rose by Jane Yolen

(Continued on page 12)

SCRIP News

Remaining SCRIP orders for the year are as follows: May 5, 12, 19, 27 and June 2.

Tuition credits for SCRIP were applied during the last week of April.

We were pleased to apply \$435.40 towards parents tuition accounts and the school made a profit of \$1,356.72! Imagine how successful this program will be when everyone participates.

Thank you to all who have participated thus far.

Health Corner

There are many benefits to running

Running has been long recognized as an intense competition and proof of good health. In present times, running is used in many forms: physical competition, therapy, and weight loss.

The most important thing to note about running is its multiple health benefits.

Runners World Magazine tells six ways in which running can improve a person's health: increased happiness, increased weight loss, strengthened joints, increased mental sharpness, reduced risks of cancers, and increased life span. It also stated that it can reduce high blood pressure and reduce risk of heart attack and heart disease. As one can see, running's effects go a long way, and running just 30 minutes five times a week one can reap these benefits.

Running also provides a way for athletes to experience healthy competition; running can be thoroughly enjoyed. through marathons, half marathons and 5Ks. And throughout many cities across North America one can find running clubs.

However, as with anything there are some poor effects to running. First, one must assure they do not over-exert themselves, especially if they are rookies in the running department. It is important

to remember to pace oneself and keep hydrated. The most notable injury from running is knee joint injuries, predominately from running more than 40 miles a

If you're careful, just as with any sport,

There are several resources to look up information on proper running technique, the best shoes, and treadmill vs. road. Some of these are Runners World Magazine, and www.coolrunning.com. A lot of the resources on the internet can personalize a running plan for you. So lace up and hit the pavement!

Spring Sports Schedules 2014

Varsity Softball

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

Sat., May 3 - Williamsville Tournament

Tues., May 6, vs. O'Hara Wed., May 7 @ Mount Mercy Thurs., May 8 @ Immaculata Fri., May 9 @ Mt. St. Mary's Mon., May 12 vs. Nichols Tues., May 13 @ Sacred Heart Wed., May 14, vs. Niagara Catholic

Thur., May 15, vs. Nardin Sat., May 17 - Quarterfinals Mon., May 19 - Semifinals Wed., May 21 - Finals Tues., May 27 - States

Tennis

Matches begin at 4:30pm. Home matches are played at Como Park.

Fri., May 2 @ Park Tues., May 6 @ Niagara Catholic Wed., May 7, @ Sacred Heart Thurs., May 8 vs. Mt. Mercy Mon., May 12 vs. Park

Men's Lacrosse

Matches begin at 5pm unless noted otherwise. Home matches are played at Keysa Park.

Fri., May 2 @ Gow Tues., May 6 @ Park Thurs., May 8 @ Depew Sat., May 10, 2pm, @ Gow Tues., May 13, TBA -

Quarterfinals Thurs., May 15, TBA - Semifinals Sat., May 17, TBA - Finals

JV Softball

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

Tues., May 6, vs. O'Hara Wed., May 7 @ Mount Mercy Thurs., May 8 vs. Immaculata Fri., May 9 @ Mt. St. Mary's Mon., May 12 vs. Nichols Tues., May 13 @ Sacred Heart Thur., May 15, vs. Nardin TBA @ O' Hara

Women's Track

Meets begin at 4pm. Mon., May 5, vs. Mt. St. Mary's (Crosby)

Mon., May 12 - All Catholics Wed., May 14 - All Catholics

Men's Track

Meets begin at 4pm. Mon., May 12 - All Catholics Wed., May 14 - All Catholics

Women's Lacrosse

Matches begin at 4:30pm unless noted otherwise. Home matches are played

at Keysa Park. Fri., May 2, 4:45pm @ Niagara Wheatfield

Sat., May 3, 2:30pm vs. Mt. Mercy Thurs., May 8 @ Mt. Mercy Fri., May 9 @ Nardin Sat., May 10, 10am @ Lockport Mon., May 12 vs. Sacred Heart Tues., May 13, vs. Buffalo Seminary

Wed., May 14 @ Mt. St. Mary's Thurs., May 15 vs. Nardin

Varsity Baseball Games begin at 4:15pm unless

noted otherwise. Mon., May 5, vs. Cardinal O'Hara Tues., May 6 @ Nichols Fri., May 9 vs. Nichols

Sat., May 10, 2:30pm @ O'Hara Mon., May 12 @ Timon (Cazenovia Park)

Wed., May 14, vs. Timon Fri., May 16, @ Canisius (Delaware Park) Sat., May 17, 1pm vs. Frewsburg Mon., May 19, vs. Canisius

JV Baseball

Games begin at 4:15pm unless noted otherwise.

Fri., May 2, vs. St. Francis Wed., May 7, vs. St. Joe's Fri., May 9, @ St. Joe's Sat., May 10, 1pm vs. Timon Tues., May 13, @ Canisius (Delaware Park) Fri., May 16, @ O'Hara Mon., May 19, @ Canisius (Delaware Park)

Thurs., May 22, vs. St. Joe's Sat., May 24, 12noon @ St.

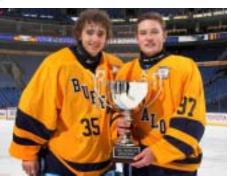
March Lottery Winners

March 1 .. 686 . Ticket Unsold \$ -March 2 .. 763 Sallie Herberger \$50 March 3 .. 559. Ticket Unsold \$ -March 4 .. 992 . Ticket Unsold \$ -March 5 .. 866 . Ticket Unsold \$ -March 6 .. 756 . Ticket Unsold \$ -March 7 .. 801 . Ticket Unsold \$ -March 8 .. 766 . Ticket Unsold \$ -March 9 .. 869 . John Bobeck \$50 March 10 208. N & M Schott \$25 March 11 997. Ticket Unsold \$ -March 12 200. Norval Kranz ... \$25 March 13 016. Carol Raczynski \$25 March 14 480. Ticket Unsold \$ -March 15 408. Ticket Unsold \$ -March 16 051. Ticket Unsold \$ -

March 17 898. Ticket Unsold \$ -March 18 481. L. Raczynski \$25 March 19 396. Jim Nunan \$25 March 20 567. Ticket Unsold \$ -March 21 079. Daniel Berchon \$25 March 22 463. Ticket Unsold \$ -March 23 111 . Ticket Unsold \$ -March 24 994. Becky Doerfel.. \$25 March 25 556 Julie Wipperman \$25 March 26 517 . F. Spring \$100 March 27 418 Ticket Unsold \$ -March 28 618. Ticket Unsold \$ -March 29 654. Anthony Pijacki \$25 March 30 467. Ticket Unsold \$ -March 31 974. Ticket Unsold \$ -

Smith, Ineson play in Bowman Cup

Congratulations to juniors Mason Smith (left) and Zach Ineson who played in the 10th Annual Scotty Bowman Challenge. The team from Buffalo defeated the team from Rochester 4-3 in a shootout.



Reading List book exchange (continued from page 8)

House by Frank Peretti and Ted Dekker Fahrenheit 451 by Ray Bradbury Castaway Kid by R.B. Mitchell Saving Juliet by Suzanne Selfers

English 11 Regents

A Raisin in the Sun by Lorraine Hansberry
Black Boy by Richard Wright
A Tree Grows in Brooklyn by Betty Smith
The Curious Incident of the Dog in the NightTime by Mark Haddon
Into Thin Air by Jan Krakauer
Catch 22 by Joseph Heller
What Happened by Peter Johnson

Also for AP Literature & Composition

The Scarlet Letter by Nathaniel Hawthorne
Animal Farm by George Orwell
A Raisin in the Sun by Lorraine Hansberry
Wuthering Heights by Emily Bronte
The Awakening by Kate Chopin
All Quiet on the Western Front by Erich Maria
Remarque

Pygmalion by George Bernard Shaw

Rosencrantz and Guildenstern Are Dead by Tom Stoppard

Their Eyes Were Watching God by Zora Neale Hurston

English 12

Jane Eyre by Charlotte Bronte
Bleachers by John Grisham
Farewell to Arms by Earnest Hemingway

The Bell Jar by Sylvia Plath
Native Son by Richard Wright
In Cold Blood by Truman Capote
The Things They Carried by Tim O'Brien
Ophelia by Lisa M. Klein

Also AP Language

Eats, Shoots, & Leaves by Lynne Truss On Writing by Stephen King

Gathering college materials

AJ Blaszak and Sean Wilson get their questions answered at this year's National College Fair. The Junior Class travelled to the Fair so that they could gather more information about colleges from throughout the world.



School Meals

We serve education everyday through healthy choices

May 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	
			Chicken patty on roll, crackers, baked beans, oven fries, fruit, milk	Grilled cheese, tomato soup, mixed vegetables, hash brown, fruit, milk	
5	6	7	8	9	
Sahlen's hot dog on roll, baked beans, corn, sweet potato fries, fruit, milk	Popcorn chicken, oriental vegetables, rice, dinner roll, crackers, fruit, milk	Tacos-in-a-bag, steamed rice, green beans, carrots, fruit, milk		Stuffed-crust pizza, romaine salad, fruit, milk	
Turkey or ham wraps, cheese, lettuce, tomato, broccoli, fruit, milk	13 Cheeseburger on roll, oven fries, green beans, fruit, milk	Pizza bagels, tater tots, California vegetables, fruit, milk	15 Chicken nuggets, mashed potatoes, dinner, roll, corn, peas, fruit, milk	16 Macaroni & cheese, dinner roll, mixed vegetables, fruit, milk	
19	20	21	22	23	
Baked ziti, chicken patty on roll, chef salad, fruit, milk	Goulash with meat sauce, chef salad, dinner roll, fruit, milk	Chicken wrap, oven fries, green beans, corn, fruit, milk	Stuffed-crust pizza, romaine salad, fruit, milk	No School	
26	27	28	29	30	
No School	Cheeseburger on whole grain roll, oven fries, green beans, carrots, fruit,	Chicken nuggets, mashed potatoes, dinner roll, peas,	Chicken finger sub, broccoli & cheese, fruit, milk	Pizza, hash brown, corn, fruit, milk	

May 2014 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-D Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Evening of Fine Arts 7pm	2-E Day Jeans Day Class Officer Forms Due Ext HR Schedule (PreProm Assembly) JVBB vs. St. Francis 4:15pm WLax @ Niagara Wheatfield 4:45pm MLax @ Gow 5pm Jeans Day	3 SAT Testing Day Var SB @ Williamsville Tournament
4	5-F Day Student Senate (End-of-Year Party) 2:30pm Friends & Family Fiesta 4-7pm AP Psych Exam (PM) WTrack vs. Mt. St. Mary's 4pm Var BB vs. O'Hara 4:15pm	Exam (AM) Curriculum Committee 2:30pm Var BB @ Nichols 4:15pm SB vs. O'Hara 4:15pm Tennis @ Niagara Catholic 4:30pm MLax @ Park 5pm	7-B Day Class Officer Elections in homeroom Campus Ministry Meeting 7:30am AP Calculus Exam (AM) SEEK Meeting 2:30pm JVBB vs. St. Joe's 4:15pm SB @ Mt. Mercy 4:15pm Tennis @ Sacred Heart 4:30pm	Seniors Weekly Mass 7:30am in Chapel AP English Literature Exam (AM) NHS Tutoring 2:30pm in Library Var SB @ Immaculata 4:15pm JV SB vs. Immaculata	9-D Day Senior Exams Homeroom Rep Forms Due AP English Language Exam (AM) AP Statistics Exam (PM) Var BB vs. Nichols 4:15pm JVBB @ St. Joe's 4:15pm SB @ Mt. St. Mary's 4:15pm WLax @ Nardin 4:30pm	MLax @ Gow 2pm Var BB @ O'Hara 2:30pm
11	Student Senate 2:30pm M&W Track - All- Catholics 4pm Var BB @ Timon	homeroom AP American Government Exam (AM) NHS Meeting 2:30pm Var BB vs. St. Francis 4:15pm JVBB @ Canisius 4:15pm	WLax @ Mt. St. Mary's 4:30pm	15-B Day Senior Exams Weekly Mass 7:30am in Chapel AP World History & Macro Exams (AM) NHS Tutoring 2:30pm in Library SB vs. Nardin 4:15pm WLax vs. Nardin 4:30pm MLax - Semifinals 5pm	Pride Day Pride Day Special Schedule (Moving Ceremonies / May Crowning) Senior Retreat 9am-3:30pm JVBB @ O'Hara 4:15pm Var BB @ Canisius 4:15pm Pride Day	17 Var SB - Quarterfinals MLax - Finals Var BB vs. Frewsburg 1pm
18 Baccalaureate Mass / Senior Family Brunch 10am	19-D Day Student Senate 2:30pm Var BB vs. Canisius 4:15pm JVBB @ Canisius 4:15pm Var SB - Semifinals	20-E Day	21-F Day Campus Ministry Meeting 7:30am Faculty/Staff Meeting 2:30pm Var SB - Finals	22-A Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library English Regents Field Test 8-10am Juniors Dismissed about 10:15am Prom 6:30-11pm JVBB vs. St. Joe's 4:15pm	23 No School Memorial Day	24 JVBB @ St. Francis 12noon
25	26 No School Memorial Day	27-B Day Var SB - States	28-C Day	29-D Day PM Liturgy Schedule (Ascension Thursday) Liturgy Dress Code	30-E Day	31

AP Bio students at Canisius



Chris Szumla, Katie Bookmiller, and the members of the AP Biology Class recently worked in the genetics lab at Canisius College.

In the May issue of Currents

- AP, Senior Exam Schedule
- Attendance Policy for those attending the Prom
- Bishop Malone to be Commencement Speaker
- Alumni Spotlight Katie Schaller '05
- · Several Seniors receive awards
- · May Calendar & Menu
- And much more!

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

