

January 2013

CURRENTS

Notes for January Exams

Here are some notes in regard to the January Exams:

- Students only have to be in school for their scheduled exams / review classes.
- Students are required to be in dress code for the exams.
- Students who are completing semester courses must turn in their textbooks prior to taking their exam. Failure to do so may result in the student/parents being charged for their replacement.
- Buses will be picking up students at the usual time in the morning. The schedule for afternoon buses is located with the exam schedule. *(Please note that afternoon buses from Alden and Williamsville will only be here at 2:20 p.m. each day)*
- Some teachers may offer review sessions for times when students are not taking exams. Students should check with their teachers to see when these review sessions are scheduled.
- If a student is at St. Mary's when they are not scheduled to take an exam or in a review session, they are required to be in the cafeteria or the Library. Questions should be directed to Mrs. Kranz.

Welcome to 2013!

Dear Parents & Friends,

Christ our Savior is born, and the New Year has come! I hope that your holiday season has been full of family, friends, and God's wonderful blessings.

Speaking of family, there is no doubt,

(Continued on page 2)

Exam Schedule – January 2013

| Tuesday, Jan. 22 | Wednesday, Jan. 23 | Thursday, Jan. 24 |
|--|---|--|
| <p>8-10am Social Justice <i>(Final)</i> RPM / Social Justice <i>(Final)</i> Global Studies I <i>(Midterm)</i> Philosophy in Catholic Culture <i>(Final)</i> Earth Science Regents Lab Practical <i>(Retakes only)</i></p> <p>8-11am Algebra Regents <i>(Retakes and Students in Geometry B)</i></p> <p>12-2pm Health <i>(Final)</i></p> <p>12-3pm English Regents <i>(All Juniors and retakes)</i></p> <p>Bus: 3:15pm</p> | <p>8-9am Spanish I, II, II Honors, French II <i>(Midterm)</i></p> <p>8-11am Biology Regents <i>(Retakes only)</i></p> <p>10-11am Study Skills <i>(Final)</i> Spanish III, French III <i>(Midterm)</i></p> <p>12-2pm Old Testament <i>(Final)</i> Morality <i>(Final)</i></p> <p>12-3pm Algebra 2/Trig Regents <i>(Retakes only)</i> AP Calculus MANDATORY Review</p> <p>Bus: 2:20pm</p> | <p>8-10am AP Statistics MANDATORY Review</p> <p>8-11am Global II, AP World <i>(Midterm)</i> Geometry Regents <i>(Retakes only)</i></p> <p>8:15-9:15am MANDATORY Junior College Planning Session for students whose last names are from M-Z</p> <p>9:30-10:30am MANDATORY Junior College Planning Session for students whose last names are from A-L</p> <p>11:15am-12:15pm MANDATORY Sophomore College Planning Session for students whose last names are from A-L</p> <p>12:30-1:30pm MANDATORY Sophomore College Planning Session for students whose last names are from M-Z</p> <p>12-2pm General Chemistry, Regents Chemistry, Chemistry Honors <i>(Midterm)</i></p> <p>12-3pm Earth Science Regents <i>(Retakes only)</i> AP Biology Field Trip to UB</p> <p>Bus: 2:20pm</p> |
| <p>Computer Foundations OPTIONAL Review – Tues. Jan. 15, 2:30pm Exam In-Class Wed., Jan. 16, and Thur., Jan. 17</p> <p>Mrs. Sheehan's Geometry B Students taking Algebra Regents Exam MANDATORY Review: #1 – Jan. 10 OR 11, 2:30-3:30pm #2 – Jan. 14 OR 15, 2:30-3:30pm #3 – Jan. 16 OR 17, 2:30-3:30pm #4 – Jan. 18, 2:30-4pm</p> | | |

SEEK Week examines cyber bullying

By Kelsey Hatfield '13
Member of SEEK

This year, the St. Mary's SEEK Club chose to center their SEEK Week around the theme of cyber bullying and stereotyping.

As social networking and other forms of media become more prevalent in our society, it is unfortunate that cyber bullying continues to grow into a huge problem,

especially for teenagers. Cyber bullying is a problem in every high school across America, even St. Mary's, but it's a problem that people often ignore or avoid.

The SEEK Club attempted to tackle this topic head-on, by hosting an assembly and "Mix It Up" lunches, where students in Retreat Peer Ministry held conversations with fellow students about cyber bullying.



Students signed their name to the wall committing to not engage in cyberbullying.



Senior Mary Hamilton (center) leads a discussion during the Mix It Up lunch.

As a member of SEEK,

I was given the opportunity to speak about my own experiences with cyber bullying. The support and positive feedback I received after speaking were surprising.

The week really seemed to have an impact on the interactions between the students on social networking sites.

I'm impressed with the mature and respectful way that SMHS students have handled the issue and the knowledge they have gained.

I think that this year's SEEK Week was a success, and I hope that students keep in mind everything they have learned whenever they are online.

Welcome (continued from page 1)

we have a wonderful group of parents at St. Mary's High School. I am always so impressed with the number of parents that come to see our athletic contests, our student performances, and just to offer their general support and encouragement.

Just last week, we had a full house for the 2012 Christmas Show. It was a wonderful show, and there were so many proud families there to support their students!

Not only do they come to our home turf, but they also travel far and wide to cheer on their sons and daughters. It is obvious that the parents at St.

Mary's High School are a caring and supportive group.

In my 17 years in education, I have seen many, many successful students pass through the St. Mary's doors and out into society. From what I have observed, parents can and do have a profound impact on a student's success. It is never

too late to become involved in your child's education.

Reports have shown time after time that the more parents are involved, the more successful the student is in school, college, and life. I hope that you will



consider supporting your student's education in the coming weeks by helping them set aside time to prepare for midterm exams; and I hope many of you will be able to carve out some time to help with our Lancer Auction and/or Fashion Show. These are two fun events that help support the student program here at St. Mary's.

I also have to take a moment to send a "shout out" to my own parents, Barbara (Class of 1965) and Albert (Class of 1964) Hapeman. It would be hard to find parents more supportive of their kids as well as St. Mary's High School. After sending all three of their children to SMHS, they are now watching two granddaughters carry on the

tradition. You will find them at our sporting events, our plays and musicals, the Lancer Auction, and any chicken or spaghetti dinner we have going. When our senior girls' volleyball players needed a ride from the state tournament in Long Island back to the senior class trip group in New Jersey, they were ready to provide transportation. They were also kind enough to lend us the Holy Family from the Nativity scene on their own front lawn for our Christmas Mass, which, of course, they also attended. Thank you, Mom & Dad, for all that you do for our immediate family and our extended Lancer Family. Love you!

To all of our families – keep up the great work in 2013! We want to see all of our students be successful and move on to productive and meaningful lives in the community. Your support as we work as a team will help get them there.

May God Bless you and your family in the New Year!

Rebecca L. Krang
Principal

Play brings life of St. Marianne alive

On Wednesday, Dec. 12, the students and faculty of St. Mary's High School welcomed St. Marianne Cope to their assembly. Well, actually, they welcomed Jackie Albarella who was portraying St. Marianne in the one-woman play *Always in My Heart*. The play, written by Joan Albarella, was part of the school's Advent Reconciliation activities.

"Jackie Albarella was awesome as she shared the life of St. Marianne with us," said Sister Rose Therese DiGregorio, spiritual advisor to St. Mary's High School. "She held us spell-bound as she shared St. Marianne's courage, love of God, and lack of fear while serving the patients suffering the terrible disease of leprosy."

Born in Germany before emigrating to Utica, St. Marianne joined the Sisters of St. Francis in Syracuse. While working among the lepers in Hawaii, she beautified the area with trees and flowers. Patients wore colorful clothes; children had ribbons in their hair. She taught the children how to make crafts, to encourage them to make



Jackie Albarella brings St. Marianne Cope alive in *Always in My Heart*.

beautiful things with their disabled hands.

St. Marianne and the sisters in her community transformed desolate, dirty, unsafe, and fearful places into clean, safe, and beautiful surroundings. She was cheerful and encouraging; she was optimistic that she and the sisters could make a difference in the lives of these poor, oppressed, abandoned outcasts of society. The sisters were the only ones who could give them hope and meaning.

St. Marianne was canonized in October.

"Mother Marianne encouraged us to trust in God's will and together build the kingdom of God," Sister Rose Therese continued, "to treasure each moment and opportunity to love God and share God's love with everyone we meet."

"I found the play to be very captivating and enjoyable," said junior Erin Neidhart. "It was interesting to hear St. Marianne's story."

"It was a great play," added senior Quintin Gill. "And it was impressive that only one person was doing it."

School closing information

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

- Mrs. Kranz is in touch with several public school districts, and a decision to close the school is usually made between 6 and 6:30 a.m.
- Information on school closing will then be passed on to Channels 2, 4, and 7, and WBEN-Radio 930. Please listen to the announcements carefully; just because area schools are closed does not mean St. Mary's is closed. The stations also post the closing information on their websites.
- Mr. Kidder will utilize the SchoolReach system to call all of our families to let them know of the school closing and share any other important information.
- Parents are encouraged to sign up for the free School-Closing Texting Service available through area radio and television stations' websites.
- Mr. Kidder will put the announcement on the main phone message, the St. Mary's website, and the St. Mary's Facebook page, and Twitter account.
- When St. Mary's is closed, all activities, including sports, are cancelled.
- If your school district is closed but St. Mary's is open, students are legally absent; you do not have to call your student in, though it would be helpful if you did. Students are responsible for their assignments.
- If a student comes to school, it is our expectation that they will remain until the school is closed or the end of the school day.
- Students who are absent from school are not allowed to participate in any extracurricular activities on that day.
- If a district closes during the day, students will be released only to district transportation or a designated parent or guardian. We will not release students to ride with other students or other parents, except for siblings. If a parent or guardian decides it is necessary to pick a student up during the day, please call to let us know you are coming.
- If the school cancels after-school activities, the radio and TV stations, SchoolReach, the web page, and the Facebook page will be used to get this information to the parents.
- When school resumes, the letter day will be the same as the first day that was cancelled.

Notes on SchoolReach

As St. Mary's uses the SchoolReach system to share important school information, a few notes on the system:

- We have already sent out phone and e-mail messages. If you have not received these messages, please contact Mr. Kidder with your correct phone number and/or e-mail address.
- If you want to re-listen to a message sent by St. Mary's High School, use the phone that the message was originally received on and call 855-955-8500. This will have all messages from the last 30 days.
- SchoolReach also has a Parent App available for iPhones or iPads. This app allows users to access any email or phone message from the last 30 days, request a transcript of these messages, or update account information.

Please contact Mr. Kidder if you have any questions.

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 684-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)
Counselor to Classes of 2013 & 2015 Counselor to Classes of 2014 & 2016

Parents' high expectations lead to success

Research shows that parents' expectations have a huge impact on their high school students' achievement.

Studies show that:

- Teens strive to reach parents' expectations of them. If you believe in your teen and expect her to succeed in school, she is likely to have high academic achievement.
- Teens' own expectations match their parents' expectations. When parents say things like "I believe you can do well in school," teens begin to have the same belief in themselves.
- Teens who clearly understand their parents' expectations of success spend more time on their homework.

Help your teen achieve her maximum potential by:

- Telling her what you expect of her in

school. Use the new year to evaluate the first half of the school year and to set new goals for the rest of it. Ask her what she expects to achieve.

- Setting attainable goals together, such as improving her grade in history by one full letter grade.
- Discussing her future. Compare your dreams for your teen with her own. Talk about what she would like to do after high school, including potential careers or college plans. Tell her that you support her and know she can succeed in whatever she does.

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Parents are key to motivate math and science study

College graduates who study STEM courses – science, technology, engineering or math – have many options for good jobs. So why don't more students graduate with these degrees?

In many cases, it's because they stopped studying these important subjects before they left high school.

One recent study showed that parents can play a big role in keeping teens in these classes. The key time parents can be influential is when teens are signing up for the following year's classes.

It may be that your teen has taken the science classes she needs to

graduate. But that doesn't mean she's taken the classes that will help her prepare for a good job.

Help your teen think about careers she might like to pursue. Encourage her to talk with a counselor at school. Help her think about other careers she could pursue if she continues to study science and math throughout high school.

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Start new year with learning resolutions

Every time the first of January rolls around, you and your teen probably make New Years' Resolutions that you give up on just a few weeks later. This year, help your teen make some learning resolutions that will stick!

The more specific your teen's goals are, the more likely he is to attain them. Instead of a broad resolution of "Do better in school," help your teen come up with specific ways to improve.

For example:

- I will ask at least one question in every class. In order to ask an informed question, your teen will need to pay attention to the lecture. By paying closer attention, chances are that he'll be more engaged and confident about what he's learning – and that will likely lead him to ask more questions in class.
- I will create a note-taking system. The way your teen takes notes in history may be different from the way he does it in chemistry. Encourage him to talk with his teachers to figure out the best way to record information they discuss.
- I will read class notes every night before bed. Research shows that the last thing a person reads before going to bed will stay embedded in his brain. He can seal in those Spanish vocabulary words and math formulas by reviewing the things he wrote down during the day!

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November Calendar Winners

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

| | |
|---|-------|
| 11/1 ... 141 ..Ticket Unsold | \$- |
| 11/2 ... 453 ..Ticket Unsold | \$- |
| 11/3 ... 866 ..Zelli Family | \$25 |
| 11/4 ... 916 ..Joe & Elaine Braunscheidel | \$50 |
| 11/5 ... 454 ..Ticket Unsold | \$- |
| 11/6 ... 034 ..Ticket Unsold | \$- |
| 11/7 ... 517 ..Ticket Unsold | \$- |
| 11/8 ... 188 ...Irene Domagala | \$25 |
| 11/9 ... 057 ..Ticket Unsold | \$- |
| 11/10 . 479 ..Ticket Unsold | \$- |
| 11/11 . 787 ..Ticket Unsold | \$- |
| 11/12 . 729 ..John & Lynn Jackson | \$25 |
| 11/13 . 285 ..Ticket Unsold | \$- |
| 11/14 . 851 ..Sue Bochenski | \$25 |
| 11/15 . 569 ..Ticket Unsold | \$- |
| 11/16 . 985 ..Eugene Heftka | \$25 |
| 11/17 . 085 ..Ticket Unsold | \$- |
| 11/18 . 617 ..Ticket Unsold | \$- |
| 11/19 . 873 ..Terry Murphy | \$25 |
| 11/20 . 091 ..Ticket Unsold | \$- |
| 11/21 . 889 ..Ticket Unsold | \$- |
| 11/22 . 941 ..Ticket Unsold | \$- |
| 11/23 . 953 ..Joseph Grega | \$25 |
| 11/24 . 653 ..Robert Lewis | \$25 |
| 11/25 . 674 ..Ticket Unsold | \$- |
| 11/26 . 327 ..Ticket Unsold | \$- |
| 11/27 . 353 ..Ticket Unsold | \$- |
| 11/28 . 763 ..Jeff Owczarczak | \$100 |
| 11/29 . 708 ..Ticket Unsold | \$- |
| 11/30 . 182 ..Ticket Unsold | \$- |

Lancer Parent Partnership

The Lancer Parent Partnership Fashion Show Committee will meet on **Monday, Jan. 7, at 6:30 p.m.** in the St. Mary's Library. Now that the holidays are over, the planning for the spring fashion show, "Fashion of the Night," will be in full swing! All are welcome to join the committee and assist with the planning.

This year's event will be held on Thursday, April 18, at Salvatore's Italian Gardens Restaurant, beginning at 5 p.m. 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.

If you are unable to attend the January meeting, but would still like to help, please e-mail Sandy Gibson at ekgib15@msn.com.

There are many ways to help, including assisting with the models, decorating, obtaining theme basket

donations, and helping with admissions and raffles the night of the event.

The online model sign-up form will be available on the St. Mary's web site beginning January 22, and will be open until March 1. All students and faculty are encouraged to sign up early if you would like to model in the show. Any applicants interested in modeling after the March 1 deadline will be placed on a wait list.

The annual Fashion Show is a wonderful evening of fun, food, fashions, and fabulous prizes! Tickets will be \$35 and include admission, a door prize ticket, a three-course dinner, and the show. Tables of ten are available. A cash bar will be available, as well as a theme basket raffle. Please invite your friends and family from outside the St. Mary's community and help us showcase this great event to benefit our students!

Spaghetti Dinner, iPad Raffle & Basket Raffles



to benefit St. Mary's Baseball Team
Sat., Feb. 2 • 1-5 p.m.

Register for Driver Ed

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

Spring Session begins in February!!

The cost for the session is \$450.

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

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

Registration forms are available on the St. Mary's website (www.smhlancers.org) by clicking on Driver Ed. Forms and payment must be received by **January 25, 2013!** After that date, please call for availability.

Questions regarding registration information call Buffalo Driving School at 834-4300.

SAT Prep Class

St. Mary's is pleased to be offering an SAT Preparatory Class to help students in their junior year perform their best on the SAT standardized tests. These classes are designed to prep students in strategies, content, grading, and techniques needed for the SAT exams. Throughout the course, students will practice various strategies tailored specifically to the Critical Reading, Math, and Writing sections. They will also be required to attend a practice diagnostic exam where they will become accustomed to the length of an

actual SAT.

The class will cost \$215 in addition to the purchase of the required textbook. The registration deadline will be January 7th, 2013. The schedule of the course is as follows:

Class Schedule:

- Monday, Jan. 14th (3-5pm)
- Monday, Jan. 28th (3-5pm)
- Monday, Feb. 4th (3-5pm)
- Monday, Feb. 11th (3-5pm)
- Monday, Feb. 25th (3-5pm)

Diagnostic:

Saturday, Feb. 23rd (9am-1pm)
More information is available by contacting the Guidance Office 683-2349.

Lego Robots give taste of programming

With help from a grant from the Lancaster Youth Foundation, the students of Mr. Paul Meyerhofer's Computer Foundations classes have been programming Lego® robots.

The goal of the project is to get students more interested in the fields of Robotics and Computer Science.

"Some of the students have been a little apprehensive," commented Mr. Meyerhofer, "but they are discovering that learning something new does not mean it needs to be difficult. Many of the students



Freshmen Nick Kobis and Summer Compton prepare to run their robot.

are very excited to be doing something different and are learning quickly."

Robotics is an expanding field. Robots help assemble things such as cars, assist people to parallel park cars, and explore distance places such as Mars.

New computers being installed in library

During the Christmas Break, the Library is receiving a facelift: new computers and displays. The computers are much smaller in size and are under the monitors, which will give the students more room to work.

The LED monitors have a much clearer image and will use a little less energy.

The older computers and displays will be given to the faculty and staff members who have the oldest equipment in the school.

Campus Ministry

Happy Calendar New Year!

HAPPY, calendar, NEW YEAR. Our prayer for the St. Mary's family for 2013 is a year of blessings, peace, and the opportunity to grow in faith.

The scripture readings for this month fall into two distinct parts. The first is a continuation of the Nativity celebration and then the onset of "Ordinary Time." The Christmas season culminates in the feasts of the Epiphany, Jan. 6, and the Baptism of Jesus, Jan. 13. The Magi, traditionally Gaspar, Melchior and Balthasar, arrive and "experience the presence of the divine," the meaning of Epiphany. We too, have that experience in the reception of the sacraments and our "gift" becomes a life of Christian service, sacrifice, and spirituality. The Baptism of Jesus begins His public ministry, His words, and works. Our Baptism marks the beginning of our Christian journey, tempered by what we say and what we do.

The last two Sundays of January are

the Second and Third of Ordinary time, perhaps a misnomer, because our faith journey is not ordinary, but individually unique. The Wedding Feast at Cana is the reading for Jan. 16 and for John the Evangelist it marks that "the hour" of Jesus has come. On the last Sunday, we will hear Jesus read from the prophet Isaiah (Chapter 61) and proclaim that the time of that prophesy has been fulfilled.

On the 28th of December the Church will have celebrated the feast of the Holy Innocents, those young boys slaughtered at the command of Herod. Now we have our own Holy Innocents, baptized by blood on December 14. Let us continue to pray, that the grace of peace rests with those who died, the graces of comfort and consolation rest with their family and friends, the grace of thanksgiving rests with those who survived, and the grace of serenity rests with those who responded. *Benedicat vos omnipotens Deus.*

Wanted – student hosts

Beginning in January, as part of our new International Program, St. Mary's High School will be welcoming students from around the world to join our educational community.

The International Program will enrich the educational experience of our students. Our students will develop an appreciation for cultural differences they will encounter in their lives. The International Program will prepare students to live, work, and succeed as members of a global community.

Please consider being a host family for one of our international students. **There is a stipend of \$600 per month to offset the costs associated with the program.**

More information is available by contacting Enrollment Director Steven Grieco at (716)683-4824 or sgrieco@smhlancers.org

Save the Date!

CELEBRATING THE MYSTERY OF
Mardi Gras
AT ST. MARY'S HIGH SCHOOL

Auction '13 • Friday, Feb. 8th

Students/Teacher of October



Nicholas Adams



Marc Gonzalez



David Filion



Megan Vogel



Mrs. Marsha Rosenthal

Drop off gift, receive free coffee & donuts

The Lancer '13 Auction Committee, in its effort to increase the number and variety of gifts, is offering free coffee and donuts from Starbucks to anyone who drops off a gift at the school on Tuesday, Jan. 15.

Here's how it works:

- Purchase or get a gift donated for this year's Auction.
- On January 15 between the hours of 7:30 and 10 a.m., bring the gift to the back parking lot of the school.
- A student will take the gift from you and hand you a free cup of coffee and half-dozen donuts.

More information regarding the gift drop off is available by contacting Jennifer Wiech, auction coordinator, at jwiech@smhlancers.org or 683-4824.

Students/Teacher of November



Joshua Owczarczak



Jacob Hacker



Amber Wilk



Anna DiDomenico



Mr. Joe Rera



We are deeply appreciative of the prayers and support you offer St. Mary's.

Now we have an opportunity to make you an offer. Would you like some cash rewards?

If you are planning on purchasing or selling a home, the On The House program is available through HUNT® Real Estate ERA and they will provide you with **cash rewards** to be used at your discretion. In order to participate in this program, you must register with **Beatrice Dunwoodie** at **(716) 912-5355** prior to contacting a HUNT® Agent.

Menu of Benefits

| Selling/Purchase Price | Reward Dollars |
|------------------------|----------------|
| Up to \$75,000 | \$150 |
| \$75,001 - \$125,000 | \$250 |
| \$125,001 - \$200,000 | \$500 |
| \$200,001 - \$300,000 | \$750 |
| \$300,001 - \$400,000 | \$1,000 |
| \$400,001 and up | \$1,250 |

Your benefits program includes:

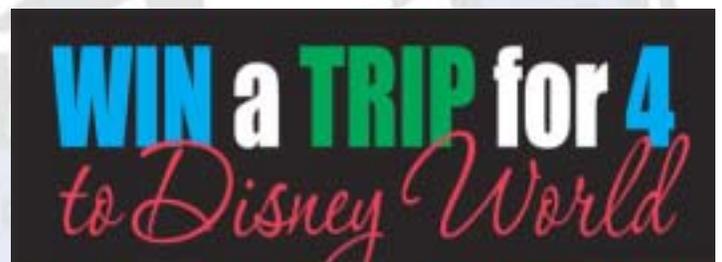
Cash Back Rewards

- Use your rewards to turn your house into a home.
- Use your rewards for an evening of entertainment.
- Use your rewards to support your favorite charity or organization.

No extra work; as easy as picking up the phone! Make the call, get some cash.



George Bauer
Class of 1979



Get your raffle tickets today and have a chance to win...

6 days and 5 nights all inclusive trip for 2 adults and 2 children to a Walt Disney World Resort in Orlando, FL. Winning ticket to be drawn on February 8, 2013 at the Lancer Auction!

Health Corner

Fruit and your diet

By Healthy Lifestyles Club

Fruit is an important and nutritious part of a healthy diet. It provides protection against many diseases such as cardiovascular disease, diabetes, and certain types of cancer.

Fruit is a good alternative snack option, as many fruits are low in sodium, fat, and calories. Many fruits contain minerals that our body needs.

How the following fruits benefit us:

- Apples can help lower cholesterol and keep your colon working properly. Apples contain an antioxidant that protects your body against heart disease, cancer, and Alzheimer's. The skin of apples contain many nutrients.
- Bananas contain potassium, fiber, and vitamin B6. These nutrients help energize your body, keep blood pressure low, and keep the intestinal

tract healthy.

- Oranges contain the nutrient vitamin C, which helps the body repair itself and keep healthy. They contain many types of chemicals which help fight diseases. Oranges are an excellent source of calcium which keeps bones and teeth strong. A common misconception regarding oranges is that orange juice is just as healthy as the fruit. Orange juice does not contain the fiber found in the raw fruit itself and has added sugar.
- Strawberries are a great source of vitamin C, folic acid, and fiber. There are more than 600 varieties of strawberries, each with their own size, shape, and color. Strawberries break down toxins that build up in the liver and help kidneys function properly. They keep teeth white and clean. Strawberries contain manganese that builds and maintains proper bone

structure.

- Grapes contain many antioxidants that lower cholesterol and reduce the risk of getting Parkinson's disease.
- Pineapple contains vitamin C but also is high in sugar. Anti-inflammatory properties in the fruit calm arthritis symptoms. The syrup that canned pineapples are packed in contains added sugar and calories.
- Watermelons contain antioxidants that strengthen vision and reduce the risk of heart disease. One slice provides a third of the necessary daily amounts of vitamins A and C.

Fruit provides us with many necessary nutrients. It aids us in proper body functions and can protect us against many diseases. To maintain a healthy diet it is recommended we eat 2 to 3 servings of fruit a day. Fresh fruit is always a better snack alternative to many processed or canned fruit options.

2012 Winter Sports Schedules

Men's Basketball

JV games begin at 6 p.m., Varsity at 7:30 pm, unless noted.

Thur, Jan. 3, vs. St. Joe's
 Wed, Jan. 9, 5, 6:30pm @ Canisius
 Fri, Jan. 11, vs. Iroquois
 Fri, Jan. 18, 5:30, 7pm @ St. Francis
 Tue, Jan. 22, vs. Timon
 Wed, Jan. 23, 6:30, 8pm vs. Walsh
 Fri, Jan. 25, 4:30, 7:30pm @ Nichols
 Mon, Jan. 28, 6, 7:30pm @ Niagara Catholic
 Wed, Jan. 30, 5, 6:30pm @ Grand Island
 Fri, Feb. 1, vs. O'Hara
 Tue, Feb. 5, vs. Niagara Catholic
 Thur, Feb. 7, @ O'Hara
 Tue, Feb. 12, 5, 6:30pm @ Walsh
 Fri, Feb. 15, vs. Nichols
 Mon, Feb. 18, vs. Cleve-Hill

Freshmen Basketball

Tues, Jan. 8, 4pm @ St. Joe's
 Sat, Jan. 12, 11am vs. Lancaster
 Thur, Jan. 17, 5pm vs. Niagara Falls
 Sat, Jan. 19, 11am @ St. Francis
 Sat, Jan. 26, 11am vs. St. Joe's
 Wed, Jan. 30, 5pm @ Lockport
 Fri, Feb. 1, 6pm @ Clarence
 Sat, Feb. 9, 11am @ Jamestown

Women's Basketball

JV games begin at 6 p.m., Varsity at 7:30 pm, unless noted.

Wed, Jan. 2, vs. O'Hara
 Mon, Jan. 7, vs. Christian Central
 Wed, Jan. 9, 5, 6:30pm @ Buffalo Seminary
 Fri, Jan. 11, time TBA @ Pioneer Tourney
 Sat, Jan. 12, time TBA @ Pioneer Tourney
 Mon, Jan. 14, vs. Niagara Catholic
 Wed, Jan. 16, vs. Holy Angels
 Mon, Jan. 21, vs. Nichols
 Wed, Jan. 23, 6:30, 8pm @ Sacred Heart
 Fri, Jan. 25, vs. Immaculata
 Mon, Jan. 28, 4:30, 6pm @ Mt. St. Mary's
 Tue, Jan. 29, vs. Springville
 Thur, Jan. 31, vs. Buffalo Seminary
 Mon, Feb. 4, 5:30, 7pm @ Niagara Catholic
 Wed, Feb. 6, vs. Nardin
 Sat, Feb. 9, vs. Rochester Mercy
 Mon, Feb. 11, 4:30, 6pm, @ Mt. Mercy
 Fri, Feb. 15, @ Christian Central
 Mon, Feb. 18, 4:30, 6pm @ O'Hara

Men's Bowling

Matches begin at 3:35pm at Thru-way Lanes

Thurs, Jan. 3 vs. Canisius
 Tues, Jan. 8 vs. Timon/St. Jude
 Thurs, Jan. 10 vs. St. Joe's
 Tues, Jan. 15 vs. Christian Central
 Thurs, Jan. 17 vs. O'Hara
 Thurs, Jan. 24 vs. Park

Women's Bowling

Matches begin at 3:45pm at Thru-way Lanes

Thur, Jan. 3 vs. Mt. Mercy
 Tue, Jan. 8 vs. Nardin
 Thur, Jan. 10 vs. Mount St. Mary's
 Tue, Jan. 15 vs. Sacred Heart
 Thur, Jan. 17 vs. Immaculata
 Tue, Jan. 29 vs. Make-up / All-Catholics
 Thur, Jan. 31 vs. Make-up / All-Catholics

Wrestling

Wed, Jan. 9, 6pm @ St. Joe's
 Fri, Jan. 11, time TBA @ Lockport Tourney
 Tues, Jan. 15, 6pm vs. Niagara Catholic
 Wed, Jan. 16, 6pm @ St. Francis
 Fri, Jan. 18, 6:30pm @ Akron
 Sat, Jan. 26, 3pm vs. Gow
 Thur, Jan. 31, 6:30pm @ Gow

Varsity Hockey

Sat, Jan. 5, 8pm vs. West Seneca West @ Holiday Twin Rinks
 Thur, Jan. 10, 7pm vs. Hamburg @ Northtown Center
 Sat, Jan. 12, 5pm vs. Sweet Home @ Northtown Center
 Sun, Jan. 13, 3pm vs. Kenmore West @ Buff State
 Sat, Jan. 19, 1pm vs. West Seneca East @ Northtown Center
 Sat, Feb. 2, 3pm vs. Amherst @ Northtown Center
 Sun, Feb. 3, 6pm vs. Timon @ Buff State

JV Hockey

Sat, Jan. 5, 8pm vs. Lockport @ Depew Rec Center
 Sun, Jan. 13, 3:45pm vs. Wilson/Newfane @ Hyde Park
 Sat, Jan. 19, 8:45pm vs. Starpoint @ Hockey Outlet
 Mon, Jan. 21, 12noon vs. Grand Island @ Cheektowaga Rec Center
 Wed, Jan. 23, 6:30pm vs. Depew @ Depew Rec Center
 Sat, Feb. 2, 3pm vs. Ithaca @ Ithaca Rec Center
 Wed, Feb. 6, 6:30pm vs. Tonawanda/North Tonawanda @ Depew Rec Center

Schedules are subject to change, especially due to the weather. Additional schedules and updates available www.smhlancers.org

Fall athletes honored

As the Fall sports seasons came to an end, several St. Mary's Athletes received awards for their accomplishments in their sport and in school.

Golf: *Coach's All-Catholic:* Mason Smith

Men's Soccer: *First Team All-Catholic:* Paul Rath, Josh Owczarczak, Justin Kajdas, Steve Romance, Dylan Braniecki; *Second Team All-Catholic:* Peter Kranz, Cory Kiebzak

Women's Soccer: *First Team All-Catholic:* Stephanie Cronmiller; *Second Team All-Catholic:* Ashley Wierzbicki

Football: Nick Vallone won MMA Special Teams Player of the Year, was Third Team All-Western New York, and made the final 10 for the

Connolly Cup (Award given to the most outstanding football player in Western New York). *First Team All-Catholic:* Andrew Hoffman, Alex Horvatits; *Second Team All-Catholic:* Robert Desiderio, Dione Strong, Nathaniel Keith, Dehlen Jones.

Men's Volleyball: *First Team All-Catholic:* Tyler English. *Second Team All-Catholic:* Marc Gonzalez.

Women's Volleyball: Leah Meyer won Player of the Year for the MMA. She was also nominated for the "Gatorade: Player of the Year." *First Team All-Catholic:* Samantha Giardina, Amber Drzymala, Ashley Drzymala; *Second Team All-Catholic:* Jackie Steck



Nick Vallone with Coach Dave Hersey and Coach Matt Ard at the Connolly Cup Banquet.

Three named Scholar Athletes

After every sports season, *The Buffalo News* presents the Scholar Athlete Awards.

To even be nominated for the award, a student must be a senior, have above a 90 average for their first six semesters at their school, and play an important role on their team.

This year, St. Mary's had two student-athletes named as winners of the Scholar Athlete of the Year

Award: Nicholas Wojcicki (Soccer) and Kelsey Hatfield and Mary Owczarczak, (Volleyball).

In addition, the following received Honorable Mention: Andrew Hoffman (Football), Stephanie Cronmiller (Soccer), Amber Drzymala (Volleyball), Jordan Gross (Volleyball), Jessica Kobis (Soccer), Bryan O'Neill (Football), Josh Owczarczak (Soccer), and Ashley Wierzbicki (Soccer).



Kelsey Hatfield



Mary Owczarczak



Nicholas Wojcicki

Coach Zureck inducted into VB Hall of Fame

On November 8, Dennis Zureck, coach of the St. Mary's Women's JV Volleyball Team, was inducted into the Western New York Boys' Volleyball Hall of Fame by the WNY Volleyball Officials Association.



"My 40 years involved with this sport has brought me great pleasure," said Coach Zureck, "none more than the last five at St. Mary's. I couldn't have asked for a better place to

wind down my career."

"Congratulations to Dennis on his induction to the WNY Volleyball Hall of Fame," said varsity volleyball coach Don Pieczynski. "He continues to share

his knowledge of the game with students at St. Mary's."

A permanent plaque is mounted at the BNCC in West Seneca to honor Coach Zureck and the other members of the Hall of Fame.

Open Gym Schedule for Lady Lancer Softball Teams

- Saturday, Jan. 5 – 11am-1pm
- Saturday, Jan. 12 – 3-5pm
- Saturday, Jan. 19 – 3-5pm
- Saturday, Feb. 9 – 2-4pm
- Saturday, Feb. 16 – 11am-1pm

Bring your glove & sneakers!

For more information contact Coach Helak at 225-6924 or dhelak328@hotmail.com or Coach Whitwood at 683-2349 or jwhitwood@smhlancers.org

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

School Meals

We serve education everyday through healthy choices

January 2013 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | 1 No School | 2 Breakfast: French toast, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Cheeseburger on roll, oven fries, baked beans, corn, fruit, milk | 3 Breakfast: Pancakes, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Chicken tender sub, sweet potato fries, peas/carrots, fruit, milk | 4 Breakfast: Pop Tarts, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Grilled cheese, tomato soup, tater tots, broccoli, fruit, milk |
| 7 Breakfast: French toast, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Chicken nuggets, mashed potatoes, gravy, corn, dinner roll, fruit, milk | 8 Breakfast: Pancakes, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Tacos, whole grain wraps, seasoned meat, salsa, refried beans, fruit, milk | 9 Breakfast: Waffles, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Pizza, chef salad, tomatoes, cucumbers, garbanzo beans, fruit, milk | 10 Breakfast: Waffles, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Chicken patty on roll, tater tots, peas/carrots, fruit, milk | 11 Breakfast: Pop Tarts, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Grilled cheese, tomato soup, oven fries, broccoli, fruit, milk |
| 14 Breakfast: Pancakes, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Spaghetti, meatballs, whole grain dinner roll, chef salad, garbanzo beans, fruit, milk | 15 Breakfast: French toast, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Turkey sub, whole grain roll, lettuce salad, broccoli, tater tots, fruit, milk | 16 Breakfast: Waffles, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Pizza, chef salad, tomatoes, cucumbers, green beans, fruit, milk | 17 Breakfast: Pancakes, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: American goulash with meat sauce, whole grain roll, chef salad, fruit, milk | 18 Breakfast: French toast, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Grilled cheese, tomato soup, carrots, oven fries, fruit, milk |
| 21 No School | 22 Exams – No breakfast or lunch | 23 Exams – No breakfast or lunch | 24 Exams – No breakfast or lunch | 25 No School |
| 28 Breakfast: Pop Tarts, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Cheeseburger on roll, oven fries, baked beans, corn, fruit, milk | 29 Breakfast: French toast, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Chicken tender subs, sweet potato fries, peas/carrots, fruit, milk | 30 Breakfast: Waffles, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Turkey in whole grain wrap, lettuce, tomatoes, cheese, baked pasta, fruit, milk | 31 Breakfast: Pancakes, bagel/cream cheese, assorted cereals, orange juice, milk Lunch: Pizza, chef salad, cucumbers, garbanzo beans, carrots, fruit, milk | |

Breakfast Served Every Day – 7:15-7:45 p.m.

Cost — \$1

Juice / Milk with Bagel & cream cheese

OR Pancakes OR Muffin

Note - a la carte items (Pop-Tarts • Cereal • Toast) may be purchased 60¢ each, milk or juice for 40¢ each

All students eligible for Free/Reduced Lunch are eligible for breakfast

Lunch Cost – \$3

Students may prepay for lunch by the week or month at \$3 per day

Menu Choices

Balanced lunch as shown on menu

OR Salad Bar

What if ...up to 26% of each purchase you made went to your favorite worthy cause?

Shopping at hundreds of online stores helps St. Mary's High School with each purchase!

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January 2013 Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|---|
| | | 1 NOSCHOOL Christmas Break Offices Closed | 2-B Day Campus Ministry Meeting 7:35am SEEK Meeting 2:30pm WBB vs. O'Hara 6, 7:30pm | 3-C Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Ski Club 3-9pm MBowl vs. Canisius 3:35pm WBowl vs. Mt. Mercy 3:45pm MBB vs. St. Joe's 6, 7:30pm | 4-D Day PRIDE DAY Pride Day | 5 VHockey vs. WSW 8pm JVHockey vs. Lockport 8pm |
| 6 | 7-E Day Student Senate 2:30pm Yearbook 3pm WBB vs. Christian Central 6, 7:30pm | 8-F Day Curriculum Committee 2:30pm Art Club 2:30pm Auditions for Musical 2:30pm MBowl vs. Timon 3:35pm WBowl vs. Nardin 3:45pm FreshBB @ St. Joe's 4pm | 9-A Day Principal's Ad Board 2:30pm Yearbook 2:30pm Auditions for Musical 2:30pm Wrestling @ St. Joe's 6pm MBB @ Canisius 6:30, 8pm WBB @ Buff Sem 6:30, 8pm | 10-B Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Ski Club 3-9pm MBowl vs. St. Joe's 3:35pm WBowl vs. Mt. St. Mary's 3:45pm VHockey vs. Hamburg 7pm | 11-C Day Ext HR / PM Liturgy Schedule (Class Meetings/ Epiphany Liturgy) Callbacks for Musical 2:30pm MBB vs. Iroquois 6, 7:30pm WBB @ Pioneer Tourney Wrestling @ Pioneer Tourney Liturg Dress | 12 FreshBB vs. Lancaster 11am WBB @ Pioneer Tourney VHockey vs. Sweet Home 5pm |
| 13 VHockey vs. Ken West 3pm JVHockey vs. Wilson/Newfane 3:45pm | 14-D Day Student Senate 2:30pm Yearbook 3pm WBB vs. Niagara Catholic 6, 7:30pm | 15-E Day Auction Gift Drop Off 7:30-10am NHS Meeting 2:30pm MBowl vs. Christian Central 3:35pm WBowl vs. Sacred Heart 3:45pm Wrestling vs. Niagara Catholic 6pm | 16-F Day Campus Ministry Meeting 7:35am Faculty/Staff Meeting 2:30pm WBB vs. Holy Angels 6, 7:30pm Wrestling @ St. Francis 6pm | 17-A Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library SOUL Meeting 2:30pm Ski Club 3-9pm MBowl vs. O'Hara 3:35pm WBowl vs. Immaculata 3:45pm FreshBB vs. Niagara Falls 5pm | 18-B Day Jeans Day Blessing of Brains during Lunches Wrestling @ Akron 6:30pm MBB @ St. Francis 7, 8:30pm Jeans Day | 19 FreshBB @ St. Francis 11am VHockey vs. WSE 1pm JVHockey vs. Starpoint 8:45pm |
| 20 | 21 NOSCHOOL Dr. Martin Luther King Jr. Day JVHockey vs. Grand Island 12noon WBB vs. Nichols 6, 7:30pm No School | 22-Exams January Exams MBB vs. Timon 6, 7:30pm | 23-Exams January Exams MBB vs. Walsh 6:30, 8pm WBB @ Sacred Heart 6:30, 8pm JVHockey vs. Depew 6:30pm | 24-Exams January Exams End of Second Quarter MBowl vs. Park 3:35pm | 25 NOSCHOOL FOR STUDENTS Faculty/Staff Retreat MBB @ Nichols 4:30, 7:30pm WBB vs. Immaculata 6, 7:30pm No School | 26 SAT & Subject Tests FreshBB vs. St. Joe's 11am Wrestling vs. Gow 3pm |
| 27 | 28-C Day Student Senate 2:30pm Yearbook 3pm WBB @ Mt. St. Mary's 4:30, 6pm MBB @ Niagara Catholic 6, 7:30pm | 29-D Day WBowl - All-Catholics/Make-ups 3:45pm WBB vs. Springville 6, 7:30pm | 30-E Day Campus Ministry Meeting 7:35am Yearbook 2:30pm FreshBB @ Lockport 5pm MBB @ Grand Island 6:30, 8pm | 31-F Day Weekly Mass 7:30am in Chapel NHS Tutoring 2:30pm in Library Ski Club 3-9pm WBowl - All-Catholics/Make-ups 3:45pm Wrestling @ Gow 6:30pm WBB vs. Buff Sem 6, 7:30pm | 1-A Day MBB vs. O'Hara 6, 7:30pm FreshBB @ Clarence 6pm | 2 VHockey vs. Amherst 3pm JVHockey vs. Ithaca 3pm |

Dancing Angel



Sophomore Paige Burkard dances to Winter Song at the annual Christmas Show.

In January issue of *Currents*

- *January Exam Schedule*
- *SEEK Week examines cyber bullying*
- *Play brings St. Marianne Cope alive*
- *Register now for Driver Ed / SAT Prep*
- *Lego robot offers programming experience*
- *Hatfield, Owczarczak, Wojcicki named Scholar-Athletes*
- *Coach Zureck inducted in VB Hall of Fame*
- *January calendar & menu*
- *And much more!*

**For the latest news about
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