

CURRENTS

The Official Newsletter of St. Mary's High School • Lancaster, NY

Walk-a-thon proves to be extremely successful *Over \$13,000 raised to benefit scholarship, organizations*

Thank you to everyone who helped to make St. Mary's High School's Walk-a-thon 2015 so successful.

263 students took part in the Walk-a-thon raising over \$13,460.

Special congratulations go to the students who raised the most money in

their class: Senior James Roetzer, Junior Andrea Seeloff, Sophomore Kristen Barczykowski, and Freshman Payton Stachewicz. Andrea alone raised an amazing \$680.

The students left school at approximately 8:30 a.m. and walked down Sheldon,

Walden, Central, Pleasant, St. Mary's, and Terrace before arriving at Firemen's Park in Depew where they enjoyed a picnic lunch while having a fun time with games, sports, and other activities.

The money raised will be used for clubs, and

organizations and to help fund the Student Senate Scholarship.



Students relax while at Firemen's Park in Depew.



Senior Jenny Piskor leads a group of walkers down Terrace Blvd. at this year's Walk-a-thon.

Small things can be great too!

"Anyone who gives you a drink of water because of me will certainly receive his reward." Mark 9:41

Dear Family & Friends,

First, let me give credit where credit is due – my letter this month is based on a wonderful homily by Rev. Paul Steller, pastor of St. Mary of the Assumption Parish in Lancaster.

All of us strive for greatness, I believe. We all want to be appreciated by others and remembered beyond our times. But

what great thing must we do for this to happen?



The quote above – and Father Steller's homily – shared that we don't need to do the spectacular to be noticed and rewarded; even the smallest of things mean so much.

"Giving a drink of water"? you may ask. "When would I do that?"

When you are walking down the hall and say a simple "good morning." When you are driving and let someone in front of

you. When you clean your room without being asked. When you offer to help a friend with their homework or studying. These are all times when you are giving a "drink." These are the times when you are sharing yourself with others.

These very simple things are "great" to others. You "will certainly receive your reward."

Sincerely,

*Director of Special Programs
Class of 1985*

Notes from the Health Office

New Student Physicals

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 9th to be given by the school doctor.

Winter Sport Athletes

All athletes must have a **current** 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 Form is available on pages 3 and 4. It 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.

Cast announced for fall play

Tickets go on sale Tuesday, Oct. 13

The St. Mary's Theater Department recently announced the cast for this year's fall play, *The Creature Creeps*, by Jack Sharkey.

Donald Von Blitzen James Roetzer
 Daisy Von Blitzen Grace Fuller
 Frank Sterling Matthew MacDonald
 Babsy Ballou Christina Federico
 Mord Scott Brown
 Gretchen Twitchill Marissa Loniewski
 Heidi Zitzen Anna Heerd
 Hannah Zitzen Brianna Propis
 Freda Zitzen Asia Alexander
 Olga Zitzen Kylie Wagner
 Maritza Leah May
 Hans Shtunken, Heinrich Shtunken,
 Fritz Shtunken, Otto Shtunken
 Nicholas Samson
 Understudy Jon Connolly
 Student Directors Maya Zelazny,
 Alicia Pacer



mad scientist, his misshapen assistant, a grim housekeeper, a secret laboratory, shrieks from the depths of the cellar, disappearing villagers, an incredibly stalwart and stupid hero of sterling character, the scientist's absolutely dopey daughter, and too many laughs to count.

The play will be performed November 5 and 6. Tickets go on sale on Tuesday, Oct. 13, at a cost of \$5 per ticket in Mr. Kidder's Office (behind the library). Seating for the Fall play is general seating only.

More information is available by contacting Mr. Kidder at kkidder@smhlancers.org.

story genre has an ancient castle, creaking doors, a

Changes to Pride Day Dress Code

The Administration wishes to announce the following changes to the Pride Day Dress Code at St. Mary's High School:

- *Solid blue, solid gray, and khaki shorts of appropriate length are now included.*
- *Students may wear St. Mary's hats on Pride Day, but they are only allowed in the hall during passing periods and in lunch; students are not allowed to wear them during classes.*

Those who have any questions regarding the changes to the Dress Code may contact Mr. Ard at mard@smhlancers.org.

Washington Trip Parent Meeting October 14

Mr. Matthew Ard, teacher of AP American Government, has announced that he will be hosting a Meeting of Parents of students in the AP Government class who will be traveling to Washington, D.C. in April.

The meeting will be taking place on Wednesday, Oct. 14, at 7 p.m. in the school Cafeteria.

Those who have questions regarding the trip or the meeting should contact Mr. Ard at mard@smhlancers.org.

Upcoming Enrollment Events

Admission Exam Prep Classes

Saturdays,
October 31, November 7 & 14

Contact Beck O'Connor at boconnor@smhlancers.org

Admission Exam

Saturday, November 21
8:30 a.m. to 12 noon

Currents

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INTERVAL HEALTH HISTORY FOR WINTER SPORTS PARTICIPATION

PRIOR TO THE START OF TRYOUT SESSIONS OR PRACTICE AT THE BEGINNING OF EACH SEASON, A HEALTH HISTORY REVIEW FOR EACH ATHLETE MUST BE CONDUCTED.

ALSO, EVERY ATHLETE MUST HAVE A CURRENT PHYSICAL ON FILE IN THE HEALTH OFFICE. THIS PHYSICAL MUST HAVE BEEN PERFORMED ON OR AFTER NOVEMBER 1, 2014.

STUDENT NAME _____ SPORT _____ GRADE _____

TO BE COMPLETED BY PARENT/GUARDIAN.

ANSWERING "YES" TO ANY OF THESE QUESTIONS DOES NOT MEAN AUTOMATIC DISQUALIFICATION FROM ATHLETIC ACTIVITY. HOWEVER, IT MAY REQUIRE A REVIEW AND APPROVAL OF THE FAMILY AND/OR SCHOOL PHYSICIAN BEFORE THE STUDENT IS ABLE TO PRACTICE/TRYOUT. THE ANSWERS TO THESE QUESTIONS WILL BE HELD IN THE HEALTH OFFICE AND MAY BE SHARED WITH PERSONNEL INVOLVED WITH THE ATHLETE.

HISTORY SINCE LAST PHYSICAL/HEALTH APPRAISAL:

- | | | |
|---|------------------------------|-----------------------------|
| ALLERGIES (BEE STING/MEDICATIONS/FOOD/LATEX, ETC.) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| DOES THE STUDENT CARRY AN EPI-PEN [®] FOR A LIFE-THREATENING ALLERGY | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| ASTHMA | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| DOES THE STUDENT CARRY AN INHALER | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| CONCUSSION/HEAD INJURY/SEIZURES | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| RECENT INJURY THAT REQUIRED MEDICAL ATTENTION OR PROTECTIVE EQUIPMENT | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| RECENT ILLNESS LASTING LONGER THAN ONE WEEK (IE. MONO) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| CURRENTLY TAKING MEDICATIONS/UNDER DOCTOR CARE | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| DIABETES/HYPOGLYCEMIA | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| HEART/BLOOD PRESSURE PROBLEMS | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| HEAT EXHAUSTION OR STROKE | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| FAINTNESS/DIZZINESS/FATIGUE AFTER EXERCISE OR EXERTION | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| HEARING IMPAIRMENT | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| BLEEDING TENDENCY/ANEMIA | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| RECENT SURGERY OR HOSPITALIZATION | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| KIDNEY/LIVER DISEASE | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| FAMILY HISTORY OF SUDDEN DEATH | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| CONTACT LENSES | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| IS THERE ANY MEDICAL CONDITION THAT MIGHT BE AGGRAVATED BY PLAYING SPORTS? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

IF YOU ANSWERED "YES" TO ANY OF THE ABOVE QUESTIONS, PLEASE DESCRIBE THE CONDITION OR SITUATION THAT PROMPTED YOUR ANSWER.

I, THE UNDERSIGNED PARENT/GUARDIAN, CLEARLY UNDERSTAND THESE QUESTIONS ARE ASKED IN ORDER TO DECIDE IF MY CHILD CAN SAFELY PARTICIPATE IN THIS ATHLETIC SEASON. THE ANSWERS ARE CORRECT AS OF THIS DATE AND HE/SHE HAS MY PERMISSION TO PARTICIPATE IN ALL PRACTICE SESSIONS, GAMES, AND TRAVEL TO AND FROM THE ATHLETIC CONTESTS. I AGREE TO EMERGENCY MEDICAL TREATMENT AS DEEMED NECESSARY BY THE PHYSICIANS DESIGNED BY SCHOOL AUTHORITIES. CONDITIONS LISTED MAY BE SHARED WITH PERSONNEL INVOLVED WITH MY CHILD.***I ALSO UNDERSTAND THAT IF MY CHILD HAS ANY ILLNESS/INJURY AFTER COMPLETING THIS FORM, BUT PRIOR TO TRYOUTS, OR AT ANY TIME DURING THE SEASON, I WILL CONTACT THE HEALTH OFFICE.

PARENT/GUARDIAN SIGNATURE

DATE

PLEASE READ AND SIGN OTHER SIDE ALSO.

IN CONSIDERATION OF ST. MARY'S HIGH SCHOOL (THE "SCHOOL") PERMITTING MY CHILD TO PARTICIPATE IN ATHLETIC ACTIVITIES DURING THE FALL SPORTS SEASON, I/WE HEREBY RELEASE THE SCHOOL, ITS EMPLOYEES, OFFICERS, DIRECTORS, AGENTS, REPRESENTATIVES, COACHES AND VOLUNTEERS FROM ALL CLAIMS AND CAUSES OF ACTION OF ANY NATURE (INCLUDING THOSE BASED ON NEGLIGENCE), ARISING FROM, OR IN ANY MANNER INCIDENT TO SUCH PARTICIPATION IN ATHLETIC ACTIVITIES SPONSORED BY THE SCHOOL, AND AGREE THAT I/WE WILL NOT INITIATE ANY LEGAL ACTION IN ANY FORUM AGAINST THE SCHOOL, ITS EMPLOYEES, OFFICERS, DIRECTORS, AGENTS, REPRESENTATIVES, COACHES AND VOLUNTEERS IN CONNECTION WITH SUCH PARTICIPATION IN SUCH ATHLETIC ACTIVITIES SPONSORED BY THE SCHOOL.

I/WE UNDERSTAND THAT BY OPERATION OF THIS DOCUMENT, I/WE AGREE TO ASSUME ANY AND ALL RISKS AND LIABILITIES WHICH ARISE DURING AND/OR ARE ASSOCIATED WITH MY CHILD'S PARTICIPATION IN ATHLETIC ACTIVITIES SPONSORED BY THE SCHOOL.

I/WE AUTHORIZE THE SCHOOL AND ITS EMPLOYEES, OFFICERS, DIRECTORS, AGENTS, REPRESENTATIVES, COACHES AND VOLUNTEERS TO PROVIDE OR AUTHORIZE PROVISION OF ANY MEDICAL TREATMENT FOR MY CHILD THAT APPEARS TO BE NEEDED AS A RESULT OF MY CHILD'S PARTICIPATION IN ATHLETIC ACTIVITIES SPONSORED BY THE SCHOOL, AND I/WE HEREBY RELEASE THE SCHOOL, ITS EMPLOYEES, OFFICERS, DIRECTORS, AGENTS, REPRESENTATIVES, COACHES AND VOLUNTEERS FROM ANY AND ALL LIABILITY (INCLUDING LIABILITY BASED ON NEGLIGENCE) RESULTING FROM THE PROVISION OR AUTHORIZATION OF SUCH MEDICAL TREATMENT.

THE UNDERSIGNED AGREES, ACKNOWLEDGES, AND UNDERSTANDS THAT I/WE SHALL INDEMNIFY AND HOLD HARMLESS THE SCHOOL, INCLUDING ALL AGENTS, EMPLOYEES, REPRESENTATIVES AND OFFICIALS OF THE SCHOOL, FROM AND AGAINST ANY AND ALL CLAIMS, LAWSUITS, DAMAGES, LOSSES AND EXPENSES, INCLUDING ATTORNEYS' FEES, ARISING OUT OF, OR RESULTING FROM, ANY OTHER INDIVIDUAL'S PERSONAL INJURY, BODILY INJURY OR DEATH DUE TO MY CHILD'S CONDUCT WHILE PARTICIPATING IN ANY SCHOOL SPONSORED ATHLETIC ACTIVITY, PROVIDED THAT ANY SUCH CLAIM, DAMAGE, LOSS, OR EXPENSE:

- A. IS ATTRIBUTABLE TO PERSONAL INJURY, BODILY INJURY, SICKNESS, DISEASE OR DEATH, OR TO INJURY TO, OR DESTRUCTION OF, TANGIBLE PROPERTY INCLUDING THE LOSS OF USE RESULTING THEREFROM; OR
- B. IS CAUSED IN WHOLE OR IN PART BY ANY NEGLIGENT ACT OR OMISSION OF MY CHILD OR ANYONE FOR WHOSE ACTS MY CHILD MAY BE LIABLE.

BY MY/OUR SIGNATURE(S) BELOW, I/WE ACKNOWLEDGE THAT I/WE HAVE READ, UNDERSTAND AND AGREE TO ALL OF THE TERMS OF THIS DOCUMENT.

PARENT/GUARDIAN SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

DATE

I AGREE TO FOLLOW ALL OF THE SCHOOL'S RULES RELATING TO PARTICIPATION IN SCHOOL SPONSORED ATHLETICS OR ACTIVITIES AND UNDERSTAND THAT ANY VIOLATION OF THESE RULES MAY RESULT IN REMOVAL FROM SUCH ATHLETIC TEAM OR ACTIVITY.

STUDENT SIGNATURE

DATE

*****PLEASE COMPLETE AND SIGN OTHER SIDE ALSO.*****



Lancer Parent Partnership



Parents welcome to LPP Executive Committee / Fashion Show Meetings on October 22

The Lancer Parent Partnership will hold Executive Committee / Fashion Show Pre-Planning Meetings in the Library on Thursday, Oct. 22.

The Executive Committee Meeting, to begin at 5:30 p.m. and last for about 30 minutes, will be to look ahead to the school year and to begin planning for events in which the LPP is involved.

The Fashion Show meeting, to go from 6 to about 7 p.m., is designed to “get the ball rolling” in preparation for the Fashion Show, which will be taking place on Thursday, April 21, 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 22 meeting – please contact Sandy Gibson at ekgib15@msn.com.

Fundraising WHILE YOU Shop®



St Mary’s Parents! Have you heard about our Scrip gift card program? It is an ongoing fundraiser for our school in which we purchase gift cards at face value while the retailers sell them to us at a discounted rate. The money made by St. Mary’s High School is shared between the school and your tuition account. *What an easy way to help the school and help save you a bit of money off tuition!*

The Scrip order form can be found on the

school website. Orders need to be placed by 10 a.m. Monday mornings and are sent home with your student on Friday.

In the month of October, we will be placing orders for parents on October 5, 13, 19, 26, with the 13th being a Tuesday due to the Columbus Day holiday.

If there are any questions regarding the program, please email Mary Rozler at mrozler@smhlancers.org.

Thank you!



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?	<ul style="list-style-type: none"> • 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?	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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
<http://www.health.ny.gov/diseases/communicable/influenza/seasonal/>
Or, www.cdc.gov/flu
Centers for Disease Control and Prevention

Counseling Corner

Sarah Neudeck (sneudeck@smhlancers.org) • 683-2349 • Jamie Whitwood (jwhitwood@smhlancers.org)

Demonstrate responsible decision making

Your teen will have to make all kinds of decisions over the course of her high school career, from selecting classes to facing difficult peer pressure. Help her learn to make decisions that will enable her to succeed both academically and socially.

If your teen comes to you with a problem, walk through these steps:

- Ask her to describe the situation she is facing. Ask questions that cannot be answered with just yes or no.
- Discuss possible choices. Help your teen see different alternatives. Make a pro-con list and evaluate the benefits and disadvantages of every choice. Talk through how different consequences could affect your teen's goals.
- Allow your teen to make a decision and carry it out. Later, ask her what she learned from making that choice. Ask if she would make the same – or a different – decision if faced with a similar problem in the future.

Remember: While it may sometimes seem like your teen is challenging your values and beliefs, she still needs your support and guidance to make important decisions about her future. Teens often rebel as a way to assert their independence. But with your support and unconditional love, she will develop the judgment that will guide her to make responsible decisions.

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October 14 – Standardized Testing & College Visitation Day

Wednesday, Oct. 14, is the Underclassmen Testing Day at St. Mary's High School.

On that day, freshmen and sophomores will be sitting for a PSAT test. These tests will follow the guidelines of the newly revised SAT test, which will be available next spring.

Juniors will take the regular PSAT, which will be used to determine the

National Merit Scholarship recipients.

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 12 noon.

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.

Counselors can help with college-selection process

Maybe your teen has his heart set on attending a certain college. Perhaps he has no idea of where he wants to go – or whether he could get in.

As high school students move through the process of applying for college, their guidance counselors become key allies.

Your teen's counselor is available to help with:

- Selecting schools. Even if he wants to go to a particular college, it's a good idea for your teen to apply to more than one school. The school counselor can work with him to select schools that would be a good

fit.

- Writing a recommendation. Many colleges ask school counselors to write a description of the student. Your teen can make the counselor's job easier by preparing a short résumé which includes his accomplishments in and out of school.
- Staying on top of paperwork. From applications to student aid, there's a lot to keep track of. Most teens need parents and counselors to support them in this task!

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Busy schedule can affect grades

Your teen is taking challenging classes, has a new part-time job and just made the varsity team. He's also worried about getting into college, so he tries to fit in regular volunteer work as well.

Add these commitments together and you can end up with an

overscheduled teen. Many of today's teens rush from one activity to another. And experts say all that frantic activity can lead to health problems.

The American Academy of Pediatrics warns about the pressures on

(Continued on page 11)

Homecoming 2015 ...



Grace Fuller, Alex Hokaj, and Anna Heerdt bring up a symbol of Theater during the Opening Prayer Service.



Nino Marino, with some help, during the Powder Puff Halftime Show.



Eric Brown really gets into the Sophomore song.



Touchdown, Grace Fuller!



*Is that a TD for Erin DiPirro? Did Andrea Seeloff get her flag?
Joe Stoj and Brad Berchou will be the first to know.*



Touchdown, Madi Wnuk!



The players and coaches in this year's Powder Puff Football Game.

There's No Place Like HOMEComing!



Daquan Hunt and Erin Hufford represented the Junior Class in the Lip Sync Contest.



Seniors Jordan MacKinnon and Mitch DiPirro dressed alike on Twin Day.



Emma Winiarski, Allison Rusinski, and Helen Gibson dressed as their favorite Oz characters.



Seniors point the way to Homecoming fun.



Mr. Mauro, Ms. Ruhland, Mr. Hall, Ms. Hillery, and Mr. Kaminski in the lip sync contest.

This year's Homecoming Court



Freshmen Ramel Robinson and Arianna Palmer



Sophomores Dan Hatfield and Annaliese Hirsch



Juniors Savannah Meyers and Joe Barbario



Seniors Brad Berchou and Allison Rusinski

St. Mary's to hold food drive

Religion teachers Mrs. Cindy Powers and Mrs. Diana Battaglia are leading a Food Drive, to take place at St. Mary's the week of October 19 to 23.

Students are encouraged to bring in non-perishable food and donations that week, with all contributions to benefit the Lancaster Food Pantry.

At the end of the week, Mrs. Powers and Mrs. Battaglia will lead a group of

students over to the Food Pantry to deliver the food and to help organize the donation at the Pantry. This trip will count as a service project for students who participate.

More information regarding this Food Drive is available by contacting Mrs. Powers at cpowers@smhlancers.org or Mrs. Battaglia at dbattaglia@smhlancers.org.

Streaming the Pope



With Pope Francis in the United States, Religion Class at St. Mary's followed his travels and listened to his words by streaming the Catholic News Service's live feed during class time.

Opening Blessing



Rev. Leon Biernat, pastor of St. Gregory the Great Parish and member of the St. Mary's Board of Trustees, blesses the freshmen on their first day of school.

NHS sponsoring Veterans Day breakfast

The members of the Marian Chapter of the National Honor Society will be sponsoring a Pancake Breakfast on Veterans Day, Wednesday, Nov. 11. In honor of the day, there will be a special promotion available to veterans and their families.

Proceeds from the breakfast will be used by the chapter for a service project coming later in the school year.

Look in the November Currents for more information regarding the Breakfast.



Campus Ministry



Fall already

Last week, fall arrived and brought with it a rainbow of changing colors and perhaps a return to the more hectic and routine school life. It may have also fostered Church attendance on a more regular basis.

During October, the Catholic Church dedicates and celebrates the example of Mary. She is honored and venerated as a model of faith, an example of commitment, and a person of intercession. This respect and reverence is often misunderstood by many other Christian traditions.

When we pray as the "communion of saints," we ask the saints "in heaven," the saints "to be" in purgatory, and the saints "in the making" on earth to join us in intercessory prayer. So to with Mary. When we pray the "Hail Mary" or the "Memorare," we are asking Mary and other saints to join us in prayers of adoration, contrition, thanksgiving, and supplication. Our prayers are with the saints, on all levels. The confusion among the other Christian traditions is that we pray only to the saints and not to God as Creator,

Redeemer, and Sanctifier. The essence of the Benedictines is "Orare et Laborare," to pray and to work.

Benedicat vos omnipotens Deus.
twf+

* * *

A special invitation to the St. Mary's family – Please join us on the first and third Thursdays of the month for Liturgy at 7:30 a.m. This month, the Liturgies will be taking place on October 1 (for male athletes and parents) and 15 (for female athletes and parents).

Athletic Department holding Daily Number Fundraiser

The Athletic Department of St. Mary's High School will be holding a November 2015 Daily Drawing Fundraiser to raise funds in support of the school's athletes and the athletic programs.

Tickets will be sold throughout the month of October. They are only \$5 each, with a maximum of 1,000 tickets to be sold.

In addition, top ticket sellers will receive special prizes.

For tickets or more information, contact your favorite athlete, Theresa Kruse at 574-2202, Marion Sobczynski at 445-6490, or Mr. Steven Grieco, Athletic Director, at (716) 683-4824, ext. 235 or sgrieco@smhlancers.org.

– Fall Sport Schedules –

Varsity Football

All games begin at 1 p.m. unless noted.

- Sat, Oct. 3, 2pm @ Oil City (Pa.)
- Sat, Oct. 10, @ St. Francis
- Sat, Oct. 17, 2pm @ Gilmour Academy
- Sat, Oct. 24 – Section Game (opponent TBA)
- Sat, Oct. 31, 2pm @ O'Hara
- Sat, Nov. 7 – Quarterfinals (at higher seed)
- Sat, Nov. 14 – Semifinals (Ralph Wilson Stadium)
- Sat, Nov. 21 – Championship (Ralph Wilson Stadium)
- Sat, Nov. 28 – State Catholic Championship

Crew

- Sat, Oct. 3 – Head of the Genesee @ Rochester Rowing Club
 - Sun, Oct. 11 – Head of the Niagara and Wright Regatta @ West Side Rowing Club
 - Sat, Oct. 31 – Hogan Fries Regatta (novice only) @ West Side Rowing Club
 - Oct. 31-Nov. 1 – Head of the Fish @ Saratoga Rowing Association
- Additional regattas and challenges will take place in the winter and the spring.

Girls' Volleyball

All JV matches start at 4:30 pm, Varsity matches start at 6 pm unless noted

- Oct. 2 & 3 – Nike Tournament of Champions (Phoenix)
- Tues, Oct. 6, @ Mount St. Mary's
- Thurs, Oct. 8, @ Mount Mercy
- Oct. 10 & 11 – Garden State Tournament (New Jersey)
- Tues, Oct. 13, vs. Sacred Heart
- Fri, Oct. 16, vs. Rochester Mercy
- Mon, Oct. 19, @ Nardin
- Wed, Oct. 21, vs. Eden
- Fri, Oct. 23, @ Williamsonville East
- Tues, Oct. 27, vs. Immaculata (Senior Game)
- Mon, Nov. 2 – Quarterfinals
- Wed, Nov. 4 – Semifinals
- Fri, Nov. 6 – Finals
- Sat, Nov. 14 – State Championship Tournament (Long Island)

Boys' Soccer

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

- Thurs, Oct. 1, @ Nichols
- Fri, Oct. 2, vs. Gow
- Mon, Oct. 5, 4:15pm @ Park
- Wed, Oct. 7, vs. Timon
- Fri, Oct. 9, vs. O'Hara
- Tues, Oct. 13, vs. Nichols
- Fri, Oct. 23, 3pm – Semifinals
- Sat, Oct. 31 – Finals

Boys' Volleyball

All matches start at 5 pm.

- Fri, Oct. 2, 5:30pm @ Lyndonville/Medina
- Sat, Oct. 3 – Williamsonville South Tournament
- Tues, Oct. 6, vs. O'Hara
- Thurs, Oct. 8, vs. St. Joe's
- Sat, Oct. 10 – Lockport Tournament
- Wed, Oct. 14, @ St. Francis
- Tues, Oct. 20, @ Canisius
- Thurs, Oct. 22, vs. St. Francis
- Tues, Oct. 27 @ Will North
- Tues, Nov. 3 – Quarterfinals (higher seed)
- Thurs, Nov. 5 – Semifinals (#1 seed)
- Tues, Nov. 10 – Finals (TBA)

Girls' Soccer

All games start at 4:30 pm unless noted.

- Home games played at Westwood Park.
- Thur, Oct. 1, @ Sacred Heart
- Sat, Oct. 3, 11am @ Niagara Catholic
- Mon, Oct. 5, 4:45pm. vs. Maryvale
- Tues, Oct. 6, @ Park
- Thurs, Oct. 8, vs. Pembroke
- Tues, Oct. 13, @ Immaculata
- Thurs, Oct. 15, vs. Mount St. Mary's

Golf

All matches begin at 3:45pm.

- Thurs, Oct. 1, vs. Park
- Tues, Oct. 6, vs. Timon
- Wed, Oct. 7, @ St. Joe's
- Fri, Oct. 9, @ Park
- Mon, Oct. 12 – All-Catholics @ River Oaks

Meeting for Winter Athletes & Families

Mr. Steven Grieco, St. Mary's Athletic Director, will be hosting a Mandatory Meeting for Winter athletes and their families on Monday, Oct. 26, at 6 p.m. All new and returning players and their parents must attend this meeting.

The purpose of this meeting is to make all winter athletes aware of school policy regarding athletics. He will review important dates for the sports season and explain rules and regulations for athletes, especially in regards to physicals and injuries.

Several of the winter sport coaches will also be on hand to answer any questions regarding specific sports.

More information regarding this meeting is available by contacting Mr. Grieco at 683-4824, ext. 235 or at sgrieco@smhlancers.org.

Busy schedule

(Continued from page 7)

overscheduled teens. A schedule that's chock-full can lead to headaches, irritability and exhaustion – all of which can affect your teen's school performance.

You want your teen to be free to make his own choices. But you also need to provide a reality check. Help him think about which activities are most important. He should focus on those, even if it means dropping some others. You can help him decide what changes he needs to make.

You may also notice that he's wasting time. If he's texting and spending hours making Vine videos, you may want to impose a "digital curfew." That action alone could give him more time for sleep, studies and the activities he cares about.

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Senior Day



Senior Kayson Hill and his mother Letitia Almond were honored prior to the Lancers' game against St. Joe's.



October 2015 Menus

Chef Manager – Joshua Goodman
(Please note – menus are subject to change)



— Breakfast —

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Flatbread Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	2 French Toast Sticks Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
5 Sausage Egg Biscuit Fruit Cup <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	6 Buttermilk Pancakes Sausage Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	7 Breakfast Flatbread Fruit Yogurt <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	8 French Toast Sticks Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	9 Ham & Egg on Brioche Fresh Fruit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
12 No School Columbus Day	13 Belgian Waffles Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	14 No Breakfast Early Dismissal	15 Buttermilk Pancakes Turkey Sausage <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	16 Bacon/Egg/Cheese Bagel Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
19 Buttermilk Biscuits with Sausage Gravy Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	20 Ham/Egg/Cheese Sandwich Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	21 French Toast Sticks Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	21 Sausage & Egg on English Muffin Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	21 Breakfast Flatbread Fruit Yogurt <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
26 Breakfast Burrito, Salsa, Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	27 Ham/Egg/Cheese on Bagel Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	28 Belgian Waffles Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	29 Breakfast Pizza Fresh Fruit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	30 Sausage Egg Biscuit Fruit Yogurt <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>

Complete Meal Includes:

- 1 Entree,
Choice of Side (*blue italic*),
milk or bottled water . \$4.00
- 1 Entree,
Choice of Side (*blue italic*),
Intense Milk or
Vitamin Water \$5.00

Served Daily:

- Entrees \$3.25
- Salad – Large (v) \$3.00
- Salad – Small (v) \$2.00
- Fresh Made Soup \$1.25
- Cold Sub, Wrap \$3.25
- Intense Milk \$1.50
- Milk 1/2 pint \$0.75
- Orange Juice \$1.50
- Vitamin Water \$1.75
- Pizza, all varieties \$2.50

Breakfast a la Carte:

- Breakfast Sandwich \$3.25
- Bagel; 4 oz. with Butter . \$1.20
- Cream Cheese \$0.60
- Hash Brown Patty \$0.50
- French Toast Sticks (5) .. \$1.85
- Greek Yogurt \$1.60
- Fresh Fruit Cup \$1.75

— Lunch —

Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Pasta Bolognese (wg, v) *Pasta Marinara (wg, v) <i>Garlic Breadstick (v) Roasted Broccoli (v)</i>	2 *BBQ Pork Flatbread (wg) <i>Baked Beans (v) Dilled Coleslaw (v)</i>
5 Spicy Chicken Fingers <i>Cheesy Macaroni (v) Carrots Sticks & Dip (v)</i>	6 Beef or *Chicken Tacos Made to Order Brown Rice & Bean Bowl (wg, v) <i>Salsa w/ Tortilla Chips (wg, v)</i>	7 Garlic Mushroom Chicken Vegetable Lo Mein (v) <i>Steamed Rice (v)</i>	8 *Greek Chicken Salad <i>Pita chips w/ hummus (wg, v) Lemon Cauliflower (v)</i>	9 *Blackened Tilapia Po Boy Flatbread (wg) w/ Remoulade Sauce (v) <i>Cajun Fries (v) Vegetable Medley(v)</i>
12 No School Columbus Day	13 Chicken Quesadilla w/ Black Bean Salsa (v) Cheese Quesadilla (v) <i>Fiesta Rice (v) Roasted Vegetables (v)</i>	14 No Lunches Early Dismissal	15 Bacon Cheeseburger on Roll (wg) <i>Steak Fries (v) Fruit Cup (v)</i>	16 *Chicken Souvlaki Flatbread (wg) Tzatziki Sauce (v) Hummus w/ Veggies (v) <i>Marinated Vegetable Salad (v)</i>
19 Sahelns Hot Dog on Bun (wg) Tater Tots (v) <i>Baked Beans (v)</i>	20 *Taco Salad with Cilantro Lime Dressing <i>Black Beans (v) Tortilla Chips w/ Salsa (wg, v)</i>	21 Spaghetti (wg) w/ Meatballs *Marinara Sauce (v) <i>Breadstick (v) Marinated Vegetables (v)</i>	22 *Carved Roast Turkey Breast w/ Gravy <i>Mashed Potatoes (v) Roasted Brussel Sprouts (v)</i>	23 Flatbread Pizza (wg) Mediterranean Vegetable (wg, v) <i>Pasta Olio (wg, v) Garden Salad (v)</i>
26 *Chicken Parmesan <i>Penne Pasta (wg, v) Roasted Vegetables (v)</i>	27 Nacho Grande w/ Beef Choice of Toppings <i>Refried Beans (v) Southwest Vegetables (v)</i>	28 *Chicken Finger Sub (wg) <i>Veggies & Hummus (v) Potato Chips (v)</i>	29 *Build Your Own Baked Potato Bar <i>Beef Chili Vegetable Chili (v) Cheesy Broccoli (v) Garden Salad (v)</i>	30 *Chicken Banh Mi Flatbread (wg) <i>Noodle Salad (v) Mandarin Oranges (v)</i>

Lunch a la Carte:

- Fresh Baked Cookie \$0.55
2 for \$1.00
- Nachos \$1.75
- Bag of Chips \$1.25

Symbols:

- (v) = vegetarian
- (wg) = whole grain
- * = Better Choice Healthy
- Entrees (choosemyplate.gov)

Prepayment:

Go to
myschoolbucks.com,
create an account, and
make payment. Students
can also prepay in the
lunch line with cash or
check (made payable to
**Personal Touch Food
Service**, with the student
ID number on it).

**Please note –
Prepayment of lunches
is coming very soon.
Look for the
SchoolMessenger
message with
instructions and details.**

October 2015 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27 Open House for Prospective Students 11am-3pm</p>	<p>28 - D Day Student Senate 2:30pm Golf vs. Canisius / O'Hara 3:45pm GVB @ Sacred Heart 4:30, 6pm BSoc @ Depew 7pm</p>	<p>29 - E Day Golf vs. Gow 3:45pm GSoc vs. Niagara Catholic 4:15pm</p>	<p>30 - F Day GVB @ Immaculata 4:30, 6pm GSoc @ O'Hara 4:15pm BSoc @ Niagara Catholic 4:30pm BVB @ St. Joe's 5pm</p>	<p>1 - A Day Morning Mass 7:30am NHS Tutoring 2:30pm Golf vs. Park 3:45pm GSoc vs. Sacred Heart 4:30pm BSoc @ Nichols 4:30pm</p>	<p>2 - B Day Special Schedule (Emergency Drill) Early Dismissal 2pm Environmental Club Field Trip to Eternal Flame BSoc vs. Gow 4:30pm BVB @ Lyndonville/Medina 5:30pm GVB @ Nike Tourmanet of Champions (Phoenix)</p> <p style="text-align: center;">2pm Dismissal</p>	<p>3 SAT Testing Day GVB @ Nike Tourmanet of Champions (Phoenix) BVB @ Williamsville South Tournament 8am Crew @ Head of the Genesee (Rochester) GSoc @ Niagara Catholic 11am Football @ Oil City (Pa.) 2pm</p>
<p>4</p>	<p>5 - C Day Student Senate 2:30pm BSoc @ Park 4:15pm GSoc vs. Maryvale 4:30pm</p>	<p>6 - D Day SADD 7:30am Curriculum Committee 2:30pm Golf vs. Timon 3:45pm GVB @ Mt. St. Mary's 4:30, 6pm GSoc @ Park 4:30pm BVB vs. O'Hara 5pm</p>	<p>7 - E Day Golf @ St. Joe's 3:45pm BSoc vs. Timon 4:30pm</p>	<p>8 - F Day NHS Tutoring 2:30pm Math Club 2:30pm GVB @ Mt. Mercy 4:30, 6pm GSoc vs. Pembroke 4:30pm BVB vs. St. Joe's 5pm</p>	<p>9 - A Day Special Schedule (College Consortium / Class Meetings) Golf @ Park 3:45pm BSoc vs. O'Hara 4:30pm</p>	<p>10 GVB @ Garden State Tournament (NJ) BVB @ Lockport Tourney 8am Football @ St. Francis 1pm</p>
<p>11 Campus Ministry Week Crew @ Head of the Niagara @ Wright Regatta GVB @ Garden State Tournament (NJ)</p>	<p>12 NO SCHOOL Columbus Day Golf - All-Catholics</p> <p style="text-align: center;">No School</p>	<p>13 - B Day NHS 2:30pm Freshman Officer Forms Due 2:30pm BSoc vs. Nichols 4:30pm GSoc @ Immaculata 4:30pm GVB vs. Sacred Heart 4:30, 6pm</p>	<p>14 Standardized Test Day 12noon Dismissal Senior College Visitation Day Faculty/Staff Inservice 12noon-2:30pm BVB @ St. Francis 5pm</p> <p style="text-align: center;">12 noon Dismissal</p>	<p>15 - C Day Morning Mass 7:30am NHS Tutoring 2:30pm Principal's Ad Board 2:30pm GSoc vs. Mt. St. Mary's 4:30pm</p>	<p>16 - D Day Special Schedule (Respect Life Mass) Freshman Officer Speeches Freshman Retreat 9am-2pm GVB vs. Rochester Mercy 4:30, 6pm</p>	<p>17 Football Gilmour Academy (Ohio) 2pm</p>
<p>18 Food Drive to benefit Lancaster Food Pantry (All Week)</p>	<p>19 - E Day Freshman Officer Elections in Homeroom Student Senate 2:30pm GVB @ Nardin 4:30, 6pm</p>	<p>20 - F Day SOUL 2:30pm BVB @ Canisius 5pm</p>	<p>21 - A Day Faculty/Staff Meeting 2:30pm GVB vs. Eden 4:30, 6pm</p>	<p>22 - B Day Campus Ministry 2:30pm NHS Tutoring 2:30pm BVB vs. St. Francis 5pm</p>	<p>23 - C Day Pride Day Freshman Homeroom Rep Forms Due 2:30pm Student Senate Dance 8-11pm BSoc - Semifinals GVB @ Will East 4:30, 6pm</p>	<p>24 ACT Testing Date Bash for Cash 6pm Football @ TBA 1pm</p>
<p>25 Red Ribbon Week</p>	<p>26 - D Day Freshman Homeroom Rep Elections in Homeroom Student Senate 2:30pm</p>	<p>27 - E Day GVB vs. Immaculata 4:30, 6pm BVB @ Will North 5pm</p>	<p>28 - F Day Junior Recognition Mass 6:30pm</p>	<p>29 - A Day Jeans Day NHS Tutoring 2:30pm</p>	<p>30 - B Day Donut Day sponsored by Campus Ministry</p>	<p>31 Admissions Test Prep Class 9am-12noon Crew @ Hogan Fries Regatta (Novice) Crew @ Head of the Fish (Saratoga) Football @ O'Hara 2pm BSoc - Finals</p>

BASH FOR CASH

\$50 Admits 2 to Party • Saturday, October 24, 2015

Maximum of 1500 Tickets Sold

62 CASH PRIZES

St. Mary's High School - Lancaster, NY

21 yrs. and older • Pizza/Beer/Soda Provided
(outside snacks & beverages will be welcomed)

Doors open at 6 PM • Party at 7 PM

**RAFFLES
SPLIT CLUBS
GAMES**

**Grand Prize
Drawing at
10pm**

GRAND PRIZE: \$10,000 WINNER

One: \$3,000 Winner & One: \$1,000 Winner

**New!
Basket
Raffles!**

Four: \$500 Winners / Twenty Five: \$100 Winners / Thirty: \$50 Winners

All winning numbers returned to bin & eligible for EVERY drawing (IRS reporting procedure applies)

All proceeds benefit St. Mary's High School Students - Winners need not be present to win.

**To get your tickets or to volunteer,
call St. Mary's High School at 683-4824**

St. Mary's High School
Achieve Success
142 Laverack Avenue
Lancaster, NY 14086-1849

