

# CURRENTS

November 2015

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

## Date of Sophomore Retreat changed

The Sophomore Retreat will take place on Thursday, Nov. 12. (This is instead of Friday, Nov. 13.)

There are a variety of reasons we are making this schedule change, one of which includes allowing all the sophomores and seniors (in RPM), as well as all teachers to be in class on the last day of the quarter, which is the 13th.

Thank you for your understanding.

## What are you thankful for?



When I recently subbed for a class, I began with a prayer of thankfulness, asking the students to think about what they are

thankful for, both the obvious and the not-so-obvious. What did I mean, they asked. Here are a few examples:

I'm thankful for my life. When I think of all of the people who have been, who are, and who will be, the thought that there is only one me is a miracle.

I'm thankful for my health. I know there will come a time when staying healthy will be a challenge, but it's truly a blessing that I can jump out of bed every morning,

*(Continued on page 5)*

## NHS sponsoring Veterans Day Pancake Breakfast

The National Honor Society of St. Mary's High School will host an All-You-Can-Eat Pancake Breakfast on Veterans Day, Wednesday, Nov. 11, from 8:30 to 11:30 a.m. at the school, 142 Laverack Ave. in the Village of Lancaster.

In celebration of the special day, veterans and active service members are invited to come and enjoy a free breakfast. (Please bring military identification.)

For everyone else, the cost of the breakfast is \$5 pre-sale, \$7 at the door.

All proceeds from the breakfast will be used to help fund the Society's

community service projects, making blankets for patients at Women's and Children's Hospital, as well as running a drive and purchasing items for the SPCA later this year.

Previous community service projects of this organization have included Christmas Cards and decorations for Roswell Park Cancer Institute, a clothing drive for the City Mission, and a food drive for the Lancaster Food Pantry.

Tickets or more information is available by calling St. Mary's High School at 683-4824 or by emailing [lancer@smhlancers.org](mailto:lancer@smhlancers.org).

## Sharing ring stories



*Father Peter Karalus, a 1987 graduate of St. Mary's, talks to junior Maya Zelazny and her family about when he received his class ring in 1985.*

*Father Karalus presided at the Junior Recognition Mass, held at the school on October 28.*

# First Quarter Follow-up is November 24

First quarter report cards will be distributed to parents on Tuesday, Nov. 24, from 5 to 7 p.m.

The faculty will be present at this time, giving parents the opportunity to meet briefly with their sons'/daughters' teachers, if desired.

A parent-teacher conference is an excellent opportunity for parents to both give and receive information.

## Parent College Educational Presentations are same night

All parents are encouraged to attend the College Preparation Sessions (workshops) on Tuesday, Nov. 24, at 7 p.m., at St. Mary's High School, immediately after the First Quarter Follow-Up.

The sessions are designed to be informational in nature, helping you better assist your student with post high school options.

Included that evening will be three different sessions.

- The first is Financial Aid. Troy Martin, a financial aid officer from St. Bonaventure University, will be here to present on the financial aid process, different types of aid available, and where to seek help. This session is ideal for Senior parents.
- For Junior parents, Mrs. Whitwood and Mrs. Neudeck will present the College 101 session which will help you understand the college search, visitations, application process, SAT/

To make parent-teacher meetings productive, the following general topics and related questions are suggested:

- **Homework** – Is my son's/daughter's homework completed accurately and on time?
- **Focus** – Does my son/daughter pay attention in class?
- **Class Participation** – Does my son/daughter participate in class by asking

ACT tests, and what to expect in the Spring of the Junior year and Fall of Senior year.

- Sophomore and Freshmen parents are invited to come for a presentation given by college admissions representatives from Canisius College, D'Youville College, St. Bonaventure, SUNY Fredonia, and University at Buffalo. Topics will include college admission requirements (GPA, SAT/ACT scores), what each college is looking for in a prospective student, high school transcript, getting involved in extra-curricular activities, community service, athletics, and scholarships.

These sessions are intended for our *parents only*. The counselors will be having separate student presentations at school in January.

Please contact the Counseling Center (683-2349) with any questions.

questions and volunteering answers?

- **Class Time Management** – Does my son/daughter use class time wisely?
- **Organization** – Does my son/daughter come to class prepared (homework, textbook, notebook, writing supplies, etc.)?
- **Strengths and Weaknesses** – What is my son/daughter good at doing in this course? What does he/she need to work on?
- **Suggestions for Improvement** – What are your suggestions or advice for my son's/daughter's academic success in this class?
- Add other questions tailored to individual courses.

If a parent is unable to pick up the report card on November 24, the student will receive the report card in school the following day.

**Important Note:** *As stated in the Tuition Policy, "Report cards will not be distributed to parents or students when two or more months of tuition are past due." If your account is past due, please make the necessary arrangements so that you may receive your child's report card.*

## Report Cards to only be printed first quarter

Just a reminder that St. Mary's High School only prints students' report cards following the first quarter, which ends in November.

These report cards will be distributed at the First Quarter Follow-Up, which takes place on Tuesday, Nov. 24, from 5 to 7 p.m.

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

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

## Upcoming Enrollment Events

### Admission Exam Prep Classes

Saturdays,  
October 31, November 7 & 14

Contact Beck O'Connor at [boconnor@smhlancers.org](mailto:boconnor@smhlancers.org)

### Admission Exam

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

Please spread the word!

## Sophomores launch Egg-o-Nauts as part of first STEAM Challenge



*Ben Mazurowski and Eric Brown put the last piece of tape on their rocket.*



*Jessica Kozminski and Ian Martin show off the egg that made it through their launch.*



*Mr. Conner and Ander Jankowski load a rocket on the launching pad.*



*Shae Antonicelli and Rachel Cichocki celebrate - "The egg survived!"*



*The rocket has landed. But is the egg in one piece?*

## STEAM Team looking for a few good donations

The juniors and seniors on the St. Mary's "STEAM Team" are designing and building St. Mary's first greenhouse out of recycled soda bottles. While the bottles will be collected through an in-school bottle drive, we are hoping for donations to help build the rest of it. The greenhouse will need railroad ties (four each at ten feet), lumber (several each of 2" x 4" x 8' and 2"

x 4" x 10'), polycarbonate roofing panels (for a 10' x 10' roof), 1/2" pvc piping (10' long), screws, bolts, sand and gravel. As the plans are firmed up, this list might change or grow.

If you might be able to donate any or all of the above items, we would be very grateful. Please contact Mr. Conner ([pconner@smhlancers.org](mailto:pconner@smhlancers.org)) or Dr. Eurenus

([keurenus@smhlancers.org](mailto:keurenus@smhlancers.org)) with any questions. Thanks!

The St. Mary's "STEAM Team" is made possible through a very generous grant from The John R. Oishei Foundation. The John R. Oishei Foundation strives to be a catalyst for change to enhance economic vitality and quality of life for the Buffalo Niagara region through grant making, leadership and network building. The Foundation was established in 1940 by John R. Oishei, founder of Trico Products Corporation.

The Education Collaborative of WNY (EdCo) was established in 1998 and is comprised of the 16 private high schools in Western New York. It provides its unique member schools with opportunities for collaboration, a forum for sharing ideas, and a structure for advocating the values of private education.

### *Team begins 2-liter bottle drive*

This year we're trying something new! Juniors and seniors have formed the "STEAM Team" who were challenged to create a project that demonstrates the STEAM theme "It's Easy Being Green."

The students have decided to design and build St. Mary's very own greenhouse out of recycled 2-liter plastic soda

bottles. To complete this project, we will need a large number of bottles and so are going to hold a bottle drive. The best part? The class that brings in the most bottles will win a Donut Day!

The bottle drive starts Monday, Nov. 2. So PLEASE save and bring in your clean 2-liter soda bottles!





# Campus Ministry



## We Remember ...

November is the month of remembering – All Saints, All Souls, Veterans Day, Thanksgiving, and the first days of Advent. Our prayer and Liturgy encourages us to recall with reverence these celebrations.

We remember the saints, those women and men whose lives serve as examples of conversion and conviction. They continue to pray with us and for us as we continue to grow in faith.

We remember the souls in Purgatory. Those who have departed our community and are now in the process of final purification before entering God's Kingdom. We pray for them as Judas Maccabees did for his soldiers ( 2 Mac

12: 39 -46).

We remember all Veterans, those men and women, living and deceased, who have sacrificed of themselves to protect and secure our freedom. We pray to the God of Peace to bring comfort to their minds, bodies, and spirit. We also pray that those who are on active duty will be shielded from harm's way and brought home safely.

We remember Thanksgiving, a time for families. It is a time to recall God's blessings and provisions. It is a time to be thankful for the gift of faith, practiced, experienced, and shared in Sacrament and Scripture.

We remember the season of Advent. This is the time of prayer and preparation

for the great feast of Christmas.

We remember that every moment, every day, every month, and every year we live in the presence of the Holy Spirit.

Benedicat vos omnipotens Deus. twf+

\* \* \*

We invite parents, families, and freinds to join us as we celebrate our Liturgies this month:

- Monday, Nov. 2, 1 p.m. Our Remembrance Mass as we pray for our departed brothers and sisters
- Thursday, Nov. 5, 7:30 a.m. For the cast and crew of the Fall Play
- Thursday, Nov. 19, 7:30 a.m. For people or family members who have been touched by cancer.

# 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.

Looking for gift cards for Black Friday or Cyber Monday? Get your Scrip order in by November 16.

If there are any questions regarding the program, please email [lancer@smhlancers.org](mailto:lancer@smhlancers.org).

Thank you!



# Turn out great for Bash for Cash

Thank you to everyone who supported and came out to this year's Bash for Cash.

With the great night was had by all, especially the lucky winners:

**\$50**

- #056 – Top Dawg & K Dawg
- #071 – Kelly Denz
- #073 – Molly DiPirro
- #163 – Bob Komrek
- #214 – Bob & Mary Kavlis
- #223 – Kevin K & George

**Morgan**

- #241 – Dorothy “Mugga” Rosche
- #242 – Evelyn Skalski
- #266 – Stachowski
- #403 – Monica Kensy
- #454 – Judy Wagner
- #539 – Steve & Bev Zelazny
- #570 – Holly Drilling
- #587 – St. Luke’s Mission
- #590 – Evelyn Hamilton
- #621 – Philip G. Stolarski Sr.
- #637 – Antonita Rzemek

- #645 – Anna Soluri
- #657 – Wipps Table Ticket
- #685 – Jill Ciesielski
- #731 – Carol Winiarski
- #740 – Rob Camillaro Sr
- #769 – Larry & Nancy Mulcahy
- #832 – Amy Lukasik
- #920 – Lenore Sardina
- #1037 – Mark Kozminski
- #1123 – Mark Hoffman
- #1170 – Matt Ard
- #1368 – Gail Jakubczyk
- #1457 – Jeff Jones

**\$100**

- #111 – Julie Wipperman
- #229 – D. Williams
- #245 – Dave/Cory Brown
- #272 – Dan Vogl
- #297 – Trice Lima
- #300 – Scott MacDonald
- #328 – Daniel Dolinar
- #442 – Michelle Buchholz
- #443 – John, Bob, Tom
- #507 – The Gioias
- #549 – Scott MacDonald

## Thankful *(continued from page 1)*

walk without pain, and not have to be careful about what I eat or where I’m going.

I’m thankful I live in this country. Sure, we have our problems, but we don’t have to worry about bombs falling out of the sky or exploding while we’re at the mall. We have running water and food and possessions, things some people in this world can only dream about.

I’m thankful for my job, a job I love. When I hear about people who don’t know how they are going to put food on their table or about people that have been out of work for months or even years, I am so grateful to be at St. Mary’s.

I am thankful for my faith. Even on the darkest of days, when there is death and

suffering in the media or even in my family, my faith gives me the hope to know that there is something awesome awaiting me at the end.

And I am thankful for my family. These are the people who have to live with me at my best and my worst, and yet they are always there to cheer me up, to give me the confidence to go on no matter where life sends.

During this month of November, a time of thankfulness, I hope that you will take a moment to stop and think about what in your life you are thankful for, the obvious and the not-so-obvious.

Happy Thanksgiving.

*Keith L. Kidder*  
 Keith L. Kidder '85  
 Director of Special Programs



Nearly 500 people attended this year's Bash for Cash Party.

- #575 – Mrs. Ann Hunt
  - #592 – Christina Briggs
  - #611 – Kim Danielski
  - #734 – Christine Spinella & Paul Samul
  - #836 – Lisa Hirsch
  - #913 – Ken Wojcicki
  - #963 – Diane DiDomenico
  - #976 – Mike & Johna Bellet
  - #994 – April Hartloff
  - #877 – Judy Tagliarino
  - #1094 – Ken Kucewicz
  - #1147 – Colleen Hunt
  - #1156 – Nancy Caruana
  - #1397 – Faculty
- \$500**
- #053 – Dave Dommer / Mike Lorkowski
  - #309 – Sue Labenski
  - #576 – Trice Lima
  - #1500 – Carrie Hallman
- \$1,000**
- #316 – Jody StCyr
- \$3,000**
- #743 – Ron Vogl
- \$10,000**
- #219 – Tim Penfold

## Lancer Parent Partnership Save the Date

The Lancer Parent Partnership is pleased to announce that the annual Spring Fashion Show will be held on Thursday, April 21, 2016, at Salvatore's Italian Gardens, beginning at 5 p.m. The Committee held a kick-off meeting on October 22.

Model sign-ups will begin in January. Please look for information regarding future committee meetings in *Currents* and via School Messenger.

If interested in helping with the show, please contact Sandy Gibson at [ekgib15@msn.com](mailto:ekgib15@msn.com).

# Counseling Corner

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

## Five steps to improved writing

High school students are expected to write in nearly every subject. Writing is also part of many high-stakes tests and college applications. So how can you help your teen strengthen his writing skills?

Research shows that five steps can improve writing. Encourage your teen to:

- Prepare. He should spend time brainstorming and listing key points to include. Or he can try writing for 10 minutes. This will help your teen figure out what he already knows about the topic.
- Research. He can search online, read

newspaper and magazine articles, or check out a book from the library.

The extra research will deepen his understanding and make his writing more interesting.

- Make an outline. Teens hate this step – but it works. Have your teen try different kinds of outlines. The traditional numbers-and-letters outline works well for some teens. Others prefer a tree or even a series of connected circles.
- Write more than one draft. The first draft is the “down draft” – it’s the

time for your teen to get his ideas down on paper. Once it’s finished, he should set it aside for a while.

When your teen comes back to it, he may have ideas for how to rephrase or reorganize.

- Proofread. Your teen should read over his final draft and check carefully for any spelling or grammatical errors.

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## Discipline creates structure

Your teen has matured emotionally, intellectually, and physically since her elementary school days, but she still has a long way to go. The part of her brain that controls impulses and helps her make good decisions is not yet fully mature. That’s one reason why teens need structure and discipline.

Your efforts to teach your teen how to maintain control will pay off in all settings, especially at home and at school. Here are some guidelines:

- Expect difficult moments. When your teen acts first and thinks later, blurts out the wrong thing or is moody, it is not necessarily because she wants to hurt you.
- Be firm, yet flexible, with your teen. Discuss family rules and make sure she understands the consequences

*(Continued on page 11)*

## Learning about the new SAT



*Mrs. Rebecca Kranz recently led a Faculty Workshop on the redesigned SAT. The new SAT will be used for the first time in March 2016.*

## SAT Prep Class

The Jantzi Test Prep “Strategies for Success” ACT/SAT Course begins Thursday, Nov. 19, at the Northtown Center at Amherst.

The courses will be offered on Thursday, Nov. 19, from 7-9 p.m.; Sunday, Nov. 22, from 10 a.m.-12 noon and 1-3 p.m.; Saturday, Nov. 28, from 10 a.m.-12 noon and 1-3 p.m.; and

Sunday, Nov. 29, from 1-3 p.m. Students attend all classes.

This course is in preparation for the December 5th SAT and the December 12th ACT exams.

Discounts for seniors, siblings, and multiple-registrants are available.

For more information or to register, go to [www.4satprep.com](http://www.4satprep.com).



# Theater Department announces Spring musical

The Performing Arts Department is pleased to announce the Spring Musical for 2016... *Seussical the Musical!*



“Oh, the thinks you can think” when Dr. Seuss’s best-loved characters collide and cavort in an unforgettable musical caper!

Now one of the most performed shows in America, *Seussical* is a fantastical, magical, musical extravaganza!

The musical brings to life all of the favorite Dr. Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, lazy Mayzie, and a little boy with a big imagination – Jojo. The colorful characters transport us from the Jungle of Nool to the Circus McGurkus to the invisible world of the Whos.

The Cat in the Hat tells the story of Horton, an elephant who discovers a speck of dust containing Whos, including Jojo, a Who child sent off to military school for thinking too many “thinks.” Horton faces a double challenge – not only must he protect the Whos from a world of naysayers and dangers, but he must guard an abandoned egg, left to his care by the irresponsible Mayzie La Bird.

Although Horton faces ridicule, danger, kidnapping, and a trial, the intrepid

Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family, and community are challenged and emerge triumphant.

Seussical is fun for the whole family!

Open Auditions will be held Tuesday, Jan. 5, and Wednesday, Jan. 6, 2016. Callbacks will be on Friday, Jan. 8. More information will be available soon!



Jordan Hokaj and David Pfeiffer starred in the last St. Mary’s presentation of Seussical in 2006.

Please contact Miss Ruhland for more information.

## Spanish students learn about el Dia de los Muertos

By Mrs. Terri Bierasinski  
Spanish/French Teacher

What do you think of when you hear the words skeletons, skulls, flowers, and bread? Well, if you ask one of our Spanish I students, they will answer “el Día de los Muertos, of course!”

Spanish 1 students are learning vocabulary and traditions related to the Day of the Dead, a Mexican holiday that honors the

dead. Celebrations begin October 31 and last until November 2.

The students will be making cultural comparisons to our celebration of Halloween and All Saints Day.

Just for fun, they will be learning how France celebrates La Toussaint on November 1.

So if your student comes home asking why they have to go to school the first week of November and French children

do not, you’ll know why.



## Students/Teacher of September



Madison Fermo



Kaitlyn Kowalewski



Zackary Laistner



Cole Laskowski



Mr. Kaminski

### Currents

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# Class of 2019 elects officers, homeroom reps



Caitlin Bish



Joshua Weiss



Julia Hartloff



Susan Romance

The Class of 2019 recently elected their officers and homeroom representatives for the 2015-16 school year.

They elected:

- President – Caitlin Bish

- Vice President – Joshua Weiss
- Secretary – Julia Hartloff
- Treasurer – Susan Romance
- Homeroom Reps – Nicole Gorny, Emily Renkas, Bridget Vogl, Jayden Zajac

# Sports Banquet is November 17

The Fall Sports Awards Banquet will be taking place on Tuesday, Nov. 17, beginning at 6 p.m.

This year the Banquet will be take place in the Gus Galasso Performing Arts Center (The “Gus”) at the school.

The tickets for the catered dinner are \$10 per student athlete and \$15 per parent.

Tickets can be purchased from Mr. Grieco in the Athletic Office. No tickets will be sold at the door.

More information is available by contacting Mr. Grieco at (716)683-4824, ext. 235 or at [sgrieco@smhlancers.org](mailto:sgrieco@smhlancers.org).

# HALLOWEEN AT ST. MARY'S HIGH SCHOOL



Mr. Fay, Andrew Wargo, and Bridget Herod pass out donuts and a prayer card.



Which one is the real Mr. Mauro? (It's the one on the left)





## – Winter Sport Schedules –

### Wrestling

Sat, Dec. 2 @ Maple Grove  
 Tues, Dec. 8 vs. Gow  
 Thur, Dec. 10 @ Medina  
 Sat, Dec. 12 @ Springville Duals  
 Wed, Dec. 16 vs. Canisius  
 Sat, Dec. 19 @ North Tonawanda (JV)  
 Tues, Dec. 29 @ Akron (JV)  
 Wed, Dec. 30 @ Akron (Varsity)  
 Fri, Jan. 15, & Sat, Jan. 16 @ Lockport  
 Tues, Jan. 19 vs. St. Joe's  
 Sat, Jan. 23 @ Cattaraugus / Little Valley  
 Sat, Jan. 30 @ Lew-Port (Varsity)  
 Tues, Feb. 2 @ Gow

### Girls' Basketball

*JV begins at 4:30pm, Varsity at 6pm unless noted*  
 Fri, Nov. 27 @ Alden  
 Tip-Off  
 Tournament  
 Thur, Dec. 3 @ Maryvale  
 Tournament  
 Mon, Dec. 14, 5/6:30pm @ Franklinville  
 Thur, Dec. 17 @ Nichols  
 Wed, Dec. 23, 5pm vs. Tapestry (Varsity only)  
 Mon, Dec. 28 @ Depew Tournament  
 Mon, Jan. 4 vs. Niagara Catholic  
 Wed, Jan. 6 @ Nardin  
 Tues, Jan. 12 vs. O'Hara (Varsity only)  
 Tues, Jan. 19 @ Mount Mercy  
 Fri, Jan. 22, 5/6:30pm vs. Immaculata  
 Mon, Jan. 25 @ Mount St. Mary's  
 Thu, Jan. 28, 6/7:30pm @ Lancaster  
 Mon, Feb. 1 vs. Sacred Heart  
 Wed, Feb. 3 vs. Nichols  
 Mon, Feb. 8 vs. Nardin  
 Fri, Feb. 12 @ Niagara Catholic  
 Fri, Feb. 19 vs. Buffalo Seminary  
 Mon, Feb. 22 @ Christian Central  
 Wed, Feb. 24 @ Park

### Boys' Varsity Basketball

*Games begin at 7:30pm unless noted*  
 Thur, Dec. 3 @ Tapestry (Daemen College)  
 Wed, Dec. 9, 7pm @ University Prep  
 Mon, Dec. 14 @ Fredonia  
 Mon, Dec. 21, 3:30pm @ Jamestown (Depew)  
 Wed, Dec. 23, 6pm @ City Honors (Depew)  
 Tue, Dec. 27 @ Will North (Tournament)  
 Wed, Dec. 30, @ TBA (Will North Tournament)  
 Tue, Jan. 5 vs. O'Hara  
 Wed, Jan. 6 vs. Health Science  
 Fri, Jan. 8 vs. Park Francis  
 Mon, Jan. 11 vs. St. Francis  
 Wed, Jan. 13 @ Niagara Catholic  
 Fri, Jan. 15 vs. Nichols  
 Tue, Jan. 19, 6:30pm @ Walsh  
 Fri, Jan. 22, 6:30pm @ Timon  
 Sat, Jan. 30, 2pm @ St. Joe's  
 Mon, Feb. 1 vs. Niagara Catholic  
 Wed, Feb. 3, 6:30pm @ Nichols  
 Fri, Feb. 5, 6:30pm @ O'Hara  
 Mon, Feb. 8, 6:30pm @ Cleve-Hill  
 Wed, Feb. 10, 7pm @ North Tonawanda  
 Fri, Feb. 12 vs. Walsh  
 Thur, Feb. 18 vs. Canisius

### Boys' JV Basketball

*Games begin at 6pm unless noted*  
 Wed, Dec. 9, 5:30pm @ University Prep  
 Mon, Dec. 14 @ Fredonia  
 Tues, Dec. 22, 6pm @ City Honors (Depew)  
 Wed, Dec. 23 @ TBA (Depew)  
 Wed, Dec. 28 @ Will East (Will North Tournament)  
 Wed, Dec. 30, @ TBA (Will North Tournament)  
 Tue, Jan. 5 vs. O'Hara  
 Wed, Jan. 6 vs. Health Science  
 Fri, Jan. 8 vs. Park Francis  
 Mon, Jan. 11 vs. St. Francis  
 Wed, Jan. 13 @ Niagara Catholic  
 Fri, Jan. 15 vs. Nichols  
 Tue, Jan. 19, 12:30pm @ St. Joe's  
 Mon, Feb. 1 vs. Niagara Catholic  
 Wed, Feb. 3, 5pm @ Nichols  
 Fri, Feb. 5, 5pm @ O'Hara  
 Mon, Feb. 8, 5pm @ Cleve-Hill  
 Wed, Feb. 10, 5:30pm @ North Tonawanda  
 Fri, Feb. 12 vs. Walsh  
 Thur, Feb. 18 vs. Canisius

## Winter Sport try-out information

Students planning to play a sport during the winter season should be aware of the following try-out information:

### Boys' Basketball

- Tryouts – Monday, Nov. 9, 5-7 p.m.
- Coach Paul Rath (prath09@aol.com)

### Girls' Basketball

- Tryouts – Monday, Nov. 9, 2:30-5 p.m.
- Coach Jason Kline (jkline@wscschools.org)

### Boys' & Girls' Bowling

- Tryouts – Monday, Nov. 9, time & location TBA
- Coach Mark DiPirro (mdipirro@police.lancaster.ny.gov)

### Crew

- Informational Meeting – Wednesday, Nov. 4, 2:30-3:30pm
- Coach Hilary Epes (hilary.epes@gmail.com)

### Wrestling

- Tryouts – Monday, Nov. 9, time TBA
- Coach Zach Weiss (zachweiss716@gmail.com)

### Cheerleading

- Tryouts – November 17 & 18, 6-8pm
- Coach Sara Gromek (smhcheer1415@gmail.com)

### Hockey

- Tryouts – TBA
- Coach Terry Miller (tschmiller@yahoo.com)

*More information is also available by contacting Athletic Director Steven Grieco at 683-4824, ext. 235, or sgrieco@smhlancers.org.*

More  
schedules to  
come

Schedules are  
subject to  
change,  
especially due  
to the weather.  
Updates are  
available at  
smhlancers.org

## – Fall Sport Schedules –

### Varsity Football

Sat, Nov. 7 – Quarter-finals (at higher seed)  
 Fri, Nov. 13, 5pm – Semi-finals (Ralph Wilson Stadium)  
 Thurs, Nov. 19, 5pm – Championship (Ralph Wilson Stadium)  
 Sat, Nov. 28 – State Catholic Championship

### Girls' Volleyball

Mon, Nov. 2, 6 & 7:30pm – Quarter-finals (St. Mary's)  
 Wed, Nov. 4, 6 & 7:30pm – Semi-finals (St. Mary's)  
 Fri, Nov. 6, 6pm – Finals (O'Hara)  
 Sat, Nov. 14 – State Championship Tournament (St. Anthony's, Long Island)

### Boys' Volleyball

Tues, Nov. 3, 5 & 6:30pm – Semifinals (Canisius)  
 Fri, Nov. 6, 7:30pm – Finals (O'Hara)

### Crew

Nov. 1 – Head of the Fish @ Saratoga Rowing Association  
 Additional regattas and challenges will take place in the winter and the spring.



# November 2015 Menus

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



— Breakfast —

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Breakfast Flatbread Fruit Yogurt <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>3</b> French Toast Sticks Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>4</b> Sausage & Egg on English Muffin Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>5</b> Breakfast Burrito Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>6</b> Bacon & Egg Biscuit Fresh Fruit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
<b>9</b> Breakfast Sandwich Fruit Cup <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>10</b> Sausage & Egg Bagel Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>11</b> No School No Breakfast	<b>12</b> French Toast Sticks Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>13</b> Ham/Egg on Brioche Fresh Fruit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
<b>16</b> Breakfast Tacos Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>17</b> Belgian Waffles Sausage Links <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>18</b> Breakfast Pizza Fresh Fruit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>19</b> Belgian Waffles Turkey Sausage <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>20</b> Bacon/Egg/Cheese Bagel Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>
<b>23</b> Sausage/Egg Biscuit Fresh Fruit <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>24</b> Ham/Egg/Cheese Sandwich Hash Brown Patty <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>	<b>25</b> Early Dismissal No Breakfast	<b>26</b> No School No Breakfast	<b>27</b> No School No Breakfast
<b>30</b> Breakfast Burrito, Salsa, Tater Tots <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit</i>				

— Lunch —

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Sloppy Joe on Kaiser Roll Tater Tots (v) Cinnamon Applesauce (v)	<b>3</b> Build Your Own Beef or Chicken Burrito <i>Black Beans (v) Cilantro Lime Rice (v)</i>	<b>4</b> Chicken Alfredo or Marinara <i>Penne Pasta (v) Roasted Vegetables (v)</i>	<b>5</b> Philly Cheesesteak on Constanzo Roll <i>Steak Fries (v) Fruit Cup (v)</i>	<b>6</b> Lemon Herb Tilapia <i>Rice Pilaf (v) Vegetabl Medley (v)</i>
<b>9</b> Spicy Chicken Fingers <i>Cheesy Macaroni (v) Fruit Yogurt (v)</i>	<b>10</b> Taco Tuesday Beef or Chicken Tacos <i>Brown Rice (v, wg) Seasoned Corn (v)</i>	<b>11</b> No School No Lunch	<b>12</b> Roasted Turkey Breast with Gravy <i>Cornbread Stuffing Green Beans (v)</i>	<b>13</b> Shrimp Caesar Salad OR 3 Cheese Grilled Cheese <i>Vegetable Medley (v)</i>
<b>16</b> Beef Goulash <i>Buttered Noodles (v) Honey Carrots (v)</i>	<b>17</b> Chicken Quesadilla with Black Bean Salsa OR Cheese Quesadilla <i>Fiesta Rice (v) Roasted Vegetables (v)</i>	<b>18</b> Spaghetti & Meatballs Marinara Sauce <i>Breadsticks (v) Marinated Vegetables (v)</i>	<b>19</b> Bacon Cheesburger <i>Steak Fries (v) Fruit Cup (v)</i>	<b>20</b> Barbecue Pork on Costanzo Roll <i>Baked Beans (v) Zesty Coleslaw (v)</i>
<b>23</b> Herb Roasted Chicken <i>Garlic Potatoes (v) Brussel Sprouts (v)</i>	<b>24</b> Chicken Fajita with Grilled Onions & Peppers <i>Spanish Rice (v) Roasted Corn (v)</i>	<b>25</b> Early Dismissal No Lunch	<b>26</b> No School No Lunch	<b>27</b> No School No Lunch
<b>30</b> Breakfast for Lunch French Toast Sticks with Syrup (v) <i>Sausage Links Hash Brown Patty (v)</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 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).

**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**

# November 2015 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Crew - Head of the Fish @ Saratoga Rowing Association	<b>2 - C Day</b> Ext HR / PM <b>Liturgy Schedule</b> (Class Meetings / All Souls Liturgy) Family Day of Remembrance Photo Retakes during Lunches Student Senate 2:30pm  GVB Quarterfinals 6&7:30pm (St. Mary's) <b>Liturgy Dress Code</b>	<b>3 - D Day</b> SADD Meeting 7:30am Curriculum Committee 2:30pm  BVB Semifinals 5 & 6:30pm (Canisius)	<b>4 - E Day</b> GVB Semifinals 6 & 7:30pm (St. Mary's)	<b>5 - F Day</b> Morning Mass 7:30am EAAF Committee 2:30pm NHS Tutoring 2:30pm Fall Play 7:30pm	<b>6 - A Day</b> Fall Play 7:30pm  GVB Finals 6pm (O'Hara) BVB Finals 7:30pm (O'Hara)	<b>7</b> SAT Test Day Admissions Test Prep Class 9am-12noon  Football Quarterfinals (TBA)
<b>8</b>	<b>9 - B Day</b> Student Senate 2:30pm First Day of Winter Sports	<b>10 - C Day</b> Pride Day NHS Meeting 2:30pm  BVB Finals (TBA) <b>Pride Day</b>	<b>11</b> NO SCHOOL Veterans Day NHS Pancake Breakfast 8:30-11:30am <b>No School</b>	<b>12 - D Day</b> Sophomore Retreat 8am-2pm Principal's Ad Board 2:30pm Math Club 2:30pm NHS Tutoring 2:30pm	<b>13 - E Day</b> End of First Quarter  Football Semifinals (Ralph Wilson Stadium)	<b>14</b> Admissions Test Prep Class 9am-12noon  GVB State Tournament (St. Anthony's, Long Island)
<b>15</b>	<b>16 - F Day</b> Student Senate 2:30pm	<b>17 - A Day</b> Jeans Day SOUL Meeting 2:30pm  Sports Banquet 6pm <b>Jeans Day</b>	<b>18 - B Day</b> Faculty/Staff Meeting 2:30pm NHS Induction Ceremony 7pm	<b>19 - C Day</b> Morning Mass 7:30am NHS Tutoring 2:30pm Campus Ministry 2:30pm Senior Trip departs  Football Finals (Ralph Wilson Stadium)	<b>20 - D Day</b> Senior Trip continues	<b>21</b> Admissions Test 8:30am-12noon Senior Trip continues
<b>22</b> Senior Trip continues	<b>23 - E Day</b> Student Senate 2:30pm Senior Trip returns 3pm	<b>24 - F Day</b> First Quarter Follow-up 5-7pm Parent College Presentations 7pm	<b>25 - A Day</b> Noon Dismissal Thanksgiving Prayer Service <b>12 noon Dismissal</b>	<b>26</b> NO SCHOOL Thanksgiving Day <b>No School</b>	<b>27</b> NO SCHOOL Thanksgiving Holiday <b>No School</b>	<b>28</b>
<b>29</b>	<b>30 - B Day</b> Student Senate (Christmas Decorating) 2:30pm	<b>1 - C Day</b> SADD 7:30am Curriculum Committee 2:30pm	<b>2 - D Day</b> Special Schedule (Advent Reconciliation / Rosary)	<b>3 - E Day</b> Morning Mass 7:30am NHS Tutoring 2:30pm EAAF Committee 2:30pm	<b>4 - F Day</b> Pride Day Snowball Dance 8-11pm <b>Pride Day</b>	<b>5</b> SAT Testing Day

## Discipline (continued from page 6)

for breaking them. Consider granting her more freedom as she shows she can handle more responsibility.

- Always know where your teen is, who she is with, what she is doing, and when she will be home.
- Remember the difference between an

explanation and an excuse. Your teen's age and developing brain may give an explanation for some of her behavior. However, they are not excuses for being rude or defiant.

- Focus on the big issues. These include things such as schoolwork and respect

for others. Try not to nag your teen about the smaller issues, like the occasional messy room.

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