# CURRENTS



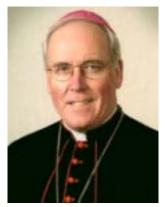
St. Mary's High School • Lancaster, NY • February 2016

## Bishop Malone to celebrate Ash Wednesday Liturgy

Bishop Richard Malone, Bishop of the Diocese of Buffalo, will be celebrating the Ash Wednesday Mass at St. Mary's on Wednesday, Feb. 10, at 8:30 a.m.

Originally from Boston, Mass., Bishop Malone taught at St. Clement High School, Somerville, Mass.,

and served as chaplain at Xaverian High School, Westwood, Mass. He also worked as a college professor, chaplain, as well Director of Religious Education and Secretary of Education for the Archdiocese



of Boston. He was ordained an auxiliary bishop for Boston in 2000 before being named Bishop of Portland, Maine, in 2004. On August 10, 2012, Bishop Malone was installed as the 14th Bishop of Buffalo.

Bishop Malone was last at St. Mary's in October 2014 for the blessing of the St.

Francis Peace Garden (in memory of Marty Galasso) and the Marian House Conference Center. He last celebrated Mass at St.

Mary's in February 2013 during the school's Spirit Week.

## Takal Molson scores 1,000th point



On January 15, in a home game vs. Nichols, senior Takal Molson became only the third boys' basketball player in school history to score 1,000 points in their career.

Takal receives the 1,000 point-ball from Tim Szablewski '92, the most recent

1,000 point scorer, with Athletic Director Steven Grieco and Head Coach Paul Rath looking on.

Mr. Szablewski finished his career with 1,058 points in 73 games. The all-time leading scorer is Mark Rzemek '79 with 1,607 points in 65 games.

## Reminder -No Winter Break in February

Following a model practiced by other private and public schools, St. Mary's High School will have different Breaks in 2016.

In an effort to provide students with an opportunity for more time to travel and to spend time with their families during the Easter holiday, St. Mary's is extending our Spring Break in 2016 and eliminating the February Break.

In February, students will not have school on Monday, Feb. 15, for Presidents' Day, and on Friday, Feb. 19, which is our Faculty-Staff Retreat Day. School will be in session for students on February 16, 17, and 18.

Our Spring Break will be from Saturday, March 19, through Sunday, April 3.

Please note that many school districts are still having a February Break and will not be providing school bus service on February 16, 17, and 18. If you live in one of those districts, you will have to provide your own transportation to and from school. Most districts post their calendars on their websites – check there whether they will have a Winter Break. The NFTA Metro bus for our Buffalo students will be running as usual.

All of our students will be required to be in school February 16, 17, and 18, and will not be excused due to lack of transportation.

## Spirit Week – February 8-12

### Theme this year is "Celebrate St. Mary's"

Now that January exams and the first semester are over and the second semester classes have begun, St. Mary's High School will take time for a little fun, as the school celebrates Spirit Week during the week of February 8 to 12.

Sponsored by Student Senate, the

week will combine special dress and fun events to lift school spirit during the cold of winter.

The theme for this year's celebration is *Celebrate St. Mary's*.

Here is the complete schedule for Spirit Week 2016:

Mon, Feb. 8	Tue, Feb. 9	Wed, Feb. 10	Thu, Feb. 11	Fri, Feb. 12	
Dress Dress		Dress	Dress	Dress	
Pajama Party	Tailgate	Liturgy Dress	Hawaiian	Jeans Day	
(Dress must be	Tuesday	Code	Tourist		
appropriate)	(Wear clothes	C.L.L.L.	(Hawaiian or tie-	Schedule	
	from your	Schedule	dye shirt, Khaki	Special	
Schedule	favorite sports	ite sports Special AM sho		Assembly	
Regular	team or	Liturgy Schedule	Day bottoms;	Schedule	
	Pride Day	(Ash	must be appro-		
	Dress; no jeans)	Wednesday	priate, no jeans)	Events	
		Liturgy)		Carnival	
	Schedule		Schedule	(games, face	
	Regular		Regular	painting, etc.)	

## Report Cards to be available electronically

As the second quarter of the 2015-16 school year comes to a close, families are reminded that Report Cards for the remaining quarters will only be available electronically, through the InformationNOW Student Information System.

Families will be notified when the report cards are available for viewing through a SchoolReach message. The message will also contain the instructions on how to view and print the report card.

Anyone who need assistance with their InfoNOW account should contact Mr. Kidder at 683-4824, ext. 215, or kkidder@smhlancers.org.

#### - Notes from the Health Office -

## Spring Athletes / Physicals for next year

All athletes must have a current physical on file in the Health Office. In addition, prior to the start of tryouts or practice at the beginning of each season, a health history review for each athlete must be conducted. Students interested in trying out for a spring sport must turn in Interval Health History Forms, completed by a parent/guardian, to the Health Office/Main Office by February 18th. Failure to comply will result in not being able to start practice

with the rest of the team.

The Pink Health Form will be available in the Health Office, the Counseling Office, the Main Office, and are also available on the school website under the "Parents" and then the "Health" section.

\*\*\*\*\*

Every student playing a sport must have a current physical on file in the Health Office prior to the first tryout/practice date.

Students wishing to have a school

physical MUST sign up in the Health Office. Students will NOT be automatically signed up if they had a physical the previous year.

The school physician will be here at St. Mary's on March 16th. Additionally, any student who did not play a sport this year but is interested in playing a sport next school year, or anyone who is interested in getting a physical for working papers, needs to sign up for a physical with Mrs. Murphy in order to have a physical. THE DEADLINE TO SIGN UP IS MARCH 5TH.

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

## Students of the month for December



Jack Hathaway



Caitlyn Meyer



Chelsea Okon



Caitlin Bish

#### **Currents**

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Vol. 24, Issue 6

## Meet the new teachers

#### Introducing Dr. Eurenius, Ms. Hillery, and Mr. Kaminski

This year, St. Mary's High School welcomed three new teachers: Dr. Kirsten Eurenius (Chemistry), Ms. Meaghan Hillery (Art), and Mr. Ryan Kaminski (Music).

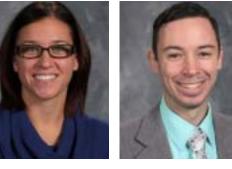
With a semester now "under their belt." let's meet the new teachers and learn about what makes them special.

#### 1. Tell us about yourself.

KE: My chemistry education started with a wonderful high school teacher, Mr. George, at Walt Whitman High School in Bethesda, Md., then continued with a chemistry major at Cornell University, a Ph.D. in Organic Chemistry from U.C.L.A., and a three year research position as a National Research Council Postdoctoral Fellow at the National Institutes of Health. As much as I appreciated my time at N.I.H., I quickly realized that my heart belongs with teaching, not research. When my post-doctoral position ended, my family was transferred to Laredo, Texas, where I was able to teach at the Laredo Community College and the Texas A&M campus







there. My husband's job necessitated lots of travel and some moving, and finally we landed in his hometown of Buffalo, where I became an adjunct in chemistry at Buffalo State College. I greatly enjoyed my nine years there, but as an adjunct I felt I was never truly a part of the Buffalo State community.

MH: I started painting when I was six years old and knew that I wanted to be an Art Teacher by the time I was 13. For high school I went to Mount Mercy Academy in Buffalo, and took as many art classes as possible. I then furthered my education at Daemen College. In the past I have worked at Our Lady of the Sacred Heart in Orchard Park, St. Joseph School in Gowanda, St. John the Baptist in Alden, and Nativity of Our Lord in

#### Orchard Park. I have also worked at South Park High School in Buffalo. I am currently working on my Master's Degree, and during my free time I am always drawing and painting to work on my techniques.

RK: Professionally, I've received my bachelor's and master's degrees in Music Education from SUNY Fredonia and Mansfield University of Pennsylvania, respectively. Prior to St. Mary's I had worked as a long-term substitute music teacher in a few school districts including Clarence, Fredonia, South Glens Falls, and Cleveland Hill. Last year I worked as the Chorus Manager for the Buffalo Philharmonic Chorus.

Personally, I grew up in Lancaster and attended Lancaster High School. I've always been involved in the performing arts, in many different ways: I write & record music (my latest EP Where It Starts is on iTunes & Spotify), I play guitar & sing in a cover band (Exit 59), I sing with a professional a cappella choir (Harmonia Chamber Singers), I perform in plays and musicals around Buffalo (my next show is Children of Eden at the Lancaster Opera House). During the summertime I direct children's theater through the Lancaster Youth Bureau and I direct the Lancaster Depew Community Chorus.

#### 2. Why St. Mary's High School?

MH: A few years back I had originally interviewed with St. Mary's and from there I went on to teach at Our Lady of the Sacred Heart. Growing up attending Catholic School I was able to fit right in with the faculty, staff, and students easily. From all of the experience I have gathered in the past

(Continued on page 8)

## **Collection for Catholic Charities**



Members of the Student Senate help Ms. Cassandra Carleton, a Development Assistant at Catholic Charities and a 2008 St. Mary's graduate (center), who came to pick up donations received as part of the Best Christmas Ever Collection held in December.

## **SMHS Bookstore** Here are some of the items available!



Head Band Stocking Cap Baseball Cap Duffle Bag







Magnet



Many & One Teeshirt



Cotton Teeshirt (gray or light blue)



**Cotton Athletics Teeshirt** 



Gray Long-Sleeve Teeshirt



Bookstore is open daily from 10 a.m. to 2 p.m. For more information, call the school at 683-4824

# Fundraisin WHILE YOU S

Have you heard about our Scrip gift card program? It is an ongoing fundraiser for our school in which you purchase gift cards at face value which the retailers sell to us at a discounted rate. The profit made through this program is split 50-50 between the St. Mary's 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.

If there are any questions regarding the program, please contact Carol Winiarski via email cwiniarski @smhlancers. org.

Thank you!













# Counseling Corner

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

## Make student responsible for learning

Becoming an independent and responsible learner takes lots of practice. If you want your teen to take responsibility for her learning, then you have to put her officially in charge of it.

This means you may need to take a step back and give your teen more control over things such as her homework. Tell her that she is in charge of studying and finishing her homework each night. Then follow these six steps:

(Continued on page 6)

### Traits that affect achievement

Many experts believe there are seven aspects of character that lead to school success: zest, grit, self-control, social intelligence, gratitude, optimism, and curiosity. Studies show that students who possess these traits are often more likely to succeed than students who are intelligent but not as driven. So inspire your teen to have:

- 1. Zest, show enthusiasm for what he is learning. "Wow, zebra fish can regrow their fins? That's really interesting!"
- of how you stuck with that geom-

etry homework until you got it."

- 3. Self-control, give him real responsibilities. Being able to complete tasks at home without being reminded means he will be able to direct himself at school.
- 4. Social intelligence, suggest that he put himself in others' shoes. "Why do you think Will reacted like that?"
- 5. Gratitude, go beyond just making sure he says please and thank you. Discuss why he should feel grateful.
- 2. Grit, praise his effort. "I'm really proud 6. Optimism, help him see the bright side (Continued on page 6)

## Lancer Parent Partnership Tickets go on sale March 10 at musical

This year's Fashion Show, Denim & Diamonds, will be held on Thursday, April 21, at Salvatore's Italian Gardens Restaurant. Vendors confirmed to date include Mary Kay, Silpada, Younique, and Thirty-One Gifts. Additional vendor tables and sponsorships are still available.

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. In addition to the nine departmental scholarships traditionally funded by the Lancer Parent Partnership, two additional scholarships will again be awarded this year to members of the Class of 2016 who exhibit strong leadership and extraordinary community service.

The annual fashion show is a

wonderful evening of fun, food, fashions, and fabulous prizes! Tickets are \$45 and include admission, a door prize ticket, a four-course dinner, and the show. Tables of 10 are available. The event will also feature a theme basket raffle, 50/50 split raffle, and a cash bar.

Theme baskets will be on display during the spring musical run March 10-12. Admission tickets and theme basket raffle tickets will be sold prior to each performance and during intermissions. Tickets will also be available beginning March 14 through the School Office. Please invite your friends and family from outside the St. Mary's community and help us showcase this great event to benefit our students!

If you would like to help in any way, or for more information, please e-mail

Sandy Gibson at ekgib15@msn.com. There are many ways to help, including assisting with the models, decorating, and helping with admissions and raffles the night of the event.

Aspiring models can sign up online via the link on the St. Mary's web site. All students, faculty, staff, and alumni are welcome to model in the show. Students will receive 10 service hours for modeling, and five hours if they would like to help on the night of the show. The last day to sign up to model is Monday, Feb. 22. No exceptions! The online form will be turned off after this date. Students will be contacted by Susan Szpila, model coordinator, to confirm that you are a model and to get fitting assignments once participating stores are finalized.

## Cast of Seussical the Musical announced Tickets go on sale Monday, February 22

Following auditions during the first

week back from Christmas Break, the directors of this year's Spring Musical had the hard task of selecting the cast for the production of Seussical the

Musical.



Congratulations to the following: Cat in the Hat – Joseph Stoj JoJo - Victoria Powell Horton - Alex Hokaj Gertrude - Grace Fuller Sour Kangaroo – Anna Heerdt Mayzie – Victoria Jankowski

## **Veterans Hospital** offers thanks

Mrs. Diane Battaglia, religion teacher and co-coordinator of school service projects, recently received the following letter in regards to the Christmas Cards students made for the patients at Veterans Hospital in Buffalo:

Dear Mrs. Battaglia,

On behalf of the hospitalized Veterans at the VA Western New York Healthcare System in Buffalo, I would like to take this opportunity to personally thank you for the Christmas Cards.

I can't begin to tell you how very much they meant to our patients. They were overwhelmed that so many students remembered them.

Once again, please accept my sincere appreciation for remembering our Veterans who fought to preserve the freedoms we enjoy today.

Thank you for your interest and support of our Nation's Veterans.

Sincerely.

Mark J. Francis

Volunteer Program Manager

Mayor - Eric Brown

Mrs. Mayor – Leah May Judge Yertle the Turtle – Samuel Horton Grinch - Collin Tytka

Vlad Vladikoff - Scott

Brown General Schmitz-John Connolly Bird Girls - Joelle Cianciosa, Kendra

Ciezki, Christina Federico, Helen Gibson, Erin Hufford, Shala Wright Wickershams - Bradley Berchou, Benjamin Blackhall, Andrew Salamone

Dancers - Ashley Cruz, Marissa Dantonio, Sarah Filion, Joyce Hunziker, Jill Greene, Gabrielle Mauro, Hanna Strek, Jessa Syracuse, Kylie Wagner, Regan Weiss, Emma Winiarski, Madeline Wnuk, Maya Zelazny

Ensemble – Jennifer Baran, Rachel Cichoki, Matthew Ciezki, Allyson Fischer, Heather Gotro, Nicole Gorny, Samantha calling Mr. Kidder at 683-4824, ext. 215.

Grabski, Julia Hartloff, Karen He, Gary Li, Peter Li, Marissa Loniewski, Andrew Maziarz, Matthew MacDonald, Shannon Murty, David Owczarczak, Alicia Pacer, Marysia Paradis, Jennifer Piskor, Brianna Propis, James Roetzer, Jeffery Rosner, Nicholas Samson, Andrea Seeloff, Kristi Smith, Julia Soluri, Jillian Vitale, Kathryn Vogl, Frida Zheng.

Tickets for the March 10, 11, and 12 performances of Seussical will go on sale on Monday, Feb. 22, at 7:30 a.m. in Mr. Kidder's Office (behind the Library).

Tickets are reserved seating only. No tickets will be sold before February 22.

The tickets cost \$8 for adults, \$5 for high school or college students, children, and senior citizens. A weekend pass for all three performances is also available at \$20 each (may not be all same seats).

More information is available by

## Learning responsibility

(continued from page 5)

- Agree on a set homework time. Will your teen study right after school? After dinner?
- Keep your teen's schedule clear during homework time. Don't interrupt her study time to have her run a quick errand for you.
- Help your teen develop a system to keep track of her assignments. She can write them down in a planner and use a checklist to mark off completed items.
- Offer support. Assure your teen that she can do the work. Make sure that she knows where to look for help. Encourage her to ask the teacher for clarification, if needed.
- Remind your teen only once that she has homework. Part of taking responsibility for her own work is remembering she has to do it.

• Leave your teen alone! Let her prove to you that she can be responsible for completing her work on time. And allow her to face the consequences if she doesn't.

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#### Traits

(continued from page 5) of events.

7. Curiosity, help him explore more about what he is learning. Encourage him to go to the library or research information online.

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## January Happenings at St. Mary's!



Members of Scholars, Art Club, and Marian Honors Academy at the Albright-Knox.



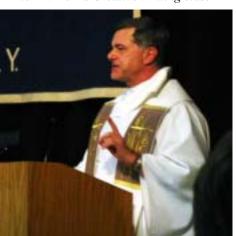
Local author, Christina Abt speaks to Mr. Herr's Creative Writing class



Senior Leah May was the first-ever Haiku Death Champ in Creative Writing class.



Mrs. Cindy Powers leads a game of Bingo at the St. Elizabeth's Home.



Fr. Joe Rogliano '75, celebrates the Epiphany Liturgy



# Campus Ministry

## Fast or No?

In the midst of the celebrations of Valentine's Day and Presidents Day, we as the communion of saints begin the season of Lent. It is a time to pray, reflect, and return to our roots in faith and its expression.

In the First Reading of the Ash Wednesday liturgy, the prophet Joel writes, "Even now, says the Lord, return to me with your whole heart ..." In the Gospel, Matthew gives us clear direction on how this return can happen: It happens through prayer, fasting, and the giving of alms.

Have you given any consideration

of what to "give up" for Lent? What might you be "fasting" from? Chocolate? Television? Technology?

Perhaps it would be a greater challenge to fast from pride and feast on humility; to fast from anger and feast on patience; to fast from greed and feast on charity; to fast from lust and feast on chastity.

Whatever choice is made – and it may be difficult, no doubt – resist the temptation to quit when you fail. By practicing the virtues of humility, patience, charity, and chastity you can get better at them.

Lent is the time to return to the Lord. How someone chooses to do that is a

decision arrived at through prayer and the inspiration of the Holy Spirit. Our prayer for the St. Mary's family is that this Lent will be the most spiritually rewarding and renewing ever.

Benedicat vos omnnipotens Deus. twf+

We invite all members of the St.

Mary's Community to join us for Mass during the upcoming month:

- Thursday, Feb. 4, 7:30 a.m.
- Wednesday, Feb. 10, 8:30 a.m. Ash Wednesday
- Thursday, Feb. 18, 7:30 a.m.
- Thursday, March 3, 7:30 a.m.

## Sophomores win Shark Tank challenge

Mr. Peter Herr's Marketing Class brought the reality show *The Shark Tank* to life as part of the class' final project. As part of the project, students working in groups had to come up with an idea for a product, develop a marketing strategy, and then convince a group of teachers to "fund" their project.

Congratulations to sophomores Ander Jankowski and Lucas Cousins who won the class competition. Their product was a phone case that charges a cell phone.



Alex Bish and Jordan MacKinnon try to convince the Faculty Panel to "fund" their project, a student's ID scanner.



Ander Jankowski and Lucas Cousins with their presentation of a phone case that charges the cell phone.

## **New teachers** (continued from page 3)

few years, I was able to come back to St. Mary's this year with many great new ideas and a refreshed excitement. I am in love with the sense of family and community throughout the school, and I am honored to be a part of it.

RK: It's always been a dream of mine to teach at the high school level; I feel I have the most to offer to students in this age group. I'm also a fan of the small-school setting; to me it feels more like a family than some of the bigger schools at which I've taught. In addition, I appreciate that St. Mary's offers Keyboard/Guitar, Rock 'n' Roll History, and other exciting music electives; most schools don't offer options like that. So I love that I get to come in and teach these fun classes.

#### 3. What do you think of St. Mary's so far?

KE: I am delighted that I have found a position teaching at St. Mary's! The faculty and staff are wonderful – inspiring, dedicated, and inclusive – and the students have been a joy to get to know.

MH: Now that I have been here for a semester I am focused on all of the great things that I am looking forward to accomplishing with the students. I am having a great time teaching the

students, and sometimes the students will teach me something new here and there. I think the best experiences always involve having someone realize their true potential and really open up artistically.

RK: I was just telling Mrs. Kranz the other day that I don't even feel like a new teacher anymore. I'm still learning every day, but now that I have a semester under my belt, my comfort level with being at St. Mary's is much higher than it was on day one. I also feel more connected to the students now, and that's what it's really all about. I've had so many great experiences, it's hard to name just one... I think putting on the Christmas Show with the Glee Club was definitely a highlight.

#### 4. What about the second semester?

KE: This upcoming semester I'm working on taking my General Chemistry and Regent's Chemistry students into a more mathematical understanding of chemistry while exploring DNA analysis and other analytical techniques with my Forensics class.

MH: In the second semester we are running 2D Studio in Art, 3D Studio in Art, Advanced Ceramics, and Digital Art. I

am looking forward to having the students explore more art paths and really opening up their imagination. I am also looking forward to going to the major Spring events – such as the Lancer Auction, the Fashion Show, Fine Arts Night, and then finally going to Art Alive with the students.

RK: The second semester will feature the school musical Seussical and the Evening of Fine Arts – so both of those events are going to be huge projects for me. Ask the students in Seussical and they'll tell you, I can hardly contain my excitement about that show. I LOVE IT!! Next semester, I'd also like to increase the size of the Glee Club and the Praise Band – so if anyone is interested, let me know!

#### 5. Any other thoughts?

KE: St. Mary's is a treasure, and I'm excited to have finally found a teaching home!

RK: I just want to thank the students, staff, faculty, and administration for being so welcoming to me as a new teacher.

Every morning when I drive to work I think about how fortunate I am to get to do this every day. Thanks for your support.

## Main Scoreboard dedicated to John Schaefer '56

St. Mary's High School recently dedicated the Main Schoolboard in the school's Athletic Center in memory of John Schaefer. John O Schaefer '56

Memorial Scoreboard

When 18 to 1

also a member of the Canisius College Hall of Fame (1992) and the Western New York Hall of Fame (2009). Mr.

A 1956 gradu-

ate of St. Mary's, John was twice named All-Catholic in Baseball and Basketball. He then went on to play baseball at Canisius College where he earned Eastern Regional All-American Honors in the NCAA in 1959 after batting .419. From 1960 to 1963, he served as a captain and a company commander in the United States Marine

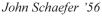
Corp, serving in several tours of duty around the world, including a tour in Japan. Professionally, he worked for the New York State Parole Department for 32 years, before his retirement in 1998.

In addition to being a member of the St. Mary's Athletic Hall of Fame, to which he was inducted in 1993, Mr. Schaefer is

Schaefer passed away on January 4, 2014, after a long battle with cancer.

Honored guests at the Dedication Ceremony included members of Mr. Schaefer's family, classmates from the Class of 1956, as well as members of the St. Mary's Athletic Hall of Fame and Board of Trustees.







Members of Mr. Schaefer's family, classmates from the Class of 1956, as well as members of the St. Mary's Athletic Hall of Fame and Board of Trustees applied during the Dedication Ceremony.

## Athletic Department sponsors Meat Raffle

The Athletic Department at St. Mary's High School will be sponsoring a Meat Raffle on Saturday, Feb. 27. Doors for the Raffle, which be held at the school, will open at 6 p.m., with the first spin taking place at 7 p.m.

The cost of the Raffle is \$5 per person, which will include draft beer and soda. Canned beer will be available for \$2.

Proceeds from the Raffle will benefit the Baseball and Softball teams as they plan their Spring Trip to Florida for the end of March.

For those new to a Meat Raffle, here is how it works:

• Your \$5 admission ticket gets you in the door, where you sit with family and friends (similar to the St. Mary's Bash for Cash).

People usually share food that they bring as well the draft

beer and pop included in the price of admission.

- At the beginning of each round, the emcee will announce how many spins of the wheel will be included. The more spins there are, the better your chances of winning
- Volunteers will come around to sell tickets for that round at \$1 each. Each ticket has two or more numbers on it.
- The emcee will then spin the big wheel.
- If your number comes up, you win. Please note that more than one person will win with each spin, because the same number is sold to more than one person.

Admissions tickets are available by contacting Athletic Director Steven Grieco at (716)683-4824 or members of the Baseball or Softball teams.



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!

It's all free & private. Join today and change online shopping for good. Go to igive.com for more information.





-Breakfast-

## February 2016 Menus

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



	Monday	Monday         Tuesday         Wednesday         Thursday		Friday	
	French Toast Sticks Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Ham, Egg, & Cheese Flatbread (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Burrito Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Sausage & Egg on English Muffin Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	No School for Students
	Breakfast Sandwich Fruit Cup (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Sausage & Egg Bagel Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Flatbread (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Sandwich Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	French Toast Sticks with Syrup (v/wg) Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
	No School	Breakfast Burrito Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Pizza Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	French Toast Sticks with Syrup (v/wg) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	No School 19
	Sausage/Egg Biscuit Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Ham & Egg on Brioche Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Breakfast Sandwich Fruit Cup (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Bacon, Egg, & Cheese Bagel Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	Prench Toast Sticks with Syrup (v/wg) Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
	Bacon & Egg Biscuit Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)				

Monday	Tuesday Wednesday		Thursday	Friday	
Spicy Chicken Fingers Macaroni & Cheese (v) Fruit Yogurt (v)	Taco Tuesday Beef or Chicken Taco Spanish Rice (v) Seasoned Corn (v)	*Herb Roasted Chicken Cornbread Stuffing (v) Green Beans (v)	Sahlen's Hot Dog on Costanzo's Roll (wg) Tater Tots (v) Garden Salad (v)	No School f or Students	
*Orange Chicken with Noodles or Steamed Rice Stir-Fried Veggies (v)	Nachos Grande with Beef Brown Rice (v/wg) Refried Beans (v)	*Baked Potato Bar Broccoli & Cheese (v) Garden Salad (v)	Pulled Pork Sandwich (wg) with Coleslaw Baked Beans (v) Potato Salad (v)	*Tilapia Po' Boy Flatbread (wg) with Remoulade Sauce Cajon Fries (v) Seasoned Vegetables (v)	
No School	*Taco Salad with Chipotle Ranch Dressing Tortilla Chips with Salsa (v/wg) Roasted Corn (v)	*Penne Pasta Bolognese or Marinara (v) Breadstick (v) Vegetable Medley (v)	*Chicken Finger Sub (wg) Tater Tots (v) Fruit Yogurt (v)	No School	
Bacon Cheeseburger on Roll (wg) Steak Fries (v) Fruit Cup (v)	Build your own Beef or *Chicken Burrito Black Beans (v) Cilantro Lime Rice (v)	*Chicken Souvlaki Flatbread (wg) with Tzatziki Veggies with Hummus (v) Roasted Vegetables (v)	Pork Chops with Applesauce Mashed Potatoes (v) Green Beans (v)	3-Cheese Grilled Cheese (v) with Tomato Soup (v) Potato Chips (v) Vegetable Medley (v)	
Spaghetti and Meatballs Garlic Breadstick (v) Roasted Vegetables (v)					

Complete Meal Includes:	
1 Entree,	
Choice of Side (blue italic),	
milk or bottled water \$4.0	00
1 Entree,	
Choice of Side (blue italic),	
Intense Milk or	
Vitamin Water\$5.0	00
Served Daily:	
Entrees\$3.2	25
Salad - Large (v)\$3.0	00
Salad - Small (v) \$2.0	
Fresh Made Soup\$1.2	25
Cold Sub, Wrap\$3.2	
Intense Milk\$1.5	
Milk 1/2 pint \$	
Orange Juice\$1.5	
Vitamin Water\$1.7	
Pizza, all varieties\$2.5	
Breakfast a la Carte:	
Breakfast Sandwich \$3.2	25
Bagel; 4 oz. with Butter \$1.2	20
Cream Cheese \$.0	
Hash Brown Patty \$.5	50
French Toast Sticks (5)\$1.8	
Greek Yogurt\$1.6	
Fresh Fruit Cup\$1.7	
Lunch a la Carte:	
Fresh Baked Cookie \$.5	55
2 for \$1.0	
Nachos \$1.7	

#### Symbols:

(v) = vegetarian (wg) = whole grain

\* = Better Choice Healthy Entrees (choosemyplate.gov)

Bag of Chips ......\$1.25

#### 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).

## Winter Sport Schedules

Girls'Bowling

Matches begin at 3:45pm at Classic Lanes Tues, Feb. 2 vs. All-Catholics

**Boys' Bowling** 

Matches begin at 3:45pm at Classic

Tues, Feb. 2 – Position Round Thur, Feb. 11 - All-Catholics Sat. March 5 - CHSAA State Tournament (location TBA)

**Girls' Basketball** Wed, Feb. 3, 6/7:30pm vs. Nichols Mon, Feb. 8, 6/7:30pm vs. Nardin Fri, Feb. 12, 5/6:30pm @ Niagara Cath Wed, Feb. 17, 6/7:30pm vs. Sac Heart Fri, Feb. 19, 7:30pm vs. Buffalo Seminary (Var only)

Mon, Feb. 22, 6pm @ Christian

Mon, Feb. 22, opm @ Christian
Central (Var only)
Tue, Feb. 23, 5:30/7pm vs. O'Hara
Wed, Feb. 24, 6pm @ Park (Var only)
Sat, Feb. 27, 2, 4, or 6pm –
Playoff Play-in @ Villa Maria
Wed., March 2, 5 or 7pm – Semis

@ Villa Maria

Sun, March 6, 2pm - Finals @ Villa

#### **Boys' Varsity Basketball**

Mon, Feb. 1, 6:30pm vs. Niag Cath Wed, Feb. 3, 6:30pm @ Nichols Mon, Feb. 8, 6:30pm @ Cleve-Hill Wed, Feb. 10, 7pm @ North Ton Fri, Feb. 12, 6:30pm vs. Walsh (Senior Night)

Thur, Feb. 18, 7:30pm vs. Canisius Sun, Feb. 21, 2 or 4pm - Playoff Play-in @ Villa Maria

Thur, Feb. 25, 6 or 8pm - Semis @ Villa Maria

Sun, Feb. 28, 2pm - Finals @ Villa Maria

#### Boys' JV Basketball

Mon, Feb. 1, 5pm vs. Niagara Cath Wed, Feb. 3, 5pm @ Nichols Mon, Feb. 8, 5pm @ Cleve-Hill Wed, Feb. 10. 5:30pm @ North Ton Thur, Feb. 18, 6pm vs. Canisius

#### Freshman Basketball

Tues, Feb. 2, 6pm @ Clarence Thur, Feb. 18, 4:30pm vs. Canisius

#### Wrestling

Tues, Feb. 2 @ Gow Sun, Feb. 7, 9am - All-Catholics @ St. Francis

## February 2016 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 - E Day Student Senate 2:30pm Incoming Freshman Registration 6-8pm	2 - F Day SADD 7:30am Curriculum Committee 2:30pm	3 - A Day BBB @ Nichols GBB vs. Nichols	4 - B Day Morning Mass 7:30am No Afterschool Activities	5 No School for Students Faculty/Staff In- service Lancer Auction 6pm	6
	BBB vs. Niagara Catholic	BBowl – Position Round GBowl – All- Catholics FrBB @ Clarence Wrestling @ Gow			No School for Students	
7	8 - C Day	9 - D Day	10 - E Day	11- F Day	12 - A Day	13
Wrestling - All- Catholics @ St. Francis Spirit Week (see page 2 fo details)	Student Senate 2:30pm BBB @ Cleve-Hill GBB vs. Nardin	Donut Day sponsored by Campus Ministry NHS 2:30pm	Special Schedule (Class Meetings / Ash Wednesday Liturgy) Principal's Ad Board 2:30pm	NHS Tutoring 2:30pm Math Club 2:30pm BBowl – All- Catholics	Special Schedule (Carnival) GBB @ Niagara Catholic VarBB vs. Walsh (Senior Night)	
			VarBBB @ North Ton Liturgy Dress Code		Jeans Day	
14	15 No School Presidents Day  No School	16 - B Day Senior "Skip" Day	17 - C Day Special Schedule (Lenten Prayer Service) Faculty/Staff Meeting 2:30pm  GBB vs. Sacred Heart	18 - D Day Morning Mass 7:30am NHS Tutoring 2:30pm  BBB vs. Canisius (tripleheader)	19 No School FOR STUDENTS Faculty/ Staff Retreat VarGBB vs. Buffalo Seminary  No School for Students	20
<b>21</b> BBB – Play-in at Villa Maria	22 - E Day Student Senate 2:30pm  VarGBB @ Christian Central	<b>23 - F Day</b> SOUL 2:30pm GBB vs. O'Hara	24 - A Day VarGBB @ Park	25 - B Day Campus Ministry 2:30pm NHS Tutoring 2:30pm  BBB - Semis at Villa Maria	26 - C Day Lenten Eucharistic Adoration	27 Meat Raffle to benefit Baseball & Softball teams 6pm  GBB - Play-in at Villa Maria
28 BBB – Finals at Villa Maria	29 - D Day Student Senate 2:30pm	1 - E Day SADD 7:30am Curriculum Committee 2:30pm	2 - F Day Lenten Prayer Day  GBB - Semis at Villa Maria	3 - A Day Morning Mass 7:30am NHS Tutoring 2:30pm	4 - B Day Junior Retreat 8am-3pm	5 SAT Testing Day (Redesigned Test) BBowl – State Tournament

## In the February issue of Currents

- Bishop Malone coming on Ash Wednesday
- Meet the three new teachers
- Seussical tickets go on sale February 22
- February Calendar & Menu
- And much more!

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



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## Trying out the new Probeware



Students in AP Biology use the new probeware that St. Mary's recently purchased through the STEAM grant.

Preparing young men and women for college and beyond

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