

CURRENTS

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



Local fourth-graders experience STREAM

On April 4, 11, and 12 St. Mary's High School welcomed fourth-grade students from three area grammar schools to participate in a STREAM Experience. The fourth graders came from St. Mary's Elementary School in Lancaster, Our Lady of the Blessed Sacrament in Depew, and Christ the King School in Snyder.

For the visiting students, the STREAM Experience was divided into three components:

- The fourth-grade students played, tested, and evaluated a series of mathematical video games created by St. Mary's sophomores as part of the school's STEAM Challenge. The games were created using a game-design application called Scratch and were designed to incorporate a story and illustrations to teach a fourth-grade math concept. Mr. Phil Conner, STEAM Coordinator, and Dr. Kirsten Eurenienus, STEAM Assistant, led



Sophomore Andrew Wargo assists students from Our Lady of Blessed Sacrament School as they play a math game he created.

(Continued on page 4)

2016 AP & Senior Exam Schedule

Mon., May 2	Tues., May 3	Wed., May 4	Thur., May 5	Fri., May 6
<p>8:00-11:30 a.m. AP Chemistry</p> <p>See "Senior Exam Notes" on Page 2</p>	<p>8:00-11:30 a.m. AP Computer Science</p>	<p>No Exams</p>	<p>8:00-11:30 a.m. AP Calculus</p> <p>Last Day of Classes for Seniors</p>	<p>8:00-11:30 a.m. AP US History (Juniors)</p> <p>8:00-10:00 a.m. Social Justice II & Soc. Just II / RPM Exam</p> <p>12:00-2:00 p.m. Physics Final Health Final</p>
Mon., May 9	Tues., May 10	Wed., May 11	Thur., May 12	Fri., May 13
<p>8:00-11:30 a.m. AP Biology</p> <p>8:00-10:00 a.m. Intro to College Bio Final Gen Chem Final AP Calculus School Final AP Stats School Final</p> <p>11:00 a.m.-2:00 p.m. Spanish Checkpoint B</p>	<p>8:00-11:30 a.m. AP US Government (Seniors)</p> <p>8:00-10:00 a.m. Economics Final Exam</p>	<p>8:00-11:30 a.m. AP English Language</p> <p>9:30-11:30 a.m. English 12 Final</p>	<p>8:00-11:30 a.m. AP World History</p> <p>9:00-11:00 a.m. Business Law Final</p> <p>12:00-3:30 p.m. AP Statistics</p> <p>12:00-2:00 p.m. Math IVB Final PreCalculus Final</p>	<p>No Exams</p> <p>Special Schedule Moving-Up Ceremony 8-9 a.m.</p> <p>Senior Retreat 9:00 a.m.-3:30 p.m.</p> <p>Seniors need to be in homeroom this day.</p>

Important Dates as Senior Year nears end

With the end of the school year fast approaching, the Administration would like to remind the members of the Class of 2016 and their families of the following important dates:

- Monday, May 2, through Thursday, May 12 – AP Exams (see schedule on page 1)
- Thursday, May 5 – last day of classes for Seniors
- Friday, May 6, through Thursday, May 12 – Senior Exams (see schedule on page 1)

- Friday, May 13 – Closing Ceremonies with Seniors (Parents Welcome) and Senior Retreat (Mandatory)
 - Thursday, May 19 – Prom
 - Sunday, May 22, 10 a.m. – Baccalaureate Mass (Mandatory) & Family Brunch
 - Wednesday, May 25, 9 a.m. – Graduation Rehearsal (Mandatory)
 - Wednesday, May 25, 6:30 p.m. – Graduation (Mandatory)
- More information and complete schedule of events will be available in future mailouts.

Parents invited to Moving Up Ceremony

On Friday, May 13, St. Mary's High School will be holding the Moving Up Ceremony and May Crowning.

The events that day will include special prayers for the seniors as they leave the student body and for the other

classes as they move up in the school community. There will also be a preview of the Senior Video.

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

Attendance Policy for day of the Prom

On May 19, the day of the Prom, Juniors will be taking the Field Test for the U.S. History Regents from 8 to *approximately* 9:30 a.m. This test is *mandatory* for all Juniors, and they must be present for the entire test.

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

Underclassmen who are attending the Prom must be present in school from homeroom through at least the end of 4th period, 10:50 a.m. If they need to be dismissed after 10:50, they must turn in a written notice from their parents to the Attendance Office as soon as they arrive that morning. Any underclassmen who are not in school from 7:53-10:50 a.m. will NOT be allowed to attend the Prom, and no refunds will be made. Any classes missed by underclassmen after 10:50 a.m. will be unexcused absences.

Rev. Rogliano to be Commencement Speaker



Rev. Joseph Rogliano, pastor of the Parishes of St. Mark and St. Rose of Lima in Buffalo and a 1975 graduate of St. Mary's, will be the guest speaker at this year's Commencement Exercises. The Commencement will be taking place on Wednesday, May 25, at 6:30 p.m. at Villa Maria College.

Notes for Senior Exams

- Here are some notes concerning the Senior Exams (schedule on page 1):
- Students only have to be in school for their scheduled exams and all day May 13.
 - The Administration is allowing the Seniors to be in Pride Day Dress for the exams (see Student Handbook for details). If students do not cooperate with this dress code, they will be required to be in Regular Dress Code.
 - Students must turn in their textbooks prior to taking their exam. Failure to do so may result in the students/parents being charged for their replacement.
 - Buses will pick up students at the usual

- time in the morning and leave at the regular time. (Remember – the rest of school will still be in session.)
- Some teachers may offer review sessions at times when students are not taking exams. Students should check with their teachers to see when these review sessions are scheduled.

- If students are at St. Mary's High School when they are not scheduled to take an exam or in a review session, they are required to be in the Library for *quiet study* or the cafeteria. Questions regarding the Senior Exam guidelines and schedule should be directed to Mrs. Kranz.

Iroquois, Cheektowaga families

Attention families in the Iroquois and Cheektowaga Central districts – these districts do not have school on Friday, May 27, for an extended Memo-

rial Day Weekend.

Families are still responsible for transporting students that day, as St. Mary's has school that day.

Spring Fling Tuition Thing is quickly approaching

The Spring Fling Tuition Thing is two weeks away, taking place on Saturday, May 14, from 6 to 10 p.m. at the school.



Pizzeria. Beer samples from local breweries with pop, water, and wine will also be supplied.

- Enjoy live music performed by Jordan

Remember that there are two parts to The Fling:

- With a \$100 “Golden Ticket”, families will be entered in a drawing for full tuition for the 2016-17 school year.
- With a regular \$50 Fling Ticket, purchasers could win cash prizes, similar to the Bash for Cash held in the fall.

With each ticket sold, two people will be admitted to the Fling on May 14. At this event, in addition to the cash and tuition drawings, guests will be able to:

- Sample food from Frank’s Bar & Grille, Bobby J’s Italian American Grille, Buffalo’s Best Grill, and Brando’s

Hokaj and Victoria Cueva of the Class of 2008 and by Eddy Jagiello of the Class of 2001 with his band “Famous Fred and the Creatures UnKnown”!

Winners do not have to attend the May 14th event to win the prizes.

Congratulations to the early bird winneroe Knopse! His daughter is Ellen Knopse and will be attending St. Mary’s High School in the Fall.

For more information or for tickets, contact the Advancement Office at (716) 683-4824, ext. 223 or Julie Wipperman at jwipperman@smhlancers.org.

Dates for Chromebook distribution set

The Principal’s Ad Board recently set the dates for the distribution of Chromebooks for the 2016-17 school year:

- Tuesday, Aug. 16 – Class of 2017 and families with multiple students
- Thursday, Aug. 18 – Class of 2020
- Tuesday, Aug. 23 – Class of 2018
- Thursday, Aug. 25 – Class of 2019

Please note that students and parents must attend.

More information will be coming soon.

Registration for Summer Driver Ed now available

St. Mary’s High School offers a Driver Education Program that is open to students from local high schools as well as students from St. Mary’s High School. Working with Buffalo Driving School, the Driver Education program is offered three times throughout the year: fall, spring, and summer. The summer session will begin on July 6, and continue through August.

The New York State Education Department requires that each student attend 24 hours of classroom instruction. Also, students must attend 24 hours of in-car instruction. One-and-a-half hour driving labs are available at various times in the Driver Education vehicles. Students select the schedule that works best for them.

Completion of this course also satisfies the 20-hour graduated license requirement.

The cost for the program is \$475 per student. Registration materials are available by going to the St. Mary’s website, www.smhlancers.org, and clicking on Driver Ed.

Questions regarding the program may be directed to Mr. Rob Cavallari at rcavallari@smhlancers.org.

Work Program Registration – May 16

Many families have contacted St. Mary’s regarding the Work Program, in which students can assist with summer projects while earning tuition credit.

This summer, we will have three two-week work sessions – July 5 to 15, July 18 to 29, and August 1 to 12. Please note that this is a two-week commitment on the student’s part; weeks can not be moved around or traded.

Registration for the program takes place on-line only. ***Please note that applications for this year’s program will be available on the St. Mary’s website beginning on May 16 at 9 a.m.***

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

– Notes from the Health Office – Did you miss the physicals?

Sports physicals were offered at St. Mary’s High School in March. Student athletes who chose not to have a physical at school or were absent on the day of physicals are responsible to have a purple physical form completed by the student’s doctor. This form MUST be on file in the Health Office by August 1.

Failure to comply will result in not

being able to start practice with the rest of the team.

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

Those who have any questions should contact Mrs. Murphy, the school nurse, at 683-4824, ext. 220 or bmurphy@smhlancers.org.

STREAM *(continued from page 1)*

the St. Mary's students in the game development.

- Mr. Paul Meyerhofer, St. Mary's Technology Coordinator, gave a demonstration of the school's 3D printers, allowing the students to see how students come up with a design before printing. The students received a 3D-printed token to take back to their schools.
- Members of the 12th grade Social Justice classes met with the grade-school students for a mini-religious workshop, allowing the students to explore more about their faith in a fun and interactive way. Religion teacher Mrs. Cindy Powers coordinated the workshop which included religious-based crafts and games.

"I love demonstrating 3D capabilities to the students who will possibly be using this technology in their future schooling and in their careers," said Mr. Meyerhofer. "They really enjoy watching the 3D printer."

"I think this was a great experience for our Seniors," said Mrs. Powers. "I think that the 12th graders got as much out of the program as the fourth graders did. I was very proud of my students."



Seniors Sam Horton and Shannon Watson demonstrate a craft to the students from Christ the King School in Snyder.

The responses from the visiting students were universally positive: "My favorite game was the Space Game, but all the games were very impressive." "I want a 3-D printer for our school." "I hope to become a St. Mary's computer genius." "I had so much fun."

STREAM (Science, Technology,

Religion, Engineering, Art, and Math) is an initiative to encourage students to explore these academic areas. At St. Mary's, this has resulted in the creation of Sophomore STEAM Challenges, a series of hands-on activities. So far this year, St. Mary's sophomores have completed STEAM Challenges in Egg-o-nauts, Wind Turbines, and Balsa-wood Bridges.

The St. Mary's STEAM Challenge 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.



Students from St. Mary's Elementary School in Lancaster are mesmerized by the 3-D printer that Mr. Meyerhofer demonstrates.

Students receive CPR / AED Training

Every student to be trained every year

Members of the Lancaster Volunteer Ambulance Corps (LVAC) recently were at St. Mary's High School training students in the hands-on procedure of CPR (Cardiopulmonary resuscitation) and providing basic information on the proper use of an AED (*automated external defibrillator*) machine.

According to John Adolf, the CPR Coordinator of LVAC and a 1977 graduate of St. Mary's, his organization has been promoting the hands-on procedure to area

civic and community groups. "The more people who are aware of the procedure, the better the chance of survival" of someone who is having a heart attack, Mr. Adolf said. "We have gone to schools, churches, and other organizations to teach them this procedure that everyone can do."

Mr. Adolf said that they have taught the class to the sophomores at Lancaster High School, but at St. Mary's all students are receiving the training through the Physical Education and Dance classes.

Mark Rzemek, the St. Mary's physical education teacher, reached out to LVAC about bringing the program to St. Mary's.

"The CPR training our students are receiving is something that can benefit them for the rest of their lives," Mr. Rzemek said. "You never know when you will be in a situation where you will have to call on the training you have received. The CPR training our students are receiving is invaluable."

"This came about because of the New York State regulations that all students have to be trained in CPR and AED before they graduate," added Principal Mrs. Rebecca Kranz. "We are going to train all students every year, so that by the time they graduate, they will have received the

training four times."

More information on the hands-on CPR procedure is available by going to www.redcross.com.



John Adolf, the CPR Coordinator of LVAC and a 1977 graduate of St. Mary's, discusses the fundamentals of CPR with the St. Mary's students



Sophomore Heather Gotro practices what she has learned on the patient simulator.

~ A Mission Moment ~

The mission of St. Mary's High School is the formation of the Christian leaders of tomorrow using a curriculum designed to challenge the intellect, and form the student's character by giving witness to the teachings of Jesus Christ. Each St. Mary's graduate is prepared with the background and skills to be a faithful disciple of Christ, a productive learner, an effective communicator, and a responsible citizen.

* * *

Recently, the St. Mary's Faculty &

Staff were asked to consider the question, "Why St. Mary's?"

Here are two more answers.

"St. Mary's is family: a place for unconditional love, a place to grow in knowledge, faith and acceptance daily; a place to give, share and make connections with faculty, students, peers, etc.; a place to call home." ~ Linda Aures (Science Dept.)

"Because I love it! Strong traditions - great students! I love what I do." ~ Kathy Walh-Henshaw (Science Dept.)



**Monday, June 27
at the Lancaster
Country Club**

*For more information and
for a registration form
go to www.smhlancers.org*

Students elect leaders for next year

The students of St. Mary's High School recently elected their student leaders for the 2016-17 school year:

Student Senate

- President – Collin Tytka
- Vice President – Caitlyn Meyer
- Treasurer – Emily Bookmiller
- Secretary – Shannon Murty
- Chaplain – Andrew Wargo



Collin Tytka



Caitlyn Meyer



Emily Bookmiller



Shannon Murty



Andrew Wargo

Senior Class

President – Asia Alexander

Vice President – Anna Heerdt
Secretary – Nathan Waley

Treasurer – Alex Paul
Homeroom Representatives – Grace Fuller, Kathryn Vogl, Sydney Zajac, Jill Greene, Stephanie Hossenlopp

Jordan Hokaj '08 inducted into Performing Arts Hall of Fame



Jordan Rose Hokaj '08 received her Hall of Fame Trophy from Mrs. Kranz.



Jordan performs with her brother Alex, a senior.

Junior Class

President – Shae Antonicelli
Vice President – Ryan Tytka
Secretary – Rachel Cichocki
Treasurer – Stephanie Baran
Homeroom Representatives – Erin DiPirro, Dino Fudoli, Emily Pijacki, Julia Soluri, Matt MacDonald

Sophomore Class

President – Caitlin Bish
Vice President – Joshua Weiss
Secretary – Susan Romance
Treasurer – Julia Hartloff
Homeroom Representatives – Emily Renkas, Emily Sierk, Bridget Vogl, Jayden Zajac, Bridget Mazurowski

Fundraising

WHILE YOU **Shop**



St. Mary's SCRIP Program








Home Sweet Home – China

By Mr. Gary Schulenberg
Librarian

Have you ever wondered where our SMHS Chinese students come from? I know they come from China, but where specifically?

Insofar as China is the world’s third largest country and has similar latitudes as the U.S. (but different longitudes), China’s climate types are as varied as ours. As a consequence of China’s mountainous, desert, and unarable lands, most of its population is in the eastern third of East

Asia, especially along the coast. Therefore, it is not a surprise that most of our Chinese students come from these populated regions.

What is somewhat unexpected is that they live in cities running from the north to the south – think Maine to Florida. Most of their homes are in major metropolitan areas.

Miss Li, our Assistant Teacher for the International Program, and Mr. Schu created a map of China and identified the home cities of each of our international students. It is exhibited in the Library and has drawn the attention of many people. Later renditions of this will include pictures of their actual homes and highlights of the cities.



The map in the Library shows what part of China the international students are from.

St. Mary’s High School

May 2016

Counseling Corner

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

End of school year can be stressful

Your teen has an English test tomorrow. His history paper is due next week. The math teacher just assigned a huge group project. And your teen has a summer job interview this weekend. No wonder he’s stressed!

The end of a school year is often a time when students feel overwhelmed. And, since stressed teens are rarely at their best, that can lead them to perform below their capabilities.

The good news is that there are ways you can help your teen deal with any stress that comes this time of the year. You can:

- Listen to him. Sometimes, just giving your teen a chance to let off steam can be helpful. Don’t try to “fix” his problems. Just let him talk and

really listen to him.

- Encourage him to find solutions. Ask questions to help him figure out ways to work through the problem. Has he created a study schedule? Is it possible to reschedule his interview? He’s more likely to stick with a solution if he’s the one who

developed it.

- Teach him some stress relievers. Taking a few deep breaths before an exam or a job interview can make him feel more in control. A brief walk outside can help him regain his focus. Eating a healthy snack
(Continued on page 12)

Summer is time to restock “tool box”

A mechanic would never work on a car without a set of tools. Yet some parents send teens into the world without a “toolbox” of life skills.

The summer months are a great time to focus on important skills, such as:

- Responsibility. Give your teen respon-

sibility for a few areas of her life this summer. If she hasn’t had experience managing finances, help her set up her own bank account.

- Thinking ahead. Your 17-year-old may
(Continued on page 15)

Ryan Tytka wins first Quarto Tournament

By Mr. Paul Meyerhofer

Moderator, Board Gaming & Computer Club

As a member of the Board Gaming and Computer Club, sophomore Jacob Was introduced the group's members to a game called Quarto. It is a game similar to Tic-Tac-Toe, but more difficult to play.

Each playing piece must be described using four characteristics: Black/White, Short/Tall, Round/Square, and Dimpled/Flat.

The playing surface is 4x4, and you win by getting the same characteristics either horizontally, vertically, or diagonally. For example, you could win by having four flat pieces horizontally and they do not need to all be the same color, height, or shape.

A round-robin tournament was started in December 2015 with 11 players compet-



Ryan Tytka makes a move in his *Quarto* game against Nick Kobis as Mr. Meyerhofer and Austin Calkins look on.

ing. After a few months, the top eight players began a single-elimination tournament.

The eventual champion was Ryan

Tytka, whose only blemish to a perfect record was a tie game against Nick Kobis. Congratulations to all members who competed.



Campus Ministry



What does Pente-Cost?

Unlike Julius Caesar who was warned to beware of the "Ides of March," we don't have to fear the "Ides of May."

On May 15th, the Church celebrates the Feast of Pentecost, an end and a beginning. Pentecost marks the formal end of the Easter season and the beginning of the Church. It is often referred to as the birthday of the Church. When the Holy Spirit descended upon the Apostles, their lives changed. The fearful, dejected, and depressed followers of Christ became brave, inspired, and "fiery" proclaimers of the "good news."

We are blessed and graced by this same Spirit. The sacrament of Confirmation formally celebrates this "personnel pentecost." In Baptism, the community asks that the child be given the gift of faith and accepts the responsibility and challenge to teach, by word and deed, what it means to be a Catholic Christian. Confirmation reinforces and empowers this learning. Those who are confirmed acknowledge that they have experienced the presence of the Trinity. They commit to being responsible for their own growth and maturity in a life of faith.

Many important stages in life are marked with gifts, and Confirmation is no different. The seven gifts of the Holy Spirit (wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord) are bestowed on the individual, as on that first Pentecost. It takes a lifetime to unwrap, appreciate, and share them.

What does Pente-cost? It costs a personnel decision to be open to the Holy Spirit, His presence, and His presents. When the Bishop makes the sign of the cross on the forehead of one being confirmed, he prays, "Be sealed with the gifts of the Holy Spirit." It's a new beginning.

Benedicat vos omnipotens Deus. twf+

* * *

Members of the St. Mary's community are invited to join us for the following masses in May:

- Thursday, May 5, 1 p.m. – Ascension Thursday (at Our Lady of Pompeii Church)
- Thursday, May 19, 7:30 a.m.

**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

Congratulations, Third Quarter Honor Roll Students

Top five Seniors



Kendra Ciezki Carolyn Kidder Hanna Streck Jack Hathaway Madison Fermo

Top five Juniors



Victoria Jankowski Daniel Cress Marissa Loniewski Kathryn Vogl Anna Heerd

Senior 1st Honors	Emma Winiarski	Caitlyn Meyer	Kristen Barczykowski	Sarah Hapeman	Madelynn Stearns
Garrett Braniecki	Madeline Wnuk	Faith Meyers	Emily Bookmiller	Daniel Hatfield	Alyssa Strimple
Austin Calkins	Alyssa Zirnheld	Savannah Meyers	Eric Brown	Annaliese Hirsch	Emersyn Szczesniak
Olivia Carl		Alex Paul	Gabrielle Burkard	Chloe Isbrandt	Emma Trapper
Joelle Cianciosa	Senior 2nd Honors	Andrea Seeloff	Rachel Cichocki	John Kandler	Matthew Vallone
Kendra Ciezki	Jennifer Baran	Alexander Stegmeier	Onalee Duane	Jessica Kozminski	Bridget Vogl
Bailey Dolegowski	Bradley Berchou	William Story	Blake English	Antonino Marino	Austin Walsh
Madison Fermo	Anna DiDomenico	Collin Tytko	Jacob Fay	Danielle Norton	Tara Wanat
Lisa Gali	Mitchell DiPirro	Kathryn Vogl	Christina Federico	Alicia Pacer	Jacob Wilk
Helen Gibson	Allyson Fischer	Brittany Wachowski	Maria Fontaine	Kyle Schaffstall	Toriann Wipperman
Victoria Gorny	Alexander Hokaj	Sydney Zajac	Heather Gotro	Kylie Wagner	Caroline Zanghi
Christopher Gresham	Samuel Horton	Sai Frida Zheng	Ander Jankowski	Jacob Winiarski	
Jia Wei Jimmy Gu	Maddisen Irish		Nicole Kruse	Shala Wright	Freshmen 2nd Honors
Ann Hamilton	Ethan Krygier	Junior 2nd Honors	Zackary Laistner		Alexander Bellet
Jack Hathaway	Tianyi Gary Li	Campbell Amatura	Veronica LaPort	Freshmen 1st Honors	Raeanne Conrad
Bridget Herod	Kaila MacKay	Gina Appenheimer	Sophie May	Anna Almeter	Alexander Denz
Ashley Junik	Brendan McKeating	Elizabeth Bakeman	Benjamin Mazurowski	Caitlin Bish	Conor Dunne
Carolyn Kidder	Nina O'Scier	Joseph Barberio	Shannon Murty	Ethan Craddock	Francesco Gallo
Nicholas Kobis	Joseph Stoj	Alexandra Bielli	Chelsea Okon	Ashley Cruz	Nicole Gorny
Jessica Kranz	Isabel Van Remmen	Alexandria Deguire	Marysia Paradis	Carilyn Duke	Alyssa LaMartina
Gabrielle Mauro	Genevieve Zajac	Amaya Devers	Summer Slade	Madelyn Ellison	Cole Laskowski
Leah May	Evan Zaprzal	Jenna Erwin	Julia Soluri	Sarah Fillion	Ryan Lent
Mikala McCartney	Nicholas Zito	Samantha Grabski	Jessa Syracuse	Hongru Jerry Guo	Santo Lima
Erica Michalski	Kevin Zolnowski	Jill Greene	Ryan Tytko	Julia Hartloff	Cole Murray
Katherine Netti		Tianjingjing Karen He	Jillian Vitale	Joyce Hunziker	Arianna Palmer
Caliegh Passucci	Junior 1st Honors	Erin Hufford	Yixuan Sally Wan	Saige Maniscalco	Sarah Rickettson
Julie Pijacki	James Ando	Kaitlyn Kowalewski	Andrew Wargo	Bridget Mazurowski	Olivia Rodriguez
Jennifer Piskor	Alexander Bish	Yifei Peter Li	Jacob Was	Athena Mohamed	Emily Sierk
Victoria Powell	Orion Bonghi	Jack Mulcaire	Madeline Was	Emily Molnar	Arielle Tyrpak
Kayla Prentki	Charles Bristol	Stephanie Nemmer		Hannah Mulhern	Joshua Weiss
Grace Pyszczyk	Daniel Cress	Zachery Penksa	Sophomores 2nd Honors	Brady O'Brien	Jayden Zajac
Jessica Ratigan	Mark Cronmiller	Kristi Smith	Ziyao Zain Ai	Nicholas Pronobis	Nicole Ziolkowski
James Roetzer	Joshua Fontaine	Haley Wipperman	Scott Brown	Brianna Propis	
Jonathan Rowe	Grace Freeman		Joshua Ciesielski	Emily Renkas	
Allison Rusinski	Grace Fuller	Sophomores 1st Honors	Matthew Ciezki	Olivia Rivarola	
Andrew Salamone	Anna Heerd	Kelsie Allen	Lucas Cousins	Susan Romance	
Hanna Streck	Stephanie Hossenlopp	Shae Antonicelli	Erin DiPirro	Matthew Rosinski	
Megan Vogel	Victoria Jankowski	Stephanie Baran	Joseph Flading	Payton Stachewicz	
Regan Weiss	Marissa Loniewski				

Top five Sophomores



Chelsea Okon Shannon Murty Ryan Tytko Rachel Cichocki Jillian Vitale

Top five Freshmen



Caitlin Bish Julia Hartloff Hannah Mulhern Sarah Fillion Matthew Rosinski

Guest speakers visit Mrs. Connelly's classes



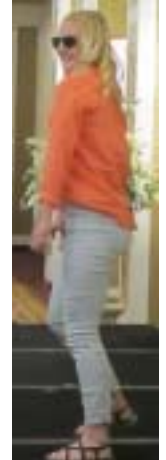
Mrs. Connelly's senior classes has had several guest speakers visiting this past month including Officer Mark DiPirro from the Lancaster Police Department, Mr. Christopher Gresham, Assistant District Attorney in Erie County, and Mrs. Lisa Florczak, owner and operator of Ice Bikes and Water Bikes of Buffalo.



Lancer Parent Partnership



Denim & Diamonds – Fashion Show 2016



A lot is happening at St. Mary's



Kaila MacKay reads her poetry to classmates during a Poetry Breakfast provided by Mr. Mauro.



Representatives from CleanSlate and 43 North talk to Mr. Herr's Leadership Class about the startup community in Buffalo.



The AP Government students in front of the White House during their weekend trip to Washington, D.C.



Carrie Kidder, Joelle Cianciosa, and Kendra Ciezki dissecting a shark in AP Biology.



Mrs. Junik, Mr. Junik, Mr. Conner, and Mr. Ard won the Lancaster Foundation Trivia Contest with the question "What director was nominated for the most Oscars?" St. Mary's graduate Matt Walter was the emcee of the contest. (Answer: John Ford.)



Father Jerome Sullivan recently spoke to Mrs. Battaglia's New Testament class about the parable of the Prodigal Son.

Four sign Letters of Intent



Christopher Greshman commits to play baseball at Clarion University.



Alyssa Zirnheld signs a Letter of Commitment to play volleyball at Mercyhurst University.



Bailey Dolegowski and Jessica Kranz sign to play volleyball at Daemen College.



Students/Teacher of the Month of March



Jennifer Piskor



Campbell Amatura



Onalee Duane



Susan Romance



Ms. Heather Ruhland

Stressful

(continued from page 7)

will give him energy to keep going. But he should avoid high-caffeine energy drinks. They will only make him feel more agitated.

Make sure he gets plenty of sleep. Your teen needs sleep in order to be at his best. A lack of it only heightens the effects of stress.

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Charles Planz named new girls' Cross Country / Track coach

The St. Mary's Athletic Department is pleased to announce that Charles Planz has been named the new Girls' Cross Country / Track Coach at the school.

Mr. Planz has 45 years of experience coaching cross country and track on a high school level. For 37 years he coached in the William Floyd School District on Long Island, leading teams to championships in Suffolk County and top finishes in the New York State Championship Meet (fourth in 2001 and eighth in 2000).

For the past eight years he has coached at Immaculata Academy in Hamburg. His teams have won the Msgr. Martin Track and Field Championship the last six years and the Cross Country Championship in five of the last six years. In addition, nine of his athletes have received scholarships to attend Division I colleges.

Mr. Planz and his wife Geraldine live in Derby. They have three children: Kristin,

Informational meeting May 11

There will be an Informational Meeting regarding Girls' Cross Country on Wednesday, May 11, at 7 p.m. in the school Cafeteria.

This meeting is for anyone interested or curious about running. Please come and ask your parents to come and meet the Coach, ask questions, and meet other experienced runners.

For more information, contact Mr. Kelleher at 683-4824, ext. 249 or kkelleher@smhlancers.org.

Kieran, and Kevin.

"I am excited to be resurrecting a Cross Country Program at St. Mary's," Coach Planz said. "Although the process of starting from the ground up is a little overwhelming, I look forward to watching the development of the program, as well as the individual development of our athletes. I am hopeful that I will be able to mimic the program I established at Immaculata Academy and bring the same stories of success to St. Mary's.

"I am both anxious and excited to begin this program," he continued. "I look

forward to developing these young ladies into strong, dedicated, and motivated individuals both on and off the course. I am truly thankful to be given this opportunity."

Coach Planz said the quote for his team and himself is, "You have to believe."

"We are very excited that Coach Planz will be joining the Lancer athletic program," said Steven Grieco, St. Mary's athletic director. "His experience, his enthusiasm, and his dedication to Cross Country and girls' Track are sure to help the St. Mary's programs grow."

2015-16 Spring Sports Schedules

Varsity Softball

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

- Tues, May 3 vs. Nardin
- Fri, May 6 @ Sacred Heart (Shoshone)
- Tues, May 10, 4:30pm @ Eden
- Wed, May 11 @ Immaculata (Hilbert)
- Fri, May 13 vs. Nichols
- Sat, May 21 – Quarterfinals
- Mon, May 23 – Semifinals
- Wed, May 25 – Finals
- Tuesday, May 31 – States

JV Baseball

All games begin at 4:15pm unless noted.

- Wed, May 4 vs. Canisius Gold
- Thur, May 5 vs. St. Joe's Maroon
- Fri, May 6, 4:30pm @ St. Joe's White
- Mon, May 9 @ Niag Catholic
- Tues, May 10 @ Canisius Gold
- Fri, May 13, vs. St. Francis White
- Tues, May 17 vs. O'Hara
- Wed, May 18 vs St. Joe's White
- Fri, May 20 vs. Canisius Blue
- Mon, May 23 @ O'Hara
- Tues, May 24 vs. Niag Catholic

Girls' Lacrosse

All games begin at 4:15pm. Home games are played at Westwood Park

- Mon, May 2 @ Mt. Mercy (Pierce Field)
- Tue, May 3, 4:30pm @ Springville
- Wed, May 4 @ Mount St. Mary's (Phillip Sheridan)
- Thur, May 5 vs. Mt. Mercy
- Fri, May 6, vs. Immaculata
- Tue, May 10, 4pm @ Nardin (Pierce Field)
- Mon, May 16 vs. Sacred Heart
- Wed, May 18 vs. Buff Seminary
- Tues, May 24 – Semifinals
- Thur, May 26 – Finals

JV Softball

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

- Mon, May 2 @ Christian Central
- Tues, May 3 vs. Nardin
- Fri, May 6 @ Sacred Heart (Shoshone)
- Mon, May 9 vs. Christian Central
- Fri, May 13 @ Mt. St. Mary's (Northtown)

Varsity Baseball

All games begin at 4:15pm unless noted

- Mon, May 2 vs. Timon
- Wed, May 4 @ Timon
- Fri, May 6 vs. O'Hara
- Sat, May 7, 12 noon vs. Frewsburg
- Mon, May 9 @ O'Hara
- Wed, May 11 vs. St. Joe's
- Fri, May 13, 4:30pm @ St. Joe's
- Thurs, May 19, 4:30pm – Quarterfinals
- Sat, May 21, 1pm – Semifinals Game 1
- Sun, May 22, 1pm – Semifinals Game 2
- Mon, May 23, 4:30pm – Semifinals Game 3 (if necessary)
- Thur, May 26, 4pm – Finals Game 1 (Coca-Cola Field)
- Fri, May 27, 4pm – Finals Game 2 (Coca-Cola Field)
- Sat, May 28, 4pm – Finals Game 3 (if necessary) (Coca-Cola Field)

Track

- Boys – Wed, May 4, 4:30pm, vs. Canisius / Timon (Canisius)
- Girls – Wed, May 4, TBD vs. Sacred Heart / Mt. Mercy (TBD)
- Boys & Girls – Wed, May 11, TBD vs. O'Hara (TBD)
- Boys & Girls – Mon, May 16, 5pm – All-Catholics (St. Francis)
- Boys & Girls – Tue, May 17, 5pm – All-Catholics (St. Francis)
- Boys & Girls – Sat, May 28, 9am – CHSAA Qualifier (Icahn Stadium, NYC)

Tennis

- All games begin at 4:15pm unless noted. Home matches are played at Como Park*
- Tue, May 3 vs. Nardin
 - Thur, May 5 vs. Niagara Catholic
 - Tue, May 10 @ Park
 - May 14 & 15 – All-Catholics (time and location TBD)

Sports Boosters Lottery Raffle for June, July & August!
More information coming soon!



May 2016 Menus

Chef Manager – Tristan Hall

(Please note – menus are subject to change)



— Breakfast —

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Sandwich <i>Fruit Cup (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	3 Bacon, Egg & Cheese Bagel <i>Hash Brown Patty (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	4 Breakfast Flatbread (wg) <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	5 Ham & Egg on Brioche <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	6 French Toast Sticks with Syrup (v/wg) <i>Tator Tots (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
9 Sausage & Egg Biscuit <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	10 Breakfast Pizza <i>Tator Tots (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	11 Sausage, Egg & Cheese Bagel <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	12 French Toast Sticks with Syrup (v/wg) <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	13 Breakfast Sandwich <i>Hash Brown Patty (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
16 Bacon & Egg Biscuit <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	17 Breakfast Burrito <i>Homefries (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	18 Breakfast Sandwich <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	19 Sausage, Egg & Cheese Muffin <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	20 No School
23 Ham, Egg & Cheese on Kaiser Roll <i>Fruit Yogurt (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	24 Bacon, Egg & Cheese Muffin <i>Homefries (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	25 Ham, Egg & Cheese Flatbread <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	26 French Toast Sticks with Syrup (v/wg) <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	27 Sausage, Egg & Cheese on Brioche (v/wg) <i>Hash Brown Patty (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
30 No School	31 Breakfast Pizza, Sausage Links <i>Fresh Fruit (v)</i> Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)			

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).

— Lunch —

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Mac & Cheese <i>Seasoned Broccoli (v)</i> <i>Fruit Yogurt (v)</i>	3 *Chicken Fiesta Wrap with Cilantro & Sour Cream <i>Tortilla Chips with Salsa (v)</i> <i>Mexican Rice (v)</i>	4 Assorted Meat Deli Bar (Turkey, Ham, *Tuna, *Egg Salad) <i>Potato Chips</i> <i>Vegetable Medley (v)</i>	5 Spaghetti & Meatballs in *Marinara Sauce (whole grain pasta available) <i>Bread Stick (v)</i> <i>Italian Vegetables (v)</i>	6 *Chicken Souvlaki on Flatbread <i>Veggies with Hummus</i> (v) <i>Fruit Cup (v)</i>
9 Chicken Fingers <i>Glazed Carrots (v)</i> <i>Fruit Yogurt (v)</i>	10 Savory Beef Fajitas (whole grain tortilla available) <i>Fiesta Rice (v)</i> <i>Mexican Corn (v)</i>	11 *Deluxe Chicken Caesar Salad Bar <i>Prince Edward Vegetables (v)</i> <i>Fruit Cup (v)</i>	12 Bacon Cheeseburger (whole grain bun available) <i>Steak Fries (v)</i> <i>Fruit Yogurt (v)</i>	13 *Fish Sandwich on a Bun with Tartar Sauce (whole grain roll available) <i>Coleslaw (v)</i> <i>Fruit Cup (v)</i>
16 Pulled Pork Sandwich on whole grain roll with Coleslaw <i>Baked Beans (v)</i> <i>Marinated Vegetables (v)</i>	17 Taco Tuesday – Beef or Chicken Tacos <i>Tortilla Chips with Salsa (v)</i> <i>Garden Salad (v)</i>	18 *Creamy Chicken Alfredo <i>Bread Stick (v)</i> <i>Vegetable Medley (v)</i>	19 Assorted Pizza (Cheese & Pepperoni or Vegetable) <i>Tator Tots (v)</i> <i>Fruit Yogurt (v)</i>	20 No School
23 Cheesy Grilled Cheese with Tomato Soup <i>Potato Chips</i> <i>Mixed Vegetables (v)</i>	24 St. Mary's Taco Salad with Beef or *Chicken <i>Mexican Rice (v)</i> <i>Roasted Vegetables</i> (v)	25 *Penne Pasta with Meat Sauce <i>Seasoned Green Beans (v)</i> <i>Rice Pilaf (v)</i>	26 *Chicken Patty (whole grain buns available) <i>Tator Tots (v)</i> <i>Roasted Broccoli (v)</i>	27 *BBQ Chicken <i>Wild Rice (v/wg)</i> <i>Vegetable Medley (v)</i>
30 No School	24 Fiesta Dinner <i>Spanish Rice (v)</i> <i>Southwestern Vegetables (v)</i>			

May 2016 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 - F Day AP Chemistry Exam (AM) Student Senate 2:30pm <i>VarBB vs. Timon</i> <i>JVSB @ Christian Central</i> <i>GLax @ Mt. Mercy</i>	3 - A Day AP Comp Sci Exam (AM) SADD 7:30am Curriculum Committee 2:30pm <i>GLax @ Springville</i> <i>Tennis vs. Nardin</i> <i>SB vs. Nardin</i>	4 - B Day Pride Day <i>VarBB @ Timon</i> <i>JVSB vs. Immaculata</i> <i>BTrack vs. Timon/Canisius</i> <i>GTrack vs. Sacred Heart / Mt. Mercy</i> <i>GLax @ Mt. St. Mary's</i> <i>JVBB vs. Canisius</i>	5 - C Day PM Liturgy Schedule (Ascension Thursday) AP Calculus Exam (AM) Last Day of Classes for Seniors NHS Tutoring 2:30pm Friends & Family Referral Fiesta 4-7pm <i>JVBB vs. St. Joe's</i> <i>Tennis vs. Niag Cath</i> <i>GLax vs. Mt. Mercy</i>	6 - D Day AP US History Exam (AM) Senior Exams <i>VarBB vs. O'Hara</i> <i>SB @ Sacred Heart</i> <i>Track @ Pembroke</i> <i>Invitational</i> <i>JVBB @ St. Joe's</i> <i>GLax vs. Immaculata</i>	7 SAT Testing Day (Redesigned Test) <i>VarBB vs. Frewsburg</i>
			Pride Day	Liturgy Dress Code		
8	9 - E Day AP Biology Exam (AM) Senior Exams Student Senate 2:30pm <i>VarBB @ O'Hara</i> <i>JVSB vs. Christian Central</i> <i>JVBB @ Niag Cath</i>	10 - F Day AP American Government Exam (AM) Senior Exams NHS 2:30pm <i>VarSB @ Eden</i> <i>GLax @ Nardin</i> <i>JVBB @ Canisius</i> <i>Tennis @ Park</i>	11- A Day AP English Language Exam (AM) Senior Exams Principal's Ad Board 2:30pm <i>VarBB vs. St. Joe's</i> <i>SB @ Immaculata</i> <i>Track vs. O'Hara</i>	12 - B Day AP World History Exam (AM) AP Statistics (PM) Senior Exams NHS Tutoring 2:30pm Math Club 2:30pm	13 - C Day Special Schedule (Moving Up Ceremony) Senior Retreat 9am-3pm <i>VarBB @ St. Joe's</i> <i>VarSB vs. Nichols</i> <i>JVBB vs. St. Francis</i>	14 Spring Fling Tuition Thing 6-10pm <i>Tennis - All-Catholics</i>
15 <i>Tennis - All-Catholics</i>	16 - D Day Student Senate 2:30pm <i>Track - All-Catholics</i> <i>GLax vs. Sacred Heart</i>	17 - E Day <i>Track - All-Catholics</i> <i>JVBB vs. O'Hara</i>	18 - F Day Faculty/Staff Meeting 2:30pm <i>GLax vs. Buff Sem</i> <i>JVBB vs. St. Joe's</i>	19 - A Day Morning Mass 7:30am Campus Ministry 2:30pm Prom 6:30-11pm <i>VarBB - Quarterfinals</i>	20 No School Administrative Day <i>JVBB vs. Canisius</i>	21 Chris Griswold Memorial Run/Walk - Fun Run/Walk 10am - 5K Run 10:30am <i>VarBB - Semifinals Game 1</i> <i>VarSB - Quarterfinals</i>
					No School	
22 Baccalaureate Mass & Senior Family Brunch 10am at Salvatore's <i>VarBB - Semifinals Game 2</i>	23 - B Day Student Senate 2:30pm <i>VarBB - Semifinals Game 3 (if necessary)</i> <i>VarSB - Semifinals</i> <i>JVBB @ O'Hara</i>	24 - C Day <i>GLax - Semifinals</i> <i>JVBB vs. Niag Cath</i>	25 - D Day Graduation Rehearsal 9am Graduation 6:30pm <i>VarSB - Finals</i>	26 - E Day NHS Tutoring 2:30pm <i>VarBB - Finals Game 1</i> <i>GLax - Finals</i>	27 - F Day <i>VarBB - Finals Game 2</i>	28 <i>VarBB - Finals Game 3 (if necessary)</i> <i>Track - CHSAA Qualifier</i>
29	30 No School Memorial Day No School	31 - A Day Curriculum Committee 2:30pm <i>VarSB - States</i>	1 - B Day Algebra II Common Core Exam Principal's Ad Board 2:30pm	2 - C Day NHS Tutoring 2:30pm	3 - D Day	4 SAT Testing Day (Redesigned Test)

Sleep (continued from page 7)

not know what she wants to do as an adult. But a summer job (even if it's unpaid) can help her figure it out.

- Self-reliance. Some kids come home from

college with a month's worth of laundry. Be sure your teen knows how to care for her clothes. Also teach her to prepare simple meals.

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and older
to attend

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of tickets
1,500

**24th Annual
Chris Griswold Memorial
5K Race & 1 Mile Fun Run**
to benefit the St. Mary's High School Athletic Dept.

Saturday, May 21 • Como Park
10am - Walk/Fun Run • 10:30am - 5K Race
To sign up, go to smhlancers.org