

# CURRENTS



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

## Cichocki family missions to Dominican Republic

By Rachel Cichocki '18, Miranda Cichocki '20, Connor Cichocki '23, Mrs. Dianna Cichocki, & Dr. Jason Cichocki

This past summer, my family and I embarked on our very first mission trip to the Dominican Republic.

Along with other members from CenterPointe Community Church, we traveled for a week in August, to serve with SCORE International. Our mission was to reach out and be the body of Christ for those in need. Our main focus was to share the Gospel wherever we went. We shared the Gospel in words and actions by serving in areas such as vacation Bible school in remote villages, working with children in orphanages, visiting a nursing home, several work projects, and providing food to families.

The Monti Cristi Nursing Home and Casa de Luz (House of Light – an orphanage for severely handicapped children) are



*Rachel Cichocki (NFVB shirt) and Maranda (St. Mary's shirt) participate in a discussion while on the mission trip to the Dominican Republic.*

two of the ministries that we served. Our purpose was to love them and provide loving physical touch. The elderly at the nursing home and the children at the orphanage are there because no one else

will care for them. We brought the love of Jesus to them and prayed that others

*(Continued on page 9)*

### Date Change for First Quarter Follow-Up

Due to the Senior Class Trip and the school-sponsored College Tour weekend, it has been decided that the date of First Quarter Follow-Up will be changed. New date will be **Tuesday, November 22**. First-quarter report cards may be picked up from 5 to 7 p.m.; teachers will be available during this time for brief meetings.

Those with questions regarding the First Quarter Follow-Up should contact Mr. Junik at [kjunik@smhlancers.org](mailto:kjunik@smhlancers.org).



*Rachel and Maranda Cichocki with one of the people they met during the mission.*

## Celebrating Chinese Moon Festival

Thursday, Sept. 15, was the date of the Mid-Autumn (Moon) Festival in the Chinese Culture.

The Mid-Autumn Festival is held on the 15th day of the eighth month in the

Chinese Lunar Calendar. On this day, Chinese families usually hold reunions and share moon cake, a round pastry made especially for the festival. The families also go outside to view the full moon.

At St. Mary's High School, the Chinese students in the International Program celebrated the Festival Day by decorating lanterns and sharing moon cakes with students and teachers.



ESL Teacher Ms. Kristin Cutspec helps Zhengbang Brian Wu and Weihao Steven Xu work on their lanterns.



Jingkai Aaron Sun shows off his creation.



The International students share Moon Cakes during lunch.

## Cast announced for *Is There a Comic in the House?*

*Tickets go on sale Wednesday, Oct. 12*

The St. Mary's Theater Department recently announced the cast for this year's fall play, *Is There a Comic in the House?*

Deliah ..... Kylie Wagner  
Phil ..... Krystian Krzyzston  
Terri ..... Vincenza LaMagna  
Howard ..... Jacob Fay  
Gloria ..... Anna Heerdt  
Ed ..... Matthew MacDonald  
Shotzie ..... Julia Hartloff  
Zack ..... Joe Flading  
Melora ..... Kerry Sullivan  
Huey ..... Joshua Weiss

Louise ..... Maya Zelazny  
Dewey ..... Scott Brown  
Pepper ..... Brianna Propis  
Chaz ..... Kofi Osei  
Melissa ..... Kristi Smith  
Alison ..... Julia Soluri  
Student Director & Understudy .....  
Madeline Benzer

Seven wildly funny comedians live in Shotzie Starr's boarding house. The only "normal" resident is Shotzie's granddaughter whose pizza delivering boyfriend is – you guessed it – an aspiring comedian. The

action at Shotzie's becomes manic when bumbling kidnappers crash their van and take refuge there with their victim, a haughty socialite, in tow. Police surround the house and the unrestrainable comics are suddenly in the proximity of reporters' TV cameras. All hilarity breaks loose, on stage and in the audience!

The play will be performed November 4 and 5. Tickets go on sale on Wednesday, Oct. 12, at a cost of \$5 per ticket in Mr. Kidder's Office (behind the library). Seating for the Fall play is general seating only.

More information is available by contacting Mr. Kidder at [kkidder@smhlancers.org](mailto:kkidder@smhlancers.org).

## Bash for Cash will soon be here

Bash for Cash will be taking place at St. Mary's High School on Saturday, Oct. 22. For those new to the event, Bash for Cash combines a cash give-a-way with an evening of fun and food. The grand prize is \$10,000, while there are also 61 other prizes ranging from \$50 to \$3,000. And every entry has a chance for every prize.

On the day of the event, every ticket purchased allows two adults to attend the

festivities which include pizza, beverages, raffles, split clubs, and games.

Tickets for the Bash for Cash cost \$50. They are available by contacting Mrs. Julie Wiperman at 683-4824, ext. 223, or [jwiperman@smhlancers.org](mailto:jwiperman@smhlancers.org).

Also, adult volunteers are needed on the day of the event. Individuals interested in volunteering at the Bash for Cash should contact Mrs. Wiperman.

## Currents

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## Junior learns from summer Roswell experience

Gabrielle Burkard, a junior at St. Mary's, had the opportunity to participate in the Junior Robotic Surgery Challenge at Roswell Park Cancer Institute. The Challenge introduced participants to various career opportunities within health care using hands-on, practical exercises, and classroom instruction as well as guest lectures from accomplished professionals.

According to Gabrielle, the weekdays of the challenge were mostly spent in the classroom, where they learned about the advancements that have been made in medical instruments as well

as the different parts of the robot that they would be using. They also had field trips to various medical-related facilities, like the Brain Museum at the University at Buffalo. But she said the Saturday experiences are what she will remember the most.

"On Saturdays we actually got to practice on the DaVince Surgical Robot," Gabrielle related. "It was amazing to think that what I was doing is what doctors do all of the time. It was cool how smooth everything was."

Gabrielle did find the Final Challenge rather daunting – they had to memorize the names of several different tools; there was a test on medical practices of the past, present, and future; and they had to tie three different knots (surgical and regular) using the robot.

"Overall, I thought the challenge was a great experience," she continued. "My sister (Paige) did it last year, so I was iffy about going this year, but I absolutely loved it.

"I never thought about surgical medicine before as a career," Gabrielle concluded, "but now I will definitely be looking into it. I would highly recommend the Challenge to other students."

Robot-assisted surgeries are minimally invasive surgical procedures carried out with assistance from a highly specialized surgical robot under the control and oversight of an experienced surgeon. Compared to traditional "open" surgeries, these procedures typically involve smaller incisions, less blood loss, and quicker recovery time. At Roswell Park, robot-assisted procedures are used in the treatment of many urologic, gastrointestinal, head-and-neck, thoracic, and gynecologic cancers.



*Gabrielle Burkard practices on the DaVince Surgical Robot*

## Walk-a-Thon to benefit Lancaster Food Pantry

The annual celebration of Homecoming Week is when members of the St. Mary's community are full of energy. Each year the Student Senate likes to tap into that energy for our largest fundraiser of the year: the annual Walk-a-Thon, to be held on Tuesday, October 11.

Here is the format for this year's Walk-a-thon: After a short walk in Lancaster and Depew, students will head over to Firemen's Park in Depew for a school picnic. We will be able to enjoy the basketball courts, the sand volleyball court, the playground, and the open space while having a picnic lunch sponsored by Student Senate. At the end of the day students will walk back to school.

The Walk-a-Thon is not only an opportunity to have a lot of fun with your friends, it's also a way to raise money for

various causes.

This year, St. Mary's High School will present a portion of the money raised to the Lancaster Food Pantry. St. Mary's High School has long-partnered with the Lancaster Food Pantry, helping to feed the less fortunate in the Lancaster area.

Another portion of the monies raised goes directly to each class treasury. Each class is awarded a percentage that is based on the amount of money that students in the class raise for the Walk-a-Thon; thus, the more each class brings in, the more their class treasury receives.

And another portion of the money raised at the Walk-a-Thon seeds the Student Senate activities budget, which we use to fund activities and supplies for clubs and organizations at St. Mary's.

Finally, a portion of the the Walk-a-

Thon proceeds fund the Student Senate Scholarship for an incoming student each year. These are just a few examples of why this money is so important to St. Mary's High School.

Each participating student must collect a minimum of \$50; if there are multiple St. Mary's students in a family, the minimum is \$30 per student. Of course, the more money raised the better! The money is due on Friday, October 7. As in the past, we are offering an incentive to raise Walk-a-Thon money: we will award a \$50 gift certificate for the top earner in each class!

More information regarding the Walk-a-thon is available by contacting Student Senate Moderators Mrs. Tytko or Mr. Kidder.

Thank you very much for your support of Walk-a-Thon 2016!

# Counseling Corner

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

## Students benefit from Bus to Bona

By Madeline Pike

Class of 2018

Before school began this year, juniors and seniors were offered a day trip to St. Bonaventure University. Many of my friends and I decided to go together as this would be a good start for us to begin looking into colleges.

After the bus ride there, we began with a tour of the campus. While on our tour we were informed of many programs students can use to help with

classes, including student tutors. After the tour we had a Q&A with students who attend St. Bonaventure University. We talked about different degrees to work toward and numerous programs to help you get the most experience before you graduate. While talking about majors, we learned that their class sizes are fairly small, only going up to fifty people per class.

While academics are the main focus, there are a vast amount of clubs and organizations to take part in and help

you get involved. One of the aspects I found most interesting was that for most of the sports if not all of them have a club that still plays other colleges and doesn't simply play each other for fun.

Overall I thought this was a great way to expose myself to the college atmosphere. St. Bonaventure University has many courses to offer and has an extremely family friendly attitude.

This opportunity allowed me to get a better feel for what I am looking for in a college.

## Study help for math, science classes

Studying for math and science classes often requires different skills than studying for other subjects.

To help your teen study math and science effectively, tell him to:

- Schedule extra time, especially if math or science classes are challenging for your teen. He should block out

time to work on these subjects every day.

- Start each study session with review before he begins working on new material. Your teen should look back over what the teacher covered in class.
- Check his understanding of the material. He should read the sample questions at the end of a chapter. If he can't answer all of those ques-

tions, he should look back through the text.

- Draw a picture. If your teen is having trouble understanding something, suggest that he draw a diagram. Making a picture of something he's read can help him see how things fit together.
- Answer all homework questions. Some teachers will tell students to answer

*(Continued on page 7)*

## Expectations set stage for success

Research shows that parental expectations have a huge impact on high school students' achievement. One study found that:

- Teens strive to reach parents' expectations of them. If you believe in your teen and expect her to succeed in school, she is likely to have higher academic achievement.
- Teens' expectations for themselves begin to match the expectations

*(Continued on page 7)*

## October 19 – Standardized Testing & College Visitation Day

Wednesday, Oct. 19, is the Underclassmen Testing Day at St. Mary's High School. On that day, freshmen and sophomores will be sitting for a PSAT test. These tests will follow the guidelines of the newly revised SAT test.

Juniors will take the regular PSAT, which will be used to determine the National Merit Scholarship recipients.

All students must be in regular dress code that day.

Teachers and counselors will be working with students prior to the test so they are prepared for the day. Dismissal will be at 12 noon.

Seniors DO NOT have to report to school that day and are encouraged to use the day to visit any college(s) that they might be interested in attending.

# Lots Happening at Lancerville!



*Matt Walter, a 1990 graduate, speaks to Mr. Herr's Personal Finance Class on the topic of Entrepreneurship. Mr. Walter owned his own business, Madd Matt's Entertainment, for 11 years. Most recently he worked as the COO of Oogie Games.*



*Mrs. Lisa Amatura, mother of senior Campbell and freshman Francesca, speaks to Mrs. Connelly's Participation in Government class about her experience as a survivor of the September 11, 2001, attack in NYC.*



*RPM on retreat at Camp Pioneer.*



*Theater students attend a Q&A with the cast and production personnel of Finding Neverland at Shea's.*



*Msgr. Paul Burkard from Our Lady of Victory Basilica delivers the homily during the Opening Mass.*

*Keep your kids safe. Get their flu shots every year.*

# The Flu: A Guide for Parents

<b>Is the flu more serious for kids?</b>	Infants and young children are at greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the flu vaccine.
<b>Flu vaccine may save your child's life.</b>	Most people with the flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. An annual vaccine is the best way to protect your child from the flu. The vaccine is recommended for everyone 6 months and older every year.
<b>What is the flu?</b>	The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.
<b>Who needs the flu shot?</b>	<ul style="list-style-type: none"> <li>Flu shots can be given to children 6 months and older.</li> <li>Children younger than 9 years old who get a vaccine for the first time need two doses.</li> </ul>
<b>How else can I protect my child?</b>	<ul style="list-style-type: none"> <li>Get the flu vaccine for yourself.</li> <li>Encourage your child's close contacts to get the flu vaccine, too. This is very important if your child is younger than 5, or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get an annual flu vaccine.</li> <li>Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs.</li> <li>Tell your children to: <ul style="list-style-type: none"> <li>Stay away from people who are sick;</li> <li>Clean their hands often;</li> <li>Keep their hands away from their face, and</li> <li>Cover coughs and sneezes to protect others.</li> </ul> </li> </ul>
<b>What are signs of the flu?</b>	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.
<b>How does the flu spread?</b>	People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.
<b>How long can a sick person spread the flu to others?</b>	Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).
<b>What should I use to clean hands?</b>	Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use a hand sanitizer. It should be rubbed into hands until the hands are dry.
<b>What can I do if my child gets sick?</b>	Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.
<b>Can my child go to school or day care with the flu?</b>	No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.
<b>When can my child go back to school or day care after having the flu?</b>	Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, and a hand sanitizer, if allowed by school.

For more information about the flu, visit [health.ny.gov/flu](http://health.ny.gov/flu)  
Or, [www.cdc.gov/flu](http://www.cdc.gov/flu) Centers for Disease Control and Prevention





# Campus Ministry

## Got Faith?



There is a thread that runs through the Gospel readings in October. Luke writes about the faith of those who saw Jesus' works and heard His words. On the first Sunday the Apostles ask Jesus to increase their faith. Can it be done?

Faith is a virtue, a good habit, which grows, develops, and matures simply by its practice. Often we limit our understanding to an intellectual component, like the Apostles' Creed, and are unaware of the spiritual dimension.

This theological virtue is not just belief but how that belief is carried out in day-to-day living. Faith is the relationship we have with the Triune God and

how that communion is expressed. The many Christian traditions give evidence of that expression.

The Bible describes it this way: "Faith is the assurance of things hoped for, the conviction of things not seen," (Hebrews 11:1.). We hope, and we believe. It has been written that faith is not just knowing that God can do it, it is believing that He will.

Can it – an increase in faith – be done? Of course, but like all relationships it requires work and practice, practice, practice.

During this October as you hear the examples of faith may you grow to appreci-

ate this baptismal gift – the gift that takes a lifetime to unwrap.

Benedicat vos omnipotens Deus.

twf+

\* \* \*

Members of the St. Mary's community are invited to join us for these upcoming Liturgies:

- Thursday, Oct. 6, 7:30 a.m. in the School Chapel
- Tuesday, Oct. 11, 8 a.m. in the School Auditorium – Homecoming Liturgy
- Thursday, Oct. 20, 7:30 a.m. in the School Chapel
- Tuesday, Nov. 1, 1 p.m. at Our Lady of Pompeii Church – All Saints Day

# Lancer Parent Partnership

## Please join us on October 24th!

The Lancer Parent Partnership will hold the first committee meeting in the St. Mary's Library on Monday, Oct. 24, from 6:30-7:30 p.m.

We will look ahead to the school year and begin planning for events in which the LPP is involved as well as start planning for the Fashion Show.

The Fashion Show is the major fundraiser for the Parent Partnership. Money raised at this event helps to fund scholar-

ships for graduating seniors, gifts of appreciation to the faculty and staff, and other events which help build a bond between the school and the parents.

If you would like more information about the Lancer Parent Partnership – or would like to be involved but are not able to attend the October 24th meeting – please contact Kim Marino at [kim.marino@independenthealth.com](mailto:kim.marino@independenthealth.com) or Amanda Rebeck at [arebeck@smhlancers.org](mailto:arebeck@smhlancers.org).

## Expectations *(continued from page 4)*

their parents have for them. If you make it clear to your teen what you want of her, by saying things like "I want you to do well in school," she will begin to have the same expectations for herself.

So how can you use this information to help your teen?

You can:

- Talk to your teen about what you want her to achieve this school year – and ask her what she expects to achieve.

- Set attainable goals with your teen – such as improving her grade in history.
- Discuss the future. Compare your dreams for your teen with her own. Talk about potential careers or college plans. Tell her that you support her and know she can succeed in whatever she does.

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## Study help

*(continued from page 4)*

only the first five questions on a worksheet or only the even-numbered ones. If your teen tackles all the questions or solves all the problems, he may start to feel more confident – so when he sees similar questions on a test, he'll know that he can answer them.

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# SCRIP NEWS!

Welcome back to School.. Now that we are in full swing of the new school year, how about making some extra money from places you frequently visit... Tops, Kohl's, Tim Hortons, Best Buy, Amazon, Burger King, JCPenney, Starbucks, Advance Auto, K-Mart, Sam's Club, Target, Home Depot, Dick's, Disney, Visa, Groupon, Frank's, Delta Sonic, just to name a few... We have a new merchant recently added, The New York Store (when those young men grow out of their blazers).

50/50 is the rebate earning split. 50% goes to SMH and 50% goes to your family. Example: If you purchase a \$100 Tops Gift Card, the rebate is 5%. The earning is \$5. So that means \$2.50 goes to SMH and \$2.50 to you. Every purchase adds up. If you purchase a \$100 Tops card once a week for 12 weeks, you would earn \$30 and St. Mary's would earn \$30.

There are over 300 merchants to choose from for gift cards. All it takes is one time to place an order and you will be well on your way to earning free cash.

If you are new to the scrip program, please go to [www.shopwithscrip.com](http://www.shopwithscrip.com) and click register. Select "Join a Scrip Program". Type in our enrollment code

DEFL1BLF37466 and click Register. Please put your email address as your username and fill in the rest of the information and press Register. If you already have had an account set up from another school, all you have to do is change the enrollment code to our St. Mary's enrollment code: DEFL1BLF37466.



Place your order online at [www.shopwithscrip.com](http://www.shopwithscrip.com) by Mondays by noon and you normally have your cards sent home with your child by Friday (sometimes Thursday) of that same week. You can send a check to school made

out to St. Mary's High School in an envelope marked SCRIP and it can be dropped off in the office by your child on Monday. You can pay online by setting up a PrestoPay account (Carol can help you set that up, it's the easiest way to pay but they do charge you 15 cents per order, but when you have a PrestoPay account you can then utilize ScripNow in the MyScripWallet App for your phone which gives you instant e-giftcards (Carol can explain more about that, just get in contact with her).

For any questions please feel free to email Carol Winiarski at [cwiniarski@smhlancers.org](mailto:cwiniarski@smhlancers.org), call or text her at 572-3698.

## St. Mary's Bookstore

<p><b>Many &amp; One Teeshirt</b> <i>(a few left)</i></p> <p><b>\$10</b></p>	<p><b>Cotton Teeshirt</b> <i>(gray or light blue)</i></p> <p><b>\$10</b></p>	<p><b>Long-Sleeve Teeshirts</b></p> <p><b>\$15</b></p>	<p><b>Men's Sweatpants</b></p> <p><b>\$35</b></p>
<p><b>Men's Navy Polo</b> <i>(Uniform approved)</i></p> <p><b>\$30</b></p>	<p><b>Hoodie</b> <i>(navy, gray, or light blue)</i></p> <p><b>\$35</b></p>	<p><b>Men's Lt Blue Polo</b> <i>(Uniform approved)</i></p> <p><b>\$30</b></p>	<p><b>Men's Fleece</b> <i>(w/ pockets; not uniform approved)</i></p> <p><b>\$40</b></p>

**716.683.4824 x223 • [jwipperman@smhlancers.org](mailto:jwipperman@smhlancers.org)**



## Chapel time for the Lady Lancers



Prior to departing for their trip to Phoenix, the Women's Volleyball Team gathered in the chapel for prayer. Coach Don Pieczynski joins in the prayer with freshman Meadow Slade.

## Cichocki mission (continued from page 1)

would come to do the same. Going into the villages for food distribution was something I will never forget. The food bags we distributed cost \$10 and provided enough food for a family for two weeks. Each box included items like rice, pasta, beans, and canned fish. Even though that does not seem like it would feed a family for two weeks, families make it last by only eating one meal a day.

To prevent hunger they chew on sugar cane and often feed the kids "mud pies."

We blessed others by serving and we were also blessed in the process. The smiles on people's faces and the laughter of the children when we played are memories that we will cherish forever.

"To glorify God through missions in obedience to the Great Commission." (Matthew 28:19-20)

**St. Mary's High School's  
Grammar School  
Volleyball Tourney  
for grades 6•7•8  
Saturday, Oct. 15<sup>th</sup>**

- Pool Play & Playoffs
- Play begins at 9 a.m.
- \$60 Registration Fee
- Concession area available
- Limited to 12 teams

More information is available at 683-4824, ext. 235

## Fall Sport Schedules

### Women's Volleyball

*All JV matches start at 4:30 pm, Varsity matches start at 6 pm unless noted*  
 Sept. 30-Oct. 1 – Phoenix Tourney  
 Tues, Oct. 4, vs. Nardin  
 Wed, Oct. 5, 4/5pm vs. Rochester Mercy  
 Oct. 8-9 – Garden State Tourney  
 Tues, Oct. 11, @ Mt. St. Mary's  
 Thurs, Oct. 13, vs. Sacred Heart  
 Tues, Oct. 18, @ Nardin (Villa)  
 Oct. 21-23 – BNCC Tourney  
 Mon, Oct. 24, 5/5pm @ Lancaster  
 Fri, Oct. 28 – Quarterfinals  
 Wed, Nov. 2 – Semifinals  
 Fri, Nov. 4 – Finals  
 Sat, Nov. 12 – States (St. Francis Prep)

### Varsity Football

Sat, Oct. 8, 1pm vs. University Prep  
 Sat, Oct. 15, 2pm vs Gilmour Academy  
 Sat, Oct. 22 – Bye  
 Sat, Oct. 29, 1pm vs. O'Hara  
 Sat, Nov. 5 – Quarterfinals (higher seed)  
 Sat, Nov. 12 – Semifinals (higher seed)  
 Sat, Nov. 19 – Championship (Ralph Wilson Stadium)  
 Sat, Nov. 26 – State Catholic Championship

### Golf

Mon, Oct. 3, 4pm vs. St. Joe's (Sheridan)  
 Wed, Oct. 5, 4pm vs Nichols (CC of Buffalo)  
 Thur, Oct. 6, 4pm vs. O'Hara (Lancaster)  
 Mon, Oct. 10 – All-Catholics

### Men's JV Soccer

*Home games played at Lancaster Middle School.*  
 Mon, Oct. 3, 4:30pm @ Cheektowaga  
 Tues, Oct. 4, 4:30pm @ Nichols  
 Thurs, Oct. 6, 4:30pm @ St. Joe's  
 Thurs, Oct. 13, 5pm vs. St. Francis  
 Tues, Oct. 18, 4:30pm vs. Cheektowaga (Westwood Park)

### Men's Volleyball

*All matches start at 6:30pm unless noted*  
 Sat, Oct. 1 – Will South Tourney  
 Mon, Oct. 3, 6pm @ Lancaster  
 Tues, Oct. 4, vs. O'Hara  
 Thurs, Oct. 6, vs. St. Joe's  
 Sat, Oct. 8 – Lockport Tourney  
 Fri, Oct. 14, @ St. Francis  
 Tues, Oct. 18, 6pm @ Canisius  
 Thurs, Oct. 20, vs. St. Francis  
 Sat, Oct. 22 – Grand Island Tourney  
 Mon, Oct. 24, @ Will South  
 Wed, Oct. 26, 5pm @ West Sen East

### Men's Varsity Soccer

*All games start at 4:30 pm unless noted. Home games played at Westwood Park.*  
 Sat, Oct. 1, 2pm @ Gow  
 Mon, Oct. 3, 7:30pm @ Fredonia  
 Tues, Oct. 4, @ Niagara Catholic  
 Mon, Oct. 10, vs. Christian Central  
 Wed, Oct. 12, 5pm vs. Fredonia (Lancaster Middle School)  
 Mon, Oct. 17, @ Christian Central

### Women's Soccer

*All games start at 4:30 pm unless noted. Home games played at Westwood Park.*  
 Tues, Oct. 4, vs. Mt. St. Mary's  
 Thurs, Oct. 6, vs. Park  
 Fri, Oct. 7, @ Buffalo Seminary  
 Thurs, Oct. 13, vs. O'Hara  
 Mon, Oct. 17, vs. Christian Central  
 Tues, Oct. 25 – Semifinals  
 Sun, Oct. 30 – Finals (Niagara University)

### Women's Cross Country

Sat, Oct. 1 @ McQuaid Invitational  
 Tues, Oct. 4, 5pm vs. Mt. St. Mary's  
 Oct. 7-10 @ Manhattan Invitational  
 Tues, Oct. 11, 4pm vs. Sacred Heart  
 Tues, Oct. 18, 5:30pm @ Christian Central/Gow  
 Tues, Oct. 25, 4pm @ Nardin  
 Sun, Nov. 6 – Cross Country Meet (Knox Field)

**Schedules are subject to change.**

# Go Lancers!



# October 2016 Menus

*Chef Manager – Tristan Hall*

(Please note – menus are subject to change)



**— Breakfast —**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Breakfast Flatbread with Sausage (wg) Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>4</b> French Toast Sticks (wg/v) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>5</b> Sausage Egg Biscuit Fruit Cup (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>6</b> Buttermilk Pancakes Sausage Patty Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>7</b> Western Scramble Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
<b>10</b> No School	<b>11</b> Ham & Egg on Brioche Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>12</b> French Toast Sticks (wg/v) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>13</b> Belgian Waffles Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>14</b> Breakfast Pizza Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
<b>17</b> Buttermilk Pancakes (v) Turkey Sausage Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>18</b> Bacon, Egg & Cheese Bagel Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>19</b> Buttermilk Biscuits with Sausage Gravy Fresh Fruit (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>20</b> Ham, Egg & Cheese Sandwich Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>21</b> French Toast Sticks (wg) Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
<b>24</b> Sausage & Egg on English Muffin Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>25</b> Breakfast Flatbread with Bacon (wg) Fruit Yogurt (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>26</b> Breakfast Burrito Tater Tots (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>27</b> Bacon, Egg & Cheese on Bagel Hash Brown Patty (v) Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)	<b>28</b> Belgian Waffles Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)
<b>31</b> Sausage Egg Biscuit Fruit Yogurt (v) 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 .....\$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  
 Juice Cup .....\$0.50  
 Bottled Water .....\$1.00  
 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

**— Lunch —**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Spicy Chicken Fingers (wg) Cheesy Macaroni (v) Carrot Sticks & Dip (v)	<b>4</b> Beef or *Chicken Tacos made to order Brown Rice & Bean Bowl (v/wg) Tortilla Chips with Salsa (v/wg)	<b>5</b> *Chicken Fettuccini with Pesto Sauce Garlic Breadstick (v) Seasoned Vegetables (v)	<b>6</b> *Chunky Chicken Salad Sandwich Pita Chips with Hummus (v/wg) Lemon Cauliflower (v)	<b>7</b> *Blackened Tilapia Po' Boy Flatbread (wg) with Remoulade Sauce Cajun Fries (v) Vegetable Medley (v)
<b>10</b> No School	<b>11</b> Walk-a-Thon	<b>12</b> Pulled Pork Flatbread Sandwich (wg) Baked Beans (v) Potato Salad (v)	<b>13</b> Bacon Cheeseburger (wg) Steak Fries (v) Fruit Cup (v)	<b>14</b> *Buffalo Chicken Salad (wg) Potato Chips (v) Marinated Vegetable Salad (v)
<b>17</b> Sahlens Hot Dog on Bun Tater Tots (v) Baked Beans (v)	<b>18</b> *Taco Salad with Cilantro Lime Dressing Black Beans (v) Tortilla Chips with Salsa (v/wg)	<b>19</b> Noon Dismissal No Lunch	<b>20</b> *Carved Roast Turkey Breast with Gravy Mashed Potatoes (v) Roasted Brussel Sprouts (v)	<b>21</b> *Build Your Own Baked Potato Bar Beef Chili Veggie Chili (v) Cheesy Broccoli (v) Garden Salad (v)
<b>24</b> *Chicken Parmesan with Whole Wheat Pasta (wg) Penne Pasta (v) Roasted Vegetables (v)	<b>25</b> Nacho Grande with Beef (wg) Choice of Toppings Refried Beans (v) Southwest Vegetables (v)	<b>26</b> Chicken Finger Sub (wg) Veggies & Hummus (v) Potato Chips (v)	<b>27</b> *Beef Goulash Buttered Noodles (v) Garden Salad (v)	<b>28</b> *Chicken Banh Mi Flatbread (wg) Noodle Salad (v) Mandarin Oranges (v)
<b>31</b> Pasta Marinara with Meatballs Garlic Breadstick (v) Roasted Broccoli (v)				

**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).

**Many A la Carte Items also available after school!**

# October 2016 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> SAT Testing Day  <i>WVB @ Phoenix Tourney</i> <i>WVB @ Will South Tourney</i> <i>MSoc @ Gow</i> <i>XC @ McQuaid Invitational</i>
<b>2</b> Varsity Volleyball returns from Phoenix Tournament	<b>3 - E Day</b> Student Senate 2:30pm  <i>MVB @ Lancaster</i> <i>MSoc @ Fredonia</i> <i>Golf vs. St. Joe's</i> <i>MJVSoc @ Cheektowaga</i>	<b>4 - F Day</b> Curriculum Committee 2:30pm  <i>WVB vs. Nardin</i> <i>MVB vs. O'Hara</i> <i>WSoc vs. Mt. St. Mary's</i> <i>MJVSoc @ Nichols</i> <i>MSoc @ Niagara Catholic</i> <i>XC @ Mt. St. Mary's</i>	<b>5 - A Day</b> <i>WVB vs. Mercy (Rochester)</i> <i>Golf vs. Nichols</i>	<b>6 - B Day</b> Morning Mass 7:30am NHS Tutoring 2:30pm  <i>MVB vs. St. Joe's</i> <i>WSoc vs. Park</i> <i>MJVSoc @ St. Joe's</i> <i>Golf vs. O'Hara</i>	<b>7 - C Day</b> <b>2pm Dismissal</b> Special Schedule (Emergency Drill) Walk-a-thon Pledges Due  <i>WSoc @ Park</i> <i>XC @ Manhattan Invitational</i>  <b>2pm Dismissal</b>	<b>8</b> <i>WVB Team @ Garden City Tourney</i> <i>MVB @ Lockport Tourney</i> <i>Football vs. UPrep</i> <i>XC @ Manhattan Invitational</i>
<b>9</b> <b>Homecoming Week</b>  <i>WVB Team @ Garden City Tourney</i> <i>XC @ Manhattan Invitational</i>	<b>10</b> <b>NO SCHOOL</b> Columbus Day  <i>MSoc vs. Christian Central</i> <i>XC @ Manhattan Invitational</i> <i>Golf - All-Catholics</i>  <b>No School</b>	<b>11</b> NHS 2:30pm Homecoming Liturgy Walk-a-thon Spirit Banner Decorating  <i>WVB @ Mt. St. Mary's</i> <i>XC vs. Sacred Heart</i>	<b>12 - D Day</b> Leadership Ad Board 2:30pm  <i>MSoc vs. Fredonia</i>	<b>13 - E Day</b> NHS Tutoring 2:30pm Math Club 2:30pm  <i>WVB vs. Sacred Heart</i> <i>WSoc vs. O'Hara</i> <i>MJVSoc vs. St. Francis</i>	<b>14 - F Day</b> Special Schedule (Pep Assembly)  <i>MVB @ St. Francis</i>	<b>15</b> Homecoming Dance 8-11pm  <i>Homecoming Game vs. Gilmour Academy 1pm</i> <i>XC @ Pembroke Town Park</i>
<b>16</b>	<b>17 - A Day</b> Special Schedule (College Consortium / Class Meetings) Student Senate 2:30pm  <i>WSoc vs. Christian Central</i> <i>MSoc @ Christian Central</i>	<b>18 - B Day</b> Freshman Officer Forms Due 2:30pm  <i>WVB @ Nardin</i> <i>MVB @ Canisius</i> <i>XC @ Christian Central/Gow</i> <i>MJVSoc vs. Cheektowaga</i>	<b>19</b> <b>Noon Dismissal</b> Standardized Test Day Senior College Visitation Day Faculty/Staff Meeting 12:30pm  <b>Noon Dismissal</b>	<b>20 - C Day</b> NHS Tutoring 2:30pm Campus Ministry 2:30pm  <i>MVB vs. St. Francis</i>	<b>21 - D Day</b> Freshmen Officer Speeches Freshmen Retreat 8am-2pm  <i>WVB @ BNCC Tourney</i>	<b>22</b> ACT Testing Date Down Syndrome Group of WNY Annual Halloween Party 9:30am-2pm Bash for Cash 6-10pm  <i>WVB @ BNCC Tourney</i> <i>MVB @ Grand Island Tourney</i>
<b>23</b> <b>Red Ribbon Week</b>  <i>WVB @ BNCC Tourney</i>	<b>24 - E Day</b> Fresh Off Elections in HR Student Senate 2:30pm  <i>WVB @ Lancaster</i> <i>MVB @ Will South</i>	<b>25 - F Day</b> <i>XC @ Nardin</i> <i>WSoc - Semifinals</i>	<b>26 - A Day</b> <i>MVB @ West Seneca East</i>	<b>27 - B Day</b> NHS Tutoring 2:30pm	<b>28 - C Day</b> Junior Recognition Mass 9am Freshmen Homeroom Rep Forms Due 2:30pm  <i>WVB - Quarterfinals</i>	<b>29</b> <i>Football vs. O'Hara</i>
<b>30</b> <i>WSoc - Finals</i>	<b>31 - D Day</b>	<b>1 - E Day</b> Ext HR / PM Lit Schedule (Class Meetings / All Saints Liturgy) Photo retakes during lunches Curriculum 2:30pm	<b>2 - F Day</b> <i>WVB - Semifinals</i>	<b>3 - A Day</b> Morning Mass 7:30am NHS Tutoring 2:30pm	<b>4 - B Day</b> Family Day of Remembrance Jeans Day for Charity (\$2) Fall Play 7:30pm  <i>WVB - Finals</i>	<b>5</b> SAT Test Day Down Syndrome Parents Group of WNY Annual Symposium 7:30am-5pm Fall Play 7:30pm  <i>Football - Quarterfinals</i>

# BASH FOR CASH

\$50 Admits 2 to Party • Saturday, October 22, 2016

62 CASH  
PRIZES

**St. Mary's High School**

142 Laverack Ave. • Lancaster, NY  
(716) 683-4824

RAFFLES  
SPLIT CLUBS

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

Party from 6:00 PM - 10:00 PM

**GRAND PRIZE: \$10,000 WINNER**

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

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

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

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

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

*Preparing young men and women for college and beyond*

LANCASTER, NY 14086-1849  
142 LAVERACK AVENUE

**ST. MARY'S HIGH SCHOOL**

