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### [Tomorrow's Teachers Academy hosted "Trading Places Day"](#)

The Tomorrow's Teachers Academy is proud to have hosted "Trading Places Day," where students shadowed teachers and administrators on March 18, 2011. The purpose of Trading Places Day was to show student participants the challenges and demands of the teaching profession. Teachers assigned various tasks for their "jr. student teachers"; for instance, some students helped take attendance, grade papers, made copies, taught a short lesson, collected assignments, lead discussions, distributed handouts, etc. MHS junior student teachers demonstrated communication skills with school personnel and dealt with their responsibilities well! This year, a grand total of fifty students participated in Trading Places Day. [Click here](#) to view pictures.

### [MHS Students win Seton Hall University's Essay Contest](#)

Two MHS Seniors have placed 1st and 2nd in Seton Hall University's 2011 Sister Rose Thering Essay Contest. Both students are in Mrs. Myra Schnur's AP Literature class. The students will be honored at the next WNY BOE Meeting on March 15th and have been invited to attend the Annual Meeting of the Sister Rose Thering Fund Board of Trustees on Thursday, May 19th at 6:30 PM at Seton Hall University. They will be introduced to the board members, have their awards presented and read a portion of their winning essays.



Winner Maryelena Caballero pictured with Mrs. Schnur



Winner Chelsea Ramos pictured with Mrs. Schnur



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## Swimmer for Memorial High School in West New York has reason to be proud of making his coach go bald

Thursday, March 03, 2011

By **JEAN-PIERRE MESTANZA**

HD STAFF WRITER

WEST NEW YORK - A friendly wager, a shaved head, and one excited high school senior.

When 18-year-old Max Meneses, a Memorial High School student, first tried to compete in a 500-meter race four years ago as a 290-pound freshman, he finished in a leisurely 11 minutes and 36 seconds.

Not exactly Mark Spitz.

Four years later, in November 2010, Meneses, by then senior captain of the team, had cut his time to 7 minutes and 13 seconds. But his coach knew he could do better.

"I told him if he can get his time under 7 minutes, I'd shave my head with him," said acting swim coach John Fraraccio.

Meneses kept shedding pounds and smoothing out his flip turns, all the while upholding his responsibilities as vice president of the Student Council and member of the Chess Club.

Over the course of the next five meets, Meneses shaved seconds off his time.

Then, in early January, Meneses won the bet by finishing the 500-meter at 6 minutes and 59 seconds in races against St. Peter's Prep and McNair Academy.

"I looked up at my time and I started screaming," Meneses said. "I pointed at Mr. Fraraccio saying 'Your hair is mine!'"

The moment was a culmination of four years of hard work. Meneses is now 234 pounds and has decided to study physical therapy in college.

"I'm going to Arcadia University in the fall, mostly because they have a great pre-physical therapy program," Meneses said.

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