



Produced by the Journalism & Marketing Academy

## The Week Ahead...

Mon. Dec. 5th - A Day \*Bills Dress Down Day (\$2)



Tues. Dec. 6th - B Day
\*Regular Dress Code

Wed. Dec. 7th - C Day
\*Regular Dress Code

Thurs. Dec. 8th - A Day
\*Immaculate Conception
\*LITURGY DRESS CODE
St. Mary's Night in the Village

Fri. Dec. 9th - B Day
\*St. Mary's Pride Dress Code



Mon. Dec. 5th

4 pm - W. Hockey vs HEWS @ Cheektowaga 5 pm - W. JV Basketball @ Lancaster 8:15 pm - Fed Hockey vs St. Joe's @ HarborCenter

Tues. Dec. 6th

5/6:30 pm - M. Basketball vs. Pembroke

Wed. Dec. 7th

8 pm - Club Hockey vs Lancaster @ Depew 8:20 pm - Fed Hockey vs Canisius @ NT Center

Fri. Dec. 9th

5:30 pm - W. Varsity Basketball vs Holy Trinity 9 pm - Club Hockey vs OPA @ Cheektowaga

Sat. Dec. 10th

1:45 pm - W. Varsity Basketball vs Kellenberg

Sun. Dec. 11th

7:45 pm - Fed Hockey vs St. Joe's @ Holiday

## St. Mary's Women's Hockey Gets First Win

By: Riley Kumrow

The St Mary's girls hockey team defeated Monsignor Martin on Monday, November 28. The final score was 4-3 with an amazing overtime goal from freshman Gabe Lowell, with regulation goals from junior Reece Gall, and sophomores Alannah Pagano and Shannon Freemen. Spectacular performance from sophomore goalie Avery Hall, racking up 30 saves.



Photo credit: Mr. Dave Gennocro

This is the second year for the St. Mary's girls hockey team. Last year there were only 10 skaters and one goalie. This year the roster consists of 15 skaters and two goalies. Coach Gilano, Coach Bri, and Coach Cassidy led the team to a very well deserved win. The hardworking girls came to the game with their game faces on and ready to get their first win. The girls take the ice again on Monday, December 5 against HEWS.

# St. Mary's High School

## "The GIFT of WARMTH" Community Service Project

Goal: To donate new or gently used coats and boots ALL sizes needed & appreciated!

For: Summit Life Outreach

Collection Dates: Now until 12/15

Prop off donations in
the front foyer of SMHS or in
Mrs. Pautler's Room #213



Thank you & Merry Christmas!

## Hanging with Ms. Voit

By: Leah Yazzie

Q: What made you want to teach?

A: I started working with teenagers and realized it could be an option.

Q: What is your advice for St Mary's students?

A: Do your work and enjoy your life, it only goes up from here.

Q: What would your career be if it wasn't a teacher?

A: An art director

Q: What is something you would like to complete in your lifetime?

A: Visit every major soccer stadium in Europe.

Q: What's your favorite food?

A: Pasta with grandma's sauce

Q: Where would your dream vacation be?

A: Amalfi Coast, Italy

Q: Any pets?

A: A dog named David



## Guidance Corner

#### Attention 10th & 11th Graders

Your PSAT scores are now available! Log into your College Board account to see your scores!

The Counselors will be coming to your Religion Classes next week to go over your score reports and discuss where you go from there.

Please note - If you are having trouble logging in, you need to contact College Board directly -- the Counseling Center has no information about your accounts.

# Healthy Tip of the Week!

Life happens. Some days you'll be a little short on time, short on patience, short on sleep, or short on all three together! Don't stress it if you slept in even though you planned to be up early, or had good intentions to avoid added sugar but couldn't resist some pumpkin pie! What matters most is your persistence over time.

Think: progress over perfection.

Need more healthy tips? Email SMHS Nutritionist, Alyssa Cometto at alyssa@fabulous-nutrition.com



## Important Upcoming Dates...

### Thurs. Dec. 8th & 15th

St. Mary's Nights in the Village - 5 to 9 pm

### Wed. Dec. 14th

Progress Reports come out

\*\*Thurs. Dec. 15th

**SMHS** Christmas Show

at the Lancaster Opera House

\*\*Date & Location Changed

