



*Produced by the
Journalism &
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The Week Ahead...

Mon. Nov. 21st - C Day

****Bills Dress Down Day (\$2)***



Tues. Nov. 22nd - A Day

****Thanksgiving Prayer Service***

LITURGY DRESS CODE

Wed. Nov. 23rd

NO SCHOOL

Thanksgiving Break

Thurs. Nov. 24th

NO SCHOOL

Happy Thanksgiving!

Fri. Nov. 25th

NO SCHOOL

Thanksgiving Break



St. Mary's Club A Hockey Season is Ready to Begin!

By: Josh Gennocro

After a tough loss to the Lancaster Club A Men's Hockey Team in last season's playoffs, the boys are ready to get the ball rolling! They look to rebound this season to take a division title! The St. Marys Boys Hockey Team, run by Mark Dantonio, is looking for a bigger and brighter season in what seems like a very tough Section IV Red Division.

The team lost Davonte Watkins '22, which will be a big hole to fill, but it should be no problem with the talent that this team has. The boys are opening up the season at Cheektowaga Rec Center on Friday, November 18th, at 9:00 pm, against the defending Section IV Club Champion East Aurora/Holland Hockey Team. It will be a tough match up, but the St. Mary's boys are ready for a challenge. Then, on Friday, November 25th at Leisure Rinks at 6:15 pm, St. Mary's looks to play the dreaded Orchard Park B. Orchard Park B has moved up from the White Division to the Red Division, but nevertheless, they always put up a fight. To close out November, the boys will play Jamestown at Cheektowaga Rec Center on Saturday, November 26th at 8:30 pm.

Guidance Corner

Scholarship Opportunities

New to the St. Mary's Counseling Office web page - Scholarship Opportunities!

The Counseling Department is pleased to share scholarships available from private organizations and colleges/universities as well as links to websites that have even more scholarships.

The St. Mary's Counseling Office webpage has links to over 30 sources of scholarships, including, just to name a few:

www.collegeboard.com

www.fastweb.com

www.finaid.com

Go to smhlancers.org/counseling-center and scroll down to see the scholarships available to our students.

Did You Know?

The members of the Senior Class have already been awarded over \$1.1 million in College Scholarships! Congratulations!

Seniors - as you receive your college acceptance letters and scholarship awards, please let the Counseling Center know so that we can share the good news with the rest of the school community.

Healthy Tip of the Week!



There are several ways you can feel in control, relaxed and completely satisfied throughout the Thanksgiving holiday – pumpkin pie WITH whipped cream included!

- Get a good night's sleep
- Reflect on the people and things you're thankful for
- Fit in 30 minutes of exercise
- Don't skip breakfast
- Enjoy all the foods you love by downsizing portions
- End the day with gratitude

Do you wonder what foods are healthy? What you should eat when you're stressed? What you should eat to build muscle? How to put together a balanced meal? Email all your nutrition questions to SMH nutritionist, Alyssa alyssa@fabulous-nutrition.com and find the answers in the weekly SCOOP!

Important Upcoming Dates...

Mon. Nov. 28th

National Honor Society Induction Ceremony - 6pm

Invitation Only

Fri. Dec. 2nd

Bash for Cash - 6 pm - **IN-PERSON!!!**

**All families must sell at least 4-6 tickets*

Fri. Dec. 2nd

Winner of Sabres Raffle revealed

Thurs. Dec. 8th & 15th

St. Mary's Nights in the Village

Fri. Dec. 16th

SMHS Christmas Show - 7 pm



St. Mary's High School
Lancaster, NY

Bash for Cash
Fri. Dec. 2nd
Doors Open at 6 p.m.
\$50/ticket
Win \$10,000!
Tickets at smhlancers.org



St. Mary's High School
Virtual Sweepstakes

Sabres Suite
Suite for 12 people

- Food & non-alcoholic beverages
- Meet & greet with GM Kevyn Adams before the game
- Mutually agreeable date in the 2022-23 season

\$5,000 value
Get your chance at smhlancers.org

\$50/ticket

Lulu Lemon's a Scam! ***America's Price Problem***

By: Maddy Boglev

Teens go to unbelievable lengths to get clothing that will impress others. In America, millions of teens are scraping every penny they have to spend on popular clothing that brings up their reputations. This has been present since the beginning of time, but now, with inflation and high expenses, your bank account is bound to be empty.

A popular example of this trend is Lulu Lemon. Lulu Lemon is a Canadian athletic brand that is well known for their leggings. These best-selling leggings are said to be "buttery soft and lay smoothly" according to *Review.com*, but are these leggings truly the best on the market or just priced too high?