



# The Scoop

*Produced by the  
Journalism &  
Marketing  
Academy*

## The Week Ahead...

**Mon. Nov. 7th - A Day**

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



**Tues. Nov. 8th - B Day**

**\*Regular Dress Code**

**Wed. Nov. 9th - C Day**

**\*Regular Dress Code**

**Thurs. Nov. 10th - A Day**

**\*Professional Dress Code**

**• NO JEANS/JEAN SKIRTS**

**Fri. Nov. 11th**

**NO SCHOOL**

**Veterans Day**



**Sat. Nov. 5th**

**- Women's Soccer - Finals @ Canisius College - 4pm**

**Sat. Nov. 12th**

**- Football - Championship vs Timon @ St. Joe's - 1 pm**

**- Tickets \$7 presale or \$10 at the gate**

**- Get tickets here: <https://www.chsaany.org/tickets>**

**- Volleyball - State Finals @ St. Mary's - All Day**

**- Women's Soccer - State Semis @ Aviator (Long Island)**

**Sun. Nov. 13th**

**- Women's Soccer - State Finals @ Aviator (Long Island)**

***You need tickets to attend the  
MMHSAA playoff games!***

Visit [chsaany.org/tickets](https://www.chsaany.org/tickets)

Choose the sport

Choose the game

Pay \$7 online or \$10 at the gate

# Guidance Corner

## *Upcoming College Visits*

Here are the final college representative visits presently scheduled for the fall:

- **Tuesday, Nov. 8**  
10 am - Univ. of Tampa
- **Wednesday, Nov. 9**  
11 am - Nazareth College

Please contact Mr. Kidder to sign up to visit with any of these representatives.

## *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](http://www.collegeboard.com)

[www.fastweb.com](http://www.fastweb.com)

[www.finaid.com](http://www.finaid.com)

Go to [smhlancers.org/counseling-center](http://smhlancers.org/counseling-center) and scroll down to see the scholarships available to our students.

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## *Healthy Tip of the Week!*



Beta-carotene is an orange-colored compound that yields a lot of active vitamin A. This compound is a powerful antioxidant that protects the skin from the damaging effects of the sun, protects our eyes from the blue light of smartphones, laptops and televisions; and protects from various forms of cancer, heart disease, night

blindness, and macular degeneration. The number-one food source of beta-carotene is sweet potato, followed by carrots, spinach, and butternut squash.

Want to talk about some more healthy alternatives? Write to St. Mary's Nutritionist, Alyssa at [alyssa@fabulous-nutrition.com](mailto:alyssa@fabulous-nutrition.com)

# Important Upcoming Dates...

**Sat. Nov. 12th**

St. Mary's Elementary Fall Craft Show

**Tues. Nov. 15th - Fri. Nov. 18th**

Senior Trip

**\*If you're a senior not going on the senior trip, you aren't coming to school those days**

**Sat. Dec. 2nd**

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

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

**Thurs. Dec. 8th & 15th**

St. Mary's Nights in the Village



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 [smhlanccers.org](http://smhlanccers.org)

## *Hangin' with Mrs. Barry*

Sophomore Maxim Kalson sat down with St. Mary's health and physical education teacher, Mrs. Barry, to ask her some questions and get some fun facts.



**Q: Where did you complete your undergraduate work?**

I completed my undergraduate work at Canisius College.

**Q: What made you want to teach?**

I have always loved working with children.

**Q: What is your favorite subject to teach?**

Physical education.

**Q: What is your favorite sport?**

To watch? Hockey, but I was a swimmer growing up.

**Q: Who inspired you most?**

My parents.

**Q: What is your advice for the students at St. Mary's?**

Make mistakes, but learn from them because it is part of your journey in becoming the best version of yourself.

**Q: Drums or flats?**

Crispy drum wings are the best!