INTRA-MURALS

HOSA Competition
Find out how the students are preparing for their exciting event!

TEACHER SPOTLIGHT:
M.S. ASCOLESE

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Here at Mary Help we do many fun things throughout the school year, such as Villas, the September bonfire, scary movie night, and so much more. One of the most anticipated events is Intramurals. Intramurals are basically just a huge pep rally where we play a sport, show off our class colors, decorate the bleachers, and cheer as loud as we possibly can.

Before Intramurals started, we had a food drive which lasted about two weeks. This year’s food drive was a huge success; the school raised about 4,000 items! All of those items will go to a food pantry and to those in need.

The first day of Intramurals, which began on Friday the 21st, started with a volleyball game between the freshmen and the eighth grade, won by the freshmen. Ninth grade beat out the juniors and sophomores, establishing themselves as the reigning volleyball champions of the school. Afterwards, the freshmen team played an intense final match against the varsity volleyball team, losing with a close score 25-27.

In addition to the volleyball games, we also tested our knowledge on faculty members, played tug of war, and, of course, competed with other classes to see who could cheer the loudest. My first Intramurals were so much fun and I can’t wait for next year!
Idol. It’s a word we don’t put much thought into, yet we use it so much. Browsing through social media, there are so many “fan accounts” controlled by teenagers who idolize superstars. Now, that’s not a problem unless you are liking those celebrities for all the wrong reasons. I’m not going to tell you who you can idolize and who you can’t. That’s completely up to you, but I can introduce you to someone who’s worth looking up to. And get this: she walks the same hallways you do everyday. Meet Laura Marrone, a senior here at Mary Help. I got to sit down with Laura and talk to her about being a young woman. I have to say, Laura made a great impact on me that afternoon, and maybe she can do the same for you. Take a look at her inspiring interview and her reasons why young women should stand up for what they believe in, fulfill their life’s goals, and be everything that we were told we couldn’t be for hundreds of years!

The column is about powerful and inspiring women. What does it mean to you to be a young woman in this society?

As times have changed, I think it’s important that women get a solid foundation educationally and build upon that to become professionals. It’s not that you shouldn’t be a mother or homemaker, but I think it’s important that women assert themselves in this society. It’s a masculine society and a lot of things are geared towards men, so it’s good that women get themselves out there.

Is there someone who inspires you in who has influenced your accomplishments?

My grandmother. My grandmother wanted to become a doctor, but since it was the 1950s, or 1960s, and because she was African American, she couldn’t. She became a teacher instead (she taught Mrs. Hess, our science teacher here at Mary Help). She’s been a really big inspiration and she’s committed to her work. She’s so knowledgeable, and I want to carry on that dream for her and become a doctor. Also, my mother. She’s one of the strongest women I’ve ever met in my entire life.

Name one of your best accomplishments.

My best to date was the award for the PSATs that I received. I had no idea about it. I went to take the PSATs, and I was calm and wasn’t really thinking about it. Apparently, I did a pretty good job, and I was really honored that I’m in the top 3% in the country. That was amazing!
What gets you through obstacles in life?

Music is a big factor. Singing and dancing are two of my passions and are total stress relievers. My favorite quote is, “Stay gold, Ponyboy” from *The Outsiders*. To me, it’s not just stay gold like just stay good kid. It’s more stay who you are, don’t change but work to your best potential. Be your best person!

What are you going to college for? Why? What made you choose this?

I’m looking into a science program. Either biology, biomedical engineering, or psychology. I’m not sure which yet. I have to do more research. I’m looking at double majoring. Science is my passion. I’ve always had a love for science. My grandmother pays a very big role in that, but my own interest does too. I remember taking Biology with Mrs. Hess; I was fascinated by everything I learned. I’m now taking psychology with Mrs. Megalos and my mind is blown thinking about how the mind works. It’s insane and I just want to know more!

How do you plan to make your mark on the world?

Since I want to be a doctor, I read a lot about Eastern medicine: acupuncture, healing touch, and aromatherapy. I’m looking towards incorporating these medicines into our Western medicines complex. Instead of synthetic drugs, how about we start looking towards oil? Surgery has come a great way and it’s important, but I think we can fix drugs. Our bodies can heal themselves if we do things the right way. Instead of putting chemicals in our bodies, how about we start chiropractics? How about we start manipulating muscles? Maybe that’ll relieve pain.

What would you say was your biggest struggle in life and how have you overcome it?

I switched schools. It wasn’t a major transfer. I was there for two months, but I was in love with my school. The problem was that I had to get up at five in the morning to get to the bus at six. I wouldn’t be coming home until about five or six, and then I’d have four hours of homework so I had to leave. That was a difficult transition because freshmen year of high school, I was excited. I made friends and I said, “I’m coming to a new school, I’m not going to know anybody. They already made their friendships, I’m done. I’m the outsider for the rest of my high school career.” That was a struggle, but it’s perfect now. I couldn’t have asked for anything better. Mary Help is everything. Mrs. Hess definitely helped. That summer I took a Biology course, and my love for Science and the fact that she was my grandmother’s pupil opened things up. The people here are just so open so there was no problem making friends or fitting in.

*Laura has about seven more months here at Mary Help until she’s out there in the real world making changes. I can’t wait to see her name everywhere when she makes a tremendous amount of changes in science and the medical field as a whole. It was great meeting you, Laura, and you are a true model for what an idol truly is.*
HOSA COMPETITION
BY DAISY PAISI, GUEST COLUMNIST

HOSA, known as Health Occupations Students of America, is an organization for students who have a high interest in pursuing a career within healthcare. HOSA is a beneficial organization that help students strengthen their skills and pursue their interests within HOSA Competitions. The HOSA competition delivers a chance for students to compete in a category of their choice, usually consisting of material in which they are highly interested. Many of our very own HOSA members are working very hard to prepare for the upcoming competition in January. Some of the competition topics our HOSA members plan to compete in include Medical Terminology, Medical Reading, Medical Spelling, Extemporaneous Health Poster Making, EMT/First Aid, Researched Persuasive speaking, Job Seeking Skills, Knowledge Tests, and Photography. To prepare, they are practicing throughout the scheduled HOSA meetings that are held on Mondays, gathering before and after school as a group, researching helpful games and websites that would make learning fun, especially in Medical Terminology, and reviewing the examples of the content provided for each competition topic. This year, HOSA has blossomed with many new members, which we are glad to have aboard. With the encouragement and useful advice from both Mrs. Hess and Mrs. Redmon, our HOSA advisors, it’s exciting to see what HOSA has in store for MHCA this year.

BASKETBALL SEASON
BY STEPHANIE SIOK

It’s the most wonderful time of the year! Well, at least that’s my opinion because it’s my favorite sport! That’s right, basketball season is starting up again and that means it’s time to get back to the crazy schedule of practices, games, and training. This year, the Blue Jay basketball players are hopeful to make some major improvements. The seniors, Mary Claire Hemmer, Elizabeth Jordan, Catherine and Elizabeth Livi, and Serynna Reyes are eager to lead the team to much success this season! Head coach, Ed Torres, and assistant coach, Mr. Spinelli, are also excited to help the girls have a great season. Even the cheerleaders will play their part, cheering on the team at every home game throughout the winter season. Best of luck to the basketball players and the cheerleaders on their exciting season!
What do you enjoy about math and science?

When I was in high school, math always made sense to me. There was always an answer for everything. But, I’m more partial to dance! But the two can come together, and math can be applied to dance, such as in number sequencing. Math can really be applied to everything, even everyday life. Dance is a great way to express yourself and it provides many benefits. It can teach discipline and patience.

What other subjects do you enjoy?

I also enjoy English, because writing can be so much fun. I like journal-ling the best, because it helps develop cognitive skills, helps with learning, and helps with remembering the process of writing. Theater is another subject that I love—I taught it at a camp!

Here’s a fun one—what’s your favorite word?

That’s the hardest question I’ve gotten. . . . My favorite word is dream. I think it means so many things to different people!

What’s your background?

Well, during college at Montclair State University, I taught Theater at Auxilium, a Salesian camp. I also started dancing around that time. I flew down to Florida and worked at Disneyland as a fairy godmother-in-training at the Bibbidi-bobbidi-boutique. I then went to Australia and taught kids in Sydney.

What is your favorite thing to teach or learn in Math and Dance?

My favorite thing in math is definitely solving equations, because once the basics are understood, you use them constantly. As for Dance, I love teaching Jazz because it’s upbeat and there’s so many styles of it.

What do you think your students like learning the most?

For Math, I’d say how to solve equations—they’re so happy when they understand. As for Dance, I’d say they like learning as many styles as possible.
Ebola was first discovered in the late twentieth century. Due to four reported cases of diagnoses in the United States, it has recently come to the attention of the media. According to the Centers for Disease Control and Prevention, Ebola, formally known as Ebola hemorrhagic virus, is a lethal rare disease triggered by infection with a virus of the family Filoviridae, genus *Ebolavirus*. Of the five Ebola virus species, four are identified to cause diseases in humans, and the other in non-humans such as gorillas, monkeys, and chimpanzees. African countries are the locations where the Ebola viruses are found, and the first discovery in 1976 was near the Ebola River or modern day Democratic Republic of the Congo.

The host of the Ebola virus still remains unknown, but based on research and evidence, it is very likely that the virus is animal related, and that bats are the natural carrier. Ebola is transmitted through direct contact with the blood or bodily fluids of a person affected with the virus. To elude contracting the virus, there are many prevention methods one can practice. For example, if a person is in an area where an Ebola virus outbreak has occurred, he or she should frequently wash their hands, avoid contact with bodily and blood fluids, as well as contact with nonhuman primates and bats.

Unfortunately, there are no FDA-approved vaccines or medicines for the Ebola virus if a person becomes infected. However, treating the virus early by providing intravenous fluids (IV) and balancing electrolytes, keeping a steady oxygen level and blood pressure, plus treating any additional infections can significantly increase a person’s chances of survival. Recovery depends largely on a person’s support or care and immune system. Those in recovery usually develop antibodies that last up to ten years or more; yet, it is unclear if they are at risk for the other strains of the Ebola virus, as well as long-term complications. Fortunately, of the four reported cases in the United States, three have been successfully treated. Though the outbreak of Ebola virus, specifically in West Africa, is certainly regrettable, it has raised awareness in the world, and will hopefully lead to finding a cure.
“Bye, Bye Dry Skin, Time to Get Smoothing!”

Winter season is fast approaching, which means dry skin! SKREECH! If you don’t take care of your skin properly, the harsh, cold weather can leave your skin dried out. Not only does this not feel good, but it also doesn’t look good if you decide to wear any facial makeup, especially liquid makeup. Why does this happen? Well, since the weather is colder than normal, there is low humidity, leaving our skin unusually dry. Once you put makeup on your face without taking care of your flaky skin first, this will give you dry patches. Don’t stress over this though, because I’m here to help you! I’m going to take you step by step on how to take care of your skin during the winter season. Let’s begin, shall we?

Products you’ll need:

- Cleanser (liquid or gel)
- Exfoliator (use this once a week because this can be harsh on skin)
- Face mask (again use this once a week if you want a deeper cleanse)
- Toner
- Eye cream (apply this gently with your ring finger)
- Face moisturizer

Now that you know what you’ll need, I’m going to tell you how to use them!

1. Wet your face with warm water to open up your pores and then gently apply your cleanser. Rub this into your skin in circular motions. You would do the same exact thing if you were to use an exfoliator. For a face mask, you would leave it on a lot longer.

2. Next, take a cotton pad or cotton round and apply your toner on it. Wipe this all over your face in circular motions. I like to mainly focus this around my nose and chin because this is where I mostly breakout or get blackheads.

3. Now, take your eye cream and apply this with your ring finger under your eyes in a patting motion, but very gently. Whatever is left over, apply it on your eyelid.

4. We’ve reached our last step! Take your moisturizer and apply it all over your face and neck. Don’t ever forget your neck because it shows the first sign of aging, as do your eyes! Now you don’t have to worry about having dry patches under your makeup!

Now you’re already to tackle the holidays and go Christmas shopping! You’ll be spending a lot of time in the cold weather so it’s great that you’re prepared for it. I hope this helped you out and make sure you always take care of your skin! If you ever have any questions about anything beauty related, you’re welcomed to come and ask me! Also, I make YouTube videos related to the articles I write so you can check those out! Happy holidays everyone!
Lately, I’ve been overwhelmed with school work, family, friends, and a lot of other things. How do I balance it all out?

It’s really all about time management and prioritizing. You’re a student right now, so school should be your priority. It’s very easy to leave your homework for the last minute (I speak from experience), but you shouldn’t. There are a lot of distractions out there such as binge watching your favorite show on Netflix or just hanging out with friends, but it is necessary to know what is more important. It is imperative that you spend time with your family and friends, but they should be able to understand that, sometimes, teachers need certain things from you done. If you learn how to manage your time now, you’ll be better off in the future.

"For God so loved the world that he gave His only Son, so that everyone who believes in Him might not perish but have eternal life." John 3:16

God gave us and still gives us the gift of eternal life through Christ. As we approach the holidays, we ought to keep in mind the fullness of the truth: that it is Christ whom we celebrate at this time. It is Christ's birth we are preparing for, not the exchanging of gifts. Just imagine your own birthday. Imagine all those you love so much ignoring you. Imagine all those you love buying gifts for everyone else but you, being completely ignored every year on your birthday. With that being said, what are we going to do differently this year as we prepare, during this season of Advent, for Christ with Mary? What gift are you giving Christ this year?
3 TIPS FOR FINDING A DRESS FOR WINTER SEMI-FORMAL
BY LORETTA GRACEFFO

Remember to be confident and to have fun! No matter what you wear to the dance, you’ll always be a beautiful princess!

1. Wintry colors tend to be bolder and darker, such as ivory, gold, black, burgundy, evergreen or royal blue. However, don’t shy away from colors like pink or light blue (especially with silver). Any color can look wintry if you pair it with the right accessories!

2. Consider the pattern and style. Brocade, lace, and chiffon will look especially elegant for the wintertime. As for style, most winter formal dresses reach to the knee or a little bit above. If you’re still shopping for a dress, try modcloth.com (for vintage-styled dresses) or H&M (the dresses are much less expensive, but just as beautiful).

3. Add a little bit of sparkle! Whether you wear shimmery eye shadow, glittery nail polish, or a sparkly necklace, a little bit of sparkle will be sure to liven up any dress!

WOMAN OF THE MONTH: EMMA WATSON
BY LAUREN ROBERSON

Emma Watson was born on April 15, 1990. She auditioned for Hermione Granger at the age of eleven and was chosen for the role, which she played for ten years. In 2009, she attended Brown University in Providence, Rhode Island. She was recently appointed as a Good Will ambassador for U.N. Women at Heforshe, a campaign that advocates for the equality of men and women. She recently gave a very powerful speech on behalf of the campaign, which can be found on its YouTube channel. Truly, Watson is a very successful woman and it should be exciting to see what other plans she has in store.
POETRY CORNER BY AMAYA ESTRELLA

It's that time of the year again, people wishing for snow.
Candles lit that smell like Christmas trees.
Santa's getting ready for a night that's still to come, full of holiday cheer and Christmas wishes.
Have you written your letter to Santa yet?
He waits to hear from you, he's come to make your wishes true but only for a night.
Jesus our Lord is coming, to save us all from sin.
Santa's going to visit him and bring him special gifts.
Have you said your prayers yet for a happy holiday?
Christmas time is coming and the countdown has begun.
Make sure you pray for good.

COMIC STRIP CORNER BY STEPHANIE CABRAL

He so it is that time of year again. I guess.
That would mean...
So long and good night, see you in spring?

HEALTHY EATING WITH SEAHORSE BY STEPHANIE SIOK

Strawberry Santas

What you’ll need:
• an adequate amount of strawberries, depending on how many people you’re serving (24 would be an ideal number)
• a tub of cool whip/whipped cream of your choice
• a gallon-sized plastic bag
• mini chocolate chips

What to do:
• Slice the stem off the strawberry.
• Slice the strawberry at approximately ¾, so that the tip looks like a “hat.”
• By inserting whipped cream inside the plastic bag (like a pipe bag) or by simply just dolloping, place whipped cream on the larger part, then put the “hat” back on top.
• Use two mini chips as eyes and put a little dollop of cream on the hat for detail.

Enjoy!!
A SCHOOL NEWSLETTER ROOTED IN BEAUTY, TRUTH, AND JOY!