

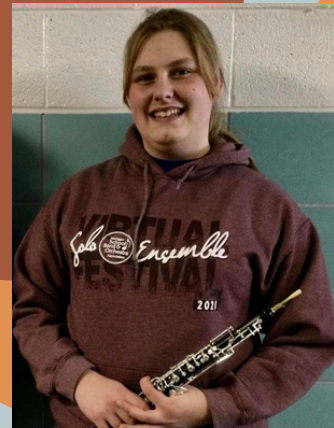
# Snowbird Beat



Pg.3

Volume 30

Pg.4



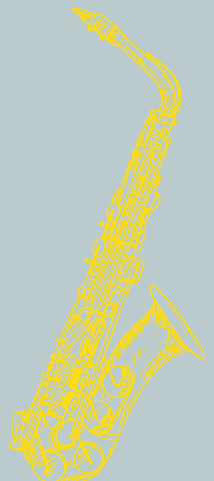
Learn about Tori Kuznicki on page 5



Pg.2



Pg.8





# ST. DYMPHNA



## *Patron Saint of Mental Illness:*

St. Dymphna is known for miracles involving mental health, anxieties, and general mental wellness/well-being. St. Dymphna has been recognized for healing those who have a mental illness. As we live in a world with so much stress and anxiety, St. Dymphna is a perfect source of inspiration, help, and devotion. Many people recommend her for family and friends who need healing from mental illness and the daily stress and anxiety that people go through. Many people today might have a friend or a relative that suffers from mental illness or anxiety. St. Dymphna represents a special devotion to those who are in need.

### **Prayer in honor of St. Dymphna:**

***Lord Jesus Christ, You have willed that St. Dymphna should be invoked by thousands of clients as the patroness of nervous and mental disease and have brought it about that her interest in these patients should be an inspiration to and an ideal of charity throughout the world. Grant that, through the prayers of this youthful martyr of purity, those who suffer from nervous and mental illness everywhere on earth may be helped and consoled. I recommend to You in particular, (name). Be pleased to hear the prayer of St. Dymphna and of your Blessed Mother. Give those whom I recommend the patience to bear their affliction and resignation to do Your divine will. Give them the consolation they need and especially the cure they so much desire if it is Your will. Through Christ, our Lord. Amen.***

## *Some ways to help you become less stressed:*

- Being active, exercising
- Meditating
- Connect with others
- Make sure you're getting enough sleep
- Journal out your problems/talk about your problems
- Keep your mind peaceful





# SNOWBIRD SPORTS



Pictured (left to right): Bowen Hanley(10), Sam Jacobson(10), Brody Inglis(12), Daniel Smith(12), Emma Glasby(11), Zachary Koenig(10), Bailey Thompson(8).

Monday, May 9th, the golf team attended Mackinaw city and placed 1st as a team with our very own Zachary Koenig, sophomore, receiving first place, and senior Daniel Smith receiving third.



High school track and field went to Johannesburg-Lewiston and East Jordan this week. Personal Records were broken this week as they went the hottest time in the season.

SMH v Onaway

-  
-



Pictured: Emma Glasby (11) holding the softball of the home run

Although softball fell short of the win against Johannesburg-Lewiston, with the loss of (0-15) in the first game and (2-18) loss in the second, Emma Glasby hit the first home run of the season!  
Way to go Snowbird!

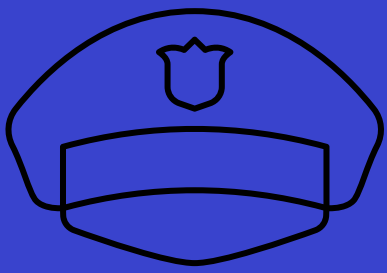
Baseball lost to Johannesburg-Lewiston (6-4)

SMH v Onaway

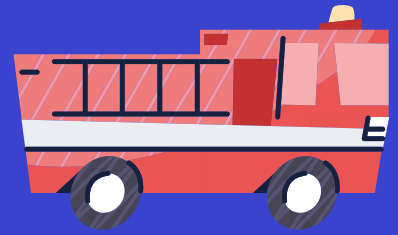
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# BLUE MASS



On May 11th we celebrated the Blue Mass. The Blue Mass is dedicated to law enforcement and first responders for the dedication and work they do for persons in each stage of life. On May 15th, 1962, President Kennedy proclaimed May 15th, as National Police Officers Memorial Day. We celebrate this Memorial for not just one day but the whole week from May 11th-17th.

National Police Week is dedicated to honoring America's law enforcement community. We want to continue to thank you all for everything that you do for each and every one of us. The Blue Mass will be a reassuring mass, so if you missed this year and would love to support our law enforcement and first responders, stayed tuned next year for details.





# BEAT OF THE WEEK

Tori Kuznicki



THIS WEEK WE INTERVIEWED TORI FOR THE BEAT OF THE WEEK. TORI PARTICIPATES IN BAND AND ARCHERY.

**How long have you been participating in the band?**

"Since 6th grade."

**Do you want to continue playing band in college?**

"Yes for whatever college I decided to go to."

**What are your plans for the future?**

"Get my degree in general biology and work in a zoo."

**What is your favorite thing to do in your free time?**

"Play archery and practice my instrument."

**If you could live anywhere in the world, where would you live?**

"Poland!"

**What would your dream vacation be?**

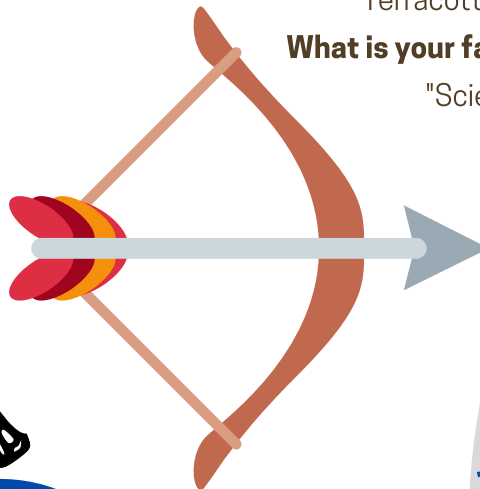
"To visit Poland."

**What song are you most excited about at this concert?**

"Terracotta Warriors!"

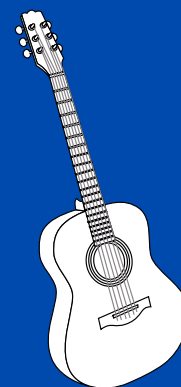
**What is your favorite subject?**

"Science!"





# Staff spotlight



Mrs. LaVictoire is St. Mary's Band Instructor. She has been teaching at St. Mary's for 14 years. She started teaching in 1979.

Why did you become a Band Director?

- I love teaching and I love music and if you put the two together this is the perfect job.

What's for the favorite instrument?

- I have two, I can't pick between the two. Trumpet and then Guitar

If you could go back and change your job, would you?

- No not even for a minute! I love my job and wouldn't dream of being anything else.

What's the best part about teaching?

- I love seeing my students grow, musically.

What's the worst part about teaching?

- When the students drop out. Why work so hard for many years just to be quiet.

What's one of your favorite pieces of music to teach?

- "Terracotta Warriors", the students always love it!





# MIDDLE SCHOOL

*Madness*

## AGENDA AND SPORTS

### TRACK RESULTS

Last Friday the Middle School Cross Country Team participated in the Timber Brown Fun Meet at Inland Lakes. They participated in many of their regular events as well as the ice cream relay, the team wagon wheel run,. One highlight of the event was the coaches' relay where are very own Mr. Shoop and Alum Emma Cherwiniski joined Brayden and Taylor in a 4x1 relay

### Quote Of The week

"Let your unique awesomeness and positive energy inspire confidence in others."

### CHOIR CONCERT

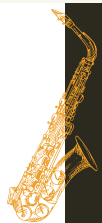
TThe 5th -8th grades hosted an amazing concert at the Mount Caramel center Tuesday. Mr. Justin Reed did an incredible job organizing and preparing the

### CEMETERY CLEANUP

The 5th and 6th grade classes did a wonderful job cleaning up the St. Mary's cemetery. They worked all day in unseasonably warm weather to beautify the area to honor all of those who have passed but especially our fallen heroes in preparation for Memorial Day

# Band Concert

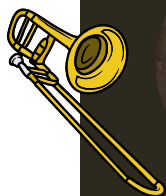
## Our Seniors:



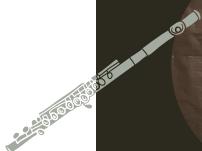
Logan Cherry



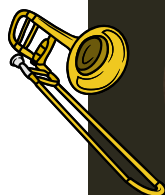
Max Kuznicki



Aiden Murphy



Nora Hanley



Sydney Oliver



Marilyn Harbin



Daniel Smith



As the school year wraps up, the Spring Band Concert is always a hit. The seniors desirably received awards for their hard work.

Max Kuznicki, Daniel Smith, and Marilyn Harbin- Louis Armstrong

Max Kuznicki- John Phillip Souza

Nora Hanley- Scholar Instrumentalist of the Year

Logan Cherry, Sydney Oliver, and Aidan Murphy- Excellence in band



# Next Week

May 14th

-

May 20th

Events and Birthdays

Sports

Feast Day

Lunch Menu

Saturday  
May 14th

**St. Matthias**

Sunday  
May 15th

**St. Isidore**

Monday  
May 16th

**HS Track @ Kalkaska  
Baseball+Softball @  
Mancelona  
Golf @ Roger City**

**St. Honoratus**

**Chicken Patty  
on a Bun**

Tuesday  
May 17th

**MS Track @ Joburg  
Band Concert @  
Mackinaw Island**

**St. Madron**

**Grilled Cheese**

Wednesday  
May 18th

**St. Alexandria**

**Cheese Stuffed  
Breadsticks**

Thursday  
May 19th

**Golf @ Mackinaw  
Baseball+ Softball  
@Pellston**

**St. Dustan**

**Chicken  
Tenders**

Friday  
May 20th

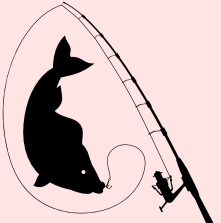
**HS Track Regionals @ I  
Lakes**

**St. Bernardio**

**Pizza**

What kind of activities are you doing now that spring has finally come?

fishing



baseball

walking my dog

golfing

horseback riding



travel beach volleyball

basketball

dirt biking

playing outside

playing with farm animals

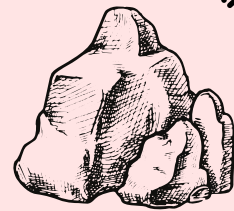
riding my bike



eating ice cream

yard work

rock picking



sunbathing

staying out later

going on walks in the sunshine



## ATTENTION

We are now in the summer dress code. So you can wear your shorts and skirts anytime you want. Ladies we don't need to have leggings with our skirts. unless you want.





# Anti-Bullying



## Cyber Bullying

Cyber bullying is when a person uses the Internet or technology to harass, threaten, embarrass, or target another person. Typically, it involves teens, but it's not uncommon for adults too. Even if someone deletes a mean post, chances are it's still available in some form such as in a screenshot or a shared text message. Worse yet, those who are targeted by cyberbullies often don't know who is bullying them, so they often have no way to bring it to an end.



## Verbal Bullying

No matter what age you are being called names or insulted, it can have an effect on your wellbeing. Verbal bullying can and does affect people's feelings. A young person going through something like this might feel intimidated or feel under pressure not to make a fuss because others are saying it is just a joke. If you see someone being called an insult then you may think they are just taking it as a joke, but inside how a person feels may not show on the outside.



## THINK Before You Post

T- Is it true?

H- Is it helpful?

I- Is it inspiring?

N- Is it necessary?

K- Is it kind?

