

**TWO VIEWS,
ONE COUNTRY**

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Clare's Corner

Who wants to be first?

STORY, PHOTO AND GRAPHICS: CLARE JONES, EDITOR-IN-CHIEF

When Mercy was founded in 1945, Sister Catherine McAuley was ahead of her time. She not only established an all-girl Catholic high school committed to academic excellence but also created Mercy's fundamental mission to empower women to be leaders. Within the Mercy community, women in leadership roles are common and highly visible. We have a female principal, class president, and student government officers along with a female majority in the administration.

Unlike our school community which has many females in leadership positions, the representation of women in leadership roles still is not largely displayed within many career fields. Females are substantially underrepresented in leadership positions within corporate America, Science Technology Engineering and Mathematics (STEM), and government job fields and occupations.

Within the Fortune 500 largest US companies, there are currently 37 female Chief Executive Officers (CEO) which translates into 7.4% of America's largest companies being run by women. One of those female executives is Michigan's very own Mary Barra, CEO and chairman of the General Motors Company (GM) headquartered in Detroit. Barra is the first female to lead a major automotive company. Her opportunities to take on leadership roles began early in her academic and professional career which made it easier for her to achieve extraordinary career accomplishments at GM. Barra was able to succeed despite the gender bias that many companies demonstrate where men tend to be promoted to C-suite executive positions.

At Mercy, we are encouraged to participate on our school boards, clubs, along with student government, and athletic teams. As a result, our participation in these groups tends to build personal confidence and comfort in demonstrating leadership skills. Through the many opportunities that Mercy offers students to positively influence our school, we are encouraged to be leaders with integrity that command success and grander opportunities currently and in the future.

Furthermore, while the STEM career fields are some of the fastest-growing professions, the gender gap between male and female is extensive. Women make up

50% of the US college-educated labor market and represent slightly less than 30% of all STEM jobs compared to men who make up 70% of the STEM jobs. While the number of women in STEM still has lots of room to grow, the numbers have increased exponentially since one of our first notable female NASA scientists, Katherine Johnson. Johnson calculated the trajectory coordinates, launch windows and navigation coordinates for the Project Mercury, the first NASA program that successfully launched Americans into space. Not only did Johnson's work help to achieve a victorious accomplishment of Americans orbiting the earth, her calculations used during that mission are still used today within NASA.

Many females do not pursue STEM professions because it is traditionally a male-dominated academic and career environment. On the contrary, Mercy's robotics team provides an ideal platform for our female students to get exposure to technology that allows them to build not only their technical skills but also their confidence to take on leadership positions in this highly competitive job field that requires training in both computer science and engineering.

Also, in the United States government, small percentages of women remain in the legislative branch: 26% are Senators, 23.2% are Representatives; and in the judicial branch, 33% are women; and no women have become President within the executive branch.

Sandra Day O'Connor was able to overcome some of these challenges and became the first female U.S. federal Supreme Court Justice. Early in her legal career, Justice O'Connor's initial highly visible leadership position was attorney general of Arizona while married and raising three young sons. Justice O'Connor's grit and self-confidence were developed early on in her life on her family's ranch where she learned the responsibilities of completing her chores and working with people who shaped her disciplined approach to achieving her goals.

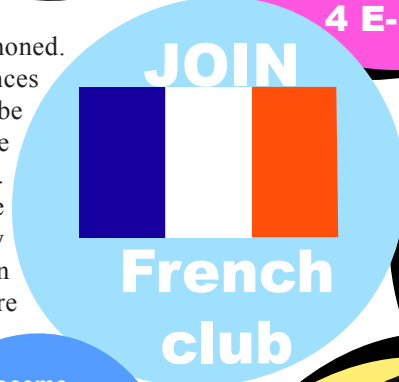
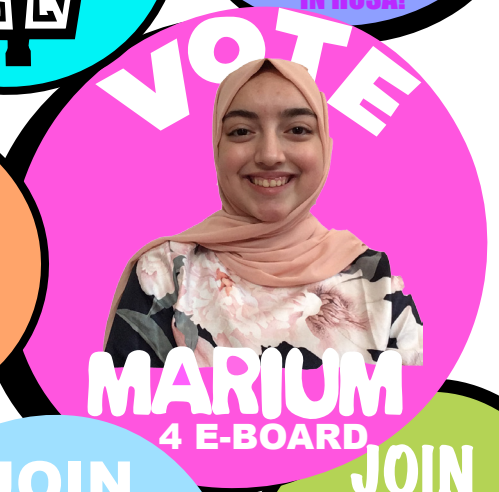
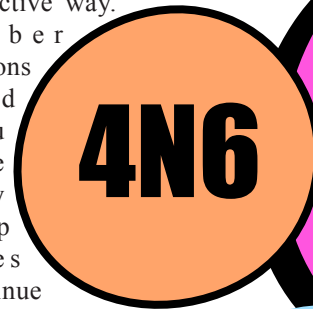
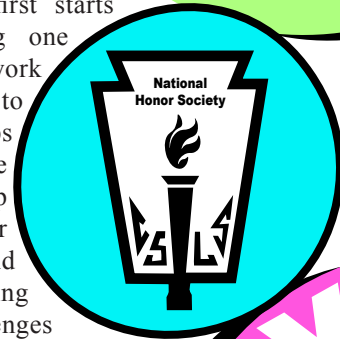
While Mercy students in Student Government do not currently have the above-mentioned obstacles, they do have the challenges of meeting the policies of the school administration and as well as satisfying the expectations of the student body when organizing school activities like Spirit Weeks, community service,

dances and assemblies. Mercy females in Student Government benefit by learning early to be successful in collaboration and negotiation prior to entering the workforce, key characteristics of successful civic leaders.

To overcome the gender bias that overwhelmingly affects women, it first starts with us, respecting one another when we work together. Learning to build relationships with female colleagues will help us grow to be better team members and effective in working through group challenges in a productive way.

Remember the lessons learned when you participate in Mercy group activities and continue to build upon the skills that you have honed. These experiences empower us to be leaders and take charge of our futures.

I challenge the Mercy community to dare to be great in whatever you aspire to lead, to live up to Sister Catherine



McAuley's motto that we are "women who make a difference," and to be the first.

The addiction is real; “The Social Dilemma”

STORY: CLARE JONES, EDITOR-IN-CHIEF, PHOTO AND GRAPHICS: SAANYA ZAIDI, PHOTOGRAPHY AND ART EDITOR

“Never before in history have 50 designers made decisions that would have an impact on two billion people,” said Tristan Harris, a former design ethicist at Google, in the Netflix documentary “The Social Dilemma.”

The new Netflix documentary, directed by Jeff Orlowski, explores how addiction and privacy breaches are standard features rather than bugs of social media platforms. Orlowski speaks with the men and women who helped build the early social media application platforms. Throughout the documentary the unfortunate reality of these engineer’s fears such as severe mental health and addiction to these apps have become true: ultimately damaging the foundations of democracy specifically advertising disinformation through these social platforms.

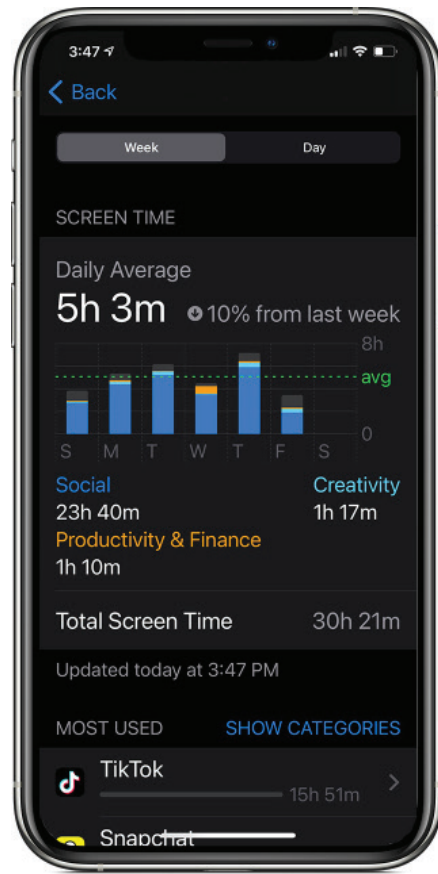
While it is no shock that social media can be addictive and invasive to users who use these platforms, the documentary explains how companies manipulate its users for profit. Companies such as Facebook, Twitter, Instagram, and Tiktok use infinite scrolling and push notifications to keep users constantly engaged and increase the amount of time spent on these social networking applications.

“I found it very interesting that the computers were made to become smarter than people and that they didn’t intend for this to happen, but it is the way things are now. It is very difficult to change,” said senior Olive Rentz. “It’s definitely pretty scary thinking that all your information that you have on your phone is getting collected in a digital profile of you because of different algorithms these tech companies have.”

Anna Lembke, an Associate Professor of Psychiatry and Behavioral Science at Stanford University, is a social media addiction expert. She explains that technology companies exploit the brain’s evolutionary need for interpersonal connection. Companies also use personalized recommendations based on users data to predict and influence their actions, making users’ susceptible to advertisers and propagandists.

This reality has allowed people to sometimes be driven to extremes and creating a fear of missing out, becoming uninformed, distracted, affected by depression, and in rare cases, becoming radicalized.

The information presented in this film has had an incredible impact on its viewers. The documentary’s precise examination of the dangers of social networking applications has led some individuals to turn off their



Daily average screentime of a Mercy senior. Most of the time is spent on Social Media apps.

push notifications for their social media accounts and in some cases even permanently deleting their accounts.

At Mercy, the Newsprint October poll reported that only 10.9% of respondents have seen the documentary “The Social Dilemma.” However, 28% of the students who have viewed the documentary believe the information provided has been impactful and eye-opening.

Students within the Mercy halls are no different than the general public with having a significant amount of screen time dedicated to social media. Despite our Apple iPads being mainly for educational purposes, there remains additional tactics that prompt us to “click.”

“I think it is really important to watch,” said Rentz. “I thought that the Internet was more run by people that purposely did these [addiction tactics], but then come to find out it was more the computers becoming more

intelligent that generated us becoming so reliant on our devices.”

Rentz gave the Newsprint staff access to view and report her screen time on her iPhone. Olive’s most used app is the social media app Snapchat. The weekly average amount of time spent on the social media app was a total of nine hours and three minutes. Her average usage of her phone per day was five hours and 27 minutes. The top four most used apps were Snapchat, Youtube, Messages and Instagram.

Mercy student Ali Cassidy ‘21 also allowed Newsprint to access screen time averages on her iPhone. Ali’s daily screen time was eight hours and two minutes. Cassidy’s top used app is iMessages which had a reported time of 10 hours per week. Her next three apps that were most frequently used were Youtube, Tiktok and Snapchat, all having weekly reports of over five hours or more.

Despite how surprising these statistics may be, The Washington Post reported that the average time teenagers spend on their phone each day is seven hours and 22 minutes. This did not include the time spent doing homework via a screen.

Although both Cassidy and Rentz have seen the documentary, neither have taken into consideration trying to limit the amount of time they spend in front of a screen.

However, the men and women in the documentary suggest that social media as a whole is not entirely bad. These former mainstream software engineers are hoping that with the right suggestions and with the right changes and regulations, there can be a world where users can benefit from social media. There are two main points that Orlowski seems to stress in the film, that technology causes destructive behaviors to its users.

“I feel ‘The Social Dilemma’ really opened my eyes to thinking in the way of how social media platform managers think,” Rentz said. “[Still], I am trying to grasp how these social media tech giants have created us to become so embedded to our devices: so much so that they are sending information about you so they can cater to your needs. I think that it’s good to understand to do everything in moderation and to not solely rely on social media platforms for everything.”


“The Social Dilemma” is remarkable at emphasizing that information presented to the viewers has a lasting impact on how social media companies view data mining and manipulative technology in our social lives.



Twitter
330 Million users worldwide



Instagram
998 Million users worldwide



Facebook
1.69 Billion users worldwide

Cap, gown and...mask?

STORY, PHOTO AND GRAPHICS: DELILAH COE, WEB EDITOR

Senior year is supposed to be the most incredible year of high school. After four years of challenging academic work, students are rewarded with prom, graduation and many other special activities that make senior year unique. We look forward to the “lasts” of our high school experience. The last homecoming, the last athletic game and the last few off hours we spend giggling in the media center with our best friends.

Three years are spent patiently waiting to finally experience the thrilling events that previous graduating classes have luckily been able to celebrate in honor of this remarkable milestone. However, the graduating Class of 2021 will not be able to enjoy all the perks and events that are integrated within a typical senior year. These special moments may seem minor in the grand scheme of life, but they also make high school memorable. Due to the COVID-19 pandemic, the Class of 2021 is experiencing a senior year like no other class before it.

Although the graduating Class of 2020 also had some unexpected shifts and lost most of their second semester, the experience of the Class of 2021 is not a fair comparison. Unlike last year’s seniors, many of us realized the reality of going back to “pre-COVID” would not be possible. Most of us walked into this year with high hopes, but also had to acknowledge that realistically the pandemic could take away everything within a blink of an eye.

We are aware that it will most likely affect everything we do, not only this year, but possibly the next few. For example, the hybrid schedule we are currently using may

be a reality for the next year or two, and if not, masks and social distancing will probably still be required. Similarly, sports have been impacted as most members are required to wear masks throughout practices and games, which will probably not change for a while either. There are many things being altered, such as limited spots on KAIROS, Spirit Week, off hours, homecoming, A-ball or prom at all. I could debate for hours about which class got it worse, but that’s not the point because they are two totally different experiences.

To look at this year more positively, there are many surprises to be grateful for, despite the dystopian world it seems we are living in. For example, the Class of 2021 is the first ever graduating class that is not required to take the ACT and the SAT

standardized tests, since they have been implemented. As a result of this benefit, many seniors have become less stressed about improving their scores in time to send them to colleges and universities’ admission offices. Furthermore, the hybrid model allows students extra time to complete their homework and maintain a healthy lifestyle while living in such a virtually connected world. Students now have more time outside of school to spend relaxing or with family and friends.

Although I am very thankful that we have made it this far into the school year without another lockdown in response to COVID-19, I know that we still have to cherish every moment we have left at Mercy High School.

To make the most of what is left of the school year, we need to focus on a few things. First, make every moment physically at school count. This means making new friends, stopping by your favorite teacher’s room just to say “hi,” or whatever this means to you personally that will help to ensure that you can make your mark as graduation draws near. These little moments make high school special, along with making all the hard work seem worth it. The final step is to accept that this school year is unprecedented and there is unfortunately nothing we can do to change it. Even though it is not an ideal situation, we have to make the best of what we have left.

Although seniors are going to be saying a lot of goodbyes this year, we also have a lot of hellos coming. Don’t be discouraged because there’s so much more coming, but also don’t forget to make your last goodbyes count. Even though this is not the year we hoped for, I hope we can still make it the best.



Field Day

KAIROS

Off Hours

Sports

A-ball

Homecoming

Graduation

Prom

THE 2020 PRESIDENTIAL ELECTION

STORIES AND GRAPHICS: MEGAN MALLIE, ASSOCIATE EDITOR-IN-CHIEF & RACHAEL SALAH, DESIGN EDITOR

DONALD TRUMP AND MIKE PENCE

Currently, one of the most pressing issues in America has been the COVID-19 pandemic. This virus has added an unexpected twist to this year's elections, changing the candidates' campaign approach, various rallies and even simple actions between the candidates such as a friendly handshake. With this added element, candidates have also had to take a stance on how they feel about the pandemic.

On October 1st, the public was notified that President Donald Trump contracted COVID-19. He was hospitalized at Walter Reed National Military Medical Center for three nights, where he received medical care. "The end of the pandemic is in sight," he said in a pre-recorded address to a charity event on the evening of Oct. 1, shortly before testing positive for COVID-19, as reported in the New York Times.

Once the vaccine is made available to the American public, according to the Department of Health & Human Services, the Trump Administration has partnered with the drug stores CVS and Walgreens to supply COVID-19 vaccines to Americans nationwide. The Trump Administration calls the plan Operation Warp Speed, and it aims to safely and efficiently provide vaccines for Americans, especially for those who are vulnerable. The program will be free of charge to facilities, and will be available for residents and members who are in long-term care settings. CVS and Walgreens will manage the physical vaccines and all associated supplies, provide on-site vaccine administration, and keep track of and report necessary vaccination data within 72 hours of administering each dose.

President Trump remains optimistic despite the more than 200,000 coronavirus deaths in the United States. Trump's actions have been to push for the reopening of schools and places of work. He also "negotiated and launched the Paycheck Protection Program—helping save 51 million American jobs," according to whitehouse.gov, as well as providing tax relief for workers.

"I trust our justice system," Vice President Mike Pence said after being prompted by the debate moderator about the case of Breonna Taylor, a 26-year-old African American woman who was shot and killed inside her Kentucky apartment by two white police officers who forced entry. He mentioned that Trump will improve African Americans' lives in the United States, arguing that, since Trump has Jewish relatives, he is sympathetic to the current issues. He also says Trump has allegedly condemned white supremacists, neo-Nazis and the KKK.

Election integrity: Vice President Pence expressed his confidence in winning the upcoming election, mentioning that the Trump administration has been "fighting every day" to keep the integrity of mail-in voting from being compromised.

According to The Washington Post, President Trump signed an executive order in June of 2020 that included efforts involving police restructuring including one developing training certification standards regarding the usage of physical force. The official White House website states that President Trump issued an executive order on Sept. 22, 2020 that condemned race and sex stereotyping and discrimination.

According to The Washington Post, during his first presidential term, Trump focused on non-white immigrants' issues altering Obama's healthcare setup and reducing federal financial influences over civil rights issues, such as reduced funding in the Justice Department's Civil Rights Division.

Election integrity: The Trump administration has multiple causes for concern regarding the integrity of the Presidential election, one fear being voting methods. This involves the mail-in ballots option for Americans wishing to avoid the in-person voting to limit their risks of contracting the virus. Unfortunately, funding of the US Postal Service (USPS) may affect

the physical delivery of many Americans' votes, leading to inaccuracies when counting votes, and some may not arrive by the time they will need to be counted. This would mean the results may not be fully available to the American public until after the election date, Nov. 3.

According to CNN, worries about classified information regarding voting are also a concern, as the intelligence chief will no longer brief Congress members in person on election security issues. International interference is another cause for concern, as other countries may consider sabotaging the election process or altering the poll results.

Current Vice President of the United States Mike Pence is a member of the Republican Party and spoke in a debate on Oct. 7 during the first and only Vice Presidential Debate of 2020.

Vice President Pence attests that Trump has put America's health first, taking action by stopping travel from China as soon as he found out about COVID-19. Additionally, he guaranteed that the Trump administration is confident that there will be "tens of millions of vaccines by the end of the year," as he said during the debate. Not only will the vaccines be produced, he promised, but they will be produced in record time.

Vice President Pence also appealed to the American people, emphasizing that they are trusted to follow the Center for Disease Control's (CDC) guidelines and continue to prevent the spread. He personally thanked all Americans for their well wishes toward President Trump's health and the overwhelming amount of bipartisan support through his recovery.



(Photo courtesy of Getty Images / Jessica Rinaldi)

(Photo courtesy of Getty Images / Brendan Smialowski)

The year 2020 has become notorious for its unpredictability. With that comes the uncertainty and intense conversations about the upcoming 2020 presidential election. Although many Americans can agree that politics is one of the most controversial and conflictual subjects within the United States, it is beneficial to educate oneself on each candidate and their intended ideas to improve and to lead our central government.

President Donald Trump and Vice President Mike Pence are running for their second term for the Republican Party. Former Vice President Joe Biden and Senator Kamala Harris are representing the Democratic presidential ticket. Senator Harris is making history as the first woman of Asian American and African American descent being on a major political party presidential ticket. As the U.S. remains politically divided because of less bipartisanship, both presidential tickets have staunch opposing viewpoints that propose how to best govern the future of America's democracy. Let's take an in-depth look at each presidential candidate's viewpoints on topics that are of deep concern to the American people.

JOE BIDEN AND KAMALA HARRIS

Arguably, one of the most troublesome topics in the upcoming election is how each candidate plans to control the coronavirus pandemic. The Biden-Harris ticket has proposed a seven-point plan to restore America and overcome this pandemic. According to Joe Biden's official website, their plan would also "provide free public testing and rapid deployment of supplies, as well as economic measures such as emergency paid leave and the creation of a state and local emergency fund."

The Biden-Harris plan guarantees all Americans feel included in society regardless of their income, race, where they live, etc. According to Joe Biden's website, Biden and Harris plan to "ensure everyone — not just the wealthy and well-connected — in America receives the protection and care they deserve, and consumers are not price gouged as new drugs and therapies come to market."

Both Biden and Harris are avid mask users and advocate for their power to slow the spread of the virus. When posed a question in the Presidential Debate on Sept. 28 from Fox News anchor Chris Wallace about the effectiveness of masks, Biden stated, "Masks make a big difference." Biden is more reluctant than his competitor on reopening schools and restaurants in full capacity. The Biden-Harris campaign has a plan for reopening called the "Plan for an Effective Reopening that Jumpstarts the Economy." This plan intends to provide the proper Personal Protective Equipment (PPE) for all businesses and schools to ensure a safe environment for those who reside in these places. This proposal also includes upgraded technology for new forms of instruction and training for teachers, students, and parents that can assist them in adjusting to the unprecedented form of education. Overall, the Biden-Harris campaign's plan states intent to combat the unforeseen consequences of COVID-19.

The integrity of the election is a concern due to the pandemic. This concern was voiced by the Trump administration and the option for more individuals to easily access mail-in ballots. Nonetheless, the integrity of our elections is a concern that affects both parties. When asked how confident Biden is about the fairness of the election at the debate, Biden reassured voters that their voice is extremely important and highly encourages any type of voting possible.

At the Vice Presidential debate on Oct. 7, Vice President candidate Senator Harris reiterated Biden's point and states she also encourages all

forms of voting, claiming that Biden will bring democracy back to America.

At the Presidential Debate, Biden also brought direct attention to the fact that the United States military has voted through the use of mail-in ballots for years and questioned why they would be fraudulent now. The Biden-Harris campaign supports the idea of mail-in ballots as being the safest way to vote at this time. They ultimately have few concerns about the mail-in ballot affecting the integrity of the election.

The Biden-Harris campaign has instituted a proposal to combat racial and social injustices. Their platform to overcome these injustices is through their Build Back Better Agenda, which explains how investments like education, housing and clean energy will advance racial equity as part of America's economic recovery.

This plan would "promote diversity and accountability in leadership across key positions in all federal agencies," said Biden. According to Joe Biden's website, the Build Back Better Agenda intends to "boost retirement security and financial wealth for black, brown, and native families... [and to] ensure workers of color are compensated fairly and treated with dignity" (joebiden.com). Their entire plan is based on inclusiveness when rebuilding the economy and supporting minorities.

At the debate, Biden showed his concern for racial injustice in America and to create change, rather than turning a blind eye to the reality that minorities face daily.

In a New York Times article about the debate, Biden states "This election is not just about voting against Donald Trump....It's about rising to this moment of crisis, understanding people's struggles and building a future worthy of their courage and their ambition to overcome."

At the Vice Presidential Debate, Harris said that if she and Biden are elected, they "would ban chokeholds, create a national registry for police officers who act illegally, [and] close private prisons and decriminalize marijuana" (The New York Times). Ultimately, the Biden-Harris campaign is advocating to overcome the racial and social injustices in America.



(Photo courtesy of Getty Images/Robyn Beck)

(Photo courtesy of flickr/Gage Skidmore)

**BIDEN
HARRIS**

★ ★ 2020 ★ ★

Introducing...Mercy chapter clubs!

STORY AND GRAPHICS: FATIMA SIDDIQUE PHOTO BY: CAITLYN BEGOSA

As the new school year begins and students get back into their usual routine, Mercy's club exposition day offers a variety of clubs to fit anyone's interests. This year, many new and exciting chapter clubs have been introduced, including Red Cross Club, Pretty Brown Girl Club and Team One Love Club.

Team One Love

The One Love Foundation was founded in 2010 in honor of Yeadley Love, who tragically lost her life due to violence in an unhealthy relationship. Now, Mercy introduces a chapter of One Love, with a mission to teach about abusive relationships and how to love better.

"Abusive and dangerous relationships are a lot more common than people realize," said senior Chloe Kilano, a leader of Mercy's One Love Club. "A club like this could help girls recognize when they are in an unhealthy relationship or a friend is in an unhealthy relationship and find a way out of it."

One Love Club is a great step towards ending violence in a relationship by educating, empowering and encouraging students to make a social change. It aims to empower Mercy girls and help them identify and avoid abuse. Joining this club could potentially save lives as members are taught the ten signs of healthy and unhealthy relationships, as well as how to save themselves or a friend from domestic violence.

"Domestic violence in a relationship is something that primarily affects girls," said senior Julia Koon, another leader of One Love Club. "Going off to college, I want my classmates and peers to be able to navigate relationships so they won't have to deal with something like that."

Participants of the club will take part in workshops and research-based discussions that open eyes and start life-changing and deep conversations. Members will learn about real situations and stories and be given tips on building healthy relationships. Joining this club will lead Mercy girls to become part of something bigger than themselves in an effort to prevent issues like domestic violence in relationships.

"Love is probably the most important aspect of our life and it can be so beautiful, yet we haven't really been taught about it," said Kilano. "This club can teach Mercy girls how to maintain love in a healthy way."

Pretty Brown Girl Club

This year, Mercy has also started a chapter of the Pretty Brown Girl Club (PBG), an organization that promotes self-confidence and leadership for young women of color. The club was founded by Sheri Crawley, a distinguished Mercy Alum and is listed in New York Magazine as a community organization to support the Black Lives Matters movement.

"It's a club that encourages acceptance and empowerment," said Mrs. Traci Smith, Moderator of PBG, "as well as emotional and intellectual well-being for girls of color from kindergarten through highschool."

The club helps young girls build their self-esteem and confidence in their own skin. It aims to inspire young women of color, as well as enforces healthy habits and prepares them to achieve their career aspirations.

Members of the club participate in a 15-week program consisting of many events and activities that are led by a trained PBG facilitator. They are taught through a culturally responsive curriculum that focuses on Black and Brown girls, as well as given empowerment kits and t-shirts. Although the club is all virtual at the moment, members are still able to interact with each other and gain lifelong friendships.

"In highschool, with pressure to be a certain way or fit into a particular box," said Ms. Smith. "All young girls of color need to build their self esteem and comfort being in their own skin, which is why this club is especially important."

According to prettybrowngirl.org, the organization has opened clubs at more than 100 schools across the country, with Mercy being the first private school to start a chapter. Since 2014, Pretty Brown Girl has successfully impacted girls of color nationally through its community, collegiate and scholarships program.

"Just like how Mercy is a sisterhood," Mrs. Smith said, "I think Pretty Brown Girls will be another sisterhood that will be formed and grown for Mercy girls."

Red Cross Club

Mercy's new Red Cross Club is a great opportunity for students who are interested in a medical career. From blood drives to natural disaster clinics, the club gives participants a chance to help the community, as well as become more familiar with the world of medicine.

"This club is a great opportunity to get immersed in the medical field," said junior Meghana Govindaraj, a leader of the Red Cross Club. "You can get scholarships through the Red Cross, and it looks great on your [college] applications."

The Red Cross Club is also a great opportunity for Mercy girls to get service hours. Every meeting you attend, program you participate in and email you send under the club goes toward your service hours. Mercy girls interested in joining this club are required to sign up to volunteer under the Red Cross and attend a majority of the club's programs and meetings.

"Signing up to be a volunteer at Red Cross is about a two week process," explains Govindaraj. "It consists of an interview and a background check."

Participants of the club help plan events for the community that can save hundreds of lives. Members can actively participate in highschool blood drives and learn about how they're put together and run. Mercy students, families, and anyone in the community can attend and donate blood. Students are taught how to prepare for and respond to natural disasters, as well as to participate in natural disaster clinics. Members are also given the opportunity to participate in the Prepare and Kit Drive, a Red Cross activity in which essential preparedness items are collected and delivered to those who need it most.

As well as teaching students important life lessons and getting involved in the medical field, the Red Cross Club gives students the chance to make a real difference in people's lives. The program allows students to get out and make an immediate impact in our community, involving Mercy girls in an organization that opens up some real opportunities for change.



Photo by Caitlyn Begosa

The 90s Fashion Renaissance

STORY AND GRAPHICS: MADDIE SULLIVAN, COPY EDITOR

Biker shorts, plaid skirts, cropped shirts, platform shoes: all sound pretty familiar, right? Today, these pieces pack the shelves of the most popular clothing stores, but this is not the first time these items were being ripped off the store racks.

Present-day fashion has become reminiscent of the late 1980s, 1990s, and early 2000s, from the shoes to the clothes and accessories. With the foreground of fashion always changing, it comes as no surprise that previously popular styles are re-emerging.

In the words of fashion consultant Tim Gunn, “One day you’re in, and the next day you’re out.” And he’s right because fashion works in cycles: new styles emerge, former trends are recycled and old looks die out. However, it is astonishing just how soon these styles have regained popularity.

“What’s strange to me is that what I wore in high school is coming back, and I don’t think I’m that old,” said musical director _____ and teacher Mrs. _____

Shelley Bajorek. “My high school students are

dressing the way that I did when I was their age.”

It’s hard to determine exactly why the late 20th century’s fashion is again so popular; could it be the nostalgia or maybe the emphasis on comfortable, yet stylish clothing? There is no single answer because fashion is so subjective. What one may consider to be the epitome of style may be utterly reprehensible in someone else’s eyes. Not to mention, clothes are more than the fabrics, stitches and buttons; they can be sentimental, evocative, or make the individual wearing the clothing feel confident and empowered.

“I like when my parents say, ‘That was something I wore when I was your age,’” said senior Hailey Scott, whose eclectic style is partially inspired by the 80s and 90s fashion. “It really puts a smile on my face because it shows that I have a sense of my parents involuntarily.”

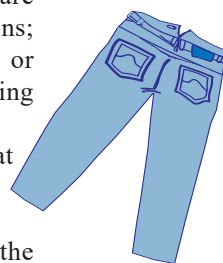
With that being said, it is undeniable that clothes worn by the most popular celebrities or featured in major motions pictures and on television greatly influence mainstream fashion. Many celebrities have jumped on the bandwagon of 1990s fashion, which has significantly influenced the general public to do the same. Models Gigi and Bella Hadid have contributed greatly to the 90s fashion renaissance as they are often seen wearing many inspired pieces including the notorious “dad shorts”, oversized blazers, and platform sneakers.

The resurgence of former fashion trends has also inspired many luxury clothing brands to release lines reminiscent of the late 20th-century style. For example, numerous high-end designers such as Versace have recently come out with plaid-patterned collections inspired by Cher’s iconic yellow plaid skirt and blazer from the 1995 film “Clueless.”

Regardless of the inspiration of the 80s and 90s in current fashion, there is also a great emphasis today on individuality regarding one’s style. This has caused a surge in thrift shopping and purchasing clothes second-hand or from independent designers through

websites such as Depop. These outlets allow for customers to buy more exclusive items compared to chain stores. Additionally, shoppers have become much more mindful of fast fashion brands, which has led many consumers away

At the start of the 1990s, the larger than life styles of the 80s began to lose popularity. More casual, less glamorous styles took over.



1993

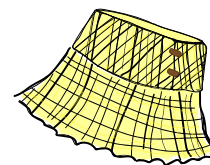


early 1990s

Grunge fashion, characterized by Doc Martens boots, jeans, and flannel shirts, made it to the catwalk in Marc Jacobs collection for Perry Ellis making it a widespread look.



1995



The movie Clueless popularized the schoolgirl look. This style was characterized by fitted sweaters, high knee socks and baby doll t-shirts.

Late 1990s

Bohemian-inspired looks became an overriding trend. Crop-tops and low-rise jeans defined this era of fashion.

Information from the Fashion History Timeline

from mainstream clothing retailers.

“I always try to avoid fast fashion because it’s bad for the environment, so I’m a huge thrift shopper,” said Scott. “Something I like about thrift shopping is that there is a story behind [the clothes] that I don’t even

Seniors Hailey Scott (left) and Clare Delany (right) pose in their 90s inspired outfits while attending a past music festival. Photo used with permission from Hailey Scott.



Universal story without a voice

STORY, PHOTOS AND GRAPHICS: CAITLYN BEGOSA

With only the gestures of their faces and bodies, the Mercy Mimes can tell any story ranging from having trouble with the lights of a Christmas tree to a recreation of Shel Silverstein's famous story, "The Giving Tree."

The Mercy Mimes are the theatrical part of the drama department. The group consists



The Mercy Mime troupe poses in their starting stance as they gather together for rehearsal.

of twelve girls in their sophomore, junior or senior years with various experience in performance. This experience includes taking the courses Acting One and/or Acting Two and performing in the fall play or spring musical.

Led by retired Mercy teacher and director, Mrs. Kathy Sill, the girls learn the art of pantomime: acting without words. The performance style of the Mercy Mimes is very different compared to the acting seen in Mercy's play or musical.

"Miming is simply telling a universal story that everyone can associate with by using your body and your face to tell the story without using words," said Mrs. Sill.

Without the use of their voices, the group deeply relies on the gestures of their body and facial expressions to execute their performances.

"Being a mime is interesting," said junior Alisa Elmore. "You can't use your voice to convey everything, so your body movements and facial expressions are always over the top and because of that miming is more fun and lighthearted."

To broadcast their skills within the community, the group acts in many events hosted by Mercy like the auction, Open House, reunions and a multitude of performances hosted in the drama studio.

Additionally, the mimes also entertain outside of Mercy through performing for grade schools, senior citizens and acting in various concerts at St. James Catholic Church

in Novi and Holy Name Catholic Church in Birmingham.

For their performances at church concerts, the Mercy Mimes have many routines dedicated to celebrating the Christmas season.

One scene the Mercy Mimes recreated was the Nativity while Mrs. Sill narrated the story; their breathtaking performance left the crowd stunned as the ending led to a beautiful rendition of "Silent Night" sung by everyone in the audience.

In addition to their Nativity recreation, the Mercy Mimes have created their own unique routine called "Decorating the Tree."

The routine follows a family decorating their Christmas tree with a plethora of lights and ornaments. As the father goes to plug in the lights, they do not work, as indicated by the mimes' (who make up the tree) sad expressions. As he unplugs the lights and tries again, the mimes' gestures demonstrate the lights sparkling and twinkling.

"Miming is simply telling a universal story." -Mrs. Sill

"It's a universal story that everyone can relate to," said Mrs. Sill. "Everyone has had trouble with their Christmas tree. There are always lights that go out, so we just tell commonplace stories that everybody can relate to and laugh about."



Junior Alisa Elmore is one of the newest additions to the Mercy Mimes this year.

As expected when currently living in a global pandemic, the Mercy Mimes have had to make many adaptations, as have the rest of Mercy High School's extracurriculars and sports.

Depending heavily on facial expressions, having to wear a mask during rehearsal presents a huge problem. Covering half of the mimes' faces, the masks limit their facial expressions, which is a big part of how they get their point across in performances.

"It's definitely harder to mime with a mask on because our mouths really do help convey



The Mercy Mimes "play" various musical instruments using their hands and facial expressions.

a lot of emotion," said Elmore. "You can't see a frown when someone is sad or pursed lips when you're angry, so it's a lot of work and focus on how to use the rest of your body and eyes to still convey the same emotion just as well as you would if your mouth was visible."

Along with wearing a mask, the Mercy Mimes also cannot properly celebrate their anniversary.

"This year is the mime's 30th year, so that's a big anniversary," said Mrs. Sill. "It was supposed to be [Mercy High School's] 75th anniversary, so I thought that was a beautiful combination, but none of that is being celebrated now."

With many performances and events canceled due to COVID-19 and not knowing what the future will look like, the Mercy Mimes are taking the pandemic one step at a time, waiting for what they can do in the meantime and having fun rehearsing with each other.

"[Being a mime] is very enjoyable," said Elmore. "It gives a lot of freedom in our acting while also helping to teach good techniques we can use for other routines, plays and musicals."

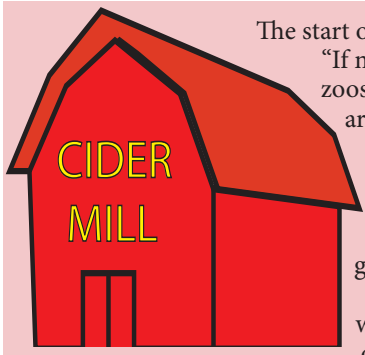


Fall festivities

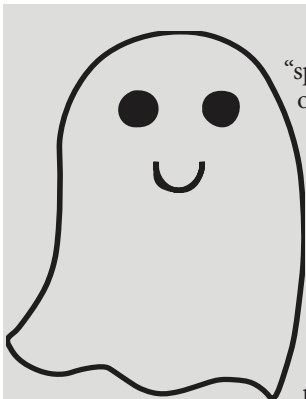
STORY AND GRAPHICS: GRACE O'DEA

It's the season for sugar-covered donuts, pumpkin spice and everything that makes the season of fall so nice. Fall is in full swing with its colorful, crunchy tree leaves and cooler days.

"The weather is amazing," said senior Gabi Micallef. The autumn winds of change bring much colder temperatures, which can be pleasing to some, but not so much to others. Whether or not you are a fan of the change in weather patterns, there is no doubt the seasonal activities, holidays and flavors fall brings are something to celebrate.



The start of fall means the reopening of cider mills. Apple cider and donuts are frequent finds, but the activities offered at cider mills vary. "If my friends and I go to the Three Cedars Cider Mill," said Micallef, "we have to do the corn maze." Corn mazes, hayrides, pumpkin patches, petting zoos and apple orchards are just a few of the settings common to cider mills. Each is unique in what it has to offer, but a vast supply of cinnamon-sugar donuts and cider is guaranteed. "I usually get half a dozen donuts," said junior Nora Dillon. "Sometimes I get iced cider." Dillon most frequently visits Three Cedars, one of the select few cider mills that offers iced cider. The donuts and cider duo is a must-buy for any cider mill visitor. Cider mill donut selections are frequently limited to cinnamon-sugar and plain, with cider being sold both by the cup and various gallon sizes. Regardless of one's cider mill purchases, the real fun comes from who you go to cider mills with to share in celebrating the many fall festivities they have to offer. According to Micallef, "It's way more fun to go with friends." Cider mills being outdoors makes them an ideal way to enjoy time with friends while adhering to COVID-19 restrictions. Picking the right apple or choosing the best pumpkin can be made easier with the help of a friend, and dozens of donuts always taste better when shared.



Fall also means the beginning of what many call "spooky season." Those who consider Halloween as one of their favorite holidays get to use the entirety of this season to be in an incredibly spooky spirit. "I love Halloween so much," said Dillon. She celebrates Halloween throughout fall by eating holiday-specific goodies like candy corn and the pre-made Pillsbury sugar cookies with Halloween-themed pictures on them.

Besides all the treats (and tricks) that come with the holiday, there are many other Halloween pastimes, such as those that are safe amidst COVID-19, which include pumpkin carving, putting up scary-decorations around one's home and watching Halloween movies, which range from child friendly to absolutely terrifying.

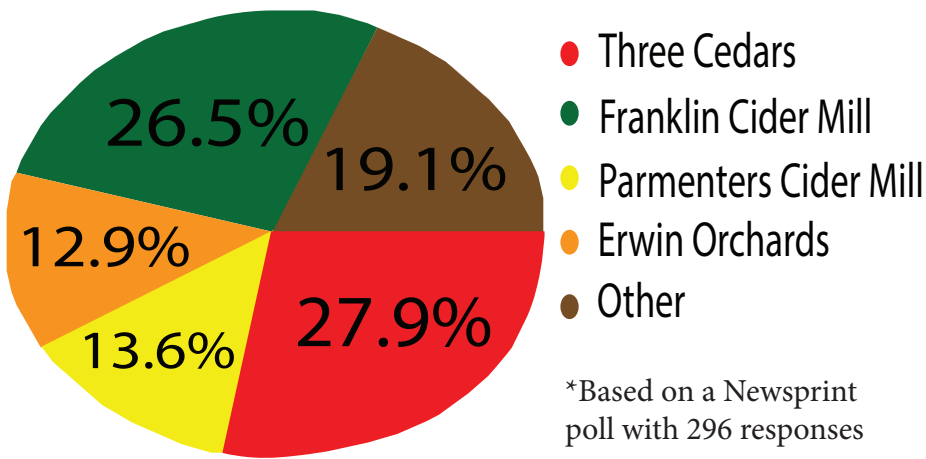
"Scream" is my all-time favorite scary movie," said Dillon. The horror film is perfect to get people in the mood for Halloween's fears and frights. It is definitely recommended to watch with the lights on and a blanket nearby to cover one's eyes.

Luckily, since scary movies are not for everyone, there are many other Halloween films for getting people in the spirit of the spooky season.

"My classic Halloween movies are 'The Rocky Horror Picture Show' and 'Coraline,'" said Micallef, who is not the biggest fan of especially scary movies. Other Halloween classics for those opposed to scary movies include "Hocus Pocus" and "It's the Great Pumpkin Charlie Brown."

Getting in the spirit of Halloween is always chilling, thrilling and fun with all the decorating, movies and sweet treats the holiday has to offer.

What cider mill do you like going to most?



With fall also comes the sale of pumpkin spice flavored everything; stores and restaurants nationwide stock up on products based on the favorite seasonal flavor.

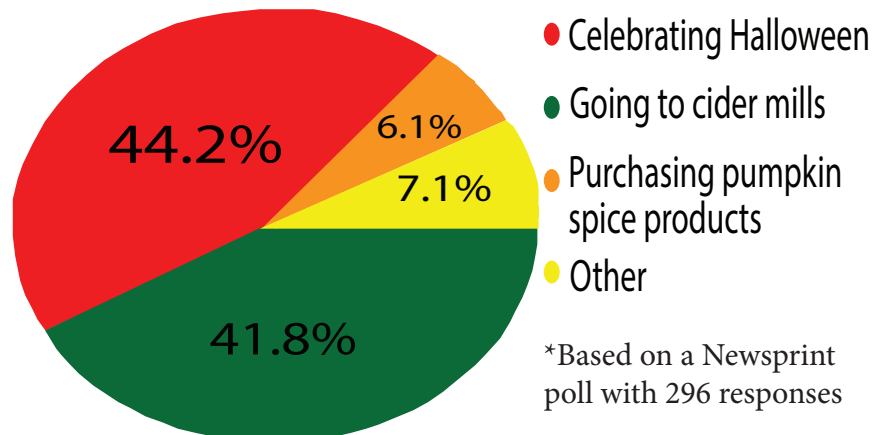
"Pumpkin spice is my favorite part of fall," said Dillon, who, in celebration of the flavor, always orders iced chai tea lattes with added sweet pumpkin foam from Starbucks during fall. The taste is a common additive for coffee and other brewed drinks. Micallef, too, gets in on the celebration of pumpkin spice by having it added to her Dunkin' Donuts iced coffees.

The acclaimed flavor is not only famous because of its delicious taste, but also its scent. Pumpkin spice scented candles, soaps, lotions and more fill the shelves of stores throughout fall.

According to Dillon, "Bath and Body Works has a bunch of pumpkin spice products." White Barn and other stores that specialize in self-care products, like Lush, remain loaded with pumpkin spice related goods for the entirety of the season since the scent is in such high demand among fall fanatics.

Fall is the one season that allows people the opportunity to simultaneously fill their homes and stomachs with pumpkin spice, a staple seasonal flavor.

What is your favorite part of fall?



Although it only lasts a short three months, fall brings many foods, flavors, celebrations and places to enjoy while the season lasts. Fall is arguably best spent filling your stomach with cider and donuts and watching Halloween movie marathons, but there are plenty more ways to soak up all fall has to offer and partake in the fun the season brings.



An explosive expression of humanity

STORY: JULIANNA TAGUE GRAPHICS: RACHAEL SALAH, DESIGN EDITOR

Music has been an integral part of human society since the very dawn of civilization. Throughout the height of the Babylonian empire, lutes and lyres were used in religious worship and celebration. Music was used as a source of hope and healing for enslaved African Americans throughout the eighteenth- and nineteenth-century Americas. In the latter decades of the twentieth century, the emergence of varying musical genres began to define social groups among teenagers. Today, the far-reaching culture of music has evolved to form an intricate relationship with mental wellness.

A 2011 article from Harvard University reported on a research study, conducted in the mid- to late-1990s, which found that music therapy reduced symptoms of depression substantially.

“Bach may never replace Prozac,” it says, “but when it comes to depression, even a little help strikes a welcome chord.”

And in an era of increasingly complex stressors and more young people reporting symptoms of depression and anxiety than ever before, any avenue that individuals can use to care for their minds is crucial.

Mercy health and gym teacher Brandi Lavelly agrees. “There’s such a stigma around mental health,”

Lavelly said. “[Gen Z] is doing a lot better about understanding that your body is not just your physical composition but your mental health as well. But there are still so many misconceptions about what mental health is. Just being able to have the tools to help yourself or someone else is so critical.”

Claire Kurpinski ‘22 finds that music can be a critical outlet for her, regardless of what emotions she may be experiencing.

“I’ll listen to upbeat music when I’m in the car, sad music when I’m sad, punk music when I’m excited, and chill lofi music when I’m trying to sleep,” Kurpinski said. “Sad music helps me feel better because I feel like I can just listen to the lyrics and take a couple minutes to myself to calm down.”

Anna Blastic ‘21 feels that music allows her to reconnect with herself, especially assisting in consolidating her emotional needs.

“There are certain artists I have listened to that have helped me realize things about myself and

what I’m interested in,” Blastic said. “It’s a way for me to gauge my emotions. Depending on how I feel, I’ll listen to different artists, and it’s really comforting for me to have that.”

Mrs. Lavelly feels that it is important for each person to find a way to utilize music that works for themselves and their individualized self care.

“Whatever music does for you is so personal to you,” Lavelly said. “Some people use classical music or nature sounds or something that calms them down. But then there are other people who use music that hypes them up and gets them in that hyper-aware mindset. I think it’s so important for people to figure out how music specifically can help them.”

There are many different ways in which music can have an impact on the mind, and research demonstrates exactly what Lavelly said: each individual will always have their own needs.

A 2018 article from Salt Lake City, Utah’s Tabernacle Choir reports that music is known to have a powerful influence on four chronic neurological issues: pain, stress, memory, and seizure or

stroke.

Citing a 2014 study from the National Library of Medicine, it tells of the research hypothesis that music can quite literally lessen pain by triggering the production of natural pain relievers in the body. It goes on to explain the strong effects that music can have on the mind, citing a quote from renowned musician Billy Joel.

“I think music in itself is healing,” the quote reads. “It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.”

Blastic agrees with the “Piano Man” singer in that music can touch the human mind and soul in ways that nothing else can.

As she discussed her experience with various artists, songs and genres, Blastic held up a vinyl record of indie folk artist Sufjan Stevens’ work on Luca Guadagnino’s award-winning movie “Call Me By Your Name”.

“Talk about music that really got me through stuff,” Blastic said. “I first watched that movie back in 2018. I remember sitting there at a time where I was really sort of struggling and I was just like, ‘wow’. And just, opening up that soundtrack. All of the music on there is so beautiful. It was so amazing, especially at a time where my mental health wasn’t.”

Blastic is one of millions of teenagers worldwide who feel a strong connection to music. With thousands of different musical genres and a culture that continues to be defined by media and pop culture, it’s difficult not to be affected by it. Music is, however, an outlet which is recommended by psychiatrists, therapists and other mental health professionals to be used as a coping mechanism—so if you’re someone who, like Blastic, turns to music in times of struggle, rest assured that your mind will thank you for it.

If you or someone you know is struggling with a mental health-related issue, the Mercy High School Counseling Department is available at all times during the school day for confidential help and support.

