

NEWSPRINT

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Mercy Newsprint Editorial Policy:

As Mercy Newsprint staff we promise to keep you entertained and informed with accurate and unbiased information. Our goal is to provide timely news while promoting diversity and representing the entirety of the Mercy community. We encourage letters to the editors and any other feedback you may have. You may reach out to us through our email (newsprint@mhsmi.org), our Instagram ([@mercy.newsprint](https://www.instagram.com/mercy.newsprint)), or through any of our staff members.



Emotions rise as temperatures drop

STORY: **REESE KIZY, WEB EDITOR** GRAPHICS: **MEGAN SULLIVAN, DESIGN EDITOR**

The 2024-25 school year has been in swing for four months now. Throughout August to November, the leaves have changed color, fallen, and trees now stand bare. With the changing of seasons, what is the feeling among students? How has motivation and productivity changed along with the changing of the seasons?

Health and physical education teacher Mrs. Brandi Lavelly explains how emotions can change while environmental conditions do as well.

"I think the hardest parts about the weather turning are that students are forced to be inside more, and seasonal affective disorder which induces depression sometimes," Lavelly said. "These both have to do with the amount of sunlight that students intake."

Sunshine enables your body to produce vitamin D in skin cells. This vitamin inhibits the development of bone and muscle health.

"Even during the day, students don't go outside for unscheduled hours and they have to bundle up for the outdoors, which is usually a deterrent to even going outside at all," Lavelly said.

Stress can get to everyone. It stems from a lack of sleep and times of high pressure and too much to do.

"Stress levels rise in the winter, but that is also because of finals coming up," Lavelly said. "In Michigan, it is always very cloudy in the winter, so that seems to significantly bring down moods."

According to MLive, last year in November, Detroit

had 19 fully cloudy days and 11 partially cloudy. That's zero days of clear skies, leaving almost zero chance to get out and feel sunshine.

"In my Health classes, I encourage students to recognize their mood and also the weather and how much they've been getting good activity, outdoor and indoor," Lavelly said.

Exercise releases endorphins, so it is important to stay on a consistent exercise pattern, since it affects energy and happiness levels.

"If motivation slows as the weather turns cold, students should be in touch with what they think they really need," Lavelly said. "If one way is to bundle up and go outside to get fresh air, and that's not too much for them, they should definitely do it."

As hours of light in the day shortens as well, it can be hard to go outside for activity. Weekend days may be the best opportunity to do so, but right after school is an opportunity also.

"If students know they miss the exposure to light in the winter, there are imitation sunshine lamps which have many of the same effects," Lavelly said.

While the winter encompasses cloudiness, cold temperatures and stress in school, the summertime is the opposite.

"Sometimes I feel like I'm most productive in the fall and spring because they are in between summer and winter," sophomore Lara Wadowski said. "In those seasons, I have to study and focus, but I can also still go out-

side and do fun things."

The weather affects people in different ways. While some students feel motivated in the warmer weather, others feel more productive when it's colder out.

"I would much rather have summer year round, I get sad when fall and winter come," Wadowski said.

Senior Rayleigh Banka is largely productive in the winter.

"I get so excited when the seasons change; I love the fall and winter," Banka said. "Winter is when ski season starts and I love hitting the slopes with my friends, drinking hot chocolate in the lodge and throwing snowballs at the bottom of the hill."

With being on the mountain everyday, she has little time to focus on homework after school each night.

"During the ski season I don't usually get home until 10:00, so it forces me to finish my homework in a timely manner," Banka said.

The outdoor sport is great for her ability to get fresh air everyday.

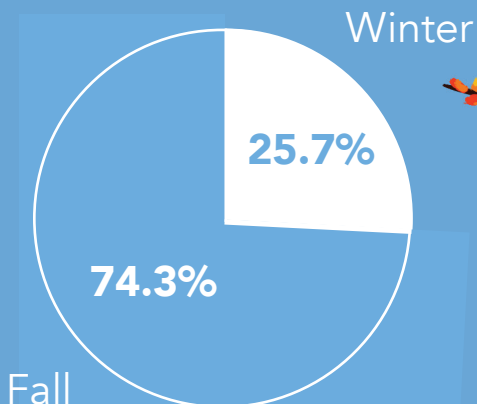
"I don't really think I get seasonal depression, mostly because the ski team allows me to be outside and still be active in the winter," Banka said.

No matter which season you thrive in, the coming winter season brings stress and frigid temperatures.

"Just being aware that seasonal affective disorder and other emotional distresses exist and are often alive in the winter is the most important thing for students," Lavelly said.

Do you feel you're more productive in fall or winter?

In a poll of 35 Mercy students:



"The sun makes me feel better and makes me productive and what to do things. When its cloudy I just want to curl up in my bed and do nothing." - Sara Samulak, '25

Mental Health Hotlines:

YouthLine: 877-968-8491

Suicide & Crisis Lifeline:

1-800-273-8255 or text 988

Building the perfect Thanksgiving plate:

A review of viral Tiktok Thanksgiving recipes

STORY, GRAPHICS AND PHOTOS: **MEGAN SULLIVAN, DESIGN EDITOR**

Thanksgiving break is right around the corner, which means Thanksgiving dinner is nearing. With many students tasked with preparing a dish for their family's feast for the very first time, it's easy to feel stressed about what to make and how to make it. To simplify your options, I decided to put some viral and "easy" TikTok Thanksgiving recipes to the test, seeing which ones are truly worth it and to help you build the perfect Thanksgiving plate.

1 | ROASTED VEGETABLES

Turning Brussels sprouts and carrots into one of the best Thanksgiving dishes is a tough task. However, that's no challenge with the "Maple Roasted Root Vegetables" recipe by @the_mezzaluna. This recipe puts an exciting twist on traditional roasted vegetables by adding a controversial ingredient—maple syrup.

After coating my vegetable mixture in olive oil, placing them in a foil-covered pan, and baking them for 25 minutes, I was hesitant to add the final maple syrup drizzle. However, the subtle sweetness of the maple was just what these vegetables needed to transform them from bland to a family favorite.

With quick prep and baking time, this is an easy recipe to throw together before any dinner. In addition, the maple syrup complements not just root vegetables, but any vegetable. For my version, I swapped out the parsnip called for in the recipe with brussels sprouts.

Given the versatility and simplicity of this dish, I give it 4.5/5 turkeys.



3 | STUFFING

Another Thanksgiving classic essential to any dinner is stuffing. Although this recipe isn't cooked inside the turkey like most, it manages to capture the same flavor and texture loved by any Thanksgiving guest.

To make my stuffing, I followed the recipe from @carolinagrowingup. Using her "Traditional Thanksgiving Stuffing" recipe, I combined slightly stale bread with sautéed onions and celery. Then, I added chicken broth and eggs before covering the mixture with tin foil and baking it for 40 minutes.

For an extra touch, the recipe recommends removing the foil and returning the stuffing to the oven to create the perfect golden-brown crust.

While the end result was delicious, I did encounter some difficulties. The measurements weren't very clear, and the recipe was harder to follow than most. Because of these issues, I give this recipe 3/5 turkeys.



2 | MASHED POTATOES

Another essential dish at any traditional Thanksgiving dinner is mashed potatoes. Following @mxriyum's Thanksgiving series, I tested her "Garlic Parmesan Mashed Potatoes," which put a new twist on this classic recipe.

The recipe begins like any other mashed potato recipe—peeling, washing, and cutting the potatoes. However, it stands out by adding garlic cloves to the boiling potatoes, infusing them with a rich garlic flavor.

Once the potatoes are cooked and ready to be mashed, you add butter, cream, and other ingredients, including parmesan cheese and sour cream. Though different from most classic recipes, these additions create the perfect creamy texture.

While I enjoyed this new take on a Thanksgiving classic, I still prefer a more traditional mashed potato recipe. However, with an easy-to-follow method and a perfectly creamy texture, I give this recipe 3.5/5 turkeys.



4 | MAC'N CHEESE

Although it's the most time-consuming dish, this baked mac 'n' cheese was definitely worth the labor and wait. For this essential side dish, I followed the viral recipe from @tinekeyounger, which has accumulated over 122.7 million views and was a highlight of countless Thanksgiving meals across the country last year.

The recipe starts with a roux made from butter, flour, seasoning, and evaporated milk. Then, a mixture of three hand-grated cheeses—Colby Jack, mozzarella, and sharp cheddar—are slowly incorporated to create a thick cheese sauce. After adding the corkscrew noodles, the pasta could be complete.

However, Tini takes it a step further by layering the pasta and cheese before placing it in the oven for 20 minutes, creating the perfect golden-brown cheese crust on top and adding an ideal texture.

The result of this time-consuming recipe is a flavorful yet traditional baked mac 'n' cheese. Given the amazing outcome, I give this recipe 5/5 turkeys.





Photo courtesy of A Healthier Michigan



The History of Thanksgiving

The Mayflower left Plymouth, England, carrying around 100 passengers who were seeking a new home where they could freely practice their religion. The ship dropped anchor at Cape Cod after a rough 66 day journey and the Pilgrims began the work of establishing a new village.



1620

The Pilgrims' first corn harvest was successful so the governor at the time organized a huge celebratory feast. This event is often considered the "First Thanksgiving" in American history, though the Pilgrims did not have the concept of Thanksgiving as a recurring holiday at the time. It was a communal and informal celebration rather than an official holiday.

1621



The Pilgrims held their second Thanksgiving celebration two years later to mark the end of a long drought that threatened their harvest. The governor called for a religious fast, which started a new tradition in New England settlements that involved fasting on Thanksgiving day.



1623

Over a century later, George Washington issued the first Thanksgiving proclamation over by the national government of the U.S.. The proclamation stated that Americans should express their gratitude for the ratification of the U.S. Constitution.

1789



At the height of the Civil War, Abraham Lincoln proclaimed the official Thanksgiving day to be on the final Thursday in November. This proclamation also reinforced the idea that, even amid the horrors of war, the United States could find reasons to give thanks and look toward a brighter future. It was a message of resilience.



1863

Today, nearly 90% of Americans celebrate Thanksgiving each year, making it the second most popular holiday in the U.S.. Thanksgiving has evolved from a humble feast to a national tradition, becoming one of the most anticipated holidays of the year!

2024



Sources:

Editors at History.com
David J. Silverman at Britannica.com
Heather Thomas at Library of Congress

Michigan celebrates Thanksgiving

Your local guide to events taking place on Thanksgiving Day

STORY AND GRAPHIC: **ZAARA AHMED, COPY EDITOR**

Detroit Turkey Trot:

Held every Thanksgiving morning, the Detroit Turkey Trot is a long-standing tradition that attracts thousands of participants every year. The anticipated event has several races to choose from, such as a 5K run, a 10K run, or a one mile run, depending on preferences. Everyone who participates will receive a long-sleeve shirt and all finishers are awarded custom-designed medals.

In addition to the races, the Turkey Trot is an opportunity for people to dress up in costumes and have some fun. The event is organized by The Parade Company, the same organization behind Detroit's Thanksgiving parade, and raises money for local charities. Having been a tradition in Detroit for over 40 years, the Turkey Trot is a lively way to start Thanksgiving day.

Detroit Lions Game:

The Detroit Lions have been playing on Thanksgiving Day since 1934, making it a central part of the Thanksgiving holiday for many families. The game is typically held in the afternoon and played at Ford

Field stadium. This year, the Lions are up against the Chicago Bears and expectations are high.

Historically, the Lions have not been particularly successful when playing on Thanksgiving, however, their recent comeback has fans anticipating a win. Overall, the Detroit Lions Thanksgiving Day game remains one of the NFL's most exciting traditions.

Detroit Thanksgiving Parade:

The Detroit Thanksgiving Day Parade has been around since 1924 and is an essential part of Detroit's Thanksgiving celebrations. The parade takes place every year on Thanksgiving morning in Downtown Detroit, typically starting around 9 a.m. and lasting roughly 90 minutes.

The parade features colorful balloons, large-scale floats, musicians, dancers, and more, making it a grand celebration that effectively kicks off Thanksgiving Day. Whether you're participating in person or tuning in from home, the parade is an essential part of Thanksgiving for many.

8:30 A.M.

TURKEY TROT

The 10K run starts at 8:30 am and is expected to last three hours

9:00 A.M.

DETROIT PARADE

The parade begins at 9 am and is expected to end by 10:30 am

12:30 P.M.

LIONS GAME

The game is expected to begin at 12:30 pm and typically lasts roughly 3 hours

Ethnic Bazaar 2024: United in Diversity

STORY: ISA PORTILLO, SENIOR REPORTER

PHOTOS AND GRAPHICS: MEGAN SULLIVAN, DESIGN EDITOR, AND STELLA COE, JUNIOR REPORTER

“We come from over 60 different areas in the Metro Detroit area, yet we come together to celebrate the cultures reflected in our sisterhood as a community.” - Mrs. Traci Smith



Dance, food and traditions—these are all staples of Mercy’s annual Ethnic Bazaar. Every year, diversity takes the spotlight as Mercy girls of all grades and ethnicities represent their cultures on the Drama Studio stage.

This year, Mrs. Traci Smith, Mercy’s director of Diversity, Equity, Inclusion and Belonging, assisted in planning the performance for the first time. Although fighting challenges like the week-long power outage has made her first year organizing more difficult, it hasn’t dampened her enthusiasm.

“It has been a blast seeing students step up, lead, and even teach me since this is my first time,” Mrs. Smith says. “They have helped me address the challenges because of their experience and insight. I also have the help of all the moderators, Mr. Barnes, Mrs. Dearing, and Mrs. Herold, who have been essential partners as we bring this event to life this year.”

While Mrs. Smith and HRC have been working hard to put the show on, so have all the clubs and groups that are performing. Each group is dedicated to putting on the best show that they can, and for good reason—these performances mean a lot to them. Junior Julia Attaway, performing in the Step dance with the Black Awareness Society for Education (BASE), feels that her performance helps others understand her heritage and its history.

“It means expressing our background and what we went through, and how far we’ve come,” Julia says. “It kind of gives us a voice, in a way, without necessarily having to speak.”

Meanwhile, Senior Raina Dearing of the brand-new South Asian Student Association (SASA) gives a different motivation:

“Paying homage to my ancestors, especially my grandmother,” says Raina. “It’s really important to my heritage and I’ve never really gotten the chance to do something like this.”

The actual performance, according to Julia, isn’t the best part—the time spent practicing with her club is.

“I did it sophomore year and it was just a nice experience to bond with people in BASE and my grade,” Julia says. “My favorite part is practicing the dances, because it’s fun to get together and learn it together.”

This fellowship between Mercy sisters is one of the



Alayna Mount and Hannah Heinzman perform an Irish dance. “I’ve been doing Irish dance since I was little so my dance teachers choreographed this, but it is a dance everyone knows,” Junior Hannah Heinzman said.



Base Juniors perform a step dance choreographed by Mattie Green. Base performed three times highlighting African-influenced dances. “It’s cool to see even though we’re one club we have so many different aspects to it,” Junior BASE dancer Mattie Green said.



SASA members perform the Bollywood dance choreographed by Chandu Koneru. The dance is native to the Indian community. “It’s important to embrace your identity and who you are and show that to your friends and school community,” Junior SASA dancer Chandu Koneru said.



Lithuanian and Polish students perform the Lithuanian dance, which tie the cultural traditions together. “This is a known dance in Lithuania,” Sophomore Gigita Jurgutis said. “It’s super fun at festivals because everyone dances together.”



The Middle Eastern Association members perform and choreograph a dance at Ethnic bazaar. “It shows our culture through songs and dancing and how we are at weddings,” Junior Camryn Alexander said.



BASE Seniors perform their hip-hop hits routine.

staples of Ethnic Bazaar, and, like Julia, Mrs. Smith agrees that her favorite part is the unity that the performance brings:

“My favorite is the last period when all the Mercy sisters stand on stage together. I love the unity that connects our students,” she says. “They look so vibrant in their costumes and traditional garb, yet they are united in diversity, which is our theme this year.”

‘United in diversity’ may sound like an oxymoron, but this year’s theme emphasizes and celebrates the differences between cultures and how they bring Mercy together as a whole. With a mix of acts like hip-hop, Lithuanian dance and Bollywood dance represented on the stage, Ethnic Bazaar is a melting pot of traditions, and that’s why Mrs. Smith believes it is so important to the Mercy community.

“Ethnic Bazaar brings our school community together to celebrate our diversity,” she says. “Diversity is our strength, making Mercy a unique and beautiful community. We come from over 60 different areas in the Metro Detroit area, yet we come together to celebrate the cultures reflected in our sisterhood as a community.”

And those cultures are certainly celebrated. Mercy girls pack into the Drama Studio to watch their friends perform and cheer them on as they celebrate their traditions. Ethnic Bazaar gives students the chance to show their true colors—including their colorful outfits—outside of the usual day-to-day. To Mrs. Smith, this is what Ethnic Bazaar means—giving everyone a chance to let their cultures shine through. “Ethnic Bazaar celebrates the uniqueness of each Mercy girl who participates and their culture,” she says.

Are Black Friday deals worth the hype?

STORY AND GRAPHICS: ANEESA SYED, SENIOR REPORTER

Once the hustle and bustle of Thanksgiving comes to an end, you're left with a full stomach and excitement for the following month. But something people tend to forget is the bustle of Black Friday: where the mass population is drawn to special and once a year offers by retailers only the day after Thanksgiving. Many stores even start offering their sales the night of Thanksgiving.

"Every year after our Thanksgiving dinner my cousins and I all sit down and start online shopping for Black Friday," senior Emma O'Donnell said. "I think it's the perfect bridge between Thanksgiving and Christmas."



There's just one thing: Online shopping. You may remember seeing famous movie scenes mocking Black Friday like in Paul Blart: Mall Cop, or Confessions of a Shopaholic. The holiday seemed so chaotic, with people wrestling over a 32-inch tv, or running around the store with a toy car for christmas. Whatever it may be, it isn't the same in 2024, and during the pandemic increasingly spiked interest for online shopping.

"I remember when I was younger my parents would Black Friday shop in person," senior Alex Knapp said. "But now we all just prefer to do it online since it's much more convenient and less stress free."

That's where Cyber Monday comes in: the monday after Thanksgiving that includes endless online deals, special promotions, and free shipping. Compared to Black Friday, many people actually prefer this mini holiday, because it gives them time to shop after all of the chaos, still with the sales.

Nonetheless, it's true, Black Friday shopping has changed in several ways over the years, and its economic factors have influenced the holiday a great deal. Now, people are asking themselves one thing: is

it really worth it?

"To me, Black Friday was always something that retailers used as an incentive to get people in the door and spend money," Social Studies teacher Ms. Cindy Richter said. "They would advertise low prices and many things - mainly electronics. However, with the increase in online retailers, there is really no incentive to get people in the doors. Hence, the advent of Cyber Monday and Early Black Friday deals. I do not feel like it is near the same as it used to be and I find that the deals are usually not that great."

Large companies such as Apple may hold Black Friday deals, but when you compare the prices, the sale price is only just as high as the original price.

"I used to get up at 6:00 and wait outside of the store for Black Friday," McAuley Academic Center Staff Mrs. Marylou Waineo said. "I would never miss a Black Friday sale day, but now I just buy things whenever I see them on sale. The thing is, the prices have gone up over the years that I'll take any and every sale. But I will never miss a black friday sale!"

Online shopping is known to be much more convenient and quicker, and the prices may have gone up, but some stores will go the extra mile to really draw consumers' attention to come in store.

"Black Friday definitely reminds me of the nineties at Sephora," Sephora sales associate Fred Tch said. "It's mayhem but it is the biggest event of the year and we have really good deals. I've definitely seen more in person shopping, especially at the mall and at our store rather than online, and like I said it's absolutely crazy but it's really fun."

Local malls like Twelve Oaks Mall in Novi and Somerset Mall in Troy provide a chaotic yet adventurous trip, with the Christmas decorations up and the crowds of people shopping the sale. The stores are filled with customers and lines are out the door.

Oftentimes last minute shoppers will see something on sale and disregard the tag, because they know that sale for that particular item in store won't come again. To them, Black Friday is worth it.

Countries such as New Zealand have created their own version of Black Friday while Norway did for a publicity stunt. Since then, it has taken off and been growing annually for a decade. Other countries like Belgium, Poland, and Ukraine took part in 2016. Mexico has their own version of Black Friday called El Buen Fin, translating to "the good weekend". The UAE's version primarily exists online and is known as "Yellow Friday". Finally, India engages in the Holiday by moving it closer to their widespread holiday Diwali.

"Some of my favorite stores are coming out with some really good sales, and I can't wait for Black Friday to start" junior Hannah Heinzman said.



Black Friday sales through November 29th



The Mercy Newsprint 2024-2025 staff.

Opinion: Playing Christmas music too early ruins the holiday spirit

STORY AND GRAPHIC: **ZAARA AHMED,**
COPY EDITOR

As soon as November 1st rolls around, it's nearly impossible to go anywhere without hearing "Jingle Bells" or "It's The Most Wonderful Time Of The Year." With Thanksgiving and autumn still in full swing, do we really need to jump straight into Christmas just yet? Well, my answer to that question is no.

First off, when Christmas music starts playing in November (and sometimes even October), it takes away from other festive holidays, more specifically Halloween and Thanksgiving. We need to appreciate the spooky vibes surrounding Halloween and play chilling songs like "Thriller" instead of "All I Want For Christmas is You." Similarly, we need to start cherishing the coziness of Thanksgiving and play albums like "Folklore" instead of blasting "Jingle Bell Rock." To put it simply, playing Christmas music too early steals the spotlight away from other celebrations, diminishing the anticipation and enjoyment of Halloween and Thanksgiving.

This year, the winter season doesn't officially start until December 21st, so to play Christmas music as early as two months before winter begins is an injustice to the autumn season. Fall is a season filled with its own unique charm: the crisp air, vibrant leaves and pumpkin-flavored everything. Playing Christmas music prematurely will only tire people of hearing the same songs for months on end. By the time December 25th rolls around, the magic of Christmas will feel repetitive instead of exciting.

I believe that we should start preserving Christmas music and start playing it after Thanksgiving ends, specifically in late November to early December. Let's enjoy the autumn season and its respective holiday traditions without rushing into others. Christmas is worth waiting for so let's hit pause on the Christmas playlist and appreciate autumn while it's still here.

Editorial: Attitude of Gratitude

STORY: **NEWSPRINT EDITORIAL STAFF**

Thanksgiving is about tradition. Family. Food. Football. But Thanksgiving is also about reflection. It is a time when everyone is encouraged to reflect on their own lives and appreciate what they are truly thankful for. The Newsprint staff would like to take this Thanksgiving season to share what we are grateful for within the Mercy community.

We are all thankful for the opportunities Mercy has given us to meet our best friends and form connections with people in all four grades. The bonds that have been made during class, throughout a sports season, and laughing in the Caf during an off-hour are ones we will continue to treasure after we graduate.

The teachers and staff members who make our Mercy education valuable and complete are also held in our hearts during this season. They have spent countless hours helping to prepare us for our future education and career opportunities, and from them we have learned how to be better students, leaders, and people.

Similarity, the unique experiences and attributes of the Mercy community make us continually grateful. The off-hours that can be spent connecting with others, seeking help, or diving deeper into academic material have motivated us through long school days. The wonderful

food from the Caf gives us a chance to appreciate the hard work of our cafeteria staff. The music over the speakers during special days spreads joys throughout the halls during passing time.

We're grateful for the sisterhood Mercy instills within all girls who attend, the never-ending support given to all fellow classmates, and the school spirit that makes spirit and celebration days so full of joy.

We are thankful for the opportunity we had to join the Newsprint staff and learn, alongside our staff members, the importance of telling stories about our Mercy community, for our Mercy community. We are also extremely thankful for our incredible Newsprint advisor, Dr. Kline-Kator, who guides us through the art of being a good reporter, editor, and student.

We hope everyone will use some of the time off school this coming week to reflect on how lucky we all are to be apart of the Mercy community and what we are truly grateful for.

Thankful always,

The Newsprint 2024- 2025 staff



Senior athletes sign their way to the future

On November 13, 14 Mercy High School senior college bound athletes participated in fall athlete signing day, officially committing to the athletic programs at their selected schools.

STORY AND PHOTOS: **TESS O'DONNELL, EDITOR-IN-CHIEF**

The Mercy High School class of 2025 has an extremely impressive athletic resume. The 14 different athletes that signed on Wednesday play a total of eight different sports, have won a combined 11 Catholic High School League Championships and five state championships.

The fall signing day is an occasion for celebration as the student athletes who have spent their high school careers dedicated to training, practices and games can share their accomplishments with their families and friends.

“I thought fall signing day was a good experience because it brought together all of the excitement that had been building up for months as we all finally made it official,” senior Mackenzie Conway said.

Senior signing day allows team based athletes to have a moment to acknowledge their personal successes.

“I think it’s important to recognize the individual achievements of each athlete and during signing day that’s what we get to do,” senior Lauren Miller said.

All friends and teammates of the committing athletes have a chance share in an important moment in that athlete’s life.

“It was a good opportunity to celebrate our commitment with other Mercy students and teammates and seeing where the other girls are committing to,” senior Emily Walker said.

Mercy High School 2025 senior fall college bound athletes signing class:



Meghan Kowalyk
Softball
Adrian College



Lauren Miller
Softball
Lawrence Technological University



Maeve Casey
Ice Hockey
Yale University



Charlie Lambert
Softball
Central Michigan University



Kaitlyn Palozzi
Softball
University of Alabama



Jill Collins
Volleyball
Hope College



Jordan LeVasseur
Soccer
Eastern Kentucky University



Lila Polakowski
Golf
Piedmont University



Mackenzie Conway
Lacrosse
Brown University



Sydney Meyer
Swimming
University of the Pacific



Alison Smiley
Lacrosse
University of Detroit Mercy



Campbell Flynn
Volleyball
University of Nebraska



Evelyn Miller
Softball
Loyola University Chicago



Emily Walker
Basketball
Bentley University

Winning like a Marlin:

A preview to the 2024-2025 winter sports season

STORY, GRAPHICS AND PHOTOS: **MEGAN SULLIVAN, DESIGN EDITOR**



The bowling team goes for the perfect strike against Regina. Photo courtesy of Mercy High School Athletics.



The boardercross team poses during the 2023-2024 season. Photo courtesy of Liadan Siegel.



Varsity captain Emily Walker faces off against Notre Dame Prep. Photo courtesy of Mercy High School Athletics.

As the fall sports season wraps up, winter is just around the corner, and students in basketball, hockey, skiing, boardercross, and bowling are all hard at work, preparing for the upcoming winter sports seasons.

For the basketball team, the work never stops. They've been preparing since summer with a team camp and summer practices.

"It was one of the highlights of my summer. It was so fun, and over the course of the summer, we got to experience playing games and getting to know each other," sophomore Hope Carmona said.

The players then transitioned to the fall league and are currently in preseason with open gym sessions and conditioning practices, all while looking forward to the upcoming season and tryouts.

"Leading up to this season, I'm very confident that our team is going to go very far. We lost no seniors last year and have the same team back. We've only grown as a team since last year. I think with our skills and improvements, we'll have a winning team," senior and varsity captain Emily Walker said.

On the ice, the varsity hockey team is gearing up for tryouts. With many new additions to this year's roster, the team is excited to teach new players the essential skills needed to succeed.

"We're just going to practice and put in a lot of effort to get better because we have a lot of new people, so we're learning a lot," junior Ava Lapham said.

"I expect to have a lot of fun and win some games," senior Grace DeKlerk said. "I'm feeling excited as the season approaches."

The ski and boardercross teams are hitting the slopes and the weight room, working alongside the Catholic Central teams through Ethos training.

"We do Ethos training with the CC boys. Mercy Boardercross, CC Boardercross, Mercy Ski, and CC Ski all do it together in the weight room at CC with Ethos," senior Rayleigh Banka said.

The ski team, in particular, is welcoming many new members from the freshman class and aims to focus on getting each member prepared and adjusted to the new skiing environment.

"I'm excited. We have a lot of freshmen, so it's more about team building, teaching the girls how to ski race. Everyone knows how to ski, but not everyone knows how to race," Banka said.

Additionally, the Boardercross team is looking forward to another fun season, preparing with team bonding events.

"I just hope we have a lot of fun because we do it every year. I'm just super excited to hang out with my friends at the hill and go to races," senior Liadan Siegel said.

Off the slopes and inside the bowling alley, the Mercy Bowling team is beginning their practices for the new season, with tryouts having just occurred last week.

Led by Coach Kowalski and captain Mya Mapp, the players are eager to keep up and improve on their results from the previous year.

"I feel really good about this season. We did well last year, and I think the team environment and the girls we have on the team is what will help us go far this season," senior Olivia Kazak said.

Newsprint's Top 10

Newsprint staff ranks their favorite Thanksgiving traditions!

- 1. Gathering with Family
- 2. Watching Football
- 3. Friendsgiving
- 4. Watching Charlie Brown Thanksgiving
- 5. Having Thanksgiving Dinner
- 6. Watching the Parade
- 7. Running a Turkey Trot
- 8. Cooking and Baking Food
- 9. Eating Pie
- 10. Breaking the Wishbone

Caption This Pic!



Can you think of a funny caption for this picture from Maroon & Gold closing assembly? Send in a caption under the "Caption This Pic" story on newsprintnow.net for a chance to be featured in the next issue.

Upcoming Events

Dec

4-5

JCL Salmagundi Fundraiser

Dec

11

Language Honors Society Meetings

Dec

13

Red & Green Day

Dec

17

Last Day of First Semester

Dec

20

Christmas Dance (A-Ball)