



# **Recognizing breast cancer survivors**

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***Newsprint* interviews  
Rwandan genocide  
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# Swinging out of golf season

STORY, PHOTO, AND GRAPHICS: RACHAEL SALAH | GRAPHICS: DUNYA KIZY, PHOTOGRAPHY AND VIDEOGRAPHY EDITOR

In 1980, Mrs. Vicky Kowalski was coaching freshman basketball. Play by play, dribble by dribble, she was completely focused on the game. Shortly after the game, senior golfer Meg Mallon asked around about why Mercy did not have a golf club. The club needed a moderator, so Mallon decided to ask Mrs. Kowalski. Mrs. Kowalski listened to her reasons and soon started a golf club.

Forty-one years later, Mrs. Kowalski is still coaching the golf team who continues to fuel her passion for golf. The top five players from the team had the opportunity to play at regionals and states this year. Elyse Zurawski, Anna Sauer, Leah Glover, Gabby Crespi, and Chloe Vig were invited to play in the tournaments.

"It's always exciting coaching these girls," said Mrs. Kowalski, "but it's also a challenge because our two all-state players graduated."

However, that did not stop the players from pushing for their spot at regionals and states. As a team, the players all worked together to improve both their team and individual scores throughout the season. At regionals, the first place score was 367, and Mercy came in third place with a score of 372. They had to be in the top three out of the four teams at regionals to make it to states. Luckily, they were successful. States were held at Forest Akers East, East Lansing at the States Home Course on October 18 and 19.

"Well there were 18 teams at states," Mrs. Kowalski said. "We were third in our regional, so we were really just trying for a top 10 finish."

To their surprise, the team came in fourth place out of 18 teams. Freshman Chloe Vig had their top score the first day and the team improved

second day by 20 strokes.

"Our final team score was 730 and we only beat Fenton and Groves by two strokes. So, all of our scores were really crucial." said junior Gabby Crespi, coming in as the fourth of the top five players. "Both regionals and states were super exciting and our team really rose to the occasion and played our best when it really mattered most."

The team truly worked together at states specifically. This was the second year in a row that the golf team placed in the top four. They were competing with some of the best teams in the state and all of their scores were critical to their place in the tournament.

"Last year, we had the two all-state players and came in fourth. This year, we still got fourth place without them, and that shows what a team can do." Mrs. Kowalski said.

Team captain senior Elyse Zurawski has years of experience with the sport and played really well at both states and regionals.

"Going into regionals, I was super nervous," said Zurawski. "We had to place in the top three to qualify for states, and it took a lot of practice and preparation to do so. States was exciting because it was an opportunity to prove our skill on the largest platform."

She has been playing since the first grade, but began to play competitively freshman year. Since then, she has worked her way up to the top ranking spot on the team. Being both

number one on the team and one of the captains comes with lots of responsibility.

"The main duty of the captains is to be a role model for the other girls." said Zurawski. "The mental strain of competitive golf is unique from other sports, so we work hard to prepare them to be successful on the course both physically and mentally."

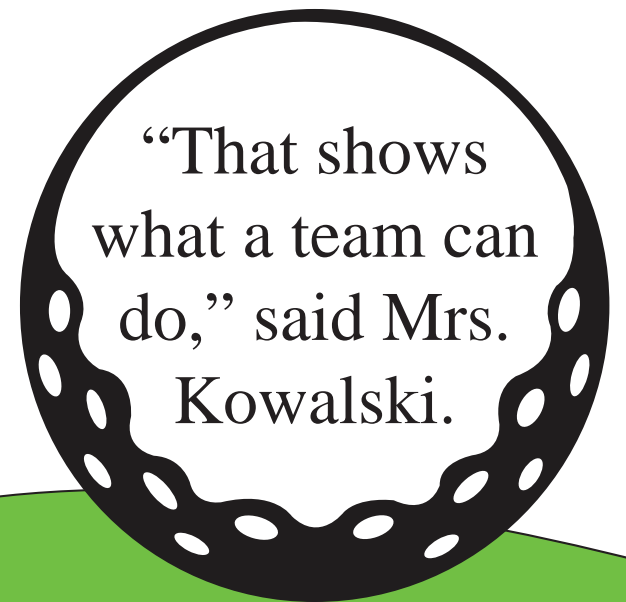
Staying positive for the team is pivotal in order for everyone to work at their full potential. This results in everyone actually wanting to play, rather than just going through the motions.

"It's so much fun to try to keep beating your personal best and improving along with your team," said Crespi. "That's one thing that playing golf entails that other sports don't. The option to play alone or with others, and it still being thoroughly enjoyable."

Not only do the athletes practice together at Glen Oaks Golf Course, they also practice individually even now that their season is over.

"Now that the season's over, I'm going to practice at an indoor facility near me with a few of my teammates," said Crespi. "I'll also work with my coach from Meadowbrook."

The Mercy golf team had an amazing season and has high hopes for next year. Through playing together and practicing out of season, the team has great potential for the upcoming season.



"That shows what a team can do," said Mrs. Kowalski.

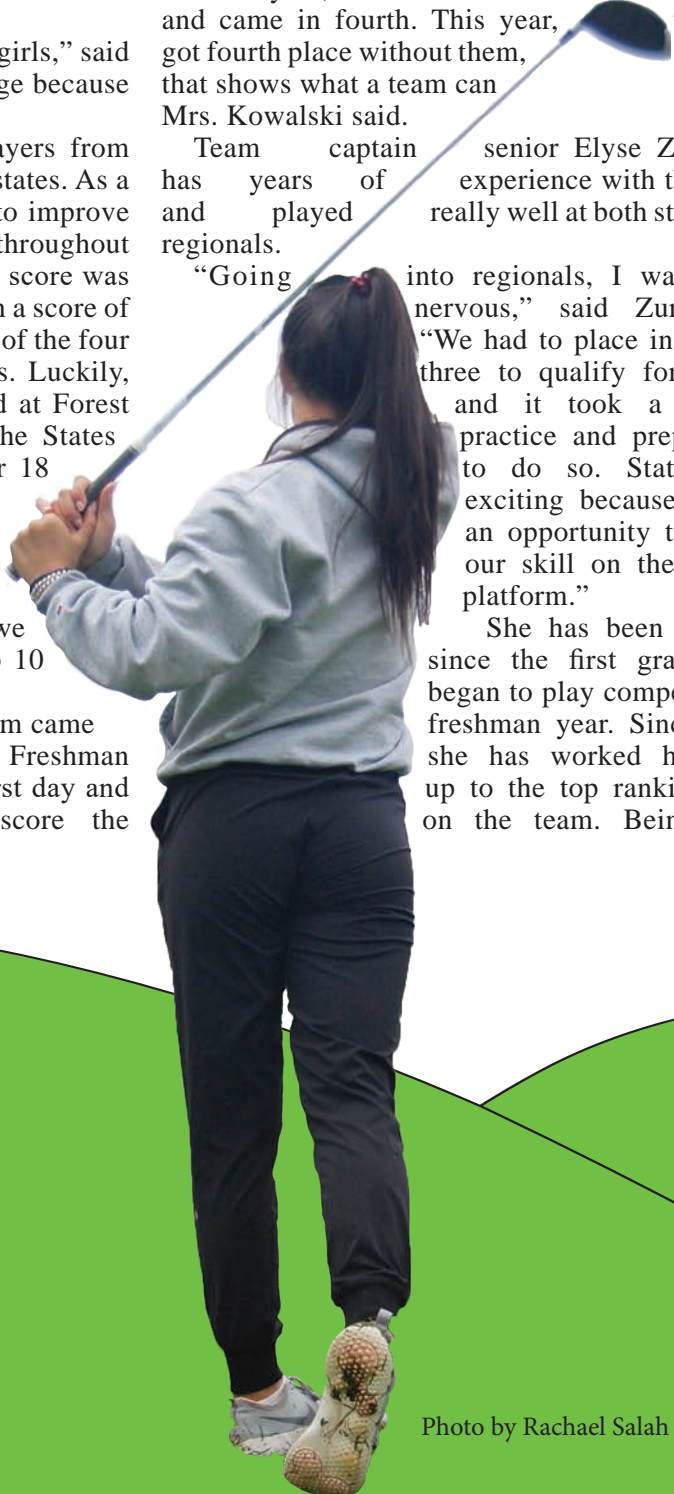
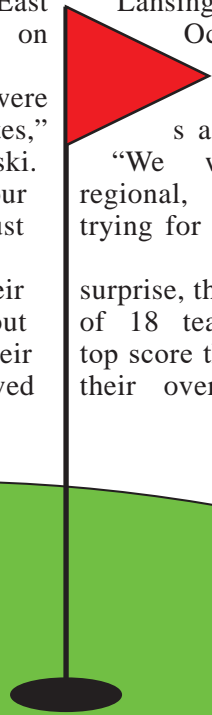


Photo by Rachael Salah



# Equestrian rides again

STORY, PHOTO, AND GRAPHICS: **EMILY WALUGEMBE**



Sophomore Sophia Gabbei walking alongside her horse, Gatsby, at the Milford Equestrian field. Photo used with permission from Carissa Hodges



Junior Peyton Smith riding her horse, Jake bro Jack, at the Milford Equestrian field. Photo used with permission from Carissa Hodges

Senior Rachel Vinarcik sits upon her mighty steed, Rowin, at the equestrian regionals waiting for her discipline to be announced. The word “jumping” blares through the speakers of the stadium, and instantly Vinarcik is filled with nerves. She shuts her eyes and takes a deep breath as she grips the rope around Rowin’s neck. With one last breath, Vinarcik pulls on the rope, instructing Rowin to move forward.

Vinarcik is a part of Mercy’s equestrian team. Equestrian is a sport that consists of different events, also known as disciplines, that are all based on horseback riding. Vinarcik performs for the jumping discipline and hunt seat. Jumping judges the rider and her horse on pace and precision. It requires Vinarcik and Rowin to jump over hurdles quickly and correctly. Luckily, Vinarcik’s horse used to be a racehorse and is able to successfully complete the discipline. Hunt seat judges the horse on its jumps, strides, form, accuracy, grace, and style.

“My barn is focused on hunt [seat] and jumping. At home, I have jumps that I can set up,” said Vinarcik.

Each rider on the equestrian team attends different barns that are focused on their disciplines and seat. Excalibur Horse Center is where Vinarcik trains with Rowin. The training helps Vinarcik prepare for each game and be proficient when she practices with Mercy’s team.

Three hour practices usually occur once a week

at Huron Valley Equestrian Complex for three hours. Unfortunately, the team did not make it to states this season, marking the end of Mercy’s season.

When the team begins the season, it takes some time for the riders to get used to working with each other again because they train individually, which is why math teacher Ms. Carol Baron is the equestrian moderator.

“[Ms. Baron] comes out to support,” Vinarcik said. Ms. Baron attends all the practices and tells the girls to do their best. She creates posters for meets and encourages them at each game.

“My daughter rode [for equestrian] when she was a teenager,” said Ms. Baron. Her daughter later rode for Michigan State University’s equestrian team. Ms. Baron always listened very carefully to her daughter’s coaches so she would know what to look for when she’s riding.

Working as head coach mercy alumna, Stephanie Volk, is the team’s coach and rode for the Mercy team in the past.

Junior Peyton Smith’s mother used to ride horses and encouraged Smith to try it.

“I started riding when I was four,” said Smith. Now, Smith performs saddle seat. Saddle seat is under the English riding category and consists of riders standing next to their horses and holding onto their neck ropes. Riders walk or run back and forth alongside their horses to showcase them to the judges. The objective is to display the various

abilities of the rider’s horse.

“I was asked to be the photographer,” said sophomore Carissa Hodges.

Hodges was a rider for the team her freshman year and rode for hunt seat. When Hodges was on the team, she practiced three to four times a week with a coach. As the photographer, she is able to keep up with the team’s progress, attend each game, and capture the action.

Each seat has its own attire. In order to ride hunt seat, riders must have coats that are tweed or Melton. Coats come in different colors, but the traditional hunt coat is either a dark black, charcoal, or blue. The scarlet coat is given to players of a recognized hunt, like jumping. Riders must also wear breeches or jodhpurs. They must be either front or side zip that are beige, green-beige, or tan. Boots must be tall, leather, and black, and hair must be kept under the hat. For saddle seat, the attire is the same, but the coat can be a wider range of colors.

Equestrian is a strict sport that expects a lot from its players, but not every game is meant to be taken seriously. For example, one of the team’s favorite games is gymkhana, a flag race where the rider gets the flag from one side of the arena and tries to get it to the otherside as fast as they can.

“[Equestrian] is hard...but it’s a lot of fun,” said Vinarcik.





“The prayers we say are like water you put on [a] flower. If you do not [pray], the flower is doomed to die.”

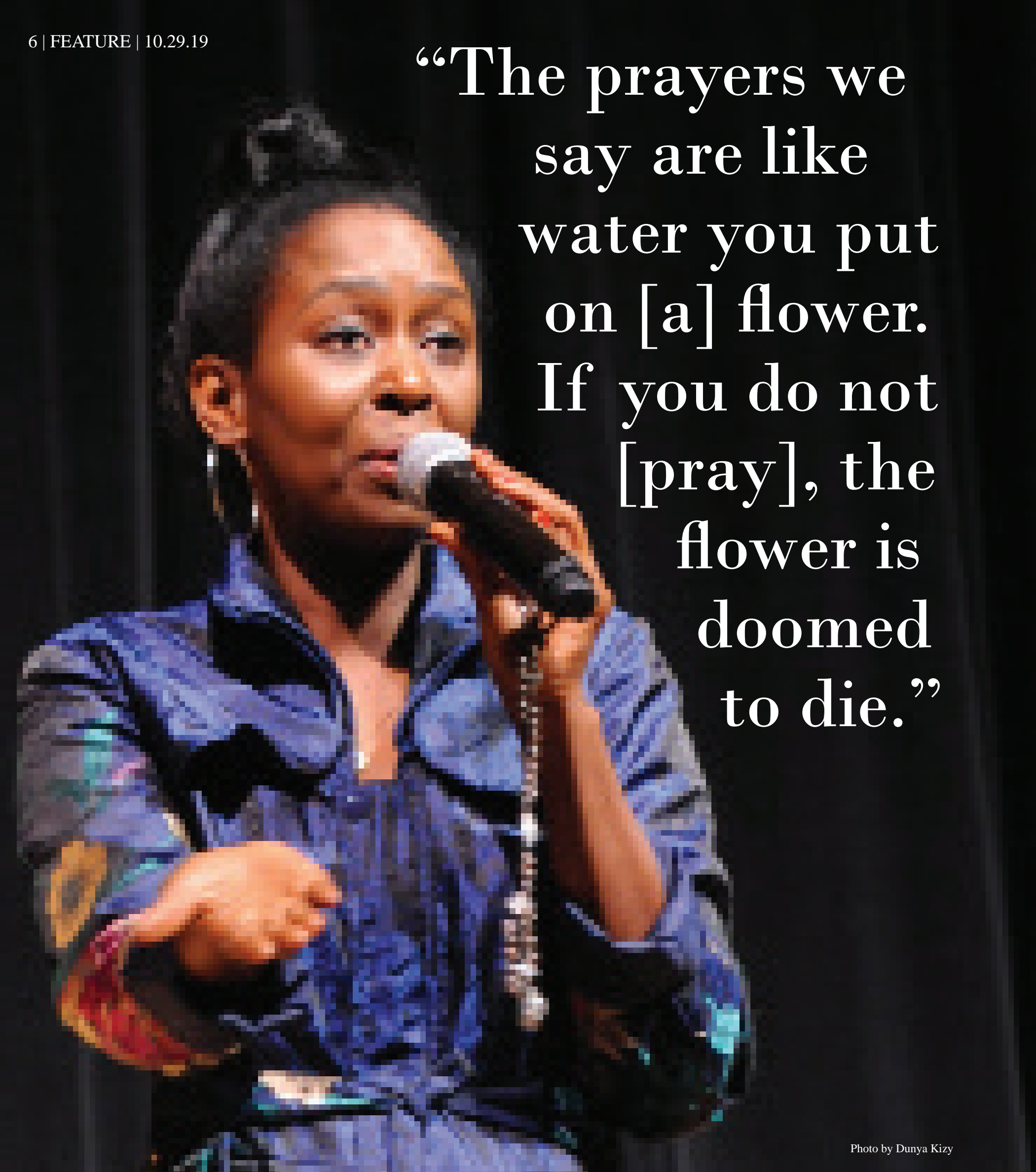


Photo by Dunya Kizy

## Immaculée Ilibagiza

Rwandan genocide survivor shares her story at Mercy

STORY: JULIA CANTY, CAITLIN FLYNN, ISABELLE SAWICKI, LAUREN KRILL

When Immaculée Ilibagiza came home from college for Easter break in 1994, she did not know that her life would never be the same. Immaculée was born and raised in Rwanda, and lived through the Rwandan genocide as a Tutsi tribe member. At the time, being a Tutsi was a death sentence as they were being targeted for extermination by the Hutu tribe.

For several years, Immaculée's memoir *Left to Tell* has been read and discussed in Mercy's English 9 classes. The book is separated into three parts, each sharing different aspects of both her life and the genocide through her eyes.

In part one, “The Gathering Storm,” we learn about Immaculée's family of six, her life growing up in Rwanda, and going to college on a scholarship. As a senior in college, she returned home to celebrate Easter with her family when the Rwandan genocide began. Immaculée was sent by her family to go live in the home of their next door Hutu neighbor, Pastor Murinzi, where she would be safe. This was the last time she saw her family.

Part two of the memoir, “In Hiding,” describes the 91 painful days that she spent hiding in Pastor Murinzi's three-by-four-foot bathroom with seven other women. Although a period of unimaginable struggle, the amount of reflection, growth, prayer, and learning that occurred during this time made Immaculée the inspiration she is today.

The memoir concluded with part three, “A New Path,” which highlights Immaculée's life after the genocide. Immaculée was taken to a French camp where she learned of the deaths of her family and met her mother's friend who invited Immaculée to move in. Eventually, she started working for the United Nations. The book ends with Immaculée in the jail where her family's killer was held, holding his hands and saying that she forgives him.

Immaculée's story is a powerful reminder of the importance of forgiveness and the freedom in letting go. She is an incredible example of strength, perseverance, faith, and kindness.

But why did her story arrive in the hands of Mercy freshmen?

In hopes to provide a more well-rounded curriculum, Mercy's English department added two memoirs in 2015. *The Glass Castle*, by Jeannette Walls, was introduced to the first semester's ‘What does it mean to grow up?’ curriculum theme. Whereas, *Left to Tell* was added to enhance the second semester's ‘What it means to be human’ theme.

*Left to Tell* offers not only valuable themes, but historical context on a subject that has not received

much light. Many compare this genocide to the Holocaust in Nazi, Germany, but with significantly less coverage.

“After the Jewish holocaust, there was nearly a decade before any first hand literature was released,” said English 9 teacher Mr. Steve Morgan. “More time has to pass for important accounts like this to continue to teach and understand the magnitude of these stories.”

After Immaculée published her accounts of the genocide through the novel in 2006, other authors have published their own personal testimonies to the tragedy. Novels such as *Love Above All: Forgiveness of a Young Rwandan Genocide Survivor*, by Jean De Dieu Musabyimana, and *A Voice in the Darkness: Memoir of a Rwandan Genocide Survivor*, by Jeanne Celestine Lakin, have also played a role in informing the public about this genocide.

“It is important stories continue to come out,” said Mr. Morgan. “With the world being the most divided I have seen it in my lifetime, you have to remember it happened there, it can happen anywhere.”

It is because of this divide in the world right now that makes these stories so important. Stories of faith and forgiveness in times of adversity continue to inspire and bring hope to all of those who read them.

Immaculée has made the darkest moments of her life into a universal tale of compassion. Despite no person in our building having ever faced nearly the same threats or fear, so many girls continue to connect with her story.

“When I first read *Left to Tell*, I was incredibly inspired,” said junior Grace Nieto. “Immaculée taught me that whenever you're facing a problem, the strength of God will get you through [it]. This book really changed my world view and my life.”



Immaculée's story is one that displays how God worked in her life, and the story of how Immaculée came to Mercy is no different.

Kerry Kurowski, the mother of senior Faye Stork, decided to read the novel *Left to Tell* when her daughter was assigned to read it in class her freshman year, and the book changed her life.

Two years later, Mrs. Kurowski started a new job with a Michigan-based religious talent management group. One day during a meeting, she discovered that the group handles all of Immaculée's travel and events.

“I just started crying in the meeting,” Mrs. Kurowski said. Now, she works closely with Immaculée and is a part of helping spread her message of faith across the globe through her work with the company.

Throughout her time of working with Immaculée, Mrs. Kurowski has told her about Mercy and how great it would be for her to visit the students. During the summer, it was discovered that Immaculée had some availability during October, and the date was set for her to come to Mercy.

Because the book had such an impact on Mrs. Kurowski, it was important for her to use this incredible opportunity she had been given and spread Immaculée's message even further.

“Mercy has been so good to my daughter,” said Mrs. Kurowski. “I wanted to figure out a way to give back and I couldn't think of a better way to say ‘thank you’ than to bring Immaculée to the Mercy community.”

The anticipation surrounding Immaculée's arrival to Mercy was so incredible because students could not wait to meet the woman they all felt a personal connection to. Immaculée's warm and humorous demeanor took students by surprise. She explained how forgiveness has freed her to live without the weight of death on her shoulders. Although Mercy students may never live to endure tragedy as devastating as Immaculée's, she reminded the Mercy community that our faith bonds us together.

“Inside we are all the same,” she said. “We have the same Father, and how he works in [our] hearts, I think people can find themselves through that. Whatever problem you have, [even if it's] something you're going through with a friend, it's the same rosary [and] the same God we talk to.”

Immaculée's personality reflects everything she stands for: love and acceptance. When asked what advice she would give to any Mercy students who doubt their faith, she became reflective.

“It is so sad when you are doubting your faith—doubting that there is someone with you always,” Immaculée said. “I have gone through it, but now I feel like what I always wake up to is more faith.”

Immaculée encourages anyone experiencing troubles with their faith to continue to seek truth and never give up. She believes that prayer is the most powerful tool anyone can use while finding their faith, specifically the rosary.

“Ask questions and don't settle,” she said. “The prayers we say are like water you put on [a] flower. If you do not [pray], the flower is doomed to die.”



# Wellness Wednesdays

STORY AND GRAPHICS: MADDIE SULLIVAN | GRAPHICS: LYDIA GIROUX, DESIGN EDITOR

**M**s. Anne Hallberg, the head of Mercy’s Kitchen staff, has made it her mission to introduce healthier options for Mercy students and staff while reducing the school’s carbon footprint, since the earth is one of the critical concerns of the Sisters of Mercy. Her latest idea is Wellness Wednesday, which ensures a meatless and healthy meal on, you guessed it, Wednesdays.

Ms. Hallberg and the kitchen staff first began marketing healthier meal choices roughly five years ago.

“We realized these healthier promotions were very well received,” said Ms. Hallberg, “so we decided to offer healthier options at least once a week.”

One of these promotions was Meatless Mondays. However, Meatless Mondays proved to be difficult for the kitchen staff.

“We couldn’t really do Meatless Mondays because vegetarian dishes require a lot of fresh prep that we have to do the day before and since we are not here on the weekend, we were not able to prepare properly,” said Ms. Hallberg.

Ms. Hallberg also saw another flaw with Meatless Mondays; meatless meals did not necessarily mean healthier ones. This led Ms.

Hallberg to initiate Wellness Wednesdays, which combines a healthy meal with one that does not contain chicken or red meat, but does have protein such as fish,

tofu, and other forms of plant-based proteins.

So far, Ms. Hallberg has received great feedback from both students and faculty.

“I enjoyed the Orange Ginger Vegetables with Shrimp,” said Mercy sophomore Lily Nederhood. “I think these healthy meal options are great and I’d love to see more of them.”

Ms. Hallberg also believes Wellness Wednesdays and other healthy promotions launched by the kitchen staff serve other benefits for Mercy besides the delicious meals themselves.

“I think Wellness Wednesday provides awareness to the students about healthy eating because they can see what falls into the Wellness Wednesday category allowing them to understand what is better for them,” said Ms. Hallberg.

The Mercy community wants to minimize the school’s negative environmental impact. According to Ms. Hallberg, meat production produces more greenhouse gases than plant-based foods like vegetables or rice products. Therefore, by reducing meat consumption, the Mercy community can have a positive impact on the environment.

“I think it is important for our school to do things like Wellness Wednesday because even small changes like this can make a difference in the world,” said Nederhood.

Currently, Ms. Hallberg is working on

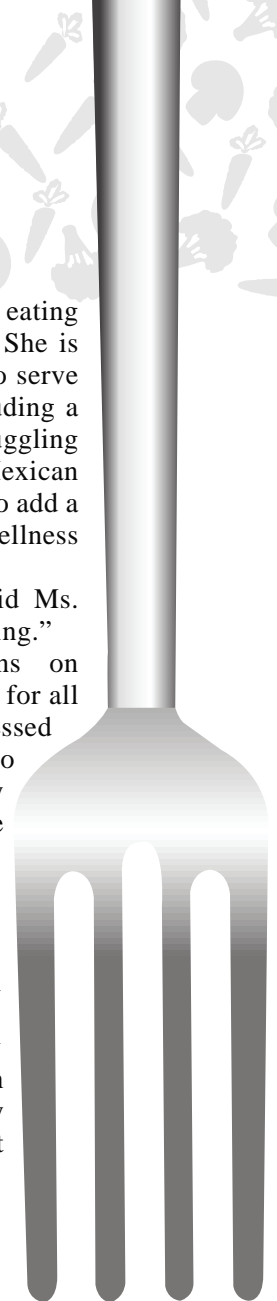
other ways to encourage healthy eating while making the school more green. She is experimenting with different recipes to serve for future Wellness Wednesdays, including a new Mexican dish. However, she is struggling because it is difficult to make tasty Mexican meals without cheese. She also wants to add a vegetarian variation of a slider to the Wellness Wednesday repertoire.

“I try to keep the meals fun,” said Ms. Hallberg. “I don’t want them to be boring.”

Additionally, Ms. Hallberg plans on routinely posting nutrition information for all meals. This information can be accessed upon request, but Ms. Hallberg wants to make consumers mindful of what they are eating by openly displaying the information.

“I’m very excited about Wellness Wednesday,” said Ms. Hallberg. “It’s going to be fun for Chef Mike and I because we get to be creative and experiment with the meals.”

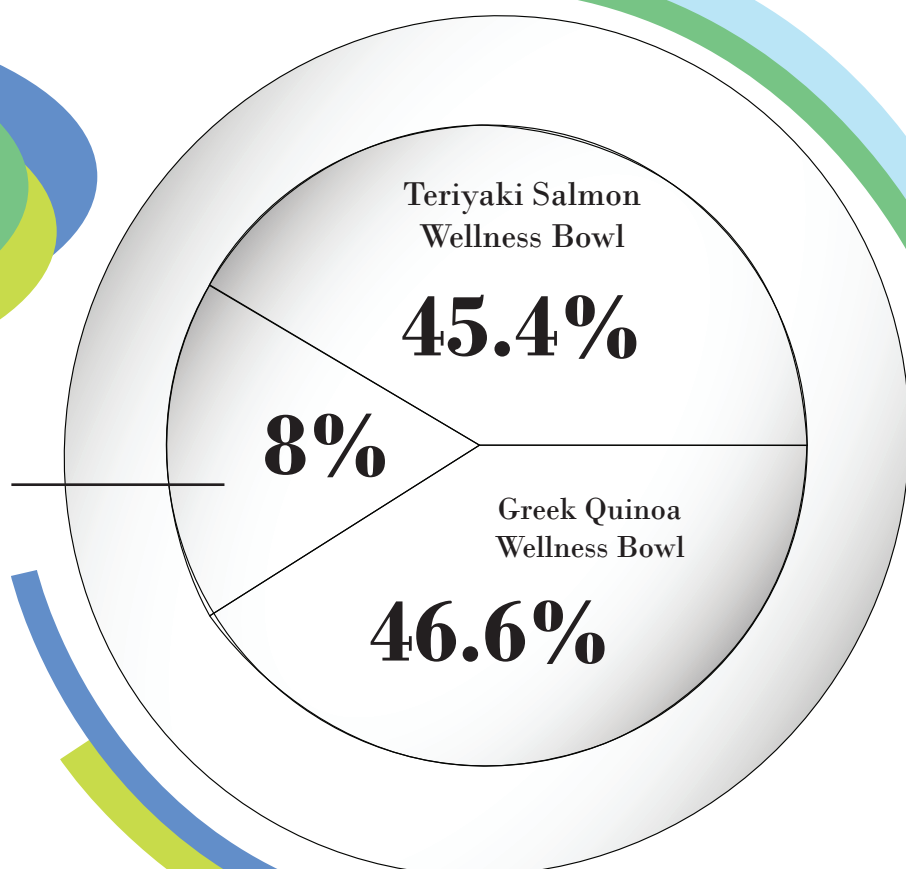
Ms. Hallberg would love to hear any requests for future meals offered on Wellness Wednesdays. If you have any recommendations, feel free to contact her via email at [amhallberg@mhsmi.org](mailto:amhallberg@mhsmi.org).



## Students Favorite Wellness Wednesday Lunches

Based an informal Mercy online poll of 174

Orange Ginger Vegetables with Marinated Seared Tofu





# Stress affects staff too

STORY, PHOTO, AND GRAPHICS: MEGAN MALLIE | GRAPHICS: LYDIA GIROUX

During these first few months of school, teachers and students alike have to shift back into their school routines. Schedules are filled, work resumes, and time management skills are re-established to prepare for the long year ahead. Now, Mercy teachers and students are forced to face something they avoided during the summer: stress.

It is true that students are the ones doing the homework, studying for tests, and putting in the hours of dedication to achieve good grades; however, students most often don't consider the workload teachers also handle. Teachers grade the assignments, create and check tests, and spend hours creating daily lesson plans amidst full days of teaching.

Of course, along with this work comes stress. Teachers experience this feeling just like their students and they have to manage their stress as well. Especially in these first few months of school, the return of academic stress can be a lot to handle and adjusting to these conditions can be difficult.

Running is one way Mercy English teacher Mrs. Angela Harris-Schultheis destresses after her school day as it helps her to channel her stress into physical activity.

"[Running] is definitely how I de-stress. It's how I problem solve," said Mrs. Schultheis. "It's always been going for that run, clearing my brain, unplugging, [and] disconnecting from life for a half hour to two and a half hours. . . that's my me time."

It is no surprise that teachers have to learn how to manage their stress efficiently, as during this time of year, teacher stress levels are through the roof.

"Most of our teachers are more stressed when we get to this time of year, like when we get to October and November," said Mercy counselor Mrs. Trish Brown. "Once we get rolling, things are kind of more stressful, heavy, and busy. October, if you look at the calendar,[is] insane. I imagine this month will be kind of crazy-stressful on staff for sure."

"Usually when we come back into the building, we really just hit the ground running," said Spanish teacher Mrs. Kelly Bickes. "And for me, this semester personally, not only do I have the extra class I'm teaching this semester, but I've also been the MBS liaison and I'm still dealing with that. So

. . . the beginning of the year is always a busy time."

Mrs. Bickes has learned to take a few moments in between classes to meditate at her desk. She was, in part, inspired by the staff-wide meditation meeting that took place earlier during the school year. Although, she has tweaked what she learned to fit her better.

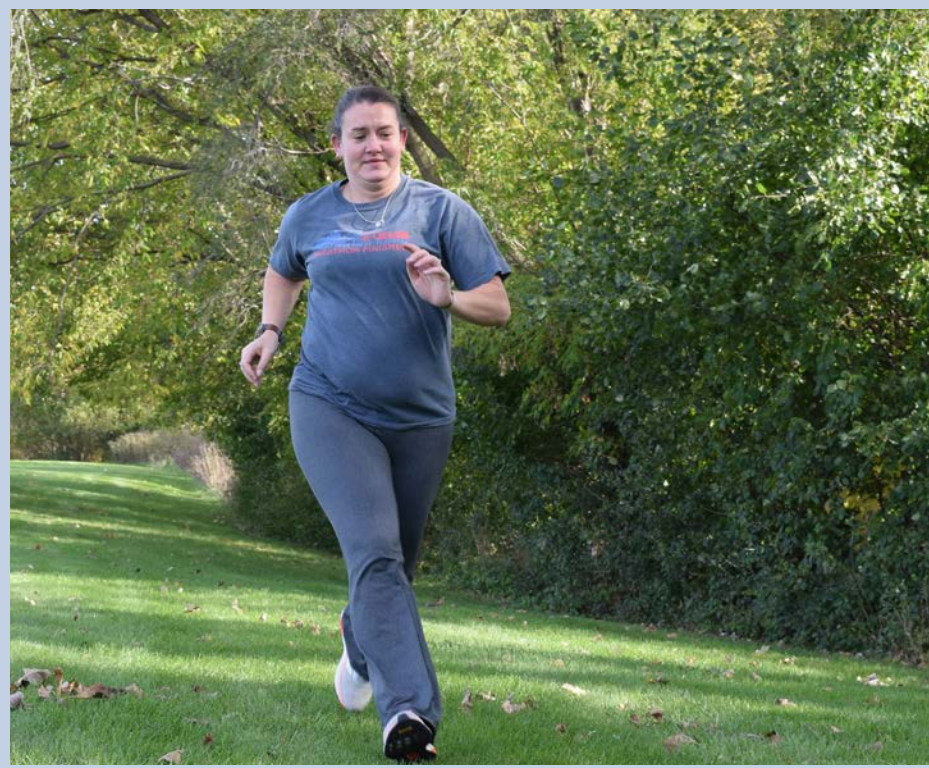
"[I] close my eyes, take some deep breaths, focus, [and] try to prioritize what needs to be done," said Mrs. Bickes. "Just closing [my] eyes for a minute and taking some deep breaths definitely helps me relax."

Another teacher who understands the stress Mercy faculty magnate on an everyday basis is health teacher Ms. Ann Jamieson, who knows that de-stressing activities are necessary for students and teachers alike.

"Find ways to destress. For me, that would be [to] swim, bike, [and] run. Not procrastinating. Plan ahead and be prepared as best we can," Ms. Jamieson said. "Here at Mercy, we need to be flexible. Our schedule lends itself to being a stressor for some. Flexibility is key."

According to the Merriam-Webster dictionary, de-stressing is "to release bodily or mental tension: unwind." Ms. Jamieson has an even simpler definition: "finding ways to relax after a hectic time."

"Find time at the end of the day for a little bit of meditation," Ms. Jamieson said. "Self time,



Mercy English teacher and cross country coach Mrs. Angela Schultheis takes some time after school to run a few miles and clear her head. Photo by Megan Mallie

as I call it. Some like to exercise such as myself. Music is good. Yoga has proven benefits. [Practice] mindfulness. . . really anything that brings about pause."

The key to stress management is time management and how people, especially teachers, do this differs. "I think the first thing to do is figure out what makes [you] feel good [and] what fills [you] up," said Mrs. Brown. "Then make sure you're setting time aside, or finding time, even if it's five minutes out of your day to do that thing, so that you're stepping away from what stresses you out and stepping into what makes you feel good."

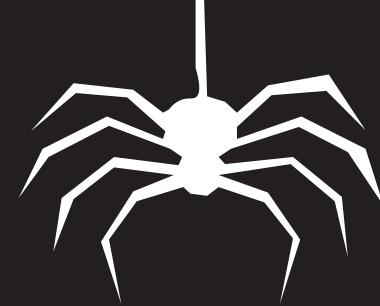
## Top 4 faculty tips for de-stressing:

1. "Find something you enjoy, whether it's reading, whether it's watching Netflix, whether it's yoga, playing a game on your phone, going for a walk. . . find something that makes you happy and make time for it."  
-Mrs. Schultheis
2. "I think that building good time management skills is essential to avoid stress."  
-Mrs. Bickes
3. "Breath[e]! Realize that we cannot control things that are not within our control."  
-Ms. Jamieson
4. "My personal goal this year that I would recommend for anyone is work-life balance. . . pause and ask yourself: is it absolutely necessary tonight that I take work home?"  
-Mrs. Brown



# MERCY HIGH HORROR STORY

STORY, PHOTO, AND GRAPHICS: DELILAH COE



Students anxiously form a line outside the haunted house, a long awaited Mercy attraction every year. Every student is filled with anticipation as they wait for the big doors of the Drama Studio to swing open. It's finally time, and you're pulled into a dark room by a tour guide while your heart starts racing. A creepy hand touches your arm and sends chills up your spine, causing you to scream. You spend the rest of the time in the house alternating between screaming and laughing until you finally reach the end just to hop back in line and go again. The annual haunted house, put on by the International Thespian Society (ITS), is a Mercy tradition that is highly anticipated by students and staff each year.

This year, the haunted house promises to be even more gory because of a few exciting changes designed to intensify the atmosphere of the iconic rooms we know and love from past years. Many things have to happen behind the scenes to make the haunted house run smoothly each year such as set up, makeup, and practice. ITS works hard to create a safe, but authentic activity for everyone to enjoy. The new technician director, Brian Groth, and this year's ITS officers are working

very hard alongside Ms. Isabelle Moore to make this thrilling event happen.

"Brian and I are putting our heads together to make it our own," said Ms. Moore.

The two of them oversee the process and put their own special twist on it while ITS members lead the creative direction. Everyone collaborates and brainstorms new ideas for the house. Once everything is decided, the girls decide on the roles they wish to be.

The actresses are known for their bone-chilling performances they give students on their walk through the house.

"The costumes and makeup are what make the haunted house so fun and terrifying," said junior ITS member Maddie Surowiec.

Talented students usually do their own makeup by watching YouTube videos and helping each other out in hopes of portraying a creepy face that will scare their classmates.

Not only does the makeup's creepy effect enhance the experience, but the setup is also important because the route portrays a story to bring the house to life. The night before the big day, the girls spend around six hours setting up

and come to school the next day prepared for spooks and scares.

"I'm excited for some of the changes we're making to the layout and decorations. We're hoping to make it even more elaborate this year," said senior ITS officer Caitlin Griffin.

Although the route through the haunted house stays the same, new rooms are being planned to surprise us. The changes to rooms are currently unknown, but students can expect them to be especially gory this year.

"I believe because of the new rooms, the special effects, and the lighting, this will be one of the best haunted houses ITS has ever put on," Surowiec said.

The girls play a huge role in the whole process and have worked very hard to give students an unforgettable experience.

"The officers are approaching this year's house with ownership and I'm really excited to see how the plans will manifest into reality," said Ms. Moore.

This year's haunted house will take place on Halloween in the Drama Studio 2nd through 6th hours.



Junior Maddie Surowiec practices doing her makeup for the haunted house. Photo by Delilah Coe



# DIY COSTUMES

STORY, PHOTOS, AND GRAPHICS: CARRIE JEFFERSON, COPY EDITOR

With October comes spider webs, scary movies, and chilling decorations, but it also makes you wonder: what should you be for Halloween? Well, if you're a procrastinator, you'll need these quick DIY costume ideas from *Newsprint*.

**1. BLACK CAT-** This is one of the most classic Halloween costumes, and it's also one of the simplest. All it takes is some eye makeup to draw whiskers, black clothing, a tail, and some kitten ears. Items such as kitten ears and a tail can be bought in stores like Party City, Spirit Halloween, or Halloween City. Photo by Carrie Jefferson



**2. REFEREE-** This popular costume is easy to throw together if you or someone you know has worked a referee job. The simple jersey with a pair of shorts or leggings is already the majority of your look. Extra items include a whistle or red/yellow cards to spice up the look. Photo by Carrie Jefferson

**3. TOURIST-** This costume requires rummaging in your parents' closet for those baggy Hawaiian shirts and khaki pants. To complete the ensemble, use a fanny pack/backpack, sunglasses, binoculars, and sandals. As a result, you should look exactly like a stereotypical tourist. Photo by Carrie Jefferson



## HALLOWEEN HOW-TOs

**HOW TO MAKE SURE CANDY IS SAFE-** Halloween is always a great opportunity to get a free sweet treat, but one should always check for unwrapped or mysterious looking candies. Make sure the packaging is completely closed to determine whether it's safe to eat. If you're questioning whether the candy is safe or not, many police stations offer candy screenings to make sure it hasn't been tampered with.

**HOW TO BE SAFE:** As you're out collecting candy, be sure to be aware of your surroundings. In case of an emergency, be familiar with the area or neighborhood you're trick-or-treating in. Take a flashlight to provide light in dark spots and a cell phone to call someone if you feel you're in danger. Also, be sure to stay with a friend and do not go off alone.

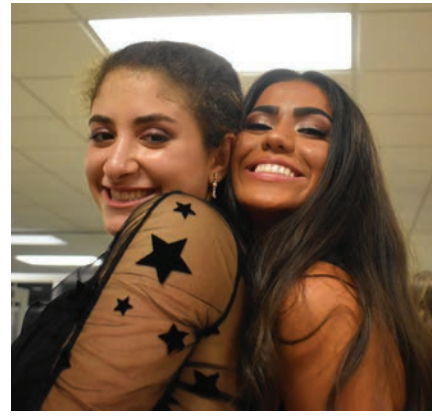
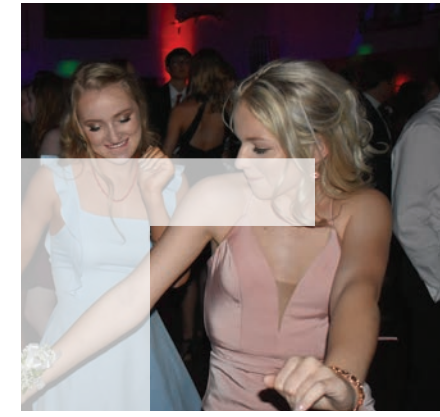
**HOW TO ENHANCE YOUR HORROR MOVIE EXPERIENCE:** In order to get the full scary experience, the room you're watching your movie in should be completely dark. Use a large screen to get a bigger picture and make sure the audio is decently loud to give you total surround sound. Pick out some horror movie classics, grab some candy and popcorn, and enjoy!

Based on 203 responses from an online poll, 46.2 percent of Mercy girls prefer pumpkin Reeses over orange Kit Kats, pumpkin flavored Oreos, and Halloween shaped gummies.

Based on 201 responses from an online poll, 59.2 percent of students say their favorite fall activity is cider mill trips compared to pumpkin carving, haunted houses, and watching horror movies.

Based on 198 responses from an online poll, 53.5 percent of Mercy girls plan on going to a party. Others plan to pass out candy, trick-or-treat, or watch horror movies





**MONDAY:**  
THE BREAKFAST CLUB

**TUESDAY:**  
TEEN BEACH MOVIE

**WEDNESDAY:**  
MMADD

**THURSDAY:**  
BACK TO THE FUTURE

**FRIDAY:**  
FIELD DAY

**SUNDAY:**  
HOMECOMING





# Isabelle's *Insight*

## Being a part of the most connected generation

STORY AND GRAPHICS: ISABELLE SAWICKI, EDITOR IN CHIEF

Scrolling through your Instagram feed, liking photos of your friends and leaving comments, you suddenly see an image of a child starving in Yemen. The caption calls for you to donate money to an organization that will give food to those children in need and asks people to share the link on their social media. Do you share the image, story, and link? Or choose to pretend you never saw it and scroll to the next picture of your friend's homecoming dress? Twitter feeds across the globe were filled with concern about the Amazon rainforest burning for three weeks in August 2019. These tweets were filled with calls for action, concern, but most of all, complaints about the lack of news coverage of the rainforest's burning. It took millions of tweets, a majority of which came from the younger generation, for the mass media to release information and cover the damaging wildfire that swept across the world's largest and greatest ecosystem.

Generation Z has been the first generation to grow up with constant exposure to every corner of the earth. Technology has opened new doors of knowledge and a constant stream of new information through our small smartphone screens. We read hundreds of headlines a week, see our peers posting about raising awareness for issues, and get sucked more and more into the confusing and sometimes scary parts of our world today.

This massive influx of information can be seen two different ways. On the one hand, one can view this constant stream of events and news as overwhelming. The pressure placed on people across the world through this consumption makes them turn away from the

problems facing the world. However, the other side of the issue is the dramatic increase of awareness the world feels in this age, and ultimately, this knowledge brings many more benefits to the world's population than it does drawbacks.

Looking back in history, many events could have been avoided if more people knew about them. Countless times, harmful actions of world leaders and countries have been committed without the knowledge of the outside public because there was no source to spread information. The things we are taught in history class allow us to see how terrible occurrences in human history had continued for long periods of time because no one else in the world knew about them. Now, we have the opportunity to prevent these things from ever happening again through our broader knowledge of the happenings of the world.

What also comes with a greater awareness of worldly events is allowing the younger generation to have a stronger voice and more participate. Social media has changed the game of politics and

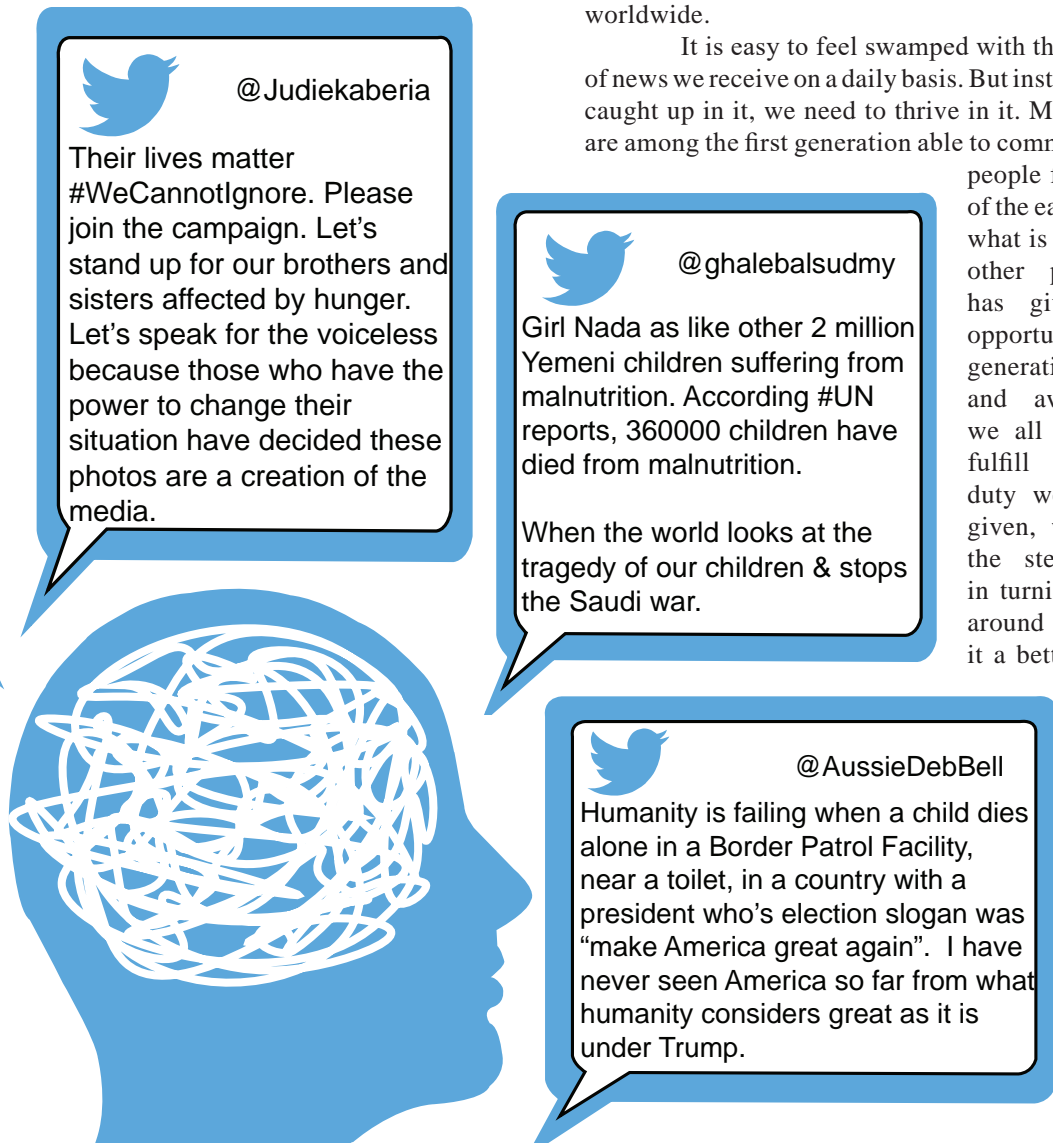
influence. Prior to the age of the internet, the only sources for news were the newspaper, radio, and televised events. It was much harder for more people to be aware of the happenings of the world. Now with social media, younger generations can be more aware and involved in politics and causes.


One of the most successful examples of this was when many young high schoolers were able to organize a march in Washington D.C. called "March for Our Lives" in order to raise awareness about gun violence in schools and promote gun restrictions. This march that took place on March 24, 2018, and was solely the result of high schoolers' actions. Without the ability to communicate and spread news on social media, events like these could never take place.


This extends far beyond the limits of the United States, however. The climate strikes that occurred throughout the entire world were the result of a Swedish teenage girl who gained support through social media. Her ability to contact people from all corners of the earth has allowed her at the young age of 15 to have a lasting impact on the priorities of national governments worldwide.

It is easy to feel swamped with the mass influx of news we receive on a daily basis. But instead of getting caught up in it, we need to thrive in it. Mercy students are among the first generation able to communicate with


people from all ends of the earth and know what is happening in other places. This has given us the opportunity to be a generation of change and awareness. If we all step up and fulfill this civic duty we have been given, we could be the stepping stone in turning the world around and making it a better, healthier, more peaceful place.




 @POTUS44  
Here are the stats: Per population, we kill each other with guns at a rate 297x more than Japan, 49x more than France, 33x more than Israel.

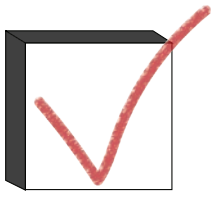
 @Judiekaberia  
Their lives matter #WeCannotIgnore. Please join the campaign. Let's stand up for our brothers and sisters affected by hunger. Let's speak for the voiceless because those who have the power to change their situation have decided these photos are a creation of the media.

 @ghalebalsudmy  
Girl Nada as like other 2 million Yemeni children suffering from malnutrition. According #UN reports, 360000 children have died from malnutrition.  
When the world looks at the tragedy of our children & stops the Saudi war.

 @tyswizzle  
The Amazon has been burning for 3 weeks, and I'm just now finding out because of the lack of media coverage. THIS IS ONE OF THE MOST IMPORTANT ECOSYSTEMS ON EARTH. SPREAD AWARENESS #PrayforAmazonia

 @AussieDebBell  
Humanity is failing when a child dies alone in a Border Patrol Facility, near a toilet, in a country with a president who's election slogan was "make America great again". I have never seen America so far from what humanity considers great as it is under Trump.





# PRO Impeachment

STORY AND GRAPHICS: LYDIA GIROUX

Unless you have been living under a rock, you probably have heard something about the many allegations against President Trump. However, his efforts to influence a foreign nation to interfere in America's 2020 election are a new low. Here's a brief timeline of what has happened so far:

In July, President Trump called Ukrainian President Zelensky to not only congratulate him on his recent win in the Ukrainian election, but to extort him into coordinating with President Trump's personal lawyer, Rudy Giuliani, and dig up political dirt on Vice President Joe Biden's past affairs. In early August, a whistleblower complained that President Trump attempted to secretly cover up the phone call by hiding transcripts of the call on a special server designated for extremely sensitive national security information. The developments were enough to prompt Speaker of the House Nancy Pelosi to announce on September 24 that the House would launch a formal impeachment inquiry into President Trump's dealings with Ukraine. This led to an astonishing transcript of the president's phone call to President Zelensky to be released, which verified the whistleblower's allegations. Since then, a second whistleblower has come forward to corroborate the original whistleblower complaint.

While President Trump has denied all wrongdoing and insisted on Twitter this process is merely a "witch hunt", it's hard to avoid the truth: President Trump used his power as president to solicit information against a possible candidate in an upcoming election and admitted to withholding military aid from Ukraine, presumably to extort that information. All of these offenses make an impeachment necessary and inevitable.

It is not possible, and hasn't been since he first took office, to deny that all of President Trump's actions reflect poorly on the nation as a whole, show an abuse

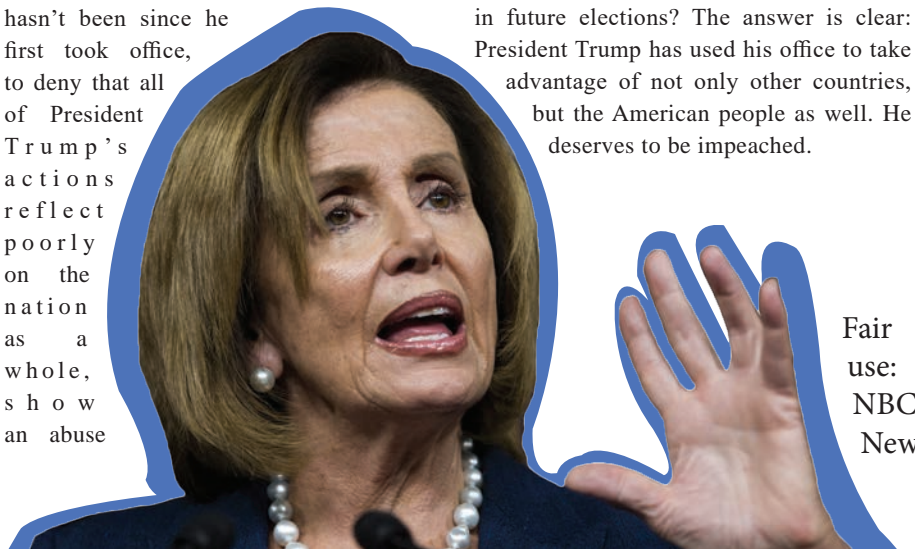
of power, and demonstrate his willingness to stop at nothing to cover up any crimes. He has supplied Congress with enough evidence to prove he is guilty and covered up his unethical and illegal actions to secure his power as leader of the free world.

As the impeachment inquiry kicks off and the investigation continues, I have no doubt that more information will be brought forward to further implicate Trump and make this impeachment inquiry more straightforward. As to what President Trump has been doing in response to the inquiry, his main objective is to identify the whistleblower, though by law his or her identity should be protected so that other government workers will not be afraid to report any wrongdoing by their superiors in the future.

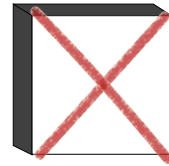
If the House votes to impeach Trump, a very likely and imperative outcome for the general welfare of the American people, there is still a great chance of a supermajority vote for removal from office in the Republican-controlled Senate.

According to MSNBC, former senior adviser to Mitt Romney and John McCain, Mike Murphy, said "if it was a secret vote, 30 Republican senators would vote to impeach [President] Trump." Murphy's statement is said to have been directly from a current Republican senator. If President Trump's own party members are his fiercest critics and plan on voting him out of office, I think it's safe to say his cover-up plan was a complete failure and he has lost whatever remaining trust he still had with members of his party.

His actions speak for themselves. They are alarming, concerning, and should frighten the entire nation. Do we really want someone to keep governing us this way? Lying, covering up the truth, and making shady deals with other countries? Rigging elections and investigating opponents in future elections? The answer is clear: President Trump has used his office to take advantage of not only other countries, but the American people as well. He deserves to be impeached.



Fair use: NBC News



# CON Impeachment

STORY AND GRAPHICS: CARRIE JEFFERSON

In recent years, it seems as if investigations are plaguing Washington D.C., specifically President Trump. From the failed Mueller Russian probe to the recently opened Ukraine investigation, both are desperate attempts spearheaded by Democrats to impeach the president.

The U.S. had to endure a two-year investigation, led by Special Counsel Robert Mueller from May 2017 to March 2019, to see if the Trump campaign knowingly participated in efforts to interfere in the 2016 presidential election. Eventually, the report concluded that Russia was involved in the election, but there was no evidence that Trump and his campaign colluded. In fact, according to Fox News and Attorney General William Barr's letter to lawmakers, "Mueller did not establish evidence that Trump's team or any associates of the Trump campaign had conspired with Russia to sway the 2016 election, 'despite multiple offers from Russian-affiliated individuals to assist the Trump campaign.'"

Now, Democrats are trying to use President Trump's ties with Ukraine against him in hopes of finding information to use for impeachment purposes. All of this came about when a whistleblower complained President Trump abused his executive powers by asking Ukrainian President Volodymyr Zelenskyy to investigate one of his presidential opponents, Joe Biden.

Many think Trump pressured Zelenskyy into the investigation by withholding military aid, however, according to *The Washington Post*, Zelenskyy said "there was no pressure or blackmail from the U.S.," and at the time of the call "had no idea the military aid was held up." So, President Trump released transcripts of the phone call he had with the Ukrainian president to disprove this allegation.

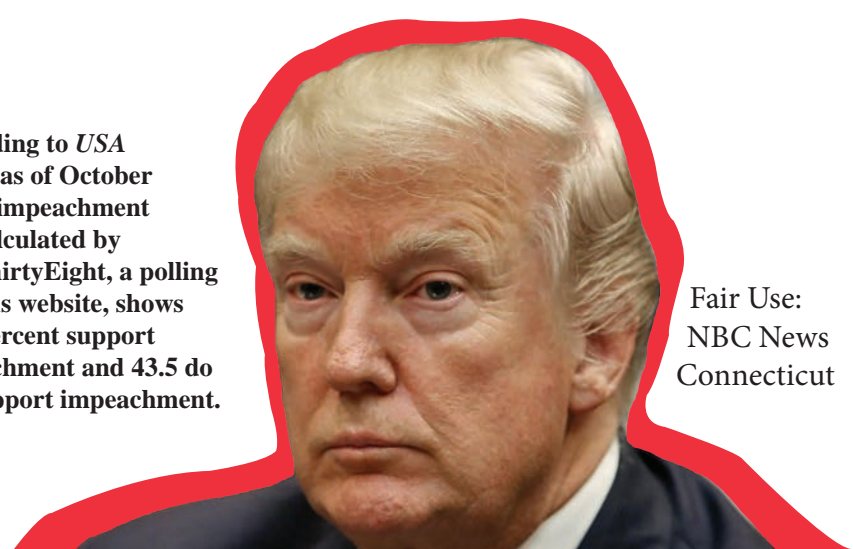
However, according to this unclassified transcript, the call was mainly to give

well wishes and congratulate the newly elected Ukrainian president. It had little mention of Biden or his son, Hunter. The only reason for bringing up the Bidens was for Ukraine to investigate the prosecution against the Bidens that resulted in the Ukrainian prosecutor being fired. This was not an abuse of executive power, but it was a sensible request to investigate a suspicious cover-up. So why is President Trump being reprimanded for this request when it has a reasonable explanation? The president should have the right to investigate something clearly questionable without being under fire for it.

*The New York Times* even reported while Biden was in office, he "threatened to withhold \$1 billion in U.S. loan guarantees unless Ukraine reduced its corruption and removed the country's top prosecutor, Viktor Shokin, who was investigating the oligarch behind an energy company where Hunter Biden served on the board." Not only is this suspicious of Biden, but it further proves why President Trump's Ukrainian request is practical and is no reason for impeachment.

According to *The Washington Post*, the key clause for impeachment written in the Constitution is: "The President, Vice President and all civil Officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors." However, the blackmail crimes against the president have not risen to impeachment level as there is no evidence in the transcripts, which the Ukrainian president confirmed. If this investigation were to result in impeachment, the only thing the Democrats would be successful in is taking away the voice of the American people and the results of the 2016 election.

According to *USA Today*, as of October 10, an impeachment poll calculated by *FiveThirtyEight*, a polling analysis website, shows 49.3 percent support impeachment and 43.5 do not support impeachment.



Fair Use: NBC News Connecticut



# The new ban on e-cigarettes

STORY: SAANYA ZAIDI | GRAPHICS: LYDIA GIROUX

Schools across the country have been dealing with a vaping epidemic in the last few years with students concealing vapes in their backpacks, sneaking them into school bathrooms, and even selling them in the halls.

As this issue has been brought to the attention of the administration this past year, Mercy Dean of Students, Mrs. Eleasha Tarplin, said the school has cracked down and been on high alert of vaping in bathrooms.

“If a person is caught vaping in a bathroom, the first step of that process is to set up a meeting between the parents, and there is also an educational meeting on the negative aspects of vaping.”

Mercy has been actively trying to find solutions to prevent students from vaping in bathrooms. Last year, Mercy had opened all bathroom doors in an effort to prevent students from vaping without being caught.

Mercy has been hosting health professionals from St. Joseph hospital for the past two years in order to inform students and parents on the dangers of drugs, vaping, and alcohol. Topics of discussion include the health risks associated with drugs, vaping, and alcohol abuse in minors, as well as the marketing tactics that some companies use to target kids.

Mrs. Tarplin said vaping is a chronic problem that not only Mercy, but many schools struggle with. She said the issue has improved, but certainly hasn't been solved.

Since the beginning of 2019, concerns have intensified about the dangers of e-cigarettes. Michigan became the first state to ban the sale of flavored e-cigarettes on September 4.

“My number one priority is keeping kids safe,” said Michigan Governor Gretchen Whitmer in a statement announcing the emergency ban. “Companies selling vaping products are using candy flavors to hook children on nicotine and misleading claims to promote the belief that these products are safe.”

New York, Massachusetts, Rhode Island, Washington, and California have also declared a public health emergency to focus on curtailing the states' youth vaping epidemic.

The Michigan Department of Health and Human Services reports that it is investigating six cases of lung infections associated with e-cigarettes. Since the beginning of 2019, there have been 274 possible cases in 46 states and 12 deaths all linked to vaping-related lung issues.

When health officials started to make the connection between vaping and lung problems, they called for congressmen to take swift action on banning e-cigarettes. Doctors suspect a direct link between vaping and the odd, pneumonia-like illnesses that they were seeing in healthy teenagers.

Teenagers being admitted to emergency rooms around the country show symptoms of shortness of breath, chest pain, cough, fever, and sometimes nausea and vomiting. The one thing that they have in common is they all used e-cigarettes.

“Youth vaping is a public health emergency,” said Joneigh Khaldun, Michigan's chief medical executive

Khaldun said the issues stemmed from young kids getting addicted to nicotine without knowing the long-term health impacts.

“I am currently concerned about the adults of tomorrow as well as the youth of today when it comes to addiction to nicotine products,” Khaldun said.

According to the University of Michigan's annual Monitoring the Future Panel study, nationally one in four high school seniors have vaped in the last month.

“Adolescents don't think they will get addicted to nicotine, but when they do want to stop, they find it's very difficult,” said Yale neuroscientist Marina Picciotto, PhD, who has studied the basic science behind nicotine addiction for decades, according to the New York Times.

The brain's prefrontal cortex, which affects judgement and impulse, is still maturing.

“When you flood it with nicotine, you are interrupting development,” Dr. Picciotto said. Psychiatrists say that nicotine can exacerbate underlying mental health conditions and lead to hyperactivity, depression, and anxiety.

Advertisements for e-cigarettes with smiling, young models, bright colors, and fruity flavors have been criticized by health officials, lawmakers, and parents for encouraging teenagers to vape.

“Companies are producing various products that hide [nicotine] or allow you to hide it, my big question is: if you think it is right, then why do you need to hide it? Everyday there seems to be a new product that allows you to vape and you are able to conceal it,” said Mrs. Tarplin.

Lawmakers grilled the CDC and the FDA over two days of hearings looking into the vaping crisis.

CDC Principal Deputy Director Anne Schuchat told Congress the outbreak reinforces the need to curb teen vaping. Preliminary federal survey data shows more than one quarter of high school students say they use e-cigarettes.

Whitmer issued emergency rules and said the rise in youth vaping constitutes a public health crisis. Vaping advocates say Whitmer is ignoring the decline in youth and adult cigarette smoking, which has generally been considered far more hazardous than vaping. However, public sentiment against vaping appears to be growing.

“I don't know if young people know how dangerous it is, even though we try to communicate that,” said Mrs. Tarplin. “It's almost like when cigarettes came out, you didn't know what you didn't know, and then years later you realize that it could lead to lung cancer or respiratory problems.”



According to the National Institute of Drug Abuse, about 31 percent of teen e-cig users start smoking cigarettes within six months. Fair use: Creative Commons



# Climate strikes again

STORY, PHOTO, AND GRAPHICS: DUNYA KIZY, PHOTOGRAPHY EDITOR

Climate change has been an issue for decades and is continuing to worsen. According to NASA, the increased levels of greenhouse gases cause the Earth to warm. Ice cores drawn from Greenland, Antarctica, and tropical mountain glaciers show that the Earth's climate responds to changes of gas levels. Global temperatures are rising, oceans are warming, ice sheets are shrinking, sea levels are rising, and glaciers are retreating, which is slowly killing the environment. These events and changes have been hard to ignore, and because of this, there have been millions of young activists fighting for change.

7.6 million people rallied together on streets all over the world to promote climate action on September 20 through 27. Millions of people around the world challenged the government for a change in their environment and future. Men, women, and children from New Zealand, Italy, Spain, the Netherlands, Canada, the United States, etc., participated in the largest climate strike in history.

Sixteen year old Greta Thunberg is getting a lot of attention from her speech at the U.N. Climate Meeting. The phrase "How dare you?" was directed at world leaders who left the climate crisis up to young people who have no power other than to bring attention to the issue. Thunberg was just one of many who stood up for her generation. For example, she skipped school on several Fridays to go to school strike movements, and some girls in our Mercy community followed in her footsteps.

Juniors Anna Blastic and Elise Swatzmiller attended the Ann Arbor Climate Strike on September 20, which was led by

students.

During the Global Climate Strike, more than 500 Michiganians marched in downtown Detroit and gathered to voice their concerns about climate change, according to *The Detroit News*. In Ann Arbor at the University of Michigan campus, students were encouraged to lead the march and demonstrations. Ann Arbor public schools allowed excused absences to attend the strike.

"It was seriously inspiring to see so many young activists fight for what they believe in," said Blastic. "There were thousands of people there, each wanting to act on climate change."

Blastic, who has always been passionate about climate change,

*"It's important to do the small things, but we need to focus on the bigger picture."*  
- Mr. Curt Klueg.

said that ever since she was little, she always wanted to make a difference in the community, so she signed up for clubs such as GreenPeace and the Sierra Club. These are environmental clubs whose main focuses are to bring forth action. GreenPeace club exposes environmental crimes and the people or government responsible for them. They bring people together for meetings, rallies, and marches to engage with all different kinds of people who are impacted by environmental issues. Volunteers, members, and supporters of GreenPeace climb coal stacks and oil rigs to raise awareness for climate change. They also share petitions on Facebook with their family and friends, march in rallies, write letters to politicians, and vote for candidates who support

action against climate change.

The Sierra Club does the same, but brings awareness to issues and inspires change throughout Michigan rather than nationally. Their efforts help our Great Lakes, wild life, and our clean energy future.

There are also organizations that encourage people to get involved such as Lansing 350, a volunteer organization that raises awareness about the climate crisis, the need for immediate action, and ways individuals can work together to combat climate change. Something as simple as signing a petition to stop the oil exploitation in Virunga, Congo, which you can do on the Global Climate Strike website can impact the climate change movement in a positive way.

The Mercy community has also been active in the climate strikes. The cafeteria is now using paper plates and paper straws instead of plastic. In September, Mercy students

were invited to walk the Labyrinth for the Global Climate Strike. The walk's purpose was to bring attention to all climate strikes and to pray that world leaders take action. Pastoral Minister Mr. Curt Klueg went to the Detroit Climate Strike where there were also thousands of people marching. Mr. Klueg helped facilitate and organize the Labyrinth walk in hopes of introducing this issue to more students. Students were given a sheet of paper to write a promise they would act on to help the environment.

"The Labyrinth was a way to get students involved," said Mr. Klueg. "I, myself, think the issue is very important, which is why I walked the Labyrinth and promised to give up meat because it betters the environment."



The Ann Arbor Climate Strike took place on September 20 with over 8,000 people in attendance. Fair Use: Michigan Live



Juniors Elise Swatzmiller (left) and Anna Blastic (right) with homemade signs before the Ann Arbor Climate Strike. Photo used with permission from Anna Blastic



# Breast Cancer Awareness

CHECK OUT [NEWSPRINTNOW.NET](http://NEWSPRINTNOW.NET) FOR MORE STORIES AND PHOTOS ON THE PINK OUT GAME AND BREAST CANCER

STORY AND GRAPHICS: JULIA CANTY

STORY AND GRAPHICS: ABBY SHAW

## The stats:

- Mercy student government raised over \$4,000 with proceeds going to three different organizations
- According to the National Breast Cancer Foundation, one in eight women will develop breast cancer
- In the U.S. a woman is diagnosed with breast cancer roughly every two minutes, according to the National Breast Cancer Foundation

**B**reast cancer affects millions of women, and each year the attempts to fight for a cure continue to grow. While everyone cannot know what it takes to walk in the courageous shoes of a breast cancer victim, society aims to let them know they don't walk alone. This October, the Mercy community has been active in recognizing breast cancer awareness month. During this time, members of the Mercy community reflected on their own breast cancer experiences and the impact of the support they have received or given.

Mercy religious studies teacher Mrs. Ann Lusch was diagnosed with breast cancer in 2007. After two rounds of chemotherapy, surgery, and radiation, the words "it's done," from her doctor confirmed her title as a breast cancer survivor. The journey from 2007 to 2008 was one that forever changed Mrs. Lusch.

Immediately following the news of her diagnosis, she felt shock and devastation. It was difficult for her to tell people in her life what was going on without beginning to cry.

However, the support she received throughout the entire process reminded her of her strength.

"One of my saving graces was my connection to my church," said Mrs. Lusch.

Although she could not continue working under her doctor's orders, he allowed her to attend church weekly.

"People that I didn't even know at my church would come up to me and say 'I'm praying for you'," said Mrs. Lusch. "It let me know that I was in their thoughts."

Faith was a key component in providing Mrs. Lusch with hope. She participated in the sacrament of Anointing of the Sick two to three times while battling cancer, which was a very powerful and impactful experience for her.

Aside from the church, special people in her life were sources of abundant support and love.

"My husband was basically my rock," said Mrs. Lusch. "He was the person I could lean on the most."

Within the Mercy community, Associate

Principal Ms. Colleen McMaster and health/physical education teacher Ms. Ann Jamison were two people, in particular, who made Mrs. Lusch feel supported and uplifted. They sent her cards, checked in on her regularly, and made sure she was taken care of. All of the love Mrs. Lusch received was greatly appreciated and helped her get through the difficult time.

Mrs. Lusch was introduced to Facebook in 2009, so she went through her breast cancer journey without the influence of social media. She recognizes her experience was different than those who goes through breast cancer in the era of social media because the ways in which people reach out are not the same. Although she recalls feeling isolated at times when she was alone, the cards, visitors, and other forms of support she received showed her that she was never truly alone.

Mrs. Lusch believes that the most important thing one can do to help someone who may be struggling with illness is to simply be there for them.

*"Make sure they know they are not forgotten" - Mrs. Lusch*

**O**ther members of the Mercy community touched by breast cancer are senior Kayla Shields and her younger sister, freshman Ella Shields. In the winter of 2016, their mother was diagnosed with breast cancer. The two years that followed would be a period of prayer, growth, strength, and eventually recovery for the entire Shields family.

While Shields' mother went through chemotherapy, surgery, and radiation, Shields and her sister spent a lot of one-on-one time together, leaning on each other.

"We became way closer because we had something to bond [together] over," said Shields. "She was who I was able to talk to."

For Shields, the strength she witnessed from each member of her family kept her going, specifically her dad.

"He was already such a role model before, but seeing him step up and truly do everything for her changed me as a person," said Shields.

Shields took after her dad and the love that he showed in order to be strong for her mom.

"I would tell her that everything was going to be okay, even if I didn't believe it," said Shields. "I made it seem like I was 100% confident that everything would be okay to help her [feel better]."

Shields is inspired by her mom's ability to never give up. She notes that her mom was always positive about the situation and reassured each member of her family that they would get through this.

Having an outlet to release her emotions was something Shields relied on. She believes in any time of struggle, it is crucial to talk

about what you are feeling and express your emotions. While sometimes this came from talking to people in her life, other times she used prayer as an outlet and turned to God. During hardships, she constantly reminded herself that God would not have given her mom any obstacle she could not handle.

On June 13 of 2018, Shields' mom was declared cancer free.

"It was hard on all of us, but after everything we all became closer," said Shields. "We [are] more able to talk to each other about certain things."

While the journey to becoming "cancer free" was challenging, Shields is forever grateful for every moment she spends with her family today and the love and strength they will always share.

*"His best intentions are always in place. [God] gave this challenge to us because He knew my family could handle it" - Kayla Shields '20*

**O**ne in eight women in the United States will be diagnosed with invasive breast cancer at least once in her life. A study performed in January 2019 found that more than 3.1 million women either currently have breast cancer or had been treated for breast cancer in the past according to [breastcancer.org](http://breastcancer.org). The month of October spreads awareness of breast cancer and promotes the donation of funds for research to help both survivors and victims.

Mercy has dedicated several events to breast cancer during the month of October. In addition to the annual Pink Out day at school, the Mercy Varsity Volleyball (MVV) team and Mercy Varsity Swim and Dive (MVSD) team both dedicated games to breast cancer in order to show support to those affected by it. All three events took place on October 8.

For the in-school Pink Out, Mercy's executive board designed pink shirts for students to purchase with a majority of the proceeds going to breast cancer. The board thought that the shirts were a good way to promote awareness as well as raise money for such a worthy cause.

"We wanted to take the pink out day we usually have a step further," said executive chair senior Macey Earle, "and raise as much money as we could to donate to breast cancer awareness and support."

Half of every t-shirt sale was donated to Beaumont Hospital, St. Joseph Mercy Hospital Marian Women's Center, or the Angel Pillow Project. All students who donated five dollars in adviser group were able to dress in pink on the Pink Out day.

"It is a great way to raise awareness, bring in money to donate, and connect the school for a good cause," said Earle.

The executive board also decorated the lobby pink for the day to promote the athletic events taking place that night.

MVSD dedicated their meet on October 8 against Bishop Foley to breast cancer. They encouraged the crowd to dress in pink for breast cancer support.

"We decided to do a pink out for our first home meet in October because it is a kind gesture to honor the national cancer awareness month," said senior captain Emily Guererra.

The swim team pinned pink ribbons to their warm ups during the meet to show their support.

"It is an endearing tradition as a team to either wear pink caps or pink ribbons and swim for those who have been affected by breast cancer in the Mercy community," said Guererra.

MVV also decided to dedicate their home game against Marian to breast cancer, which has directly affected the lives of some girls on the team.

"It is very meaningful to us and we wanted to raise

money and awareness to support everyone going through this terrible cancer that is so common," said senior Genevieve Sale.

The team designed and sold a pink volleyball shirt dedicated to breast cancer so that the pink out event could be a fundraiser. The team also made specialized jerseys, each one featured the name of a loved one whose life has been affected by breast cancer in pink writing on the back.

Sale's mom has fought cancer in the past, and heavily contributed to the special game dedication. She found a foundation called the Pink Foundation to send the proceeds made from the t-shirt sales. The Pink Foundation provides women with treatments and supports those who cannot afford it.

The girls showed their support by wearing a pink band around their shoe that says "fight like a girl" to express the strength that so many women have when fighting breast cancer.

Before the game, three girls on the team gave flowers to their moms who have suffered from breast cancer. By the time the game started, there were many Mercy girls wearing pink, ready to cheer on the team. MVV fought hard against Marian, winning the game. Although winning was not the team's main focus for this dedicated game, the victory contributed to the special environment in the gym.

*"We want to support other girls' moms at Mercy who have had breast cancer as we know that it has affected many people at Mercy" - Genevieve Sale '20*



MVV players line up as they wait for their names to be announced. Photo by Caitlin Flynn

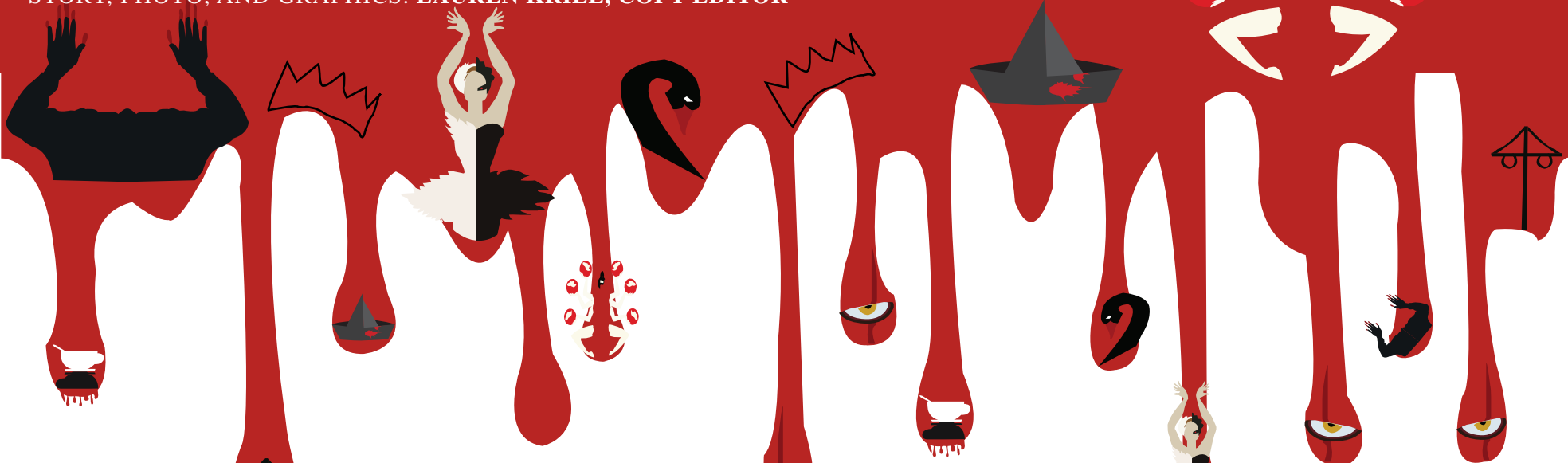


Junior Charli Atiemo tips the volleyball over the net, winning a point for Mercy. Photo by Caitlin Flynn



# The evolution of horror

STORY, PHOTO, AND GRAPHICS: LAUREN KRILL, COPY EDITOR



What is fear? Is it when your stomach muscle anticipates a threat? Is it when your heart thumping so hard it is almost deafening? Maybe fear is more than that. In the moments leading up to a horrifying occurrence, there is a bit of uncertainty. Within these moments, all-consuming anxiety seizes not only your body, but your brain. Similarly, in horror films, true terror is created by more than just a simple jump-scare; it is something with lasting effects and haunting memories.

Many people have varying opinions about what makes a horror movie truly terrifying. For some, it is creepy shadows and squeaky floorboards. For others, it is splattering blood and tremendous amounts of gore. These “cheap thrill” types of horror can be intense momentarily, but leave the audience indifferent by the time the credits roll.

Psychological horror, on the other hand, brings a whole arsenal of fright to bestow on an audience. The movies that stick with viewers are the ones that test just how far someone can be pushed psychologically.

Older horror movies, dating back to the 1930s and stretching to the 1980s, usually focused less on science-fiction horror and more on regular people, which made them all the more terrifying. *Carrie* (1976) hones in on a young woman (Sissy Spacek) with exceptional powers. Carrie’s powers seem far-fetched, but the movie relates to people on a more human level when it portrays the abusive relationship between Carrie and her mother, and the struggle of a high schooler just trying to fit in. There is a reason Carrie has become a cult classic among horror fans—because the horrors of teenage life are timeless and will always connect with audiences.

Senior Rachel Glowzinski’s grandparents, Mrs. Yvonne and Mr. Ronald Glowzinski, are both avid horror movie fans. The two frequently go to the cinema and love to watch

newer horror movies when they are released. After viewing a variety of horror films over the years, Mr. and Mrs. Glowzinski have concluded that the scariest moments are the ones that are the most human.

“I would prefer a movie that shows things that are realistic, even if they [contain] spectacular [events],” said Mr. Glowzinski. “[Situations] that are closer to real life.”

The appeal of older horror movies is the lack of a heavy reliance on special effects. Most horror movies before the 1990s relied mostly on practical effects and excellent acting. As time went on, acting became lackluster in horror movies while computerized effects dominated.

“The old movies are just actors, [whereas] now they are all just computerized,” said Mrs. Glowzinski. “That’s what they used to have—good acting.”

The 1990s and early 2000s were a less than satisfactory time for horror fans looking for movies that go above and beyond gore and jump-scars. Filled with more than enough *Chucky* movies, hilariously cheesy vampires, and too many beastly monsters to count, that era was a tough one for the genre. What these movies failed to grasp was that the most horrifying monster is not a werewolf, alien, or a children’s doll, but humans themselves. It seemed as though horror was past its peak, and the movies could only continue to go downhill. That is, until the 2010s hit, and the game changed.

Directors finally gave up trying to create the ugliest creature and, in turn, dug deeper into the power the human brain has to terrify people. For example, *Black Swan* (2010) depicts a professional ballerina, Nina (Natalie Portman), attempting to become the perfect embodiment of both the White and Black Swan. As the movie progresses, viewers watch as Nina loses her sanity and gives herself over entirely to her “evil” alter ego.

The computerized effects are kept to a minimum in *Black Swan* (2010). Instead the film focuses on Nina’s emotions and internal struggles. The in-depth exploration of obsession and

passion proves to be far more frightening than gore.

“What makes a horror movie truly terrifying is the lingering feeling of unease long after you’ve finished watching the movie,” said senior Katherine Najor, a fan of old and modern horror films. “Of course a jump scare will increase your heart rate during the movie, but it makes for a forgettable film.”

The intricate symbolism and subtle allusions directors use in horror films like *Hereditary* (2018), *Get Out* (2017), and *Midsommar* (2019), can be executed in ways regular movies cannot. There are certain limits to what a run-of-the-mill thriller or drama can portray on screen, whereas the genre of horror opens up endless doors creatively.

“Horror films can convey their message stronger than a non-horror movie [because] they have the freedom to twist real life in the most unsettling ways,” said Najor.

The past three years in particular have been momentous for horror films. Expectations have skyrocketed as audiences anticipate more than cheap scares, and instead hope for in-depth explorations along with deeper commentaries. *Hereditary* (2018) and *Midsommar* (2019), both directed by Ari Aster, unfurl their horrors with patience, leaving the audience dreading the climax. This slow build is an art hard to perfect, but Aster masterfully crafts his films so audiences are tense the entire time. Jordan Peele is another director new to the horror genre who has showcased his talent with *Get Out* (2017) and *Us* (2019), which became instant classics upon their releases. Peele crafts terrifying stories that fearlessly scrutinize racism in the current political climate.

“A couple years ago I would’ve said I liked old horror movies better,” said Najor. “But recent horror movies have really stepped up their game, and people should explore some of the amazing horror films released in the 2010s.”

SUSPENSE

BLACK SWAN

Us

THE WITCH

MIDSOMMAR

GET OUT

HEREDITARY

IT



# Out in October: new releases

STORY, PHOTO AND GRAPHICS: CLARE JONES

## the Politician

Netflix has become the network that creates programs to represent the current trends in popular culture. If you want to watch shows that reflect the lifestyles of teens in today's culture, you must stream the following newly released Netflix shows. *The Politician*, created by Ryan Murphy, brings the subject of politics to high school and has received overwhelming accolades. The television mini-series stars Ben Platt and Lucy Boynton, whose characters compete for president of the student body of Saint Sebastian High School. However, Payton Nobart, played by Ben Platt, is willing to do anything it takes to win the election as he feels this will secure his spot at Harvard and ultimately the title as President of the United States. The show's overall appeal is interesting as it demonstrates the extremes the two main characters will go to in order to win an election. Audiences are exposed to scenes involving Murphy which allows viewers to sympathize with these young adults as they navigate through high school and the challenges and accomplishments they achieve. The writing is sharp and comical with key audience take a ways, especially for teenagers and young adults. This show emphasizes that one's voice is important and needs to be heard, which can be expressed through voting and fighting for what you believe in. *The Politician* has my vote!

## TALL GIRL

On the other hand, Netflix's new movie *Tall Girl* does not live up to the height of its name. It is a series of corny and overdone typical teen romance plots that are drama filled with over the top detail about a girl's insecurities and the "popular guy" who has her undivided attention. This story is very basic and has been recycled too many times. *Tall Girl* does not have enough structure or precision to allow the movie to stand out from traditional teen romantic comedies. The movie follows the life of a girl named Jodi Kreyman who is six feet one inch tall. During her attempt to find her way through high school, she realizes that her insecurity about her height lowers her self-esteem. After admiring a Swedish foreign exchange student named Stig Mohlin, Jodi tries to develop a relationship with him. Throughout the movie Jodi learns to cope with her insecurities and surrounds herself with people who accept her as she is. Even though she is uncomfortable with her height, her life does not scream terrible. Although she mentions wearing a size 13 men's Nike gym shoe and never having the convenience of buying clothes that fit without being altered, Jodi's life does not seem awfully bad. The movie does not allow the audience to feel empathetic toward her life struggles as she attends a very nice high school, has a valued family, and a good friend network. She also is highly educated and good at playing the piano. The plot leaves the audience feeling as that she is a bit whiny while living a very privileged life.



Fair use: Netflix



Fair use: Netflix



Fair use: Netflix



Fair use: Nintendo

## MARIOKART

The experience of driving a car, riding a bike, or playing a sport in the comfort of your family room continues to be very appealing to video game players. The newly released Mario Kart Tour racing game, available on both iOS and Android devices, has fallen short of meeting many video gamers' and avid Mario Kart players' expectations.

What is falling short of the gamer's expectations? One of the shortcomings is it doesn't have the original game's control console that has been so essential to the racing game for so long.

Another major change is that players are forced to use the automatic acceleration compared to moving the shifter knob on the console in the direction of choice. Because of this extreme change, the game's creative team of the newly released version had to deeply revise their dependability on the game's controllers. These revisions were to accommodate for the limited amount of activity one can do solely by moving fingers on a smartphone screen. Many of the game's levels have become less interactive and difficult to play due to the absence of a controller. Although there have been major changes, the

goal of the race has always been to achieve the fastest time and has been maintained since its original release date back in 1992. There

have also been more characters, obstacles, and a variety of more power-ups created over the years to attract more players.

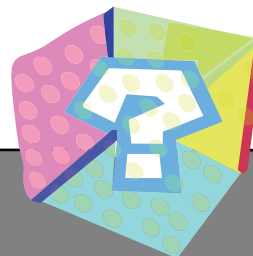
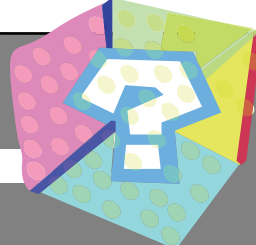
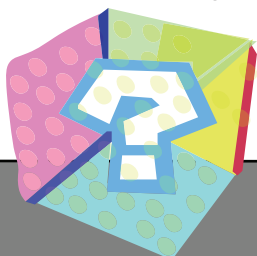
On the other hand, one of the benefits of the updated smartphone version is the ease in which players can connect with other players. Unlike waiting for others to connect through an entirely different account and gaming system, users can simply just use their hand-held device to connect and compete in friendly competition with one another. This improvement allows players to efficiently and conveniently communicate to their opponents which cup and level they would like to race in.

The continuation of promoting players to obtain mystery boxes and collect the currency of coins is still very prominent in the latest update. A new aspect of currency to the game is collecting coins by paying with real money. While rubies are the premium currency in the game, but it can be hard to accumulate enough to buy items in the daily shop. If players buy items from the game's daily shop, they benefit from the ability to buy powerful and more accommodating items that can assist them while competing on different tours. Nintendo has added a \$4.99 monthly subscription that gives players access to platinum items in the daily shop and high-speed racing mode the game offers at higher levels. By buying coins, rubies, and a monthly subscription Mario Kart has made it

easier for gamers to achieve high levels of the game.

Since the announcement of Mario Kart Tour, the gamers around the globe had much anticipation and high expectations for this beloved racing game. Although the owners of Mario Kart, Nintendo have maintained their standards of high quality graphic content yet, the game still falls short of many user's expectations.

Unfortunately, the company's attempt to keep Mario Kart mainstream on the smartphone has taken away some of the key attractive factors of the original game. Overall, Mario Kart Tour is a slight disappointment due to the absence of the game controller, which has seriously lost the effect of the game's intense competition. Although the graphics and the convenience of contacting players at any time is nice, Nintendo has gone too far from the basics of its original creation and makes it harder for fans to race and play one of the most beloved video games ever created.





# Unbeleafable cider mills

STORY, PHOTO, AND GRAPHICS: BELLA APRILLIANO, WEB EDITOR

For many, fall is the best time of the year with cool weather, pumpkin flavored drinks, and the Halloween atmosphere. One of the biggest factors that makes fall the most appealing season is the iconic go-to place: the cider mill. From mouthwatering cider and donuts, to picking apples with your family on a cool, fall Sunday, the cider mill is the best part of fall for many people. *Newsprint* reviews three local cider mills to help you decide where to enjoy your next fall day.

## Parmenter's Cider Mill



Photo by Bella Aprilliano

Parmenter's Cider Mill in downtown Northville falls short due to its limited space. There is a store to buy cider and donuts and some benches to sit on outside. There are small play structures for children to play on, but for the most part, that's it. Unfortunately, their cinnamon spice and plain donuts do not stand out, which are \$9.50 for a dozen, \$1.50 for one donut, and \$10.00 for a gallon of cider. Despite these flaws, Parmenter's fulfills the fall desires with a small store to also purchase caramel apples and other treats. If you're just looking for some average cider and donuts and a small place to hang out, Parmenter's is the place to go. However, if you want a cider mill that screams fall more than ever, you may want to go somewhere else.



## Franklin Cider Mill

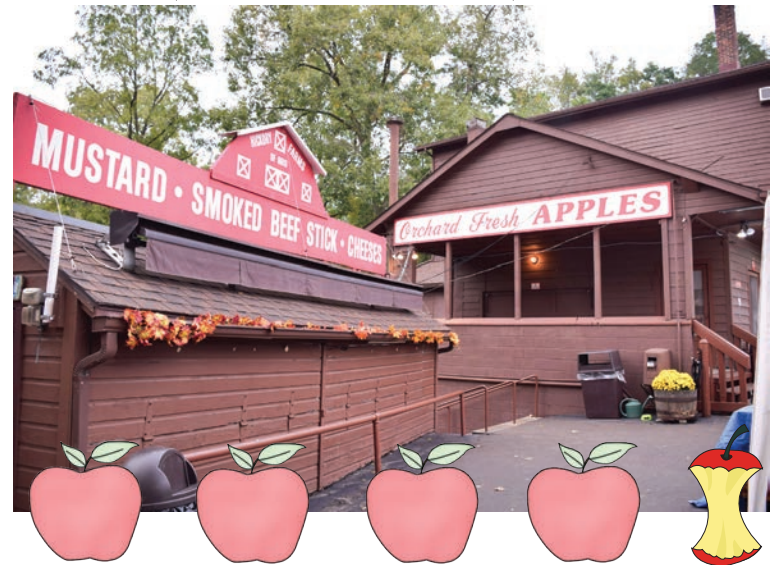
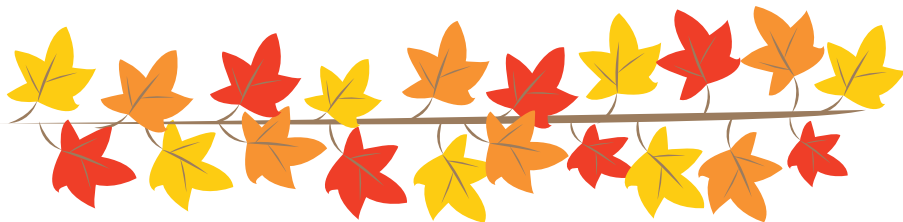


Photo by Bella Aprilliano

Located in the upscale town of Bloomfield Township, Franklin Cider Mill stands out as a classic yet fresh cider mill. Franklin Cider Mill has original, hot donuts ready to go by the dozen for \$9.00, as well as heavenly, refreshing cider by the gallon for \$11.00 to take home and enjoy. Individual donuts and a glass of cider are also available to purchase for \$1.25 each. A beautiful river and bridge are situated in the back of the mill with benches for many to enjoy. There are also pre-picked crisp Michigan apples available for purchase. Yet, this cider mill doesn't provide much else to do other than scenic views.



## Erwin Orchards



Photo by Bella Aprilliano

Apple orchard. Exceptional cider and donuts. Corn maze. You name it. Erwin Orchards, located in South Lyon, has everything that makes fall, well, fall. As soon as you walk into Erwin's vast property, you'll feel like you're in autumn heaven with all the fun treats and activities waiting. The warm, fresh donuts melt in your mouth with a sip of cool, delicious cider. Individual donuts sell for \$1.00 and \$1.95 for a cup of cider. A gallon of cider and a dozen donuts sell for \$9.50 each as well. Children can play on hay stacks and everyone can enjoy a corn maze for \$5.00 a person or an apple orchard with prices varying based on the amount of apples picked. Erwin Orchards is the supreme cider mill to go to, as it satisfies everyone's desires to enjoy a day out in a fall-filled atmosphere.





# Veganism: the pursuit of healthiness

STORY, PHOTO AND GRAPHICS: KEILEY BLACK, SOCIAL MEDIA AND PROMOTIONS EDITOR

Helping to sustain the earth and being healthy while doing it is seen as a strong benefit of veganism. However, there has been growing concern with how healthy veganism truly is. Since veganism is a restrictive lifestyle, there are concerns about vegans getting sufficient amounts of nutrients from the food they eat.

Vegans do not eat foods that come from animal origins, which include the food groups of dairy, meat, poultry, fish and seafood. Any product of animal origin or non-food products that are tested on animals are avoided. Considering these restrictions, it is important to know how to stay healthy while being vegan.

*Insider*, a magazine with many health and lifestyle tips, dives into some of the concerns with a vegan diet. For example, according to *Insider*, people who follow a vegan diet have an “increased risk in deficiencies in vitamin D, calcium, omega-3 fatty acids, and zinc.” Those with low iron levels also have to be careful as iron is often lacking in a vegan diet. In most cases, people with anemia or iron deficiencies are advised to stay away from a vegan diet.

It can also be a struggle for those on a vegan diet to get enough protein. For most people, they get their protein from meat, but for vegans as well as vegetarians, this is not possible.

Instead, alternate proteins are available for those who seek to carry out vegan or vegetarian lifestyles. Some of the most popular meat substitutes are tofu, beans, some edible insects,

tempeh, and more.

These foods taste similar to meat and have allowed huge strides in vegan cuisine. Today, many restaurants have vegan alternatives, making it easier to follow the diet.

Not to mention, the food can be very delicious, such as the popular beyond burger. Food critics have given the beyond burger, a vegan alternative to traditional meat burgers, rave reviews.

The beyond burger is plant based, which is the first of its kind in the food industry. The burger is available more than ever before, and many local restaurants, such as Birmingham restaurant Dick O’ Dows, serve the burger.

“The burger really tastes just like meat,” said senior Charlotte Bridges “I couldn’t even tell a difference.”

Along with coverage of new vegan foods, there has been recent media coverage on veganism and the famous Smith family. They held a family intervention on the September 23 episode of “Red Table Talk,” which Jada Pinkett Smith hosts. The intervention was for her and actor Will Smith’s son, Jaden Smith, to address how a restrictive diet damaged his healthy eating.

The segment was also about Will Smith’s bad relationship with food, which caused his high blood pressure and weight gain, but focused deeply on Jaden Smith. Jaden’s family was concerned with his health due to his strict vegan diet.

He got into the habit of skipping meals, resulting in a

lack of protein. Although Jaden clarified that he is a vegetarian and not vegan, he often chose vegan meals and ate less than three times a day. His family described him to be wasting away and seemingly physically drained.

The intervention hit close to home for many on social media about the fact that veganism is not always a good thing. Many were surprised at how open the entire Smith family was about their concerns with Jaden’s health and their fears that his skipping of meals would turn into an eating disorder.

“Red Table Talk” dove into the similarities between eating disorders and veganism as well. Since veganism has such restrictive eating habits, it may lead some people to eat fewer meals a day.

However, it is getting easier to find foods that are vegan friendly, especially at select restaurants. Ima, a ramen restaurant in Madison Heights, has great vegan options and great awareness for nutritional needs as well.

“Their ramen has great vegan options that I sometimes order just because they’re so good,” said senior Kathryn Benson.

Those who wish to go vegan must be careful to get succinct nutrients and proteins. In today’s more diverse food and restaurant industry, it is more than possible to be vegan and healthy.

## BEYOND VS. BASIC BREAKDOWN

The new beyond burger, such as the one pictured from Birmingham restaurant

Dick O’ Dows, offers a vegan alternative to a meat burger. The burger is plant based which is a suitable part of a vegan or vegetarian diet. Photo by Keiley Black



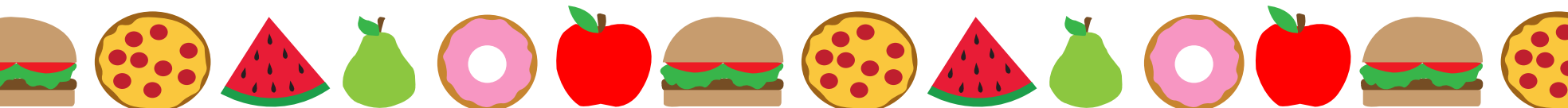
TOTAL CALORIES: 270  
TOTAL PROTEIN: 20g

A traditional meat burger is not a viable option for a vegan or vegetarian diet.



Traditional meat burgers can be found at most restaurants while beyond burgers are much harder to find. Fair Use: Creative Commons

TOTAL CALORIES: 283  
TOTAL PROTEIN: 27g





### CAIT'S TOP 8

Associate Editor-in-Chief Caitlin Flynn dives into her top eight favorite horror movie recommendations this month.

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1.<br><b>Black Swan</b>      | 5.<br><b>Carrie</b>               |
| 2.<br><b>Us</b>              | 6.<br><b>Midsommar</b>            |
| 3.<br><b>Jennifer's Body</b> | 7.<br><b>Silence of the Lambs</b> |
| 4.<br><b>The Shining</b>     | 8.<br><b>The Exorcist</b>         |

STORY, PHOTO, AND GRAPHICS: CAITLIN FLYNN, ASSOCIATE EDITOR-IN-CHIEF



Star Mercy Varsity Volleyball player Jess Mzurik jogs off the court during Mercy's Pink Out game. Photo by Caitlin Flynn

Beads of sweat dripped down senior Jess Mzurik's face as the screams of over 4,000 fans engulfed her. The U.S.A. Volleyball Girls National team was up against Italy in the fight for the Girls' U18 World Championship in Cairo, Egypt in September. The team was down seven points in the fifth set.

"It was a fairytale comeback story," said Mzurik. "We tied up, it was match point and my heart was racing. I couldn't catch my breath."

Mzurik, making the final block, slammed down the ball that won the U.S.A. volleyball team the championship. When the whistle blew, signifying the win, the girls collapsed on the floor of the court in an emotional huddle, embracing each other for a final time.

With that last point, Mzurik and her Legacy Volleyball club teammates made history as the first team in any age group to win a world championship in U.S.A. volleyball. Mzurik was later elected the M.V.P of the competition for demonstrating pure talent and dedication.

"After we shook hands with the other team, we all just started crying," said Mzurik. "I just thought to myself, what just happened?"

When Mzurik came home to Mercy High School, she was dedicated to finishing her final high school volleyball season. Not only is this her final season at Mercy, but her final semester.

Mzurik plans to enroll at the University of Michigan next semester, playing her first college season in March. She will be taking two or three classes and even live in campus dorms.

"I am so excited to start school at Michigan," said Mzurik. "It is just the beginning."

### MEME THIS PIC!



Can you think of a funny caption for this photo of senior Macey Earle? To have your caption featured in the next issue, go to [www.newsprintnow.net](http://www.newsprintnow.net) and comment on the "Meme This Pic" story under the entertainment tab! Photo by Caitlin Flynn



### SEPTEMBER'S WINNER



"When you get mistaken for Mrs. Byrn"

Submitted by: Caroline Carlson

HUMANANS OF MERCY