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NEWSPRINT



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# MLK Day

STORY AND GRAPHICS: MAURA SULLIVAN

Every third Monday in January, schools and some workplaces throughout the country get a day off. However, many forget to acknowledge the reason for this day. Martin Luther King Jr. Day is a federal holiday commemorating MLK, a chief spokesperson for the nonviolent activism in the Civil Rights Movement. Without King and his work, life could have been a lot different.

Martin Luther King Jr., one of the 20th century’s most compelling and effective civil rights leaders, was born on January 15, 1929, in Atlanta, Georgia. King attended Booker T. Washington High School, where he skipped both ninth and eleventh grades. He entered Morehouse College, an HBCU in Atlanta, Georgia, at the age of 15.

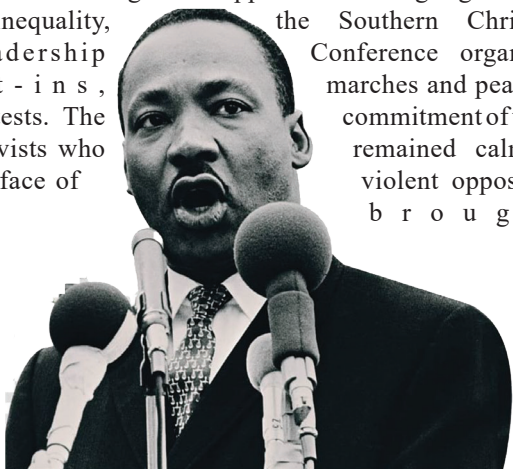
King also attended Crozer Theological Seminary in Chester, Pennsylvania where he was valedictorian of the 1951 class and student body president. This is where he was influenced to view Christianity as a potential mechanism for social change and racial equality.

King then enrolled at Boston University for his doctoral studies where he met his wife, Coretta Scott. Together they had four children: Yolanda, Martin Luther King III, Dexter Scott and Bernice. In 1954, King became a pastor of the Dexter Avenue Baptist

Church of Montgomery, Atlanta.

Young and newly married, King entered the Civil Rights Movement in 1955 when he was asked to lead a bus boycott aimed at ending the segregation of public transport in Montgomery. Initiated by Rosa Parks, a black woman who refused to give up her seat for a white passenger, the boycott lasted over a year and resulted in the desegregation of the city’s buses.

As a founder of the Southern Christian Leadership Conference, King advocated for non-violent action as a means of ending racial oppression. To highlight issues of inequality, the Southern Christian Leadership Conference organized marches and peaceful protests. The commitment of these activists who remained calm in the face of violent opposition brought



inspiration to people all over the nation.

When King was jailed during a campaign to abolish segregated lunch counters, he wrote his now famous “Letter from the Birmingham Jail” on April 12, 1963. Originally composing his letter on the margins of newspapers, King wrote this letter to fellow clergymen in an attempt to address their concerns regarding the wisdom and timing of the nonviolent protests in Birmingham, Alabama.

On June 23, 1963, King participated in the Great Walk to Freedom. At Cobo Hall in Detroit, he delivered an early version of his famous “I Have A Dream” speech to a crowd of 150,000. In this speech, King said the famous words, “I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.”

On April 4, 1968, in Memphis, Tennessee, the 39-year-old King was assassinated, leaving behind his wife and four children.

The importance of this federal holiday celebrating Martin Luther King Jr. cannot be understated. King dedicated his life to making this world a better place, and it is vital we commemorate him and continue to live out his mission.

## Places to educate yourself about Black history

STORY AND PHOTOS: MAURA SULLIVAN

### Second Baptist Church:

Constructed in 1914, the Second Baptist Church in Detroit is home to Michigan’s first African American congregation. The congregation, established in 1836, was created by 13 former slaves who left the First Baptist Church due to discriminatory practices. Just miles from the freedom that lay across the Canadian border, the church was the last stop on the Underground Railroad traveler’s journey to freedom. Significant historical figures from the abolitionist movement such as Sojourner Truth, John Brown and Fredrick Douglass spoke at the church.



### The Charles H. Wright Museum of African American History:

The Charles H. Wright Museum of African American History, founded in 1965, has been educating the Detroit area for decades. The Wright Museum has plenty of exhibitions, programs, and events that allow visitors to explore the culture of African Americans and their origins. Throughout the month of February, “Youth Speaks”, a free virtual program for children 18 or younger, will highlight the voices of young people through performing and visual arts. Every Thursday during Black History Month, The Wright will display parts of the exhibit “And We Still Rise”, showcasing themes of Ancient Africa, The Transatlantic Slave Trade, Africans in America, Emancipation and the Great Migration.



### Detroit Historical Museum:

Throughout February, the Detroit Historical Museum is honoring the legacy of the black community through the lens of the urban agricultural movement. At the “Growing Where We’re Planted” exhibit, you can take part in craft projects, cooking demonstrations, panel discussions with Malik Yakini, founder of the Detroit Black Community Food Security Network, and Tephfirah Rushdan, co-director of Keep Growing Detroit and meet with entrepreneurs from around the city.



### Henry Ford Museum of American Innovation:

The Henry Ford Museum of American Innovation will have pop-up exhibits all throughout Black History Month. Visit exhibits where you can see the Rosa Parks Bus, view artifacts from prominent African American figures like Wendell Scott, the first African American to compete full-time in NASCAR’s premier series, and watch films honoring inspiring African Americans.





# Celeb recipe taste tests

STORY, PHOTOS AND GRAPHICS: GRACE O'DEA, EDITOR-IN-CHIEF; CAITLYN BEGOSA, ASSOCIATE EDITOR-IN-CHIEF; FATIMA SIDDIQUE, DESIGN EDITOR



## Billie Eilish's noodles

*Reviewed by Caitlyn Begosa*

Billie Eilish shared one of her own vegan recipes with her fans on Instagram. Learn this quick and easy noodle soup that Eilish says is so delicious she eats it straight out of the measuring bowl she uses to cook with. For this recipe, you will need rice noodles, tofu, scallions, red chili flakes and Edward & Sons Not-Chick'n Bouillon Cubes.

For the broth, boil two cups of water and add three Edward & Sons Not-Chick'n Bouillon Cubes. Normal chicken bouillon cubes will work just fine. Add scallions and red chili pepper flakes to season the broth. Eilish suggests using as much as your heart desires.

Boil a pot of water and add your rice noodles. Boil the noodles until they reach your desired texture. Strain the rice noodles in cold water, and then add them to your broth.

Finally, chop your tofu into small cubes and add them into the soup. For final touches, add more red chili flakes for presentation and taste. You can add your noodle soup into a bowl, or eat it out of the measuring cup just like Eilish does.

**Review:** This is a great recipe to make if you're in a rush. It's super easy to make and took me less than 10 minutes to prepare. Since the broth is only seasoned with scallions and red chili flakes, the soup tasted bland and had me reaching for condiments and other add-ins after my first bite. A spoonful of minced garlic and salt and pepper made a big difference that this dish desperately needed flavor-wise. Overall, this is a great soup to make for a cold winter day or for a quick and easy lunch.

## Kylie Jenner's ramen

*Reviewed by Grace O'Dea*

If there's one thing the Kardashian-Jenner clan is known for, it's trendsetting. The food they eat is no exception. Kylie Jenner shared in the past the special twist she takes on cooking ramen noodles. For Jenner's ramen, you will need chicken-flavored ramen, eggs, garlic powder and butter.

To start, boil one pack of ramen noodles in two cups of water until they are half cooked. While they cook, beat one egg.

Once the noodles are half cooked, pour out half of the water in the pan. Then add the beaten egg and mix thoroughly.

After the egg is mixed in, sprinkle on garlic powder to taste. A tablespoon of butter can then be mixed in.

Lastly, add the chicken seasoning packet from the ramen noodles. Mix into the noodles and serve.

**Review:** Save your time and money and just stick to the regular ramen cooking instructions; the two recipes taste exactly the same. The noodles tasted good, but they were nothing to rave about. I expected far more from Jenner and was monumentally disappointed when my first bite tasted exactly the same as every other bowl of ramen I've had in my life. This special recipe is totally overhyped and your best bet is sticking to the original recipe.



## Gigi Hadid's spicy vodka pasta

*Reviewed by Fatima Siddique*

In 2020, Gigi Hadid took to her Instagram and shared her take on a classic Italian dish: spicy vodka pasta. It seemed like everyone tried the supermodel's simple recipe and went crazy for it. For Gigi's pasta you will need olive oil, garlic cloves, red onion, tomato paste, heavy cream, red pepper flakes, butter, cheese and a pasta of your choice.

Start by heating up ¼ cup of olive oil, ¼ chopped red onion and 1 diced clove of garlic on the stove until soft. Add in ¼ cup of tomato paste and cook until the onions have caramelized.

Then, carefully pour in ½ cup of heavy cream and stir it all together. Season with 1 teaspoon of red pepper flakes (Chef Hadid advises you to add in more for those who like their pasta a little extra spicy) and salt and pepper.

After making the sauce, cook the pasta of your choice. Once done, set aside ¼ of the pasta water before draining.

Finally, add the pasta in the sauce. Pour in the pasta water and add in 1 tablespoon of butter. Stir over medium heat until the butter has melted and the sauce is "saucyyyyy", as Hadid says. Lastly, mix in as much parmesan cheese, salt and pepper as your heart desires and serve hot.

**Review:** Let's just say this pasta is well-deserving of all of the hype. It's saucy, spicy, cheesy, delicious and pretty much everything a pasta dish should be. Not to mention, it is thankfully—given my subpar skills in the kitchen—very easy to make. This recipe is definitely worth the try, and has since become one of my favorite comfort foods.

# Supply chain disruption: Is the worst over?

STORY, PHOTO AND GRAPHICS: MAURA SULLIVAN

Cream cheese spread, soccer cleats, automobiles, flour, Mercy uniform shirts, chicken wings, ketchup packets, bed mattresses, coffee and toilet paper. A list of seemingly unrelated items. However, they have one thing in common - all have been in short supply during what has been deemed the Global Supply Chain Crisis.

In simplistic terms, the supply chain crisis is the breakdown of multiple links in the "chain" of the production and transportation of goods from the manufacturer all the way to the end consumer. The root cause of the most recent crisis is the global pandemic.

Most of us, as consumers, have been impacted in some way, whether encountering empty shelves in stores or by not being able to purchase our favorite brand or flavor of a product. Many businesses, however, have been even more severely affected by the crisis. Chris Merucci, proprietor of Michigan Lacrosse Company, a locally owned retail sporting goods store, is one such business owner who has experienced the supply chain crisis firsthand.

"We have been greatly impacted by the supply chain issue by having many products being delayed weeks, months and even discontinued entirely," Merucci said.

Sue Krawczyk, purchasing director of Neapco LLC, an international purchasing organization that supplies component parts to the automobile industry, is facing direct impact from this supply crisis.

"The root cause of many of our issues is driven by COVID and the lack of available labor. Many people globally have been sick or quarantined, resulting in significant labor shortages," Krawczyk said. "These labor shortages have caused many manufacturing operations to shut down or run at less than their normal capacity. When a company cannot manufacture their goods, there is not enough product to buy."

To complicate matters further, the pandemic created unanticipated changes in consumer demand and purchasing patterns. According to Automotive News, 2021 auto sales came down to one thing: who had vehicles to sell.

As in many other sectors, sales in the new car market were forecast to plummet as individuals struggled during the pandemic. However, this was not the case for Krawczyk who saw a spike in sales.

"We have been scrambling to ensure subcomponents are available to meet our customer [automotive manufacturers] demand despite the customer canceling orders at the last minute due to a microchip shortage," Krawczyk said.

Additionally, stores base their future purchases largely on the sales from the previous year. However, 2021 was not a typical year for consumer spending due to shutdowns and canceled events.

For example, Memorial Day celebrations were halted in 2021, thereby reducing the purchases of essential Memorial Day items such as barbecue sauce by major retail stores for the subsequent year.

Neil Sobeck, vice president of Chicken Shack, a local chain of chicken restaurants, commented that barbecue sauce has since become an item in short supply.

"[The shortage] has made it extremely difficult to get all of our regular items in a timely manner, so we have had to look to alternative suppliers for different goods than we normally would to fulfill the items we need to sell," Sobeck said.

The purchasing behaviors of end consumers have been difficult to understand due to the constant changes brought on by the shortages. As an end consumer, Kristen Costello, mother of five, notes that the lack of supply in many unexpected markets has brought her difficulty.

"It can be difficult when you see half empty shelves in the grocery store. You begin to ask yourself, 'should I be purchasing more of that item too?'" Costello said. "I know that hoarding does not help the situation, however ever since the beginning of the pandemic I feel I have begun to buy even more than what I need."

Unfortunately, it is uncertain when the shortages will end since it is difficult to know when the pandemic itself will come to an end. However, Krawczyk is cautiously optimistic.

"I'm hoping the supply chain situation will improve within the next year as the vaccine becomes more readily administered globally," Krawczyk said.

Regardless of whether the crisis will continue or will ease as 2022 progresses, there are measures that can be taken.

"Try to plan ahead and have extra inventory on hand. Don't be surprised if the items are not available," Sobeck said.

Also, consumers must understand that the current situation is not the fault of the workers who are affected just as much, if not more, by the shortages.

"Everyone [should] be respectful of each other and show patience. Be supportive of overworked workers such as those in healthcare," Krawczyk said. "The sooner Covid is controlled, the sooner it will go away, and the sooner we can return to life as we used to know two years ago."

**578,000**

jobs lost in America's manufacturing industry

**80,000+**

drivers are needed to alleviate ongoing supply chain issues and offset trucking industry labor loss in the U.S.

**6 in 10**

American consumers say they were unable to buy a product within the past two months

**64.6%**

of small American manufacturing firms experienced domestic supplier interruptions during July 2021

**92%**

of American consumers say they expect more supply chain interruptions will occur in the future

**\$20,000**

increase in the price to ship one 40-ft container from China to the U.S. East Coast

"America's Supply Chain Crisis by the Numbers" Forrester, John





# Evolution of Mercy’s uniforms

STORY AND GRAPHICS: CAITLYN BEGOSA, ASSOCIATE EDITOR-IN-CHIEF

The classic button up blouse and skirt combination seems like the standard for most girls receiving a Catholic education. For Mercy High School, this wasn’t always the case. The timeline of Mercy’s uniforms is as diverse as the entirety of the school’s history since its founding in 1945.

## 1940s to 1950s

The first uniform was drastically different from what can be seen in the halls of Mercy today. For the first 20 years of Mercy’s history, the uniform consisted of a knee-length maroon jumper with a white blouse underneath. The jumpers were embellished with an “OLM” patch in the top corner, standing for Our Lady of Mercy. Additionally, a matching cap accompanied the jumper.

## 1960s to 1970s



Kreger gifts a rose to Sister May Ann Elizabeth. Photo used with permission from Mercy Lore

In the 1960s, Mercy wished to revamp its style from the outdated jumper to a more timeless uniform. “[Mercy High School] wanted to modernize the uniform, so we were the first to wear plaid skirts,” Dr. Cheryl Kreger, president and 1966 alumna, said. “We had a short jacket, and we had these pleated skirts that were a cranberry color. We could wear short socks or knee socks with saddle shoes.” Currently, Mercy students can wear whatever footwear they desire (as long as they’re dress code appropriate). However, during Kreger’s schooling, students were all required to wear maroon and white saddle shoes. Moreover, students were not allowed to dye their hair or wear makeup. Sometime during the 1970s, the uniform switched to a matching plaid set of a skirt and blazer. There was also a matching vest option. This style came in various colors such as gray and green and introduced the idea of each grade

having a different skirt. “It’s been around since the 70s that we always had different colored skirts,” Ms. Colleen McMaster, associate principal and 1981 alumna, said. “There’s been a number of times where we’ve gone back to say, ‘should we have a consistent skirt?’ Almost all the time, 75-80% of the students said no.” Along with the skirts, students were given the option to wear pants during the early 1980s. Students were allowed to wear any professional looking pants that were their designated class color, such as corduroy and dress pants. Students were also given the option to wear any type of shirt or outerwear that gave off a professional or preppy style. “We could wear anything on top, so we could wear sweatshirts or any kind of blouse as long as we were looking nice,” McMaster said. “We mostly wore sweaters, buttoned down shirts or polo shirts.”



McMaster reminisces about her old uniform skirts. Photo taken by Caitlyn Begosa

## 1980s TO 1990s

Another big uniform transition occurred in the late 1980s as students strayed away from the professional look due to fashion trends of the decade. “[In the late 80s,] students started shaving their hair, making it blue and wearing crazy things with their skirts,” McMaster said. “[Administration] was like we can’t do this anymore. We’re wearing skirts, so they changed it to a kilt, a longer kilt than mine when [I was in school], with a kilt pin.” This transition cemented the classic dress shirt and skirt duo students wear today, although the uniform white blouse didn’t appear until the 1990s. Instead of the button up shirt or polo with the Mercy label students currently wear, in the 1990s, students were allowed to wear any colored dress shirt that didn’t have a label. “We didn’t have branded button downs, so it didn’t say Mercy on it,” Mrs. Laura Everett, director of alumnae relations and 1998 alumna said. “[Our shirts] could be short sleeved or long sleeved. Shirts could be any color. Girls had blue, pink, white, taupe [and] burgundy.”



Everett and Mrs. Eleasha Tarplin, dean of student affairs and 1994 alumna, wear their old uniforms on Halloween. Photo used with permission from Everett

## 2000s TO 2010s

Mrs. Lauren Marquard, Latin teacher and 2006 alumna, had a similar uniform to the one students wear today, except she had a choice to select which skirt color she would wear as an upperclassmen. “During sophomore year, you got to vote on what color you wanted to wear as a junior and senior, so we voted on gray,” Marquard said. During Marquard’s time as a student, the dress code was much more lenient, as students were allowed to wear any solid color of undershirt, leggings and socks. Students were even allowed to wear hats during the school day. The dress code was soon reformed during Marquard’s senior year as the term “uniform” started losing its meaning with all of the variations students could wear. The Mercy uniform in the 2010s remained stagnant with a few variations of outerwear, such as varsity sweaters being created for students to wear their varsity letter with pride and different colored quarter zips. “The quarter zip you wore matched your skirt,” Sarah George, 2017 alumna, said. “For example, the girls with gray skirts wore gray quarter zips.” The various colored quarter zips were replaced with solid black ones that students of every grade could wear in the late 2010s. Two main reasons for this change were uniform suppliers were unable to stock the various materials to created the colored quarter zips, and students transitioning to a new skirt would be reluctant to buy a new colored quarter zip while their old one remained in working condition.



The pants pilot group doesn’t have to worry about wearing leggings or sweatpants under their skirts since the pants keep them warm during the long winter months. Photo taken by Caitlyn Begosa

## 2020s

The past couple of years have seen a few variations to the top half of Mercy’s uniforms. Sweater vests and different colored polo shirts, such as black and maroon, became available for students to wear. As of this year, Mercy students were given the opportunity to join a pants pilot group by filling out a form given during first semester. Currently, seniors have black pants, juniors have gray, sophomores have khaki and freshmen have navy. Similar to the skirt colors, the color of the pants rotate with what grade students are in. “I wore my pants for one day, and it felt wrong wearing my skirt after,” senior Corey Baldwin said. No matter what skirt color or variation students wear/wore, current students and alumnae alike are proud of donning the Mercy uniform. “When I wore a uniform, no matter where I went, everyone knew I went to Mercy,” Kreger said. “I was very proud of going to Mercy, and the fact that the uniform represented that was a point of pride.”





# Reflecting on Catholic education

STORY: GRACE O'DEA, EDITOR-IN-CHIEF; PHOTO: GRACE O'DEA, HR IMAGING

In celebration of this year's Catholic Schools Week, *Newsprint* talked with past and current Catholic school students to learn about their Catholic education and what it means to them.

**Mrs. Christa Polan**, a math teacher and senior class moderator, attended Catholic school from first to 12th grade. She spent all 12 years at Shrine Catholic School in Royal Oak. This is Polan's eighth year at Mercy. She previously taught at Regina for four years.

It was Polan's parents who insisted she attend Catholic school, but it was she who decided to stick to her roots and continue her career in a similar environment. Upon beginning her profession as a teacher, Polan was very open to returning to Catholic education.

"I was definitely interested in working at a Catholic school," Polan said.


Polan credits much of her preparedness for college to her Catholic education, especially in English and other writing courses.

She also feels that the small community created by Shrine, like other Catholic schools, helped her establish strong relationships with peers, past teachers and now current students.

"I'm able to foster those student-teacher relationships a little better since the classes are smaller," Polan said. "My role as a class moderator also helps, where I'm not sure that would be possible in a bigger school."

This concept of community in Catholic schools, she believes, is one of the best ways a Catholic education supports its students.

"The community is beneficial because there's always someone there looking out for you," Polan said.



**Rhys Coleman**, a Mercy senior, has attended Catholic school since third grade. She spent grades three through eight at Shrine Catholic School and has attended Mercy all four years of high school.

Coleman is not Catholic, but understands why her parents decided to have her attend Catholic schools.

"I would say it was more for a better education," Coleman said.

Having started Catholic school at a young age as a non-Catholic Christian, Coleman mentioned how it took time for her to adjust to being in such Catholic-centered settings.


"When I was younger, it used to be harder," she said.

Coleman believes attending a Catholic school as a non-denominational Christian has helped her with faith and knowledge of different religions.

"Now [Catholic school] is a good opportunity to learn about different religions," Coleman said. "It does help to be immersed in a religion every day and take religion classes."

After nearly 10 years of Catholic education, Coleman has learned how a Catholic education not only provides a strong educational foundation, but also an opportunity to grow spiritually.

"It's definitely an experience for growing in faith," she said.



**Ms. Cynthia Richter**, a social studies teacher and the student activities coordinator, attended Catholic school from first to 12th grade. She spent first through eighth grade at Our Lady of Good Counsel in Plymouth and then attended Divine Child all four years of high school. This is Richter's 12th year at Mercy, where she has been since the start of her teaching career. When Richter initially decided to enter education, she had no intention of teaching at a Catholic school.

"I wanted to be a teacher at a public school, where pay and benefits and things like that are traditionally better," Richter said. She decided to teach at Mercy after becoming involved with its softball program.

Richter was, and continues to be, very aware of what a great education she received through Catholic schooling.


"[My education] was phenomenal," Richter said. "There was rigor and care taken of every student."

During the time between now and her Catholic education, Richter observed that the Catholic foundation has remained the same, while the student makeup and Catholic education instruction is much different. While most of the students in her high school were Roman Catholic, she notes how Catholic schools today, like Mercy, harbor many different religions.

"Now there's a lot of variety in religion classes you can take, especially if you are non-Catholic," Richter said.

Richter is glad Catholic Schools Week offers the opportunity to recognize the Catholic education that is shared between so many different people.

"I love that we have the tradition of celebrating the students and the staff," Richter said. "That's what makes it a school, celebrating that we're *all* here."



**Mrs. Eleasha Tarplin**, past math teacher and current dean of student affairs, attended Catholic school from fourth grade all the way through postgrad education. She attended St. Bede's in Southfield from fourth to eighth grade, Mercy High School all four years, Xavier University in Cincinnati for undergrad and University of Detroit Mercy for postgrad. This is her 15th year at Mercy.

Although Tarplin is not Catholic, she still considered a Catholic education very important during her 10 plus years as a Catholic school student and now as an educator.

"Having started Catholic education in the fourth grade, I knew the value of a Catholic education and I knew that a Catholic education is quality education," she said.

Tarplin was adamant about teaching at Mercy since the start of her teaching career. She knew there was no option other than the high school she had fallen in love with as a teenager.


"I only wanted to teach at Mercy. I didn't even think about other schools," Tarplin said.

As a teacher and administrator at Mercy, Tarplin states she has become far more conscious about the Catholic part of a Catholic education than she was as a student.

"Our focus is to make sure that Christ is centered everywhere as much as possible," Tarplin said.

It is not just the faith aspect Tarplin values in a Catholic education, but also the skills students acquire.

"I think at a Catholic institution, there's just a foundation that is strong, and you have something to lean on," Tarplin said.



# Faulty Fast Fashion

STORY AND GRAPHICS: FATIMA SIDDIQUE, DESIGN EDITOR

If there’s one thing today’s world is hungry to consume, it’s affordable, trendy fashion. Cow-print jeans, sweater vests and chunky rings are only a few of the short-lived trends that popped up last year. While trend cycles usually last for a few years, lately they seem to be dying out just as quickly as they gain fame. As fashion goes from trendy to “cheugy” in the blink of an eye, fast fashion brands have begun to flourish in an attempt to keep up with the latest style craze.

Fast fashion is a business model of online retailers that produce trendy clothing as fast and affordably as possible. The aim of these fast brands is to mimic runway styles and put them on sale as frequently as several times a week instead of producing seasonal collections like ‘slow’ fashion brands. But that’s great, right? What could possibly be wrong with buying the latest styles and having them shipped to your home without having to turn out your pockets?

Well, pretty much everything. Brands like Shein and Fashion Nova that produce cheaply made clothing at hyper-competitive rates leave an enormous environmental footprint from both their production and disposal. Fashion produces a tenth of the world’s carbon emissions, not to mention the toxic fabrics, dyes and other chemicals that contaminate fresh water. Online fast fashion has only contributed to

accelerating this crisis through the use of non-organic fabrics that are much cheaper and quicker to produce.

While the production of these clothes are damaging enough, there’s also the disposal side of the clothing life-cycle. Every second, enough clothes to completely fill a garbage truck are either burned or sent to landfills, according to BioMedCentral. Because fast fashion is responsible for the fast-paced changes in trends, we wear our clothes for a shorter period of time. Ergo, approximately 85% of the clothing Americans purchase, nearly 8.3 million pounds, is sent to landfills as solid waste each year.

Now, if the enormous environmental impact of fast fashion isn’t enough to change your mind, there’s also the unethical treatment of workers and working conditions to take into consideration.

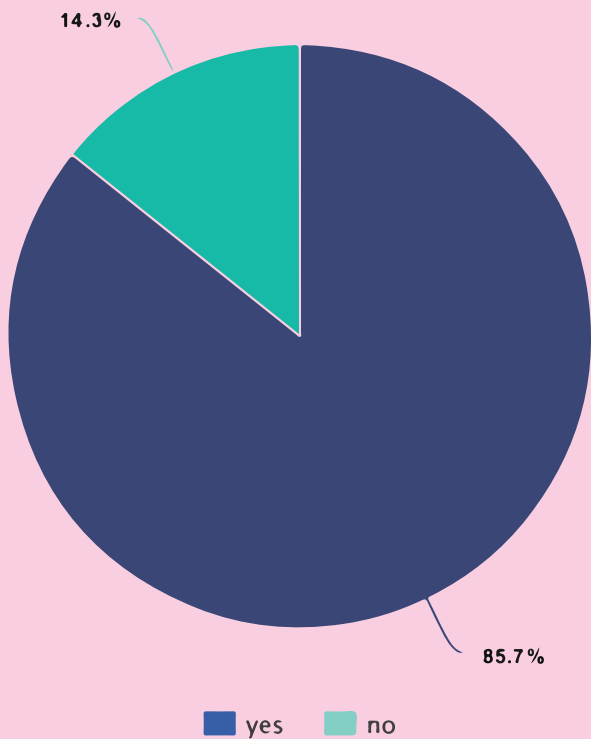
In fact, according to BioMedCentral, 90% of the world’s clothing is produced in low income countries, where 40 million workers endure poor working conditions and unfair wages to assemble the clothes you wear today. Although a majority of garment workers are women ages of 18 to 24, several countries like Argentina, Brazil, China, Vietnam and others allow both forced labor and child labor alike, according to a 2018 U.S. Department of Labor report. Additionally, there’s the major concern of life-threatening standards and workplace

accidents that workers must regularly endure. Many clothing industry workers suffer from lung disease, reproductive issues and cancer from breathing in dust and fiber due to poor air flow in working spaces.

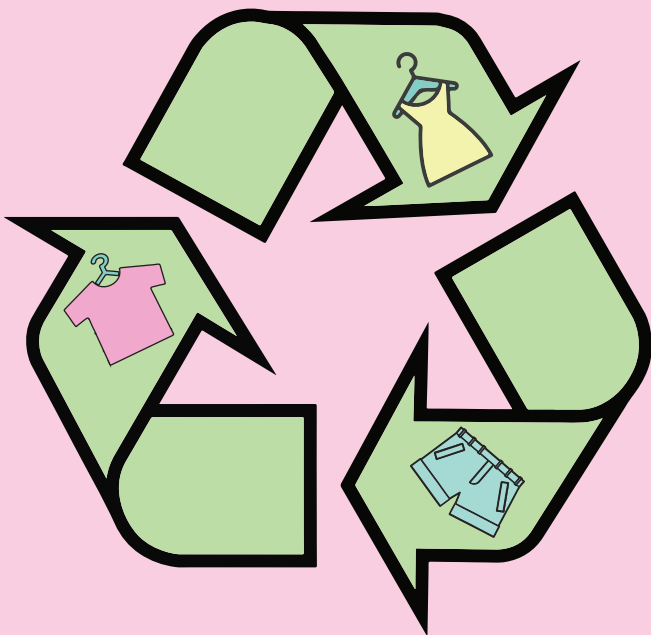
If you’re still not completely persuaded to stay away from fast fashion brands, let’s discuss how fast fashion is simply not worth your money.

A majority of garments purchased from fast fashion brands will only stay in style for a short period of time before the next trend arrives. Why spend money on short-lived trends when you can buy timeless staple pieces that will always stay in your wardrobe? Fast fashion is also nowhere near as reliable as garments from sustainable or ‘slow’ fashion brands, given you get the quality you pay for. It’s definitely worth investing a little more money into your fashion when you know it is a piece that can be used for a very long time.

It’s difficult to completely avoid buying from brands who produce their clothes unethically, but even the smallest steps towards a better, more eco-friendly fashion choice can make a huge difference. Buying fewer items, avoiding the latest trends for timeless pieces, shopping for higher quality garments and buying second-hand clothes are great places to start.



A poll sent to Mercy students with 35 responses revealed that 85.7% of Mercy girls had, or continue to shop from fast fashion brands.



## Sustainable Brands (and their price range)

- Zara (\$)
- Adidas (\$-\$)
- Levi’s (\$-\$\$)
- TOMS (\$)
- Fair Indigo (\$-\$\$)
- Quince (\$-\$\$)
- Reformation (\$\$\$)
- Pact (\$)



# ALICE Training and School Shootings

STORY AND GRAPHICS: ALYSSA TISCH

The first known school shooting in the U.S. was on July 26, 1764, during Pontiac’s Rebellion, according to k12academics. In this shooting, four Lenape men entered the school house and killed both the schoolmaster and nine to ten children. Since then, school shootings have continued to occur at an increasing rate. In 2021, according to Everytown Research and Policy, there were 168 incidents of gunfire on U.S. school grounds with a total of 36 deaths and 99 injuries. One of these 168 open fire incidents occurred at Oxford High School on November 30, 2021.

At Oxford High School, located approximately 45 minutes north from Mercy, a 15-year-old student\* allegedly opened fire, killing four students and injuring seven.

Following the shooting, copycat threats were made in schools throughout Metro-Detroit, some very close to Mercy High School. Walled Lake Central and Catholic Central are two of the many nearby schools that were threatened. The Oxford shooting and the copycat threats alarmed and upset both students and staff at Mercy High School.

“Situations such as these have been seen all across the news, but it never seemed as raw until this day,” junior Katherine Young said. “As subsequent threats began to surface, I thought for the first time about the risk factor associated with the simple act of going to school.”

Most people would like to believe that schools are a safe place, and the fact that they weren’t for the people at Oxford High School and in several other buildings where shootings took place is hard to cope with.

“It hurts my heart. I can’t even think of another way to put it,” dean of student affairs, Mrs. Eleasha Tarplin said, “Of any place, school should be a safe place. I look at schools and churches and if there are any places where you think you should be safe those are two,

and those are two places where there have been shootings.”

Several teachers at Mercy High School talked about the situation with their students. Junior Finley Sigel said she talked about the shooting in both her AP US History class as well as her Literature to Film class. In both classes, she said the teachers handled it very well with an open floor for students to talk about how they were feeling. She said that her teachers made sure to validate everyone’s feelings and answered the students’ questions to the best of their abilities.

While the hope is that there will never be a shooting at Mercy, administration makes sure students and staff are equipped if a shooting were to happen. Mercy High School uses a program known as ALICE.



ALICE is an acronym that teaches students and staff what steps they should take in the event of a school shooting. It is a widely-used program, and there are around one million people formally trained in ALICE, according to alicetraining.com.

The following steps can be used in any order depending on the situation at hand.

The A stands for alert. This is first becoming aware of the situation and making a decision regarding the next step based on the circumstances.

The L stands for lockdown. If evacuation is an unsafe option based on the circumstances, prepare to fight back. Before fighting back however, lock down the room by barricading entry points. Lockdown alone might not be enough so be ready to counter as well.

The I stands for inform. It is important to keep communicating information, so everyone is aware of the situation and can continue making decisions based on this. Information should be given clearly and directly, and authorities should be alerted.

The C stands for counter. Counter is the last

resort in ALICE. Countering means creating noise, movement, distance and distraction to hopefully reduce the shooter’s ability to accurately shoot. This could involve throwing nearby objects at the shooter such as a computer or a chair.

Finally, the E stands for evacuate. If one is in a position to evacuate safely, they should. Make sure to know where the nearest exit is; it may be out a window.

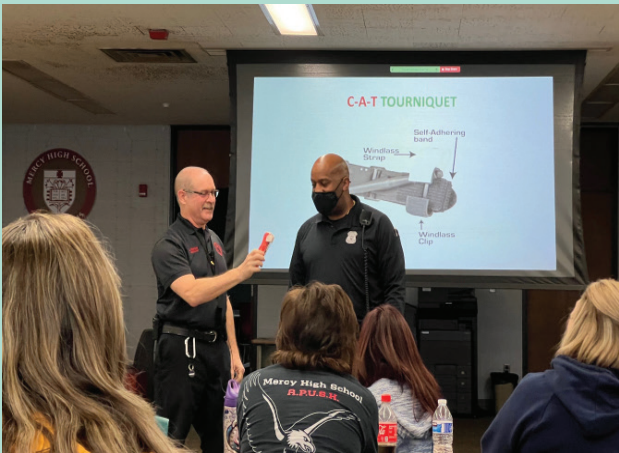
Students are taught ALICE in their adviser class, and all Michigan schools are required to do at least two drills a year so that both students and staff are prepared.

Mercy hasn’t always used ALICE. In the past, Mercy practiced always going into a lockdown if there was a shooting. Now, many people believe that the lockdown itself isn’t enough in the event of a school shooting.

“Prior to ALICE it was just strictly lockdown, and I don’t believe that lockdown is the only way to approach a situation of that nature,” Tarplin said, “ALICE brings to it different components where you might be locking down, or you might have to counter and throw something or most importantly get out if you can get out. I do feel because it has these different components and not just one thing that you can do, it does have the ability to be effective.”

Not only has the Mercy staff been formally trained in ALICE, but the staff received additional training on January 14th. According to Tarplin, it was both a refresher training on ALICE and teachers learned what to do if someone was injured and how to protect them from possibly bleeding out. This additional training could save people’s lives in the future.

\*Newsprint has chosen not to name the alleged shooter at Oxford High School, following the recommendations provided at dontnamethem.org.



Lieutenant James Neufeld of the Farmington Fire Department and Detective Kevin Clark of the the Farmington Hills Police Department teach Mercy staff how to make a tourniquet. Photo used with permission from Eleasha Tarplin



Detective Kevin Clark of the the Farmington Hills Police Department and Thomas Benson, Mercy’s afternoon security officer, take a picture together following the staff’s ALICE training. Photo used with permission from Eleasha Tarplin

STORY, PHOTO AND GRAPHICS: JULIA LORELLI



Sayrha Narragon '25



Miranda Mulligan '24



Maddie Morgan '23



Elise Brown '22



Mrs. McGavin

**What are some of your New Year's resolutions?**

"Eat healthier, get better study habits and stay on top of my work"

"Get better grades and work out more"

"Work out, eat healthier and try to be more conscious of the people around me"

"To go to the gym more often and have a positive attitude more often"

"Focus on getting myself back to normal after my injury [and] use my injured hand to perform tasks"

**What was the best thing that happened to you last year?**

"Starting hockey"

"Meeting new people"

"Being back in school five days a week and then hockey"

"That we got people to join hockey so we could have a team"

"Two great vacations with my family"

**What resolutions did you stick with from last year?**

"I didn't stick with any from last year."

"I don't remember them, but I'm going to say no."

"None, I stuck with them for about a month and a half."

"I didn't make any resolutions last year."

"To continue working out and staying strong"

**What are some of your New Year's traditions?**

"Staying up until midnight"

"My family and I light lanterns on New Year's Eve."

"Watching the ball drop and hanging out with friends and family"

"I don't have any"

"We do a big fancy dinner with family or friends."

**What are three words you would use to describe last year?**

"Surprising, challenge and tough"

"Surprising, rough and challenge"

"Crazy, hectic and unsure"

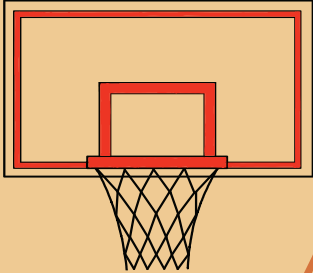
"COVID, friends and fun"

"Growth, messy and exhausting"



# MERCY MEET AND GREET

STORY AND GRAPHICS: ALYSSA TISCH



This month’s Mercy Meet & Greet introduces you to the varsity basketball team. Senior Sarah Cunningham, who recently won the *Hometown Life Prep* Athlete of the Week, freshman Emily Walker, freshman Aizlyn Albanese and Coach Gary Morris talk about their experiences and thoughts so far this season



Freshman Emily Walker  
Courtesy of Emily Walker

## Can you describe what it is like being an underclassman on the team?

“I love being one of the players on MVB. All of the players are really close and it doesn’t feel like I am a freshman when I am playing with upperclassmen. Everyone supports each other and loves playing together.”

## What does a normal practice look like?

“A normal practice starts with a warm-up drill, a lot of the time 3-Lane Rush, then we go over some plays, then we might do Oakland Closeouts or ball handling. We then do a shooting drill, 3-Person 2-ball Shooting or B-Line. About halfway through the practice we run sprints, there are many different kinds, and we usually end with scrimmaging or free throws.”



Freshman Aizlyn Albanese  
Photo taken by Alyssa Tisch

## Do you have any favorite moments from the season thus far?

“One of my favorite memories this year is our team sleepover. We ate pizza and dessert, and then played card games while sharing funny stories with each other. It was a good time to get to know the new players on the team as well.”



Senior Sarah Cunningham  
Courtesy of HR Imaging

## How do you feel like this season is going overall?

“I feel like this season is going very well, I’m very pleased. Record wise it’s good, we are 7-2. And overall we have seen good development from all of our players which is always our goal.”



Coach Gary Morris  
Courtesy of HR Imaging

# Looking Back on this Month...



Sophomores work together at their retreat packing boxes. Photo taken by Julia Holt



Mercy welcomes back student and staff from break with the Mercy Welcome Back Mass. Photo taken by Alyssa Tisch



The Mercy Riveters, Mercy’s robotics team, start their season off brainstorming together. Photo used with permission from Rita Ortega