



# BLACK HISTORY MONTH



# INDEX



## 3 Life

Cheer, dance and pom!

Alyssa Tisch

## 4 Entertainment

Celebrity couple olympics

By Fatima Siddique

## 5 Entertainment

Which rom-com protagonist are you?

By Caitlyn Begosa

## 6/7 Feature

Black health and wellness: let's talk about it

By Caitlyn Begosa

## 8 Editorial

The standardized testing requirements

By Maura Sullivan

## 9 Feature

Rising Black voices

By Caitlyn Begosa

## 10 Health

Sleepless in the school week

By Grace O'Dea

## 11 Life

Five-by-five

By Julia Lorelli

## 12 Feature

Mercy Meet and Greet

By Grace O'Dea

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# Cheer, dance and pom!

STORY AND GRAPHICS: ALYSSA TISCH

## CHEER TEAM!

The cheer team is a recent addition to Mercy athletics and they are already off to a strong start.

“I think this year’s season has been good for our first year. There is definitely room for improvement for upcoming years,” freshman Mia Bruno said.

The cheer team existed at Mercy several years back, but then it disbanded. This new cheer team was formed this year, and therefore, the team made a group decision to focus more on training and not compete until next year. The team has had a lot of fun learning how to do different cheers and tricks at practices.

“My favorite trick is a back walkover, because I just learned how to do it this year, and it’s a fun trick to do,” freshman Mackenzie Thomas said.

Bruno had a similar answer to Thomas, saying that her favorite trick was a front walkover and she loved how simple it was to learn.

A back walkover is when one arches their back and falls into a bridge position and then kicks over and stands back up. A front walkover is the opposite. One goes into

a handstand and then their feet fall over them, landing in a bridge position before standing up.

The team practices every Monday, Wednesday and Thursday for two and a half hours. According to Bruno, at every practice they go over chants, cheers and stunts. Additionally, they will occasionally do tumbling, vocal exercises, games and team bonding activities. On Wednesdays, they do something different. They have a gymnastics company come to Mercy to help the team with different tricks and flips that they use in their performances, and maybe next year, in their competition routines.

While the team doesn’t compete, they perform during halftime at the Mercy varsity basketball games.

“My favorite part about being on the cheer team is the games. The games are really fun and something exciting to look forward to,” Thomas said.

Thomas said she especially loved the Mercy vs Divine Child game as she loved seeing Mercy win and the way that the cheer team performed at halftime.



The Mercy varsity dance team is a team full of hard work, friendship and fun. Team members are very dedicated to their sport and have a fun time training together. The team trains in both hip hop and jazz, and they work together to make sure that they have these styles and their routines down.

During the week, the team usually practices on Tuesday and Thursday mornings from 6 a.m. to 7:30 a.m. The week before a competition, though, they practice every morning. Additionally, before competitions, they will sometimes rehearse on the weekends for around four to five hours. A normal practice consists of the dancers warming up and stretching before running and cleaning their routines.

Cleaning their routines means that they go through their routine slowly and often with counts to make sure that they are all the same on every movement. They make sure their counts, lines and angles are the same. In a clean routine, every dancer should look identical at any point in the routine, unless it was purposefully choreographed otherwise.

The dance team had several large competitions this year, including two regional competitions, nationals and Catholic Leagues, according to junior Monique Garmo.

“A normal competition is very hectic and takes all day. It is really fun to be with the team, though,” Garmo said.

## DANCE TEAM!

While regionals and Catholic Leagues took place near Mercy, for nationals, the team went to the ESPN Wide World of Sports in Orlando, Florida. They ended up being semi-finalists and finished their time there proud of their performances and happy about the great time spent on their trip.

“Nationals were great! I had so much fun with my team and coaches,” Garmo said. “We did really well at nationals and we are all so proud of how we did. We love competing for UDA and can’t wait to go back. We also had a lot of fun at the parks!”

Coming back from nationals, the team competed in Catholic Leagues at Marian High School, which they won, proving that their hard work and dedication over the past few months paid off.

The team doesn’t just compete, though. They also perform at basketball games and other school’s football games. Additionally, they will sometimes perform during assemblies at Mercy.

With all of these different performances, practices and competitions, the varsity dance team spends a great deal of time together.

“My favorite part about being on the team is being able to make friendships with girls who are not always in your grade,” senior Katherine Gutowsky said. “It gives you a chance to truly break out of your shell and meet girls in different grades.”

## POMPON TEAM!

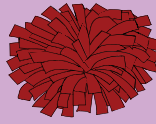
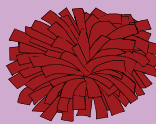
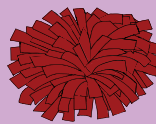
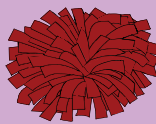
The Mercy pompon team is full of girls who are committed to growing and having fun. The team is made up of 14 girls, which is small compared to previous teams, according to junior Megan Mato. However, this smaller group allows them a few advantages.

For instance, they have an easier time cleaning their routines with fewer people. As mentioned earlier, cleaning routines means going through the routines and making sure everyone’s counts, lines and angles match up. With less people on the team, it means there may be less versions of the same step, and as a result, it is easier to get everyone on the same page.

In addition, this small group makes it so everyone on the team truly knows each other and spends plenty of time together.

“Our team is like a family, and we all get along,” freshman Jada Roberts said.

The team has a total of four competitions. They have High Kick in early November, regionals in late January, states in early February and Catholic Leagues in between regionals and states. At competitions, teams are separated into different divisions and then they perform in order from smallest to largest teams. Once everyone has performed, the award ceremony takes place.



The team has their own routine they typically follow on competition days as well.

According to Mato, on the day of states, she and a few other members of the team got up around 6:30 a.m. and did their hair and makeup together until around 10:00 a.m. or 10:30 a.m. Then they drove to Eastern Michigan University where they watched other teams perform while waiting for their turn. When it got closer to their performance, they went into the practice gym to drill their routine a few more times before performing it. At states they performed around 1:15 p.m. but due to technical difficulties they had to perform again at the end of the division. The team ended up coming in sixth place at states.

“We didn’t place as well as we wanted to, but there’s not that much you can do. We worked our hardest and performed our best,” Mato said.

Additionally, team members all have their favorite moves. Roberts said that she loves to do a move called the rockstar. Meanwhile, Mato says she enjoys performing the kickline.

“I really like doing kickline,” Mato said. “I think it looks really cool when it is all put together.”

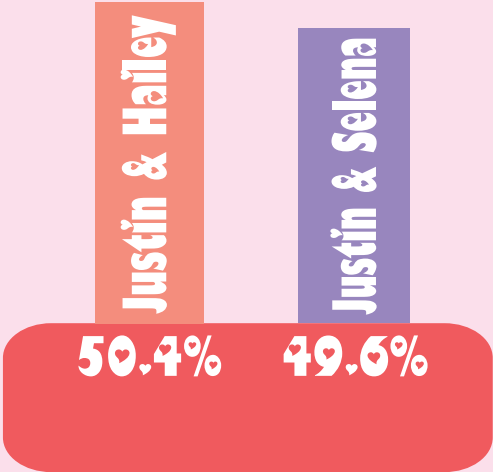
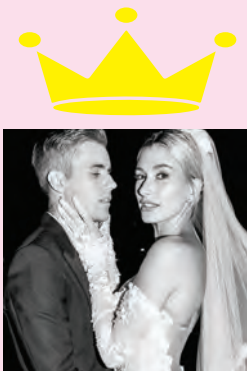
# Celebrity couple olympics

STORY AND GRAPHICS: FATIMA SIDDIQUE, DESIGN EDITOR

February is no doubt the most romantic month of the year, with Valentine’s Day giving everyone an excuse to smother those they love with extra affection. During a holiday synonymous with hearts, chocolates, flowers and celebrating your significant other, you can practically feel the love in the air. However, those who are missing a valentine on the most romantic day of the year are stuck doing the next best thing: living vicariously through celebrity couples. After all, there is nothing more entertaining than falling down a rabbit hole into a celebrity’s relationship until you feel like you’re a part of it. *Newsprint* sent out a poll for Mercy students to vote on their favorite iconic celebrity pairing to obsess over. With over 100 responses, here are the results:

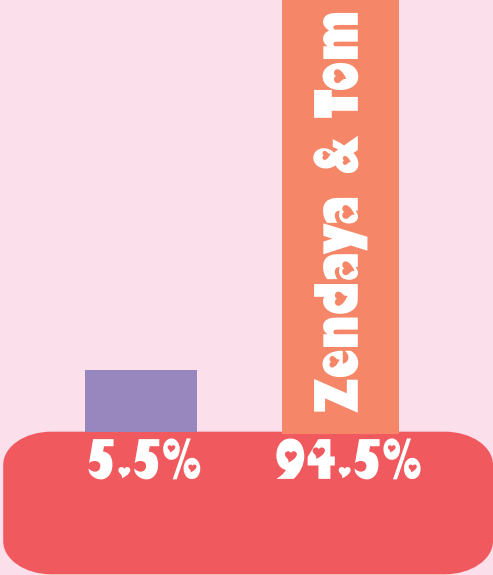
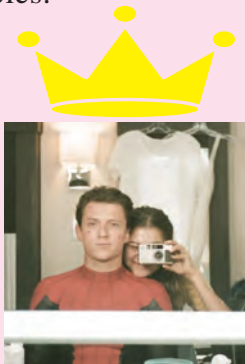
Justin Bieber and Hailey Bieber  
VS  
Justin Bieber and Selena Gomez

It’s no surprise that these celebrity pairings caused quite a divide in ratings. Pop icon Justin Bieber has dated his fair share of girls throughout his career, but he and Selena Gomez are one of the most iconic celebrity couples to define our childhood. However, in between their turbulent on-and-off relationship, Bieber was often seen cozying up to model Hailey Baldwin, who was a constant friend since he first rose to stardom. All in all, it doesn’t matter whether you’re team “Jelena” or “Jailey,” because Bieber and Baldwin have been happily married for nearly four years already. From singing along at his concerts to walking down the aisle, Baldwin is living every Belieber’s wildest dream. Even though hearts all over the world broke when Bieber chose Baldwin to be his “One Less Lonely Girl,” we can’t help but swoon at the adorable relationship between the two.



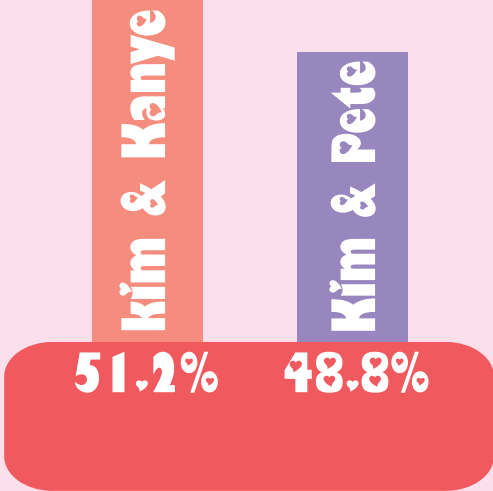
Zendaya and Jacob Elordi  
VS  
Zendaya and Tom Holland

These results make it undoubtedly clear which pairing Zendaya’s fans prefer, and we can’t blame them. Playing Peter and MJ in Marvel’s Spider-Man franchise to falling in love off-set, Holland and Zendaya’s relationship is a fairytale turned reality. Although Zendaya was spotted out with Euphoria co-star Jacob Elordi back in 2020, that was the extent of their relationship, and fans have always hoped “Tomdaya” would be an endgame. From their hilarious moments together during interviews to their iconic Lip Sync Battle, it’s hard not to. When Holland essentially confirmed their relationship through an Instagram post in which he wished “[his] MJ” a happy birthday, fans worldwide lost their minds, and “Tomdaya” has since become one of the most-loved celebrity couples.



Kim Kardashian and Kanye West  
VS  
Kim Kardashian and Pete Davidson

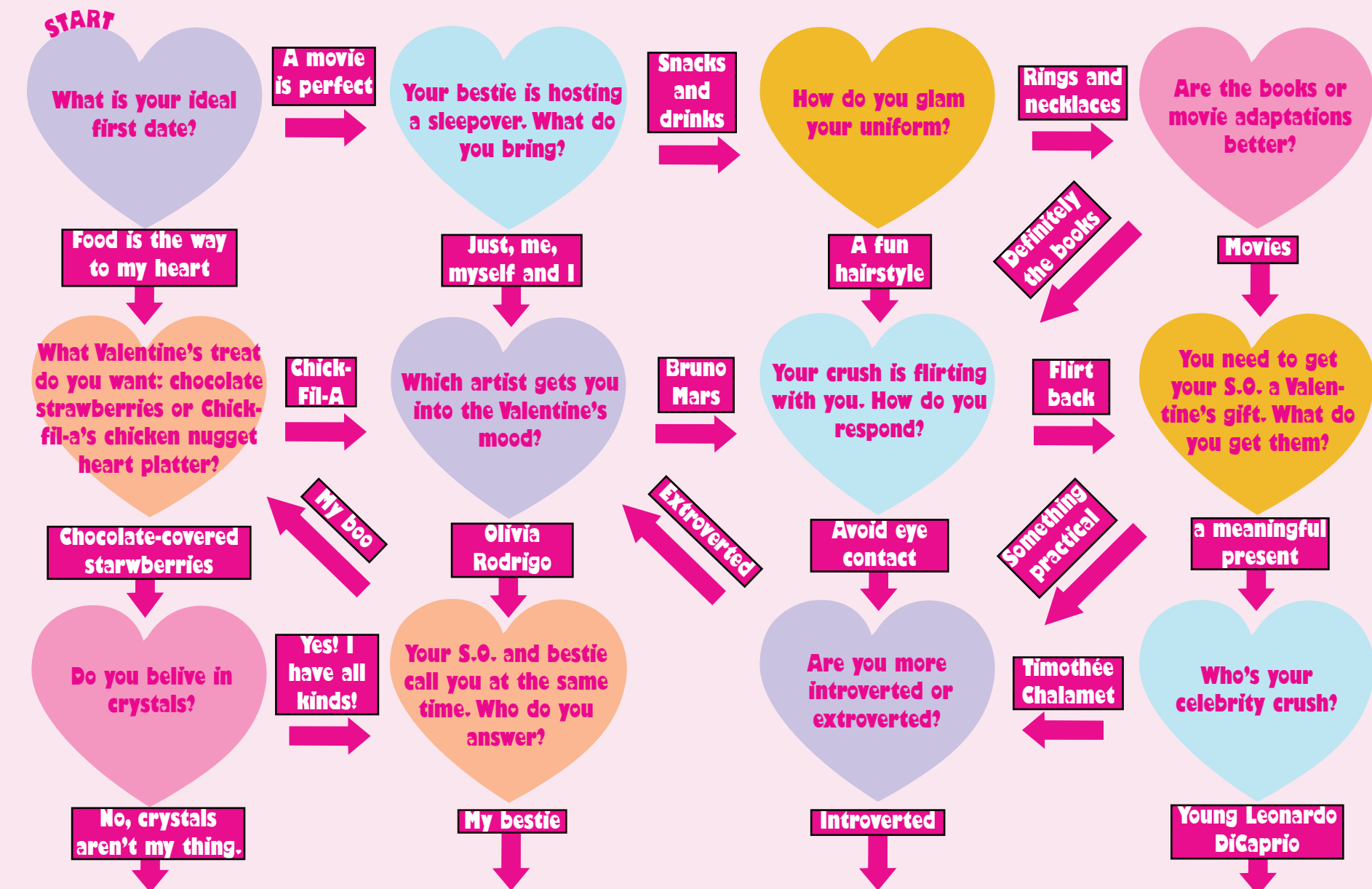
Kim Kardashian and Kanye West were definitely another one of the most iconic married couples before their split earlier this year. Many expected their relationship to last a lifetime, so it came as quite a shock when the couple called it quits. However, what was even more shocking was Kardashian’s latest involvement with comedian Pete Davidson. What was once entertaining celebrity drama soon turned slightly concerning as West took to his Instagram account to express his frustrations over their relationship. West began posting photos of Davidson with his face crossed out and unflattering angles of the comedian, who he refers to as “Skete.” Okay, maybe it’s still a little entertaining. Either way, you can’t deny that Davidson and Kardashian are definitely an interesting couple. Whether you find them cute or just straight up strange, they’re definitely garnering a lot of attention.



# Which rom-com protagonist are you?

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

**A**re you sweet like Juliet Capulet or quirky like Elle Evans? Answer the following questions to find out which rom-com protagonist you are!



## You're Rachel Chu from Crazy Rich Asians:

You are a smart and career-driven individual. With your down-to-earth personality and people-pleasing nature, others tend to try to take advantage of you, but you have the strength to stand up for yourself. Growing up with strong role models, you know your worth and won't compromise for less, not even for a boyfriend with a crazy rich family.



## You're Elle Evans from The Kissing Booth:

You are a spunky and spontaneous person with a passion for dancing and video games. Often clumsy at times, embarrassing situations seem to follow you everywhere you go. You always put others first instead of focusing on your own needs and future. Your indecisiveness often creates problems with friends and significant others, but you always make it up to them with ice cream.



## You're Kat Stratford from 10 Things I Hate About You:

Considered an introvert and antisocial, you always speak up for beliefs you are passionate about. You tend to gravitate away from current trending movies on Netflix or songs on the Billboard Hot 100, favoring indie rock and feminist literature instead. You remain true to yourself regardless of what others think of you. Under your harsh exterior, you have a soft and sensitive side.



## You're Juliet Capulet from Romeo + Juliet:

You are a hopeless romantic with big dreams. When you see a potential crush, you fall fast and hard. You appear sweet and innocent, but you have a rebellious and rule-breaking side. You come across many obstacles, but you always persevere to find your Romeo.





# BLACK HEALTH AND WELLNESS: LET’S TALK

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

Hosted by the Human Relations Council (HRC), this year’s Black History Month assembly focused on the historical and modern-day aspects of Black health and wellness.

“The format of the assembly start[ed] with a video explaining the topics we’ll be talking about and then a webinar where we have doctors [and others in the medical field] to answer questions concerning Black health,” senior HRC member Alyssa Studvent said.

The various guest speakers came from different medical backgrounds which helped each to provide unique insight on Black health and well-ness. Nurse Patricia Attaway is Mercy’s very own nurse and used to work as a pharmacy technician. Ms. Ashley Lyles is a Mercy alumna and award-winning medical journalist. Also a Mercy alumna, Dr. Monica Alharazim is a therapist who helps her patients both mentally and physical-ly. Finally, Dr. Mary Ibe specializes in OBGYN.

The assembly consisted of four categories: mental health, healthcare, myths and accolades.

The mental health section addressed stigmas surrounding the Black community and how they often prevented African Americans from getting the help they need. Additionally, the speakers addressed inequalities faced by Black patients that led to the mistreatment of people of color and Black professionals often going unrecognized compared to their white counterparts. The myth section was used to debunk misconceptions created by scientific racism and the lasting effects of these harmful rumors on today’s medical community. Although black healthcare is clouded by inequity, the speakers acknowledged the positives of the Black medical community and shared their accomplishments during the assembly.

“Throughout history, Black health wasn’t focused on, and there are a lot of myths about Black health that are harmful to the community,” Stud-vent said. “A lot of times within the medical field, Black health is brought down [and] less treated. By talking about Black health, we can promote having these difficult discussions about the mistreatment of Black health.”

The Black History Month has received positive feedback from both staff and students. Those involved in the assembly are especially proud of the final product.

“I was very impressed with it, and especially all the work the students did and the way that comments came out from the panelists from those questions,” religion teacher and HRC moderator Mrs. Sandra Mals said. “It gave good positive energy to celebrate Black History Month.”

Although the month of February has concluded, this does not designate a stop to learning and celebrating Black history. To continue learning about Black health and wellness, read about the following African American trailblazers of the medical community.

## JAMES MCCUNE SMITH (1813–1865)

Born enslaved in New York City, Smith still aspired to be a doctor despite the roadblocks placed in front of him. Unable to study at any Amer-ican colleges due to his race, Smith persevered to gain an education and traveled across the ocean to study at the University of Glasgow in Scotland, quickly becoming the top of his class. Many firsts are tied to Smith’s legacy such as being the first African American to earn a medical degree, becom-ing the first Black physician in the United States, writing the first medical report authored by an African American and opening the first Black-owned pharmacy. Along with opening a pharmacy, he also established his own medical practice, helping all races and genders of people. Additionally, he worked as a doctor at the Colored Orphan Asylum in Manhattan for 20 years. Along with his strides in the medical field, Smith was a leading abolitionist and guide of the Underground Railroad. He worked closely with Frederick Douglass to dismantle slavery in the South. Douglass stated Smith was “the single most important influence on his life.” Although his legacy is neglected in history books, Black trailblazers in the medical com-munity are working hard to highlight his achievements.

Photos from Wikipedia



## HENRIETTA LACKS (1920–1951)

Lacks visited John Hopkins Hospital, one of the few hospitals willing to treat African Amer-icans living in poverty, suffering from vaginal bleeding, the result of a malignant tumor on her cervix. To treat her cervical cancer, Lacks underwent radium treatment. Without her knowledge or consent, Lacks’ cancer cells were sent to Dr. George Gey, a cell biologist. He quickly discovered her cells would survive and double while other people’s cells would die. Her cells, HeLa cells, are considered one of the first immortal cell lines and are used to study drugs, hormones, and viruses and their effect on cancer cells. Although Lacks’ legacy remains in the groundbreaking research of the HeLa cells, her story cements the past and current racial inequity in the medical field for African Americans. Since Lacks is mainly known for her cells, many people are not aware about her actual life. Lacks was a mother of five who loved to dance, cook and dress fashionably. She died nine months later of cervical cancer. Her family continues to spread her memory and is proud of what Lacks did for the advancement of cancer research.



## KENNETH BANCROFT CLARK (1914–2005)

Clark became the first African American to earn a doctoral degree in psychology from Columbia Uni-versity in New York City. Clark and his wife Mamie quickly rose to fame after “The Doll Test” and the crucial part it played in the decision of the landmark Supreme Court case Brown v. Board of Ed-ucation, which outlawed segregated school systems. The Doll Test consisted of four dolls of different colors to test children’s racial awareness and the effects of segregation on African American children’s self-image. Children between the ages of three to seven were asked various questions: to identify the races of the dolls, which doll they wanted to play with more and which doll was “good” or “bad.” The results from both Black and white children picked the lighter skinned doll rather than the darker skin toned one. Clark concluded the detrimental effects of segregation on African American children as all the Black students involved in the test attended segregated schools. Clark was promptly asked to share his results and give testimony for Brown v. Board of Education. Additionally, Clark and his wife founded the Northside Center for Child Development to help children in the Harlem area. Along with his psychological studies about societal and internalized racism, Clark also was a prominent figure in the Civil Rights Movement.



## DR. ALEXA IRENE CANADY (1950–)

Canady graduated from the College of Medicine at the University of Michigan, which helped in-still her interests in neurosurgery and led her to being the first African American woman to become a neurosurgeon in the United States. Intent on pursuing her interest in neurosurgery, Canady was discouraged by advisors, but she persisted and was accepted as a surgical resident at Yale-New Haven Hospital in Connecticut, becoming the first woman and African American to be accepted into this program. Her medical journey continued across the country as she had her residency at the University of Minnesota and studied pediatric neurosurgery at the Children’s Hospital of Phil-adelphia. Eventually, Canady returned to her home state of Michigan to be promoted to the chief of neurosurgery at the Children’s Hospital of Michigan. After moving to Florida and realizing the lack of neurosurgeons in her area, she opened her own practice at Pensacola’s Heart Hospital. Canady retired in 2012. She currently advocates for the rights of African American women and serves as an inspiration to those who wish to follow a similar career path.



# The standardized testing requirement

Should standardized tests be a criteria in the college admissions process?

STORY AND GRAPHICS: MAURA SULLIVAN

The pandemic has brought many changes not only in how we view health and social responsibility, but also questions on the necessity of practices that we have considered established foundations in how we operate as a society. For instance, is it necessary for the workforce to interact in an office five work days a week? Is it necessary for school classes to be held in-person, or can education be administered remotely? And, after tests were canceled across the nation month after month during the pandemic, the question arose: should colleges require standardized testing as criterion for college acceptance?

## PROS OF STANDARDIZED TESTING

The necessity of standardized testing has been under scrutiny pre and post pandemic. Many argue that the exams are not equitable and do not reflect a candidate's true ability to perform in a college setting. However, the quintessential term in standardized testing is "standardized".

It is an "apples to apples" comparison of knowledge, which is central to success in college-level work and allows the admissions staff to know whether a student has established a basic verbal and mathematical background.

Reliability and objectivity are the reasons proponents believe in standardized testing. With different curricula, course rigorness, opportunities for success and involvement in scholastics and extra curriculars, how can anything else be a benchmark?

Debra Levenson, an admissions counselor for the University of Virginia, explained it this way... "Testing is on the three big things, (GPA, rigor, testing) that colleges look at. And when a college goes test optional and the scores do not come into play, thousands upon thousands upon thousands of kids all look the same...4.0, high rigor, captains of sports, nice volume of work, well-written essays. So then, how do kids stand out? What separates the kids? How do you choose? It becomes very, very difficult. And that's what the counselors are battling with daily. So in my opinion, is testing good? No. Do we need it? Well, we need something because all kids look the same [without it]."

Although critics may believe the subject matter of tests can be biased, it does provide significant insight on a candidate's learning.

Both the ACT and College Board, which owns the SAT, argue that a combination of grades and test scores is the best guide to selecting students for admission. Using grades without test scores could worsen inequities because grade inflation changes from school to school.

"I do think everyone should take the tests if they are able to," junior Katie Lueker said. "They can be used to add to your application and possibly increase your chances of getting in if other parts of your application aren't as strong."

For students who lack competitive GPAs, standardized testing scores may be able to offset these weaknesses and aid people in getting into their dream schools.

Of course, there are issues in terms of equality and fairness, as those with higher socioeconomic status may have more access to resources, such as tutors, prep classes, or multiple testing attempts, than those of lower socioeconomic status. However, the College Board is aware of the issues and has made attempts to fix the inequities by offering resources like free test prep through The Khan Academy.

The SAT, and standardized tests in general, are learnable tests. With targeted and dedicated test prep, a student's performance can improve drastically.

Standardized testing has many benefits and having a method of standardization for the general population is something that will probably never go away completely. The advantages to SAT and ACT tests are immense and diminishing them completely can be very impactful.

## CONS OF STANDARDIZED TESTING

Although standardized testing has been a core benchmark for the college admissions process, it does have its critics. First, exam bias is a concern with the test format. The tests are based on general learned knowledge and on what and how the general population has been taught. However, it does not necessarily provide a measure of potential.

Additionally, not only are there questions surrounding the equity of the exam, but also the reliability of standardized testing due to the changes in test format and the scandals surrounding its administration.

For instance, the College Board recently announced that they will roll out an online testing format by 2024, shaving off an hour of test taking time and allowing students to bring their own devices to take the test while being monitored in a classroom. However, according to an Associated Press analysis of census data, an estimated 17% of U.S. students do not have access to computers in their home.

Furthermore, these same students, mostly from low socioeconomic areas, also are least likely to have access to school-provided technology. Thus, is the change of format not widening the already prevalent gap in standardized testing access and scores?

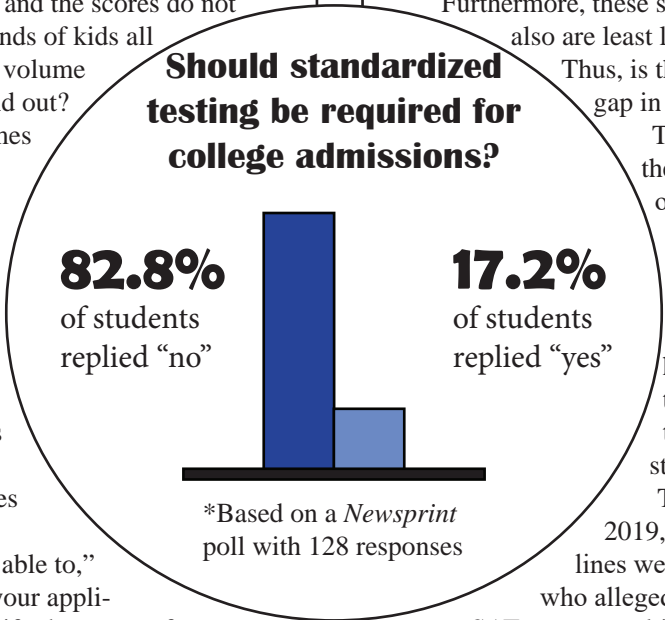
The ACT exam has been evolving and allows students the ability to "super score" and report only the best results on each section. Again, does this not benefit those with the resources to take expensive prep courses and the exam multiple times?

"I think part of success on standardized testing depends on how much access to tutoring someone has," junior Lauren Mullan said. "I was lucky enough to have access to tutoring, but there are so many people that don't, so I don't think it's fair for people to require standardized testing on admissions."

The College Admissions scandal, which broke out in 2019, also threatens the integrity of the exams. In the headlines were famous actors, William Macy and Felicity Huffman, who allegedly paid a proctor \$15,000 to correct their daughter's SAT exam, resulting in an alleged 400 point increase.

Furthermore, the SAT and ACT exams are not able to predict college success. A 2015 study released by the National Association for College Admission Counseling, involving 123,000 students at 33 different colleges and universities, compared students who did and didn't submit SAT scores at test-optional schools. It found that there was virtually no difference in freshman year academic performance. Additionally, this study confirmed high school GPA to be a better predictor of college success, as students who have higher SAT scores but lower high school GPAs appear to fare worse than students who have lower SAT scores but higher high school GPAs. There are many reasons a student may not perform well, such as anxiety, stress or learning disabilities, in addition to overall general exam preparedness.

"Some people aren't good at test taking and have different strengths," junior Mallory Smith said. "I don't think it should determine whether you get into a college or not."





# RIISING BLACK VOICES

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

The tunes of jazz icons Duke Ellington and Billie Holiday, the sounds of soul musicians Aretha Franklin and Whitney Houston and the lyrical genius of rappers Tupac Shakur and Notorious B.I.G. bear witness to the influence these momentous figures have had on Black history as well as today's rising musicians. *Newsprint* has chosen to highlight three Black rising artists that draw inspiration from pioneers of the music industry.

Listening to Tupac, Snoop Dogg and Dr. Dre as a child, Anderson .Paak thought his music career would follow the "gangsta" rap genre, but it was the gospel influence he gained from church choir that led him to be one of the most acclaimed soul and funk-inspired artists of the decade. With various albums such as *Malibu* and *Ventura* and collaborations with Kendrick Lamar, Chance the Rapper and Mac Miller, .Paak has worked hard to become a powerhouse figure in the music industry for his contemporary and genre-crossing sound. .Paak recently hit mainstream radio with *An Evening With Silk Sonic*, a collaborative album with Bruno Mars. This album draws heavy influences from the Funk Brothers, a group of Motown musicians, and soul music from the 1970s. To celebrate Black legends in the musical industry, Silk Sonic performed a tribute to Little Richard, a gospel and soul-infused artist known for his unique stage presence, at the 2021 Grammys after he died the previous year. This R&B duo also earned four Grammy nominations for the 2022 award show in the following categories: Song of the Year, Record of the

Year, Best R&B Performance and Best R&B Song. Another highlight performance of .Paak's career was playing drums for Eminem at the 2022 Super Bowl Halftime Show.

UMI is a singer and songwriter who draws inspiration from her African American and Japanese roots. Growing up in Seattle, UMI moved to Los Angeles to pursue her career in music. Relatively new in a tough industry, Umi's unique sound is a fusion between R&B, lo-fi and neo-soul (a genre of soul with influences of hip-hop, funk, rock and other sounds). In an interview with The B-Side, Umi states her inspirations are fellow Black artists SZA, Frank Ocean, Jhené Aiko and Miguel. While UMI has various sources that influence her sound, she is her own muse when writing songs. Her relationship with



UMI performed as the guest opener for Conan Gray's Comfort Crowd Tour in 2019.

others, path to spirituality and love are just a few of the topics addressed in her music. In her EP *Love Language*, UMI sings about her experiences with the confusing, innocent, hard and healing sides of love. In her latest EP *Introspection*, UMI focuses on the examination of her own mental and emotional processes, while hoping her listeners will reflect and do the same.

Ari Lennox's life was changed after her fusion of R&B and soul reached the ears of rapper J. Cole. Hesitantly, she signed to Cole's record label Dreamville to produce one of her most-streamed songs, "Shea Butter Baby", which soon became the name of her debut album. Her album focuses on her life, such as buying her first apartment, liking boys and her struggle with anxiety. After dropping her album, Lennox was given the chance to perform at the Black Girls Rock Award Show in 2019. Another huge performance accomplishment for Lennox was performing her song "Pressure" at the 2021 Soul Train Awards. Lennox lists two of her biggest muses to be Mýa, a Grammy Award winning R&B musician, and Minnie Riperton, one of the most iconic soul musicians of the 1970s with an unforgettable five-octave vocal range. Additionally, she draws inspiration from various R&B musicians from the 1990s-2000s such as Erykah Badu, Lauryn Hill and Mary J Blige. Lennox's most recent collaborations consist of an appearance on Khalid's most recent album *Scenic Drive (The Tape)* and a remix version of her song "BMO" featuring Doja Cat.

## ARTISTS' MOST POPULAR SONGS AND FEATURES ACCORDING TO SPOTIFY

### ANDERSON

#### .PAAK

1. "Leave the door open"
2. "Smokin Out The Window"
3. "Love's Train"
4. "Skate"
5. "ETA"

### UMI

1. "Love Affair"
2. "Remember Me"
3. "Butterfly"
4. "Lullaby"
5. "Down to Earth"

### ARI LENNOX

1. "Scenic Drive"
2. "Pressure"
3. "Unloyal"
4. "Shea Butter Baby"
5. "On it"



# Sleepless in the school week

STORY AND GRAPHICS: GRACE O'DEA

Catching z's, hitting the hay, out like a light: three substantially different actions all alluding to the same thing, sleep.

If sleep is so important though, why is it the type of activity so many skip out on? Getting adequate sleep can be hard, considering there are only 24 hours in a day, and the CDC suggests 1/3 of the day, roughly eight hours, should be dedicated to sleep. Sufficient rest is especially hard for teenagers trying to balance school, extracurriculars, enriching activities and of course, sleep.

"Usually it's the combination of school work and activities that causes me to go to bed later," senior Elise Collins, who normally gets about five to six hours of sleep on school nights, said.

Students like Collins struggle to find enough time in the day to get everything done that's asked of them. When it comes down to prioritizing and having to eliminate certain activities from one's schedule to make room for other things, sleep is often one of the first options to go. This failure to prioritize sleep can be especially detrimental for teenagers.

"Your body rebuilds itself when you are sleeping," health teacher Mrs. Brandi Lavery explained. "Your cells are regenerating, so it's really important that your body has the time to rest and recover, so that all the work you're doing during the day can solidify in your body."

For teens whose bodies and brains are still undergoing constant developments, the resting period offered by sufficient sleep is crucial to assisting with an individual's growth, both mentally and physically.

"There's a cognitive growth spurt that happens in the teenage years, and sleep is crucial to set the

body and the brain up for its functions to happen," counseling department chair Mrs. Trish Brown said.

Despite its importance to teenage development and overall wellness, sleep remains easily overlooked and frequently skipped out on. This can be attributed to many factors, including the workload teens today take on.

"Students now are super overbooked," Lavery said. "They do a lot during the day and then they still have commitments they need to fulfill, and then they just need time to be a teenager and chill for a minute."

Packed schedules are a huge threat to students' sleep. It's not uncommon to hear of a teen who has to go to a two-hour practice right after school, then head home and babysit a younger sibling for a few hours. Said teen doesn't find time to sit and and get to assignments and studying until around eight o'clock at night. School start and end times are another component that affect teens' sleep schedule.

"High schools start way earlier than elementary schools and middle schools, when actually, high school students need more sleep at that time," Brown said. While Mercy starts at 8 a.m., other high schools may start classes up to an hour or so earlier.

So even after a long, busy day of trying to achieve everything packed into one's schedule and still make time for one's self, sleep can still be limited simply because of the requirement to wake up early for school the next day. The cycle of a crammed day, little sleep, then another early morning all over again seems endless.

A night of inadequate sleep is one thing, but

students repeatedly not getting enough sleep on school nights can be particularly harmful.

"I've seen some students who have a hard time staying awake in class," Lavery said. "A lot of my students have talked about sleep being one of the biggest factors in something that impacts their stress level or their self-esteem."

According to the CDC, youth who fail to maintain a healthy sleep schedule are at higher risk for poor mental health, diabetes, obesity, and problems with behavior and attention.

Balancing the typical schedule of a teenager and factoring in enough time for sleep can be hard, but making small changes to the everyday routine can result in more time for sleep and feeling less of a need to hit the "snooze" button.

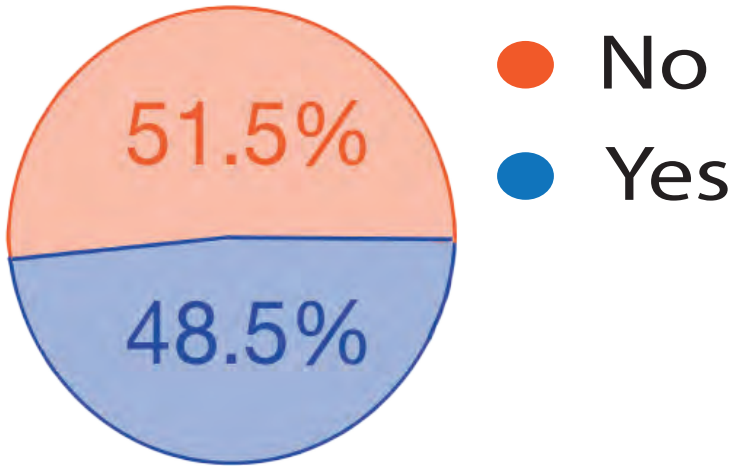
Cutting back on technology usage is one great way to find more time for sleep.

"Having TikTok or something to watch is very not helpful," Collins said. "It just keeps someone up longer."

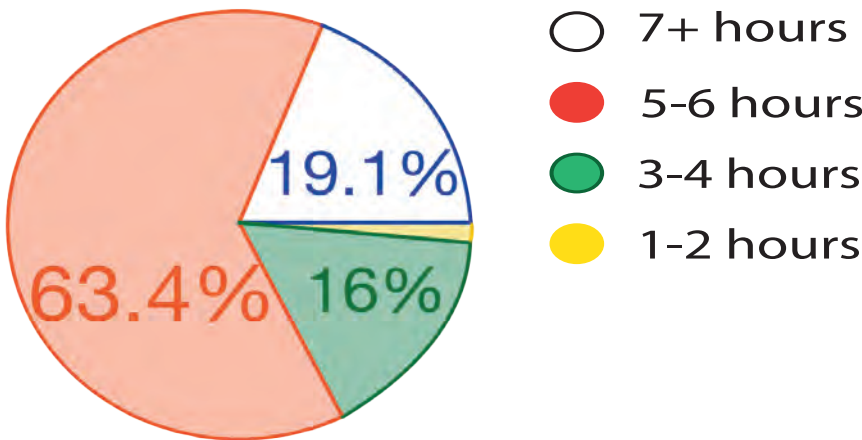
Establishing a schedule that factors in all of the important components of one's day is another great way to catch more z's.

"Time management is a really big deal, with planning out a schedule of when you're going to get things done and trying your best to stick to it," Brown said. "It's about daily effort to make sleep a priority, and in order to do that you really have to structure your time in order for you to get all your stuff done within a reasonable time frame."

Have you ever had to pull an all-nighter?



How many hours of sleep do you get each night on average?



In a *Newsprint* poll with 131 responses, 48.5% of students said they pulled an all-nighter to complete school work and 51.5% said they have not.

In a *Newsprint* poll with 131 responses, 63.4% of students said they get 5-6 hours of sleep each night, 19.1% said 7+ hours, 16% said 3-4 hours and 1.5% said 1-2 hours.



# FIVE → BY → FIVE

STORY, PHOTOS AND GRAPHICS: **JULIA LORELLI**



Addison Hannah '25



Maura McSweeny '24



Abby Maroun '23



Elise Collins '22



Ms. Rebecca Cook

## What did you do on Valentine's Day?

"I went out with my family and we just watched movies."

"[I] went home and work on homework. [I] watched some basketball games."

"I hung out with my friends on the 13th, like a galentine's day, but I spent Valentine's day with my boyfriend."

"My friends and I went out to brunch and just kind of had a galentine's day."

"I don't really celebrate Valentine's Day so [I] just went home and hung out with my boyfriend."

## What is your favorite winter Olympic sport?

"Skiing and figure skating"

"snowboarding or figure skating"

"Figure Skating: I love igure skating and I figure skate."

"The half pipe, snowboarding"

"snowboarding and ice skating"

## Who is your favorite winter Olympic athlete?

"I don't have one."

"I don't have one. I'm more of a summer Olympics kind of person."

"Mariah Bell, she's not the best skater in the world, but she has such a great attitude."

"Maddie Maestro"

"Shaun White"

## Who is your celebrity crush?

"Tom Holland"

"Zac Efron"

"Sebastian Stan"

"Pete Davidson"

"Leonardo DiCaprio"

## What would your perfect date be?

"It depends on the person. [I] just like going out and having fun like bowling or something."

"[I] just like going out to dinner, nothing too crazy, or like going out to a sports game."

"It would involve ice-skating and then grabbing hot chocolate."

"Probably grabbing food and doing something active, like sledding"

"[I]just like dinner at home or an activity date where we do something like going on a hike."



# Mercy Meet and Greet

STORY AND GRAPHICS: GRACE O'DEA

For this month's edition of *Newsprint*, Mercy Meet and Greet introduces the leaders of BASE (Black Awareness Society for Education).



Senior Aaryon Montgomery, president Photo by Grace O'Dea

## Why is your membership in BASE important to you?

"As president, I feel that my membership is important because I am the one who sets the tone for the meeting. I feel that as president I serve as a big sister to the members, along with my other board members. I feel that as a board member, we set examples for the girls, encourage them and allow them to feel comfortable in a place where they may not always feel that way."

## When did you join BASE and why?

"I joined BASE my freshman year. The idea of having a club for girls of color in a school where we are a minority made me want to join to experience and bond with girls who look just like me."



Senior Christina Payne, vice president Photo by Grace O'Dea

## What role does BASE play in the Mercy community?

"I think that BASE creates a safe space for African Americans around the school and gives us a chance to express our thoughts without judgement."



Senior Kendall Spivey, treasurer Photo by Grace O'Dea

## How frequently does BASE meet and what do the meetings normally entail?

"BASE meets during the school day during club meetings similar to the other clubs. But, we also do some after-school meetings. Although we haven't done as many after-school meetings as we'd like, we have planned some events in the future! Our meetings entail a main topic, videos, statistics and discussion questions. Throughout all of the BASE meetings I have attended, we have talked about micro-agressions, appropriation of Black culture, being Black at a PWI (Predominantly White Institution), and Black representation in the media. At each one of these meetings I learn new insights about black topics."



Senior Rhys Coleman, secretary Photo by Grace O'Dea

# Looking Back on this Month . . .



The varsity bowling team poses after their Catholic League championship win. Photo used with permission by Claire Zahra



Students watch this year's Black History Month Assembly from the media center. Photo by Grace O'Dea



Seniors gather around for a picture during their Kairos LXI retreat. Photo by Grace O'Dea