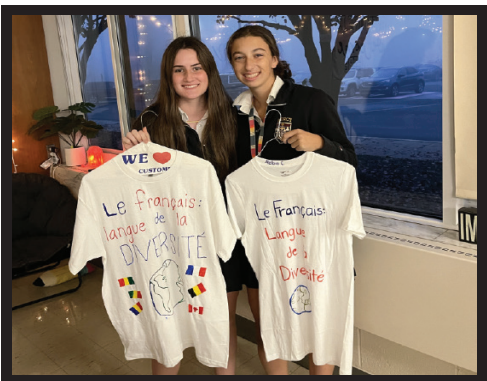


NEWSPRINT



NEWSPRINT DISCUSSES MENTAL HEALTH
IN RELATION TO SOCIAL MEDIA AND
WEATHER PGS. 4-5



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Mercy Newsprint Editorial Policy:

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

Dive into Diversity: Diabetes Awareness Month

STORY: JULIA LORELLI, SOCIAL MEDIA AND PROMOTIONS EDITOR

As Thanksgiving break nears, there is much to give thanks for. From friends to food, Thanksgiving is a perfect time to reflect on the blessings in your life. Whether your family does a traditional Thanksgiving meal, incorporates their own traditions with the typical American turkey or orders out for pizza, Thanksgiving gives us all a chance to give thanks for the good things in our lives. Good health, food, family and friends are just a few of the many things to give thanks for this Thanksgiving. But what about those who can not enjoy all of the food that Thanksgiving provides?

According to the Center for Disease Control and Prevention (CDC) website, diabetes affects over 37 million people in the United States and it is the seventh leading cause of death in the United States. Diabetes is a disease that occurs in

someone's body when it does not make enough insulin or can't use the insulin as well as it should, which causes sugar to stay in the bloodstream. "In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has become more overweight," according to the CDC.

People with diabetes are often viewed in a negative light due to the many stigmas associated with the disease. One of which being that many believe people with diabetes have made unhealthy food and lifestyle choices. While that is sometimes the case, there are many other factors like genetics, hormones and insulin resistance that can contribute to a person developing diabetes.

Type 1 diabetes is a chronic life-long disease that occurs when the pancreas fails to produce insulin. The food your body consumes is broken down

into blood glucose, which is then used for energy. The hormone insulin is needed to transport that glucose from the bloodstream to the body's cells, so they can use it for energy. Type 1 diabetics lack insulin, meaning their body cannot use the food they eat for energy. Also, without enough insulin, sugar builds up in your blood, resulting in high blood pressure. Type 1 diabetics need insulin daily, whether from shots or a pump.

Type 2 diabetes occurs when your body fails to produce enough insulin or when the body cannot use what is produced. Type 2 diabetes is more common in older adults, but anyone can get it. Treatment for Type 2 diabetes includes improving diet and exercise, and taking medication if needed.

Diabetes is a disease that affects people all over the world. Those diagnosed with this disease should not be subjected to the unwarranted judgement.

Type 1	Type 2
<ul style="list-style-type: none">- genetic condition- usually shows up early in life- low or no insulin- body attacking cells in pancreas- only affects 8% of people with diabetes- symptoms appear more quickly- not curable but research continues	<ul style="list-style-type: none">- lifestyle related- develops over time- usually overweight- body does not make enough insulin or insulin does not work properly- affects 90% of people with diabetes- manageable with exercise and diet- not curable but preventable and can be put into remission

Inflation's impact on Black Friday deals

STORY AND GRAPHIC: JULIA LORELLI, SOCIAL MEDIA AND PROMOTIONS EDITOR

Christmas season is just around the corner and as spirits rise, so do prices. The rising prices do not help as everyone is running in and out of stores or frantically trying to find the perfect gift online. Inflation has hit the American economy hard, from food in the stores to gas prices to now presents.

According to the Consumer News and Business Channel (CNBC) website, inflation has skyrocketed in 2022 due to the war in Ukraine and product shortages resulting from the global supply chain problem. Since the pandemic, there has been a shortage of workers and materials in some industries, while demand has increased.

According to Trading Economics, while inflation has slowed, it only dropped from 8.3% to 8.2%. This means that inflation will cause the cost of products to more than double in 10 years or less.

Inflation is expected to rise again as the holiday season nears. There is a good chance that the final prices for Black Friday and Cyber Monday are going to be higher than they have been in past years. That does not mean there will not be discounts, however, due to inflation, the discounts will probably be less.

"Inflation affects my ability to buy stuff," junior Jaanaki Tarver said. "For example, the gas prices have been raised higher and milk or other foods prices have also been brought up. Milk used to cost two dollars at my nearby store, now it costs two dollars more. Gas is more expensive now and my mother told me that it costs \$80 to get gas for both cars and even more for groceries."

But there is good news. Large brands such as Target and Amazon are doing their best to help with inflation by expanding their Black Friday sales for longer periods of time. Amazon

has been having sales since October and Target is back to their price match policy. If an item drops in price before December 24, the customer could ultimately get the same item for less money, just by bringing the receipt back to the store for price adjustment.

Even though inflation is rising, do not let that dampen the holiday spirit.



How do time and weather affect mental health?

As the seasons change and it begins getting darker earlier in the day mental health concerns begin to arise

STORY AND GRAPHICS: ALYSSA TISCH, EDITOR-IN-CHIEF

Earlier this month on November 6, throughout the world people set their clocks an hour back putting them on standard time. Then, on the second Sunday of March, the clocks will move again, this time bringing them one hour forward to get them on daylight saving time. In the U.S., however, after changing our clocks again in March of 2023, citizens may potentially never have to move them again.

Ever since the Uniform Time Act of 1966 was passed for eight months of the year the U.S., accompanied by several other countries, has been on daylight saving time with the other four months of the year being on standard time according to cnn.com.

This practice could potentially be getting a makeover though. With 71% of Americans against the switching of the clocks twice a year, the U.S. Senate has recently passed a bill to put America in permanent daylight saving time. This bill is called the Sunshine Protection Bill. Despite the fact that so many U.S. citizens are against the switching of times, this bill has been unable to pass in the House of Representatives as of yet. That is because while Americans have had an easy time determining that they don't like the switch, they are having a harder time determining which time they would prefer to stick with: daylight saving time or standard time.

"One pro of standard time is that it is light in the morning and dark in the evening and we want to go to bed earlier because it is darker," senior Finley Siegel said.

Freshman Natalia Martinez had another perspective.

"I think an advantage to daylight saving time is that since the sun sets later, there is less use of electricity which lowers overall use of energy," Martinez said.

While the time switch might not always feel all that important in the scheme of things, it can actually have a huge effect on one's sleep schedule as well as their mental health.

According to a 2017 survey by Epidemiology, the switching of the clocks to standard time in

the fall had such a huge effect on mental health it triggered the increase in hospital visits about depression by 11%.

This time switch does not create any new mental health issues in a person such as anxiety and depression but it can make previously existing ones worse.

According to health.com, the disruption to our circadian rhythms even if by just an hour as well as the less exposure people have to the sun throughout the day are just a few of the many factors that disrupt our mental health.

Additionally, these factors may combine with another mental health issue of this time - seasonal affective disorder (SAD). SAD is a recurrent major depressive disorder that occurs seasonally in fall and winter months. SAD is not its own separate disorder but rather it is an add on to major depressive disorder.

Some of the symptoms of SAD are feeling down most days, losing interest in old activities, oversleeping, overeating, feeling hopeless and more.

There are several actions available to help fight off SAD and you can always talk to your doctor and see which works best for you.

The four main ways to fight off SAD are light therapy, psychotherapy, antidepressant medications and vitamin d.

One way to help is through light therapy which is where a person sits in front of a bright light everyday typically ranging from 30 to 45 minutes in an effort to expose them to the sunlight that they are missing out on in the darker months.

Psychotherapy is another option available. Also known as cognitive behavioral therapy (CBT), people with SAD can go to group sessions and talk with others about replacing negative thoughts with more positive thinking. The effects of this treatment help not only with SAD but can also benefit your overall mental health in general long term.

There are also several different medications you could take to help such as selective serotonin reuptake inhibitors or SSRIs. Talk to your doctor

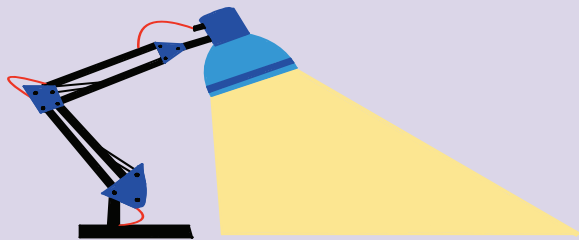
about the advantages and disadvantages of you taking these medications.

Finally, people with SAD typically tend to have a vitamin d deficiency so taking vitamin d may improve their symptoms. It is unclear just how well this method works as of yet but it still remains a prevalent option.

At Mercy specifically there are many options to help you start feeling better if you are feeling down. According to counselor Mrs. Trish Brown, counselors at Mercy are always available to talk about something personal with you, can refer you to a vetted therapist, can conduct group counseling sessions, are able to partner with outside therapists to help with treatment and coping skills and finally, are able to put forth a lot of school wide initiatives such as the new calming kits available at Mercy.

As winter approaches it is important to remember to take time to focus on yourself and your mental health. It is also crucial to keep in mind that with disorders such as SAD, you should never self diagnose. With social media and the internet it is easier than ever to fall down a rabbit hole of self diagnosing but you need to remember to be careful.

"If a student hears something or reads something on the internet or social media that resonates with them and thinks oh my gosh that might be me, talking with a professional first whether it be inside or outside of Mercy is the best thing to do," Brown said.



Light therapy

Treatment options for seasonal affective disorder:



Cognitive behavioral therapy



Taking vitamin d



Taking selective serotonin reuptake inhibitors

Kanye West's actions have no excuse

STORY: HELENA NAJAR

When the name Kanye West is spoken a myriad of words can come to mind. Rapper, designer, businessman or perhaps even politician can be used to describe the multifaceted mogul, but despite all his talents and fame, West has not been a stranger to controversy.

On February 10, 2004, "The College Dropout" was released to the public by a then widely unknown artist named Kanye West. This album would go on to single handedly change the trajectory of hip-hop music for the rest of time and would launch West into almost instantaneous super-stardom.

Since 2004, West has gone on to release nine additional studio albums earning him just under 800 industry award nominations and over 200 wins including 24 Grammy Awards. Through all this success and talent, West has undoubtedly earned the title of this generation's greatest artist.

But since his musical beginnings, West has frequently been the center of many public controversies. From feuds with his peers to his problematic social media presence, West has always been known to state his opinions no matter how severe the backlash may be.

WHAT IS KANYE SAYING?

Kanye West, now known as Ye has been in the press frequently since the beginning of October for his offensive words and actions towards many minority groups, primarily Black and Jewish communities.

On October 3, Ye held his YZY fashion show in Paris where he and political commentator Candace Owens sported "White Lives Matter" shirts. This phrase and "movement" gained popularity as a response to the "Black Lives Matter" movement in 2020. Vanessa Friedman of The New York Times reports that this phrase has even been categorized as hate speech according to the Anti-Defamation League because it has been used by white supremacists including the Ku Klux Klan.

Ye's decision to promote this harmful movement sparked what some deem as well-deserved outrage from Black people across the globe including fans and other well-known celebrities. British Vogue's editor-in-chief Edward Enninful called the shirt "insensitive, given the state of the world"; actor and musician Jaden Smith, who walked out of the show, later took to Twitter writing, "I don't care who it is, if I don't feel the message, I'm out."

But Ye's shirt was not the first time he has gained attention for offensive comments about race.

Andy Bustard, a writer for HipHopDX, described a 2018 TMZ Live appearance where West expressed his idea that slavery was a choice.

His comment caused a black TMZ employee named Van Lathan to respond directly.

"We have to deal with marginalization that has come for the 400 years of slavery that you said for our people was a choice," Lathan said. "Frankly, I'm disappointed, I'm appalled, and brother I am unbelievably hurt by the fact that you have morphed into something to me that's not real."

Despite all this, the Black community is not the only minority group West has found himself on unstable grounds with. Recently, West has spoken very freely about his thoughts regarding the Jewish community.

On October 7, West posted a screenshot of a private text

message conversation he had with rapper and businessman Sean Combs also known as Diddy. According to Marisa Dellatto, a writer for Forbes Magazine, in the conversation West made comments suggesting that Combs was being controlled by Jewish people.

This idea, that Jewish people control the media has been used as an antisemitic theory throughout history and the American Jewish Committee writes that West's comment perpetuates harmful stereotypes about Jewish people.

Only two short days later, in a seemingly unwarranted Twitter rant, West posted to his 30 million followers an antisemitic tweet threatening to commit violent acts against Jewish people. This tweet and his previous Instagram post caused both of West's social media accounts to be disabled. The comments also prompted many people to speak out against him including actress Jamie Lee Curtis, who is Jewish herself, during her appearance on the TODAY show.

"I woke up and burst into tears," Curtis said. "It's bad enough that fascism is on the rise around the world. But on Twitter, on a portal, to pour that in? As if Jewish people haven't had it hard enough."

These comments towards the Jewish community not only sparked outrage but support from antisemitic and white supremacist groups.

Ye's antisemitic hate speech continued longer, in an interview with television journalist Chris Cuomo, West made claims about the music industry and the media that further supported what the Anti-Defamation League describes as "age-old antisemitic myths about Jewish greed and power and control of the entertainment industry." Mercy English teacher, Mrs. Jill Herold, who is Jewish, explained that West's comments were not an abnormality in the current world.

"Unfortunately, Kanye is not such an anomaly, when I read it I thought oh just another one," Herold said. "I think that he is just one of way too many who have the same antisemitic sentiments, he just happens to be Kanye West."

A MENTAL HEALTH CONNECTION?

Many people across social media, especially lifelong fans of West's have tried and still continue to excuse his actions specially using his mental health as an argument point.

In 2016, after he was hospitalized due to a psychiatric emergency, West was diagnosed with bipolar disorder. West has been open about his diagnoses and has even gone as far as to call it his "superpower." But despite his idea, bipolar disorder is very serious and can potentially be dangerous especially for unmedicated people, which West famously is.

But mental illness is not a bargaining chip for fans of West to use as an excuse for his actions. Claiming he is

experiencing a manic episode or a psychotic break does not mean he is no longer responsible for his actions and words. Mental illness does not and can not turn you into a bigot or a racist. Bedford Palmer, a Black psychologist and associate professor at Saint Mary's College of California spoke to Gizmodo writer Jody Serrano.

"Having [bipolar disorder] does not make you a racist," said Palmer. "It does not make you antisemitic, it does not make you do harmful things to people."

There is no valid medical or psychological reason for West's anti-Black and antisemitic comments. West has always known controversy and knows that his career will continue to thrive despite it. He knows that his talent will always come first to his fans and that they will support him regardless. Some fans even went as far as to create a GoFundMe page after West's billionaire status was revoked following Adidas' decision to terminate their partnership with him.

Bipolar disorder and mental health in general is a very serious topic that needs to be further discussed in the media. Mental health education and support should be available to all people, but along with that there must be action against hate because poor mental health is never an excuse.

WHAT DOES THIS MEAN FOR MERCY?

At Mercy, diversity is one of our core values. Mercy is a place where racism and hate speech are not tolerated. Kanye West's recent actions are only one example of the hate that we must work together as a community to end. Our words have an impact, whether they are spoken in person or on social media. There is an international problem at hand. Hate and bigotry have dominated history and continue to harm minority groups to this day and until we stop putting people like Kanye West on the pedestal they stand on, the world will never know true equality.

Catching up around Mercy

Editorial: Mental health matters

STORY AND GRAPHIC: NEWSPRINT STAFF

Mental health is an important topic that needs to be discussed in all environments around the world. The more that scientific and medical research is being done about mental health, the more the world discovers how critical it is to recognize and acknowledge the mental health of those in our communities. The Newsprint staff is focused on evaluating the importance of mental health and ways to support both your own and your peers' mental health.

So often, people focus on physical health when the topics of health and wellness are brought up, and while that is very important, mental health is just as or even more important. The two bounce off of one another; when your physical health is good and you're active, your mental health is likely going to be better. These are pillars of your overall health which can impact everything that you do.

"Mental health includes [your] emotional, psychological, and social well-being. It affects how [you] think, feel, and act," according to the Centers for Disease Control and Prevention. Mental health can affect basically everything that you do and can be affected by virtually anything which is why it is



extremely important to take care of yourselves. Mercy offers countless opportunities for students to decompress and focus on their mental health. From sending out monthly newsletters with tips to having calming kits in most classrooms, the counseling department has taken many steps in recent years to assist students in dealing with their mental health.

However, caring for your own mental health does not and should not stop there. Take steps and opportunities on your own to improve your mental health. Taking a quick nap, eating well, getting exercise or even taking a break from your screen can be so helpful in making you feel better and more prepared to take on everyday tasks. Yes, even we know that it can be hard to get away from your phone or iPad with homework, but this is where it is up to you.

Additionally, social media is a huge factor in mental health especially in teenagers. Teenage girls are particularly affected by social media and the unrealistic expectations set by it, specifically about self image. Not only harming self image but negative mental health effects, like depression and anxiety, are also linked with using social media like Snapchat, Instagram or TikTok. Learning how to use social media wisely without experiencing the negative effects of it is of the utmost importance. We recommend setting certain time limits on social media usage to help you combat the negative effects of it and doing activities to help you to work on accepting yourself as you are and not worrying about changing for others.

Poor mental health is a problem that continues to harm people around the world and even in our own community. Supporting each other and remembering that you are never alone is so important, and we, as a school, need to never stop making strides to help students with their mental health.



DECEMBER OVERVIEW AT MERCY

JCL SALMAGUNDI Originally an ancient Roman festival, the Junior Classical League puts on a fundraiser selling baked goods, stickers, along with other goods.	Dec. 6-7 A SILENT NIGHT MERCY MIMES Dec. 3 A silent Christmas performance put on by the Mercy mimes. Check it out!
Friday Dec. 9 ETHNIC BAZAAR A cultural celebration put on by Mercy's Human Relations Council to showcase all the different cultures that make up our community. From watching ethnic dances to trying foods from different cultures, it is a day of fun and learning. You can visit the drama studio during off hours on Friday, December 9 to see the performance!	2nd-6th hour
A-BALL Dec. 21 @ Laurel Manor Junior-Senior Christmas Dance after the last day of finals! Look out for Christmas King voting soon!	FINALS Dec. 19-21 Monday, Dec. 19 - 1st & 2nd hour Tuesday, Dec. 20 - 3rd, 4th & 5th hour Wednesday, Dec. 21 - 6th & 7th hour

More December Events:

- Maroon and Gold Raffle Incentive - Free Dress (if tickets were sold)
- Therapy Dogs on select dates
- Student Council Candy Grams

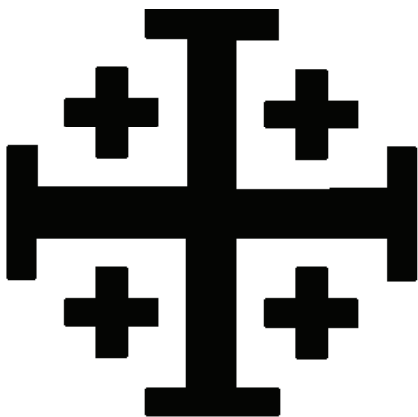
For coverage on these events and more, follow us on social media!

Mercy seniors reflect and recharge at Kairos

STORY AND GRAPHIC: MAURA MCSWEENEY

Last week, a group of Mercy seniors traveled to attend Kairos, a yearly elective retreat for seniors at Mercy. This retreat gives the students a chance to escape the craziness of the world and take almost four days to reflect and pray. "Over the three and a half day period the students have the opportunity to deepen their personal relationship with God in the person of Christ," according to Mercy Campus Ministry. Although this retreat is one that some other Catholic high schools participate in as well, Kairos is a long-standing tradition at Mercy. Kairos means the "right time" so this retreat symbolizes how it is

the right time to work on your relationship with God. It is offered three times a year with the last one in April being available for juniors to go as well. While many of the activities may remain a secret to ensure the impact of the retreat, deep reflection and prayer, Reconciliation and Eucharist are just some of the activities that Mercy students participate in during the short time at the retreat center. "Kairos is a spiritual retreat that allows you to become closer to God and your peers as well as a time away from the outside world," senior Olivia Gray said. "I went last year as a junior and I had a great and fun experience!"



Sweeping the competition

Mercy girl aims for Junior Olympics in unique sport

STORY AND GRAPHICS: MAURA SULLIVAN, ASSOCIATE EDITOR-IN-CHIEF

Curling is believed to be one of the oldest team sports, however it is often misunderstood by the everyday sports enthusiast. Sprinkled in between figure skating and skiing on Winter Olympic broadcasts, many are confused when they see people sweeping ice and yelling while a rock travels toward a target. Despite the randomness of this obscure activity, the rich history of curling is something often overlooked. Curling is a Scottish 16th century winter sport played on ice where two teams of four take turns trying to get their 40 pounds granite rocks down a 50 meter run of ice to a 12 foot bullseye. It is clear what first started as a leisurely pastime of throwing stones over ice in harsh winters now has transformed into a popular modern sport with its own world champions, Olympic competitions, and fan community.

When junior Zahra Jamil found out about the Detroit Curling Club, she was quick to sign up for a Learn to Curl class. This is where her love for curling began, and before she knew it, she was playing competitively. Now, curling is the center of Jamil's life and her sights are set on the Junior Olympics.

"I train 16ish hours a week, maybe even more," Jamil said. "The competitive season starts in early December with U21 qualification games and U18 regionals. There's always small weekend tournaments even through the summer."

Jamil's intense and time consuming training schedule contributes to her high performance. In the summer Jamil spends a month in Minnesota training 12 hours a day in intensive camps with other Junior curlers. Then in her pre-season Jamil aims to go to the gym eight times a week in the summer and three during the school year, focusing on cardio and muscle growth. In late October the Detroit Curling Club (DCC), finally gets ice and Jamil can start

practices and league play. Currently, she's at the club about five days a week and on the ice for about 13 hours a week to drill and practice.

Jamil's love for curling comes not only because of the sport itself, but also because of the community she has built through it.

"The Great Lakes curling region has a very select number of junior curlers and most kids stop when they reach highschool or don't want to curl competitively, so that's left me with the same small circuit of girls I see at every event," Jamil said. "We're all super close!"

However, despite the love she has for her curling community, her intense training schedule has impacted her social life. When asked about how she balances her time with all of the training, Jamil commented on her struggles finding balance.

"There's an answer every high performance curler will give and it's simply that you don't," Jamil said. "Most Friday nights I have practice till about 8, so that really kills my social life and whenever I'm off the ice at the club I'm doing homework."

Jamil's discipline cannot be understated and the sacrifices she has made to be successful in her sport are immense.

"My life very much revolves around curling and training," Jamil said. "Even simple things like going to concerts or hanging out with friends over the summer is all reliant on my curling schedule."

Jamil's hardworking nature is evident in more than just curling. Her tireless determination has not been missed by her peers.

"Zahra's so hardworking," said senior Abby Sobek, Jamil's friend and classmate. "She is always the first to volunteer to help with something even when she has other things going on."

Competitions in the curling community are few and far between. Despite the high pressure of the competitive atmosphere, Jamil enjoys competing with other highly skilled curlers.

"I've played in probably around 10 competitive bonspiels (curling tournaments), my most recent being the U21 Nationals with a team I met a month before the event," Jamil said. Although the results didn't land in her team's favor, Jamil still found the experience valuable and is eager to compete again.

"It is really difficult to find other junior curlers in the area," Jamil said. "So I'm just blessed to have gone."

Looking forward, Jamil knows she wants to continue furthering her athletic talents at the next level.

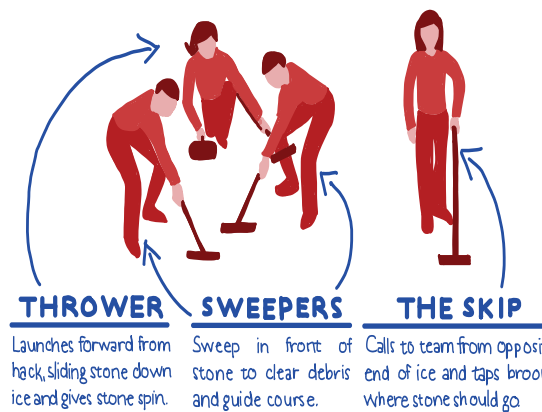
"My current 'vision quest' is to represent the US in the next junior Olympics and when I turn 18 join the national team in Minneapolis," Jamil said.

Wherever her future takes her, both curling and beyond, it is evident that Jamil's dedication and commitment to excellence will take her far and lead her to a bright future. Jamil's determination and hard work is a testament to the difficulty of curling and helps to dismiss the misconceptions that many develop when curling pops up on their television screens.

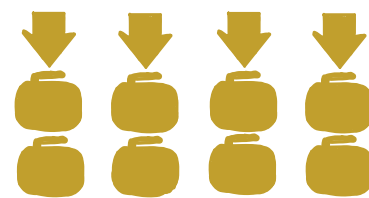


Photo used with permission by Zahra Jamil.

2 TEAMS OF 4



PLAYERS TAKE TURNS THROWING



TEAMS ALTERNATE THROWING



GAMEPLAY

STRATEGY

The advantage of throwing the last stone is called the **HAMMER**. Teams with the hammer try to score 2+ points to or "blank an end" (score no points) to keep the hammer for next end. Teams without the hammer try to set up a steal (score without hammer).

TYPES OF SHOTS

- **DRAW** — Thrown hard enough to reach the house.
- **TAKEOUT** — Intended to knock other stones out of play.
- **GUARD** — A stone that stops in front of another stone.

ENDS

Games are divided into 8-10 **ENDS**. After all 16 stones come to a stop, the stones in the house are scored.

At the championship level, each team has 73 minutes. If a team runs out of time, they lose the game.

Teams can concede early if they don't think they can win.



How to: make amazing mashed potatoes

STORY AND GRAPHICS: LENA LAJOY

With Thanksgiving approaching, many minds are filled with excitement for the amazing food the holiday has to offer. Among the many delicious options, one of the most favored at Mercy is mashed potatoes.

“I love mashed potatoes because I love all types of potatoes and they’re creamy and buttery!” junior Annabel Kristensen said.

Mashed potatoes are a staple Thanksgiving dish commonly seen on the dinner table during the day’s feast.

In preparation to make the perfect mashed potatoes for turkey day, a recipe is a very important tool.

“No holiday meal would be complete without a big bowl of creamy dreamy mashed potatoes,” “Spend With Pennies” writer Holly Nilsson said.

This recipe is a quick and easy way to make some great mashed potatoes for the whole family to enjoy. This upcoming Thanksgiving,

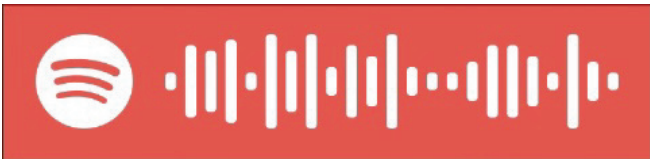
try out this recipe or another for the perfect side dish to pair with turkey dinner.



1. First, prepare the potatoes by skinning them. Take as many potatoes as you need depending on the amount of people you are cooking for. Then, find a potato peeler and get to work!
2. Boil the potatoes. Grab a pot, fill it with water and then place it over heat until the water is boiling. Next, put your potatoes into the water and boil them for around 15-20 minutes.
3. Melt together the other ingredients and prepare potatoes to be smashed. Heat butter and milk until the butter has melted into the mixture. This will make it easier to mix the ingredients into the potatoes later. Then, drain the potatoes and put them back into the pot for around a minute. This is important because it is easier to make the mashed potatoes when they are drier.
4. Mash the potatoes and add seasoning and the milk and butter mixture. For about two minutes, or until the potatoes are a good consistency, mash the potatoes with a ricer or masher. Take the butter and milk mixture and slowly add it to the potatoes and mix. Make sure to pour in half, then incorporate into the potatoes and add the rest. To finish off the potatoes add salt and pepper (or any other seasoning) to the potatoes.



Check out our November Spotify playlist!



Open Spotify and Scan to listen!

November Photo Recap!



Students wrap up French Week capturing artwork at the Detroit Institute of Arts. They came here to see French art, including some by Van Gogh. Photo used with permission by junior Kate Coscarelli. .



On the anniversary of Catherine McAuley’s death students and Sisters of Mercy meet in the Tea Parlour. They gathered here to discuss their lives as Sisters of Mercy and the impact McAuley had on their lives. Photo used with permission by junior Helena Najar.



Judge Diane Dickow D’Agostini, a Mercy alum, answers questions for students in her courtroom. Mrs. Richter’s Law in Action students visited 48th District Court and observed cases. Photo used with permission by Mrs. Cindy Richter.