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STAFF

GRACE O'DEA: EDITOR-IN-CHIEF

CAITLYN BEGOSA: ASSOCIATE

EDITOR-IN-CHIEF

FATIMA SIDDIQUE: DESIGN EDITOR

JULIA LORELLI: REPORTER

MAURA SULLIVAN: REPORTER

ALYSSA TISCH: REPORTER

HALLIE SMITH: ADVISOR

Thrifty Thrifters

STORY, PHOTO AND GRAPHICS: GRACE O'DEA EDITOR-IN-CHIEF

Goodwill, Salvation Army, Value World. Thrift stores like these that once had a seemingly negative connotation are becoming more popular than ever among youth in the search for sustainable and affordable ways to shop.

Social media has played a significant role in shedding light on the benefits of shopping at thrift stores, or “thrifting”. Many take to apps such as TikTok to post thrift hauls, or videos where users document all of their recent thrift store purchases. Videos such as these have allowed others on social media to recognize that thrifting is not a last-resort method of shopping, but, rather, an affordable way to find fashionable clothes and minimize support for less environmentally-friendly brands.

Fast fashion companies like Forever 21, Zara, H&M and Shein produce low quality clothes for affordable prices. These affordable prices, though, come with a far greater price.

According to Business Insider, fashion production alone produces 10% of the Earth’s carbon emissions, promoting climate change and drastic environmental damage.

Thrifting offers the affordability of fast fashion at a less environmentally-costly rate.

“I got into thrifting over quarantine,” junior Meaghan Dick said. “I got into global warming and wanted to figure out what I could change in my own life to help the planet.”

Thrift stores offer people the opportunity to pass their clothes on to another person instead of throwing them away to pile up in landfills. According to the UN Environment Programme, the equivalent of one garbage truck full of textiles is either burned or poured into a landfill every second. Even worse, these

clothes are not very good at burning or decomposing.

A common, cheap textile fabric, polyester, emits significant amounts of carbon in production and is also hard to break down. Throwing away clothes contributes to the pollution that comes from poorly-made, non-biodegradable clothing cluttering landfills and oceans.

“When I get rid of old clothes, I usually give them to Goodwill,” senior Alisa Elmore said.

Offering a new home to outgrown clothes is one of the most prevalent ways thrift stores help reduce pollution and the environmental damage which comes from the textile industry.

What deters many from thrifting is the concept of wearing “old” or “used” products. Salvation Army and Goodwill, though, like most upcycling stores, have it in their policies that donated items must be in “good condition” or “gently used”, ensuring good quality in items thrifted.

“I think a lot of people think thrifting is inherently dirty because people think ‘oh these are someone’s old clothes’ but I’ve found some of my favorite clothing items thrifting,” Elmore said. “So, I think it’s 100% worth it.”

Thrifting is more than just an environmentally-savvy choice. It’s also a fashionable one. With people of all generations donating to thrift stores, it’s easy to find clothes that resemble the styles of a certain decade. Today, as past trends continue to resurface, this gateway to fashion of the past is especially helpful.

Even more modern pieces, though, are easy to access via thrift stores. Hidden gems found among the racks of clothes at a local thrift store could just be a new staple piece in someone’s closet.

“I just went thrifting before I went on vacation, and I found this adorable cropped sweater,” Elmore said. “It’s the cutest sweater I own.”

The vast range of suppliers for thrift stores offers a vast range of fashion to choose from. Thrifting can be used as a great substitute for a regular trip to the mall.

“With wearing uniforms, I don’t have as many street-wear types of clothes, so thrifting is a great way to find random clothes I might need more of,” Dick said.

With the wide selection of items, though, many also use thrifting as a means to search for specific styles or pieces.

“Sometimes, I go in with an idea, like if I’m looking for a certain type of pants,” Elmore said.

Regardless of what someone is shopping for, thrifting helps diversify one’s closet without wasting a whole paycheck.

“I buy a lot of my own clothes, so thrifting is more cost efficient for me,” freshman Tess

O'Donnell said. “It’s better for my bank account for me to thrift.”

Thrifting, like any other form of shopping, is an easy activity to make a day out of and have fun with. Going with other people on a mini thrifting adventure adds to the experience as a whole.



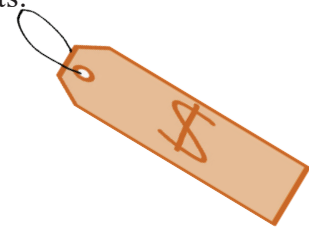
O'Donnell showcases one of her favorite thrifting finds, a seemingly never-worn Champion brand crew neck. Photo used with permission by O'Donnell

“I like going with my friends or my mom,” Dick said. “That way, I can get a second opinion, and it’s a lot more fun when we can find different things.”

And while thrift stores are notorious for shopping purposes, they can also be utilized for donating purposes. Most thrift stores will accept a variety of items in good condition, and donating clothes instead of throwing them away is yet another way to prevent further environmental damage within the textile industry.

“My mom and I donate clothes to the Salvation Army and Goodwill often,” O'Donnell said.

In a world that is constantly searching for ways to reduce pollution and environmental damage, thrifting remains an easy way to make personal changes to benefit the environment. Local stores such as Baby Baby in downtown Northville, Ragstock in Ann Arbor and other household name thrift stores including Salvation Army and Goodwill offer customers affordable upcycled fashion that helps the planet and their wallets.



Recognizable thrift stores like salvation Army and Goodwill are used nationwide for donating and purchasing clothes. Photos: fair use

Prom season



STORY AND GRAPHICS: JULIA LORELLI

As the school year winds down, seniors start planning for their prom. Everyone has their own style or taste in dresses. Senior Annie Jefferson said that she was looking for a dress with a V-neck. “[I wanted] something kind of flowing at the bottom and tighter around the waist. I wanted something more elegant and classy,” Jefferson said.

Senior Katherine Gutowsky said that she was looking for something simple, yet elegant. “I also wanted something that would be flattering to my body,” Gutowsky said.

Senior Elise Collins is new to formal dress shopping, but she decided to get a red dress after a little bit of searching.

“There’s no particular reason, but I really liked the way the red dresses looked so I decided I wanted a red one,” Collins said.

Finding a prom dress is no easy task. With a handful of places to look and countless options to choose from, girls may have to try on several before they find the perfect dress. Jefferson had a bit of an easier task since she was able to take

her older sister-Caitlyn’s-dress. “I’m going to two proms, so I had to try one [Caitlyn’s] dress, because it hit all the marks I wanted. I [also] tried on like 10 dresses for my other prom at Von Maur,” Jefferson said. Gutowsky spent alot of time trying to find her prom dress.

“I tried on at least 20 dresses at three different places. I looked at Bella Mia and Nordstrom where a lot of the dresses were picked over, so there were not a lot of options to choose from in those stores. I finally found my prom dress at Macy’s,”Gutowsky said.

Collins went all over the place trying to find her prom dress.

“I looked at Bella Mia and Nordstrom. I tried on like 10 to 12 dresses before I decided on the dress that I wanted to wear. I found it at Hermz. I didn’t ever think about looking online because I hate online shopping.”

Girls have a large spending range when it comes to prom. According to Promgirl.com, the cost of prom can range anywhere between \$175 to \$2,100 with the dress taking up a signifciant

portion of that budget, costing anywhere from \$50 to \$500.

If anyone is looking for a last minute dress, 12 Oaks Mall in Novi has Macy’s, Nordstrom and Windsor as places to look for in store. Other stores include Hermz, Von Maur, Bella Mia and Camille La Vie. Most of the other prom dress stores double as a bridal shop. Places to look online for a last minute prom dress include: Lulu’s, Revolve and Asos. Macys, Nordstrom, Windsor and Bella Mia also have a website to shop from if anyone would prefer to shop from their couch instead of going into the store.

For next year’s prom and homecoming, students may want to check out Cinderella’s Closet in Howell. Cinderella’s Closet is a program of the LACASA Center which personal violence. Appointments need to be made months in advance. The LACASA collection also host Cinderella’s closet during the spring for prom and the fall for homecoming. They sell new and gently used homecoming and prom dresses for two weeks in August and April for \$25.



Senior Katherine Gutowsky shops for her prom dress. Photo used with permission from Katherine Gutowsky



Senior Annie Jefferson displays her sister’s old prom dress that she’s wearing. Photo used with permission from Annie Jefferson



Senior Elise Collins finds her prom dress. Photo used with permission from Elise Collins.

GRAMMYS OR SCAMMYS

STORY AND GRAPHICS: FATIMA SIDDIQUE, DESIGN EDITOR

The 64th Annual Grammy Awards aired on April 3rd, with musical performances, bold red carpet looks and shocking award winners all at the forefront.

The Grammy Awards Ceremony has always been known as “Music’s Biggest Night,” as the Recording Academy honors artists with one of the most prestigious awards anyone in the music industry can receive. However, lately, the Recording Academy has begun to undergo criticism for its lack of transparency and supposed bias regarding nominations. Each and every year, more and more artists have started to renounce the Grammys and refuse to submit their music to what they have deemed a corrupt academy.

Either way, Grammy night can still be an exciting night for everyone. Whether you’re an artist or a viewer from home rooting for your favorite musician, it’s a night to celebrate and enjoy all kinds of music and spectacular performances.

Newsprint sent out a poll in March for Mercy students to make their predictions for the biggest Grammy awards. Now that the winners have been announced, we will let you decide if the Grammys are still honorable or if it’s a ‘#Scammy.’

**Mercy’s prediction for the winner of
“Record of the Year”:**
“Happier Than Ever” by Billie Eilish

VS

Actual winner:
“Leave The Door Open” by Silk Sonic

**Mercy’s prediction for the winner of
“Song of the Year”:**
“drivers license” by Olivia Rodrigo

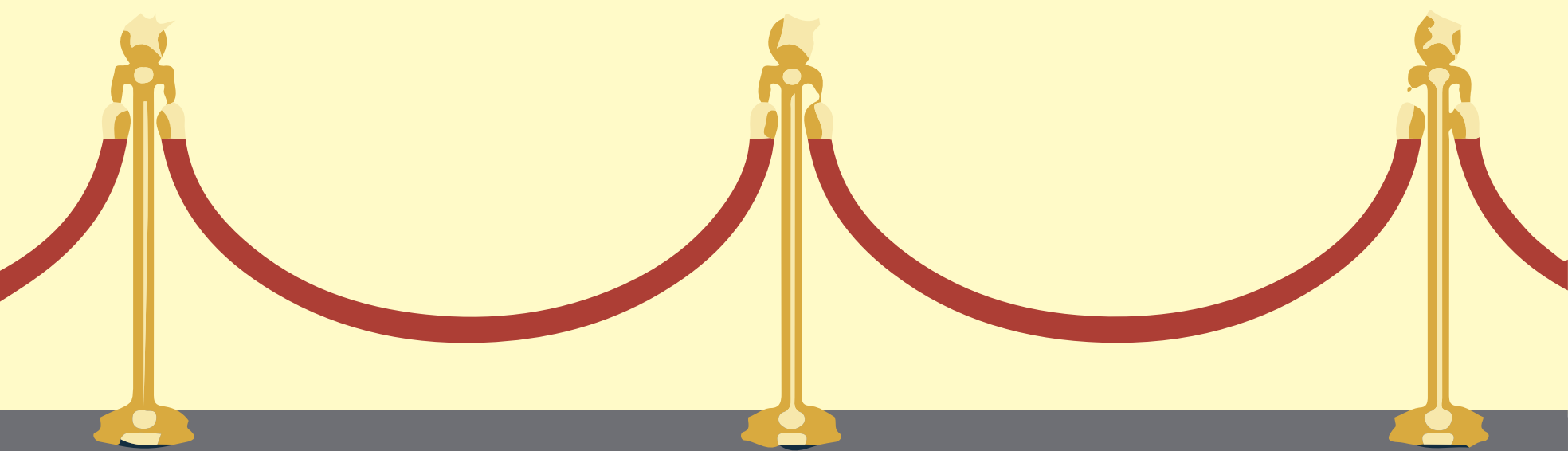
VS

Actual winner:
“Leave The Door Open” by Silk Sonic

**Mercy’s prediction for the winner of
“Album of the Year”:**
“Sour” by Olivia Rodrigo

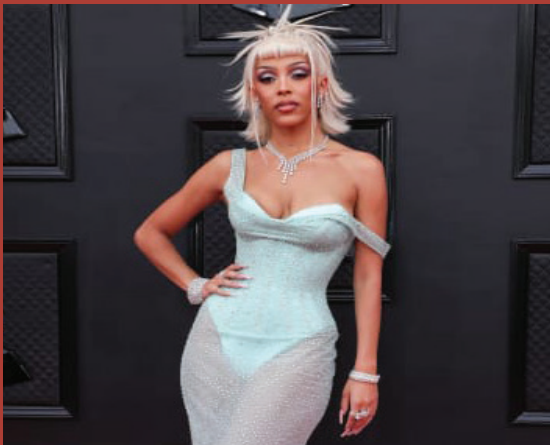
VS

Actual winner:
“We Are” Jon Batiste



Newsprint’s picks for the best & worst dressed at the Grammys

Doja Cat in Versace
Alongside a Grammy for best Pop Duo/ Group Performance, Doja Cat also won *Newsprint’s* award for Best Dressed! Truly an honor.



H.E.R. in Dundas
During H.E.R.’s appearance at the Grammys, she won best Traditional R&B performance and performed a fantastic medley. Unfortunately, her outfit was most definitely not the ‘best part.’

MOTHER EARTH’S PROTECTORS

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

In 2019, Greta Thunberg sparked a new wave of the environmental movement by skipping class to protest outside the Swedish Parliament about carbon emissions and speak to the entire world at the UN Climate Change Summit. However, the fight to protect Mother Earth ignited long before her crusade.

The conservation movement sprouted as a result of the Industrial Revolution. This era of the 18th century spurred technological advancements but created consequences to the environment. Pollution, deforestation, depletion of natural resources and many other repercussions of this period damaged various ecosystems. This exploitation of the land continued until American elites noticed that rapid consumption was depleting the USA’s natural resources.

During the Progressive Era, President Theodore Roosevelt sparked the conservation movement, calling for preservation of wildlife and natural features of the United States. One monumental achievement of Roosevelt’s reform movement was the creation of state and national parks.

This idea sparked from the Sierra Club, one of the first organizations that prioritized environmental protection. Its members lobbied politicians to establish national parks and eventually succeeded with

the creation of Yellowstone National Park. Today, the Sierra Club acts as an interest group where its members perform grassroots action to invoke policy change for the environment.

According to One Tree Planted, five national parks, 51 federal bird reserves, 18 national monuments and other sites to protect the environment were established during the Roosevelt presidency.

The next wave of the conservation movement was prompted during Richard Nixon’s presidency. The United States saw an increase of oil spills, contaminated water and air pollution. To improve environmental conditions, Nixon created the Environmental Protection Agency (EPA) to protect citizens and the environment from harm. This agency spurred the creation of new legislation to improve the quality of nature such as the Clean Air Act and the Clean Water Act.

Earth Day, coined by Wisconsin senator Gaylord Nelson, soon became a national and global holiday, urging people across the globe to help solve the world’s environmental issues. The first Earth Day, April 22, 1970, is considered the birthday of the modern environmental movement.

Today, the conservation movement is spearheaded by grassroot initiatives, nonprofit organizations, government agencies and individuals wanting to create change within the world. Today, this modern-day crusade is often interwoven with the preservation and climate change movements as they all serve a similar purpose to protect the Earth.

Many activists and organizations have joined the environmental movement after Thunberg shed light on the issues affecting the environment. There has been an increase of climate strikes, protests and activism to enact policy change for a better and cleaner world.

Thunberg is just one out of many of Mother Earth’s protectors. Read about the following individuals who have made an impact on the environmental movement.



RACHEL CARSON

Considered the mother of the environmental movement, Rachel Carson was an American biologist and writer. Her fame rose from her in-depth writings about marine life and environmental pollution. In her work *Silent Spring*, Carson brought urgency towards the use of pesticides and fertilizers. This impactful book led to the ban of DDT, an insecticide that harmed wildlife, and launched the modern environmental movement.

In *Silent Spring*, Carson wrote, “The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction.”

DAVID SUZUKI

David Suzuki is an award-winning geneticist and biologist. He started his environmental activism by becoming a broadcast personality, starring on the CBC Television productions *Science Magazine* and *The Nature of Things*, where he has been hosting for over 40 years. He eventually helped found his namesake organization, the David Suzuki organization, whose goal is preventing climate change and mass species extinctions.

In an interview with Mongabay, Suzuki said, “I believe that that’s the challenge: to give Nature the chance, not impose human technology, and try to manage our way into the future. Give Nature — which has had 3.8 billion years to evolve — give Nature a chance, and my hope is that she will be far more generous than we deserve.”

WANGARI MAATHAI

Wangari Maathai was born in Nyeri, Kenya. After seeing the struggles of other Kenyan women who lacked water and food sources, she created the Green Belt Movement (GBM), a grassroots organization whose goal is to strive for “a greener, cleaner world.” GBM has gone on to plant over 50 million trees and improve Kenyan communities through education, income and food security. In 2002, Maathia was elected to be a member of the Kenya Parliament, where she served as an assistant minister in the Ministry for Environment and Natural Resources. She was awarded the Nobel Peace Prize in 2004.

During her acceptance speech, Maathai said, “I always felt that our work was not simply about planting trees. It was about inspiring people to take charge of their environment, the system that governed them, their lives, and their future.”

ALEXANDRIA VILLASEÑOR

Inspired by Greta Thunberg, 17-year-old Alexandria Villaseñor had her own school strike to protest the lack of action revolving around climate change. Lasting 12 weeks, she skipped school and sat in front of the United Nations Headquarters in New York. Along with her strike initiative, she also helped found Earth Rising, an organization of young activists spreading awareness to the harm of climate change.

“I’m too young to vote. When I strike, I feel like I am taking back some agency in my future,” Villaseñor wrote on her Twitter account.

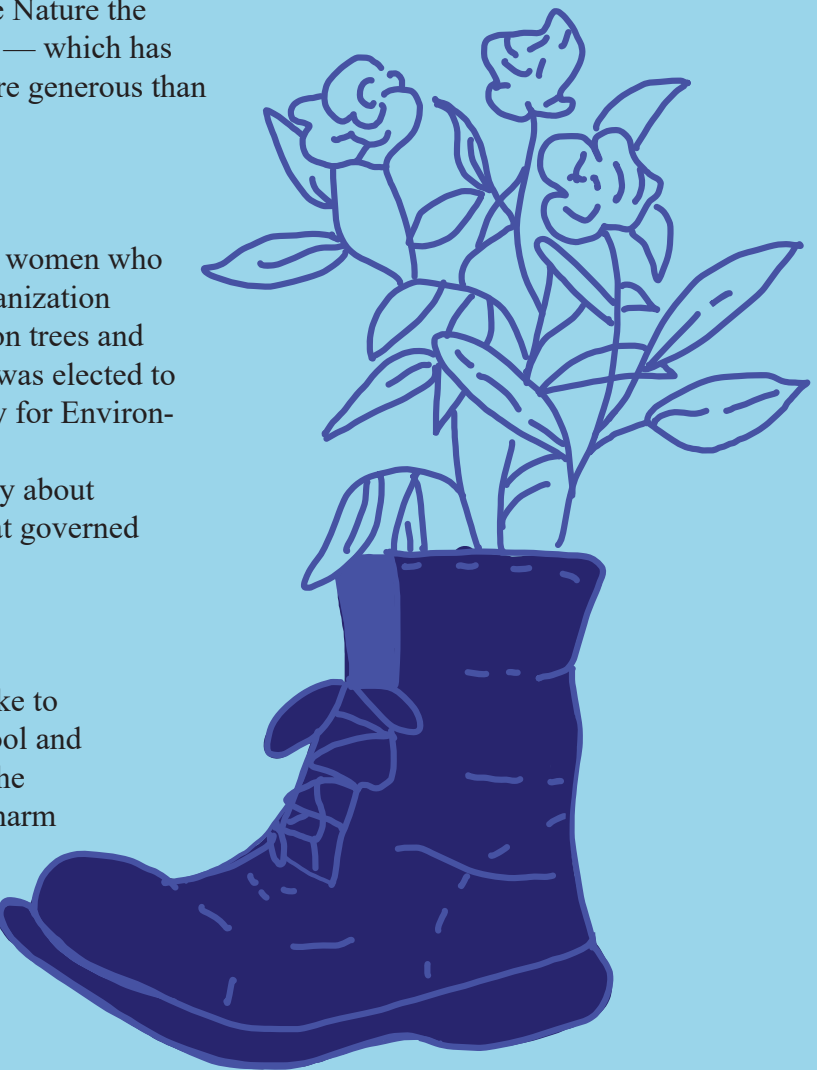


Photo from Rachel Carson Organization



Photo from Earth Citizens



Photo from Landscape News



Photo from Daily Herald

National Arab American Heritage Month

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



Paying homage to the culture, language, food and contributions of the Middle East, the month of April is designated as National Arab American Heritage Month (NAAHM). The Middle East consists of countries in Southwest Asia near the Arabian Peninsula and part of North Africa.

According to the Arab American Institute Foundation, the estimated Arab population is above 3.5 million in the United States, and Michigan contains the second largest Arab population behind California. With this large portion of Arab Americans in the USA, NAAHM honors a crucial group to American society.

“In the state of Michigan especially, there is a high population of Arabs,” junior Ella Jawich said. “Specifically for us Michiganders, you must be informed about Arab culture because anyone you can see in the street could be Arab, and you need to know how to respect their background. Even if we didn’t have a high population, it’s always great to learn more about others.”

Similarly, Mercy High School also has a large population of Middle Eastern students that need to be recognized.

“To be a Mercy community, you have to understand the people who are with you in class, so you can connect with them on a deeper level than just knowing their name,” junior Angelina Hamati said.

A big contributor to Mercy’s celebration of NAAHM was MESA, a club formed earlier this school year.

“MESA is the Middle Eastern

Student Association,” Media Center’s assistant and club moderator Mrs. Marylou Waineo said. “There’s MESA groups all over the country, and it’s Middle Eastern students of all different nationalities coming together to celebrate the Arab culture.”

MESA was created to be an outlet for Middle Eastern students to showcase their nationalities and for non-Arab students to learn more about the culture.

“I think these students should be represented and be able to celebrate their nationality and different religions, but they all come together to celebrate that they come from that part of the world,” Mrs. Waineo said.

Since the Middle East is such a diverse region, one of the first goals of MESA was to learn about their fellow members’ cultures.

“One of the things that came out in our first meeting [was] that a lot of the Middle Eastern countries don’t know about the other Middle Eastern countries,” Mrs. Waineo said. “This helps us be a positive representation of the Middle Eastern countries at Mercy.”

Some of the few ways the Human Relations Council (HRC) helped celebrate NAAHM were having daily announcements about Arab culture and playing Arabic music in the hallways.

Inspired by Ethnic Bazaar, MESA hosted the Arab American Heritage Month Bazaar to feature Middle Eastern culture for the student body.

This celebration began with MESA

members dancing dabke, a line dance traditionally used at weddings and other ceremonies. Additionally, the dance was accompanied by a video of people answering questions about Arab culture.

The highlight of the Arab American Heritage Month Bazaar was the panel of speakers consisting of students from different Middle Eastern nationalities, such as Syrian, Lebanese, Palestinian and Iraqi. These speakers spoke about misconceptions of the Middle East, the hospitality of their culture, their favorite dishes and much more.

Finally, the celebration ended with the audience grabbing Middle Eastern treats like cheese pies.

For those who weren’t able to attend the Arab American Heritage Month Bazaar and wish to learn more, Jawich suggests talking to MESA leaders, Arab HRC representatives and Mercy students of Middle Eastern descent. Although websites and articles can be great sources to leave new information, it’s important to learn about Arab culture from those who actually celebrate it to avoid bias and misconceptions.

“The Internet is not always a great source,” Hamati said. “It’s kind of biased at times, so going straight to the source is the best idea. There’s a lot of people at Mercy heavily influenced by their culture to talk to.”



Members of MESA perform dabke.



A panel of Arabic students discussed clothes, food and stereotypes of their culture.



Hamati and Jawich hosted MESA’s Arab Heritage Month Bazaar.

Racing to victory

STORY AND GRAPHICS: MAURA SULLIVAN

For most, running is something to be dreaded, done out of necessity, for sports conditioning, to get in shape for summer vacation or to beat traffic in the Mercy parking lot. However, for Mercy track and field athletes, running has become an integral part of their everyday lives.

“The beauty of track is that it’s you against yourself,” assistant track coach Ms. Angela Harris said. “I love watching the girls succeed. The best part is when they reach a new PR (personal record) and how excited they are. I can’t tell you how many times I’ve had girls come running across the field like ‘I made a PR’ and that to me is like the highlight when they realize how good they can be.”

Senior Captain Abby Fush, a long jumper and hurdler, knows the work it takes to compete at a high level. Results in meets come from hard work in practice.

“Practices usually consist of a warm up with a couple laps around the track with stretching and dynamics, then we get into our actual workout which is a wide range of different things,” Fush said. “And then after that we either get sent to do our specialties (hurdles/field events etc.) or we do a cool down and abs.”

Meet days, when the track athletes compete against the other schools in their league, are the perfect place for team bonding, according to Fush.

“Meet days are kind of a simulation to practices. We warm up before our events and then compete,” Fush said. “The whole team is involved,

whether people are cheering or running; everyone is doing something. We start and finish as a team and we support everyone in all of their events.”

Sophomore sprinter and long jumper, Milena Chevallier, has superstitions that she feels bring her success on meet days.

“I have a lucky pair of socks that I always wear on meet days,” Chevallier said. “I prepare for my events by warming up and listening to music.”

A first-year track athlete, but seasoned cross country runner, sophomore Naomi Paisecki participates in mostly long distance events including the 1600 meter race and relays such as the 4x800 and 4x1600. Although training for these grueling races can be difficult, there are many things that make running track worth it.

“My favorite things about the season so far have been meeting lots of new people and being able to try a bunch of new things,” Paisecki said. “I’ve been able to practice running a bunch of different distances and the coaches are very open to letting everyone try new things.”

Although it is still early in the season, Fush has high hopes for the future.

“We have only had a few meets but this season is looking promising. I think we should do very well,” Fush said.

Harris also has high expectations for this team’s accomplishments.

“We’re looking at a couple of different records on the record board and we expect at least four to fall this year. We already had three fall last

year, so the girls are doing really well,” Harris said. “We’re looking forward to retaining the Catholic League Championship and our goal is actually to make a really good challenge for regionals this year.”

There is much to look forward to in the upcoming months. Paisecki is most excited for the Freshman/Sophomore meet at Divine Child (DC).

“I know a lot of freshmen and sophomores who go to DC, so I’m looking forward to competing against them,” Paisecki said. “Plus, I am excited to see how I can improve throughout the season and to be able to compare the scores from my first meet to the scores of my last meet.”

Fush shared her excitement for the season ahead.

“I am looking forward to Catholic Leagues as well as a bunch of the invitationals we have coming up because those meets are always fun with the team,” Fush said.

Most importantly, the team’s core values and unity are what keep them successful on and off the track.

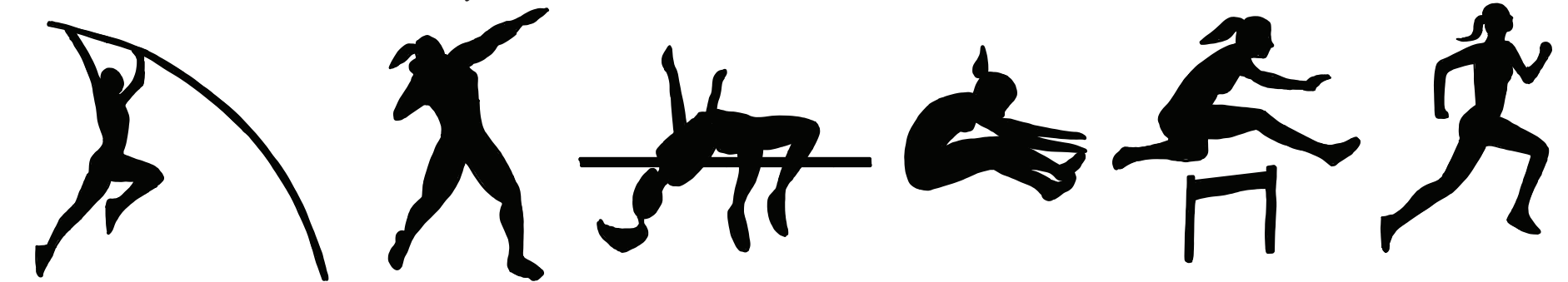
“The core values for us is support for each other. We begin together and we end together. It’s about unity and always being there to support each other,” Harris said. “We have a great group of captains that really make sure that everyone stays till the end and supports people. You know, at the end of the day it’s about doing your best and having fun.”



Sophomore and current High Jump record holder at Mercy, Milena Chevallier, competes in the high jump at the 54th Elmer Bell Oxford Invite on Saturday, April 30. Photo used with permission by Janet Sneckenberger



Senior Captain Abby Fush runs the 4x100 at the 54th Elmer Bell Oxford Invite on Saturday, April 30. Photo used with permission by Janet Sneckenberger



Got Milk?

STORY AND GRAPHICS: ALYSSA TISCH



There are many options when choosing which type of milk to buy, 22 to be exact. This may lead some to wonder: with so many options, how does one choose which to buy?

Around 10,000 BCE, the agricultural revolution took place, which involved the development of domesticated animals such as goats, cows and sheep. From these animals, humans discovered milk. Originally, dairy products were coveted and only for the rich and powerful, but as time went on, milk became available to more and other types of milk were discovered. Recently, in the last century, drinking milk has become more mainstream. People often use milk both just to drink by itself or to use in other food items. Milk consumption has been promoted to boost calcium levels and gain protein.

Today, there are around 22 different kinds of milk, according to Homestratosphere, ranging from popular types such as whole milk or soy milk to not as known types like buffalo milk or hemp milk.

All of these kinds of milk can be differentiated through taste, health benefits and sustainability.

Whole milk consists of around a 3.5% fat content, causing the milk to be thick and creamy.

On the opposite end of the scale is skimmed or fat-free milk, which contains zero fat and thus is a lot thinner. It is so thin in fact, that the milk tastes similar to water, and, to compensate, milk powders or additives are often added to try and make the milk more appealing.

If one is looking for something in between those two options, there is 2% milk. It is called 2% milk because fat content in the milk is down to 2% compared to the 3.5% of whole milk. This makes the milk thinner than that of whole milk while not having the watery quality that skimmed milk has.

Another option is low-fat milk, which has a 1% fat content. If one is leaning towards the thinner milk but doesn't want it quite as thin as skimmed milk, this is a good choice. Occasionally skim milk powder is added which can make it slightly creamier while still less so than 2% milk. This milk is typically used in a lot of dessert foods.

One other popular option is flavored milk. This manifests in many kinds, including chocolate, strawberry, banana and more. With the addition of sugar and natural or artificial food colorings, not only children but all generations can enjoy the delicious taste of flavored milk.

There are also several different health benefits, or, lack thereof, from the various milk options available.

To begin with, there is raw milk. By consuming raw milk, one is taking a bit of a health risk as the milk has not been homogenized. When a milk is homogenized, the milk is heated to decontaminate it, according to Homestratosphere. When it is not

homogenized, it could contain various bacteria and viruses that could be detrimental to the consumer's health. On the other hand, raw milk is free from preservatives which are found in the potentially harmful homogenized milk.

Cow's milk is very nutritious and contains more protein than any other type of milk. However, 68% of people in the world are lactose intolerant and cannot drink cow's milk, according to the National Institute of Diabetes and Kidney Diseases.

For those who are lactose intolerant, there are plenty of types of milk that do not contain lactose, including soy, coconut and rice. According to Homestratosphere, a study comparing the health benefits of those three types of lactose free milk concluded that soy milk contained the largest amounts of essential nutrients, making it the second most nutritious type of milk after whole milk.

Another way for consumers to decide which kind of milk they want is by looking at the sustainability of different types of milk.

According to Wholeearthsea, the least sustainable type of milk is milk from a cow. Creating a glass of cow's milk requires almost three times more greenhouse gas emissions than a glass of any plant-based milk. There is also a lot more land required as farmers need land to both grow crops for the cows to eat as well as for where the cows are housed.

Another type of milk that is detrimental to the environment is coconut milk. Coconuts are a limited resource growing in a small handful of tropical climates. With demand for coconut milk rising, palm plantations must be built to keep up. When building these plantations, the land must be cleared. This results in mass deforestation, making coconut milk harmful to these forests.

When looking for an environmentally friendly milk, one option is hemp milk. Hemp milk typically faces a lot of controversy as hemp is also used to produce marijuana, so some assume that the milk is drugged. However, this milk does not contain Tetrahydrocannabinol (THC), which is found in marijuana. Hemp milk is actually very beneficial for the environment as it helps remediate soil and isolate carbon. The downside of this, however, is that hemp milk is hard to find and therefore more expensive.

The most sustainable type of milk is either oat milk or soy milk. They are tied for being the best for the environment with little water used, less greenhouse gasses emitted than with other types and not having a negative impact on animals.

With all these different types of milk and different reasons to pick one, what do most people buy? At Mercy, according to a poll sent out by *Newsprint* with 61 responses, 60.7% of these Mercy girls said that their family uses cow's milk.

Junior Annie Campau says that her family uses 1% milk.

"My mom thinks it's the best because there's not too much fat in it, but at the same time, it gives you the nutrients that you need," Campau said. "We also use almond milk for smoothies as well for my sister who is lactose intolerant."



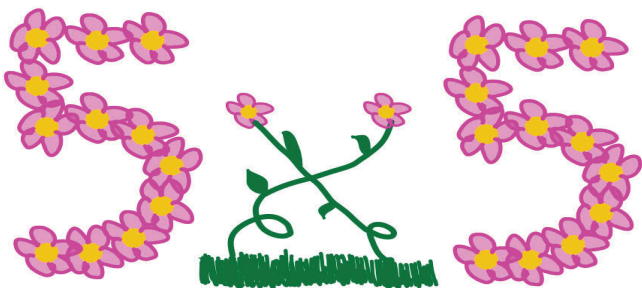
Junior Micah Scales spends quality time with her stuffed cow that she named 2%. Photo used with permission from Micah Scales



The milk section at Kroger is stocked with tons of different types of milk. Photo by Alyssa Tisch



Juniors Rachel Harris and Finley Sigel hold up their 1% milk. Photo used with permission from Finley Sigel



FIVE-BY-FIVE

STORY, PHOTOS AND GRAPHICS: GRACE O’DEA, EDITOR-IN-CHIEF



Evelyn Miller ‘25



Julia Holt ‘24



Alexis Conway ‘23



Soraya Puerto-Khalil ‘22



Mrs. Missy Kreucher

How did you spend spring break?

“I went to Florida, ate a ton of food, read on the beach and got a lot of sunburns.”

“I went to Arizona.”

“I went to Florida with my family.”

“I went to Fort Meyers.”

“I cleaned my house then flew down to Siesta Key, Florida on Easter.”

Did you experience any flight cancellations or know someone that did?

“No”

“No, but I know someone whose flight was delayed.”

“No”

“I didn’t, but I know people that did.”

“No”

Would you like to have the same spring break as public schools?

“No, there’d be too many people.”

“No”

“No”

“No”

“No”

Did you like having spring break so late this year?

“Yes”

“I don’t have an opinion about it. I didn’t care.”

“Yes”

“Yes”

“Yes”

Did you prepare for finals over spring break?

“Absolutely not”

“No”

“I actually did. I didn’t have anything else to do, and I’d rather study on the beach than at home.”

“No” *laughs*

“No, I completely unplugged. [I] didn’t even check my email.”

Mercy Meet and Greet

STORY AND GRAPHICS: ALYSSA TISCH



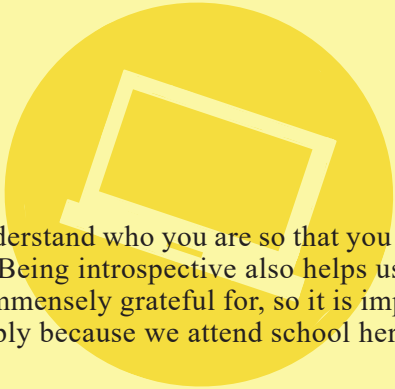
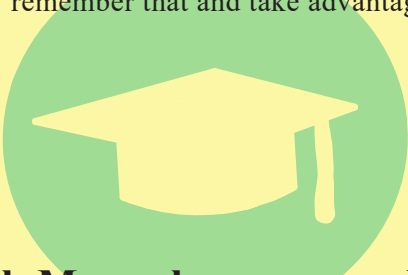
This month’s edition of the Mercy Meet and Greet features the 2022 valedictorian, Julia Rea, and the salutatorian, Anna Rimatzki, as well as the teacher of the year, Mrs. Gillian Herold, who was nominated by staff and students.



Salutatorian Anna Rimatzki. Photo by Alyssa Tisch

What is your advice for the underclassmen?

“My advice is to be introspective during your time at Mercy and try to understand who you are so that you can work towards becoming the person you want to be in a safe space like Mercy. Being introspective also helps us be more appreciative of everything we have. Going to Mercy is something to be immensely grateful for, so it is important to remember that and take advantage of the opportunities allotted to us simply because we attend school here.”



How do you think Mercy has prepared you for life after graduation?

“Mercy has prepared me for life after graduation because I have learned to become a woman who makes a difference. From challenging classes to the supporting community, I have gained confidence, knowledge and connections in my years at this school. I plan to use these skills wisely for wherever my life will take me after graduation.”



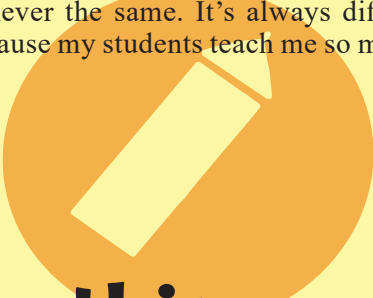
Valedictorian Julia Rea. Photo by Alyssa Tisch



Teacher of the year, Mrs. Gillian Herold. Photo by Alyssa Tisch

What is your favorite part about teaching?

“That it’s never the same. It’s always different, and I learn so much from my students every single year. I’m smarter because my students teach me so much. It’s never boring, it’s never the same and I’m constantly learning.”



Looking back on this month...



Latin classes take a field trip to the University of Michigan for their Copley Latin Day, where students listen to speakers, visit their papyrus collection and compete in fun games. Photo used with permission by Mrs. Lauren Marquard



Several college bound student athletes sit together at Senior Signing Day on April 26. Photo used with permission by Julie Earle



Grace Kirby and Maggie Geraghty rehearse together for One Acts. One Acts will be performing Saturday May 21. Go and support your peers! Photo used with permission by Caroline Turco