

THE

Sisterhood Stream

a letter from the editors...

Welcome to the first edition of OLMA's very own *Sisterhood Stream*! We are quite literally irrationally excited to have you here. Seriously, it's been the Christmas Eve, night before your birthday type of excitement (with a touch of stage fright or final exam jitters) as we have been waiting to release this to you. When we sat on FaceTime months ago, consumed in quarantine boredom, we never thought this daydream of ours would become so tangible. To be completely honest, all we were envisioning was a way for us to involve the student body in something positive and the rest of the ideas just stumbled out from there. Flash forward, and we can both proudly say that we think you will love reading it just as much as we loved creating it. Well... maybe not quite as much.

This whole project has been structured for the unique family that we all call ourselves a part of. We want you to know that this will not be just any ordinary school paper that everyone either feels obligated to read or just does not read at all. When creating this, we tried to embody everything that shines about the OLMA sisterhood: courage, unity, mercy, and wisdom, while also giving you a place to showcase your creativity, joy, and whatever else makes you, you! Our hope is that through the Stream, each one of you finds something that is fun, enjoyable to read, and lets you know that you are not alone in this crazy mess of a world. We know that we have a long way to go in reaching our full potential, but we hope you will stick around and help build the *Sisterhood Stream* with us. Thank you for being here and we hope you enjoy!

much love,

Lily Lemauro
and

Amani Malickel 1

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Updates

Remember all sophomores, you're on campus **Friday, January 29th.**

On **February 1st.**, "It Takes a Village" Week and Black History Month will begin. Look for coverage on both in our next edition!

More important dates:

February 17th - Ash Wednesday

February 21st - Sports Leadership Academy #2 from 12-2pm

The opinions included in this publication are original and our own. They do not reflect the opinions and/or position of Our Lady of Mercy Academy.

Dear Vanessa Villager,



Hey everyone, I'm Vanessa Villager! You're probably wondering who I am and what on Earth I am here for. The answer is simple: I'm here to be your shoulder to lean on whenever you need. Think of me as OLMA's own personal Google and therapist wrapped all in one. I am here for whatever questions the internet can't answer, or ones you don't feel comfortable sharing with anyone you know. I am here to listen and respond to your bad day, bad grade, stressful project, or whatever else you want to share with me. On the last page of the Stream, you will find a Google Form where you can submit any of your random questions or thoughts, and I will answer them! Don't worry, you will remain completely anonymous (I won't even know who you are). In the meantime, I wanted to answer a few questions to kickstart us into the new year.

**Dear Vanessa,
Last semester, my school work tended to make me very stressed. Is there anything I could do to make it more manageable?
Sincerely, Stressed**

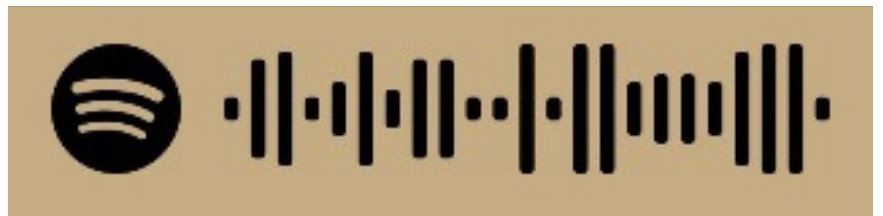
Dear Stressed,
I am 100% with you! I think last semester was a challenge for most of us. That's why this year, I decided to focus on controlling the "controllables" and letting go of stressors that I can't change. For example, I know that while there is no way I can change the workload, I can change my time management. And no, I am not saying that in the way you think. I am saying that I can decide to make time solely for myself and things that make me happy. Such as: finishing my work by Friday (despite how impossible it may seem) and taking the weekend away from the computer screen, or waking up early and getting my day's worth of work done so I can go watch a movie or bake some brownies before it gets too late. Seriously, your brain is working so incredibly hard that it deserves a guilt-free snack and TV break. The hardest part of getting your work done is simply getting started.

**Dear Vanessa,
I still have time, but I have no idea what to do with my life. I constantly worry about picking a career and college. What should I do?
From,
I'm Freaked Out**

Dear I'm Freaked Out,
I'm with you on that one. You will read so many articles about finding your "spike" and picking a career path. Don't worry about that right now. Focus on doing what you love and pursuing hobbies that you are passionate about! Try new things; the more you try, the more you'll learn about your likes and dislikes. At the end of the day, if you try your best in everything you do, then the rest will fall into place. Right now, learn more about what you enjoy as a person, rather than what you think colleges will like.

New Year, New Mindset, New Playlist

With the music world giving us so many different genres, artists, and songs, the variation in music tastes is endless. So, we decided to put your musical expertise to the test with a mini playlist challenge. In each issue, we will come up with a playlist title, and your job is to submit a song, or even multiple, that you think will fit. This month, the title in question is “**New Year, New Mindset.**” While we have given you a bit of a head start, we are still taking submissions and can not wait to see what the final product will be!



**scan this code or click below
to listen to the playlist!**



CLICK HERE

Arts Overview!

OLMA is filled with some insanely talented artists. While some have shown us their skills, we know that there are some future Picassos, Beyoncés, or even a Shakespeare still concealed in the crowd. As artists ourselves, we know how hard it is to take that step and display your talent to the world. However, that is exactly what we are asking you to do. Express your truly artistic self (anonymously if you would like) and send us any project you have been working on. Whether it be paintings, short stories, videos of your favorite instrument to play, or a song to sing, we want to see it all! Find our contact information on the last page.

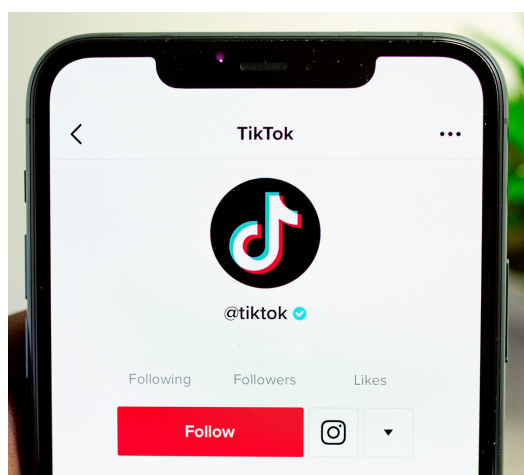
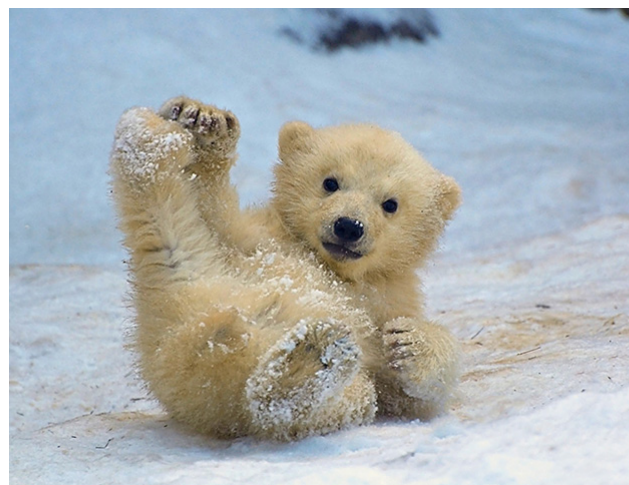


Don't Skip!!

Hi. Hello. Welcome to the news section; we know you probably don't want to be here.

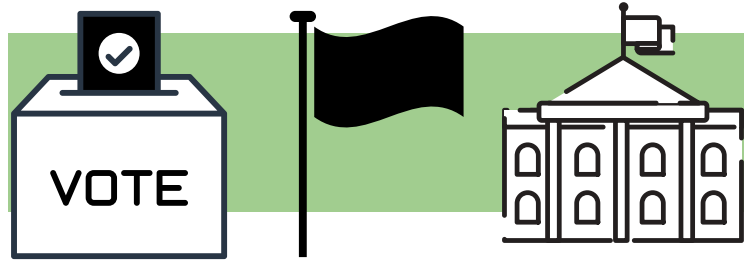
The last thing you want to read about is more political jargon or new strains of the coronavirus, but 2020 has shown us that the world is always on its toes, ready to spring the next natural disaster or political uproar at any moment. It's essential to know what's happening in the world around you, so please, take a few moments and at least skim over the rest of this section.

Do you see this polar bear? It's just so darn cute. With the state of the world right now, this adorable bear could very well be dead soon. An astounding six million letters and counting have been sent to the Fish and Wildlife Service in attempts to protect the polar bears that live in the Arctic National Wildlife Refuge (ANWR). That's over two hundred thirty times the amount of polar bears living today. These measures were taken in an effort to stop former President Donald Trump from auctioning off portions of the ANWR to oil drillers on January 6th. Unfortunately, the federal court rejected arguments by environmental groups seeking to stop the auction. Luckily, major oil companies did not try to buy these leases because of low oil prices and banks not willing to finance these endeavors. Only a measly number of three bidders showed up. Don't be discouraged however, social media and environmental activists' efforts are not in vain. On inauguration day, President Joe Biden signed an executive order placing a temporary halt on oil and gas activity in the ANWR. Knowledge about protecting the arctic is spreading like wildfire, through hashtags such as #protectthearctic and platforms like TikTok. Keep learning about ways you can protect our Earth; we only have one.



TikTok has new privacy updates that started on January 13th to protect its users under eighteen. A private account is now the default setting for users from 13-15, and their accounts will no longer be suggested to others. You now cannot download videos, send direct messages, or live stream in this age category either. Comments are limited to "friends" only, and duets and stitches are turned off for everyone fifteen and below. The rules for ages 16-17 are a little looser but are still receiving enhanced privacy settings. Lastly, parents can now link their TikTok accounts to their children's through Family Pairing, controlling screen time, among other things. These updates may be frustrating to younger users but will hopefully be better for their safety.

POLITICS



As you may have suspected, the time has now come to delve into the realm of politics. Even speaking that word these days seems like a risk. However, regardless of your personal opinions, it is so important to be educated on historical events, especially since history is being made at the speed of light, right in front of our eyes.

Capitol Raids

On Wednesday, January 6th, hundreds of lawmakers faced never before seen conditions as the certification of the presidential vote was interrupted by a rally turned deadly. The day's events began at Ellipse park near the White House where hundreds of Trump supporters had gathered for a "Save America" rally partially organized



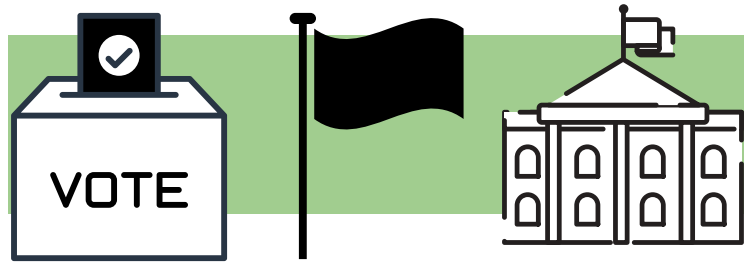
EVELYN HOCKSTEIN/WASHINGTON POST/GETTY IMAGES

by former President Trump. Upset by the recent election results, they began to march to Capitol Hill in protest with what seemed like encouragement from the former President himself. Not long after the march reached the Capitol, was the law enforcement barricade breached allowing protesters to enter the building. Now you may be thinking, okay so what? They're only people walking inside a building. Why's it so important? Well, now put it in this perspective: this was the first breach of the US Capitol since the War of 1812 when British troops set the building up in flames. And yes, at least no buildings were burnt down this time, but, in a way, something even more shocking took place. This particular event- which is now being known as a riot- left lawmakers terrified and grasping for gas masks, dozens injured, five dead, hundreds of citizens confused on where protection had gone, and a very hazy future lying ahead, especially for our incoming President as well as Trump himself.



ROBERTO SCHMIDT/AFP/GETTY IMAGES

POLITICS



Impeachment

Following the events in the capitol, yet another historic event took place. Former President Donald Trump became the very first US president to be impeached a second time. He was charged with repeatedly issuing “false statements asserting that the presidential



REUTERS/LEAH MILLIS

election results were fraudulent and should not be accepted". The article of impeachment also stated that he "wilfully made statements to the crowd that encouraged and foreseeably resulted in lawless action at the Capitol." Predictably, the Democratic members of the House argued that Trump is dangerous and needed to be removed from office, but surprisingly, many Republicans agreed.

We are now looking ahead to a Senate trial that will overlap with Biden’s first few days of presidency. The part we truly need to stay tuned for, however, is seeing if the evenly split 100 seat Senate will vote to convict Trump or spare him and give him the chance to run again in 2024.

Inauguration

Even with the scare of domestic terrorism and Covid-19, Joe Biden was inaugurated as the 46th President of the United States on Wednesday, January 20th. Former President Donald Trump, who has not yet formally conceded the presidency to Biden, was not in attendance, but former Vice President Mike Pence was. Women



JOE RAEDLE/GETTY IMAGES

were at the forefront of this historic day, especially with Kamala Harris being the first woman, African American, and South Asian Vice President in US history. Notable women, like Michelle Obama, Hillary Clinton, and Kamala Harris, wore purple, which represents bipartisanship, as the combination of the two parties' colors, (red and blue) is purple. Purple is also the representative color of women's suffrage, which is the right of women to vote in elections. Let’s all strive to be like these wonderful women of our generation, as leaders breaking boundaries.

Tidbits

Free donuts! Many Krispy Kreme locations give away up to six free donuts for every "A" on your report card. Call your local Krispy Kreme to see if they participate and get some sweets for all your hard work.



Cookies out of cake mix! Combine 2 eggs, 1/2 cup vegetable oil, and an 18 oz. box of your favorite cake mix to make delicious and easy cookies. These are perfect to quickly satisfy a sweet tooth. (If your mix is 15 oz. add 1/4 cup extra all-purpose flour to the mix.)



A new way to eat nuggets and fries! Take some chicken nuggets or fries (or both) and put them into a container with your favorite sauces (most commonly, the beloved Chick-fil-A Sauce.) Shake until fully coated and enjoy.



click recipe to visit website! 

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Recipe

Nutella Brownies

PREP TIME:10 minutes

COOK TIME:36 minutes

YIELDS:12 brownies


INGREDIENTS

1/3 cup unsalted butter, softened to room temperature
1/2 cup packed light brown sugar
2 large eggs
2 teaspoons vanilla extract
3/4 cup all-purpose flour
1 and 1/4 cup Nutella
1/2 teaspoon salt
optional: 3/4 cup semi sweet chocolate chips and sea salt for topping

INSTRUCTIONS

1. Preheat oven to 350 degrees. Line the bottom and sides of a 8 or 9 inch pan with foil or parchment.
2. With a hand held or stand mixer, beat the butter until smooth. Add the brown sugar, beat until creamed. Add the eggs and vanilla. Beat until combined. Add one cup of Nutella and salt and mix until smooth and fluffy. Then add the flour and mix until just combined. If using chocolate chips, gently fold them in now.
3. Pour batter into the prepared baxing pan. Drop spoonfuls of the remaining Nutella on top and swirl with a knife. If desired, top with sprinkle of sea salt.
4. Bake brownies for 32-36 minutes and test with a toothpick for doneness. Once the toothpick comes out clean, let cool completely on a metal rack then lift brownies out and cut into squares.

NOTES



When lining your baking pan, make sure to leave an extra flap of foil/parchment on all sides to use to lift the brownies.

When mixing, make sure to scrape down the sides of the bowl as nessecary.

Oven times may vary. Be sure to keep an eye on them.

Looking for an easy and delicious twist on a classic dessert? Well, look no further with these delicious Nutella brownies. Try this recipe and send us some pictures of how they turned out!

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Reviews & Recommendations



There is nothing better than watching an entire season of a show in a day, or playing your favorite song over and over until you can sing the lyrics backwards. Despite having your comfort series or song, try reading a new book or listening to a new genre of music- you never know what you might like. To give you some new ideas, we are sharing our reviews and recommendations with you, from songs to movies to books and more. If you have any suggestions of your own, submit them in the Google Form at the end of the Stream!



***Folklore* and *Evermore* by Taylor Swift**

As most of you probably know by now, Taylor Swift has released two new albums over the past few months. The sister albums, *Folklore* and *Evermore*, are perfect for those of you who typically enjoy Indie/Alternative music and love when lyrics tell a story. With narratives of fairy tales and first loves, heartbreaks and a touch of revenge, the lyrics within these new songs are stunning.



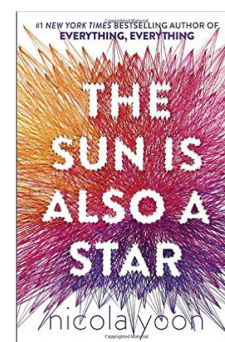
***Soul* from Pixar**

“You can’t crush a soul here, that’s what life on Earth is for.” I have got to say, this movie made me feel insignificant and useless, like I wasn’t doing anything real with my life. It was eye-opening, so eye-opening that a tear or two may have fallen out. *Soul* is about a teacher who feels lost and goes on a journey to regain his fervor for life. I highly recommend it to anyone wanting a cute family movie or a delve into the human psyche.



***Anything Goes* by Emma Chamberlain**

I love podcasts, it’s the perfect in-between of a show and music. Emma Chamberlain’s *Anything Goes* is a wonderful blend of witty and relatable, while still discussing young adult issues. From fashion advice, self-growth, and storytimes, this podcast is perfect for anyone looking for that “you’re on FaceTime with a friend” feel.



***The Sun is Also a Star* by Nicola Yoon**

The Sun is Also a Star is a perfect read for those of you out there who insist that they will never, ever, be a reader. The story of Natasha and Daniel meeting for the very first time is such a captivating and unique take on love at first sight, that both breaks your heart and gives skeptics a reason to believe that “fate has something much more extraordinary in store” --- for all of us. I promise that you fellow rom-com movie lovers will not be disappointed with this page-turner!



Be the Light!

Note: To take it one step further, make an extra effort to give someone something to send us. We want to see smiles everywhere!

Our school motto this year, “Be the Light”, is something we really want to try to embody. These days everything can just feel so, so dark. Sure, taking a nap or watching TV in the dark may seem like the best part of the day, but living with the lights off all the time is just way too boring. Here at the Stream, we want to be anything but that. We are asking that you take just an extra few seconds out of your day to think about how you can be the light for others and recognize who the light is in your life. Then, shine our way!

We don't care what it is or how unremarkable it may seem, we want to see it all. Send your favorite inspirational quote, a screenshot of a text that made you smile, a cute sticky note left on your locker, etc, and shine the light even brighter and wider!

Inspiring quotes from inspiring women...

"What I want young women and girls to know is: You are powerful and your voice matters. You're going to walk into many rooms in your life and career where you may be the only one who looks like you or who has had the experiences you've had. But you remember that when you are in those rooms, you are not alone. We are all in that room with you applauding you on. Cheering your voice. And just so proud of you. So you use that voice and be strong."

-Vice President Kamala Harris

"So often in life, things that you regard as an impediment turn out to be great, good fortune."

-Ruth Bader Ginsburg

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

-Harriet Tubman

"There are two powers in the world; one is the sword and the other is the pen. There is a third power stronger than both, that of women."

-Malala Yousafzai

contact us!

email:

sisterhoodstream@olmanj.org

(clickable link)



You have reached the end of our first edition of the Sisterhood Stream! We hope you enjoyed it. Please fill out an application if you are interested in joining our staff, and fill out our survey to help us with future editions. Soon, you can expect to see a sports section, contests, debates, surveys, and much much more. Send us some feedback, we'd love to hear what you think :)



Here is the Google form where you can submit song ideas, positive messages, questions, and more! This form is completely anonymous. We highly encourage you to submit something; it will help us out so much! Make sure you are logged in to your OLMA email in order to complete the form.

Thank you so much for reading our first edition of the Sisterhood Stream! We hope you enjoyed it. If you are interested in joining our staff, fill out the application in the Google Form below. Applications are due by Friday, January 29th. Once all submissions are reviewed, we will notify the selected applicants by Monday, February 1st with further information!

