

THE

Sisterhood Stream

a letter from the editors...

Welcome back, readers! We can call you that now, right? After all, we do have you returning for our second issue which is totally mind-blowing. The amount of love we've received following the first issue has been appreciated and quite honestly stunning...THANK YOU!

We have appreciated all of your ideas, comments, and feedback and we can't wait to hear even more of it. In this issue, we are so excited to introduce you to some of our staff members. With their help, ideas, and inspiration, we have pulled together what we hope will be a great follow-up to our debut. Now, there is no use in us continuing to talk about it when we could simply show you! Without further adieu, we welcome you to the second issue of the *Sisterhood Stream*. Happy scrolling!

much love,

*Lily Lemauro
and
Amani Malickel*

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Upcoming Events

Enjoy your day off for President's Day, **February 15th!**

Note the schedule change on either the **16th** or **17th** for a Sister Speak assembly

February 16th - Faculty and Staff Appreciation Day

February 17th - Ash Wednesday

February 18th and **19th** - Student Appreciation Day complete with a pink/red dress down

On **February 26th** get excited for our Black History Assembly: A Celebration of Black Art and Culture

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,

Dear Vanessa, I am a huge procrastinator and seem to always finish my work at the last possible minute. Is there anything I can do to help with my procrastination? From, One Huge Procrastinator

Dear One Huge Procrastinator,
We all procrastinate at some point or another. I will stress about an assignment all week but won't start it until Sunday. Yes, sounds stupid, trust me I know! But, I do have some tips that have started to help me. Recently, I have started to plan out my whole week. I write down all my assignments and create a plan that tells me which day I am going to tackle an assignment. I go back to that schedule each day and check off what I've completed. As I begin to eliminate those tasks, I'm more motivated to complete the ones I have left. Start with the hard assignments first so you'll only have to focus on the easier ones in order to reach your goal once your deadline comes around! No one said it would be easy, so that is why I am here to help! Take one assignment at a time and don't stress yourself out!

Dear Vanessa, I have trouble staying very focused when studying, do you have any good techniques or tips to help stay focused and study well? Best regards, Not Focused

Dear Not Focused,
I completely understand! Something that always helps me is putting my phone (the biggest culprit of distraction) in a completely different room. This usually prevents the distracting habit of constantly picking up my phone whenever I hear a notification pop up. I also keep focused on the task at hand by finding a suitable environment. I study at a place where I am comfortable but am still able to be productive. I recommend somewhere other than your bed. The Pomodoro Technique is also another tip that helps me. It includes studying for 25 minutes, taking a 5-minute break, then repeating the cycle three more times before your 25-30 minute break. **Tomato Timers** is a great website that sets up the Pomodoro Timer for you. This helps you stay focused, motivated, and on-task. The most important thing is to take breaks and not cram in a study session. Allow time to focus on yourself, but also allow time to be productive!



Click here to ask Vanessa a question!

Notes on Motivation...

During these times, it is hard to have the motivation to do anything. Whether it's doing homework, studying for a test, doing chores, or just getting up in the morning; we are all struggling to find the motivation to do anything. But what people seem to forget is that we are all in this together. Yes, some people may be handling it differently or "better" than you, but that is okay. Don't compare yourself to others. You are not her and she is not you; you are not the same, so why compare yourself to her? You work at your own pace. We are all going through this. So first, stop comparing yourself to others. She might have gotten a 100% on her quiz, but you can get a 100% on the next one. Just because she gets the 20 assignments done in one day doesn't mean you have to. And yes, I know that on Monday you say "I'll get all my work done before Saturday so I don't have any assignment on the weekend!", and then Sunday night rolls around and you realize you have done none of your assignments. This can change. I get it, there are many assignments to complete in a short amount of time. But, if you find the motivation and work hard, you can do it. And you won't get it immediately; it takes time. You can change your ways, slowly but surely. Don't give up. - **Sammy Bottino**

"All our dreams can come true, if we have the courage to pursue them." - Walt Disney. Motivation is something we all lack. Don't be so hard on yourself, when you don't achieve everything you desire, but also don't sell yourself short. View failure as redirection. Sometimes bad things lead to the best things. Life is short, cherish the small moments, but don't lose sight of your dreams. When you find your purpose to do something, accomplishing will be much easier. FIND YOUR PURPOSE! - **Madi Brown**

Motivation is something I don't always have. Maybe it's because I want to accomplish so much in life that the mere thought of such large goals scares me into doing nothing, or maybe I'm just lazy. Either way, I know that I'm not always motivated (more than I'd like to admit). But while I've only lived on this Earth for fifteen years, I've picked up a few tips along the way.

1. The hardest part of doing something is just starting.

The amount of times I've laid in bed scrolling on my phone instead of starting an assignment is too many to count, and when I finally begin, I can say with certainty that it isn't as bad as I thought it would be. Even if it is, you've already saved time by starting earlier than you would've previously.

2. Plan

Create a spreadsheet, grab a fresh piece of paper, I don't really care- just organize yourself. When you separate all of your tasks into manageable chunks it looks much less daunting. I feel like I can see clearer when I'm organized, opposed the hazy blur of work and stress I saw before. You can accomplish much more than you think when you aren't worried about how you're going to do all of your work, instead of just doing it.

3. If you mess up, don't stop completely.

I am a culprit of this. I'll be laying in bed thinking of how productive and motivated I'm going to be in the morning. I plan the exact minute I'll wake up, exactly what I'll accomplish that day, and all the healthy meals I'll make. Then I wake up at 6:31 instead of 6:30, so I let myself sleep until 6:40. I hastily run into the kitchen only to realize we don't have any avocados to make my "Healthy 5-Minute Avocado Toast!", and my whole world comes crumbling down and I decide that I'll be motivated tomorrow. DON'T DO THIS. You don't always need a fresh start. Mess up, but then keep going. We're never going to have perfectly clean slates. You're not going to wake up one day, be motivated, and never look back (and if you have, share some tips with me). You don't have to be "all or nothing", so make like Nike and, "Just Do It." These tips aren't profound, but sometimes we all need a little knock on the head to remind us of what we may have forgotten.

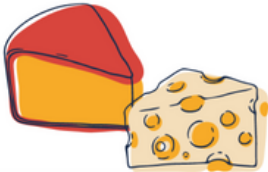
-**Amani Malickel** 4

Homemade Cheese-Itz

INGREDIENTS

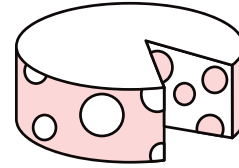
Thin slices of your favorite cheese - however many slices you prefer

Any spices you may like - salt, pepper, etc



DIRECTIONS

1. Preheat your oven to 250
2. Cut each slice of cheese into four squares
3. Line a baking sheet with parchment paper
4. Place the slices of cheese on the tray making sure they are a good distance apart. (You can season them here however you like)
5. Bake for 35 minutes
6. Once cooled, enjoy your snack!



click image
for recipe
website

Valentine's Day Strawberry Chex Mix

INGREDIENTS

4-6 cups of Rice Chex cereal

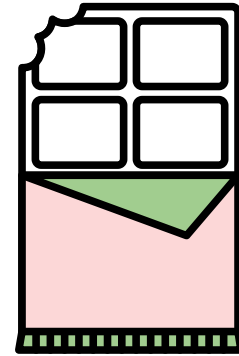
An 8oz bag Strawberry Candy Melts
-OR-

1 12 oz bag of white chocolate chips
and 1 box of Strawberry Creme Jell-O
pudding mix

Valentine's M&M's and sprinkles

DIRECTIONS

1. Measure your cereal into a large bowl. If you're using candy melts, use 4 cups of cereal. If you're using the white chocolate and pudding mix, use 6 cups of cereal
 2. Pour chocolate into a small glass dish. Add 1/2 tsp shortening, if desired, to help the chocolate coat the cereal easier. Microwave for 1 minute 20 seconds. Let sit in the microwave for 3 minutes. Remove and gently stir. If chocolate loves its shape and looks smooth, it's done. If not, return to the microwave in 15 second increments, letting it sit for 2-3 minutes each time, until melted and smooth.
 3. If you used White Chocolate Chips + Pudding Mix: Add 4 TBSP of the strawberry creme pudding into the white chocolate and stir gently until smooth. Add 2 drops of red food coloring, if desired.
 4. Pour the chocolate mixture over the Chex cereal and stir gently to coat.
 5. Transfer cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentines sprinkles, if desired. Let cool to set. Break pieces and store in an airtight container to save.
- *Candy can be made up to 3-4 days ahead, if desired. It saves well!



click image
for recipe
website

Easy Gluten-free Chocolate Chip Cookies

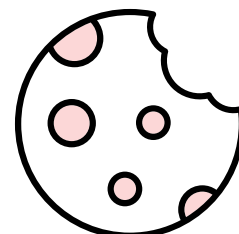
INGREDIENTS

1/2 cup creamy almond butter
1/3 cup melted coconut oil
6 tbsp maple syrup
1 egg
2 tsp vanilla extract
1 1/3 cup almond meal
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cup dark chocolate chips

Large Mixing Bowl
Whisk
Baking Sheet
Parchment Paper
Ice Cream Scooper (to take the perfect scoop of cookie dough)

DIRECTIONS

1. Combine creamy almond butter, melted coconut oil, maple syrup, egg, and vanilla extract in bowl.
2. Whisk ingredients together.
3. After whisked well, stir in almond meal, baking soda, and salt.
4. Fold in chocolate chips.
5. Put bowl of cookie dough into the fridge for 1-24 hours (1 hour for quick baking, 24 for best results).
6. When ready to bake, preheat oven to 350 degrees Fahrenheit.
7. Scoop out cookie dough and put it on a baking sheet lined with parchment paper. Make sure they are spread apart, these cookies will spread out while being in the oven!
8. Bake for 10-12 minutes or until golden brown.
9. Let cool and enjoy!



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for recipe
website

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SPORTS! and Villager Victories

by: Bree Volpe

This year has been unlike any we have ever experienced before. Quarantine, online learning, masks- it's all new. However, the constant, unpredictable course of sports here at OLMA is slowly getting back on track. COVID-19 has setback all sports causing every season to start late and end early creating a rather short time period to play the sport. Alongside this comes new restrictions and the need for social distancing. All in all, it's been an unforgettable year with changes that are now becoming a way of everyday life, but OLMA is taking all this by storm.

Recaps:



The Bowling team began their season in January and started matches not too long ago. They recently defeated Bishop Eustace 3-0 to gain their first victory of the year. During their season so far, Katie Fallon, Maggie Douglas, and Breanna Volpe have been leading the team with high games/series.

OLMA's basketball team has been extremely busy, but that's never stopped them before. They are currently 1-1 with a win over Millville. At Millville, Jaiden Harris scored 19 points and had 11 rebounds, while Drew Coyle scored 11 points and had 7 rebounds. Because of COVID-19, there are no spectators, but JV and Varsity games are being live-streamed this season via BFA Productions so audiences can watch OLMA Basketball as if they were actually sitting in the bleachers themselves.

While volleyball started practicing during the summer for their fall season, due to COVID, their season was postponed and will resume this March with practices beginning March 1st, and games starting March 16th. During their extended break, they have been working out together as a team via Zoom to prepare for the season.

Winter Track and Swim are also on the path to future victory. Swim began practicing last Monday, and they have their first meet next Tuesday! Track started practicing a few weeks ago and will have their first meet on February 20th at Vineland Highschool. With OLMA's morale and determination, they are destined for a great season as well.

Coming Soon:



The Soundtrack of a Teenage Rom-Com

a playlist



10 Things I Hate About You? Clueless? We're all suckers for a good cheesy rom-com. But what's even better?... Feeling like you're in one. Our new playlist is just for that. From "Love Story" by Taylor Swift to "Olivia" by One Direction to "Pierre" by Ryn Weaver, this playlist is perfect for all the Valentine's vibes.

**Click the circle or scan the code
to listen to our playlist!**

**Submit songs for our March
playlist: Underground Artists
in the Google form here:**



the Music Minute

music picks from Delaney Shur

Featured Artists: (and a wonderful
song of their's)

Dodie: "She"

Beach Bunny: "Sports"

Cavetown: "Talk To Me"

Rex Orange

County: "Happiness"

Personal Picks:

"Cherry Wine" by: Hozier

"Drops of Jupiter" by: Train

"Life In The City" by: The
Lumineers

"Better Together" by: Jack Johnson⁷

the Craft Corner

DIY Valentine's Day Card



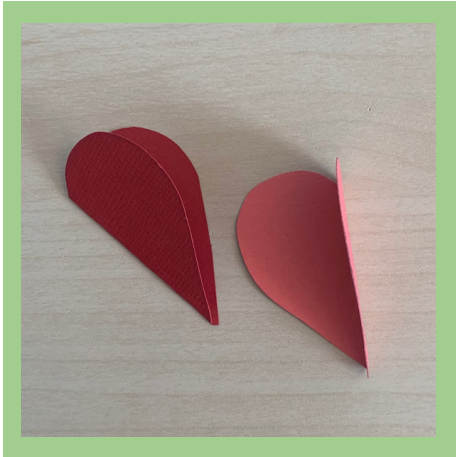
Supplies: a card (or folded piece of paper), glue stick, scissors, pen, and colored paper of your choice.



Cut out 4 hearts of the same size, and two clouds.



Glue both clouds to your card, then glue two hearts on top.



Fold the remaining two hearts in half.



Generously glue the fold of the hearts, and place them in the center of the hearts on the card.



Draw four lines coming off the heart and a tapered rectangle, creating the bottom of a hot air balloon.



Add some bows on the strings, and embellish with hearts. Add a ribbon of hearts connecting the two balloons.



Write a message on your card. We wrote "You make my heart soar," and "Happy Valentine's Day."



Here's your finished product! Write a sweet message inside and give it to a loved one.



Super Bowl LV

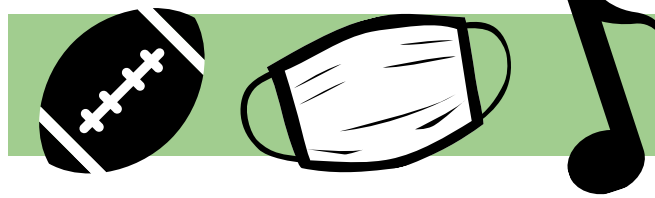


Super Bowl LV. Whether you sided with the Kansas City Chiefs, the Tampa Bay Buccaneers, or you just decided to tune in for The Weeknd's halftime show performance like me, there was a lot to be excited about at the 55th Superbowl. In Tampa, Florida, the two teams suited up for the game where ultimately the Buccaneers took home the prize. New addition to the team, Tom Brady, added his seventh Superbowl win to his football resume. But the real history was made by the people organizing the game: a referee and two coaches. In 2015, Sarah Thomas became the first woman to referee full-time, which led to being the first to referee a playoff game in just 2019. She stepped onto the field in Tampa Bay and paved the way for many women. On the sidelines next to her, were Lori Locust and Maral Javadifar: a defensive line assistant and a conditioning coach for the Buccaneers. Before 2015, the NFL had yet to see a female coach. Since then, teams have racked up talented women, which included a total of eight this season. Every single day, more and more women are being represented in 'manly positions,' and we couldn't be prouder!

As for the music lovers, there is quite the controversy of opinions on The Weeknd's performance this past weekend. From a yearly-superbowl watcher's perspective, he stepped away from many traditions fans are used to. Just as the world has seen a lot of change this year due to Covid, so did this performance. For the first time, the stage was built into the stadium, to help with transitions and to accommodate less spectators.

To keep up with the 'Covid conditions,' the performers alongside The Weeknd had daily checks. He spent about 7 million dollars of his own money to make sure this production could happen! Performing a number of his hits across various albums, he and the other performers worked hard to give a perfect performance during such difficult times. My favorite part? Most definitely that clip I'm sure everyone has seen floating around on Twitter of The Weeknd himself searching around in the 'funhouse' set. During such unprecedented times, it's hard not to be impressed with what an intricate performance he gave. What do you think, was it a flop, or a hit?





Corona in the Country

It's been almost a whole year since the beginning of the coronavirus outbreak, and it's safe to say that many people are excited to finally have more face-to-face opportunities. However, there is still much progress to be made before the world is entirely back to normal. We've come a long way since that fateful day when everything went 'downhill,' March 13th, 2020 to be exact. With millions now receiving the vaccine, including healthcare workers and everyday Americans, there is still uncertainty and an overwhelming nervousness from various states. In the upcoming week, President Biden's administration plans to send out coronavirus shots to health centers. This is an attempt to get more vulnerable citizens the vaccine at popular locations. As for New Jersey, Governor Murphy has dates set for lifting restrictions. Plans for expanding dining and the capacity for businesses is set, yet everyone needs to continue to follow the rules to keep this on track. Wearing a mask within 6 feet, social distancing, and maintaining hygiene is crucial if the country would like to see any sense of normalcy soon.

To Impeach or Not To? The Debate Continues

Since his election as President, Donald Trump has been up for impeachment on two separate accounts. Now out of office, and replaced by Joe Biden, this topic still remains stirring in the public eye. If he is already out of office, what does it matter to impeach him?

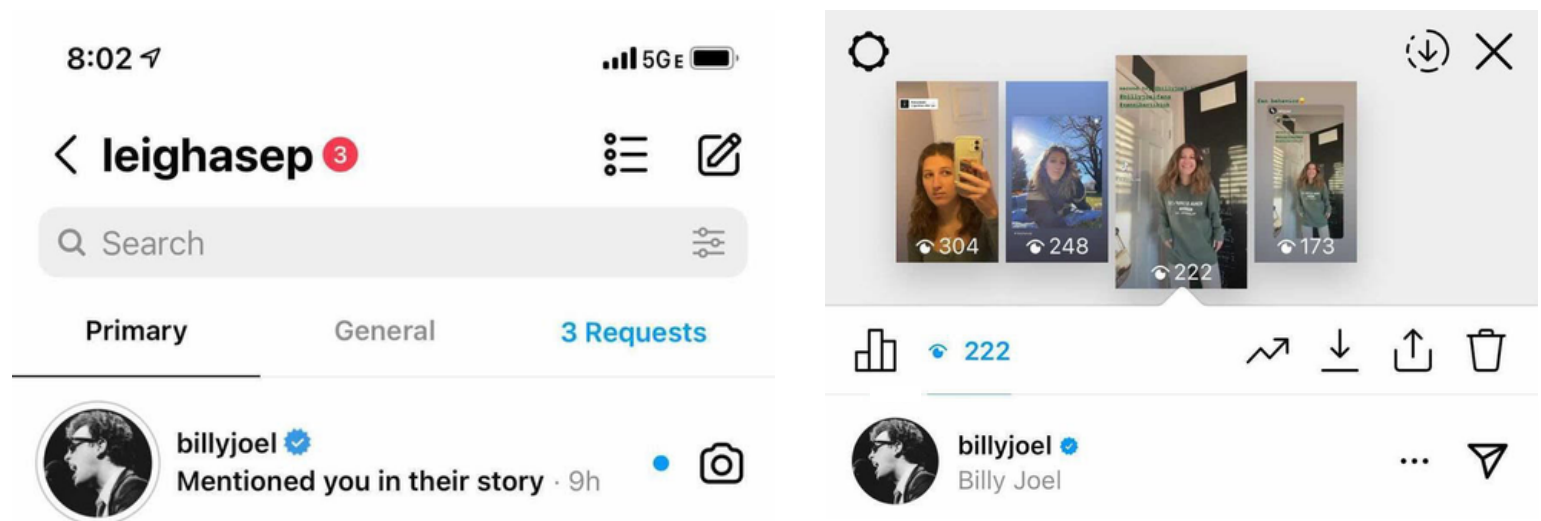
Well, following through with an impeachment could open doors on topics which could overall decide Trump's eligibility to run for the 2024 Presidential Candidacy. After the events at the Capitol in the beginning of the year, it was a question whether former President Donald Trump was the source of reasoning behind the attack. He took to social media to plead his case of having no involvement, yet many do not agree he was being honest. Despite the worry surrounding opening a case as vast as this, the Senate has voted to follow through with the trial. Footage of the destructive day at the Capitol was presented to the Senate, which overall swayed many opinions from both parties. In the weeks to come, we can expect to hear from the impeachment managers who will speak on this case and the necessity to bring a President to trial when there is worry from the country's citizens. As a variety of news articles have written, this trial is a 'test of the future of the Republican party.' I'm sure we will all be keeping an eye on this to see where things lead, and overall decide the fate of Trump's eligibility and underlying character. Despite all of this, it's a possibility that all of this work and investigation may be for nothing. It may get you to thinking, is it worth all of this time and attention, or is this a necessary step needed to keep American morals?





Zanzibar

TikTok: the social media platform that we are all scared to check our weekly screen-time for... Depending on the algorithm you find yourself in, you may have come across 'Zanzibar' videos, which is a song by Billy Joel. From the album 52nd Street, this upbeat song is spreading like wildfire, and Mr. Joel himself has noticed. Now, you may be wondering, what's so interesting about this? It's just another trend... Well, one of your fellow students was featured on Billy Joel's Instagram dancing to the song! That's right, bubbly personality Leigha Sepers found herself on the social media page of the Piano Man singer, who is supported by over 382 thousand followers. The next time you see Leigha, a senior, make sure to congratulate her on her marvelous dance performance... Maybe she'll be the next Charli D'Amelio. Do you enjoy this song? I encourage you to check out some other music by Billy Joel! Popular in the 70's and 80's, Joel has come out with a number of hits, such as "Uptown Girl" and "We Didn't Start the Fire." But don't just take it from me, go listen for yourself! I hope you enjoy what you hear!



**Check out
Leigha's
TikTok here!**



(click)

REVIEWS AND RECOMMENDATIONS



***homebody* by: Rupi Kaur
recommended by Madi Brown**

Having trouble being able to understand all these negative thoughts in your head? You are not alone. Let Rupi Kaur spell them out to you in her book *homebody*. This is her third poetry book, and you may have heard of her first: *Milk and Honey*. Rupi illustrates her own books and fills them with raw honesty. *homebody* reminds "readers to fill up on love, acceptance, community, family, and embrace change" (Kaur).
Fun fact: Rupi writes in all lowercase to honor her culture.



***The Fool* by: Ryn Weaver
recommended by Lily Lemauro**

With the amount of time we spend on the app, we all probably have those TikTok songs that play on repeat in our heads. Is one of them "and then I found me a lover who could play the bass...?" Could you hear it playing in your head? Well, if you did or if you liked listening to all the videos that were set to this song, you definitely want to check out others by the same artist! Ryn Weaver and her album *The Fool* (including "Pierre" the TikTok song) is filled with such unique music that you want to listen to over and over again. The songs have a great storytelling, indie, almost modern fairytale-like feel and are great for those of you who like rather undiscovered artists.



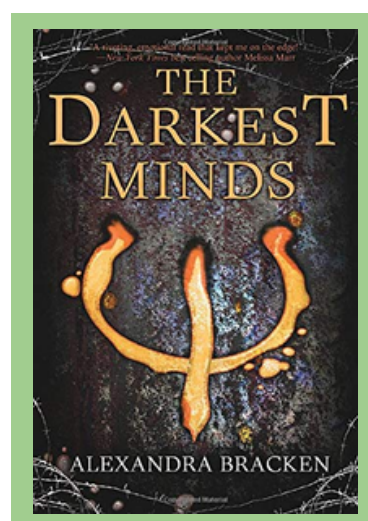
***The Hate U Give* by: Angie Thomas
recommended by Lily Lemauro**

Starr Carter is a teenage girl just like us - bickering with her parents, in love with her boyfriend, and partying with her friends - yet, she held her childhood best friend as he was shot and died at the hands of a police officer. Yes, I know, it sounds exactly like all those controversial news stories that are blowing up the headlines; but all that aside, *The Hate U Give* is beautifully written, powerful, tear-jerking, empowering, and most importantly... necessary! It shines such an extraordinary light on the current Black Lives Matter movement in ways that the news simply never could.



**Harvest Snaps recommended by
Amani Malickel**

You. Must. Try. These. (but don't like them too much because then there won't be any left for me) I haven't tried all of the flavors of the Green Pea Snack Crisps (and other assorted beans), but my personal favorites are Wasabi Ranch, Caesar, and Black Pepper. I once ate two bags in a week to give you some context to how mouthwatering-ly scrumptious these are.



***The Darkest Minds* by:
Alexandra Bracken
recommended by Bree Volpe**

In a world where children who survived a deadly disease gain supernatural abilities, Ruby Daly hides amongst the other kids around her in order to stay unseen. Ruby's dangerous, the most hunted of all children, but she is the only one who can save them all. *The Darkest Minds* tells the story of seeing the world for the first time and realizing that family doesn't always have to be blood. Follow a teen girl who learns that accepting who you are is the key to opening doorways to new horizons that always seemed impossible.



***The Good Times and the Bad Ones*
by: Why Don't We reviewed by
Bianca Valecce**

Why Don't We is back and better than ever! Their second album, *The Good Times and the Bad Ones*, was released in January of 2021. The overall themes of the album consist of love, loss, highs, and lows. Each song is different and unique and is a great choice for listeners who want the "windows down on a sunset drive through the city" feel. It is the type of album that fills you up with joy and makes you always want to relive it.

REVIEWS AND RECOMMENDATIONS

Shop Small: 9 small businesses to visit

(click image for link)



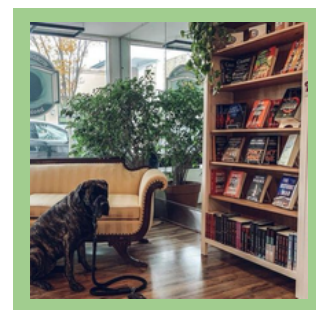
Maggie Paige Boutique: Pitman

Check out the cutest little boutique located in Pitman, Nj! The owner stocks her store with pieces that are both unique and trendy. She carries everything from jewelry to dresses to jeans fit for almost any style. (The store also has the most Pinterest-worthy decor!)



Chompsky's Cafe: Wenonah

This newly opened coffee shop in Wenonah is the best place to grab breakfast on a weekend morning. It carries just the right "indie coffee shop" vibe for cute pictures; of course it helps that they serve a great latte, have some amazing homemade sweets, and a wide menu to choose from.



Words Matter Bookstore: Pitman

For the avid readers out there, this one is perfect for you. While a good Barnes and Noble order is great, supporting this local bookstore is so much better! Their shelves are not as vast, but Words Matter provides a great selection of the most popular books as well as some diverse, eye-catching novels.



Thai Thai: Glassboro

Thai Thai has some, you guessed it, scrumptious Thai food. Some personal picks are the Spicy Drunken Noodles and the Basil Beef. Grab some takeout from this yummy restaurant if you're ever nearby, or have it delivered!



Alaura Kitchen Homemade Ice Cream: Pitman

Even though we are currently living with that winter snowy weather, ice cream is still an all-seasons favorite. Alaura Kitchen has some super different and delicious flavors like raspberry chipotle, honey lavender, or endgrain espresso. But that's not all... you could even get a whole meal here! They have an entire menu of classics like grilled cheeses or popcorn chicken but each with their own Alaura Kitchen twist.



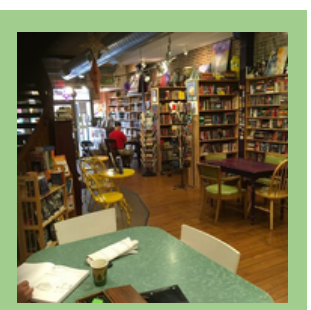
Kiwi Boutique: Sea Isle City

Since we all come to OLMA from so far, we can include some great small shops down at the shore. This boutique, located in Sea Isle City, has comfy and colorful clothes along with some adorable accessories that all come together for that perfect beachy look - even in the winter!



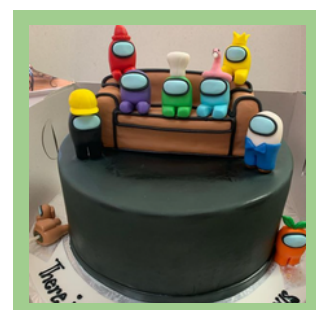
Olympia Restaurant: Vineland

With big portions, you better come with a big appetite and empty bellies. Not to worry, they are sure to be filled. Delicious and authentic Greek food from salads to desserts to delicious entrees, stop by Olympia Restaurant in Vineland.



Bogart's Bookstore & Cafe: Millville

One word: Adorable. This quirky and unique bookstore and cafe is perfect for some studying, picking up a new book, or hanging out with some friends. Grab a coffee or other beverage and some food and stay awhile. Community-oriented and friendly, Bogart's is definitely a place you should check out.



Crust N' Krumbs Bakery: Vineland

Speaking of shopping small, as it turns out, OLMA student Bella Martinez's family owns their own bakery. In fact, it's right near us in Vineland! Packed with amazing sweets, it's a great place to go to satisfy your sweet tooth, keep with the shop small theme, and support an OLMA family.

BLACK HISTORY MONTH

Every year, we set aside the month of February to celebrate the importance of American Black history, those individuals who fought for the rights of Black American citizens, and those who continue on the fight and carry the tradition through generations. The first remnants of Black History Month began all the way back in 1915 and was sparked by Carter G. Woodson, a Black man with a knack for history and a hope to uplift and educate those around him. He created the “Association for the Study of Negro Life and Culture” (an organization dedicated to making Black history accessible to anyone and everyone) and the first Negro History Week in Washington D.C. Thanks to his work, in 1976, President General Ford officially changed Negro Week to Black History Month and called the country to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” While many do not recognize it, this month makes a noteworthy statement about our country. You can tell a lot from what a country chooses to remember. Usually, it's their proudest accomplishments or hardest won victories that get a large museum or blockbuster movie. And yes, all that is great but, it's what they choose to forget that speaks the loudest. Their mistakes, their shortcomings, their tragedies, typically stay concealed. But in America, despite our flaws, we do have something pulling for us: the fact that we choose to remember our mistakes. Divide between races is still a harsh reality, but more and more we are recognizing where we steered off our path of equality for all. We as a country (and people in general) are bruised and beaten and broken down especially after the catastrophic year that was 2020; but through the commemoration of this month, you can tell that we also strive to possess the most light, kindness, and love that we possibly can. Our hope now, is that during this month, as an OLMA community, we can put some extra pep in our step as we try to fill ourselves with light, love, and kindness each and every day.

by: Lily Lemauro



AMANDA GORMAN

It's often bewildering how the melanin content of one's skin can influence your privilege in this country. It is something so utterly insignificant, yet something that determines many people's respect for you. We are all human. We all are the same. We all have hearts and culture and language. But for some, like Black people in America, these commonalities have been ignored for centuries and buried in the ground.

"They buried us but they didn't know we were seeds." This is an example of language at its finest. This is poetry, incredibly moving poetry seen on many Black Lives Matter signs. Many of us don't realize how many forms poetry can take, but Amanda Gorman is the one showing us all. "Poetry is the lens we use to interrogate the history we stand on and the future we stand for," said Gorman in an interview with Michelle Obama. On the base of the Statue of Liberty is a poem, a symbol of freedom and liberty, but a privilege many Americans still don't have.

One of the ways Amanda Gorman uses poetry is to speak on the injustice Black people face in America. She is the perfect example of a seed; her words are captivating and her story is incredible. She graduated with honors from Harvard University, founded a nonprofit called "One Pen One Page," has performed at the 2021 Inauguration and Superbowl LV, and holds the title of National Youth Poet Laureate, to name just a few of her accomplishments.

Accomplishments aside, it is her call for unity and her ability to so eloquently express her hopes for America that the whole world is amazed by.

Amanda honors her ancestry in everything she does. Before every performance, she recites the mantra, "I'm the daughter of Black writers who are descended from Freedom Fighters who broke their chains and changed the world. They call me." While for so many years race has been used to divide, Amanda is among many who are using it to unite. She uses the struggles and bravery of her ancestors to fuel her writing. She has seen "the ways in which language has been violated and used to dehumanize," and so she reclaimed it "as a source of hope, purification and consciousness." Be like Amanda Gorman, be an advocate for your beliefs, use your language, and be a beacon of light to all.

by: Amani Malickel



KAMALA HARRIS

Women making history. That's what it's all about right? Aspiring to be a woman who makes history, who has her name up in lights, who is remembered in the most positive way. In this day and age, it is easy to lose sight of how capable we are and we all need a reminder that we can accomplish absolutely anything. As scarce as those reminders may seem, there is a gigantic and remarkable one that we can all look to- and she is sitting right in the vice president office! As you all know, in January 2021, Kamala Devi Harris made history as the first woman -and woman of color at that- to be sworn into office as the vice president of the United States. Now, I could sit here and give you her entire life story of where she was born, her parents, her sister, her high school but all those things are not what make her such an amazing role model. She is fearless, accomplished, strong, and so much more. She is unapologetically herself. From a young age, her single Indian mother raised her to be proud of who she was - the American, the Asian, and the African. Kamala says that her mother "understood very well that she was raising two black daughters," and that she "was determined to make sure we [Kamala and her sister, Maya] would grow into confident, proud black women." Thanks to those confidence lessons, Harris has grown into a fierce trail-blazer. She was the first Black and Indian-American to represent California in the United States Senate. She was the first woman and first black person to be California's attorney general - the highest lawyer in the most populous state. In this position, she excelled beyond expectations and was recognized as a rising Democratic star. She is a loving wife and stepmother, a caring and inspiring older sister, a worthy leader, and a dedicated friend. The Vice President, in yet another one of her "firsts", was a part of the first Black sorority at her alma mater, Howard University. Staying true to her roots, she is a strong sister who still faithfully adorns her pearls (honoring the sorority's founding members) to this day. But most of all, she is an example. Time and time again she has stated that while she is the first woman in her position, she will not be the last. She inspires all the wide-eyed little girls, or even young women, watching her on the television to "dream with ambition, lead with conviction, and see yourself in a way that others might not see you simply because they've never seen it before." She is an example that hard work and belief in your dreams, and in yourself, pays off. She is the example that a woman can do anything she sets her mind to. Most notably, she is the example that yes, you can in fact run the world in a pair of high heels - or in her case, a pair of converse and a string of pearls.

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“Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.”

-Muhammad Ali

“When you are deciding on next steps, next jobs, next careers, further education, you should rather find purpose than a job or a career.

Purpose crosses disciplines. Purpose is an essential element of you. It is the reason you are on the planet at this particular time in history. Your very existence is wrapped up in the things you need to fulfill.

Whatever you choose for a career path, remember the struggles along the way are only meant to shape you for your purpose.”- **Chadwick Boseman**

“The success of every woman should be an inspiration to another. We’re strongest when we cheer each other on.” **-Serena Williams**

“Sometimes you’ve got to let everything go – purge yourself. If you are unhappy with anything... whatever is bringing you down, get rid of it. Because you’ll find

that when you’re free, your true creativity, your true self comes out.”

-Tina Turner

*be the
light*

"For there is always light, if only we're brave enough to see it. If only we're brave enough to be it."

-Amanda Gorman

“If there is no struggle, there is no progress.”

-Frederick Douglas **17**

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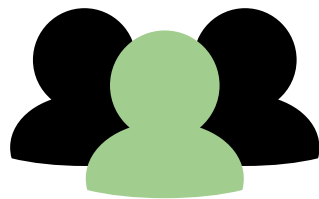
sisterhoodstream@olmanj.org (click)

Send us anything you'd like, such as a piece you've written, the artwork you've created, you playing a sport, or anything else that comes to mind; we want to see it all!



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edition of the *Sisterhood Stream*!
Thank you for reading!**