



a letter from the editors...

Welcome to the third edition of the *Sisterhood Stream*! We hope you're on the edge of your seat because this edition is packed with some great articles. As you scroll, you'll see two empowering interviews honoring Women's History Month (WHM), great new music artists to try, and some super fun student highlights. We want to give an extra special thanks to Ms. Copp for hosting a lovely, zen yoga class for us this past Friday. Make sure to stop in the Health & Wellness section for information on additional exercise classes with Ms. Copp and Ms. Valore. Personally, we could not be more excited to attend! The past few weeks we have been brainstorming like crazy and we now have a whole pile of ideas ready to dive into. But on that note, as we leave you with a little cliffhanger, we hope you have fun reading the March 2021 edition of the *Sisterhood Stream*! And remember to keep your eye out, you never know what you can find hidden within the pages.

much love,

Lily Lemauro
and
Amani Malickel

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Upcoming Events

March 23rd, 7-8 pm: WHM Panel- Lost & Found in Sports

March 24th, 4 pm: All School Powder Puff

Mini Mester Registration Dates:

March 23: Junior Class

March 24: Sophomore Class

March 29: Freshmen Class

April 1-11th: Easter Break

Reminder: Turn in your lip sync videos!

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 Consumed,

Throw it against a wall.

Haha, obviously I'm just kidding, but on a real note, you need to break the trance your phone puts you in. To do this, you need to determine why you're on your phone so much in the first place. Usually, there's some underlying cause- whether you use it as an escape from life, a method of distraction, or simply because you're bored, take some time to figure out what the root issue is. My biggest culprit is checking my phone as soon as I wake up, so, I have a challenge for you: don't touch your phone for the first hour that you're awake and see how long you last. If you don't start your day off with it, chances are you may feel like you need it less. The more you do it, the easier it will become. Next, pick up an old hobby you used to do or start a new one you've been meaning to try. Now, you can use YouTube and other apps to help you with this because it's okay to be on your phone, but be intentional with how you use it. Stop the mindless scrolling on your phone and you won't feel like it's consuming you. Lastly, keep your phone at a low battery percentage. Of course there are only certain situations where this is possible, but if you can't use your phone, you won't be on it. One time, I went to school with my phone on 20%. It was enough to contact anyone if need be, but made me talk to people more! Some last words of advice- the hardest thing about getting off of your phone is becoming aware of when enough is enough. When you're about to continue scrolling or look up something else, stop, and find something else to do.

**Dear Vanessa,
I feel like my
phone is taking
over my life,
what can I do
to be on it less?
Thank you,
Consumed**

Dear Vanessa,

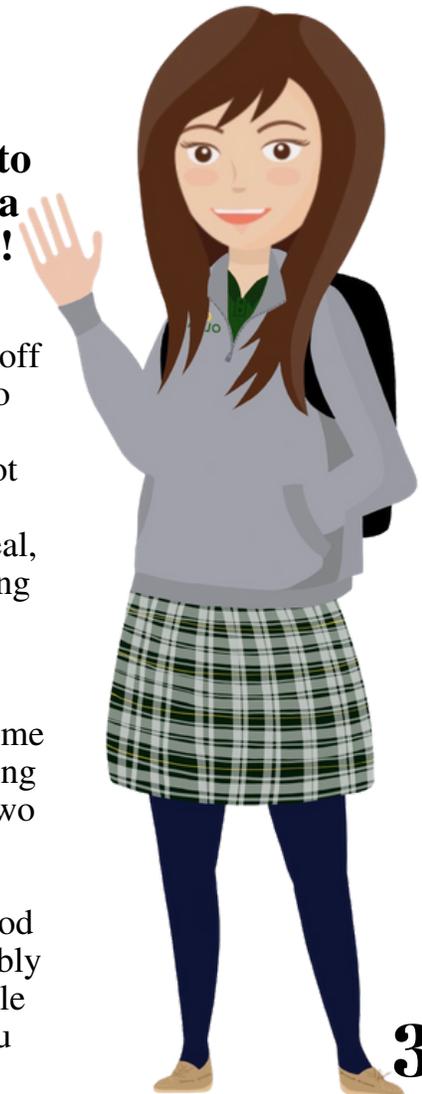
I have emotional trauma and very bad anxiety. I am convinced that all my friends secretly hate me. I need help, but I won't ask for it face to face, what should I do? Sincerely, Frazzled



**Click here to
ask Vanessa
a question!**

Dear Frazzled,

First off, I'm proud of you for sending this question! Trauma and anxiety are both things that people struggle with day to day even though we tend to laugh off our issues with a good "dark humor joke" as we like to call it. It's never easy to admit to your struggles especially when there's that voice in your head saying that you're not good enough or your friends all hate you - even though that's not true. With anxiety, one of the most helpful things you can do is to try to rationalize your thoughts. Yes, if it is worrying you then it's 100% valid and real, however, as I said, that voice in your head can sometimes steer you in the wrong direction. So, notice when a friend calls you, gives you a smile, or sends you a TikTok that made them think of you. When you start to notice the little things they do that make them a good friend, your gut feeling will become strong enough to help overcome your other thoughts. But sometimes, brains can become so overloaded with thoughts that we just need one big brain dump! While getting professional help with this is great, sometimes it's personally unrealistic. My two favorite ways to work through my own feelings alone are by making video diaries and journaling. Now, don't think too much of it. Simply sit down when your feelings are getting too loud and either write some words down with a good old-fashioned pen and paper or, set up your phone and start ranting! It'll probably be hard or awkward but that's simply because it's new and quite honestly, a little strange. But I promise, once you get going, things can start to pour out that you never even thought of before and it'll be a huge relief.



Health & Wellness

When we first started the Stream, we applied for a grant sponsored by the Sodexo Stop Hunger Program in hopes that we would be granted the money and opportunity to put a spotlight on all things teenage health and wellness related. We are now so happy to say that we were awarded the grant and our ideas can come to fruition! Throughout the rest of the year, we will be having some fun events and great articles to hopefully equip you with some wellness tips for when you leave the boundaries of high school and home. We cannot wait to kick this project into full gear. **Need volunteer hours?** Click the grant logo to help us out with all our Health & Wellness plans!



click here to volunteer!

RECIPE: QUICK AND EASY ACAI BOWL

PREP TIME: 10 MINUTES

INGREDIENTS:

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

INSTRUCTIONS:

1. Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender.
2. Blend until thoroughly combined and smooth.
3. Pour the smoothie into 2 deep bowls.
4. Arrange the desired toppings over your smoothie bowls and serve.

Yoga & Workout Classes

Attention all! Ms. Valore and Ms. Coppinger's workout and yoga classes are coming back! No matter your ability, anyone can join these fun and motivating classes. Bring a friend, family member or yourself and get an enjoyable exercise session in.

Ms. Coppinger's Yoga Class

When: March 19th, 7:30 p.m.

Completed: This session was a success! Join us for future classes.

Ms. Valore's Workout Class

When: March 26, 7:30 p.m.

Zoom Link:

<https://zoom.us/j/98450476692?pwd=UXN0U0JaTGZVZQ3kxZVRhZXZSUUxLZz09>

SHARK TANK!

"When many people think of business, they associate it with being boring or intimidating. Working tirelessly with little to no reward," said Mrs. Revere, the teacher behind it all. However, after experiencing OLMA's Shark Tank, this was anything but the case. Walking in, you could feel the excitement in the air. Our OLMA business class juniors and seniors had been working hard towards this night. Each student came prepared with a stellar businesswoman outfit, and a proposal for a company or product of their own creation. They pitched a unique variety of ideas, like modeling agencies, makeup brands, Gen-Z art magazines, and so many more wonderful ideas. They had everything planned from their ideal clientele, prices, commercials, retail stores they would hope to appear in, and their prototypes. Mrs. Revere vocalized that business is "creativity, wonder, and freedom... trying and failing and getting better every single day" and the contestants proved that to the highest degree! In the end, Stephanie Savela and Lauren McDevitt placed third with Pollen Magazine and McSweets Dessert Kit. Elizabeth Patch and Daria Scimeca placed second with The "Perfect" Image Modeling Agency and Sydney Prescott came in first place with her app, Gas Pass! Mrs. Revere, with her final thoughts, said that "Knowing that there would be a panel of judges determining the outcome, these students thought 'outside the box,' perfected their pitches, and it all came together beautifully. I couldn't be prouder of the work that they've done!" Congratulations girls!



check out the student vendors that were at Shark Tank!



Aliana Melendez: Ali's Ocean Art

"Making jewelry is something I have always enjoyed doing most of my life. I also have always enjoyed collecting shells and sea glass at the beach since I was a little kid. This hobby grew a lot on me when I took a job on the beach this past year. I found myself on the beach a lot more looking for sea glass. One day it dawned on me... why not combine my two hobbies. I began making jewelry a few months ago and many people have seemed to take interest in the products. My products consist of wire, beads, and strings with a piece of sea glass that I found as the focal point. You cannot find pieces of jewelry quite like this anywhere. While they are not your typical pieces of jewelry, they resemble the beach and the outdoors. It is a product that fits everyone's age, needs, and styles, no matter where you are from."



Ellie DiCarlo: Bucket Babe

"I started my business throughout quarantine when I decided I wanted to become an entrepreneur. It was no easy task and took lots of hard work as well as planning and trial and error. It was such a great experience and I'm so lucky to have my friends and family there supporting me. I learned so much along the way while building and creating my own unique business. I'm so thankful to have an opportunity to share my journey to creating bucket babe!"



click the pics to check out their businesses!

COVID AND SPORTS: SENIORS' TAKES

by:
Bree Volpe

This year of OLMA sports will especially be remembered for our seniors, as it is their last year playing. I questioned a few of them about their COVID sports season, and all of their answers were eye-opening. All sports changed this year, but winter track was probably the one that changed the most. This year, they had their meets outside for the first time (Polar Bear Meets). When asked how they felt about their season and the changes due to COVID, senior **Annie Weisbecker** claimed, "We were all grateful to get a season at all, but since we are indoors it seemed to negatively affect our meet performances, which was unfortunate. It was also disappointing that we could not have our meets indoors since basketball is allowed to have games indoors. Our sport is non-contact, so I think we could've pulled off some indoor meets. However, we are all still beyond grateful for even getting a season, and the seniors are looking forward to spring."

Records are being broken and created left and right this year for the swim team. They already broke four school records and are currently 4-1. While it seemed other sports were discouraged by the COVID restrictions and changes, the swim team believes it brought them closer together even though their time in the pool was cut short. Seniors **Leigha Sepers** and **Rachel Foster** both claim that "Covid isn't ideal but we are dealing with it like everyone else and taking every bad feature and turning it into a success." This surely brought them closer as a team. Leigha Sepers, Rachel Foster, and Lexi Kazan have led a resurgent program to a top ten ranking for the first time in years. Regarding bowling, **Katie Fallon** said, "Honestly COVID didn't change much about bowling. The only difference was the masks and safety precautions."

Our basketball team had an amazingly successful season and along with COVID changes, they added their own changes this year by playing at an uptempo style allowing 12 girls to play in every game. Through all of these accomplishments and changes, the seniors had mixed feelings about the sport. Senior **Jenna Ryan** claimed, "I really enjoyed my basketball season because it was quick and easy, as much as I wish I could've had a full season, the added stress of COVID made it feel like a normal long season." **Jaiden Harris** expressed, "I felt discouraged about the season because it was cut short but I worked with what I had and that's all I could do. It's sad because it's my senior year and I wanted to enjoy it more than I did, but with COVID I kind of felt unmotivated because of all the mishaps with snow, and the cancellation of the games. I missed the crowds being there and giving us that energy but without them there it was dull." Regardless of the divergent season, Sydney Prescott, Jaiden Harris, and Jenna Ryan did not let COVID push them down, and are to be commended for their outstanding leadership in such a historical season. COVID may have taken the world by storm, but OLMA is not letting it slow its path to making history.

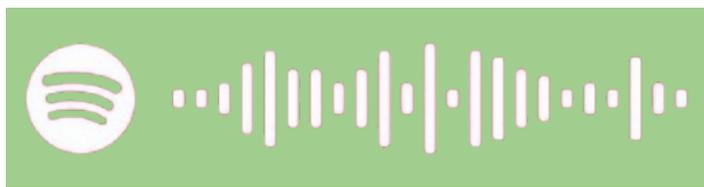


underground artists

a playlist

Tired of the same old tunes on your radio? Still love a good Harry Styles song or Taylor Swift album but need to switch it up? Well, then this month's music column is perfect for you! Last edition, we proposed the "Underground Artist" playlist, and now below you will find it fully completed, accompanied by some new (and old) additions to our music section. "The Music Minute" is back again along with our very own "Underground Artists" flowchart, taking you from the mainstream music we all love to some unique new listens. So... go have some fun and expand your musical repertoire!

you know the drill, click the circle or scan the code to listen to the playlist!



Leave us some music suggestions for our next playlist: Instrumentals!

the Music Minute

music picks and coverage from Hailea Anderson

Last year, Louis Tomlinson produced his first solo album since One Direction, *Walls*. Niall Horan, from the same band, released his second highly-anticipated album, *Heartbreak Weather* and 2021 also quickly brought Zayn Malik's *Nobody's Listening*. I highly recommend checking out these albums, as they all step out from the boyband culture they grew up in!

For some new singles, Ashe and Finneas' collaboration of "Til Forever Falls Apart" just released, as well as the highly anticipated (on TikTok) "Chicken Tendies" by Clinton Kane!

Avery Lynch, a lesser-known artist, just released an EP entitled *As Written, Vol. 1*, which is a series of beautiful piano ballads.

Looking forward, fans of Lana Del Ray and Girl In Red are getting new albums! Also, Taylor Swift's re-recordings and Selena Gomez's new album are highly anticipated!



picks

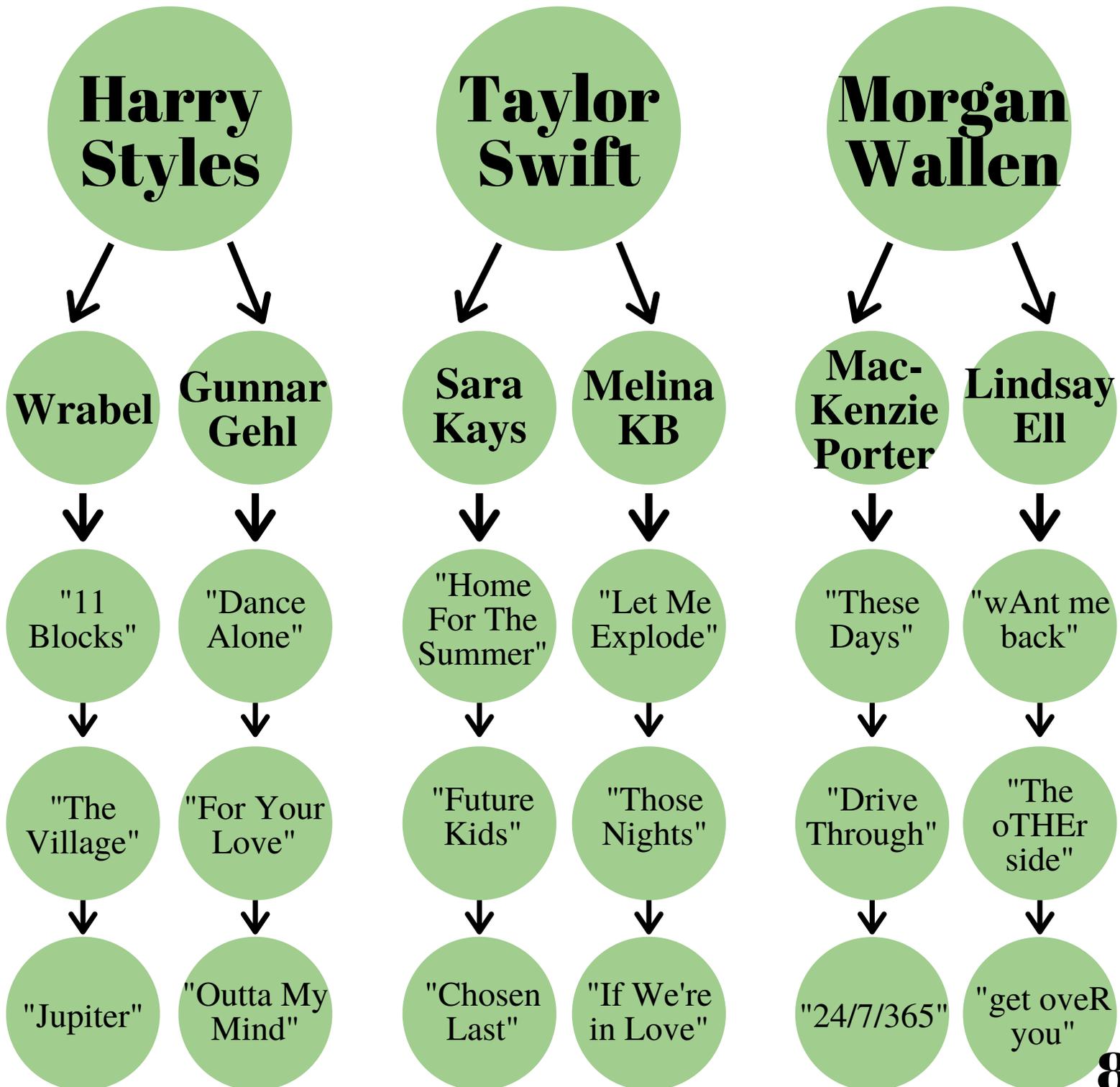
"Supercut"-Lorde
"Changes"- Cam
"New Light"- John Mayer
"Getaway Car"- Taylor Swift
"Kids"- Current Joys
"Landslide"- Fleetwood Mac
"Fine By Me"- Andy Grammer
"What A Feeling"- One Direction

underground artists

a flow chart

Welcome to our "Underground Artists" flow chart!
Find some new underground tunes in three easy steps.

1. Pick your favorite mainstream artist
2. Pick an underground artist
3. Listen to our top three pics from your new artist



THE GRAMMYS 2021

by: Hailea Anderson

The 2021 Grammys took place on Sunday, March 14th, and the opinion of music lovers was more conflicting than ever! While many were excited and proud of their musical icons for making it into consideration, other fans and musicians were quite upset with the controversy related to the event. Since nominations were released in November, both The Weeknd and Zayn have both made statements expressing their frustrations with the Recording Academy. In the past, it has been noted that many of the artists chosen for nominations are not necessarily 'eligible,' and even some have been angry with winners in the past. Many artists were snipped from major categories this year, including Halsey's *Manic*, The Weeknd's incredibly successful *After Hours*, and a number of other artists whose successful songs and albums were not necessarily recognized. It leaves the question of how important the Grammys truly are for an artist. While they are an incredible award to earn, and even notable when simply nominated, is it fair to say that the winners of these awards are as deserving as the next? Clearly many people were asking this question. Towards the end of the night, Grammys boss Harvey Mason Jr. appeared in a video message where he openly acknowledged the problems needing to be fixed within the Recording Academy. He asked that artists "work with us, not against us" to create something that "we can all be proud of." Still, even with its debates, this year's major categories were jam-packed with talent and hard work. It's exciting to see who in the end does win over the Recording Academy's vote! This year, Taylor Swift and Beyonce both made history. Taylor took home her third Album of the Year win and she is now the first female to achieve this. While Beyonce is now the most awarded woman in Grammys history with a total of 28 wins, her daughter, Blue Ivy, became the youngest individually credited winner. Harry Styles also had a big night with opening the Grammys performing "Watermelon Sugar" and then winning his first award in the Best Pop Solo Performance category.



REVIEWS AND RECOMMENDATIONS



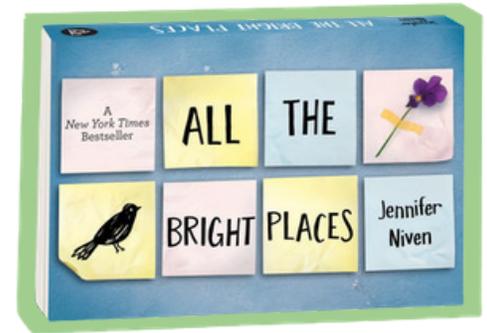
Motivation App Madi Brown

Whether you're going through hard times, need an extra push to get stuff done, or like sharing inspirational quotes on social media, Motivation has you covered. Positive reminders are one of the simplest and most powerful tools for mental growth. It's all about keeping the right thoughts top of mind from the get-go every day, so they're readily available on those hard days when you need them most. This app is updated frequently so the positive messages are endless.



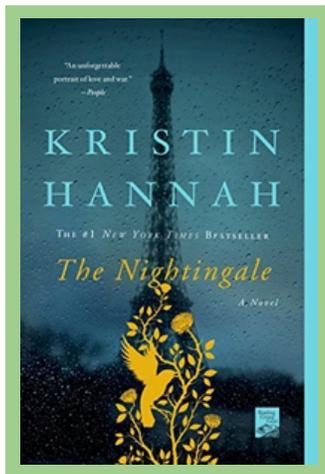
WandaVision Delaney Shur

If you are a fan of the Marvel Cinematic Universe, this TV series is a must-watch. Now streaming on Disney+, WandaVision follows the misadventures of Vision and Wanda Maximoff from the various Marvel films. The series has released its finale, concluding on March 5th, at a total of nine episodes. The program takes inspiration from various TV sitcoms, such as *I Love Lucy*, *The Brady Bunch*, *Full House*, and *The Twilight Zone*. This show is frankly groundbreaking, and I recommend it highly for those who are fans of the story lines that Marvel Productions has to offer.



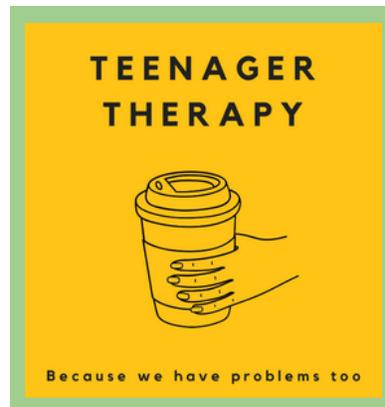
All the Bright Places by: Jennifer Niven Lily Lemauro

This title also appears in a recent Netflix film but I promise, the book is so, so, SO, much better! With all the craziness of Covid-19, online school, and social distancing, I was able to find a ton of comfort in this book when I read it mid-quarantine. *All The Bright Places* is a captivating, beautiful, and heartbreaking story about two teenagers - of course falling in love - but also struggling through mental health issues and finding their way in the world. It's definitely a tear-jerker so read at your own risk! But, its characters are ones you can't help but love and Niven's perspective on life is irreplaceable.



The Nightingale by: Kristin Hannah Amani Malickel

564 pages read in less than three days. If that isn't proof enough that this book is a must-read, I don't know what is. This story is a World War II historical fiction that follows the journey of two sisters and the reality of living in a war-torn Paris. Tear-jerker, beautifully written, and inspiring story are all characteristics of this masterpiece of a novel. If this still doesn't sell you, this book is only eight dollars on Amazon right now. You couldn't possibly pass up that offer! Grab yourself a copy and I'll be happy to discuss it with you for hours.



Teenager Therapy Ayla Gibson

Personally, I love listening to podcasts when studying, trying to relax, or need to de-stress. My favorite one that I would recommend to anyone is *Teenager Therapy* by Flighthouse. They cover things like mental health, advice, and some other random fun topics that make you feel not alone. You can find it on Spotify and Apple podcasts, go check it out!



TruFru Raspberries Bianca Valecce

Go get these popular raspberries quick because they are selling out! They are so delicious and are the perfect combination of dark and white chocolate. If it couldn't get any better, in the center is a super fruity raspberry. In addition to the raspberries, TruFru also sells chocolate-covered strawberries and blueberries (these were really good too). You can find them in stores like Target and Costco. I ate a whole bag in one sitting because they are that good!

AN INTERVIEW WITH...

Amy Mansue

**PRESIDENT AND CEO OF
INSPIRA**

by: **Amani Malickel**



Not too long ago, I had the chance to interview Inspira Health Network's President and CEO, Amy Mansue, and we discussed different issues pertaining to diversity, being a female leader, and motivation. Some of her past accomplishments include being the Executive Vice President and Chief Experience Officer for RWJBarnabas Health, CEO of Children's Specialized Hospital, working alongside Governor Murphy, an inductee into the New Jersey Women's Hall of Fame, and a plethora of other accolades. Achievements aside, Ms. Mansue is constantly helping people and tries to "serve as that person that people turn to when they need to make a really difficult decision or have something facing them in their life and they just want to touch base." Here is a delve into the conversation we shared:

Do you feel that you've experienced hardships in your career because you are a woman?

"I would answer the question differently. I don't know that I would say there were hardships. There are lots of people who gave me a chance and who extended a hand to make sure that I got to sit at the table and be part of very important conversations at a very young age. Now, was I the only woman in the room often? Sure, but I never let that impede me from saying what I think needed to be said..." "There were certainly meetings that I wasn't invited to or certainly things that people were able to do, like go play golf or go drink beer or do things that I was not included in as a girl, and there was a lot of business that happened during those periods of time, but I don't think it was a hardship; it just made me work that much harder to make sure that I got the information." "If I had the conviction of my beliefs that I knew I was standing on the right side of the issue, I would fight just as hard as any man, or any other person for that matter."

Do you ever feel that being a woman is the only thing that people focus on when recognizing your accomplishments?

"No, I don't think it's the only thing, but is it one of the things?" "I would say that the reality is that it can be lonely, because there aren't necessarily the same people to talk to in the same way. But that has as much to do with the position as it does with being a woman." She goes on to say, "That it's as much about your work ethic and what you bring to the table as it is about whether you're a male or female. I have been blessed with both men and women who have gone out of their way to make sure that I have gotten to participate fully regardless of that fact that I was young or a woman, or any other thing."

You've accomplished many things in your life and reached many positions of leadership. What motivates you?

"Two things. One is that I have been given so much. There is a psalm that says, 'To whom much is given much is required.' I have certainly had many blessings. The second is that there is no greater gift than helping someone. In health care, you get the opportunity to be with someone at their most frail moment when they're sick." "So to be part of that healing is just a tremendous gift, and to make sure that we do it with the same level of comfort and clinical skill is something that I think is just a tremendous treasure." "I love to see the opportunity to be part of something that's bigger than you. I think that where I continue to feel that I can add value; that's what motivates me."

AN INTERVIEW WITH...

Amy Mansue

In an interview with NJBiz, you stated that “Women more often opt themselves out than people take the positions away from them.” What advice would you give to help combat this issue?

When I first read this quote, more than anything I was intrigued as to what Ms. Mansue could have meant. This isn't a position you hear every day, so I asked about it, and this is what she had to say, “If somebody taps you on the shoulder and says to you ‘I think you can go do something,’ don't argue with them, just go do it. I can't tell you how many times I've said to young women, ‘You know what, you'll make a great leader. These are the things I think that you can do.’ I can't tell you the first comment out of almost everyone's mouth, is ‘Oh, I could never do that.’ Honestly, men aren't wired that way; they just plow into it. Nobody would suggest to you that you do something where they would put you up to fail. It doesn't work that way. If we're telling you to do something, if we're pushing you, it's because we see something you don't see in yourself.”

In doing some background research, you've frequently mentioned diversity. Why is diversity so important to you?

South Jersey is filled with diversity, whether it be ethnic, socioeconomic, or in views; everyone has something to bring to the table. Mansue highlights this importance of diversity in views, saying, “It's easy to sit around and agree with people regardless of what they look like, it's another thing to really listen to people when they have different opinions than you do.” “You're better when you can hear all sides of the story, when you understand where people are coming from, and most importantly when you take the position that there's always something to be learned.” To respect and listen to everyone is how we grow as people, and if “Their life's journey is different than mine, I need to make sure that I respect their life journey in the same way that I would want mine respected.”



Do you have any advice for aspiring female leaders?

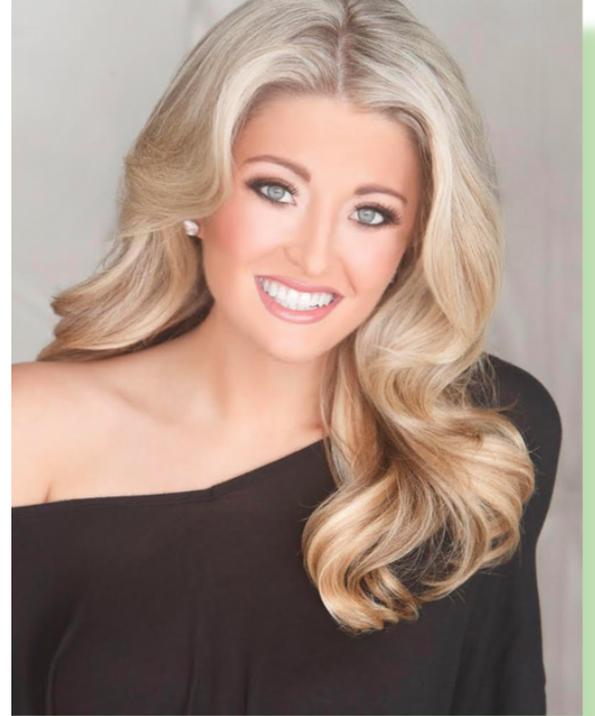
“Don't think about it too long. Just do it.” These are the words of advice Amy left me with, saying, “I had a whole career path lined out when I was your age. You know what, I didn't do any of it, and if I judged myself against those metrics, I would say that I'm a failure. But instead, I took the opportunities that were given to me and I earned, and I took the things that didn't work out.” “There are things that will happen in your life. There are bad things that'll happen in your life. You don't let them define you. You understand that there are lessons to be learned and growth to happen. You just need to move forward because you're too important not to, and you have gifts to give, and whether you give them in a big way or a small way, it doesn't mean they're any less gifts.”

AN INTERVIEW WITH...

Alyssa Sullivan

by: Lily Lemauro

This month, I had the pleasure of interviewing Alyssa Sullivan: journalist, Miss New Jersey competitor, Rowan University graduate, singer, dancer, Cape May Courthouse native, and most importantly, like the rest of us, an avid TV binge watcher. Oh, and of course, she's our very own Mrs. Bartleson's daughter! Starting her Miss New Jersey journey almost ten years ago, Alyssa is the proud runner of her social impact initiative - Peer Challenge Commit to Character. This project has allowed her to educate kids on how to avoid risk taking behaviors like drugs, drinking, and teen pregnancy. Now, as she is embarking on her last run in the competition, she is also a Rider musical theater major turned passionate journalist. When she realized that while the stage was her love, broadcasting was her future, she knew God had something much more in store for her. With this change, she has had the opportunity to intern at 6abc Action News, Fox 29 in Philadelphia, and is now a member of PHL17 where she is on their fill in team for the talent as well as a production coordinator. When I sat down with her, we talked about all things Women's History Month and the challenges teenage girls face.



Feminism

Feminism is a word that seems to sit on a seesaw. The whole world seems to differ back and forth between the two extremes. When I asked Alyssa her opinions on this, she said "Sadly I think it's something that hasn't gained enough attention or backing behind it until recent years. I think that people view feminism sometimes in a hateful way and think that it means that we think that we are better, or that we want to be above men, or above the other gender the opposite of us, and that's just not the case. We are strong, empowered, women, and that's something that I've learned in the Miss America organization. It has to be about what we do, what we bring to the table, and who we are - not just what we look like."

Pageantry

When you hear about a pageant girl there are certain images, assumptions, or stereotypes that come to mind. It happens for everyone. I asked Ms. Sullivan if she could, are there any of these thoughts that she would change. In response, she expressed that "Society really labels pageantry as being a beauty contest and I just laugh at that and want to get up to a microphone so fast and tell people that that's not the case. Of course these are wonderful women, all very beautiful, but they're accomplished, they are hardworking, they are ambassadors in their community, they are scholars, they are phenomenal philanthropists. Is it that stigma about sticking us in swimsuits and seeing how skinny we are, or how much money we can spend on a wardrobe that really has just diminished who we are. Miss America has really shifted our branding in the last couple of years to Miss America 2.0, focusing on who we are and not what you look like on the outside. We have to be realistic and we have to be relatable and we can't just keep feeding that negative stereotype of the highlight reel where so many young women are scrolling through, and looking at us, and thinking we're just picture perfect because we're not."

AN INTERVIEW WITH...

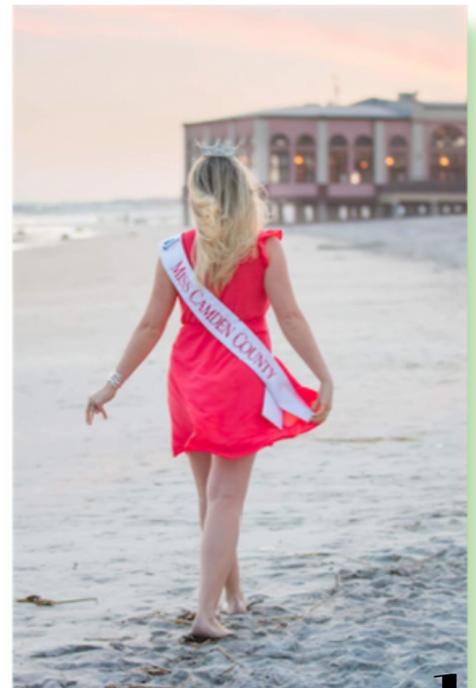
Alyssa Sullivan

Has the world made it harder on girls?

Alyssa Sullivan is very passionate about her social impact initiative for Miss New Jersey, Peer Challenge Commit to Character. With this, I asked her if she thought society makes it harder for girls to avoid those risk taking behaviors and she said: "Absolutely! Everything that we see is telling us to stay true to ourselves, be who you are, but don't be too opinionated, don't make too much noise, but make sure you use your voice. I think that's where that idea of feminism comes in. Women have a lot of expectations on them - that doesn't mean that men don't have expectations - but women are strong and they are powerful and we're working in a world that is constantly telling us that we aren't. Or, it's trying to lead us to do good things; to be educated, to be scholars, and to succeed but then wanting us to tone it down when we get close. I watched myself promote a platform that was about abstaining from risk-taking behaviors but I also felt pressure to just throw it all away and say I just want to be a normal kid. But, that's why I'm a part of something with the Miss America organization and they are preparing women for the world and preparing the world for great women."

Happiness and Success

In high school, students face a lot of pressure and stress when people say to become a surgeon or lawyer instead of an artist or sports player. Sometimes, it turns into success in exchange for happiness. Ms. Sullivan fully agreed, saying that "I was a part of a class and in a generation with a mentality very similar to yours: hard workers. A lot of my fellow classmates really had a fire under them. We were AP and honors students; we just had high expectations, everyone around us had high expectations. We wanted to achieve our goals and I think that we just had an unrealistic idea of what success was supposed to be. We knew we wanted to be successful but, we weren't really following our heart and what was best for us. I think it's important to know that you're going to fall down and you're going to mess up and that's okay. Never, ever, trade your happiness for success; I see people doing it far too often. A lifetime is a really long time to live unhappy and especially when it's your career, it's your dreams, you should do something that you love. Just be open to the process of finding yourself, finding who you are."



THAT COFFEE GIRL

Bella Martinez on social media fame

Sophomore Bella Martinez has recently gone viral on TikTok for her fun and fast-paced coffee-making videos! With over 514k followers and over 9.1 million likes, she's sponsored by Blk Water and Javy Coffee and receives items from tons of brands to promote on her social media. Next time you see her walking around, make sure to ask for an autograph and coffee-making secrets! TikTok: @_thatcoffeegirl



[click above to watch Bella's TikToks!](#)

How has fame been treating you?

"It's been good! It's just still so weird to me that this happened overnight. I'm not fazed by it at all, I just really enjoy doing it and not make it a big deal. This is definitely a new normal I had to quickly get used to. I now feel obligated to post every single day! It's definitely crazy but I love being a part of it."

Have you received any hate and how did you deal with it?

"I do sometimes receive hurtful comments, but I don't let it bother me:) I try not to listen to the noise. Personally, I don't think it is a good thing to let negativity get to your head and have those thoughts linger in your mind! I understand people have different opinions on everything. I know everyone will not agree with me on everything that I do and vice versa, but I think we can agree to disagree in a respectful manner. I do not believe in being mean back to people, so I am nice to everyone and I move on."

What was most unexpected about your newfound popularity?

"The whole thing was unexpected! I never thought in a million years I would have almost half a million followers, let alone a TikTok blowing up an insane amount. I used to post jokes, go along with the trends, and my friends and I made up dances. One day I posted a TikTok of me making coffee as a joke, and within minutes it began to blow up, I was getting almost 10,000 likes per minute and within 72 hours I had 2.4 million likes with over 12 million views. It was unexpected but now I really enjoy doing it."

What has been your favorite thing about your TikTok blowing up?

"My favorite thing about my tik tok blowing up would have to be being able to make videos every day for an audience to watch especially from around the world. It's so cool to see how many people are interested in the things I do for fun. I am also super excited that I'm getting offers to work with big companies. I also love to promote things from small businesses, being from a family that owns a small business I know the importance of a good referral! It is also super cool to be noticed by other creators and social media influencers."



“Your graciousness is what carries you. It isn't how old you are, how young you are, how beautiful you are, or how short your skirt is. What it is, is what comes out of your heart. If you are gracious, you have won the game.” - **Stevie Nicks**



“The difference between successful people and others is how long they spend time feeling sorry for themselves.”
- **Barbara Corcoran**

"Be healthy and take care of yourself. But be happy with the beautiful things that make you, you."
-**Beyonce**



“Lock up your libraries if you like; but there is no gate, no lock, no bolt that you can set upon the freedom of my mind.”
-**Virginia Woolf**



be the light



“I do not try to dance better than anyone else. I only try to dance better than myself.” -
Arianna Huffington

“I've had to learn to fight all my life – got to learn to keep smiling. If you smile things will work out.” - **Serena Williams**



“There is no limit to what we, as women, can accomplish.”
-**Michelle Obama**



"Women are always saying, 'We can do anything that men can do.' But men should be saying, 'We can do anything that women can do.'"
-**Gloria Steinem**



“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.”
-**Maya Angelou**

If you have any quotes, positive messages, or uplifting pictures to share, we highly encourage you to do so in our Google Form!

contact us!



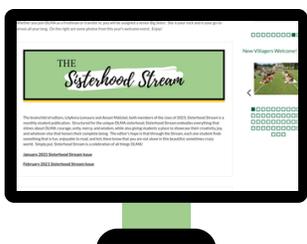
sisterhoodstream@olmanj.org

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!



the Stream Form:

Help wanted! Please, fill out this form and contribute your voice to the Stream. From playlist ideas, questions for Vanessa, Be the Light quotes, feedback, and more, this form helps us to make the Stream even more student oriented. Click the Forms icon to fill it out.



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Check out all of our previous editions on the OLMA website!

<https://www.olmanj.org/student-life/sisterhood>



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You have reached the end of our third edition of the *Sisterhood Stream*! Thank you for reading!