

THE

Sisterhood Stream

a letter from the editors...

And we're back! Welcome to the fourth edition of the *Sisterhood Stream*. We're so sorry we missed you in April! As the school year dwindles to a close, events are left and right, and assignments are being turned in, so we know you must be busy. We most certainly were. This month was jam-packed hence our little release delay. But, we knew we couldn't miss out on covering everything that happened at OLMA in April. So, this month you'll be getting two editions of the *Stream*! This one is light; a fun recap of last month for whenever you have a little downtime. From new projects to student art to school festivities, take a look at what your sisters are up to! Then, tune back in later in May as we end the year with a bang! We know you won't be disappointed. But as you wait, relax and read with our new instrumentals playlist in the background, and reach out to us in our Google Form. See you again soon!

much love,

Lily Lemauro and Amani Malickel

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Upcoming Events

May 4th - 14th: AP Exams

May 7th: OLMA's Green and Gold Inaugural Golf Outing

May 14th: Last Day of Classes for Seniors

May 17th: Senior Farewell Parade and Senior Sunset 6 p.m.

May 21st: No School, Class of 2021 Graduation


May 22nd: Donation Nation 5k

May 24th: Junior Ring Mass at 9 a.m.

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.



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



Dear Vanessa Villager,

Dear Vanessa,

It's almost the end of the year and I'm starting to get nervous about the seniors graduating and leaving. How can I let myself be proud when I'm so scared of losing them? Sincerely, Nostalgic.

Dear Nostalgic,

It's most definitely one of the most emotional times of the year but it's also one of the best. The seniors obviously have a huge impact on our day-to-day lives and it's so weird to imagine the next year without them. Whether you're a freshman who is saying goodbye to your big, an underclassman who's letting go of a senior friend, or even just a student who loves seeing them in the hallways, it's best to start with remembering you're not alone. All of us are saying goodbye in some way, especially the seniors. While they may be excited about their future, I'm sure they're dreading the goodbye just as much as you are. But, just because they are growing up and moving on, doesn't mean they're going to forget about you! Focusing on taking these next two months to cherish the time you have left. Make the most of their final sports seasons as high school students and take advantage of being able to see them every day with this new schedule! Remember that you are more than proud and excited for this senior's future, whether it means she's heading off to college an hour away, or twenty-four hours away. There will always be chances to keep in contact and see each other. When that day finally comes where they graduate and say goodbye to OLMA, just remember that they're only a phone call away!

Dear Vanessa,

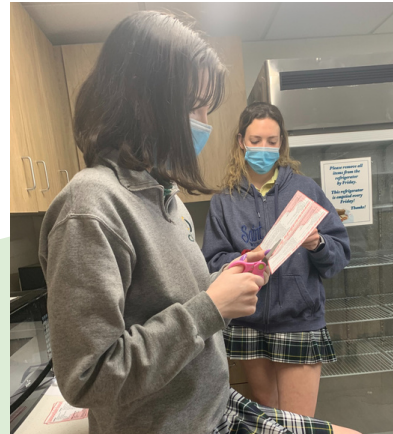
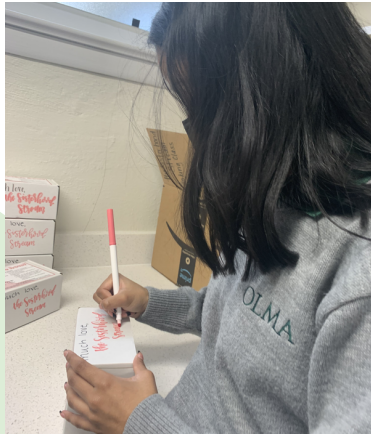
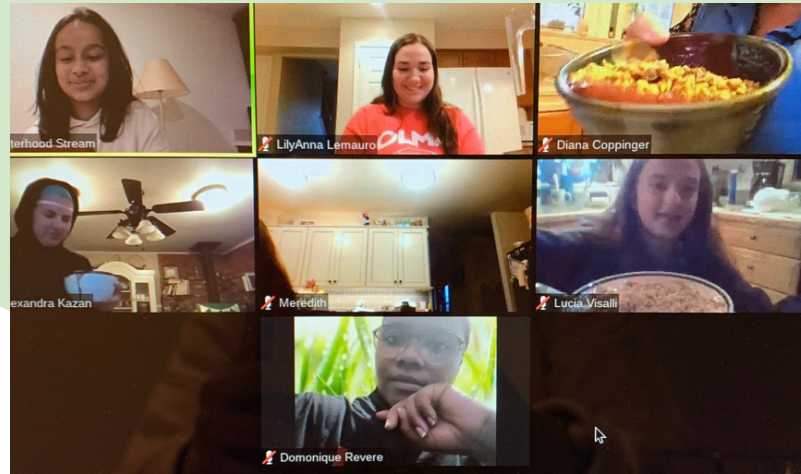
Lately, I've been really bored of my regular school and sports schedule but I don't know what to fill my time with. I see people around me with really fun hobbies or working on cool projects but I'm not sure where I could start with finding one for myself... Love, Hobbyless

Dear Hobbyless,

Don't worry! Your time doesn't always have to be filled with hopeless Netflix binge-watching. Chances are, you probably already have a bunch of half-baked ideas that the sixth-grade version of you dreamed up but you never got to accomplish. I know I do! I mean, just think. Did you want to learn to bake? Or write a book? Or help your local animal shelter? Maybe start a club at school? It all seemed impossible then, and your ideas may seem out of reach now too, but there's no better day than today to get started. It's easy to fall into the trap of "oh I'll start over the summer" or "I can only do this if my friends do it with me" but you really just need to find something that I like to call a "passion project." Think of those past ideas and the things that the current you loves to do. When you're scanning your thoughts, there is sure to be one thing that stands out more than the rest. Pick something that you love and you can begin to grow with it. You don't have to pick something that you're good at; you could be terrible but as long as you enjoy it, do it! The next step is to think of how far you want to take this. Do you have a skill you want to polish? Take some classes or camps! Do you really want to make an impact on an underprivileged group of people in your community? Research some local charities or what type of fundraiser, etc. you can do on your own. And of course, the great wide web has everything you could ever need to expand your ideas, from discussion boards to YouTube tutorials, to online sign-ups for local projects. It's all about finding something you love and running with it!

Health & Wellness

Remember that grant we talked about in the last edition? Well, our plans for it are well underway! Not too long ago, we had our first cooking class, and it was a success! In case you didn't know, everyone was given a free box of all the ingredients we needed to make smoothie bowls together. We know it's easy to be skeptical of a Zoom cooking class but these sweet treats were seriously delicious! But in case you still don't believe us, there's a picture of a finished product below along with our recipe card! Missed out on the fun? Sign up [HERE](#) for our final class, on May 7th, where we'll be making black beans burgers. Remember, all you have to do is sign up to receive all of the ingredients for free!



smoothie bowl

Ingredients:

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana
- 2-3 Tbsp whole milk (substitute as you wish)
- Chia seeds
- Granola
- Chocolate chips

Supplies you must provide:

- Blender
- Refrigerator
- Knife
- Bowl
- Spoon

Instructions:

1. Put kit in a freezer and put the provided milk in a refrigerator as soon as you arrive home
2. Slice frozen banana
3. Add frozen berries and banana to a blender
4. Blend on low until small bits remain
5. Add milk and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency
6. Scoop into bowl and add toppings

Check your emails for Zoom link!

This recipe is best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying. Makes one smoothie bowl. Class length: approximately 30 mins.

SPORTS

It has come to that point of time where we transition to our Spring Sports. After a long, complicated year of determining whether or not these sports will happen, OLMA's school year is almost to a close. However, our Spring Sports teams are determined to add to the phenomenal standards our previous sports left behind this year. Our swim team finished with 9-4, the best record OLMA has had in years. Not only this the team broke 5 out of 11 records. Izzy Valle broke 3 of them, Izzy Rossi and Lana Davidson were a part of two, and freshman Ellie McDonough now has 1. This record-breaking season would not have been possible without the terrific leadership from Leigha Sepers, Lexi Kazan, and Rachel Foster. The victories don't end here though. Our Winter Track team finished their season undefeated winning all four of their polar bear meets along with spectacular leadership from Nina Ceccanecchio and Annie Weisbecker. Nobody knew how this year was going to go, but these girls stepped up to the challenge and put their names down in OLMA's history!



Spring has just begun meaning a new competition begins. Crew has begun competing with 14 girls on the water and will have all of their events at Lake Lenape. They have been practicing hard on the water, and we have faith for future victories! Continuing on with the beginning of our spring sports softball season has started with a very competitive team with Gianna Terpolilli, Olivia Stefano, and Maggie Douglas leading the way to a victorious season. Lacrosse has also begun with its largest team yet with about 50 girls participating. Not only this but they look to improve their standings in the league and State Tournament. Adrianna Dodge and Lindsey Serafine are hoping for great things this season. The Golf club and Track teams have begun practicing on April 12th, and we have a new sport of Sailing starting up at Olma with Imogene Nuss and Delaney Shur taking part. Despite this year's complications, it has been a promising athletic year, and our Spring Sports will continue to make us proud without a doubt!

by: Bree Volpe

prom

On Thursday the 29th, juniors and seniors attended Prom 2021! The Tangled-themed night was a beautiful success. While there were some jitters throughout the day concerning the somewhat gloomy weather, the sky cleared just in time for sunny sky pictures. Were you sitting on Instagram constantly refreshing to see them? We definitely were; our phones were glued to our hands, scrolling, and looking at all the gorgeous dresses! We are so happy that our seniors were able to have their final prom after the mess that was 2020 and before they graduate.



olma happenings




5K WALK/RUN

Organized by Donation Nation
Collected funds will be donated to local police departments

\$30
DONATION
Includes:
T-shirt
Water Bottle
Raffle Ticket

MAY 22 @ 8AM

VENUE:
OLMA Campus
Drinks, Snacks, Student Vendor Sales, Raffles & more...

Reserve your spot at <https://www.olmanj.org/student-life/events>
Questions can be directed to Mrs. Revere

OLMA GROUNDS
Following the
Parade celebration

MAY
17.2021

CLASS OF
2021!

Senior Sunset

A NIGHT TO REMEMBER
WITH FOOD, ACTIVITIES,
MOVIE, A 'GUESS WHO'
SLIDESHOW, AND MORE!

ADDITIONAL DETAILS AND
RSVP FORM CAN BE FOUND IN
YOUR EMAIL

CONTACT
KEYSER.AVA@OLMANJ.ORG
WITH ANY QUESTIONS

On April 30th, freshmen and sophomores took a trip down to Wildwood beach! Thanks to Ms. Veight, the beach clean up had a great turn out. Students all had a ton of fun spending the day with friends and caring for our environment.

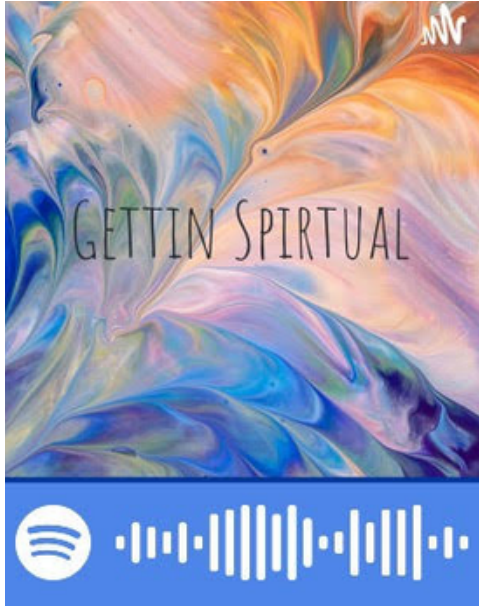
If you're interested in what else OLMA has coming up, you can look at the flyers to the left!

Campus Cart and Admitted Students Day!

On May 1st we had Admitted Students Day for the class of 2025! There were games, prep for the new school year, and OLMA's new Campus Cart! Brought to you by OLMA's DECA and Mr. King, check out the campus cart at sports games and school events! Up for sale are lots of OLMA goodies! The Cart was especially a hit at this year's Admitted Students Day.



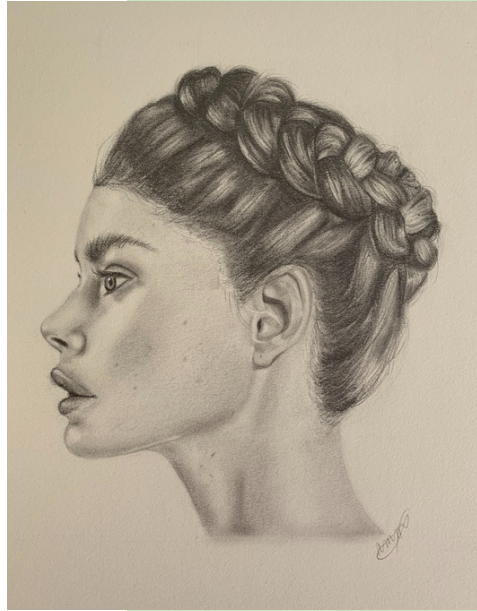
STUDENT SPOTLIGHTS



**M A D E L I N E
B R O W N**

SPOTIFY: GETTIN SPIRITUAL

CLICK PHOTO TO LISTEN!



**A M A N I
M A L I C K E L**

IG: @AARTBYAMANI



**E M M A
O R A V I S**

IG: @EMMAGRACEILLUSTRATES



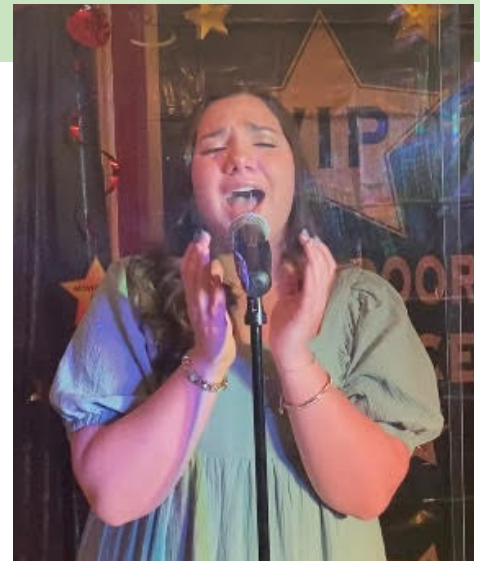
**M E R E D I T H
B R Y S O N**

CLICK PHOTO TO WATCH!

womankind
we may have come from Adam's rib, but I can feel the power of life radiating from every
mother I meet
mothers
the protectors of the vulnerable
the givers of life
the mortal Artemis
slaying anyone who dare disrespect their daughters
daughters
the second generation
the remix
ancestors of the witches you couldn't burn
strong and proud and fierce and vulnerable
like their mothers
mother
the one who lets you cry into her chest
the one who watches r-rated films with you and covers your eyes
the one who listens to your day, no matter how many times you get off track
the one who loves her daughter so much
all she wants to do is lock her in a tower to protect her from the bad ones
but wants so badly to give her the universe so she can run barefoot around it
collecting stars and supernovas for a lovely bouquet
to give to her mother

**L I L Y
R O G E R S**

CLICK PHOTO TO READ!



**L I L Y A N N A
L E M A U R O**

IG: @LILYANNA.LEMAURO.SINGS
CLICK PHOTO TO LISTEN!

ALL SOCIALS ARE LINKED

If you would like to be featured, don't hesitate to reach out! Contact information can be found on the last page.

music



Give us suggestions for
our next playlist:
Oldies Summer Tunes



Picture this: you're standing on top of a hill, the wind is blowing your hair away from your face, your arms are spread wide and the world spins around you. Vibes, right?

Well, this month we have you covered for all your studying, relaxing, or daydreaming needs! Just by scanning the code or clicking the circle, you will get a whole playlist of instrumental music filled with our favorite emotion evoking listens. These songs are perfect for when you want to escape to the pages of your favorite book, movie scene, future world-traveling adventure, cozy rainy day, or anything you can dream up!

the music minute **by: Bianca Valecce**

Four years later, Demi Lovato just recently released her new album *Dancing with the Devil/The Art of Starting Over*. It is based on overcoming a drug overdose and battling addiction. It touches upon her journey and has songs featuring hit artists like Ariana Grande, Sam Fischer, Saweetie, and Noah Cyrus. I highly recommended checking it out because it is very inspiring and tells the deepest story.

Another hit artist Justin Bieber just released his album, *Justice*. His album has songs featuring Khalid, Chance the Rapper, the Kid LAROI, benny blanco, and more! In this album, Justin's intentions are for him to make an impact on the world and create change. Currently, his preceded single *Peaches* featuring Daniel Caesar and Giveon is boosting on many charts.

Lastly, Selena Gomez has also released an EP called *Revelacion*. With around seven songs, it is recorded in mainly Spanish and has hit preceding singles, "De Una Vez", "Baila Conmigo" and "Selfish Love."



NEWS: THE LATEST ON SPACE

by: Bree Volpe

For years NASA has been trying to discover a way to get humans to be able to step foot on Mars. After years of studying the planet, they are more determined than ever to get a successful launching of their rocket. They plan to use SpaceX Starship to take the Artemis Program to the moon, Mars and beyond. They want to use this program to bring the first man to the moon since the 1970s and bring the first woman ever to the moon. After three previous failed attempts, they were ready to try once more. They were ready to prove the people wrong and send the SpaceX Starship SN14 Test Rocket up into space. On March 26th, 2021 they launched the rocket up into the atmosphere for a high altitude test, and after five minutes and 49 seconds it exploded... for the fourth time.

Despite the successful launching attempts with the prototypes of Starship, once it reaches high altitudes it explodes during or after the landing process. It's safe to say that we most likely may have to wait a lot longer to put people on Mars. However, NASA is not thrown off by this failure, claiming that it was "another exciting test" said by engineer working on the aircraft, John Insprucker. They say there was an issue with engine #2, but they could just remove the engine as a whole. If only every other problem was as easy to solve as that.

Although their fourth attempt failed, their third attempt on March 3, 2021, managed to land for the first time before showing a spectacular display of an explosion, but they called it a success. Elon Musk says the reason for that explosion was because the engine thruster did not slow the aircraft down enough. The team working on SpaceX has high hopes that the next few attempts will be successful as they hope to send the actual rocket to Mars in simply just a few years. Even though some people are saying these goals are far too optimistic. What's wrong with being a little positive?

Now they are using SpaceX Starship SN15 at the South Texas Site, Starbase. This week alone the prototype has undergone its successful first and second Static Fire tests on Monday and Tuesday. Static Fire Tests are when the aircraft stays on the ground but the three Raptor Engines briefly ignite. However, the main test would be the high altitude test which would make the rocket launch about 6.2 miles upward. That test is where everything seems to go wrong. Although they seem to have high hopes about this prototype and it is rumored to be launching on April 29th. This would be the fifth attempt in less than five months, but they have become known for taking failure in stride and trying, again and again, to get it right. Even with these failures, they expect to be fully successful in 2023 and ready to launch in 2024. Only a few more years until history in outer space is made once more.



REVIEWS AND RECOMMENDATIONS



Fienis Ristorante Recommended by: Ayla Gibson

Recently, I was at a restaurant called Fienis Ristorante. It is in Voorhees and serves homemade Italian cuisine. My favorite thing is their tortellini in alfredo, it was so good! They are located at 800 S Burnt Mill Rd, Voorhees Township, NJ 08043.



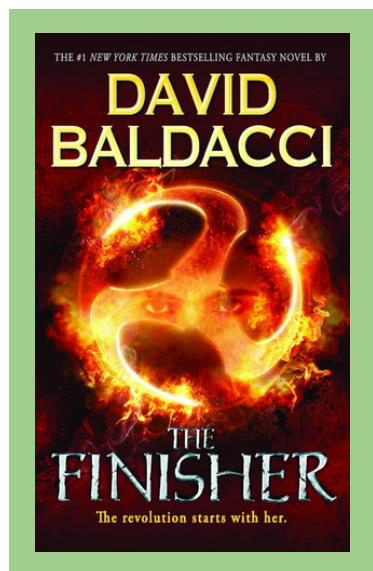
Wyman's Just Fruit & Banana Bites Recommended by: Sammy Bottino

These Wyman's frozen fruit cups are delicious, and are only 40 calories per cup. Personally, at night I love ice cream but I find these a great alternative. They aren't too high calorie and they still have a great taste! Wyman's have different flavor frozen fruit cups, such as raspberry and strawberry with greek yogurt. Although its fruit, it really does taste good.



Tombow Fudenosuke Pens Recommended by: Amani Malickel

Ever wanted to try modern calligraphy but don't know where to start? Well, the Tombow Fudenosuke 3-pack has the perfect brush pens to help you on your way! They are the first pens I ever bought and there are plenty of tutorials online to help you use them. I've linked the pens in the picture if you'd like to check them out!



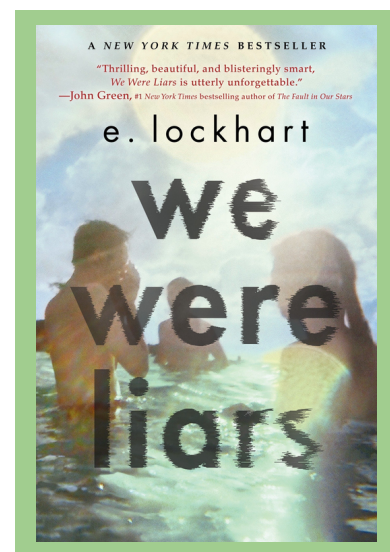
The Finisher by: David Baldacci Recommended by: Bree Volpe

Vega Jane was nothing but a teen when she was left with the responsibility to take care of her younger brother in a society where people like her are forever hidden among the crowd. When forced into the spotlight for uncovering the truth of the only place she's ever called home, she must face her new reality even if that means letting go of her past. There's just one thing- *nothing breaks Vega Jane.*



Holy Tomato Recommended by: Gabby Milillo

Holy Tomato is an amazing and super cute pizza restaurant located at 9 S Black Horse Pike, Blackwood, NJ 08012. There is also another location located at 48 N Main St, Mullica Hill, NJ 08062. They have delicious thin pizza, even better salad, and AMAZING homemade lemonade. This is the best for Friday pizza night, but make sure you call and order early, they get busy!!



We Were Liars by: E. Lockhart Reviewed by: Lily Lemauro

When I saw this book was submitted, I just knew I had to review it. I read this over the summer and still have every little detail engraved in my brain; it was that good. The eerie, mysterious setting was so different and I fell in love with the concept of a problematic, rich family, spending their summers on their private island trying desperately to cram their skeletons back into the closet. I mean, after hearing that, who wouldn't want to read it? While I'll admit, the writing style wasn't the most graceful or poetic, this is a great beach read with a jaw-dropping plot twist.

"All our dreams can come true if only we have the courage to pursue them"

~Walt Disney



Adventure



is out there!

Stay strong through the pain grow flowers from it. you have helped me grow flowers out of mine. bloom beautifully dangerously loudly bloom softly however you need just bloom.



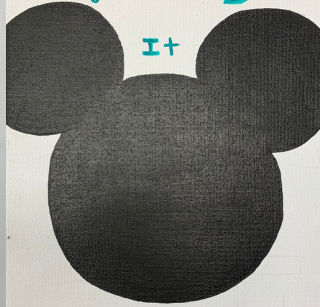
YOUR POTENTIAL IS ENDLESS.

The tang may fade but the MEMORIES of us will last forever



If you can Dream

It

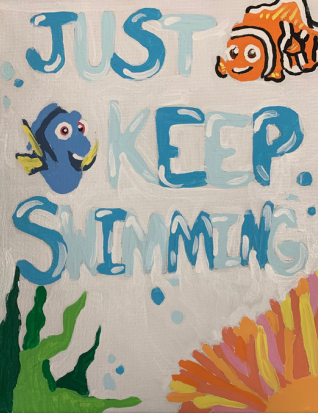


you can Do it. ~Walt Disney

"There can be 100 people in the room, and 99 people don't believe in you, but 1 does." -Lady Gaga

YOU DON'T HAVE TO CONTROL YOUR THOUGHTS. YOU JUST HAVE TO STOP LETTING THEM CONTROL YOU

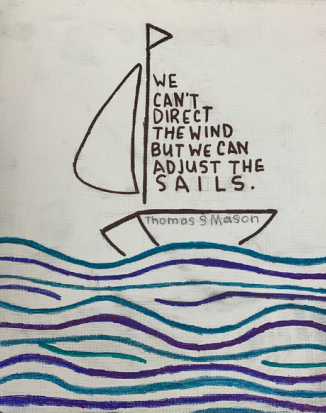
SELF LOVE ISN'T SELFISH IT'S IMPORTANT



she is CLOTHED WITH STRENGTH & DIGNITY & she LAUGHS WITHOUT fear OF THE future PROVERBS 31:25

be the light!

TODAY i will not stress over things i CANNOT control



And From that moment you ran into the maze I knew I would Follow you Anywhere

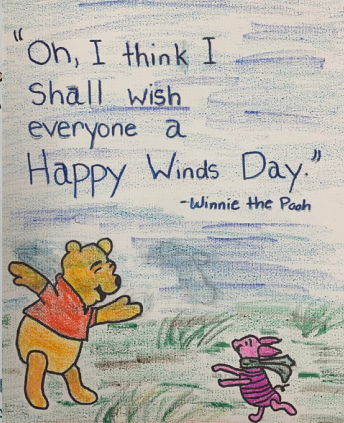
She believed She could so She did!

WHEN YOU FOCUS ON THE GOOD THE GOOD GETS BETTER

Pray hope and don't worry

be enough for yourself first the rest of the world CAN WAIT

ALL Things Good FOR THOSE WHO LOVE GOD ROMANS 8:28



"Oh, I think I shall wish everyone a Happy Winds Day." -Winnie the Pooh

Be enough for yourself first. The rest of the world can wait.



contact us!



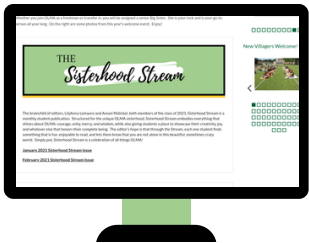
sisterhoodstream@olmanj.org

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.



Website:

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

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



Staff Members:

Hailea Anderson, Sammy Bottino, Madi Brown, Ayla Gibson, Lily Lemauro, Amani Malickel, Gabby Milillo, Bianca Valecce, Bree Volpe

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