

Friday,
Oct. 15,
2021

Purple and Gold

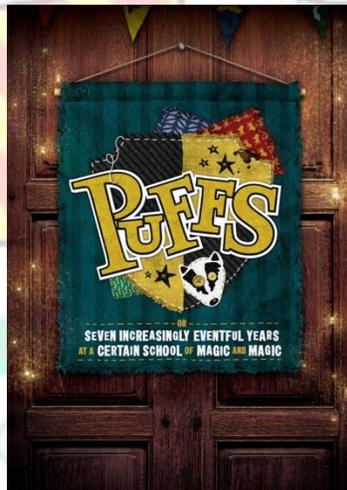
Issue #7

Playing as the Puffs!

By: Holly Burke '24,
Liz Donovan '23, and
Skye Williamson '23

This fall the Scranton Prep Players are bringing magic to the stage with this year's play, *Puffs or Seven Increasingly Eventful Years at a Certain School of Magic and Magic*. Puffs puts a twist on the typical stories of Harry Potter. The show travels through the seven years of the Hogwarts' School of Witchcraft and Wizardry while Harry is there, but mainly follows the story of three new Hogwarts students and their journeys while being Hufflepuff students. They try to prove themselves as exemplary students and show that they are more than your ordinary, bubbly kids with wands. If you come to see the show, you'll meet Wayne, Megan, and Oliver, three very unique kids with

very different personalities. Wayne Hopkins is going to be played by junior, Rusty Morgan. Wayne is a shy and slightly scared boy who truly just wants to amaze those around him and show everyone that Harry is not the only hero in Hogwarts.



On the other hand, Megan Jones truly believes she should have never even been a Hufflepuff. Deep down, she knows she is a Slytherin, no matter what an old Sorting hat says. Megan Jones will be played

by senior, Audrey Flynn. The third person who completes our trio is Oliver Rivers. Senior actor, Bailey Vennie, will portray Oliver and his presence in this year's play. Oliver is an awkward boy no doubt, but an intelligent one and great friend that everyone wishes to be. What mischief could this Hufflepuff trio bring to the table compared to a certain Gryffindor trio, who knows? Puffs is sure to make you laugh and will most certainly share the light of the Hufflepuffs with all. The Puffs' cast features some familiar faces of students you may have seen in previous shows, as well as some new actors taking their talents to the Bellarmine stage from all grades! The Prep Players will be bringing the wonders of Puffs to life this November, so keep an eye out for show dates and tickets, because it is an experience you will not want to miss!

Prep Golf

By: Antonio Ingargiola '25

Scranton Prep Boys' Golf 2021 season has been a good one! Coach Cimoch lead the team in the first half of the regular season 6-0, with notable wins against Abington and North Pocono. In the second half of the season, the team finished second in the Bob Simons Classic. They finished 6-0, again beating Abington and North Pocono. In pre-districts, all six starters--seniors Ben Galko, Michael Lynch, Thomas Lynch, Michael Sewack, Brett Strong, and sophomore

Gavin Walsh -- made Districts. In the Lackawanna League playoffs, Prep beat Forest City, Riverside, and Montrose. They then beat Lake Leham to win the PIAA district 2 AA team championship. New freshmen on the team this year were Chris Bonacci, Antonio Ingargiola, and Thomas Stott. Additional team members this year included Danial Flynn '23, Quinn Lynett '24, and William Ong '24. This year was also the last of Coach Cimoch as he decided to retire after a 34-year career of coaching golf at Prep. Coach Cimoch said in an

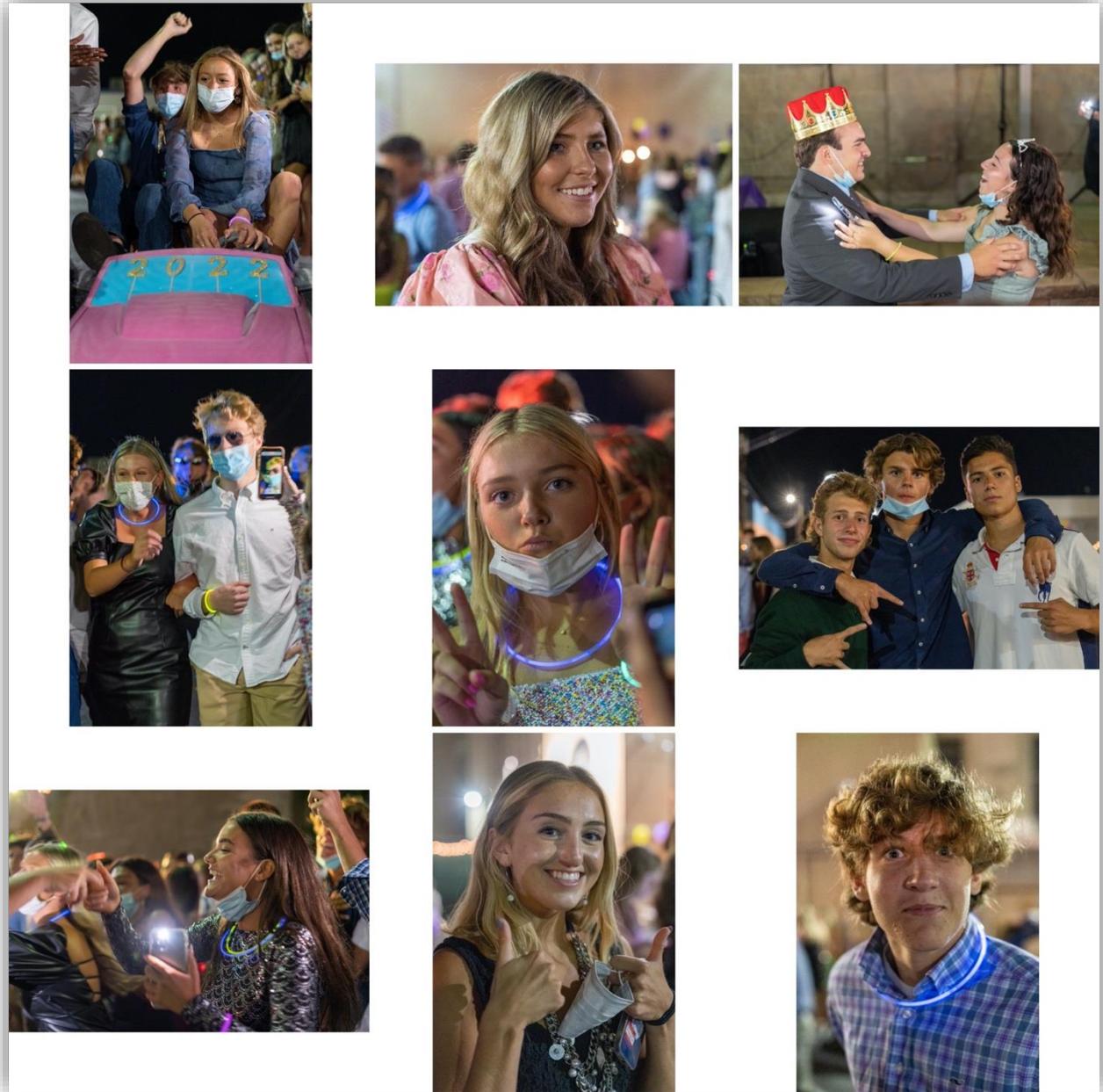
interview with NEPA Sports, "I think it's just time."

As for the Girls' Golf Team, Coach Dalessandro has led them to a 16-0 record, and they won the girl's Bob Simons Classic. In the District 2 qualifier, seniors Carolyn Stampien and Linda Marranca, juniors Miranda Karoscik and Gianna Cafarella, and freshman Chloe Lynch all qualified. Other members of the team include Anastasia Galko '23, Madyson Babyak '22, and Macey Pennay '22. The team just won the District 2 girls golf AAA championship!

Stats Box:

	W	T	L
Football	6	0	0
Girls Soccer	4	1	6
Boys Soccer	2	2	7
Girls XC	13	0	7
Boys XC	17	0	3
Girls Tennis	13	0	0
Boys Golf	12	0	0
Girls Golf	16	0	0

Homecoming Collage



By: Matthew Budiman '23

The Daily Examen

By: Julia Horter '25

The Spiritual Exercises are a collection of reflections, prayers, and meditations, written by St. Ignatius. It was published during the mid-1500s and grew very popular. The Daily Examen is a key reflection from this book. St. Ignatius valued the Examen so much that he required Jesuits to practice it twice a day. The Examen remains an important part of Jesuit life. It is relatively easy to do and is a great way to practice your Jesuit identity.

The reflection is made up of five questions:

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate

more effectively with God's plan. Be specific

and conclude with the "Our Father."

"Go forth and set the world on fire" – St. Ignatius

Service Center

By: Grace Osborne '23

As we move back toward a normal school year, service work will return to its usual importance at Prep. It can be hard to find service opportunities in the community, so here is a list of opportunities and contact information so you can get involved.

Sustainable Life Society's Service Hour Sunday
Join the Sustainable Life Society for Tree Plantings and Trail Cleanups on Sundays!

Where: Lackawanna Heritage Trail Pavilion on Olive Street, Scranton
When: Sundays at 10 am
BYOS! = Bring your Own Supplies! EX. Gloves, trash bags, rakes, shovels, etc.

You can contact sustainablelifesociety@gmail.com for more

information and updated schedules.

Haunted House

The Patriot Resource Center and Veterans Affairs Office at Marywood University is sponsoring a haunted house and is looking for volunteers to help. Please contact Mr. Henfling at chenfling@scrantonprep.org if you would like to get involved.

Cards that Care

The nonprofit organization Cards that Care is looking for reliable volunteers! This includes writing cards every month to local hospice and nursing home patients. Please contact Grace Osborne (osborneg23@scrprep.org) for more information on how to become a volunteer.

VOLUNTEER

Mental Health Awareness

By: Zoe Galko '25
and Julia Horter '25

Mental health is an important topic to discuss with people of all ages. While talking about it can sometimes be challenging, people need to know the significance mental health has on daily life. According to the Centers for Disease Control and Prevention (CDC), “Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke.”

Mental health is a vital portion of overall well-being, and it is important that people know how to maintain good psychological health. However, many people don't know how to start the conversation. We spoke with the counseling department about these matters, and about other ways to better understand and practice mental well-being.

We asked, “What can people do every day to

maintain good mental health?”

Mr. Woelkers says that he personally likes to start the day off on a positive note. “In the morning I like to reflect and spend time alone.” He believes that during this time it is important to stay off your phone and focus on yourself. He added that good hygiene and making a schedule may also help to keep stress levels to a minimum. Mr. Woelkers concluded his statement with, “Awareness of stress levels is key.”

Being able to contact the counselors is an important step if you ever need help. The first thing a student must consider is which counselor they have been assigned. The counselors are assigned based on your last name. The breakdown is as follows:

Mr. Bernard

Abdu-Hannon (Freshman)
Abdu-Giordana
(Sophomore-Senior)

Mr. Woelkers

Hans-Padula (Freshman)
Gnall-Newman
(Sophomore-Senior)

Mrs. Abrahamsen

Palazzari-Zugel
(Freshman)
Nicotera-Zoranski
(Sophomore-Senior)

You can also find your counselor at the bottom of your schedule.

How to See a Counselor:

If you are ever in class and feel overwhelmed or extremely stressed out, you are welcome to raise your hand and ask to be excused. You do not need to disclose anything you are not comfortable with. To see your counselor, you may also use the *Calendly* program. You can find the link to this program in your student portal. An email is also an acceptable way to book an appointment. The last way you can meet with your counselor is by getting a green slip.

Tips and Techniques for Test Anxiety:

The Five Senses Technique-

Focus your thoughts on:

- 5 things you can touch
- 4 things you can see
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Another popular technique that the counseling department suggests is box breathing. This practice has you

breathe in through your nose for four seconds, hold for four seconds, breathe out through your mouth for 4 seconds, and hold again for four seconds. You may repeat this as many times as needed.

The counseling department would like to remind all students that they are always happy to meet and talk, whether it is in-person or via Zoom.

Simone Biles

By: Grace Osborne '23

During the summer 2020(one) Olympics, two-time Olympic gymnast Simone Biles made national headlines for her decision to withdraw from the team all-around final. She faced harsh backlash and criticism from the public, for what they perceived to be her ruining Team USA's chance at a gold medal. What most people don't realize, however, is the dangerous reality of elite gymnastics and the real reason why Simone withdrew.

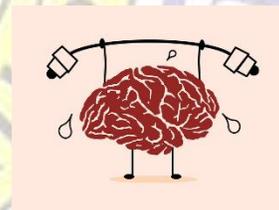
A common misconception is that Simone withdrew from the competition simply because she was nervous. This is untrue, and she revealed after the competition that she was

suffering from a mental block phenomenon known as the "twisties", which is all too familiar to competitive gymnasts worldwide. The twisties are a sensation in which you lose all spatial perception spinning 360 degrees, up to three times, while simultaneously doing a flip. Most people don't know what this feels like, so an accurate comparison would be driving with your eyes closed. The twisties are dangerous because without knowing where you are in the air, you cannot know how many twists you have completed, or how far you are from the ground. This means that safe landings are nearly impossible. Because of this, Simone withdrew from the competition for her own safety, and the wellbeing of the team.

Simone initially began the competition and competed her vault, which is now infamous for showing the danger of the twisties. She only competed 1 ½ twists when she was supposed to do 2 ½ twists, and then shot through the air before landing on her feet. It is difficult to understand the amount of skill it took for her to land on her feet, because almost any other gymnast would have been

seriously injured. She scored a 13.766, compared to the 16.050 she scored for the same vault during the 2016 Summer Olympics. If she attempted to finish the competition, she would have cost the team a medal, and put her life at risk.

Simone went on to withdraw from the all-around, bars, and floor final. She was only able to compete during the beam final because none of her skills required a twisting element. Simone displayed incredible resilience during the Olympics and deserves the respect of the nation. Simone Biles will always be the greatest gymnast of all time, not only because of her medal count, but also because of her courage.



Frequently Overlooked Holidays in October

By: Nicole Scochin '23

October 1st- National
Homemade Cookies Day
-National Black Dog Day

October 2nd- National
Name Your Car Day
-National Fried Scallops
Day

October 3rd- National
Boyfriend Day

October 4th- National
Cinnamon Bun Day
-National Taco Day
-National Golf Lover's
Day

October 5th- National
Rhode Island Day
-National Do Something
Nice Day

October 6th- National
Coaches Day
-National Mad Hatter Day
-National German-
American Day

October 7th- National
Chocolate Covered Pretzel
Day
-National LED Light Day

October 8th- National
Fluffernutter Day
-National Pierogi Day

October 9th- National
Moldy Cheese Day

October 10th- National
Angel Food Cake Day
-National Handbag Day

October 11th- National
Sausage Pizza Day

October 12th- National
Savings Day
-National Vermont Day
-National Gumbo Day

October 13th - National
Train Your Brain Day

October 14th- National
Dessert Day

October 15th- National
Cheese Curd Day

October 16th- National
Sports Day
-National Dictionary Day

October 17th- National
Edge Day
-National Pasta Day

October 18th- National
Chocolate Cupcake Day

October 19th- National
Kentucky Day
-National Seafood Bisque
Day

October 20th- National
Chicken and Waffles Day

October 21st- National
Pumpkin Cheesecake Day
-National Reptile
Awareness Day

October 22nd- National Nut
Day
-National Color Day

October 23rd- National
Boston Cream Pie Day
-National Mole Day

October 24th- National
Food Day
-National Bologna Day

October 25th- National
Greasy Food Day

October 26th- National
Tennessee Day
-National Mule Day
-National Pumpkin Day

October 27th- National
Black Cat Day

October 28th- National
Chocolate Day

October 29th- National Cat
Day
-National Oatmeal Day

October 30th- National
Candy Corn Day

October 31st- National
Caramel Apple Day
-National Knock-Knock
Jokes Day

Top 10 List- Dining Hall Edition

By: Grace Osborne '23

With the dining hall returning to Prep this year, we polled the students to rank the top 10 items.

10. Buffalo chicken wrap
9. Sushi
8. Grapes
7. Quesadillas
6. Yogurt parfaits
5. Buffalo chicken cheesesteak
4. Buffalo wing bites
3. Brownie al a mode
2. Curly fries
1. Big cookies

Ingredients:

1. 1 cup all-purpose flour
2. 3/4 teaspoon ground cinnamon
3. 1/2 teaspoon baking powder
4. 1/2 teaspoon baking soda
5. 1/2 teaspoon fine sea salt
6. 1 stick unsalted butter, at room temperature
7. 1/2 cup light brown sugar
8. 1/2 cup sugar
9. 1 large egg, at room temperature
10. 1/2 teaspoon pure vanilla extract
11. 2 cups old fashioned oats
12. 1 cup dried cranberries
13. 1 (4-ounce) 60 percent cacao bittersweet chocolate bar (recommended: Ghirardelli), chopped into 1/4-inch chunks

Recipe of the Month!**Oatmeal Cranberry Chocolate Chunk Cookies**

By: Skye Williamson '23

**Directions**

1. Preheat the oven to 350 degrees.
2. Line 2 baking sheets with parchment paper and set aside.
3. In a bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt.
4. In another bowl, beat together the butter and sugars until it is light and fluffy.
5. Add the egg and vanilla until the mixture is smooth.
6. Combine both bowls together, then, add the oats, cranberries, and chocolate chunks.
7. After everything is combined, roll the dough into 2- inch balls.
8. Place the balls evenly across the baking sheets, and then flatten each one with the back of a spoon.
9. Place the sheets into the oven for 13-15 minutes.
10. Allow to cool for 20 minutes.
11. Enjoy!

Source:

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/oatmeal-cranberry-and-chocolate-chunk-cookies-recipe-2014522>

Yay or Nay

Apple Pie is Better than Pumpkin Pie

Yay

By: Gisselle Rojas '23

As fall is quickly approaching, it is time to start making all of your favorite fall treats. By far, my favorite fall dessert is pie, but there's so many flavors to choose from. The most popular types of pie are probably pumpkin pie and apple pie, but without a doubt, apple pie is certainly better than pumpkin pie. Unlike pumpkin pie, apple pie has a sweet and soft inside and a crispy crust. You can eat it cold or warm- when it tastes its best! You can top it with almost anything, like caramel, whipped cream, and even ice cream! Most importantly, you can eat apple pie at any time of the year, whereas pumpkin pie is strictly confined to November during Thanksgiving.

Nay

By: Nicole Scochin '23

As the leaves start to fall and Autumn is drawing near, you might find yourself debating between two kinds of pie: Apple Pie or Pumpkin Pie. I believe that pumpkin pie is better than apple pie for various reasons. I believe that pumpkin pie is better than apple pie because when I think of fall, I think of pumpkins and pumpkin spice. Another reason that I prefer pumpkin pie is that the crust on most pumpkin pies has a better taste than the crust on apple pies. The crust on apple pie is usually dry and flaky. My final reason is that you can put whipped cream on pumpkin pie, but you can't put it on apple pie. Who doesn't love whipped cream, especially on pie? That is why I believe pumpkin pie is better than apple pie.

LGBTQ and Allies Club

By: Clare Hann '23

School is finally back in session, and that means clubs are back too! If you're looking for a new club to join, try the LGBTQ and Allies Club! The LGBTQ and Allies Club is a space

for activism, education, and connection with the LGBTQ community in our school. Everyone is welcome, and there is no better time to join than at the start of a new school year! The club has much to look forward to this year, from activities and crafts to education and discussions, to helping the LGBTQ

community outside of school. The LGBTQ and Allies Club will allow you to meet new people, voice your opinions on current LGBTQ issues, and do service for the local LGBTQ community. Come find us every other Thursday in room 304 (Mr. Placke's room) to join!

Unmasking the Faculty and Staff – Ms. Farrell

Interview By: Eleanor Farrell '23

Masks, the necessary evil of the pandemic, are here to stay for another year. As we continue to be unable to see anything below the eyes, the teachers remain unknown to us. Below is an interview with Ms. Farrell to help the student body get to know this new teacher amidst the barriers of masks and social distancing.

Why did you return to Prep?

I would not be who I am today if I had not attended Scranton Prep. During my senior year, I only applied to Jesuit Colleges and Universities because I loved the concept of “cura personalis” – care for the whole person. This Jesuit concept allowed me to be seen as not just a number, rather an individual who has likes, dislikes, interests, and values. After reflecting on my time at the University of Scranton, I realized I could draw lines through my accomplishments that all traced directly back to Prep. It just felt right to return to the place that made me who I am today.

What schools did you attend before taking your position here at Prep?

I attended Scranton Prep and was a member of the class of 2016. I then went to The University of Scranton, majored in History, minored in Art History, and graduated during the pandemic as a member of the class of 2020.

If you could enroll in any Prep class, which would you choose?

I would take Myth and Epic with Mr. Goffredo. My schedule did not allow for it while I was a student, but it always seemed like an interesting class.

How long have you been working at Prep?

I have been working at Prep for the past two years. During my first year, I was a member of the Alumni Service Corps. I was involved in teaching freshman seminar, the peer tutoring program, coaching girls' lacrosse, and freshman basketball cheer. This year I have returned for one more year to teach senior Theology.

What is your favorite subject?

My favorite subject is art history. I took AP Art

History senior year and would recommend the class to anyone. Mrs. Sallusti's Art History class inspired me to peruse an Art History minor in college.

What is your favorite art movement?

Impressionism. What I appreciate most about art, is its ability to challenge the norm. To me, impressionism was the first instance of artists challenging what art should look like.

What would your occupation be if you were not a teacher?

If I were not a teacher, I would either be a museum curator or an interior designer.

What was your favorite Prep memory from your time as a student here?

My favorite memory was my service trip to Johns Island, South Carolina.

Johns Island ignited my passion for service that continues to this day. Because of my trip to South Carolina, I immediately applied for service trips at the University of Scranton, venturing to Nicaragua, Alaska, and the Dominican Republic.

Book Review—The Inheritance Games

By: Jayde Waibel '23

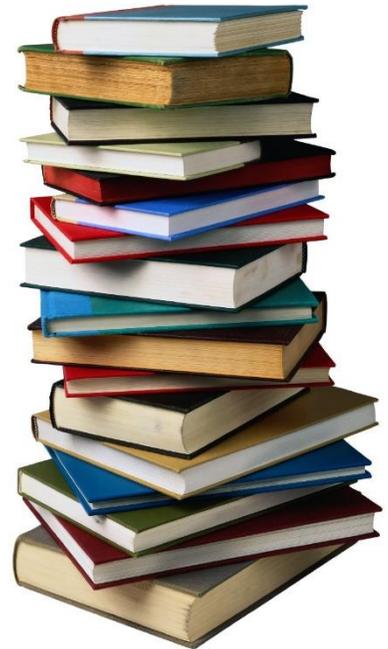
Avery Kylie Grambs just spent the night in her car. Her mom is dead, her dad is who-knows-where, and her sister's ex-boyfriend showed up again. . .hence the sleeping in her car. Not even a day later, Avery Kylie Grambs inherited the fortune of recently deceased billionaire Tobias Hawthorne—a man she did not even know. Now a billionaire and the owner of his mansion, Avery must deal with his four grandsons, his two daughters, and countless others who believe that she is not the rightful heir of the Hawthorne inheritance. Avery wants answers, and she sets out to find them with Jameson—who thinks Avery is his grandfather's last riddle to solve—and Grayson—who believes Avery cheated him out of his rightful inheritance. Through countless twists, turns, puzzles, and riddles, Jennifer Lynn Barnes masterfully creates a mystery paired with the perfect amount of romance.

Oh. My. Goodness. This book was incredible. My

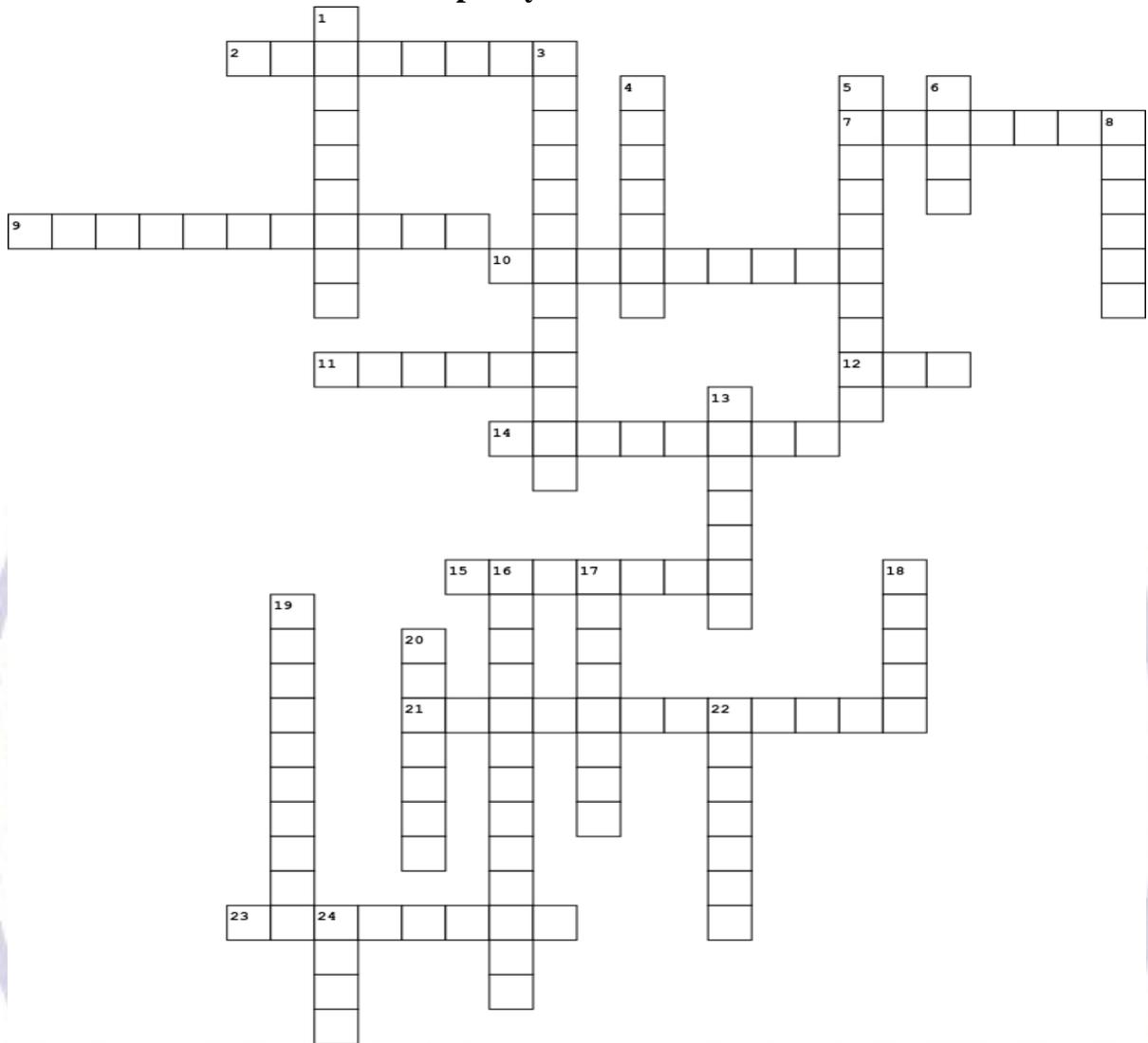
friend recommended it to me at least a year ago, and after actually reading it, I deeply regret that I went a whole year without having this book in my life.

I finished this book in about two days, and it would have been sooner if I did not have to go to class. The Inheritance Games is the dictionary definition of a page-turner. I constantly found myself trying to guess the answers to all of the questions the book presented me with (failing miserably at times, but it was great fun to try!) Obsessed is an understatement. I absolutely adore the four Hawthorne grandsons, and if you asked me to choose between Grayson and Jameson, I do not think I could.

Go read this book if you haven't already!!



Spooky Crossword



Across

2. They howl at the full moon.
7. ___ revenge
9. villain of the movie Psycho
10. Spooky, scary _____ send shivers down your spine
11. the walking dead
12. a black ___ _is considered bad luck
14. big pot that witches use to stir up potions
15. Edward Cullen is a _____
21. monster created by Mary Shelley
23. Scary song by Michael Jackson

Down

1. place filled with ghosts
3. A Nightmare on Elm Street
4. monster created by Brahm Stoker
5. witch transportation
6. ___ o'lantern
8. The itsy bitsy ___
13. Monster of Beowulf
16. The original name for Halloween
17. Robas has a lot of these
18. He wears a ski mask
19. Friday the ___
20. The bride of Chucky
22. "Here's Johnny!"
24. Winston's biggest fear (from 1984)

By: Nivana Nipaul '23

Scranton Prep Word Search

G	Z	T	R	E	P	Z	O	L	O	Y	O	L	A	O
J	Y	F	P	Z	B	U	Z	J	E	E	P	J	C	R
A	E	C	U	U	B	E	G	R	A	C	E	Q	T	K
J	K	J	R	W	D	C	L	J	T	K	Q	Y	M	L
M	A	G	P	Y	N	O	J	L	U	Z	G	S	V	M
O	I	D	L	O	X	S	I	J	A	G	J	J	H	G
Y	R	C	E	M	A	C	G	E	X	R	P	R	E	P
X	O	N	A	I	V	H	A	S	W	R	M	E	E	T
B	S	J	N	N	I	O	M	U	L	A	T	I	N	C
Q	Q	F	D	G	E	L	D	I	H	Z	W	E	N	R
B	V	I	G	Z	R	A	G	T	V	A	K	P	X	E
C	T	H	O	N	V	R	S	X	S	G	E	N	U	B
A	D	B	L	S	I	W	C	L	A	S	S	I	C	S
Q	M	O	D	C	A	V	A	L	I	E	R	S	P	B
F	E	E	I	G	N	A	T	I	U	S	Z	X	F	A

Purple and Gold

Ignatius

Xavier

Bellarmino

Scholar

Kairos

Cavaliers

Loyola

AMDG

Wyoming

Classics

Latin

Jesuit

Prep

JUG

By: Riley Sharples '23