

We Can, and We Did

By: Eleanor Farrell '23

After a long wait, the results are here. Scranton Prep won the 6th annual Great Ignatian Challenge! Prep collected a whopping 72,269.42 pounds of cans in the short time of 5 weeks. For some perspective, the average shopping cart holds about 50 pounds of food. By that standard, Prep filled 1,445 shopping carts with donated food! This win grants Prep 60,000 dollars to benefit students in need. While Prep receives money, our community receives much more. The canned goods and cases of water will be given to regional charities to benefit the people of our community who are less fortunate. The impact the Prep community will have on their lives is immeasurable.

Ms. Farrell and Mr. Placke, along with students Abigail Haggerty and Marcel Fediw, spearheaded the challenge. They were the behind-the-scenes production. Without these four individuals, the challenge would not have happened. When everyone left at the end of the day, they stayed for hours upon hours to count cans. When everyone left, they remained behind to decide the challenges and allot the prizes. The Prep family owes these individuals our gratitude.



The PR crew at Prep also needs thanks.

Prep received an additional 15,000 dollars for tying the PR portion of the challenge bringing our total to 75,000 dollars! Every video, advertisement, picture, and post about the Great Ignatian Challenge took time and effort. Mrs. Pavuk and Mrs. Duffy headed the Public Relations at Prep, helping to achieve numerous donations and ultimately win this money. The work of Mrs. Pavuk, Mrs. Duffy and their team sealed the deal for Prep and solidified our position as the 2021 winners.

When you are dressing down every Friday, (the prize we won for being totally awesome) remember to think of the work that Prep put in. We came together. We won. We helped our community and changed the lives of future Prep students who will now receive the education they deserve. Congratulations!

Tips for Seasonal Depression

By: Clare Hann '23

Some people enjoy the cold weather and short days of winter, but if the start of the season has you feeling a little down, you

are not alone. An estimated 10 million Americans experience seasonal depression, which is a type of depression that arrives or

worsens during the fall and winter months. Seasonal depression is caused by reduced exposure to sunlight, which can throw off your body's circadian rhythm and disrupt the levels of serotonin and melatonin your brain produces. Winter may have you feeling as dreary as the weather outside, but there are some things you can do at home to bring up your mood. One of the most effective treatments for seasonal depression is light therapy, which involves sitting in front of a special



lamp for a few minutes every morning and letting yourself soak up the light. The lamp tricks your body into thinking you are receiving natural light, so it goes back to its natural circadian rhythm. Another way to fix your body's internal clock is by sticking to a regular sleep schedule. As tempting as it can be to sleep in on cold winter

mornings, sticking to a regular schedule helps your circadian rhythm as well as regulates your melatonin levels. Other activities to get you out of your winter blues are relaxation techniques like yoga or meditation, or creative therapies like art and music therapy. It can be hard to feel cheerful when the sun goes down at 4pm, but staying warm, keeping busy with fun activities, and dreaming of summer weather will keep you going until the snow finally melts.

Hallmark at Hillside Park

By: Jayde Waibel '23

Have you ever had the sudden urge to pretend that you are in a Hallmark Christmas movie special? You know the ones I am talking about: a frigid winter day, snowflakes swirling around, all the while the main character is having the time of her life ice skating on a frozen pond in her rural hometown. If you answered yes, the next step on your path to your Hallmark main character moment dreams is finding a place to skate. I am here to assist you in that aspect by directing you to Clark Summit's very own Hillside Park.

Near Abington Middle School, Hillside Park has an adorable pond that is perfect for skating. Don't have skates? No problem! Volunteers from the area run a free skating system of donated ice skates. They make it as easy as driving to the pond, finding your size, having a blast skating, and returning the skates when finished. Surrounded by beautiful, wooded areas, you

will be transported into your very own Hallmark movie the moment you step onto the ice. The tireless volunteers of Hillside Park serve the community by maintaining the ice and making sure it is safe to skate on. Hockey sticks and pucks are also available if you spontaneously decide to be the next Wayne Gretzky.

Do you want to help this wonderful community tradition continue? If you have any unused ice skates in your home, donate them to Hillside for others to use! They are



especially in need of larger sizes (men's size ten and above). Hillside is also looking for additional volunteers to man the skate shed

and to help maintain the ice. If you enjoy being outdoors and know a thing or two about skating, please consider donating your time.

So, the next time you are considering curling up under your blankets to watch another Hallmark movie, go out and try living one for a change!



Pictured above is homeroom 3G, Mrs. Casey's homeroom, in their winter wonderland!

Sports

Purple and Gold

Part 2

Winter Sports

By: Antonio Ingargiola '25

Winter sports so far have just been Basketball. Boys Basketball opened with a win against Wilkes Barre area then followed by a hard-fought loss against Dallas in a 75th Anniversary Game. Rotating starters on

the team include seniors, Matthew Cobb, Andrew Ferguson, Jordan Johnson, Christian Kohut, Nicholas Paoli, Robert Rossi, Noah Sorensen, Michael Watkins, and Donovan Williams. Girls Basketball kicked off their season beating WWV and are now

4-0. Swim has their first meet on December 22nd. All winter sports teams are ranked highly and expected



to have great seasons. Be sure to get out to the games

this season to show support!

Entertainment

Purple and Gold

Part 3

Unmasking the Faculty and Staff – Mr. Placke

Interview By: Eleanor Farrell '23

1. Why did you decide to teach at Prep? and why Theology?

I was first interested in Prep, because I had made some friends that went here during my time at Fordham. They always talked about what a huge difference it had made on their lives, and after my first couple of interviews I could tell just how true that was. When I was in high school, my plan was to teach either Math or Latin someday, but while I was in college, I realized just how special the subject of Theology was. It has the unique ability to integrate study with your personal life. I think people are often times more affected by their Theology classes than they think, and I wanted the opportunity both to challenge my students' perspectives on their faith and allow them to challenge my own. Theology doesn't have such precise answers like Math did and I was always drawn to the fact that I could continue my growth

in the field for the rest of my life.

2. If you were the principal for a day and had to be in charge, what would you



do?

First, I would probably cry in a corner. Honestly it is not a job I envy, because the pressure to know how to make everyone happy with the way the school is going would be far too great for me. I guess if I really had to do anything and not worry about repercussions, I would order some pizza to the dining hall and just hang out there all day for whoever wanted to come by. I am very much an extrovert and like the socialization.

3. What schools did you attend/teach in before coming to Prep?

I went to an all-boys Jesuit High School called St. Louis University High (SLUH). After high school, I entered the Jesuits and went to Novitiate in Grand Coteau, Louisiana. After those two years, I went to Fordham University in the Bronx for my undergrad, where I studied Philosophy and Classical Languages, though I spent one year studying abroad at University College London in the Latin and Greek program. After that I left the Jesuits and taught Corporate skills for a year at Cristo Rey New York High School. After that year I went to graduate school at Boston College, where I got my Master's Degree in Divinity.

4. What is your favorite item in the cafeteria?

Hands down the curly fries no contest.

5. What do you look for in a good student?

I look for someone who knows how to look at both sides of an issue and is also able to integrate the idea into their own personal experience.

6. If Scranton Prep faculty, staff, and students were a movie, what movie would we be? Why?

Avengers
Endgame, because there are so many people that it is hard to keep track of sometimes, there is always a sense of one foot in the past and one looking toward the future, and at the end of the day we always

If people remember me as a loving teacher that also left them challenged in their ways of thinking, I will feel like I have done my job.

8. If you could change your name, what would it be?

Honestly, I love my name. It is so malleable with nickname possibilities as it is.

I would hope they see me as approachable, though sometimes more difficult than they expect (especially if you ask my sophomores right after they take on of my tests this year).

10. Best for last: What is your favorite Christmas movie?

Love Actually, because even though some

come together united for a common cause, not despite our differences but because each of us is so unique and valuable that we feel the need to celebrate it.

7. What legacy do you want to leave at Prep?

9. How do you think your students would describe you?

I had a student recently tell me that last year I was scary, though I would be surprised if that was a common experience.

of the story lines are pretty messed up upon further reflection, I do think they are going for a nice underlying message that is very Christmas. Also, I am a sucker for Rom Coms.

**Recipe of the Month
From the Cupcake Club:
Christmas Tree Brownies
One Little Project**

Recipe from: James Sciandra '25

<https://onelittleproject.com/christmas-tree-brownies/>

Ingredients

- 1 box brownie mix
- 1 tub white vanilla icing
- Green food coloring
- Small round sprinkles
- Small star sprinkles
- Candy canes

Directions:

1. Line an 8x8 baking pan with aluminum foil and spray with cooking spray.

2. Prepare the brownie mix according to the package directions and bake as directed.
3. Allow brownies to



completely cool, approximately 1.5 hours

4. Remove the brownies from the pan and cut into triangles.

(Cut in three rows, then cut in alternating diagonals, as seen in the picture.)

5. Unwrap the candy canes and use a sharp knife into the bottom of the brownie triangles.
6. Press the sharper end of the candy cane into the bottom of the brownie triangles.
7. Spoon out approximately $\frac{1}{2}$ of the tub of icing into a bowl.
8. Add green food coloring until you are happy with the color.

9. Spoon the green icing into a zip lock bag.

10. Seal the bag and cut off a small corner of the bag with sharp scissors.

11. Starting at the top of the brownie triangles, gently squeeze out the icing in a curvy zigzag as you go down the tree.

12. Add your favorite sprinkles and a small star sprinkle on the top.

13. Enjoy!

Frequently Overlooked February Holidays

By: Skye Williamson '23

- February 1: National Dark Chocolate Day
- February 2: National Groundhog Day
- February 3: National Carrot Cake Day
- February 4: National Bubble Gum Day
- February 5: Ice Cream for Breakfast Day
- February 6: National Frozen Yogurt Day
- February 7: National Periodic Table Day
- February 8: National Boy Scouts Day
- February 9: National Pizza Day
- February 10: National Umbrella Day
- February 11: National Make a Friend Day
- February 12: Global Movie Day
- February 13: Galentine's Day
- February 14: Valentine's Day
- February 15: National Gumdrop Day
- February 16: National Almond Day

February 17: National Cabbage Day

February 18: National Battery Day

February 19: National Chocolate Mint Day

February 20: National Cherry Pie Day

February 21: Presidents Day

February 22: National California Day

February 23: National Dog Biscuit Day

February 24: National Toast Day

February 25: National Chocolate Covered Nut Day



February 26: National Tell a Fairy Tale Day

February 27: National Polar Bear Day

February 28: National Tooth Fairy Tale

happy february!

Purple and Gold

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