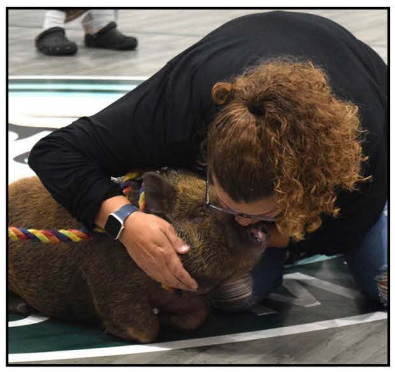
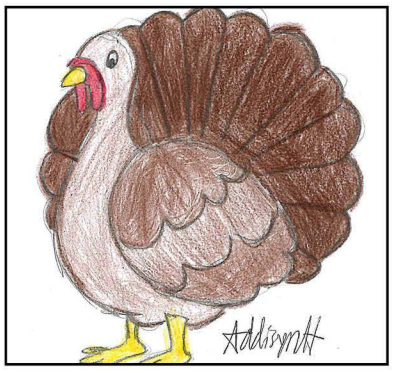
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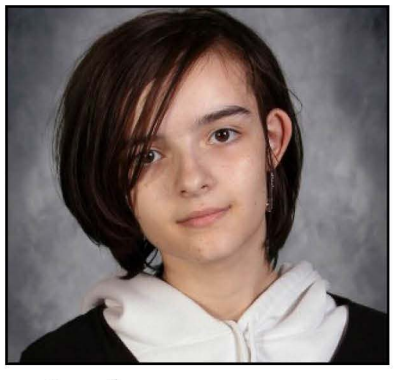
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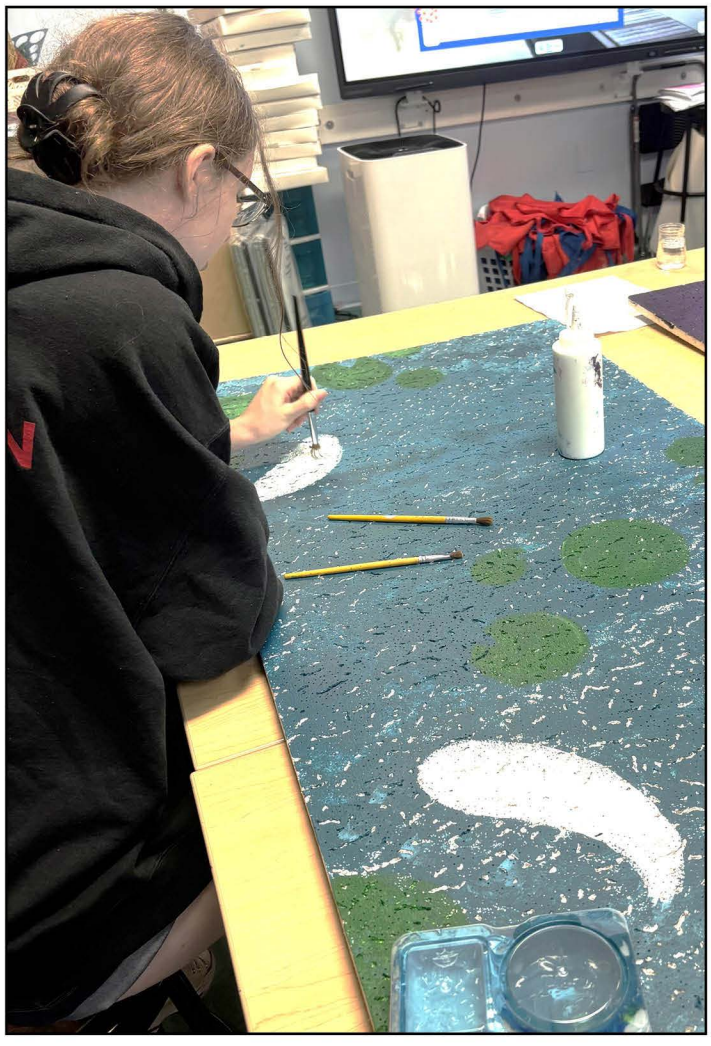
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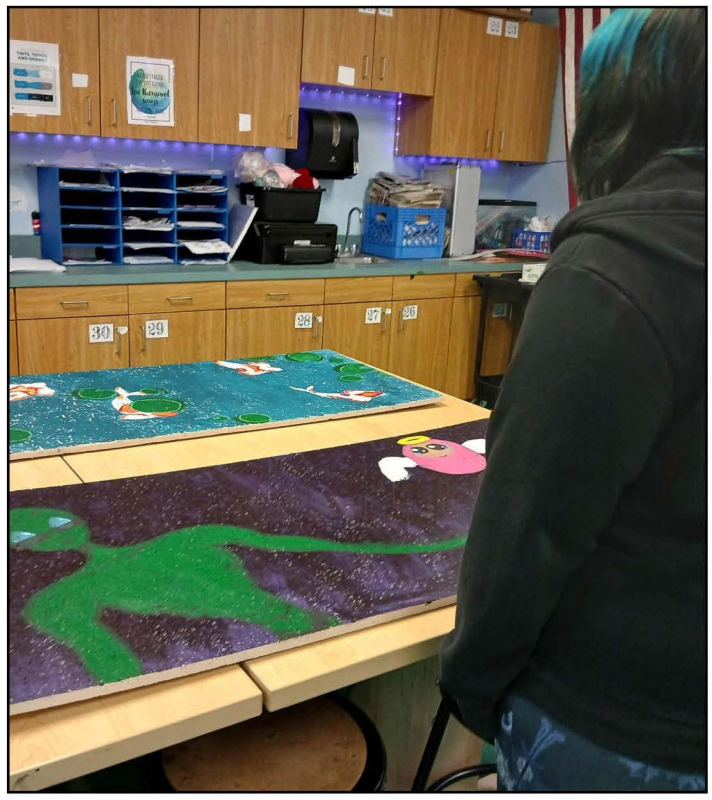


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High Art





Freshmen Riley Hawes, left and Sam Tenney, above, paint ceiling tiles for classrooms during Mrs. Nowak's art class.

Photos by Addisyn Hulliberger '28 and Anesha Tenney '28

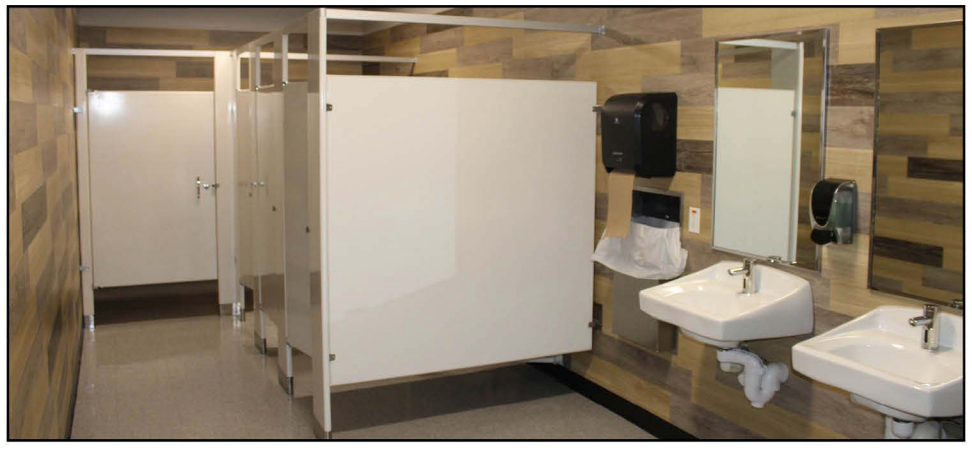
Restrooms improved with major renovations

BY JULISSA GUTIERREZ '27
Staff Writer
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The newly-renovated school bathrooms, intended to provide a cleaner and welcoming space for students, are already facing some challenges after only three weeks into the school year.

Despite the renovations, signs of misuse have begun to show with clogged toilets and writing on the stalls.

This has raised concerns among the school administration, resulting in a discussion with the secondary students to address the concerns and the importance of respect for the school's property.



High school student Kylie Bolenbaugh commented, "I think students

See Restrooms, Page 12

News You Can Use

What We're Thinking

What's your favorite thing about teaching?



The kids, and seeing them make and create.

— Mrs. Nowak, K-12 Art Teacher



I love the students. They are the future.

— Mrs. Vear, School Social Worker



I like watching people learn and seeing their gears turning.

— Mr. Nowak, High School Science Teacher



The variety, and having every day be different.

— Mr. Burkre Middle School Social Studies Teacher

— Compiled by Ella Brown '28

Winter is Coming

Staff, students bracing for colder temps

BY ANESHA TENNEY '28
Staff Writer
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You may have realized that it has gotten chilly — or maybe you haven't realized, but soon enough you will realize.

The weather has changed from 70 degrees and higher to a low of 57 degrees and decreasing; that is a big shift.

This cold weather will encourage students, teachers, and staff to wear warmer clothes such as coats, jackets, and more layers to stay warm and to stay healthy.

Speaking of health, this change of weather could and will cause lots of students, teachers, and staff to get sick.

"I like the cold weather more than the extremely hot and humid weather we've had, just because I would rather be chilly than hot," said sophomore Addisyn Hulliberger.

Addysin said she does worry about getting sick as the weather gets colder.

"I tend to get sick a lot when the weather becomes colder like this," she said.

Addisyn also likes snow, but only after Halloween is over.

"It can snow as much as it wants after that

We have already had a few snow days this winter, and Addisyn thinks more are probably coming.

"I think Pansophia will probably have a dozen snow days or so, hopefully not too many," she said. "I don't want to extend school time."

Fun fact time: Did you know that the switch of weather will make our immune systems weaken, which is why you are more prone to getting sick in colder weather?

A lot of people dread the arrival of snow, since snow causes a lot of difficulties such as accidents, transportation difficulties, power outages, shut ins, and a wide range of different illnesses.

"I'm worried about freezing while walking home," said sixth-grader Joseph Tenney. "I hope to get a lot of snow days off of school."

Joseph said there are things he likes about both warm and cold weather.

"I prefer both because you can do stuff in warm weather, yet also do things in cold weather," he said. "But I kind of like the cold weather more because sometimes you get days off school."

Make sure to always check your weather app before leaving your home so you can be prepared for any weather and stay safe.

Social media can have negative impact on teens' mental health

BY EMILY WORLAND '29
Staff Writer
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Social media is a huge part of today's society.

In fact, 95% of teens in the United States, as of 2022, are on social media according to a study by the Pew Research Center. Many teens look to social media for entertainment and as a way to talk to people.

While social media does have its pros like international communication, live news, and educational opportunities it still has its cons.

John Hopkins Medicine wrote an article titled, "Social Media and Mental Health in Children and Teens." In this article, they discuss the connections between Social media and depression.

They clearly state that social media cannot be described as a direct cause of depression, saying that there are many factors, including genetics, a person's surrounding environment, and someone's personal experiences.

Social media introduces them to cyberbullying, and often causes awkward social behavior. Saying people who are constantly on social media are not as social and are often much more introverted.

However, Yale Medicine takes a slightly different approach.

In the article published by Yale Medicine, they say that social media can affect people's,specifically teens', mental health, but it can also be used to help them too.

The internet is full of mental health programs and groups of people that teens can interact with to get them through tough times. Despite their emphasis on the better sides of social media, they also point out a lot of its downfalls, stressing very heavily that the content teens can see has a very large impact on them.

Some social media content can be linked to things like suicide, eating disorders, depression, and anxiety. Also mentioning the factors of adults who target adolescents and how human trafficking and other terrible events can occur more easily through the internet.

" Humans are naturally social species that depend on the companionship of others to thrive in life," said Mrs. Roxanne Vear, Pansophia's school social worker. "Over the past 10 years, the rapid emergence of social networking sites like Facebook, Twitter, Instagram, and others has led to some significant changes in how people connect and communicate.

"I do wish it was used less," Mrs. Vear continued. "I believe keeping up connections with family and friends is a good use of social media. Having said that, there is a lot of unsupervised drama that can really hurt people."

When asked if social media has more pros or cons she responded with, "When used ethically, I think social media has more pros. Having said that, with the number of social media sites popping up, the amount of artificial intelligence being used for deep fakes, unless you do your research, you do not know if what you're reading is true."

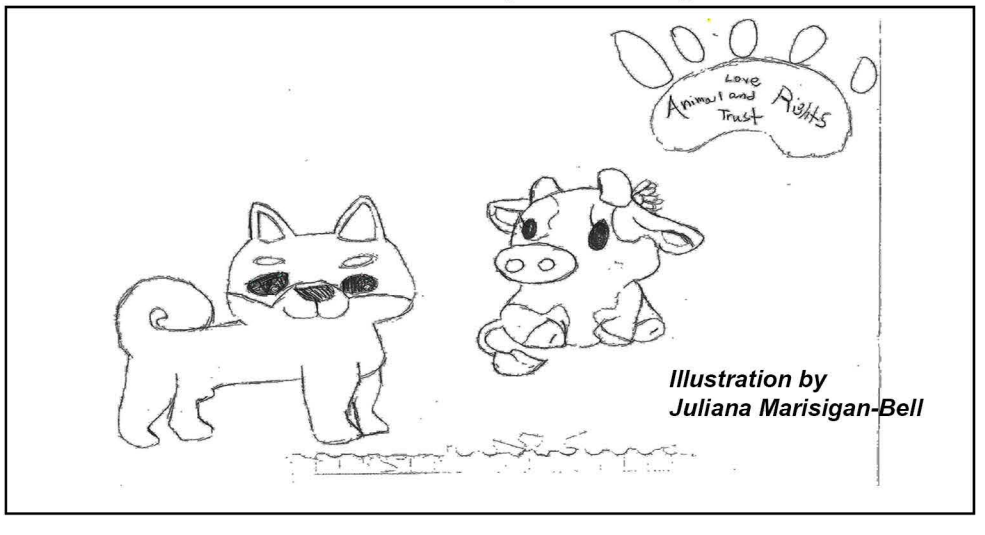


Illustration by Juliana Marisigan-Bell

News You Can Use

'6-7': About a trend that literally means nothing

BY KYLIE BOLENBAUGH '28
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What does "6,7" mean?

According to Wikipedia, "6-7 is an internet meme and slang term that emerged in early 2025 on TikTok and Instagram Reels.

The phrase originated from the song 'Doot Doot (67)' by Skrilla, which became popular in video edits featuring professional basketball players, especially LaMelo Ball, who is 6 feet, 7 inches tall."

Further research revealed the meme was further popularized through Overtime Elite player Taylen "TK" Kinney's repeated use of the meme.

In March 2025, a boy became known as the "67 Kid" after a viral video showed him yelling the term at a basketball game while performing an excited hand gesture.

A related meme, "41", is derived from "41 Song (Saks Freestyle)" by rapper Blizzi Boi, in which the number is repeated throughout.

The meme's popularity grew among Generation Alpha, with teachers widely reporting its use among middle and elementary schoolchildren. The meme has been cited as part of a wider online "brain rot" phenomenon."

The phrase "6,7" is popular and frequently used in schools all over the country — including Pansophia Academy.

"It originated from a block in Chicago, but right now it's a joke," said Pansophia sophomore Luis Martinez. "Kids are constantly saying it because they have no friends or jokes, and it also gets them in trouble because teachers are getting mad."

BY ADDISYN HULLIBERGER '28
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In the past few months, you may have heard someone say the term "6,7" a few hundred times. Whether it's someone screaming it in the halls at school or a small snicker at the two numbers being used together, you have probably heard it before.

The term "6,7" became increasingly popular after people began making video edits of basketball player LaMelo Ball. The editors used the song "Doot Doot" by Skrilla, a drill rap song where the lyric "six-seven" is repeated, to reference LaMelo's height, 6 feet, 7 inches.

Soon after, a video of a young spectator at a basketball game went viral. In which the spectator was yelling "six-seven!" while doing the hand gesture that has become just as popular as the saying.

Just like most viral trends, there are people who find it hilarious and people who think it is the most annoying thing to ever exist.

> ***Just like most viral trends, there are people who find it hilarious and people who think it is the most annoying thing to ever exist.***

"I think it's funny when kids cringe because I say '6,7,'" said high school science teacher Mr. Bernie Nowak.

Mr. Nowak said the frequency he hears "6,7" each day is, thankfully, decreasing.

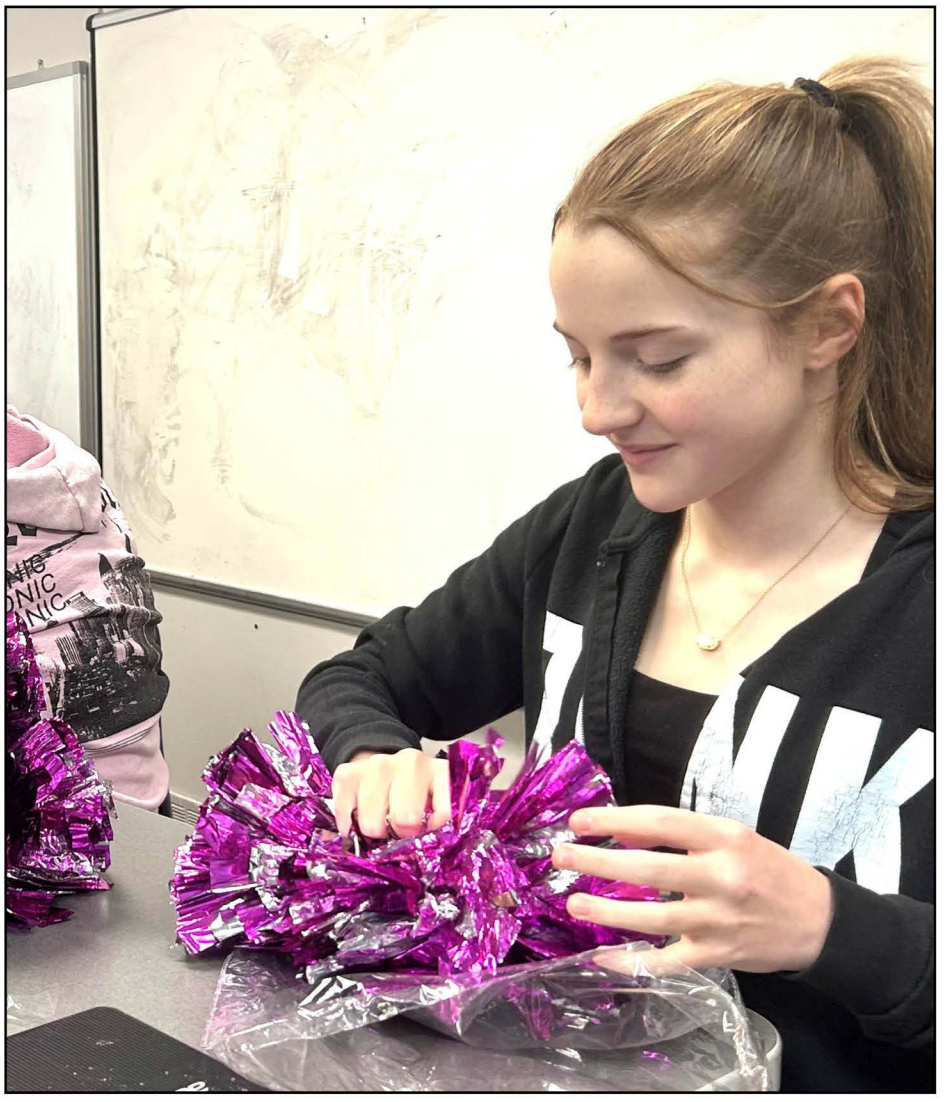
"At the beginning of the year it was once every 3 seconds. However, now it's probably about fivre times a day," he said.

Sophomore Anesha Tenney joked that she now hears the phrase "Everyday maybe like six or seven times."

The term "6,7" has become a popular and frequently used joke. It originated from the internet as most trends do.

Teachers, parents, and even other students are either being driven crazy, or they are just having a good laugh over a joke as pointless as it is. It doesn't have a deeper meaning, it is always just there. It's something you could use to annoy someone, or to just make them laugh over a stupid, pointless joke.

Thinkin' Pink



Dance Team Captain Lilly Parker fluffs silver and pink poms to prepare them for the dance team to use during their performance at Pansophia's Dig Pink volleyball game. Dig Pink games are events aimed at raising funds for and awareness of breast cancer research and prevention.

Emily Worland Photo

Are Pansophia students actually using their lockers?

BY AUBREY WOOD '29
Staff Writer
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Do students at Pansophia like using lockers?

A lot of students don't, but some do.

Pansopia freshman Khloey Hurlburt said, "Yes I like using my locker. It holds all my stuff like my volleyball stuff. I'm at my locker all the time. I like using it so I don't have to carry all my stuff around."

Some students find their lockers difficult to open, so they put a pencil underneath the lock to hold it open.

Since this makes the lockers unsecured and ripe for things to be taken from them, Pansophia's director of school operations, Mr. Brooks Yates, will take out any pencils he sees holding lockers open.

"I hate when I put a pencil in my locker and Mr.Yates takes it out," said freshman Riley Hawes. "If I could change something about the lockers, I would make them bigger so that all my stuff fits."

Viewpoints

Pansophia ACADEMY
UNIVERSAL KNOWLEDGE

The Puma Press

A publication presented by Pansophia Academy's
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Student Opinion: The phone policy

BY AUBREY WOOD '29
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My opinion about the No Phone Policy in school this year is that I like it, but also hate it.

I like it because it helps students get their work done and be more active with people. I think people get really distracted when they're on their phones and they don't get any work done because they're playing games. The phone policy helps kids get their work done and not fail classes.

Students also like to text their friends to meet up and skip class sometimes, so I think the phone policy's good.

A few things I hate about the policy is that if they ban phones fully in school where you can't have them, what do you do if you have to contact your parents and can't call or text them? I think that they should let students have their phones just in case they need to call home in an emergency. If you can't contact your parents and the office ladies don't know how you're getting home, what do you do?

I think kids should just leave their phones in their pockets and if they stay off them they shouldn't get them taken away. If the teachers don't trust them

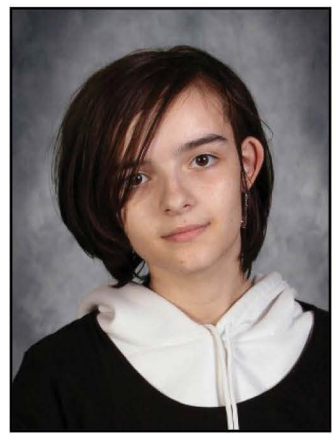
Another good thing about phones not being allowede is classrooms is there's no taking pictures of people without their permission.

A bad things is, what is your computer's dead and there are no extra computers

If the teacher won't let you work othere's nothing else you can do, so you would just have to sit in class and do nothing.

Policies must change to protect LGBTQ+ students

MY TAKE
MIKE WALTERS '28



Pansophia Academy positions itself as a place of holistic learning, moral formation, and community. Its mission promises to nurture academic excellence and character development.

Yet, for many students who are queer, trans, or disabled, the lived experience tells a different story: one of constant microaggressions, slurs, exclusion, and sometimes outright harassment.

This writer argues that Pansophia can't simply rely on written policy or good intentions; it needs meaningful reform, accountability, and cultural change. Without those, the school is failing many of its students.

The Board Policy (BP) Manual of Pansophia includes an anti-harassment policy that names "sexual orientation and gender identity" and "disability" among the "protected classes." This means the school legally recognizes that discrimination or harassment on those bases is forbidden under its policy. The policy says that the Board will "vigorously enforce" the prohibition, investigate complaints, and impose "appropriate disciplinary action."

From student reports, the problem is that homophobic, transphobic, and ableist behaviors are frequent, normalized, and often dismissed.

When complaints are made, responses are often delayed, minimal, or involve only verbal correction. Because the consequences are weak, the behavior often persists or escalates.

What's going wrong at Pansophia, you may ask? Well, based on observations and conversations with students, some incidents are taken seriously; others seem ignored, especially if they happen "off the record" (between students, not witnessed by staff). Students often do not know what the outcome is after they report something.

Hurtful comments are sometimes dismissed as "kids being kids" or "just jokes." There appears to be little systematic or sustained training for students and staff about LGBTQ+ issues, about ableism, or about how to respond when harassment happens.

I believe Pansophia Academy must take several concrete steps to align its practices with its policies and to make the school safe for all students. Let there be clear tiers of offense (e.g., slur used once vs. repeated behavior vs harassment) and corresponding consequences. Every student should know what will happen if they violate these policies. Ensure that when a student reports homophobia, transphobia, or ableism, there is a prompt investigation, support for the affected student, and a communicated response to all parties (while respecting privacy appropriately).

Staff and students alike need training about queer and trans identities, about disability justice, about how to intervene as bystanders, about empathy.

We also need to create spaces where affected students can safely share experiences, with peer support or confidential counseling. Make reporting easy and without fear of backlash. A zero-tolerance attitude isn't enough unless accompanied by culture. Policies without enforcement become words on paper; values without action become excuses.

If Pansophia Academy truly cares about the well-being of all its students, then it must move beyond passive promises.

Homophobia, transphobia, and ableism are not isolated; they affect students' mental health, academic success, and their very sense of self. Consequences must be real. Culture must shift.

Viewpoints

What We're Thinking

What is your favorite subject?



History, because it's fun ... but Mr. Burke yells a lot.

— Maddie Baker, Grade 8



Biology, because I understand it and it's an easy class.

— Khloey Hurlburt, Freshman



Math, because it always has one right answer ... unlike English, which can have mulitple answers.

— Mr. Vear,



Science, because I like it and I have it with my friends.

— Emme Tomlinson, Grade 6

— Compiled by Maria Cancino '29

In-person learning provides better education for students

BY ADDISYN HULLIBERGER '28
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Ever since the Covid-19 pandemic, online schooling has become a lot more popular.

Schools often offer online classes in a student's schedule, or they offer full online programs for students to become fully online from home.

While it allows students to stay home, is it really as effective as traditional classroom learning?

Personally, I do not think it is.

Traditional learning allows students to have inperson projects and topics, and they have a teacher that they could speak to whenever it is necessary.

Online learning is usually just videos and assignments. Students cannot ask questions or be provided with assignments tailored to their personal learning style.

Traditional learning lets students have direct social interaction with fellow students and teachers, they get real-time feedback, and overall they have more of a hands-on experience than students who are online. They are in a supervised classroom, and teachers can help their students stay focused and on track.

Online students, however, do not have the same benefits as students learning in person. They are able to stay home and have whatever kind of sleep schedule they want, but is it really worth it?

It varies depending on the class, but studies show that around 42.3% of students typically admit to cheating in an online class.

Students in person cheat as well, of course, but online students have a lot more access to AI tools to use on their assignments.

They are not supervised by a teacher, which enables them to do whatever they would like to with their assignments.

This does not teach them anything.

My classmates'and my personal experiences with online classes wasn't great.

It is easy to become distracted after staring at your computer screen for an hour, which led me and other students to become lost during the course.

In conclusion, I do not think that online learning is as effective as traditional classroom learning.

Students are unsupervised while they do their assignments, allowing them to get away with cheating on assignments, and they really just do not get to have an in person learning experience.

Heatwave affecting areas across the globe

BY ANESHA TENNEY '28
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There is extreme heat affecting many regions across the globe. All around the world people are reporting deaths from heat and record breaking temperatures.

"A month into summer 2024, the vast majority of the U.S. population had already experienced at least one extreme heat wave, and millions of people were under heat alerts, with forecasts warning of more ahead," a website with information from scientists Mathew Barlow and Jeffrey Basara said.

Heatwaves consist of periods of abnormally hot weather that can last from a few days to months.

"Hospitals in Karachi, Pakistan, were overwhelmed amid weeks of high heat, frequent power outages, and water shortages in some areas," Barlow and Basara write. "Neighboring India faced temperatures around 120 F (48.9 C) for several days in April and May that affected millions of people, many of them without air conditioning.

"Because of the extreme heat people are getting sick and some are even dying."

According to a study in 2022 conducted by bthe World Meterological Association, in Europe alone, it was estimated that over 60,000 people died from heat-related stress.

The heatwaves across the years have been breaking records, but they aren't good records.

"Amid rising 21st-century temperatures, the WMO underscored that July 2025 was the third-warmest July ever recorded, behind those in 2023 and 2024," the World Meteorological Organization website said.

Heatwaves affect agriculture, biodiversity, wildlife and animal deaths, water sanitation, labour productivity, and critical infrastructure damage.

Outdoor workers are more vulnerable from the heatwave because they face risks of heat exhaustion, heat stroke, kidney problems, and worsening chronic conditions.

The heatwave is also affecting students by making it hard for them to concentrate, memory, impaired cognitive function, and it could even affect their test scores.

"I feel like I'm dying when it's hot outside," said Pansophia sophomore Addisyn Hulliberger. "I don't like it. I like winter, thank you."

What is the kissing bug?

BY KAYELEE FIELDS '28
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According to information at the website cnn.com, the kissing bug is a black and orange bug that is the size of a penny. It will bite you and suck your blood.



The kissing bug carries a disease in its feces called chagas, which can attack the heart and digestive system.

According to the United States Centers for Disease Control, about 20% to 30% of people who've been infected develop more serious problems like long-term digestive and nervous system conditions, heart failure, stroke or death.

Just recently, kissing bugs have migrated to the United States, and Chagas is spreading CDC officials hope the disease will "finally get the surveillance, prevention and testing efforts and research funding it deserves in the United States."

Scientists and even local people are becoming concerned that the spread of Chagas is being virtually ignored.

"It's frustrating because we have the knowledge to take care of the disease but we don't," said Pansophia's high school science teacher, Mr. Bernie Nowak. "Like with covid we acted like we wouldn't get it, then we did and we had nothing prepared."

Happy Holiday Wishes



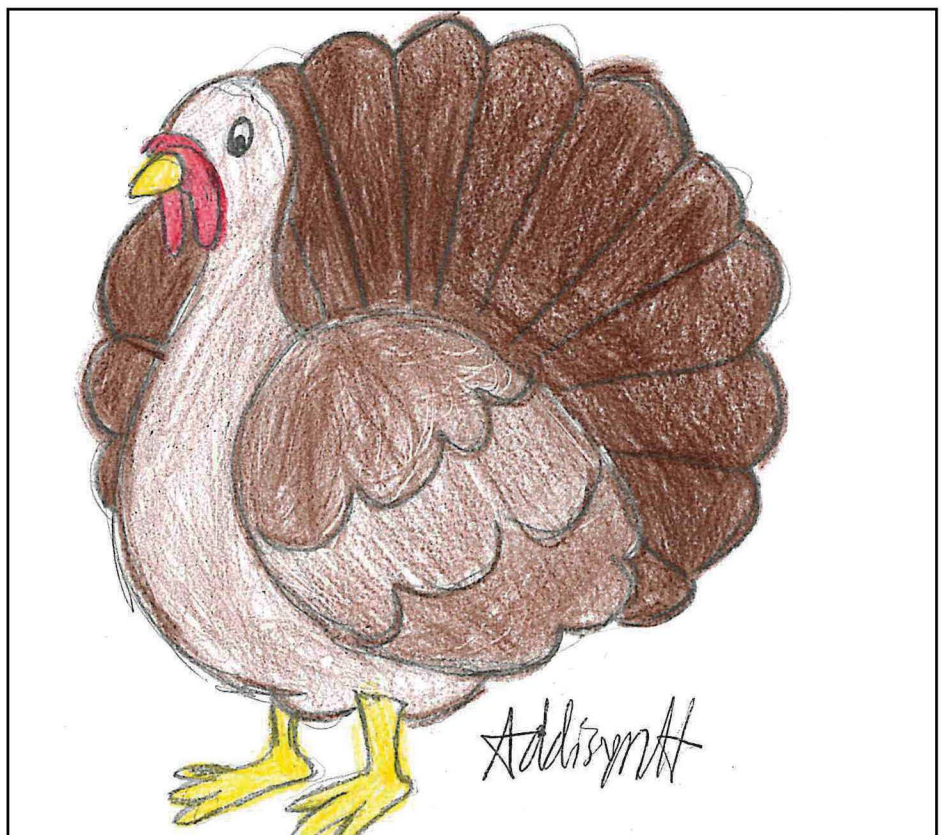






Halloween Illustration by Anesha Tenney
Photos by Aubrey Wood and Emily Worland



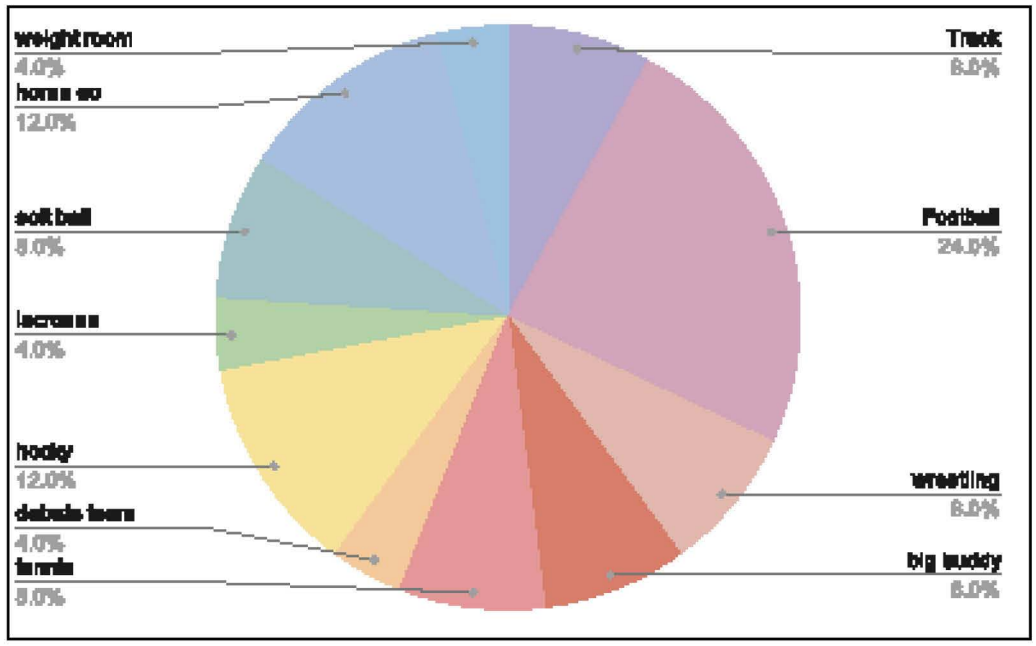


Thanksgiving Illustrations by Kylie Fields (Above) and Addisyn Hulliberger (Right)

Survey Says ...

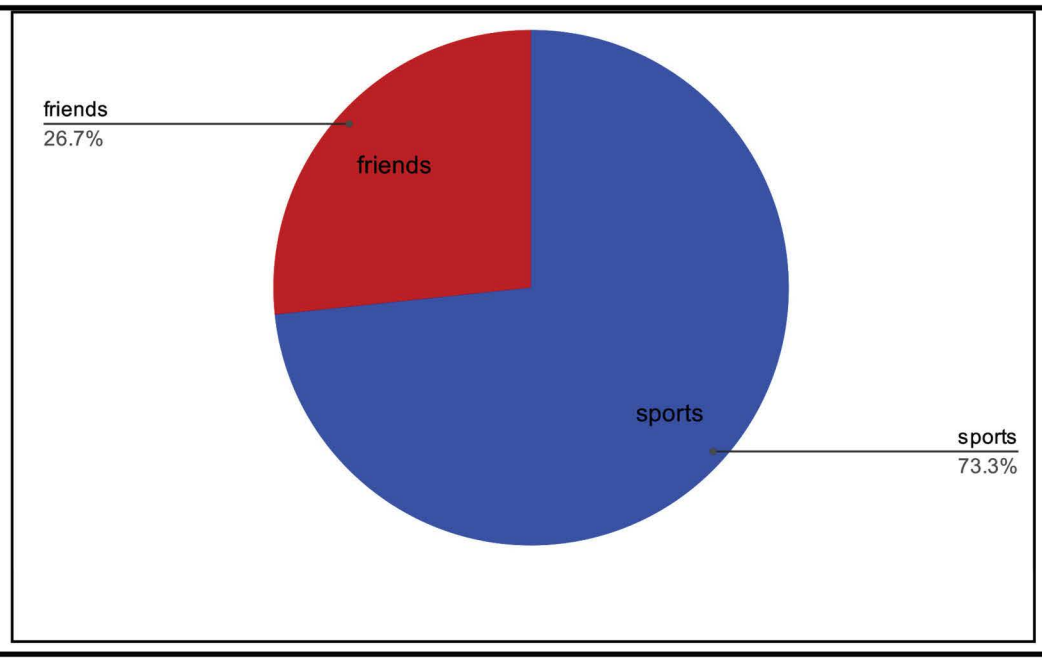
What extracurricular activities would you like to see offered at Pansophia ?

— Poll compiled by Julissa Gutierrez



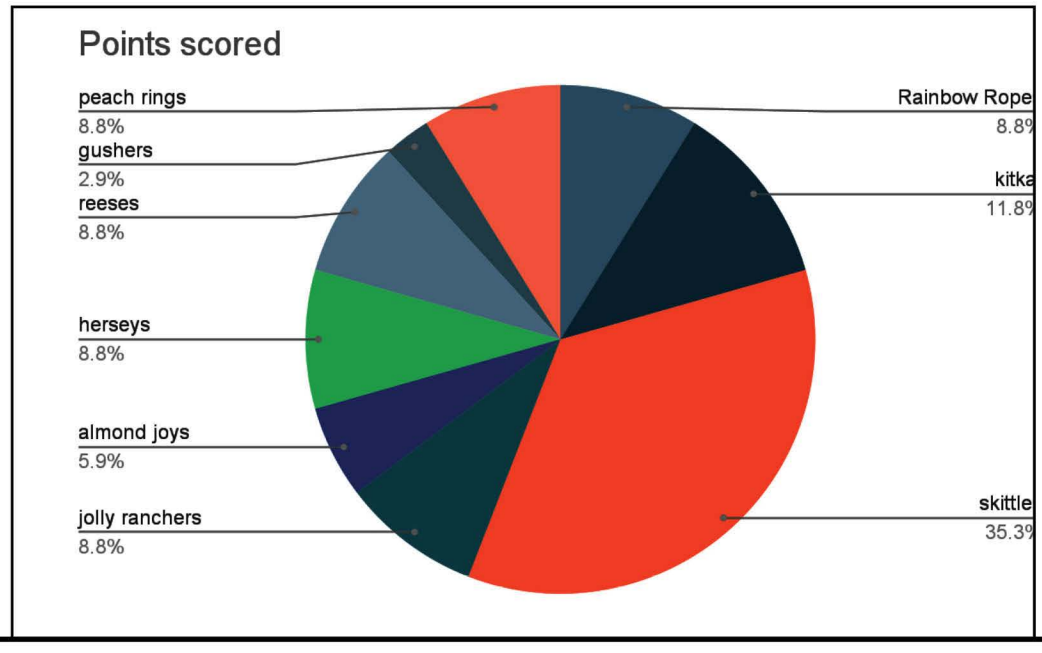
What is your favorite thing about school ?

— Poll compiled by Maria Cancino



What's your favorite candy?

— Poll compiled by Maci Ledyard



Halloween Hijinks

Staff and students came to school in costume on Oct. 29 to celebrate Halloween.

Puma Press staff photos



Sixth-grader Emelia Golden



Sixth-grader Riziekial Norman

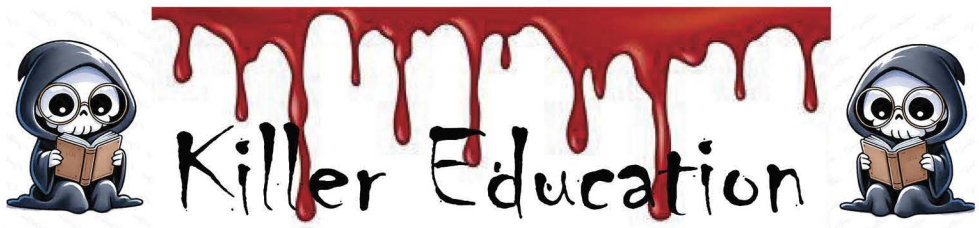


Junior Ash Mathis

Viewpoints

Pansophia playwright excited to see her story come to life

BY EMILY WORLAND '29
Staff Writer
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I am currently acting as student director for the dinner theater fundraiser being planned for March 7 by the Pansophia Academy Drama Society.

This is a really big deal for me because the show is one that I wrote. It is a murder mystery called "Killer Education." It's about five kids who go to a school and who all have different talents.

Out of nowhere, a student disappears and they have to work together to solve the mystery.

I wrote the show when I was in sixth grade. I was intending to direct it myself and turn it into a movie, but I never got around to it for a number of different reasons. When I heard the Drama Society needed a show for the dinner theater fundraiser, I thought I would offer my show.

When Mrs.Barrand, the Pansophia Theater teacher, said she would read it I was both excited and nervous. It took a lot to bring myself to propose something like that, and it was definitely way outside my comfort zone.

After she read it, she told me she wanted to put the play on. I was over the moon.

While this is such an amazing opportunity, it is also a big responsibility. After all, I am still a student and will have to balance my school work as well as be the student director for this show.

However, I will manage. This show is something that is really important to me and I will do my very best to succeed.

Writing has always been a hobby of mine, and theater is something I love very much. When I was able to go forward and try something new, I felt a strong sense of pride in myself. I encourage anyone who is too shy or afraid to put themselves out there to do the new thing they want to try, because in my opinion it is such an amazing feeling. If you work hard enough and have enough pride in yourself you will succeed.

Getting to put on the show that I wrote has made me believe now more than ever that hard work and dedication can get you anywhere you want to go in life. If you are a reliable and trustworthy person people will respect you.

Something that is really amazing to me is being able to see the characters I created come to life. It really is unthinkable that the entire script just started as vague ideas in my head and turned into real characters and most of all a story.

Throughout the year I was writing the script, there were so many ideas that were scrapped or adapted, some were written into the script and then got deleted and replaced with something better, and others were written and created the story. It was my first script I ever wrote and I was not only writing it but learning how to create characters and to write a compelling scene.

As anyone who writes a script does, I was thinking about how it would be in real life, but I never really thought about how it would be when it was brought to life.

It might seem small but just seeing my name on the title cover of the script makes it feel so real, like I accomplished something important. I am beyond thrilled to start the production process!

Is AI taking over ther workforce?

BY ANESHA TENNEY '28
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I strongly believe that every part of the work force will be fully taken over by AI in just a few years.

AI has already taken over every form of art, like for example digital art and music have been fully taken over by AI. AI has also taken over advertisements. Ads on Youtube are made and voiced by AI and they are not even trying to hide it.

People are even supporting this but they do not understand that if AI fully takes over the work force they won't get any income whatsoever, they won't be able to take care of their families or even themselves. If no one is getting paid then that will just be the end of human kind.

AI has gotten so bad that there has even been a senate report that states, "AI and automation could replace nearly 100 million jobs across various industries over the next decade."

I don't think that senate report is wrong; I have heard an automated voice at drive-throughs, and when you apply for a job it's an AI bot that talks to you online.

It might just be me, but I really don't want to work for you if an AI bot is the one replying to me instead of a human.

A lot of people say that AI helps the work force. They are not wrong; AI has helped the work force in many ways, which is technically a huge step forward for AI in the process of entirely taking over the work force.

AI is already a major part of all the industries and soon it will be the main part, so just be prepared to be replaced by AI.That senate statement said, "AI and automation could replace nearly 100 million jobs."



Homecoming Hijinks

Pansophia's staff and students celebrated Homecoming Oct. 15-17.

PHOTOS BY MACI LEDYARD









Faces & Places

‘Kiss a Pig’ event is big hit

BY MACI LEDYARD ‘28
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On Oct.15, the elementary students at Pansophia Academy attended an assembly in the gym.

During this assembly Mrs.Emily Bovee, Pansophia’s assistant principal, kissed a pig with bright red lipstick on. Students voted in the days before the assembly for which staff member they wanted to see kiss the pig.

Students got a chace to win a puma shirt.

The volleyball players threw a ball into the ground and whoever caught this ball won the shirt.

There were two massage chairs set up for the two students who teachers felt had the most puma spirit this during these homecoming week dress-up days.

The two students, kindergartener Abdias Padilla-Gonzalez and third-grader Penelope Guzek, got to sit in the massage chairs while enjoying the staff vs.students volleyball game.

The cheerleaders were cheering on the volleyball team with cheer coaches Mrs.Burton and Ms.Hoffman.

College and career advocate Mrs. Alexndera Konyndyk was present with the Puma mascot.

After Mrs.Bovee finished kissing George (the pig), she quickly switched to a sports mindset and got ready to keep the score on the score board.

Principal Mr. Ryan Tomlinson was a referee and did a great job keeping the score and calling plays. In the end, the freshman/sophomore team won the vol

“The funniest thing that happened was seeing Mrs.Bovee kissing the pig,” said Mr. Gonzalez, athletic director and Spanish teacher. “I feel happy and glad that the sophomore and freshman won.”

School social worker Mrs. Roxanne Vear agreed.

“ I think the funniest thing and cutest thing was Mrs.Bovee kissing the pig,” she said I think everyone was a winner, and I was happy to see that the teams were gender neutral and both teams tried really hard and I was rooting for both teams.”

Mrs. Konyndyk was also amused by the pig-kissing.

She also enjoyed watching Mr. Tomlinson taunt his son Greyson, a junior, as he played in the volleyball game.

“Mrs.Bovee kissing the pig was hilarious, and it was funny how Mr.T. jokingly was harassing his own child,” she said.

Mrs. Konyndyk said the winning team in the volleyball game “hustled hard for that win.”

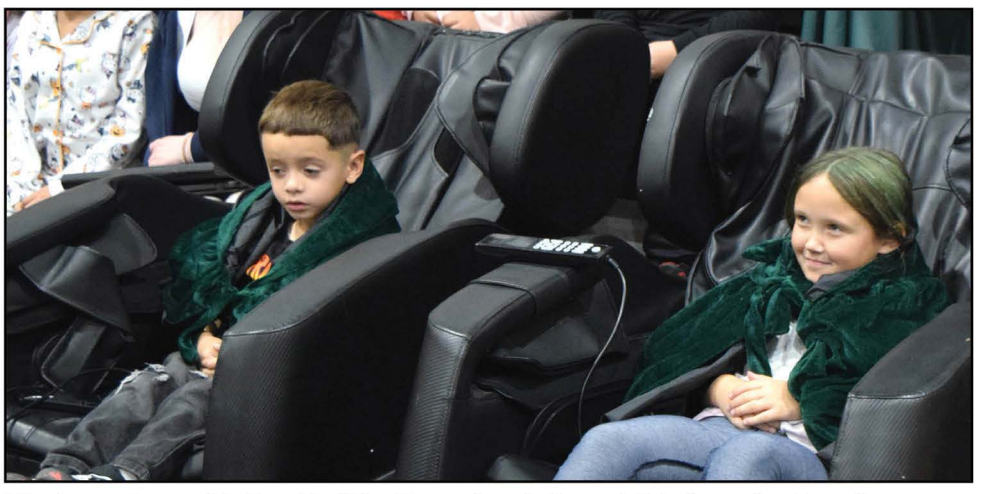
If she could have changed one thing about the assembly, it would have been for there to be more room in the gym.

“I just disliked how cramped it feels,” she said.



Students react as George the Pig enters the gym.

MACI LEDYARD PHOTO



Kindergartener Abdias Padilla-Gonzalez, left, and third-grader Penelope Guzek got to sit in the massage chairs while enjoying the staff vs.students volleyball game for being voted Most Spirited by staff.

MACI LEDYARD PHOTO

People find happiness in many different ways

BY EMILY WORLAND ‘29
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Everyone has something that makes them happy.

Whether it’s a song, a movie, a book, or just something that brings a smile to your face.

For Pansophia senior Chelsea Imoe, that “something” is a song.

“I would say the song ‘What Makes You Beautiful’ by One Direction makes me happy,” she said.



“It reminds me of the time where we (her friends) would sing it at the top of our lungs and dance to it in karaoke club, our little group together having the time of our life. I miss it.”

Chelsea says every time she hears the song she thinks of her friends, and they always make her feel happy.

Sophomore Ella Brown’s response took a different approach.

“ I like making other people happy,” she says. “When you say something nice, it makes people smile. I like seeing other people feel positive because of something I did.”

She expressed how when she sees other people feel happy, it makes her feel good as well.

What makes you happy?

It’s a good question to ask yourself from time to time.

It helps you evaluate your situation in life and better understand your own views and opinions of the world around you.

Whatever brings you joy, even if it’s a relatively small thing, it should always be something you value.

Faces & Places

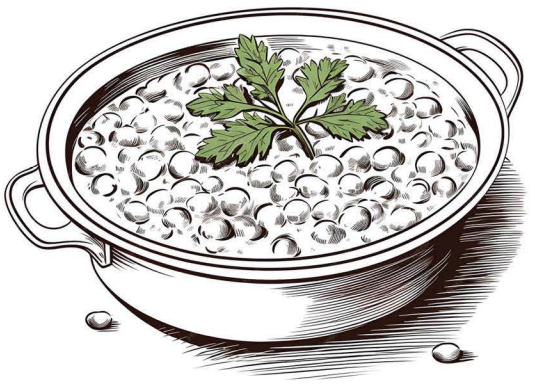
Warm recipe is perfect for cold winter days

BY ADDISYN HULLIBERGER '28
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During Michigan it's almost always freezing during wintertime.

A warm dish could easily make the cold nights a bit warmer. Whether you're enjoying it with your family, your friends, or yourself, it could make for good memories.

Not everyone might enjoy it, but lentil soup is a warm and hearty recipe. Perfect for winter, lentil soup is often vegetarian.



This soup is made of dried lentils, carrots, celery, onions, and other seasonings and spices of your choice. Now, I will share a well-known recipe for the soup made by Nagi Maehashi. You can find more recipes like this on recipetineats.com!

You need: 2 tbsp olive oil, 1 chopped onion, 2 minced garlic cloves, 1 large chopped carrot, 2 chopped celery ribs, 2 cups dried and rinsed green or brown lentils, 14 oz crushed tomato, 6 cups vegetable or chicken stock / broth, low sodium, 1/2 tsp each cumin and coriander powder, 1 1/2 tsp paprika powder, 2 dried bay leaves, 1 lemon (zest + juice), 1/4 tsp salt and pepper, each

Heat oil in a large pot over medium heat. Add garlic and onion, cook for 2 minutes.

Add celery and carrot. Cook for 7 – 10 minutes or until softened and the onion is sweet. Don't rush this step, it is key to the flavour base of the soup.

Add all remaining ingredients except the lemon and salt. Stir.

Increase heat and bring to a simmer. Scoop scum on the surface off and discard (do this again during cooking if required). Place lid on and turn heat down to medium low. Simmer for 35 – 40 minutes or until lentils are soft.

Remove bay leaves.

Thicken Soup: Using a stick blender, do 2 or 3 quick whizzes to thicken the soup or transfer 2 cups to a blender, let it cool slightly, then hold the lid with a tea towel and blend then transfer back into the pot.

Add a touch of water if you want to adjust soup consistency. Season to taste with salt and pepper. Grate over the zest of the lemon then add a squeeze of lemon juice just before serving.

Garnish with parsley if desired and serve with warm crusty bread slathered liberally with butter!

Service With a Smile



Pansophia staff members, from left, Mr. Burke, Mrs. Konyndyk, Ms. Morgan, Ms. Hendricks and Jet the Therapy Dog, front, dressed up as the crew from the animated series "Bob's Burgers" for Halloween.

Emily Worland Photo



Spillin' the Tea: A Pansophia Podcast

Our Audio-Visual Communications class produces a school podcast! You can view our podcasts and other video clips and compilations by subscribing to our YouTube channel, "Spillin' the Tea: A Pansophia Podcast." At our channel, you will find clips about school and current events, sports, society, culture and much more.

Faces & Places

Gotcha!

Our photographers have been on the lookout for moments to capture. Did they catch you?



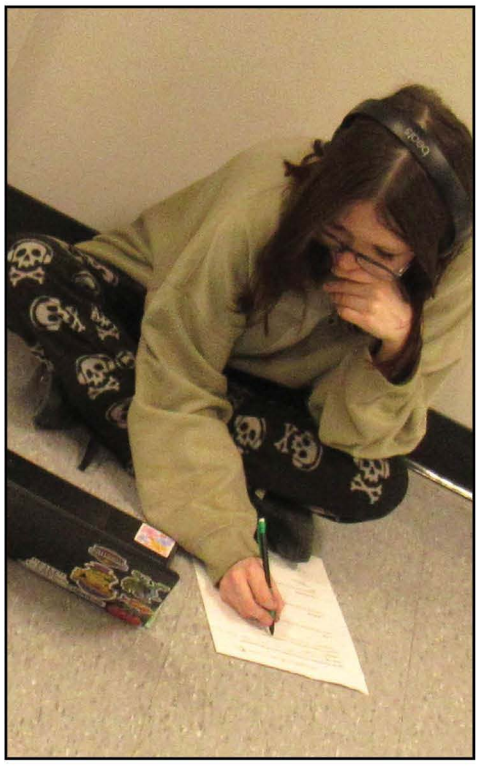
Mrs. and Mr. Bovee know sometimes referees are necessary on Halloween.

Emily Worland Photo



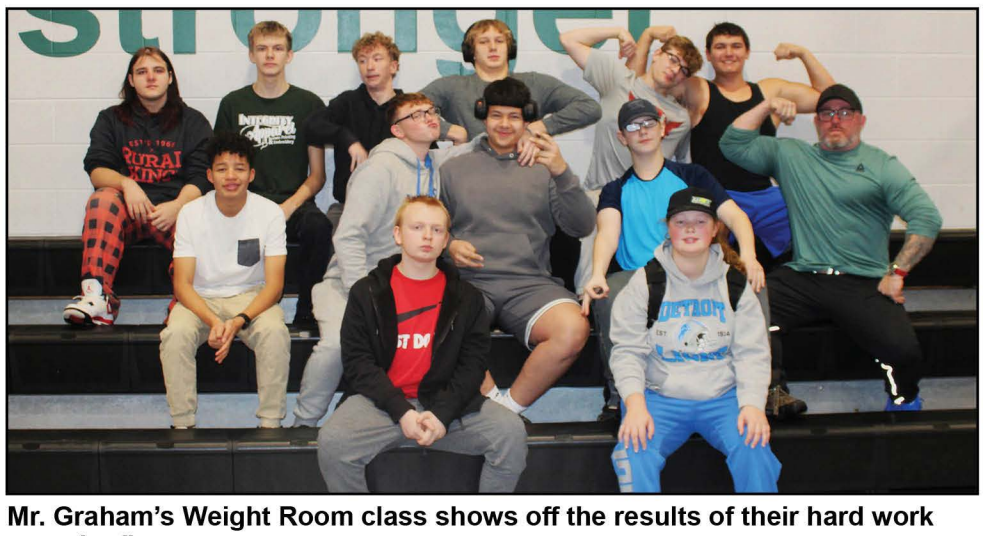
Eighth-grader Yaetzael Rosario goes up for a basket.

Luis Martinez Photo



Sophomore Sydeney Prater found a quiet spot to catch up on work.

KayDen Shaw Photo



Mr. Graham's Weight Room class shows off the results of their hard work over the first semester.

Puma Press Staff Photo



Pansophia's Middle School Boys' Basketball Team had a great season filled with learning and many victories.

Puma Press Staff Photo

RESTROOMS

Continued from Page 1

use the bathroom to get out of class, and the little kids use them to make loud noises and disrupt class."

Middle school student Anndy Juarez stated, "Some students think it's funny to trash (the restrooms) even though they know the school put in a lot of money to make them look nice for us."

Miusing the newly-renovated restrooms shows not only a lack of respect for school property, it also shows a lack of respect for other students who use the restrooms.

Staff from the behaior office have started monitoring the restrooms more closely, especially in the mornings when students are hanging out in them instead of going to class.