



WASHINGTON HIGH SCHOOL

# THE PANTHER POST

STUDENT NEWS PAPER

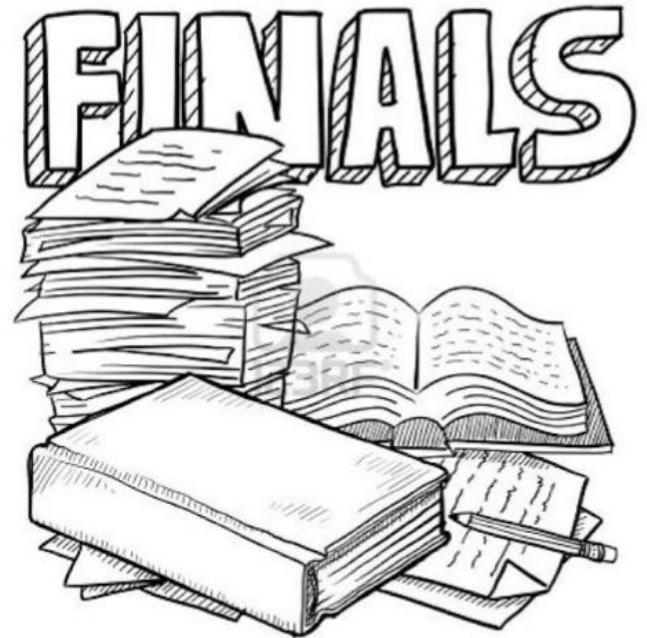
# HEALTH ADVISORY: FINALS

*By Savannah Banks*

The end of the first semester is fastly approaching as we get closer to our two- week winter break. This also indicates that we are getting closer to finals. As it can be easy for anyone to become overwhelmed during this period of the school year, here are some tips to stay on top of your work and health to finish 2021 off strong.

The most important thing to consider during this time is your health. Whether it be mental or physical, your health should come first. If you find yourself in an unhealthy mental state during this time, it is important to talk to your teachers and guardians as they might be able to help. Taking some days, periodically, with your guardian's consent, to recoup and get your mind back on track (also known as a mental health day) can also help. Though, too many of these mental health days might add more stress, so it's important that you only take them when absolutely necessary. In terms of physical health, getting enough sleep is detrimental to how well you do during this period. Not only will enough rest give your body the energy it needs to get through the day, it also lets you retain more knowledge, in regards to studying, than when you aren't fully rested. Another thing that plays a significant role during this time is one's eating habits. Eating too little will only make you less energetic, the same goes for eating too much.

Time management is another crucial factor during this time of the school year. Planning your free time accordingly will give you the time to study for finals, eat sufficient meals, as well as give you enough hours to sleep. A few ways to actually achieve the benefits of time management is by working on assignments early, using an agenda, and setting goals for each day. To expand on the tip of working on assignments early, doing so will give you the time to either do something that isn't work related or start early on another assignment that will free up your schedule even more. Using an agenda will prevent you from forgetting to either study or complete a homework assignment, which can easily happen as numerous deadlines are near. To set daily goals for yourself makes it possible for one to get more accomplished each day.



It is important that all of us take care of ourselves during this time. As the last day of the semester is December 17, 2021, there is not much time remaining. Consider these tips on how to finish the year strong and make it possible for yourself and others around you. An early Merry Christmas and Happy New Year from the Panther Post to you and your loved ones. Let's finish strong, Panthers!



*Christmas*



*By: Sandra Cruz*



Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas was traditionally a Christian festival celebrating the birth of Jesus, but in the early 20th century, it also became a secular family holiday, observed by Christians and non-Christians alike. Christmas was declared a federal holiday in the United States on June 26, 1870. The secular holiday is often devoid of Christian elements, with the mythical figure Santa Claus playing the pivotal role. There are many family activities to do during the holiday. Christmas is a day to enjoy time with family.

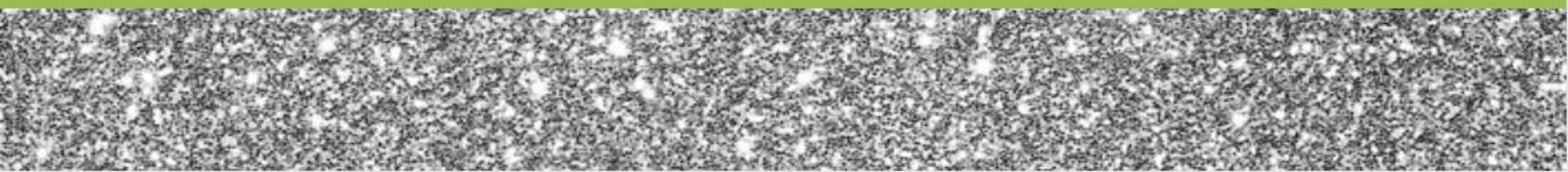
Santa Claus, a legendary figure who is the traditional patron of Christmas in the United States and other countries, brings gifts to children. The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best-known St. Nicholas stories is the time he saved three poor sisters from being sold into slavery or prostitution by their father by providing them with a dowry so that they could be married. Over the course of many years, Nicholas's popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland. St. Nicholas made his first inroads into American popular culture towards the end of the 18th century. In December 1773, and again in 1774, a New York newspaper reported that groups of Dutch families had gathered to honor the anniversary of his death.





There are many fun activities to do with families for the holidays. Gift-giving, mainly centered around children, has been an important part of the Christmas celebration since the holiday's rejuvenation in the early 19th century. Stores began to advertise Christmas shopping in 1820, and by the 1840s, newspapers were creating separate sections for holiday advertisements, which often featured images of the newly-popular Santa Claus. In 1841, thousands of children visited a Philadelphia shop to see a life-size Santa Claus model. It was only a matter of time before stores began to attract children, and their parents, with the lure of a peek at a "live" Santa Claus. Decorated trees date back to Germany in the Middle Ages, with German and other European settlers popularizing Christmas trees in America by the early 19th century. A New York woodsman named Mark Carr is credited with opening the first U.S. Christmas tree lot in 1851. A 2019 survey by the American Christmas Tree Association, predicted that 77 percent of U.S. households displayed a Christmas tree in their home. Among the trees on display, an estimated 81 percent were artificial and 19 percent were real. While leaving treats for Santa and his reindeer dates back to ancient Norse mythology, Americans began to sweeten up to the tradition during the Great Depression in the 1930s, as a sign of showing gratitude during a time of struggle.

Christmas is a day where people come together and create fond memories. Many families have their own personal Christmas traditions which add an additional layer of meaning and joy. There is still a religious component and many people attend some type of church service either the night before or the day of, but most Christmas celebrations in America today focus on more secular activities. Christmas means to spend more time with family, showing gratitude and loving, sharing and making people happy. These are the general meanings of Christmas to many people.



Dec. 2021

# Hanukkah

Cristal Velazquez

The world is full of diversity and with diversity comes different religions and beliefs. Most people know the basics of some religions while others just know the names of the various beliefs that influence the people around them. Hanukkah is one of the most talked about celebrations in the world, but only few know what it is, why it is celebrated, and what the holiday stands for. The basic definition is this, Hanukkah is an eight-day Jewish celebration that commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem. According to many legends, this is when the Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt. The history of this holiday is significant and deserves to be talked about more due to the fact that it is important to give light to the various religions that this world has to offer.

Around 200 B.C., Judea (also known as the Land of Israel) came under the control of Antiochus III. He was the Seleucid king of Syria and he allowed the Jews, who already lived there, to continue practicing their religion. His son, Antiochus IV Epiphanes, outlawed the Jewish religion and ordered Jews to worship Greek gods. In 168 B.C., his soldiers descended upon Jerusalem, massacring thousands of people and desecrating the city's holy Second Temple. He did this by erecting an altar Zeus (the Greek god of the sky) and sacrificing pigs within its sacred walls. This horrific event caused a large-scale rebellion against Antiochus IV and the Seleucid monarchy. The rebellion was led by the Jewish priest Mattathias and his five sons, when Mattathias died in 166 B.C., his son, Judah, took the helm. Within two years and the use of guerilla warfare tactics, the Jews had successfully driven the Syrians out of Jerusalem.

Judah called on his followers and told them to cleanse the Second Temple, rebuild its altar, and light its menorah. A menorah is a gold candelabrum whose seven branches represent knowledge and creation, they were meant to be kept burning every night. According to the Talmud, Judah and the other Jews who took part in the rededication of the Second Temple witnessed what they believed to be a miracle. Even though there was only enough untainted olive oil to keep the menorah's candles burning for a single day, the flame continued flickering for eight nights. This glorious event inspired the Jewish sages to proclaim a yearly eight-day festival in honor of the miracle that was witnessed by many. The Hanukkah celebration revolves around the kindling of a nine-branched menorah, known in Hebrew as the hanukiah.





Hanukkah starts on the 25th of Kislev, a month in the Hebrew calendar that usually falls within November or December. On each of the holiday's eight nights, another candle is added to the menorah after sundown. The ninth candle, called the shamash, is used to light the others. During this ritual, Jews typically recite blessings and display the menorah prominently in a window as a reminder to others of the miracle that inspired the holiday. In allusion to the Hanukkah miracle, traditional Hanukkah foods are fried in oil, other Hanukkah dishes such as potato latkes and donuts filled with strawberry jelly are prepared and eaten during family gatherings. Many families will give out presents during Hanukkah, usually with one given each night of the holiday. A game of dreidel, a spinning top inscribed with Hebrew letters, is a common way to celebrate the holiday.

Happy  
Hanukkah

In conclusion, Hanukkah is a sacred holiday that allows Jewish people to celebrate their beliefs and spend time with their loved ones. In recent years, it has been commercialized due to the fact that it falls during the same time as Christmas, but it should not be confused with the Christian holiday. It is important to shed light on this holiday as there are roughly around 14.7 million Jewish people in the world and their beliefs should be respected. For the year 2021, Hanukkah begins on Sunday, November 28 and ends Monday, December 6. We do not have to change religions and practice beliefs that we don't believe in, but we do have to respect the beliefs of others. It is important to do our own research in order to have a better understanding of what influences people.



# GIRL BASKETBALL WASHINGTON HS

VS

# MARIAN HS

By, Manuel Rodriguez  
Andres Coria





W 65-53





**Mr. Reynolds  
Receiving  
his state ring.**



# **GIRLS BASKETBALL TEAM STATE RINGS**



**2020 Girls Team**

