

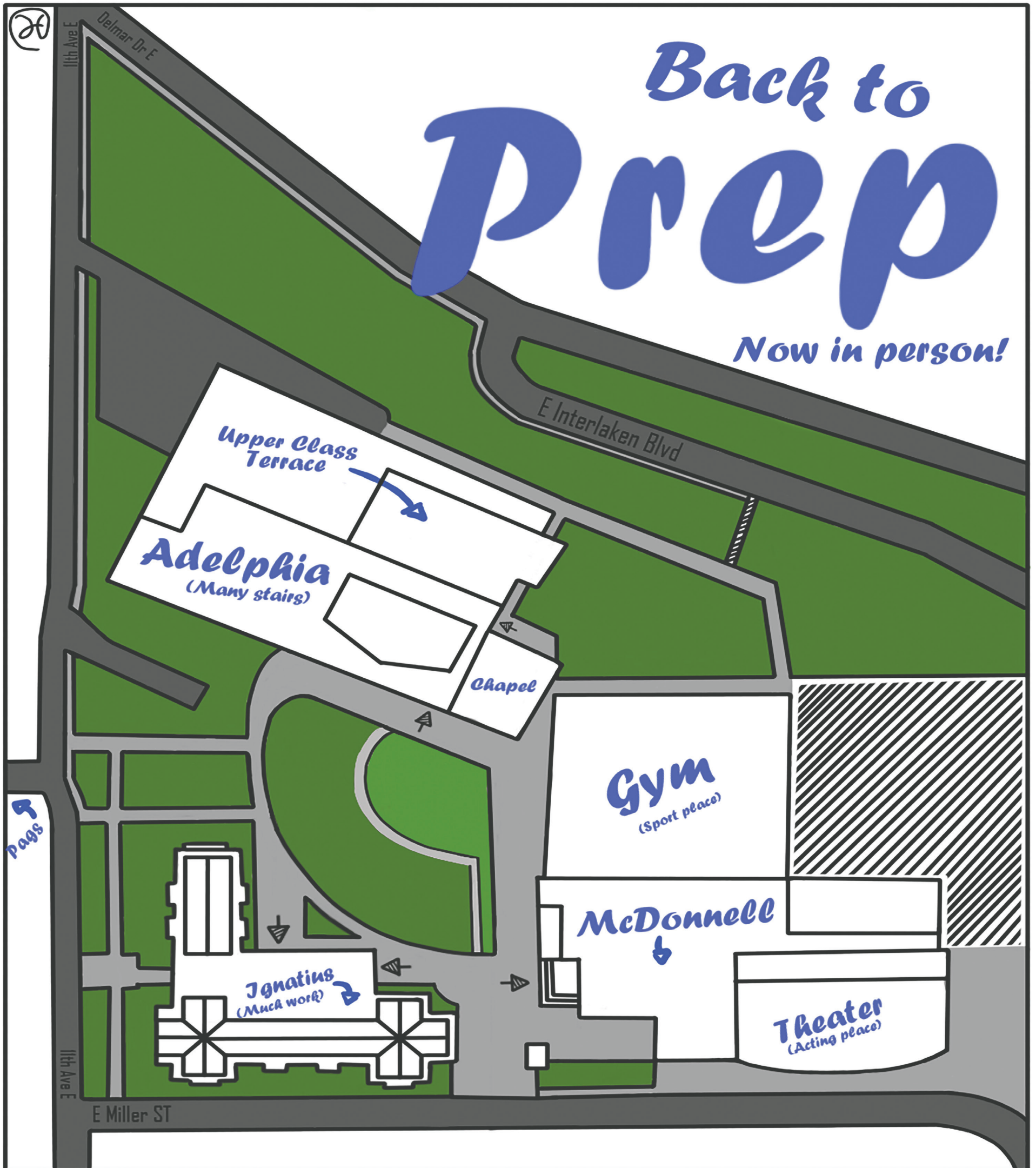
The Seattle Prep Panther

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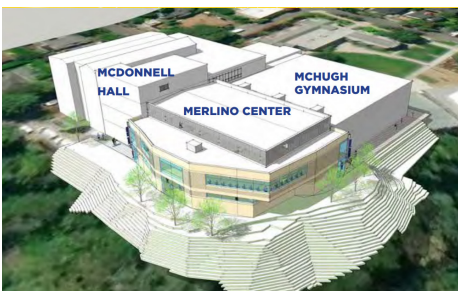
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Letters may be sent to the email address or physical address above. All letters must be signed, names will be published.

College Talk: Too Much Too Fast

ANNIE ROSKE '23
Managing Editor

I turned 16 three months ago, I got my driver's license two months ago, I have never driven on the freeway alone, and I am already expected to know where I want to go to college.

I'm familiar with college; the difference between minoring and majoring in a subject, the importance of the starting salary of a career, the whole young adult phenomenon. I've known about it since I was 11 when my oldest brother started applying to schools.

I used to envy him. I admired the decision process, the excitement of the future, and the concept of living with people that aren't my parents. I used to think college was thrilling and inspiring, but it was always in the future. Now that high school Juniors and Seniors nationwide are looking college in the eye, the future only seems dreadful and taxing.

Kids, by nature, often fantasize about various futures and unrealistic career choices (what third grader didn't want to be in the NBA?) As they got older, the phases became fewer and farther between, as well as more realistic and consistent. Though there are less of them, we all still go through chapters of our lives where we see our futures differently. Some days, I see my future as a nurse, other days a Phycologist or a Dietitian, which is okay, right? Because I'm still young and have time to figure it out.

The dilemma is the college-career connection. The truth is, as a junior, I'm not too far away from deciding which school I go to, what subject I major in, and what I'm going to do for the rest of my life. My big-

gest fear, the most alarming part of my future, is that I will turn what is a phase into a life-

time commitment. What if I declare my major as nursing, but a year later I decide I want to be a lawyer? My life has been set back by at least two semesters of school. This is a fear that far too many people experience, and it's not a coincidence that this pattern occurs. It occurs because we, as teenagers, are too young to make these decisions.

I'm not suggesting that there is something fundamentally wrong with the college choice process, though maybe there is, I'm simply bringing light to the unrealistic expectations my peers and myself are held to. The expectation being, knowing what

the rest of your life will look like at the age of 18. When you boil the

process down, that is what we are being asked to do, however nobody expresses any concern when the tradition goes by the alias "college decision process." At the end of the day, there is no substantial change that can be made,

but as a community we need to remember the importance of being honest with ourselves, having empathy for others, and practicing what Pitbull preaches; "for everybody going through tough times, believe me, been there, done that, but every day above ground is a great day, remember that."



Cartoon: ARCHIE BABINEC-THOMPSON

Out To Lunch:
Be Back Soon

EMI NAKATA '22
Visual Editor

Leaving campus during lunch is a privilege for all Prep Juniors and Seniors. While some never go off campus, others go out for lunch 1-2 times a week, and on the rare occasion, 4 times a week. Students have the freedom to choose where they want to go to lunch on a daily basis rather than being limited to the food and drinks sold at Prep. The opportunity to go off campus gives students the chance to take their mind off of school and spend time with friends.

As students are choosing their next place for lunch, many take into consideration location, prices, speed of service, and cuisine. Two of the most important qualities being quick service and close proximity to the school because students do not have a lot of time and they do not want to be eating their lunch while rushing back to class. Liv Gooding '23 said that "every time [she's] gone off campus [she has] pre ordered [her] food and the places were close, but [she] still ran out of time". The only difference is for students with a free period before or after lunch because if the food that they're craving is worth going the extra mile, then they can... literally.

Some of the most popular go-to lunch spots are Chipotle, Dicks, Verve, Starbucks, Pagliacci, Evergreens, Oasis Tea Zone, and Le Fournil. These all have quick service and quality food, making them easy

spots for Prep students to grab a bite to eat. Even though these food chains are frequently visited by Prep's students, there are still many restaurants just waiting to be discovered by them.

Cian Trinen '23 recommends the H-mart convenience store near UW because it is fairly cheap and has very good Asian food. He says, "They have a lot of Asian snacks and chips/sweets if you want to eat lighter, but also sells full bento meals for 9 dollars".

When students were asked how long they would like lunch to be, many of them said an hour to an hour and a half, instead of 35-45 minutes. Elsa Kammereck '22 feels like "it would be a good time to get some extra work done".

Prep students appreciate the mid-day reset, the brain break from the vigorous Prep curriculum and co-curriculars. Lauren Lansing '23 likes "to fully immerse [herself] in a different environment to give [her] brain a break, and come back to better focus". Students surveyed said they like to relax, recuperate, and return to school, ready to dive back into complex concepts and artistic or athletic pursuits.

It is a blessing that Prep allows Juniors and Seniors to have this freedom of going off campus for lunch. It gives students the chance to spend quality time with their friends, try new foods, and satisfy their cravings. Jayce Woodward '22 was asked what the best part of leaving campus was, and she said, "Everything".

THE SEATTLE PREP PANTHER

PAWD
CAST



WE...ARE...BACK!
Prep's Pawdcast returns, just in time for college season. Sydney Leardi '23 and Jack Coleman '23 reflect on the 2019 college admissions scandal, COVID, and talk to Ms. Foy about her expert opinion as a college counselor. Listen now on Apple or Spotify.



Students Bring Justice Panel to Prep

EAMON MOHRBACHER '24
Staff Writer

On August 17th, a panel sponsored by the Seattle Clemency Project (SCP) and led by Daniela Castillo-Cayon '22 and Maia Miller '22 gathered in Seattle Prep's Healy theater to discuss Criminal Justice in Washington State.

Castillo-Cayon described, "The primary goal of bringing the panel to Prep was to educate the Prep community on the injustice of the criminal justice system in Washington. The Prep community has always been passionate about social justice, and we thought the panel at Prep would be a great chance to educate the community about criminal justice and promote the work of the Seattle Clemency Project."

Mr. Deino Scott, Director of Diversity, Equity, and Inclusion at Seattle Prep explained, "The main function of the presentation was a culminating project by Prep students who were interns with Seattle Clemency Project."

Prep parent and Seattle Clemency Project co-founder, Jennifer Smith, helped students become involved through internships with the SCP.

Panel members included Freddie Hampton, Anthony Powers, and Karlton Daniel. All three panelists experienced consequences of the sometimes unfair system of criminal justice in Washington, ranging from the controversial "three strikes" law, to an unconstitutional sentence, to the incarceration of an innocent man. Still, each of these men persevered, even when it seemed the world was against them.

Hampton was a victim of Washington State's three strikes law. He was never made aware of the fact that he had committed "strikeable" offenses until it was too late and he was sentenced to mandatory life without parole for committing non-violent

robbery. While in prison, Hampton took classes and worked on bettering himself. Both the Muslim community and his "trust in God" helped him persevere through his time in prison.

SCP assists incarcerated people in seeking early release when convicted through the "three strikes" law. This law states "that any individual charged with three 'strike-able' felonies be sentenced to life in prison without the possibility of parole."

Mr. Scott gave his take, "It's kind of a mentality. Just lock them up, put them away, and we don't need to worry about them."

Anthony Powers was sentenced to 77 years in prison without parole at the age of 16. Later, the state ruled that it was unconstitutional to send a juvenile to prison for life. Powers was granted early release in 2019, after spending 26 years in prison. He is a founder of the Redemption Project, served as a facilitator for Roots Success, and was a leader in the Department of Corrections.

Karlton Daniel served 22½ years in prison for a crime he did not commit. He was released 8 years ago. Daniel serves as a mentor to men in prison, encouraging them to change for the better and see new possibilities for their lives. He is also a co-founder of The Redemption Project with Anthony Powers.

Panel host Castillo-Cayon shared, "The three panelists proved to everyone in the audience that incarcerated individuals are capable of bettering themselves and are more than deserving of clemency."

In response to the panel, Castillo-Cayon commented, "From the feedback we received, it became obvious that the audience was truly inspired after the panel. We had a question and answers section after

the interview section of the panel, and every person who asked a question began by thanking the three panelists for their courage, perseverance, and sharing their story. The audience went away from the panel both disappointed by the injustice of the criminal justice system but inspired by the three incarcerated individuals and what they had to go through."

There are countless examples of unfairness in the Criminal Justice system and as Scott puts it, "The idea that some people do get unjustifiably long sentences for things, minor things. Some people do get thrown in jail even though they are innocent, and it's unfortunate that we have to do something, we have to have groups like this to help figure it out for people."

Scott added, "Justice isn't always fair, our concept isn't always fair, but it's good and it's wonderful to have organizations like Seattle Clemency to dig in to make it fair and to see if it was fair. As a society, gives us checks and balances."

It can be sad, disturbing, and angering to hear these stories of injustice, but there is hope for change. Scott shared, "I think it's important that kids in our community know that these injustices take place, but it's also important to know that there are organizations that try to make it right, and they can get involved with those organizations."

Whether it is reading more about the how the criminal justice system needs reform, listening to panel discussions such as the one at Prep, or even taking on an internship with SCP, advocating for justice is a part of the Seattle Prep mission, and as Scott stated, "Social justice runs in our Jewish veins."

Returning to Tradition: Back to School Dance

ALISON CHOI '24
Staff Writer

The annual Back-to-School dance is an event that many students at Prep look forward to every year. Due to COVID last year, the Back-to-School dance was canceled. Because of this, the attendance for the 2021 dance had around 600 students, which was the most amount of people to attend, in at least the last 10 years. For most, the dance lived up to, or exceeded its standards, even with the fact that everyone had to be masked up.

COVID was a large issue that surrounded the dance's outcome. Mr. Stearns, Dean of Students, had to ensure everyone's safety by taking some COVID precautions. Stearns stated, "Luckily, nearly everyone at Prep is vaccinated. That fact gave us the confidence to hold the dance. To increase our safety, we insisted that everyone wear masks."

ASB member Lily O'Donoghue-McDonald '22 expressed how, "A few weeks out, we (ASB) thought that not wearing masks might be an option, but I think wearing them, was the best way to keep everyone safe and still have fun, and everyone did a great job at wearing them too!"

O'Donoghue-McDonald added "The dance was definitely a success. Everyone I talked to said they had a great time, and I think the beach balls and other tropical decorations were a big hit again."

Traditionally the Back-to-School dance is themed "Tropical", so ASB decided it would be good to stick to Prep's roots and potentially bring back some old memories. The dance was held on Rudolf Field

but there was also an area inside the gym for students to lounge. On the field there were tons of blow ups and plenty of tropical decorations while inside the gym, students could sit on the bleachers, play ping pong, cornhole, or draw on some white boards. O'Donoghue-McDonald brought up another great point about having the dance outside, "We were able to appreciate some of last nice weather for a while!"

"I really enjoyed the Back-to-School dance, I thought it was a cool way to kick off the school year." Sophomore Dane Hansen remarked. For the upperclassmen, this was their first or second back to school dance, while for the sophomores and freshman it was their first one. "I think this

dance would have been different for me as a freshman because I wouldn't have known as many people. Knowing lots of people didn't make it awkward or weird." He admitted.

For freshman Clara Henzke, the dance exceeded her expectations. "I thought it was going to be really awkward the whole time, but it definitely wasn't. It was a great opportunity to get to know more people in my grade."

Overall, the Back-to-School dance was a big win for the Seattle Prep community. After a year of staying inside away from their peers, the students were safely brought together again for a tropical, fun-filled evening.



Photo: WESLEY CHISM
Students pose before the Back-to-School Dance. The first dance since before the COVID pandemic began, brought students together on Rudolf Field.

Sophomores Spring into Action In-Person

AVA TINDER '24
Staff Writer

Walking through the halls of Seattle Prep, students may notice some brand-new faces, however, not all of these unfamiliar people are freshmen. From being 100 percent online, to 100 percent in person, the class of 2024 sophomores are taken by, "A whirlwind of changes," as Maya Salazar '24 described it.

Many would agree with Sophomore Class President Daniel Soto Parra that, "The first week was overwhelming in the sense that it was our first real week of high school. The positive change from virtual to in person has made it much easier to learn, socialize, and finally get the Prep experience."

Speaking of the "Prep experience," it can be agreed among all sophomores that their first back-to-school dance exceeded expectations. The combination of beach balls flying everywhere, and Mr. Chism capturing pictures of the students made for a fun night. One of the sophomore class's favorite moments this year was their first football game in the student section. The students showed off their blue outfits, and list their voices from shouting so much. Another highlight was the sophomores' fabulous dance performance to We're All in This Together at the very first assembly of the year. In other words, the sophomores are showing off their inner Panther Pride!

Although this adjustment for the sophomores is exciting, it is not always the easiest. Salazar said, "It felt so weird at first to be back on campus and sitting in a classroom with people, who, only days before were pixelated faces on a screen. As a sophomore, I feel like I should know my way around the school, but this year I still felt like a freshman. I felt so small."

Last year, it was especially hard for sophomores to make new friends through the virtual environment. However, the Class of 2024 is taking advantage of being in person, making new connections with each other, and getting to know the campus together.

Along with the idea of feeling brand new, the class of 2024 faces the incredibly hard change of starting school at 7:45 am rather than 8:15 am. Not having the option to wake up ten minutes before class or attend school from the comfort of their homes is something the sophomores are slowly adjusting to.

Sophomore Leyla Nabie, who is on the girls' Varsity basketball team said, "This year I'm especially excited to bond with my team and enjoy having more freedom due to fewer Covid precautions - for example, riding the bus to games together."

Overall, sophomore Jadon Archer said it best, "To me, being in school with all of my classmates has signaled an end to quarantine and the wall between Covid and expressing our Panther Pride."

The Seattle Prep Class of 2024 continues to look forward to experiencing new things within the school and community, and the best part is, it's only just begun.

The Merlino Center: A New Building That Will Transform Student Life

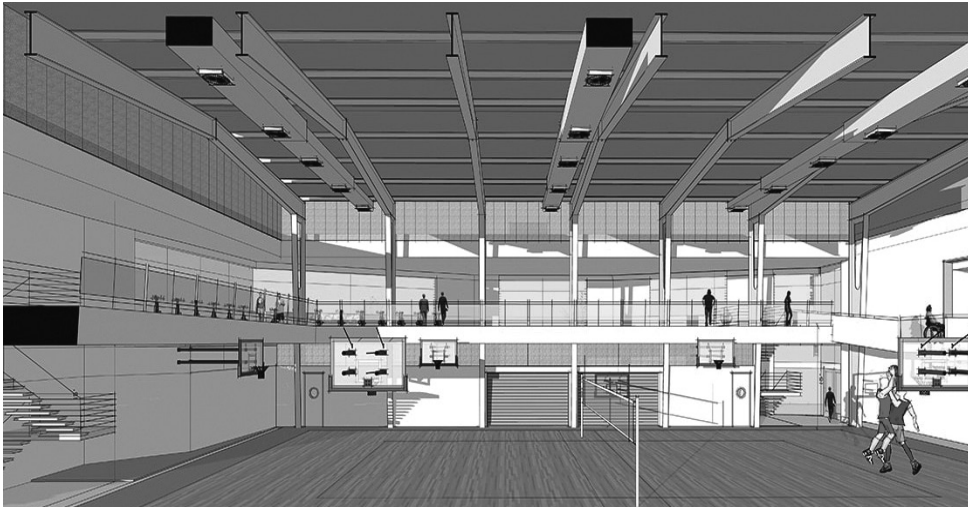


Photo: Courtesy of Seattle Prep Development

An artist's rendering of the Merlino Center. Construction on the Merlino Center is underway in the area behind McHugh Gymnasium.

DELPHINE MOCK '24

Staff Writer

Prep is a school built on many things and one of those is a passion for athletics. Prep is home to 44 teams. Annually, about 75% of students participate in at least one sport. Just this fall, there are

487 Panthers in a fall sport.

The recent updates to the weight rooms and locker rooms have made Prep an even better environment for a student athlete. This school year, Prep is tackling the project of a new building called the Merlino Center which will provide much needed

space for HEX and multi-purpose spaces for several co-curriculars.

Rudolf Field will be moved to one of Prep's undeveloped properties on the north side of Delmar Drive.

Seattle Prep Athletic Director Sam Reed said, "It will give us space first and foremost, something that we haven't had as much of, being able to offer more space for basketball and volleyball is obvious, but we'll be able to offer training space for baseball, softball, tennis, golf and more. We'll then be able to expand our strength and conditioning offerings to include more speed and agility work in the turf-ed upper level."

The new Merlino Center will be around 5,000 square feet and will provide new athletic training space, for basketball, volleyball, tennis, track, and batting cages for baseball, and softball. There will also be multipurpose spaces for the Pulse dance team, robotics, grade meetings, social events, additional HEX rooms, and lunch overflow.

The construction of the facility is the second part of a two-part plan, with the

first part being the renovations of the locker rooms, gym lobby, and weight room which was completed over the previous several years. This plan is called the level the Level the Field, Raise the Bar with this new construction being the 'raise the bar' portion. Seattle Prep President Kent Hickey is heading up the campaign team.

Hickey explained that the new building "will benefit many students: HEX classes, PULSE, class meetings, robotics tournaments, and athletics. It will include strength and dynamic training spaces. The court will be used for volleyball, basketball, soccer, baseball, softball."

Students may be wondering, "Will this even be there while I'm at Prep?" For seniors, sadly it won't be completed, but for the current 9th, 10th, and 11th graders they can expect to see this new facility. Construction on the Merlino Center is already underway with the target end date of September 2022.

While change is sometimes hard to get used to, this new facility will transform Prep's academic, club, and athletic life.

ASC: Giving Back While Moving Forward

MARGOT GWYNN '23

Staff Writer

Every school year, the Prep community comes to know and love the year's Alumni Service Corps volunteers. After graduating from Prep and then college, ASC volunteers come back to the school that has ingrained rich, Jesuit values within them to provide a year of service to the school. They live in a community with Prep students, teachers, and their fellow graduates and fulfill a variety of academic, extra-curricular, athletic, spiritual, and formational needs on campus. No matter the activity, ASC volunteers live out the core values of service, community, and personal growth that the organization holds sacred.

The National ASC program was founded by the Missouri Province in 1991, and additional Jesuit high schools began similar programs shortly after. Although Prep is not currently part of the national program in connection with volunteer placement, it shares the same Jesuit values and strives for volunteers to serve out of gratitude and model the Graduate at Graduation characteristics.

Prep welcomed the first class of ASC volunteers back in August of 2017. Prep alumnus, science teacher, and current ASC Director Mr. Meza began researching to discover if a program like ASC would make sense for Prep just five years ago. After recruiting, marketing, and leading

the year one group of ASC volunteers, he realized how important and meaningful this program could be to Prep.

"How they do their year of service looks different for every single volunteer," Meza said. Each volunteer teaches in a classroom with another teacher, leads and participates in retreats, has a role in admissions, helps welcome and lead eighth-grade visits and volunteers, attends and plans alumni events, and guides students in extra-curricular activities, clubs, or athletics.

Prep has welcomed three alumni back this year. Ms. Alex Campbell, a graduate of Gonzaga University, primarily works in the Admissions and Development office and will assist with alumni engagement projects, the auction, and Young Women's Retreat as the year progresses. Mr. Jeffrey Pelayo, a graduate of Fordham University, is helping with journalism, video produc-

tion classes, Pulse, and the Theater program. Ms. Haley Guinasso, also a graduate from Gonzaga University, is assisting in Community Ministry planning masses, liturgies, and retreats, as well as co-teaching Media Literacy and Faith in Action.

Meza's role as ASC Director sanctions him the "house dad" title, as he leads weekly meetings with the ASC volunteers to work on and discuss "conflict resolution within the house, team building, collaboration, spiritual direction, and formation," Meza said. Additionally in weekly meetings, ASC volunteers discuss what they've done in a day, where they shared their gifts, and where they've seen God in their students.

None of the current ASC members directly envisioned coming back to Prep and being a part of the ASC program, because it didn't exist when they were students. "They loved Prep and wanted to give back in some

capacity, but they just had no vision of what that could be. Now that this program has been around for five years, now there's a literal visual of what that could look like," said Meza.

"I had the idea of going into a 'big girl job' straight out of college and that just never really appealed to me, especially after quarantine and having the end of college online. I wanted to feel connected to a community and thought that Prep was the perfect place for that," said Campbell.

Looking forward, Guinasso, hopes to make Prep a more positive place. "I want to help cultivate an even more loving and accepting community. I also want to learn more about myself and push myself to work hard. I am excited to meet students and form relationships with other faculty and staff as well."

Pelayo thinks it's meaningful "to have young people tell other young people how they can be better people, better leaders and better servers to the world." He looks forward to sharing his knowledge with students and telling them things he wishes he knew when he was in high school.

"I think what ASC does for everyone, but also for me, is realize that mentorship- being a good teammate, being a coach, being a tutor one on one- can be done in different ways. That affirms me and wants to make me keep doing this for another 40 years," said Meza.

"I wanted to feel connected to a community and thought that Prep was the perfect place for that."

-Ms. Alex. Campbell

Virtual Learning Ends with the Exception of ASYNC Days

ANNA ROBERTS '23

GINGER DORAN '23

Staff Writers

Although virtual learning is a thing of the past now, and Prep students are happy to be back to regular in-person classes, some aspects of hybrid learning have stuck around. One of the most noticeable of being asynchronous (ASYN) days where students learn remotely without synchronous classes on Zoom or Microsoft Teams.

The Prep administration currently has four asynchronous planned for this school year - September 29th (A Day), November 17th (A Day), December 1st (B Day), and March 23rd (A Day). All of these can be found on Prep's

online calendar and student planners.

When asked the purpose of having asynchronous days this year, Mrs. Kheriaty, the Assistant Principal for Academics, gave three main reasons. The first being that "teachers and students developed really valuable skills last year in continuing teaching and learning even when we weren't together on campus" and anticipates that "we will continue to need to use these on occasion in the future."

The asynchronous days will allow students to refamiliarize themselves with the procedures and skills to manage virtual learning; so that if the need arises again, students will be ready. The administration team also received a large amount of positive feedback from parents and students as to the many benefits of asyn-

chronous days. Students appreciated how they were allowed to rest and take a step back from their busy schedules by working at their own pace.

Additionally, there is another reason for incorporating asynchronous days into the school year. Prep is renewing its institutional accreditation, which as Kheriaty described, involves Prep participating in the "Jesuits West Sponsorship Review process."

These processes involve every teacher and faculty member and demand a great amount of time to complete. While students are learning from home at their own pace, teachers and staff will be reflecting and collaborating on the curriculum and working to complete the processes.

The question of if the occasional

asynchronous day will be included in future school years is still up in the air. Kheriaty said that "it's hard to say for certain what our calendar will look like in future years. However, I anticipate we will continue to use some of the remote learning skills we've developed on occasion. That may come in the form of ASYN days in the future or maybe done in other formats."

The inclusion of asynchronous days in future calendars also depends on the success of the up-coming ASYN days. While Prep is done with Virtual Learning, it appears that asynchronous days will be sticking around this year.

Burgers for a Cause

AVA PITTS '24
Staff Writer

As summer came to a close, many Prep students spent weekends enjoying the sun and barbecuing with friends, but one event stands out. On August 29th, Brock Tuminello '24 and Natalia Peng '24 joined several of their Prep friends to host a barbecue fundraiser for the Run of Hope.

Run of Hope is a pediatric brain tumor research organization. Hosted at the Tuminello home, the fundraiser offered burgers to family and friends who showed up for the cause. A line of Prep students worked behind the grill to keep plates flowing. People poured into the backyard to enjoy the sunny afternoon while doing something good in the process. "The idea was to harness my pursuit of the 'perfect burger' and raise money and awareness in the process. What started as a small idea first ended

up being a huge success," said Tuminello.

Peng and Tuminello are well-known for their acts of service among friends and their community. Over the years, they have volunteered at the University Food Bank, sold lemonade to their neighbors for different charities, and even zoomed with a Special Olympics athlete during COVID. "We have always been into volunteering and giving back on our own time," said Peng. "It's really satisfying to see the numbers and the difference we can make."

By the end of the day, the event sold over 100 burgers and raised over \$7,800. "We were all completely exhausted and over the moon when we served the last burger and were blown away by the fact that we raised nearly eight thousand dollars for this year's Run of Hope," said Tuminello. The incredible success of the barbecue fundraiser is definitely something to remember.



Photo: AVA PITTS

Brock Tuminello '24 and Natalia Peng '24 at the barbecue with other Prep students.

How a Panther for a Day Becomes a Panther for Life

CLAIRE RULYAK '24
Staff Writer

The Panther for a Day program at Prep is one that has had a special influence on Prep students for many years. If you ask most students at Prep, they will most likely have a story from when they were an eighth grader visiting Seattle Prep for the first time. The Panther for a Day program allows these eighth graders to be Prep students for a day with a high school host. These visits can be scary, fun, and educational for those trying to decide on a high school, and the hosts love them too! There are about 600 spots a year and they are always overfull. So, what makes these visits so impactful, and what kind of impact do they make?

When a host first meets their eighth grader, they greet them with a smile and respect, allowing them to feel the community value at Seattle Prep that is constantly mentioned. Bridget Frauenheim '23 said that when meeting a visitor, she, "create[s] an environment where the student can easily let go of the stress of picking a high school and enjoy the feeling of knowing where they belong."

This is a main pillar of the program because Prep is made to feel like a school as well as a home. A previous visitor now thoroughly involved at Prep is Daniel Soto '24. He said: "The visit led me to choose Prep

because I got to see what being a Panther feels like: being part of a welcoming community... and much more".

Feeling this match and connection with a school and host as an eighth grader becomes a major part of high school decision and may be the reason that Prep has only received more and more applicants over the years. In fact, the Class of 2025 is among the largest class to ever be welcomed at Prep. All of this is positive news for the school, yet not every visit can be perfect. In

that case visitors will have to look to other factors when choosing Prep.

Elena Lovejoy '24 says her Panther for a Day experience "definitely wasn't the best high school visit." She ended up in classes that didn't pique her interest and toured with her older sister on a day in which she couldn't participate much. It may not be harsh to use the word "boring" to describe this visit.

Days like this are unavoidable, which is why it's important for eighth graders to be well-informed about all of the positive aspects of Prep.

Lovejoy said later in her interview, "I chose Prep because it was familiar, and I had heard really good things about the school from a lot of different people". This goes to show how impactful Prep is as a whole. The Panthers are back this year and one again eager to welcome a new round of eighth graders this year.

“ I got to see what being a Panther feels like: being part of a welcoming community... -Daniel Soto '24

Back to School, Time to Celebrate

SOPHIA MAGNANO '25
Staff Writer

Although fall for most students and teachers means back to school, for some it also means celebrating important holidays which center around renewal, forgiveness, community, and food. As the new school year begins, there is a lot to be learned from these holidays in September and October.

Paryushana starts September off as the first holiday, from the 4th-11th. Paryushana, a Jainist holiday is a Festival of Forgiveness and a time of study, reflection, and purification. Paryushana means "abiding" or "coming together". The website Pluralism describes the tradition of eating plain foods or fasting to cleanse and purify and then breaking the fast with a festive meal. In addition to the feast, Paryushana also culminates with confessing and asking for forgiveness from others.

Rosh Hashanah and Yom Kippur are two Jewish holidays that fell this year on September 6th-8th and September 15th-16th, respectively. Rosh Hashana marks the start of the Jewish New Year and Yom Kippur concludes the 10-day period of repentance between the two holidays, also known as the Days of Awe. For Jews, this is a time of self-examination and penitence. According to Jewish belief, on Rosh Hashanah, your fate is written, and on Yom Kippur your fate is sealed, meaning you have ten days to

change the final decree. But how do you change in merely a week? One must reflect on wrong doings, apologize to others, and ask for forgiveness. Many Jews go to synagogue on both Rosh Hashanah and Yom Kippur and listen to the shofar (a rams' horn) which is blown as an awakening at the beginning of Rosh Hashanah and the end of Yom Kippur. A big dinner is held on the night that Rosh Hashanah starts, and the concluding dinner is held on the last day of Yom Kippur, after a 26 hour fast from sundown to sundown (no food, water, cooking, operating machinery, to separate yourself from ordinary daily activity, etc.). Ben Burman '25, reported, "My favorite tradition on Rosh Hashanah is the blowing of the shofar and on Yom Kippur, it is the huge fast meal."

Burman reflected that while this remote year was a bit different, he was still able to attend services on Yom Kippur (and fast) and was happy to have accomplished that even though that meant no large dinners with friends.

Following Rosh Hashanah and Yom Kippur are three lesser known Jewish holidays, Sukkot, Shemini Atzeret, and Simchat Torah, celebrated this calendar year on September 20th-27th, 27th-29th, and 28th-29th. These holidays celebrate autumn and harvest. Sukkot starts off this chain of holidays, recalling the days the Israelites lived in huts (sukkots) during their years of wandering after the exo-

dus from Egypt. Shemini Atzeret provides time to pray for rain after the harvest and summer. However, the real climax of these holidays is Simchat Torah which marks the annual Torah conclusion and restarts the Torah readings. Throughout these holidays Jews celebrate with a daily festive meal and are not meant to work, drive, write, or use electronic devices.

This year the Islamic holiday, Arba'een, is celebrated on the 27th-28th of September. The day of Arba'een marks 40 days after the Day of Ashura, the day Hussain ibn Ali died. Hussain ibn Ali was a 7th-century revolutionary leader who sacrificed his life for social justice and the grandson of the Prophet Muhammad. To remember his sacrifice, Muslims from all over Iraq journey on foot to Karbala, where Hussain and his companions were martyred. This holiday brings together a community of up to 45 million people in the city of Karbala to honor Hussain.

In October, Pitru Paksha, a Hindu holiday is celebrated from September 20th - October 6th this year. This holiday is during a lunar phase, during which Hindus pray and make offerings to the souls of their ancestors for peace. Food is not only offered to the souls of their ancestors but also dogs, cows, and crows because it is believed they reach their ancestors in their deceased and provides their ancestors' happiness. Hindus offer food, water, and clothing to their ancestors on Pitru Paksha is a way of paying

off karmic debt according to India Times.

Immediately following Pitru Paksha is another Hindu holiday Navratri (also known as Navaratri or Durga Puja), celebrated from October 7th-15th this year. Navratri is the celebration of good over evil and honors the divine feminine. Navratri ends with Dussehra.

Mawlid, an Islamic holiday is celebrated towards the end of October from the 18th-19th this year. It commemorates the birth date of the holy figure, Prophet Muhammed in the Islamic religion, celebrating with songs, poems, prayers, decorating cities, handing out candy, and joining parades are just some examples according to Ibt Times.

Last but not least is Halloween, on October 31st. Seattle Prep will host an afternoon concert of fall-based solos, duets, and choral ensemble performances. Following the night of Halloween, into November, is All Saints Day. On November 1st, All Saints Day is celebrated by Roman Catholics and other Christians around the world. All Saints Day honors all the Saints of the church deemed to have attained a place in heaven.

While many are focusing on going back to school in September, several of the great religions of the world focus on re-dedication at this time of year. The values in these holidays of renewal and self-improvement are good to keep in mind as the new school year begins.



CLUBS GONE WILD!

Is There CHEMISTRY in This Club?

GAEL LOOR '22
Online Editor

Assemblies, retreats, full classrooms, and clubs! Seattle Prep is finally back for full in-person learning. Because of the spread of the pandemic, not being able to meet in person made it difficult for club members to come together. Nevertheless, students and faculty alike worked together to keep students engaged in the clubs they attended.

This year, clubs are fully back in action, some are familiar, and some are new. Founded by Marcus Yeung '24, and moderated by Science Teacher Dr. Kristina Kipp, one of the new clubs this year is Science Club. When asked what motivated him to start the club, Yeung said that there were "not much opportunities for STEM besides robotics." The club's main goal is to have fun, do experiments, and learn about science.

Because it is just starting out, there isn't a set plan on what the club will do. The club recently had their first meeting to brainstorm and introduce everybody. Dr. Kipp says, "the long-term plans are driven by what the people are interested in."

During the meeting, students pitched their ideas on what they wanted to do. These ideas included: classical science experiments, double slit experiments, building and launching model rockets, egg drops, and the most popular request, experiments involving explosions. Dr. Kipp clarifies, "Initially [we] will do what people are interested in exploring and do experiments and demonstrations from different fields of science."

Currently, there is no overarching goal for the club, "it's for students who are excited for science, and it gives them an avenue for things they aren't able to do in class," adds Dr. Kipp. Later in the year the club hopes to participate in science fairs (or Olympiads) if the students are interested.

The club will be meeting every other Wednesday in A103. The meetings are casual, and students can come whenever. So far, the club has around 30 members who have signed up—mostly freshman and sophomores, as well as some juniors and seniors—but Yeung notes that all students are welcomed and encouraged to "come to at least one meeting."



TOP: Science Club gathers during a lunch meeting to watch a video describing the double-slit experiment.

BOTTOM: (L to R) Speech and Debate club moderator Mr. Kiehn, member Jane Hurley '23, and leader Sydney Leardi '23 discuss their debate points following a meeting.

Debate Club Engages in Timely Discussions

GRACE ROTHROCK '23
Freelance Staff

As Prep transitions back into a new school year, clubs are starting back up again. A relatively new club to Prep is the Speech and Debate Club, led by Sydney Leardi '23. With now 48 members, the club has grown substantially since last year, as it was created during hybrid learning. The club meets about twice a month on Mondays during lunch to practice their debate skills and have thoughtful discussions on a variety of culturally relevant topics.

Mr. Kiehn is the advisor to the Speech and Debate Club. When informed by Ms. Dotsey that Leardi had the idea for the club, he was more than excited to take on the role as the advisor. Kiehn has expressed how Leardi has taken on her leadership position impressively, planning club activities and setting up meeting ideas for the coming months. While there is nothing definite, Leardi has hopes of a possible competition or showcase for the club members to share their talents.

The goal of the club is to help members exercise their speech and debate skills by discussing a variety of topics. With a more informal feel, it is meant to be a space where students can feel comfortable sharing their ideas with a group. Topics are usually decided prior to meeting times, generally stemming from the most popular debates currently happening in the nation or the world. The topics discussed in the club are meant to make students think about the bigger picture and allow them to express their diverse views and opinions on them.

Kiehn states that they are aiming to "create a fun, thought-provoking, collaborative, and friendly environment in which the participants may disagree in a constructive and respectful manner."

Leardi's inspiration for starting the club came from a deep appreciation for the art of language. She believes it is one of our greatest tools and an incredibly useful and valuable gift. At the end of the day, it is one thing to have profound and creative ideas, but the ability to effectively convey those ideas through public speaking is a far greater power.

Educate and Take Initiative: GROWL Takes Seattle Prep by Storm

ANNABELLE DEASY '22
Visuals Editor

With their 80 plus members and fight for restoration, the GROWL club is out on a mission for advocacy this school year. As a newer club to the Seattle Prep Community, the Global Restoration of Wildlife club (GROWL) strives to protect endangered species. Junior Isabel Moorhead started the club during her sophomore year at Prep to pursue her passion of helping endangered species.

Moorhead said, "I started this club last year because I wanted to take a stand to help protect wildlife and endangered species. By creating this club, I could create a community that would fight together to help endangered species."

GROWL meets on alternating Fridays once or twice a month with Ms. Kramer leading the charge. In meetings the club watches nature documentaries, plays games, and plans to host guest speakers this year. The club also plans to take initiative this year outside the classroom with adventures out to Woodland Park Zoo, beaches for cleanup, and plans to do legislative work in the community.

Senior leader Alice Vimal said she joined GROWL because, "Ever since I was a little kid, I really enjoyed learning about animals and how they thrive in our world. I especially love marine animals and I hope to study



Photo: DASH SCHWAB

GROWL leaders present to the club during their first meeting of the year.

Marine Biology in college. Being a leader of GROWL allows me to share my love for animals and educate others about them too."

The club is focused on educating and acting. Last year the club had a huge success on their first field trip to the beach to collect trash and plans to head back out this year. The club plans to inspire and take action to support the wildlife community. For educa-

tion, GROWL focuses on the causes and impacts of endangered species. For action, the club plans to reduce and eliminate causes of endangerment of species and create wildlife advocates at Seattle Prep. The GROWL club plans to take initiative based on member ideas and looks forward to seeing why saving wildlife is important to Seattle Prep Students.

Senior Megan Le, co-leader of the

club said, "Ever since I was a kid, I loved learning more about animals, whether that was through museums or watching National Geographic. There are so many unknowns about wildlife, and it is important to educate others about it!"

Every Mind Matters: Eliminating Mental Health Stigma

KATE RIDGEWAY '22
Editor-in-Chief

After a turbulent last year and a half due to the pandemic and the mental health repercussions resulting from it, Prep juniors Alex Ruelos and Hanna Roth found it imperative that a mental-health-focused club be formed at Prep. After a brainstorming and planning process lasting eight months, Every Mind Matters (EMM) was introduced at the club fair. The club focuses on mental health by erasing the stigma associated with it and providing education for the Prep community by advocating and supporting one another.

Roth shared that, "Over quarantine, I would rant and call Alex constantly just checking in with each other, and we realized that maybe not everyone has someone they can confide in, especially during the pandemic and about mental health."

Through the help of the counseling department, EMM aims to "create an additional support system [of] student-to-student conversations" as opposed to student-to-teacher, which can feel less approachable for some students. "We also hope through our education and awareness that the stigma around mental health will dwindle and people can become more accepting," Roth and Ruelos shared.

Approximately 100 students signed up for EMM during the club fair, a number higher than expected by club leadership, on which Ruelos exclaimed, "we are so happy and thankful for everyone's love and support. It is also heartwarming to hear from so many teachers asking when our meetings are so they can also participate."

EMM plans to meet once a month, generally during Tuesday lunches. A typical meeting will educate about a particular mental health struggle and offer coping mechanisms, possibly including guest speakers.

Ruelos added, "Some topics we plan to focus on are anxiety, depression, suicide, eating disorders, and body dysmorphia. We plan to explore more topics later on as well as get suggestions from students on what they would like to hear about."

The club will offer support for

those who wish to learn more about managing positive mental health habits in themselves and others. After this year of social distancing and increased mental health issues, it will bring a lot to the Prep community. Small-group check-in sessions will also be offered for students.

Counselors Mr. Johnston and Dr. Rosellini moderate the club and are ecstatic about EMM's mission to reduce stigma. Rosellini said, "We fully support our EMM leadership team; they are incredible! We believe that raising mental health awareness and reducing stigma is of utmost importance, and we are happy that there are so many motivated

students that feel the same way. We are very excited to get this club off the ground!"

"We are so grateful that the school trusts us with this club and that the counselors are on board with us. We look forward to our first meeting, first year, and what the future entails. The leadership team and

the counseling office have put in so much time and effort, and we hope that the Prep community can take this as an opportunity to benefit from!" Roth added.

If you'd like to get involved in EMM, show up to a meeting and ask to be added to the club list!



Photo: ALDEN ARNOLD

Four of the six members of the EMM leadership council (L to R): Ginger Doran '23, Hanna Roth '23, Alex Ruelos '23, and Faith Dickey '22.

Sublime Back-To- School Shoes

Converse

Making a comeback over quarantine, Converse shoes have taken over the Prep hallways in different colors and styles, completing the perfect autumn outfit!



An interesting pair of unique white vans spotted in the commons paired with the infamous Prep pajama pants!

West Seattle Bridge Remains Closed, Livelihoods Must Go On

JEFFREY GO '23
Managing Editor

In the past year, if a person said, "I live in West Seattle," the first statement that pops into people's heads is "Oh, that commute was be awful." The closure of the West Seattle bridge has changed the daily routine of its residents and has transformed their livelihoods.

For example, how students and faculty get to Seattle Prep has majorly changed. While carpooling has always been a popular method to commute, it has almost become a necessity for many if they want to be in class before first period begins.

"Even with the bridge, we got home super late, so that sucks," exclaimed Raquel Wong '23. Many at Seattle Prep already have extra-curriculars, sports, and other activities to do after school. Fitting in a 2-hour commute round trip does not leave much time for anything else other than sleep and homework.

If commuting with a car is tough, commuting with a bus ride is even more painful. "It takes about one hour to an hour and a half one way," said Roan Garces '23 about his commute. Garces takes the public bus to and from Seattle Prep, and the experience has been quite "awful."

With the huge lead time for the full repair of the bridge, Garces is starting to feel "spite toward the Seattle construction. It's just been too long without the bridge." While the long repair time is not entirely the fault of construction, Garces still can't help but to feel like something could be done better and more efficiently.

And this bridge problem doesn't just affect Wong or Garces. From the many new faces at Prep to the seasoned veterans, everyone living in West Seattle faces the same issue, including the faculty. Many teachers in West Seattle have started to carpool with one another in order to save time, gas, and frankly their sanity over the hours

of commute time.

"So far, I've carpooled with Ms. Young, Mr. Elsner, Ms. Borgen, and Ms. Fernandez," said social studies teacher Cheryl Healy. "It makes the time go faster and is better for the environment." Being in a car alone when the sun hasn't even risen yet can get very mundane and can give strength to the sleepiness of the early morning. With people carpooling together, the ability to share the extended commuting experience together becomes at least a little bit more bearable.

There have also been crazy commute and traffic stories that have occurred due to the unprecedented closure of the West Seattle Bridge.

"My best story happened the first week of school," stated Prep librarian Liz Borgen. "I took the Highway 99 tunnel south to get home, but after I entered, it abruptly closed because of an accident further down." Collisions and traffic can make

the drive back to West Seattle a nightmare, let alone being stuck in a now-closed tunnel with no updates on when it would be re-opened.

"After about 20 minutes, people behind me started backing up out of the tunnel to get onto the surface streets. I decided to do the

same, which is how I found myself with my hazard lights on, slowly backing for ¾ of a mile out of the Highway 99 tunnel!" added Borgen.

From exponentially increased commute times to crazy events, the closure of the West Seattle bridge has created a lot of abnormality to people's lives. Despite the hardship it has caused, it is important to remember that the bridge will not be closed forever and that there is a future where the bridge is finally reopened. As Healy exclaimed, "I can't wait for that bridge to re-open! And come visit us in West Seattle. It's really nice here—worth the drive."

“And
come visit us
in West Seattle-
-worth the drive”
-Ms. Healy

Black, Bold, and *Brilliant* Boots



Another trend making a comeback on the Prep campus: Cowgirl boots! Seen in colors such as pink, red, brown and black, these stylish shoes have been seen all over the Plaza, making the perfect addition to an on-trend look!

POLL: Favorite Lunch Options

BEN OSWALD '25
Staff Writer

Last year many restrictions were set to ensure the health and safety of all students. One of those restrictions was lunch options. While the Commons, Great Room, and Smith Café were open to order boxed lunches, classes were required to eat with only those of their grade level and were assigned a certain eating area. Luckily, this school year is quite different. Seating during lunch is open just about anywhere on campus. Students have been especially grateful to return to a sense of freedom this school year.

Recently, there was a poll about student's lunch options on the schools Instagram account.

The first poll was between eating at the Smith Café and the Commons. Commons took the win by 16 votes: 179-163. The Commons offer grab and go options such as hot dogs, sandwiches, salads, chips, drinks, cookies, and much more. The Smith Café is also delicious and its options include a daily pasta and salad bar and a food of the day, such as chicken teriyaki, pizza, and lots more. The Smith Café also offers snacks and drinks to top off the main course.

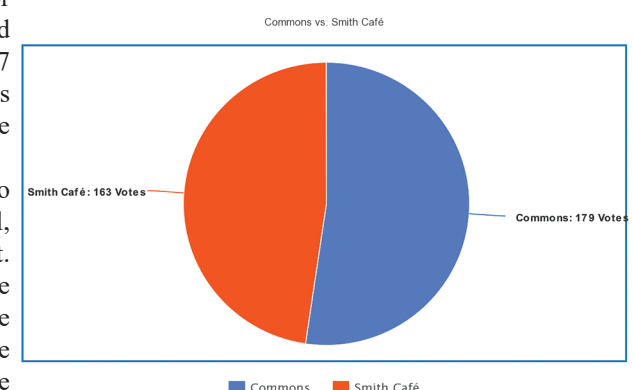
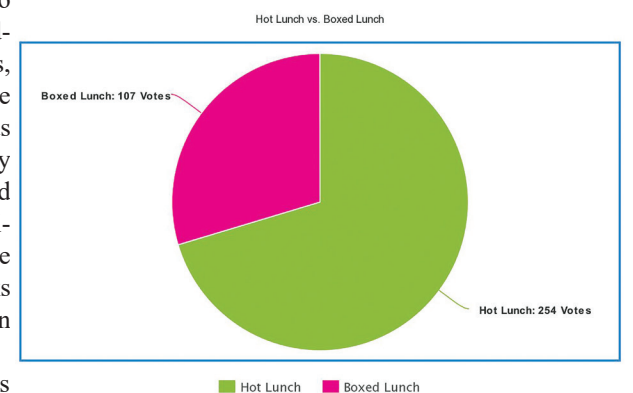
The second poll was between ordering hot lunch or packing lunch. Students voted hot lunch by a whopping 147 votes: 254-107. A few students opted to share their take on the food situation at Prep.

Kenny Ouedraogo '25 shared, "At my old school, the school food was decent. There were some days where the lunch was good and some days they were not. I like the food at Prep way better. There

are multiple different options. Prep serves breakfast, lunch, and snacks. There are hot and cold lunches and many different types of lunches every day, giving more options to people."

Mary Pelly '25 added, "I like the food options at Prep because the chefs provide variety every day from things like salads, pastas, and more. I also appreciate the grab and go options in the Commons because I can grab a cookie every once in awhile to enjoy. At my old school, there was no Cafeteria and you had to bring your own lunch, so I am grateful that Prep provides food options."

Considering the variety of daily fresh food options for Seattle Prep students, the Smith Café and Commons never fail to satisfy hungry Panthers.



Surface Benefits Outweigh Drawbacks

DEAN JOHNSON '25
Staff Writer

The Microsoft Surface is the essential tool that all students use at Seattle Prep, but what about Prep before the Surfaces? Traditionally all schoolwork was done with pencil and paper. Although handwriting is still common in classrooms, today at Prep, Microsoft Surfaces are used for much of our work, but how did Seattle Prep end up using the Surface in the first place?

Just 3 years after the launch of the first iPad, Seattle Prep made the switch from traditional pen and paper to iPad in 2013 as well as enlisting the use of computer labs for large essays and projects. Then in 2017 the decision was made for the school to use Microsoft Surfaces. The Surface itself is not such a significant shift as the programs teachers and students use on them; One Note and Microsoft Teams became popular during the pandemic and are now used in every class at Seattle Prep.

There are mixed opinions among students on these programs. Some students believe that OneNote can be a confusing mess of folders that is sometimes hard to navigate, while others claim that OneNote is a well-organized system. On the topic of OneNote Mario Perrina '25 gives his insight: "I think OneNote is very helpful, but it should integrate better with other systems like Microsoft Word because typing on the program is difficult".

Now what about Microsoft Teams? It seems that many students find the calendar function useful, but it has also been expressed that having two different apps can be a lot to manage.

What are some other pros and cons of the Surface and what are some opinions on the Surface's impact on Seattle Prep? There are tradeoffs to all decisions and although most students agree that while using a Surface for school is a clear benefit, there are some disadvantages.

The first is eye strain, the combined hours students spend looking at a screen is obviously a negative of the Surface but with features like amber lighting Surface users can limit the effects of eye strain from looking at a computer. The obvious pro of computer-based learning is efficiency; being able to have all your work in one notebook sized Surface without the hold-ups of physical means.

But there is an argument against the hyper efficiency of the Surface. Distractions are so easily accessible through a Surface, whether this means computer games or other schoolwork, the possible distractions are limitless.

When asked about the total plus/minus effect of computers on efficiency math teacher Mr. Ellinger said "I'm not sure (if there is a change in efficiency)" he recognizes the speed of computers but also points out the onset of new distractions during class.

Overall, the Microsoft Surface has changed the way our school operates and in a positive light Ellinger shared "They're much more flexible than iPads, so the decision to change I think was really good. This is further seen when we had to go virtual/hybrid. I never was shown any evidence that the iPads could handle all the things we're doing on the Surfaces."

Spotlight of a Desk

BENI JURION '22
Editor in Chief

Wood sanded and waxed to perfection. A slab of vanilla colored beauty rests on two legs of reinforced metal. Behind it, students sit eager to learn. But who are these people? "Wouldn't it be cool to know who sits in my desk throughout the day?" asks Maya Bransier '23. Well, this question is answered for this lucky wooden desk in the second row of Adelpia A505.



IAN HOLLOWAY

Grade: 12
Class: AP Calculus AB
Why did you choose this seat?
"I chose my normal seat because it is in the center of the classroom and has a very good view of the board."
Favorite Movie:
Thor Ragnarok



ALICE VIMAL

Grade: 12
Class: Shakespeare
Why did you choose this seat?
"I chose this seat because on the first day, Mr. Barmore assigned us these seats by first names, and Alice is first in the alphabet."
Favorite Movie:
A Quiet Place

MAYA BRANSIER

Grade: 11
Class: Calculus
Why did you choose this seat?
"I chose this seat because it is nearby my friends and it is also is near the front so I can focus too."
Favorite Movie:
Harry Potter and the Prisoner of Azkaban



GEORGE MULLALY

Grade: 12
Class: Calculus
Why did you choose this seat?
"I chose this seat because when we were choosing seats on the first day of school, this was the last seat open."
Favorite Movie:
Edge of Tomorrow



How 'Well' Is Your Welcome Back? Students Struggle to Balance Return to Campus

PALOMA HISSONG '23
Staff Writer

As much as students cherish summer break, most still get very excited as school begins. Especially considering the abnormality of last year, students were eager to return to campus in a way that felt somewhat normal this fall. But the quick and drastic transition from laid-back summer days to the start of another school year can often be overwhelming for students. Many students have begun to feel tired and worn out from longer days, academic rigor, social stress, or intense sport schedules.

Junior Kate Diefendorf labeled academic workload as the most stressful part of the back-to-school transition. She said, "Not knowing what school would be like was very stressful... but once school started and we got back in the swing of things, at least for junior who knows things pretty well, it's been fine."

There is bound to be difficulties during any period of change, and coming back to full-time, in-person school after a year of virtual learning is no exception. Mr. Johnston, a counselor and science teacher for Seattle Prep, said, "the past year and a half have posed mental health challenges for so many people, so we have to pay very close attention to how this new school year is impacting students as they return in person." Johnston also encourages "getting enough sleep, exercise, and good food" as a way to help alleviate stress and anxiety.

Prep's fun, community activities like the back-to-school dance and assembly, Friday night football games, and the all-school mass in the plaza have definitely helped to keep spirits high amongst students. Diefendorf said, "The back-to-school dance and assembly made the transition back to school so much fun. It really boosted the overall morale of the school [and] gave you something to look forward to."

Counselors, teachers, and students are all conscious of the challenges that have come with returning to school this fall, but they have also experienced so much of what everyone was missing last year. Most would confirm that the early mornings, tiring sport competitions, and occasional late night study sessions have been well worth the chance to see friends, teachers, coaches, and peers in-person this fall.

Interested in learning more about student mental health?

Check out our feature on Every Mind Matters, a new Prep club.

See page 7 for more details

How Many Runners Does It Take To Win State Twice?

MIA SCHWARTZ '24
Staff Writer

Coming back from a big win, the Girls' Cross-Country team has almost doubled in numbers compared to last year. While the team's growth could be from fewer COVID restrictions, the large freshmen class, or heightened interest in getting into shape, there is another, more obvious reason why cross country is such a popular sport at Seattle Prep this year.

Last year, the Girls' Cross-Country team of approximately thirty girls dominated their way to State and brought home another State banner for the walls of the Seattle Prep Gym. This victory brought more eyes to the cross-country team and could be the reason so many girls are running this year. But what are some pros and cons of having a large team?

In the words of one of the cross-country captains, Daniela Sekhar '22, "Having a larger team means there is a lot more talent going around, so there is more of a chance of having really good people and seeing a lot of improvement".

This improvement has shown with runners from the girls' team placing in the

top ten at the Sehome invitational and the Metro Meet on Friday September 17th. Seattle Prep also took home the overall team title from the Sehome invitational.

The team is larger than many other high school teams which also gives a competitive look. Showing up to meets with a group of almost sixty girls "makes other teams intimidated when they see us all together at the line or see how many of us are coming to an invite" said team captain Lily O'Donoghue-McDonald '22.

But having a substantial number of girls does come with some faults. O'Donoghue-McDonald talked about difficulties with creating a tight-knit community with so many girls. "I think it is a little harder to connect everyone because we can't all ride to meets together just as an example, but as we have more meets, I think we'll all get closer".

Sekhar added, "It is harder (with a big team) to have positive team culture where everyone is motivated because there are people that are not as excited about the cross country or see it as more of just a no-cut sport".

On what it takes to be a state-win-



Photo: SEATTLE PREP YEARBOOK

Members of the 2020-21 Girls' Cross Country team race at Magnuson Park. The team is looking to repeat as State Champs this fall.

ning team Coach Ben Sauvage says, "Every school has the talent walking the halls to be Cross-Country champions, it's whether you can make it challenging and rewarding enough so athletes really want to push

through". Everyone should get excited to see what the team is going to accomplish this year! Go Panthers!

Panther Pack is Back: Football, Fans, Fun!



Photo: DASH SCHWAB

Students cheer for Prep Football at Memorial Stadium against Mt. Baker.

KELSEY HAMILTON '24
Staff Writer

Last season, the football team had to play their games in front of empty stands due to COVID. This season, the screaming and wild energy of the fans can be heard and felt from several blocks away.

Football games have always been a community-building event where everyone comes together and shows their prep spirit, and this season is no exception. Fans are going wild now that spectators are allowed at the games again. Although they are masked, their cheers are still loud as ever. For some, it is the first high school football game they've attended. Rachel Fry '24 went to her first Prep football game when they handily defeated Blanchet. When asked about her experience, Fry said, "The energy of the crowd really added to the entire experience of going to my first football game and watching the Panther Pack hype up the crowd was fun too."

A big part of having an energetic crowd is Panther Pack; a group of upperclassmen that lead cheers, pick the themes for each game, and spread the word about all the sporting events that are happening. Last year, Panther Pack had to get creative in how they could show school spirit without physically being there, and a lot of that was done

through prep social media. One of the main faces of the Panther Pack is Clare Wagner '22. While Fry talked about the enthusiasm the crowd gets from the Panther Pack, Wagner talked about how they draw energy from the crowd. "I love leading all the cheers and just getting to be involved in the environment we create at the games."

The energy from the crowd carries down to the field as well. Jack Velling '22 plays tight end on varsity football. Velling spoke about how having a lively fan section at the games lifts their mood.

"When we play in front of fans it gives our whole team an energy and moral boost... it's always good looking over to the sidelines and seeing your family, classmates, and even teachers all cheering you on," said Velling.

Last season, Velling noted how it was odd to play with no fans and how the team had to create their own energy instead of getting it from the fans. "I got to rely on my teammates for that energy and love, which turned out to be a great experience."

Prep has a tight-knit community that never fails to shine through at football games. Everyone, from the fans to the Panther Pack, to the players on the field, rallies together to represent Prep and cheer each other on.

A Warm Welcome Fore New Golf Coach Quitlong!

GABBY BETZER '23
Staff Writer

The beginning of the 2021 school year marks a return to a sense of normalcy – including the re-emergence of Prep's many fall sports much to the excitement of student-athletes and spectators alike. One such sport is golf, and the season is off to a great start with the introduction of the new boys and girls golf program head, Coach Gilbert Quitlong!

Previously the head coach of the Lincoln High School golf team, Quitlong has prolific experience and a love for the sport which makes him well-equipped to guide the golfers of Seattle Prep!

Coach Quitlong is ready to foster the unified and competitive spirit of the team, saying that his goal for each and every season is to "have a team that always competes for championships on and off the golf course in life and in the classroom. When the girls win, we all win. When the boys win, we all win. The Seattle Prep Golf Team will be competitive in the Metro League, and both District and State levels."

He is committed to ensuring that Prep's golfers have an exciting and productive season, inviting students to bring our vibrant school spirit to any of the games. "The Seattle Prep community are always welcome to watch and cheer the team during matches!" he exclaimed.

In addition to his position as the new head of the golf program, Quitlong is involved in a variety of other golf-related ventures, such as being a PGA Associate Golf Instructor at Interbay Golf Center, a Mizuno Brand Ambassador, and the Wash-

ington Athletic Club (WAC) Golf Professional. Although he has quite the busy schedule, Quitlong never loses sight of his love for the sport, "I love that golf can be played at all skill levels and it's a great way to network with all types of people with different backgrounds. I also love that on any given day, golf is never the same, from course conditions to how the swing feels for that given day."

Quitlong has greatly enjoyed being a part of the Seattle Prep community so far, from "working closely with the athletic department to meeting new players and "seeing their unique personality blend to form our team chemistry."

He notes that the leadership of the team captains (Alibhe Killalea, John O'Donnell, Roger Sauvage, and Sally Swanson) has been imperative to their success thus far. In addition, Quitlong greatly appreciates the support he's received, as he states that Assistant Coach Todd Morris is "helping

my transition run smoothly and we can talk about anything." Furthermore, he values the accommodating nature of the Prep community as a whole, saying "The parents and community

of Seattle Prep have been welcoming and supportive."

Last, Quitlong extends an invitation to any potential golfers interested in joining the program next year, adding, "it's never too early to get ready for next season. If you are interested in being a part of the Seattle Prep Golf Team, practice, practice, practice and get ready for tryouts in August." Truly, there's no better time than this return to routine for a new program head to invigorate and rally Seattle Prep's golf team!

I also love that on any given day, golf is never the same -Coach Quitlong

Sisters Take on Swim

ABBY BALDWIN '23
Staff Writer

With over 700 students attending Seattle Prep and over 20 Varsity athletic teams, only a small percentage of athletes are siblings that compete on the same Varsity sports team. Freshman, Lane Gooding, and junior, Liv Gooding are sisters who participate in Varsity Swim.

Liv Gooding, junior, has been swimming for Prep since freshman year, as Lane has just begun, they already love swimming together for Prep and support and cheer for each other.

One may assume swimming with

your sibling would cause rivalry, yet Lane says otherwise, "It is not as competitive as some may think. This is because we both have our different best events, and our age gap creates an excuse for me to always be worse" says Lane, she continued "... Being at practice with Liv is really fun because she's always loud and brings a lot of energy".

Although swimming at Prep is new, Liv and Lane have been swimming on the same club team for multiple years now, so it is not out of the ordinary to root for each other. However, this is the first year that they have been on relays together "...

which has been really fun and helped me stay motivated" stated Liv.

There is always a transition to High School and, although the sisters have been swimming together for a long time, Lane talked about how Liv has helped her make the transition from 8th grade to Varsity Swim, "Liv did a great job of leading the way throughout the swimming world", Lane said, "...Having someone I knew on my team was nice and she set high goals, which helped me to do the same".

Their dedication and talent are seen every day at practice and in meets; the two sisters are one of the few siblings play-

ing varsity sports together at Seattle Prep. They enthusiastically support and encourage each other and teamed up together on the 200 Medley Relay, which has worked out well for the sisters.

On September 17th, the combo of Liv, Lane, Sophia Salentine, and Anna Lauinger swam a 1:52.92 in the 200 Medley Relay, breaking the previous school record by more than a second and qualifying for State in the process.

We look forward to Liv and Lane continuing to support each other and to team up for more records!

'New' Football stadium and a 'New' Athletic Director

JACK HENZKE '24
Staff Writer

Prep students love to show their Panther pride and one of those many ways to do so is at home football games. This year things have changed; the home football games are divided between Nathan Hale and West Seattle

Athletic Director Mr. Reed would hesitate to call Nathan Hale the new "home" stadium. Since last year there were no fans, parking, seating, and other things that come along with fans were not a concern, Nathan Hale was the better choice. But this year West Seattle is the preferred choice. "West Seattle offers tradition and history, more space/seating, and the true Friday night lights experience." said Reed.

One problem that does confront

fans heading to games is the closure of the West Seattle Bridge which makes drives to West Seattle much longer.

Along with that change, Prep also has a relatively new athletic director, Mr. Sam Reed. Reed is in his second full year at Prep and has yet to meet all of the student body because much of last year was remote or hybrid schooling.

Some of the things that drew Mr. Reed to work here is the Jesuit education. After going to school at Gonzaga he felt drawn to another Jesuit school. "I have coached and been an athletic director at a handful of schools in the Metro League and nearby, and have always had great respect for Seattle Prep, the athletic programs, and how the school and athletic teams are interconnected. In short, it was the place I want-

ed to be."

Some goals and aspirations Mr. Reed has for the next couple of years are to bring home lots of league titles and contend for state titles. He also hopes that Panther athletes are as robust on the field as they are in the classroom.

A favorite sporting event that Mr. Reed has been to be the boys and girls back-to-back Metro Championship wins. Mr. Reed describes this as, "The first time where it truly felt like I was watching my school compete and win." He only wishes these wins could have been in front of packed crowds. He cannot decide on a favorite or just can't publicly admit what his favorite Prep sport to watch is. Mr. Reed just loves to watch student-athletes compete in sports they are passionate about. But as a fan, he

thinks there are very few things more exciting than a basketball game in a packed gym on a Friday night.

Reed feels good about the start of this year, but admits last year was very hard with the combination of the seasons. Now he is starting to build more and more relationships with the students and faculty. Some of Reed's favorite things to do outside of Prep are coaching his two son's sports and cooking. When he doesn't find himself making the long car ride to West Seattle, or watching sports, he can usually be found in the kitchen making something new or reading a cookbook.

Reed is very excited to be the athletic director, and is hoping to add more trophies to the trophy case and hang some more banners in the gym!

Ba-Goals for the Win

AUDREY CROMETT '24
Staff Writer

Plain? Everything? Honey Whole-wheat? Which type of bagel would you choose? For the Seattle Prep Girls Varsity Soccer Team, bagels have become a staple to their success.

During the season, the Panthers will typically compete in many nighttime games at six or seven pm and ride the bus together. With Prep's lunch period at 10:45 or 11:00, the team needs to re-fuel before competing. How? Bagels. When asked about this odd tradition Prep graduate Maya Shields '21 said; "I'm honestly not sure when the origin of the tradition started, but I know it has been around

for at least 8 years because when I was a freshman the seniors were upholding it already."

The girls soccer program is very superstitious and so when something works,

the players stick to it. Bagels are purchased from Einstein Brothers along with multiple different types of "shmeers" such as regular, chive, and strawberry. Once the food arrives, players choose their bagel in grade order typically leaving the less desirable options for the underclassmen. Does that seem harsh? Maybe, but that's just how it works. The tradition is beloved by all, however, sophomore Ashley Heim provided a new perspective; "I think that bagels are really good, and I love carrying out the tradition but sometimes I wish we would switch it up."

The nutritional value of a bagel is not the highest and provides very little protein, making it a less filling choice compared to other foods. Jimmy John's sandwiches make an occasional appearance into the meal rotation, and some wish they were an option more, but that would mean breaking the tradition and no one wants to do that.

On the other hand, Libby Smith '24 stated that she loves bagels and thinks they are the perfect size meal before games. "They fill me up and never leave me feeling hungry or like I ate too much." Her go to is the plain bagel with the honey almond shmeer!

When asked about the consumption of bagels, Coach Hendricks stated that he "doesn't care as much about the food that's eaten as long as its together." Eating together is a bonding experience which is crucial to the team suc-

cess. He explained that the bus is meant to create an intense atmosphere and competitive environment for the players. It is a way to get the girls pumped up and prepared to take on their competitors.

Last year, due to the Covid-19 pandemic, "Bus and Bagels" was not a weekly occurrence. In order to keep safety at the forefront, the team didn't bus for the majority of the season, putting the tradition on hold. Since the Panthers are now all fully vaccinated, the team can resume bussing together and the girls can continue pushing for success fueled by bagels.

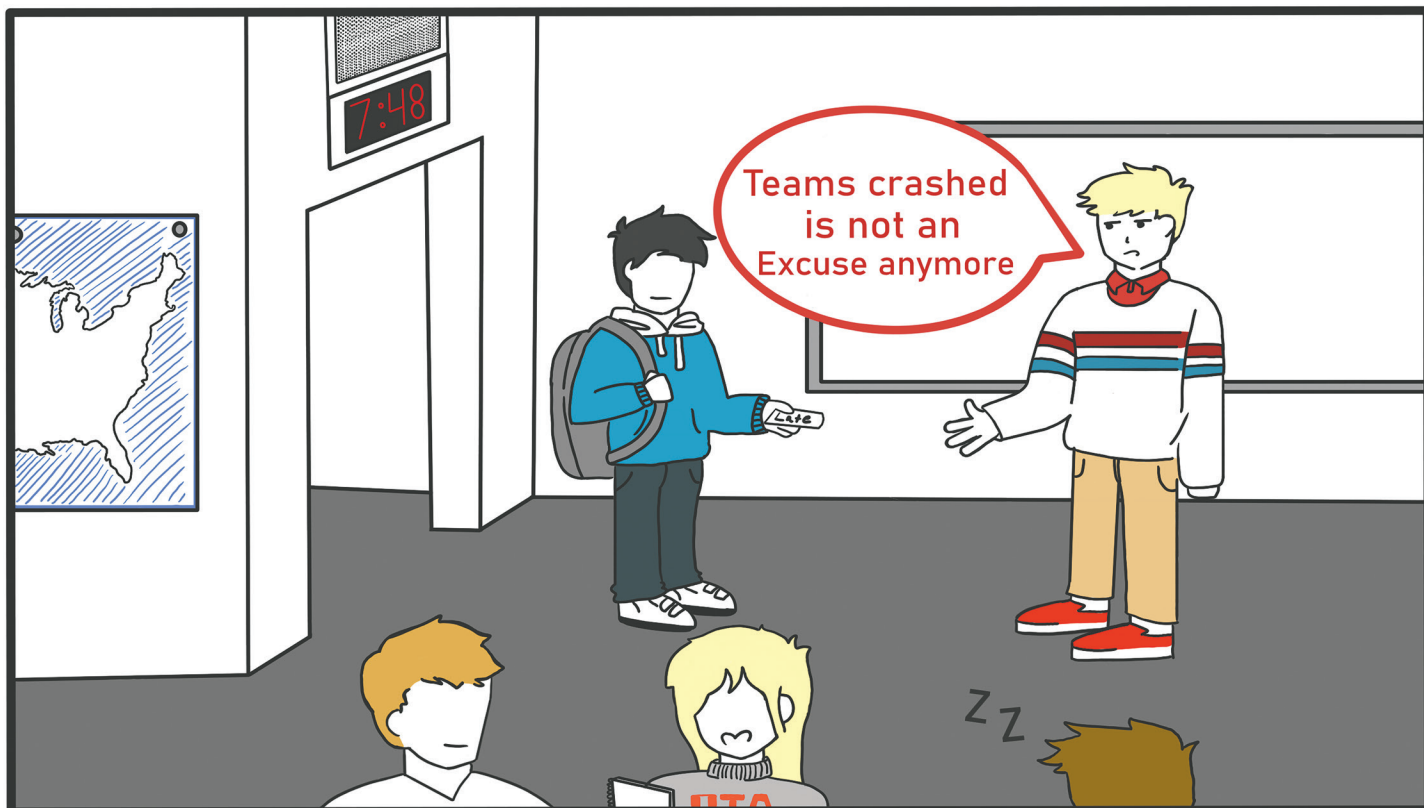
"I don't care much about the food that's eaten as long as it's together"
-Coach Hendricks



Photo: AUDREY CROMETT
Jayce Woodward '22 and Elsa Kammereck '22 enjoy bagels to fuel up before a game.

The Hobbit Hole

HOBBS HEGEDUS '22
Visuals Editor



Meet a Freshman: Tegan Rain

ALEX GARDNER '24
Staff Writer

After touring Prep in both her 7th and 8th grade years at St. Anne's middle school, Tegan Rain knew that it was the place for her. She loved the school's campus, the sports and clubs it offered, the academics, the welcoming community of the students and teachers- "it had everything I was looking for in a high school."

Throughout her time here at Prep so far, Rain has really enjoyed the school's spirit, especially at assemblies and dances, as well as "the good energy" she experiences in school every day. Rain is a member of two clubs: the Outdoors Club and Environmental Alliance, and she is a member of the Girls Cross Country team.

Rain described Cross Country as one of her favorite things about Prep so far with its "amazing coaches and a super sup-

portive team" that she is "beyond happy to be a part of."

In the team's first 2 mile meet at the Sehome invite on September 11th, Rain placed first in the freshman race with a time of 12:34. In her first 5k race at a league meet on September 17th, she finished with an incredibly fast time of 18:55- Rain is just a young freshman with a foreseeably bright future.

Rain has two siblings, a brother and a sister, who are both younger than her and are twins. Writing and reading are two of her favorite subjects in school, and she also loves Collegio now that she has been introduced to it at Prep.

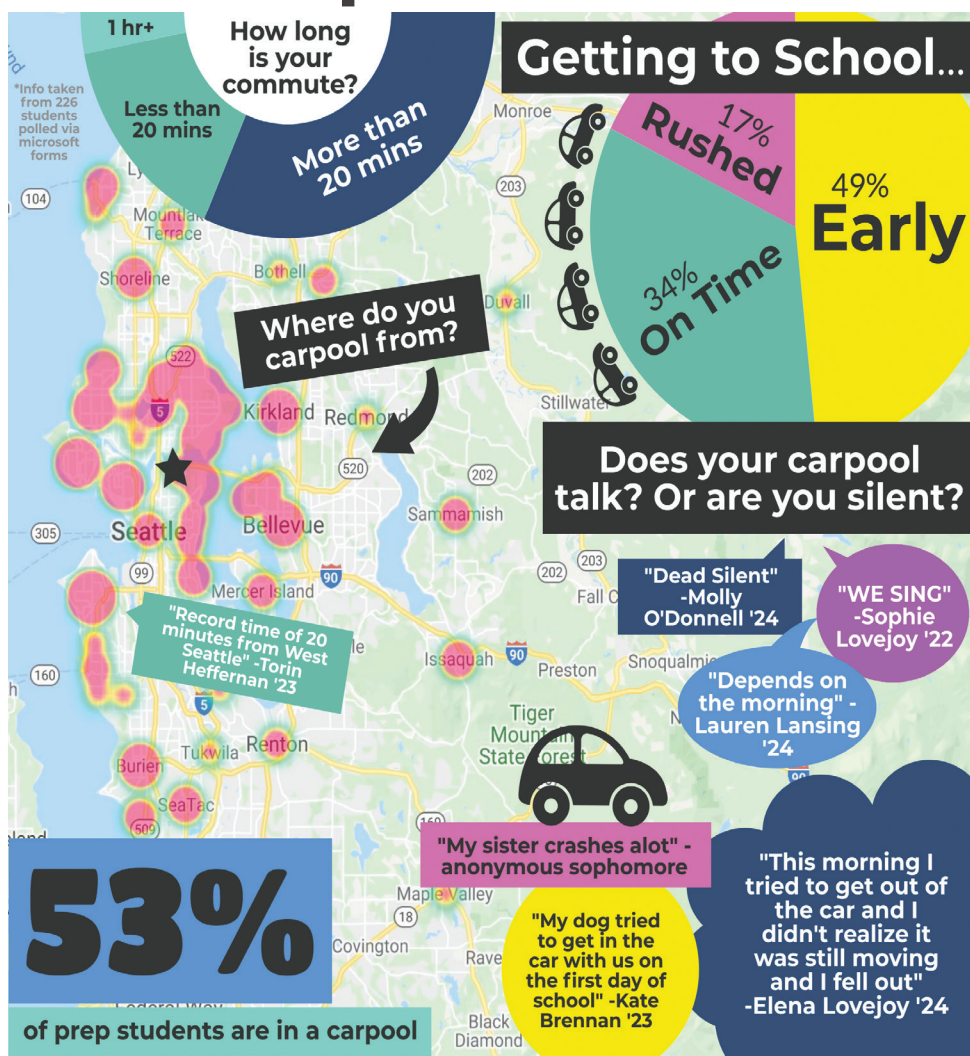
A fun fact about her is that she loves to travel and has been to many cool places, including the Philippines, Canada, and Hawaii. Her favorite food is sushi, she loves any color of blue, her special talent is

that she can move just her ears, and she has recently watched the TV show "Outer Banks" which she enjoys a lot.

When asked what she would spend her time doing if she only had one day left to live, Rain "would definitely go skydiving and visit an animal sanctuary." She "loves animals and has always dreamed of going skydiving." If she had to describe herself in just one word, she would describe herself as driven. She is "very hardworking, likes to put herself in difficult situations, and is very motivated to succeed."



Carpool Craze



Graphic: ABBY WILWERDING '22

Parking for Panthers Proves to be Difficult

As Panthers return to in-person school, Juniors and Seniors who have very little parking experience find themselves dumbfounded with Prep's parking arrangements. Mr. Burks is handing out JUG to confused drivers for parking violations like Oprah handing out cashmere sweaters to audience members and Mr. Stearns tirelessly continues to remind students of the rules.

First, the Prep parking garage is exclusive to faculty and students with carpools of 4 people or more. However, parking in the garage can feel intimidating to many students, so Dean of Students, Mr. Stearns, recommends to: "Take it slow when you are backing up and use your mirrors! There is a lot of yellow paint that leaves the garage attached to student's cars. At least once a week, someone hits something." Therefore, Stearns recommends that if a student is having trouble, "Please come find me, Mr. Burks, or Mr. Chism."

So, how about those who don't have carpools or don't want to park in the garage? The neighborhood that borders Prep is off limits for student parking. These streets are marked by 2-hour restricted parking zone signs, and only residents with a Restricted Parking Zone (RPZ) Permit can park on those streets, even if a student plans to be parked there for less than 2 hours. The

northern border of the RPZ is E Boston Street and the western border is 10th Ave E. Both of these streets and anything outside of them can be used for student parking.

Another option that many may find easier that's new for this year is parking at St. Patrick's church next to Roanoke Park. Prep has shuttles set up that will transport students up to the school from the parking lot in the morning.

It is important, when parking outside of the garage, to obey normal parking laws. "Parking illegally and parking in the RPZ will get students an afternoon of JUG," Explains Stearns. SDOT has a helpful guide online that outlines where you can and cannot park on the street called "Can I Park Here?"

Another thing to be considerate of are basic driving etiquette around Prep, as "our school is in a residential neighborhood, and we are trying to be good neighbors," says Stearns. Actions such as driving too fast, blasting music, or being on your phone while driving could result in JUG. "Taking a left turn out of the garage is an easy way to get JUG at Prep," he adds, "Take it slow and be careful. Things can go horribly wrong, and people can get badly hurt if you are not paying attention."