

# The Seattle Prep Panther

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*Seattle Prep welcomed students from Kiel, Germany  
in the Student Exchange Program.*



## Why No Hoco Court?

KEIRA MUNKO '24  
STAFF WRITER

Homecoming is one of the biggest and most anticipated events of the year. Students look forward to it for weeks. The roaring crowd at the assembly, the different theme days, everything elevates the student experience and leads up to the dance at the end of the week. In addition to all these parts of Homecoming, one of the most important parts of the Homecoming experience is the Homecoming court. Traditionally, two students are chosen through an election to be homecoming king and queen. Some may have noticed that Prep doesn't have a Homecoming court. Instead of a Homecoming court, Prep has spirit royalty. The two students who show the most spirit by dressing up during homecoming week are chosen as spirit royalty by ASB. The winners are announced at the Homecoming assembly at the end of the week.

Although Prep has spirit royalty now, Prep used to have a traditional Homecoming court. Mrs. Lovejoy remembered her Homecoming court from her time as a student: "Prep definitely did have a Homecoming court. I was a part of it my senior year. It was a whole spotlight/red carpet thing at the assembly and then there was a procession in cars to the West Seattle Stadium, and we went out on the field at halftime of the football game. I honestly thought it

was really embarrassing."

After years of the Homecoming court, Prep decided to shift the way royalty was chosen. They came up with the idea of spirit royalty instead of having a Homecoming court. Mr. Barmore explains part of the reason for this change, "It promotes school spirit, in a way that just choosing royalty based on a popularity contest doesn't. The other thing we thought it did was, it provided more opportunities for more students to actually be able to be the royalty."

Another one of the big drivers behind the change was a better experience for the students. Having spirit royalty instead of a Homecoming court allowed for more students to get involved. "Our goal was to increase student spirit experience and provide more opportunities for students to be able to be nominated, elected, chosen, whatever you want to call it, as the royalty. And I would say it was effective. There were more students dressing up, and more students, and more different students, did get nominated and elected as royalty," said Barmore.

Prep may not have the traditional Homecoming court, but what Prep does have creates a unique and fun experience for students. Every school does Homecoming a bit differently, but nonetheless, all will be an enjoyable experience.

# HOC asks

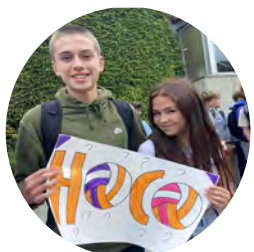


It is that wonderful time of the year again where campus is hustling and bustling with homecoming asks. Though picking out the perfect dress or suit is a pleasure, being asked to homecoming can be just as, if not more, thrilling.

Many Prepsters spend time carefully crafting posters with creative sayings, purchasing food, flowers, or stuffed animals in anticipation of a yes to their grand ask. Others anxiously await to be asked, sometimes with butterflies in their stomach, or rather with the dread of possibly being publicly embarrassed.

Importantly noted: it's not just a poster with a funny, sometimes cheesy saying- it's a long-lasting memory.

Take a look at some of this year's stellar asks!



AVA TINDER '24 & ALEX GARDNER '24  
STAFF WRITERS

## Spirit Week in Style

DELPHINE MOCK '24 STAFF WRITER

This year's homecoming took us on a trip to the big screens. With the theme "A Night at the Movies," ASB created five unique and creative themes to help Panthers show their spirit. While only two students from each grade won the spirit royalty title, many Panthers showed up in their most festive attire. Here are some of the best dressed:

Monday started out with a bang, pow, pop! as students dove into their dark side or went towards the light by dressing up as their favorite movie hero or villain.



On Tuesday we called the paparazzi to take pictures of all the celebrity look alike's roaming around campus!



Wednesday was not the first rodeo! Our panthers came stomping in their boots for Western Wednesday.



Thursday took us on a trip to the cinema. All the iconic movie duos had us wondering who would win the Oscar.



Lastly Friday had the panthers in their most dazzling blues and brilliant whites to prepare for the assembly and football game.



While there is no physical prize, students who take their spirit to the next level are hugely recognized. School spirit is something that Seattle Prep really values, and homecoming week is the best way to show off Panther Pride.



# Pac's ImPact

## Panther for a Day Program Gives Welcoming Experience

**AVA PITTS '24**  
Staff Writer

Most Prep students first impression of the school comes from them shadowing an upperclassman when they were in eighth grade. This is a program called "Panther for a Day." These visits are students first and most important impression of Seattle Prep. Ms. Campbell, originally part of the ASC program, now works in admissions alongside Ms. Aloklaro to help run the program.

Between the months of October and December, eighth graders from all over the Seattle area come to shadow a prep host student for the entire school day. These hosts are part of PAC, the Panther Ambassador Club.

"My favorite part of being in PAC is meeting the eighth graders and seeing them in the halls the following year," said Siena Kiefer '24. "It's nice to already know some of the incoming freshman and to be a friendly face for them."

When current Prep students think back to being a Panther for a Day, it's either a very clearly good or bad experience.

"When I toured Prep, my host was amazing. She was super engaging and excited about all her classes and introduced me to all her friends," said Cora McDowall '23. "She overall just made me feel super

welcomed and like I had a friend at Prep before I even came to the school."

"My first impression of Prep wasn't as good as I expected it to be," said Callum Skillstead '25.

Skillstead chose to come to Prep because of all the other amazing things he had heard from classmates and students.

In order to make every eighth grader have an amazing first Prep experience, Ms. Campbell recommends: "Be kind and patient with your guest. A lot of them are in a whole new environment and very nervous. Include them in conversations and make them feel welcome."

Eighth graders and hosts are matched with one another based on common interests in order to make getting to know one another easier.

"All visitors have the option to request a Prep host to shadow for the day," Ms. Campbell explained. "If they don't request someone specifically, we try to match them with a current student who has similar interest."

PAC members have already begun hosting and touring eighth graders this year. Hundreds more of eighth graders are expected to visit over the next few months. Best of luck to the Prep hosts and Ms. Campbell for the rest of fall!

# Meet a Freshman: Joe Maskill

**CHLOE HORNER '26 & BROOKE NOWAK '26**  
Staff Writers

Joe Maskill is a freshman this year at Seattle Prep and has clearly embodied the school spirit. Seattle Prep interested Joe because his family values Jesuit education and he had already been familiar with the school through friends. Because Prep is the largest school Joe has ever attended, naturally, he was nervous. However, he has experienced moving schools, homes, cities, and even states multiple times in the past.

Joe was born in Seattle, but lived in Bend, Oregon until he was twelve, when his family moved back up North, and he started school at Assumption St. Bridget. Despite being the youngest of four kids, Joe is the first person in his family to attend Seattle Prep. He has an older brother who attends Roosevelt and two siblings in college. He shares about how he was naturally drawn to Prep's community, diverse campus, challenging academics and exciting co-curriculars. Joe describes why community matters to him and its relevance in choosing Prep, "everyone is connected through school pride, and we are all connected through the things that we do together, create an impactful and inspiring community to grow in."

One of Joe's favorite aspects of Prep is the inclusive, and tightly connected environment and community. He is taking full advantage of all the activities and clubs Prep offers. For example, Joe recently joined the business and drama clubs. He is the Class of 2026 ASB President and is excited to represent his classmates at assemblies and spirit events! Joe is also taking part in Prep's fall production of Into the Woods as the steward/wolf.

He is a proud member of Bellarmine collegio and is currently taking Profe Nemeth's Spanish class. His favorite subject is first-year choir rotation, because several of his friends are also in that class and he has developed a close relationship with Mr. Weeks, through time in his class and working together in the musical. Welcome to Prep, Joe!



Joe Maskill '26

# Panthers Getting Paid: Working During the School Year



Photo: Courtesy of Connor Lee  
Connor Lee '23 working at a local Trader Joe's. Lee says that his part-time job forces him to better utilize his free periods and study halls.

**NICK PICKEL '23**  
Staff Writer

Seattle Prep students are known to be multi-faceted and multi-talented people, many participating in sports, clubs, extra classes, leadership, and more. But how about those who work jobs during the school year? Many Seattle Prep students are employed to support themselves, help support their families, and put away money for college.

Connor Lee '23, a loyal employee of the Ballard Trader Joe's, works about 20 hours a week, stocking shelves, bagging, collecting and cleaning carts, and more. He enjoys his job, saying, "It's something to do after school and is a nice small income for each week."

He notes that his study habits have changed while having a job, as he must start homework later at night if he doesn't complete it during school which he usually tries to do. He also takes advantage of his study hall and free periods more.

Ginna Owens '23 shares a similar feeling with Lee, saying that she tries to utilize in-class work time and free periods as much as possible, so she has a better chance of going home and relax after work. Owens works three jobs: working at Hall of Fame Camp as a counselor, at Blue Kettle Bookstore, and as a server at Johnny Mo's Pizzeria. She says it is challenging at times because she is, "A procrastinator with a little less time to procrastinate. When working weekends, you can miss out on social activities and your only two days of rest."

But she enjoys working nonetheless because she likes the communities, her coworkers, the pizza at Johnny Mo's, and the extra cash to go out and "do fun things."

Annelise Northcott-Johnson '23 works as a receptionist at a barber shop called The Shop on Queen Anne, and while sharing the same challenges as Lee and Owens about working as a student, she says, "I love making money!"

Seniors aren't the only ones working at Prep, however, as is evidenced by Cassia Tomici '24 who works as a hostess at Demetri's Restaurant in Edmonds 12-16 hours a week. She enjoys working even though schoolwork and studying can get stressful because of the extra commitment. "It's definitely nice to have something social outside of school. I'm friends with all of my coworkers and it's nice to have a break from academics while still doing something I enjoy," explains Tomici.

Finally, Northcott-Johnson wants readers to know, "Working while going to school can be fun, but you have to know your limits. I really recommend trying out a part time job if it works with your schedule."

“It’s a nice small income for each week”  
-Connor Lee '23



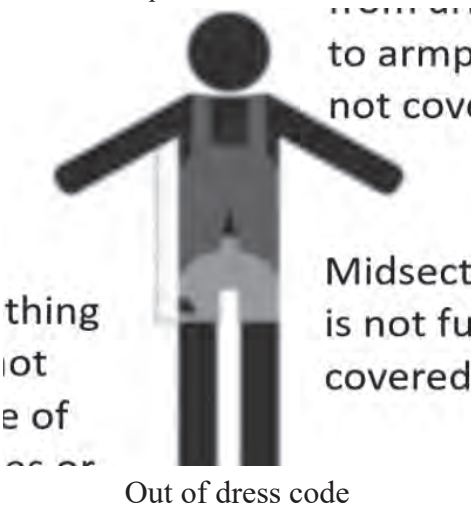
How the Dress Code Came to Be

KELSEY HAMILTON '24  
Managing Editor

Since the start of the new school year, Seattle Prep has made alterations and updated its dress-code. The full dress code can be found in the Seattle Prep Student Handbook, but the general requirements are that clothing must cover the entire torso, down to the midpoint between the waist and knee. Clothing must also have straps and should be free of holes or tears and should not display vulgar graphics or words.

While some students could argue that the dress code has changed, philosophically, there haven't been any changes at all. The only alterations have been in the language. "We tried to take out most of the gender-specific language," explained Hendricks, "in the old system, I can't think of one that applied to males, almost all of them applied to females. We made it as gender neutral as possible."

If the dress code hasn't changed, then why is it so much stricter than in years past? There are two key factors that Hendricks broke down when asked this question. The first being the pandemic. "In the midst of the pandemic, there was a relaxation of a number of different rules," Hendricks explained, arguing after that, "We're back to where we were pre-pandemic, in terms of the enforcement."



The second factor is the change in leadership. With new leadership comes new



ideas and philosophies, and Hendricks' beliefs on how to enforce the dress code are different than the last Dean of Students, Mr. Rich Stearns.

For Hendricks, a big part of his philosophy is considering the context of the situation. What's respectful and appropriate in a classroom setting can look a lot different than what's respectful and appropriate for mass. "I looked at a number of different dress codes across the country as well as local catholic schools. We met as an administrative team to get to that language in that context" Hendricks said.

The dress code is a very controversial topic, and it is clear there was a lot of thought put into how it should be worded, perceived, and enforced. The dress code is supposed to be a balance between the workplace dress code and college dress code. "As long as there's that tension, I think we're on the right track," said Hendricks.

Opinion: Let's Examine Our Dress Code With Fresh Eyes

CLAIRE RULYAK '24  
Managing Editor

There are so many opinions circling the Prep community about this dress code that I think it is hard to find a place to start a conversation about it. Yet still I hope that those in authority, as well as the full Prep community, can recognize how dress codes affect boys and girls in completely different ways. Just because the words "boy" and girl" are left out of the policy does not mean it does not affect the genders in completely different ways.

If you open your search engine and type in "teenage boy outfit". Of course, you will see images of boys in long shirts

and long shorts or pants. Next, try typing "teenage girl outfit" into your browser. Now, the images will depict lower cut shirts, crop tops, and shorter skirts. The Prep dress code makes these societal expectations easy to follow for boys, but not so much for girls.

I doubt that anyone living in the twenty-first century will be surprised by these search results. This clothing is what society has normalized for girls and boys of high school age. This differentiation is hard to disregard when considering a dress code at a high school. Boys aiming to fit in with their peers (which is common amongst our age group) will have no problem complying with dress code while girls hoping to do the

same will.

Furthermore, even if every girl could come up with enough dress-code-proof outfits that she feels comfortable in, it is unlikely that she will have the necessary clothes in her closet. Along with this, many Seattle Prep girls agreed, when asked, that they did not like the idea of re-wearing outfits to school. Now, our school dress code is asking girls to dress in a way deemed appropriate while also living in a society that asks us to follow trends, and to do so in a different way every day with limited repetition. This is a feat that has been anonymously described by Seattle Prep Students as "expensive", "stress-inducing", and "downright

unfair in comparison with our male counterparts".

I would like to state that I am not in any capacity against a dress code at school. I do not believe in showing off inappropriate graphics or words to our Jesuit peers. I agree that intentionally ripped clothing goes against Seattle Prep's core values. Yet still, I would hope that this article forces every reader to take a step back and examine our dress code with fresh eyes, to contemplate what this dress code really says to students and how it can impact some students more than others.

A History of Prep's Dress Codes



"[The dress code] was different. No jeans, shorts, beards moustaches, sandals, patch pocket pants, caps. Later we could wear jeans on Friday. They eventually relented on jeans and athletic shoes before I graduated. There were no female students at that time." - Deino Scott '74



"The biggest thing I remember was that there was a three-finger rule. Your shirt couldn't be more than three fingers away from your collarbone. The other big thing that was wild was we were not allowed to wear leggings. Just jeans or sweatpants." - Cait Slack '08



"Honestly, during my time the dress code was pretty similar to now. Nobody would dare wear pajamas, so that's new, but lulus and jeans were the norm. My usual attire consisted of a college sweatshirt I wasn't even applying to, yoga pants and high top converse." - Alex Campbell '18

Student Opinions on Dress Code

"It feels as if teachers who dresscode students generally dresscode girls that are taller or larger unproportionally to smaller girls" -Nellie Walsh '23

"The shorts that girls of our age generally wear tend to be shorter than those that boys choose to wear based off of trends. It doesn't make sense that girls can't wear a big part of what is in their closet to school" - Leyla Nabaie '24

"The thing that stands out to me is the underarm-to-underarm rule regarding necklines. This rule doesn't really acknowledge how shirts or styling can change depending on the proportions of the student, which can lead to there being an unfair bias towards dresscoding." -Sofia Olivar '25



# Creating a More Cohesive Club: APIC's New Peer Mentor System

AUDREY CROMETT '24  
Staff Writer

Asian Pacific Islander Club (APIC) has been a staple at Seattle Prep for decades. It has provided a safe and caring community for many who have decided to sign up. The club meets as often as they can looking to bring together member of the Asian community at Prep to celebrate their cultures and get to know of each other. They do this through playing games, eating delicious food, and simply discussing relevant topics as a group. However, this summer Co-presidents of the club Maya Lind '23 and Cian Trinen '23 along with the rest of the APIC board realized that once they graduated, APIC would be left without anyone to run it. So, they came up with a brand-new idea that is unique and specific to their club, peer mentorship. Underclassmen would be trained and provided with leadership experience in the club so that they can take over as members of the board in the years to come.

Four individuals in other grade levels have been selected to take on the responsibility of running the club next year including junior Alison Choi. She described it as “an opportunity to gain a better sense of what the club is about.”

After the pandemic hit, participation in APIC dropped at an alarming rate with only 9 people logging on to the zoom meetings, eight of which being the board members. The hope is that this new system will not only increase the understanding and leadership of the club, but also raise more awareness of it.

Another reason passing down this information is important is because there have been talks of a city wide APIC meet up between multiple different schools. This event has been looked forward to by many and would be hosted by Prep, however only the seniors knew about it. So, with other members of the club now being informed, hopefully the APIC community will get together on the Prep campus.

On a more personal note, co-President Lind stated that she, “wants more people to feel that they are a part of the club. It can be very easy to write your name on a list and maybe show up once or twice, but I want people to have a demonstrated and invested interest.”

In their most recent meeting, there was a turnout of over 50 people, so the prospects this year are already looking up. This new system will create a more cohesive club providing more opportunities for younger members to step up. The peer mentees of this club have a large responsibility in the coming years but Lind “has every confidence that they will do an amazing job.”

# Prep Students Immerse in Service

COLE HACKMAN ' 24 & LUKE WHALON '24  
Staff Writers

Seattle Prep offers several immersion trips for students interested in serving with volunteer organizations. There is one domestic spring break immersion trip and one international summer immersion experience. Seattle Prep works independently with both Shirts Across America and Education Across Borders to send interested students on service trips along with students from other local high schools. The two trips often attract students interested in serving underprivileged communities and visiting new parts of the country or the world to enroll in these immersion experiences.

Shirts Across America was created by high school and college students in Seattle to help move families home in New Orleans and Mississippi. Students volunteering with SAA work in unique neighborhoods in the greater New Orleans region and are assembled into separate groups designated to different job assignments.

Building tasks depend on location, but students spend most of the trip assembling and building different parts of homes. Prep sends students on the trip annually during spring break alongside students from different Seattle high schools. Shirts Across America works with students from Bishop Blanchet High School, Bellarmine Preparatory School, Holy Names Academy, and O'Dea High School alongside Seattle Prep on the trip.

The other immersion trip is Education Across Borders (EAB), an international program offered over summer break to incoming juniors and seniors. The EAB program is a 14-day experience in the Dominican Republic that includes a visit to a rural coffee farming village, relationship building with a Haitian community outside the city of Santiago, and building projects in these two communities. Typically, students homestay with a Dominican family and participates in hands-on service projects in about one or two communities.

Additionally, students visit various communities and engage in prayer and reflection with local communities. One of the most remarkable experiences is with kids and encounters with peer-aged youth. Ultimately, this experience is holistic and wants to engage participants' hands, heads, and hearts to transform others and themselves.

Spanish teacher Jose Martin described his experience on the trip as “profound, amazing for me, [and] very moving spiritually....”

Martin is attending the Dominican Republic trip in June of 2023 and looks forward to taking new students on the trip. When asked what advice he would give to students debating attending the trip, Martin emphasized how students should look at their intentions and ask themselves these questions: “Why the trip is important to you, is [your goal] to meet new people, is it to find new experiences, is it to serve others?”

Ultimately, these trips serve as opportunities for Prep students if they are willing to fully immerse themselves and commit to this selfless service. If you are interested in gaining more details or want to learn more about the experience as a whole that Prep offers, consider contacting Mr. Liu by email or reaching out to Education Across Borders or Shirts Across America.

# Prep's Perfect President: The Ongoing Search

MARIA MCDOWALL '24  
Staff Writer

After almost a year without former Seattle Prep President Kent Hickey, Prep is on the search for a new leader.

The Presidential Search Committee, led by board chair Jaylene Howard, is made up of trustees, faculty, administration, parents, and alumni. This committee has partnered with the executive search firm Educational Directions which is led by Mathew Heersche and Risa Oganessoff Heersche. Educational Directions has been recruiting candidates thought this past spring and summer at a local and national level.

Mathew and Risa spent time on campus during the spring to learn as much about Prep as possible. They have developed a close relationship with the search committee by figuring out the characteristics and aspirations of Seattle Prep that make it unique.

Reflecting Prep's values of being a Catholic Jesuit school, they have been reaching out to Catholic educational leaders throughout the country and contacting national and regional leadership programs at various Catholic universities.

“We are interested in candidates who will embrace, articulate and promote Seattle Prep's Jesuit Catholic identity and its dedication to the Jesuit values of education” says the Presidential Search Committee.

Along with having a strong understanding in Jesuit principles, the new president will be focused on the school's mission by demonstrating integrity and authenticity. With the execution of strategic thinking, confidence, and moral courage, the new president will establish executive leadership and have an aptitude for financial management and fundraising.

Matthew and Risa emphasize that “The successful candidate will be an energizing and inspirational individual with strong communication and community-building skills. This individual will balance decisive leadership with respectful collaboration and inclusivity.”

Coming to the end of the search, four finalists came to campus on October 24, 26, 28, and 31. The next step in this process is narrowing down these four candidates to one. The Presidential Search Committee is looking forward to the final phases of their search for the next president of Seattle Prep.





Within a Mile of Prep!

Grand Central Bakery



All About Grand Central

Grand Central Bakery is an adorable study space/café for any free period or lunch break! They operate between the hours of 8am-3pm daily (ideal operating hours for a late-start breakfast!). The workers are always friendly and the coffee is highly reviewed amongst Prep students. The baked goods are made fresh every morning. They also sell warm sandwiches, salads, and many other craft beverages to relax with. Another bonus is that they sort their own trash for sustainability!

Items Recommended by *The Panther* staff:

-Bacon Quiche

-Chai Latte

-Grilled Cheese

-Cinnamon Roll

-Sausage Egg Biscuit



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CLARE RULYAK '24 & KELSEY HAMILTON '24  
Managing Editors



# The German Experience at Prep

MARGOT GWYNN '23  
Online Editor

Interviewed Students:  
Timur Holmatov and Carolin Rusitska

**Timur:** We have a lot of differences. In the German school system, you have more classes, and wider spectrum of things you can learn, but shorter periods. Also, the students at Seattle Prep have a very different relationship with their teachers. It is more personal, while at our school the teacher is a figure of authority. You go to class and learn, but you can't really make jokes with the teacher.

**Caro:** I think communication with the teachers is much better here. When we write an email to our teachers, we're happy if they respond in 3 days or maybe a week or sometimes not at all. I think if you need help at Seattle Prep, your teachers will help you out way better/more.

What impressions did you have of Seattle Prep's classes, teachers, and students?



**Carolin:** I expected to see muscular, popular football players, and more hallway bullies, like the ones you see in movies. Luckily, we didn't see any of that at Prep.

**Timur:** Well, you can't even go in the hallway without a hallway pass, so there can't be any hallway bullies. I expected a lot more singing and dancing. I was very disappointed in that. We only had the homecoming assembly where people sang and danced, but nothing in the hallways.

What stereotypes of American high schools did you expect to be true?



**Caro:** I like how at your school you have this connection over the sports. In Germany, if you wouldn't have to go to a game, nobody would show up. Here, everyone goes voluntarily because it is fun. I also thought Panther Pack was really cool.

**Timur:** I like Seattle. It is very different because of all the hills, so I don't think I'd be able to park on the street. I would be afraid that my car would drive off and drive down the hill. Other than that, I like the nature and I like the people. All of them are really friendly.

What did you enjoy about Seattle Prep and Seattle as a whole?



**Timur:** Not being able to go on your phone during class, or in the hallway or anywhere in school. Or that you can't just walk out of class.

**Caro:** Also, on your signs for traffic, everything is written down what you have to do. In Germany, you basically have to learn all the signs.

**Timur:** In Germany, you can't just go into the street and read it and go ahead. And still the drivers are so bad here.

What was foreign to you or strange to see compared to your life in Germany?



Postcard Graphic: ANNA ROBERTS '23

## Prep Um die Welt: The German Exchange Experience

SCARLET EBEL '25 &  
JULIA FERABOLI '25  
Freelance Writers

Frau Khouri, one of the German teachers at Seattle Prep, has been leading the German Exchange program for fourteen years. The previous German teacher at Prep already had an exchange program in East Germany, but Khouri did not have a personal relation to this area. When she came to Prep, she chose to reach out to teachers at a school in Kiel, her hometown, to see if it was possible to create an exchange program with their high school. Sure enough, through Khouri's personal connections she was able to create an exchange program where German students come to Prep and Prep students visit Germany.

"I knew the school and the principal, and he said, 'Sure! Let's do this.' So it was through personal connection that I set it up. Ever since, they have been excited to do it."

Through the German exchange program, Frau Khouri takes twenty-four Prep students to Ger-

many for three weeks, and in return the German students visit the United States for two weeks. During their time in Germany, Prep students spend around two weeks living with a host family; similarly, when the Germans visit Seattle, they stay with the same student that they hosted in Germany. The exchange for the Prep students takes place in the summer, while the German students visit Seattle in October.

Khouri typically takes the Prep students to visit the northern part of Germany, however, this past summer she brought the students to Bavaria as well. Frau Khouri described the experience in Germany this year as "So, so, so, nice" and she did not want it to end. During the German students visit in Seattle, they attended Seattle Prep's Homecoming football game, dance, and assembly. They visited downtown Seattle, watched Huskies and Mariners games, and went to a pumpkin patch. The German students were also invited by their hosts to shadow their day-to-day lives, whether that means

sports, hanging out with friends, or going on a trip. Throughout their visit, the Germans lived the life of an American high schooler.

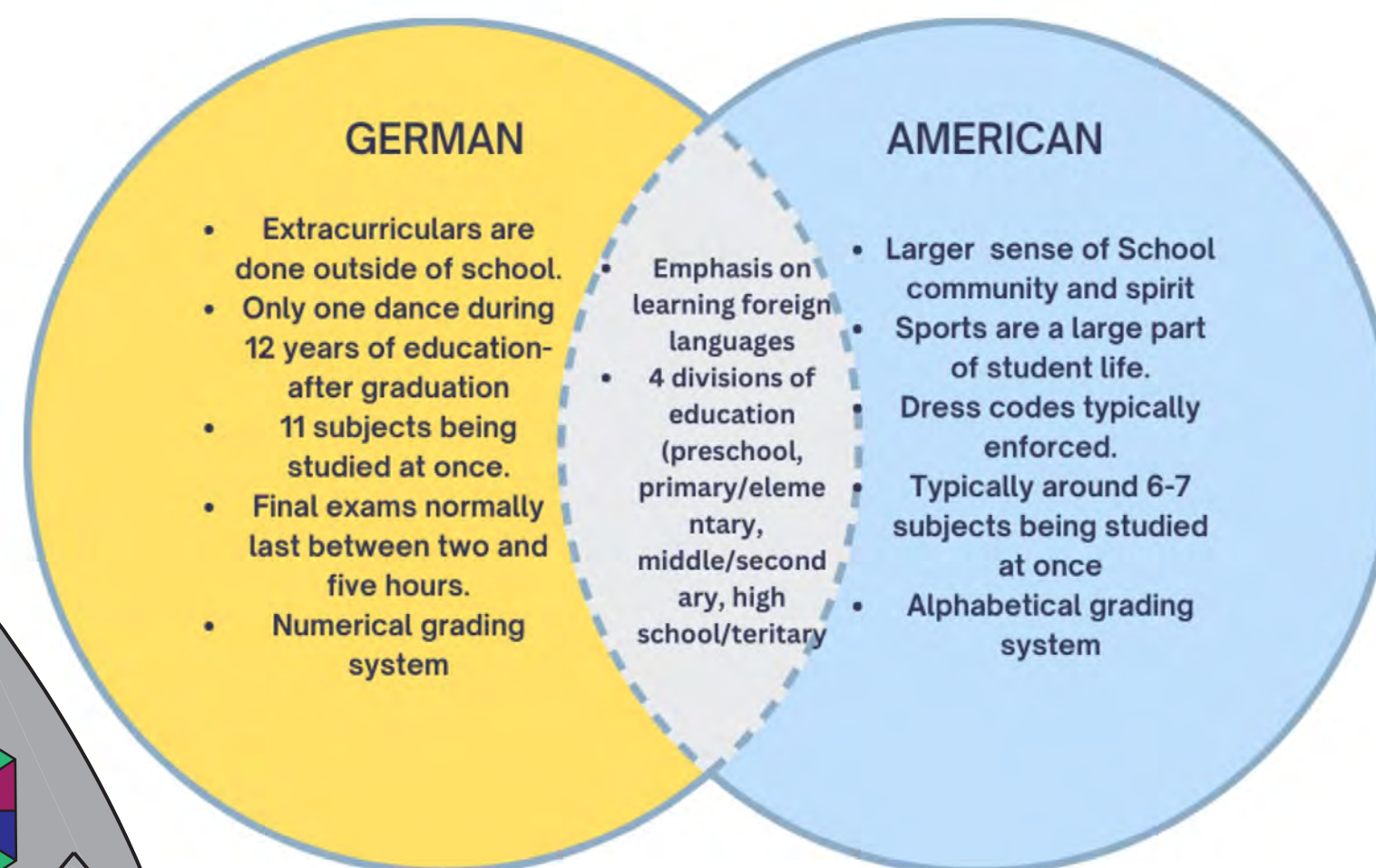
The German students enjoyed seeing Prep's sports facilities, as they do not have those at their school. Sports are not as present in the lifestyle of high schoolers in Germany, so they were amazed by how much Americans focus on sports at school. Not only do the German students not have sports at their school, but they have twice as many subjects as Prep students; Carolin Rusitska, one of the exchange students from Kiel, said "they have, on average, fourteen subjects; maybe sixteen at times."

Additionally, the German students dress style is different from how Prep students dress daily. At Seattle Prep, you will typically see people dressed in athletic clothing because sports will be after school, and athletics is a large part of the American culture. In Germany, however, everyone dresses a little more formally. Khouri said, "everyone will dress more or less

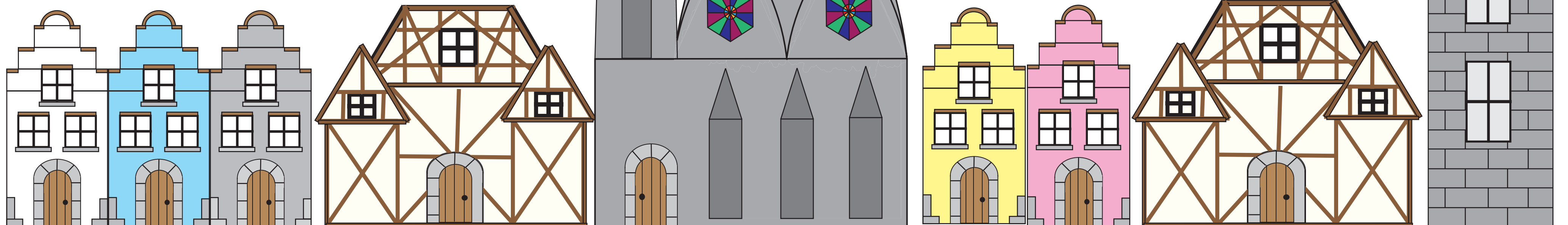
like me".

Despite these differences, the students from both countries were able to connect with each other and form a unique relationship.

Overall, the participants in the program get to bond with Prep and German students and experience a different way of life.



German Architecture Graphic: ALDEN ARNOLD '23





# Prep Gets **KRAKEN**

## Seattle's Newest Pro Team a Favorite Among Students

**PALOMA HISSONG '23**  
Staff Writer

Seattle was blessed last winter with its very own professional ice hockey team, the Seattle Kraken. The Kraken play at the Climate Pledge Arena, which reopened in October 2021 after a major remodel. The thrill of the sport and the brand-new arena contribute to a common desire amongst Prep students to attend these hockey matches.

Seniors Kate Diefendorf and Finley Dermody are avid Kraken fans and went to as many games as they could throughout last season. Diefendorf said, "Hockey is just so much more fun to watch in-person than on TV. My family watches a lot of hockey on TV, but it's way better to actually be at Climate Pledge to watch in-person."

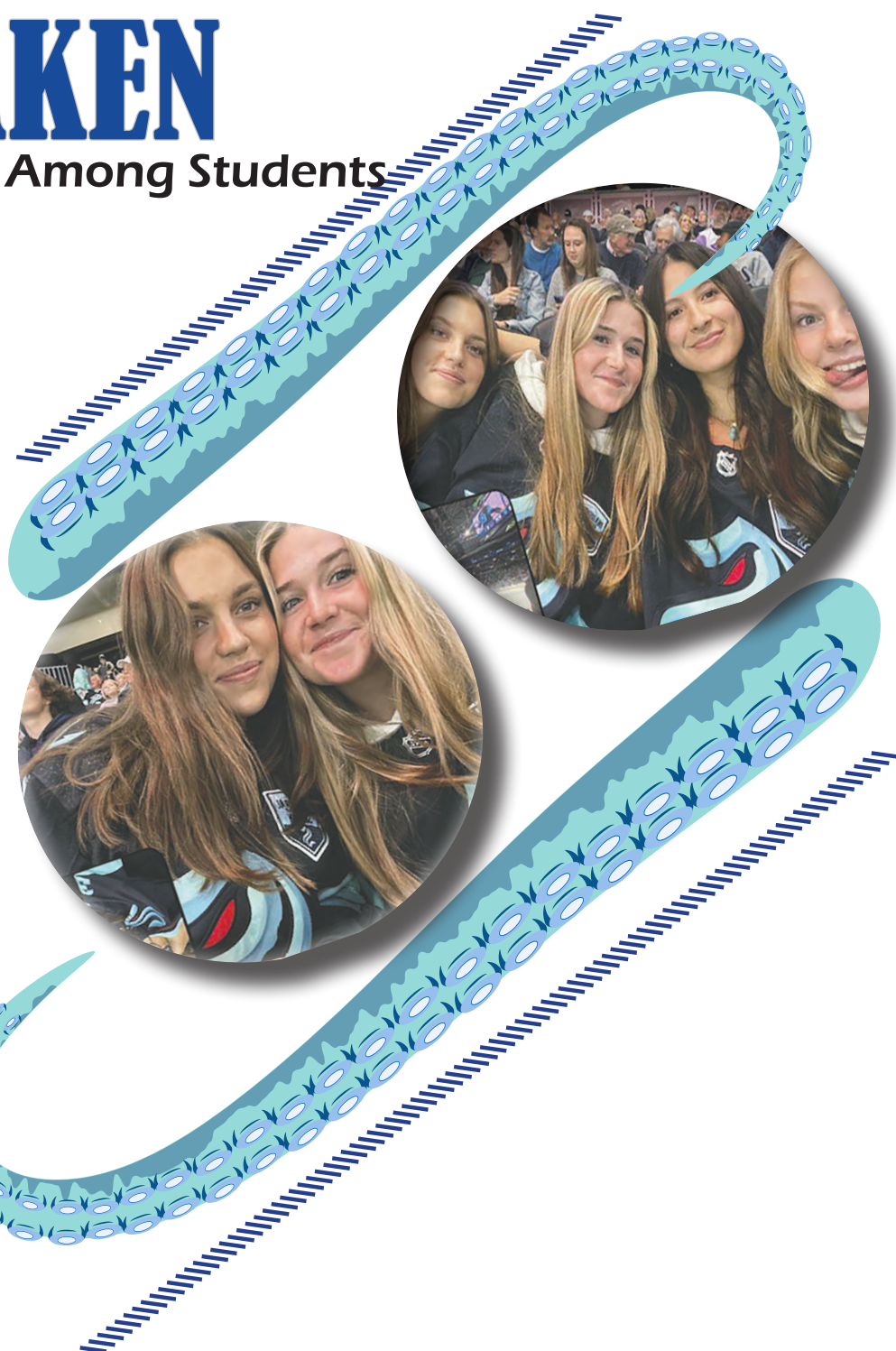
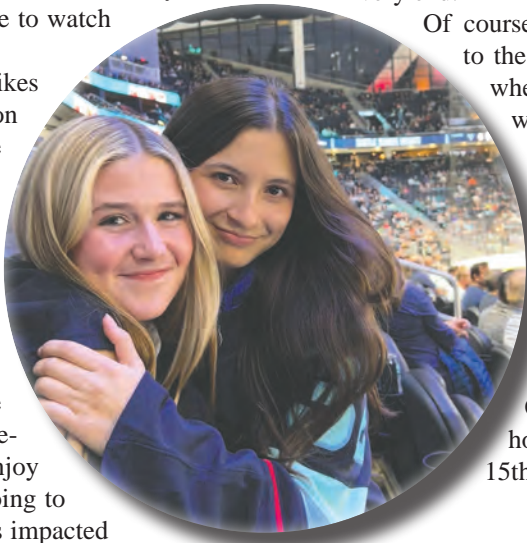
Dermody likes to call hockey season her "favorite time of year" – and fortunately for her, the season is quite long, spanning from October to nearly May. The presence of the Kraken in Seattle not only give Seattleites the chance to enjoy a fun evening by going to a game, but also has impacted

the community of the city. The team even allowed Seattle Prep's class of 2025 to spend part of their Freshman Retreat at the ice rink in Northgate where the Kraken practice.

The Kraken's inaugural season was less than successful; they finished last in the Pacific Division and had a record of 27-49-6. Nonetheless, the team still attracted many spectators to watch their games, and Seattleites and Prep students alike became quick to proudly call themselves Kraken fans. Dermody is hopeful that "we're going to be better this year!"

Diefendorf added, "The games are actually still fun to watch even when we lose. It's such a fast-paced game that I'd always stay invested and want to watch till the very end."

Of course, nothing compares to the energy in the arena when the Kraken do win. So far, the Kraken's preseason is looking promising, as they have won most of the games they've played. They played their first match of the 2022-23 season on October 12th and the home-opener on the 15th.



# Sidelined

## Prep Athletes Persevere Through Injuries

**EAMON MOHRBACHER '24**  
Staff Writer

Injury is a common part of sports. It is unrealistic to assume that all athletes will remain completely healthy throughout all seasons. While injuries may affect some athletes in larger or more serious ways than they do others, they can emerge anytime on the track, court, field, course, gym, or pool. Despite the feelings of frustration and pain that injuries bring, the road to recovery is a learning experience, one which students can get through with the right support and attitude.

Prep's Varsity women's soccer team sustains injuries each season. This fall, starting center back Sophia Kennedy '22, injured her ankle. She explained, "I sprained this same ankle four or five times in the span of two and a half years, so it is really weak and therefore incredibly easy to sprain again.... I was in a boot for a couple of days and then started my recovery process.... It's hard to do your PT exercises because they can feel grueling, and it can feel dumb sitting on the sideline doing ankle circles while everyone else is sprinting in a game."

While some injuries are recurring, others happen suddenly and can be more serious or long-term. For example, junior Drew Velling tore his ACL in the spring of sophomore year, sidelining him for the entire fall football season. His tear required

surgery soon after the injury, followed by several months of continuous rehab. Velling shares, "I am finally starting to return to normal activities. While I'm unfortunately not back to playing sports yet, that should hopefully be coming within the next few months."



***It's hard to watch your teammates working out on the field and feel completely helpless"***  
**-Sophia Kennedy '23**

Being sidelined is not a fun feeling, especially when athletes have to watch their friends and teammates compete without them. Kennedy shares, "It's hard to watch your teammates working out on the field and feel completely helpless. It's easy to get down on yourself and feel like all your handwork went down the drain. It felt like my senior season was over."

While injuries can make an athlete feel hopeless and angry, it is important to stay determined and committed to recovery. Velling advises, "Stay consistent with your rehab, because although it may not always

seem like it, it eventually will pay off and you'll be glad you put the work in from the beginning and stuck with it throughout."

Velling hopes his hard work will pay off with the opportunity to return to the field in the fall of 2023 for his senior season.

Many athletes seek support from

Coach Andrew Walker, head Cross Country Coach at Seattle Prep, shares his perspective: "Let it calm down and take some time off from training so that it can be ready to do what your body is asking of it." He adds that a major part of returning to action is, "to gradually increase training to the point that all of the muscles and bones are ready to accept the load."

Carlson offers all athletes this advice for general well-being and injury prevention: proper warm-ups, hydration, nutrition, and post-exercise care (foam rolling/stretching/cooldowns/etc.).

What additional advice do these recovering athletes offer? Kennedy encourages, "Be patient with yourself, and stay positive.... Don't rush it. That's how you get injured again.... For people in a team sport, you are still part of the team. You might have a slightly different role than before, but you are still a vital member of the team."

While injuries cannot be avoided altogether, knowing the proper way to prevent and manage them are tools every athlete needs to know. That, along with a positive attitude, can lead to swimming, running, throwing, tackling, putting and enjoying your favorite sport sooner rather than later.

the trainer as they recover. Seattle Prep athletic trainer, Mr. Andrew Carlson, explained his part: "My role as a high school athletic trainer is to assist with injury prevention, diagnosis and treating musculoskeletal injuries and concussions." He continued, "The most common injuries so far have been skin abrasions, concussions, and soft tissue injuries (muscle strains/tightness)."

Coaches' and players' responses to injuries are critical pieces of the healing process. Managing activity and keeping bones and muscles healthy is a large part of injury prevention.



## A Swimmingly Season So Far

BEN OSWALD '25 &  
KATHERINE KAISER '25  
STAFF WRITERS

The Seattle Prep Swim & Dive Team has kickstarted their season with an impressive 4-0 record alongside exceptional team camaraderie and support. The Swim Team is one of two no cut fall sports that brings together fierce female athletes prepared to bring home titles and set school records. So far, the team has conquered victories against Holy Names, Bishop Blanchet, Roosevelt, and Ballard. The team is run by two senior captains: Liv Gooding and Sophia Salentine.

Anna Lauinger '24 and Helen Swanson '25 walked us through a typical day in the life of a Seattle Prep swimmer. They arrive at the Seattle University pool at 4pm, go to the locker room and change, and get ready to dive in the pool. They begin with dive practice and on their final dive they swim to the other end and begin their warm-up set. The warm-up set takes around fifteen minutes; then they transition to a reg-

ular set. They finish practice with focusing on kick turns and all four strokes.

After three more meets, the post-season will begin. The post-season includes metros for qualifiers, then districts, and finally state. Many Seattle Prep swimmers have competed for state titles in previous years and members of the team hope to do the same this season. In the 2021 season, four members of the team competed at the state championships: Lane Gooding '25, Anna Lauinger '24, Liv Gooding '23, and Sophia Salentine '23. Additionally, Liv Gooding recently committed to continuing her swimming career at Vanderbilt University!

One of the most valuable aspects of the team is their unique traditions. Lane Gooding shared, "before every meet we grab a team dunch (dinner-lunch) at places like Chipotle or Chick-fil-A. On meet days, which is most every Friday, we dress in our custom Nike tech fleeces at school." Lastly, as Swanson said, "our team cheer is the best of our traditions."



Photo: Courtesy of Seattle Prep Girls Swimming  
The Girls Swim Team bonds during a hike earlier in the season.

## Tagovailoa Injury Prompts Concussion Discussion

LAYLA SCHUENEMAN '26  
FREELANCE WRITER

Concussions have become a major part of mainstream sports, most notably football, and they can be easy to hide, making them one of the most dangerous injuries for an athlete to sustain. It's impossible to hide the symptoms of a broken wrist or ankle, but hiding a concussion can be easier. Whether it is a pulled muscle, sprained ankle, or torn ligament, injuries in football at any level of play are very serious and not to be taken lightly, especially head injuries that can lack obvious symptoms.

Controversy has escalated in the last month following a big hit from defensive lineman Josh Tupou on Dolphin's quarterback Tua Tagovailoa causing Tagovailoa a serious concussion. The week

before, Tagovailoa had taken a hit causing him to stumble and show signs of what many would describe as an obvious head injury. Medical staff diagnosed him with a lower back and ankle injury, causing people around the NFL to question whether he had properly gone through concussion protocol in the first place. As a result, the intentions and integrity of the Miami medical staff was questioned by the NFL and has caused controversy throughout the football world.

As sports at the high school, college, and professional level become more competitive, safety and concern for the players has continued to be a big point of discussion for people within the sport. In answering how Seattle Prep handles concussion protocols Prep's Athletic Director Sam Reed shared, "If the ATC [Athletic

Trainer] is onsite, he or she uses their training and evaluation materials to determine if they suspect a possible concussion. If that answer is yes, they are held out of activities and referred to their physician for ultimate diagnosis."

The player cannot return to their sport until they clear the Return to Play concussion protocol, similar to the Return to Learn protocol managed by the Learning Resource Center. Not only do concussions impact a student's ability to participate in sports, but also their ability to attend school and when they can return after sustaining a concussion.

In addition to the Return to Play protocol, Prep uses a test to determine when a player is no longer concussed. As Reed explained, "Each athlete participating in

a contact sport complete what is called a Baseline Test (we use a tool called ImPact). This is a cognitive test done on a computer that tracks things like response time, reactions, thought process and more."

Sports at the high school level get more competitive every year, and as players feel pressure to perform at an elite level, the desire to win can create an environment where athletes do not want to come forward and alert coaching staff when injured.

"Ultimately, the national conversation has shifted a lot in the last 10 years, where head injuries are now more normal and not a sign of weakness. Having a trainer on campus that isn't a coach is also big. Sometimes I explain that the trainer is to the coach what the school counselor is to the teacher," said Reed.

## An Un-Fore-Gettable Season

ASHLEY HEIM '24  
FREELANCE WRITER

The golf team teed off for the first-time last month, with the boys' team taking their first victory of the season against Eastside Catholic and the girls' against West Seattle. The panthers on the golf team have been putting in the work this season with one to three matches every week lasting nearly four hours each. That's almost 12 hours of competition weekly! This year's golf season is looking bright for the panthers, especially amidst record heat in Seattle this fall.

With several record-breaking days of warmth this October, most would assume the sunshine would be well-liked by Prep's golfers, but Nathan Dunfield '23 complained "It's usually too hot!" He also explained, "sweaty golf is not fun golf".

Not to mention the smoke, which has luckily only caused one match cancellation against Ingraham. This match however was rescheduled, and Dunfield was confident he and his fellow panthers can take care of business and secure a win against the Rams.

Golfers from both the boys' and girls' teams claim their favorite team ritual is taking "duo photos" on the course before each match. When participating in high school golf, each player is paired with one

teammate from their school and two opponent golfers to take on the course with. These panthers have made it a tradition to take fun and creative photos on every course with their match partners.

On Prep's golf team, match partners are determined by their ranking on the team and your scoring average throughout the season. Players can constantly shift between Varsity and JV depending on their performance in matches. When a JV player scores lower than a Varsity player, the two participate in a "playoff" determined by the coach. This sense of competition within the team drives Prep golfers towards excellence.

The boys' golf team set a high standard last year finishing off the season as metro-champs. Returning from their victory last year, the boys team finished off this year's metro tournament in the top three! The panthers then went on to place 5th as a team in districts likely putting them through to state, with great performances from Taylor Scelfo '23, and Mason Remington '23 who qualified as individuals.

While the girls' golf team did not have such a successful outcome last year, the team is confident they will find that success this time around. Newbie Mia Schwartz '24 says she "feels a great season coming for the girls this year".



Follow @seaprepanthers on Instagram to find out the answer!



# Midnights

## A Review And Recap of Taylor Swift's Newest Album

**ANNIE ROSKE '23**  
Editor-in-Chief

At 12:00 am on October 21st, Taylor Swift released her 10th studio album titled "Midnights", which consisted of 13 pop songs. After three hours of Swifties worldwide listening to and re-viewing the album, Swift dropped seven more songs, calling them the "3am Edition" of the album. After nearly two years since the release of her last original album, "Evermore", the 20 songs from Midnights took the world by storm. Despite having not released a new album since 2020, Taylor Swift re-released two of her older albums, "Fearless" and "Red", in 2021. She parenthetically dubbed the term "Taylor's Version" as the indication of the re-recorded albums, songs, and bonus tracks, in an effort to own her music which had been stolen from her.

The process of re-releasing six of her albums seemed to be taking over Swift's entire career, which is why her announcement of "Midnights" on August 28th was such a surprise. Her announcement was revealed at the 2022 MTV Video Music Awards alongside an Instagram post explaining the albums premise: "the stories of 13 sleepless nights scattered throughout my life."

As for the album itself, it is very reminiscent of her albums "1989", "Reputation", and "Lover" with it's pop style vocals and wide range of moods portrayed in the songs. Songs like "Anti-Hero", "You're On Your Own, Kid", and "Labyrinth" are incredibly vulnerable and offer an honest look into Swift's personal life and struggles. On the other hand, the songs like "Karma", "Lavender Haze", and "Question...?" are much more upbeat and fit into the pop genre. The "3am Edition" of the album seems to dive deeper into her older albums. For example, the song titled "Would've, Could've, Should've" has lines such as "I would have never danced with the devil at nineteen" and "give me back my girlhood, it was mine first" referring to her relationship with John Mayer, when Swift was only 19 and Mayer was 32. This relationship was heavily criticized and exposed in her third album "Speak Now", specifically the song "Dear John", with lyrics such as "don't you think nineteen is too young to be played by your dark twisted games, when I loved you so?" The parallels between songs on "Midnights", released in 2022, and songs on "Speak Now," released in 2010, truly prove that "Midnights" is a collection of songs about sleepless nights throughout her life. "Midnights" is an emotional, vulnerable, and incredibly revealing album, which has changed Taylor Swift's career forever.

# New Restaurant on 10th brings Bubble Tea to Prep

**BEN BURMAN '25 & SOPHIA MAGNANO '25**  
Staff Writers

Pagliacci's, Copper Tree, and The Gyro House are frequently visited by Prep students and teachers. Some may think that with only three convenient out-of-school lunch and after school snack options, school year food may become a little repetitive. If only there was one more option... As of this November there will be! O Maki Rolls + Teriyaki will be opening on 10th avenue.

O Maki Rolls + Teriyaki is owned by Veronica Utz, mother of Prep students Ella and Justine Utz 24'. This will be their

second location. Their first location is in Greenwood. The restaurant will be serving sushi rolls, poke, teriyakis, Japanese curry, and bubble tea from 11 am to 9 pm every day. Perfect for on-the-go lunch, after school, and after practice snacks. Prep students and faculty will also be offered a 10% discount in the restaurants opening month. Other than bringing another great food and beverage option to North Capitol Hill, Utz says their "goal is to modernize the perception of a traditional mom-and-pop teriyaki shop, meanwhile maintaining the familiarity and taste we all grow up eating." As well as bringing a "traditional sushi experience to a more modern, creative and affordable way of roll making."



Photo: Sophia Magnano  
O Maki Rolls + Teriyaki opening on 10th Avenue in November.

# Spectacular Seattle Arts Fairs

**BRIDGET CANNON '23, KATE CANNON '26**  
Staff Writers



Photo: Will Lemke  
Photos from the 2021 Seattle Hip Hop Festival.

As the holiday season approaches, numerous entertaining festive activities start to pop up all around the Seattle area. A great way to spend your time this holiday season is by enjoying the various arts fairs in the Seattle area.

There is a large variety of entertaining festivities that can be attended, from art galleries to dance festivals. The Seattle Arts fairs span the whole holiday season with one occurring almost every week.

One fascinating attraction at the Seattle Arts Fair is the Renegade Craft festival. The Seattle Renegade Craft festival gathers people from all over the state, including small local businesses, and the state's foremost makers and designers. This fun and exciting festival takes place in Hangar 30 on Magnuson Park grounds. The park's grounds provide the perfect venue for Seattle's nature-inspired artists to gather with bustling crowds. You can shop from over 100 national makers and designers. Regardless of the weather conditions, Renegade Craft festival is held December 11th to 12th from 11 A.M to 5 P.M.

Another fun festival to try out is the Seattle Hip Hop Film Festival. This amusing event takes place on November 5th, at Washington Hall in Seattle's Central District, and doors will open at 5:30 P.M. This is the third annual Seattle Hip Hop Film Festival and will include a variety of short films from local filmmakers. Some of these films include Alice Street directed by: Spencer Wilkinson, Ol' School directed by: Xavier Luciano and Stephen Tyson Jr, and ETAK directed by: Dakota Camacho. This

event is presented by 206 Zulu in collaboration with Propadata Films. Going to the Seattle Hip Hop Film Festival is a great way to learn about something.

Looking for something more festive? Try the Christmas Craft Show! The Christmas Craft Show takes place on Thursday, November 3rd through Saturday, November 5th, and is located at the Pickering Barn in Issaquah This festival is a special way to have a good time with family and friends and create and get some jolly crafts for the approaching holiday season. There are over 80 exhibitors that display their own works and creations of their own. Being able to view these works will put you in the holiday mood, and get you even more excited for the seasons to come. Another option is the Holiday Boutique Craft Show. The boutique show takes place from the 9th to 12th of November at the Holly Hills Owners Association. It features the best local artists and crafters who display holiday décor, jewelry, pottery, candles, specialty foods, and lots more. This event will get you a head start on holiday shopping, giving you a variety of perfect gifts, you will surely find something for everyone.

Not only are these fairs a fun activity, but they are a way to learn about local art, films, jewelry, and so much more. The amazing thing about these festivals is that you can experience so many. Hopefully, these fairs are a way to gather with your community and learn more about the wonderful things local and small businesses create.



# Fall Fashion Forecast

GINGER DORAN '23 & GRACE ROTHROCK '23  
Staff Writers

Changing colors, cooler conditions, and pumpkin spice lattes! Fall is officially in the air and so is the pressing question of what fall fashion trends Prep students will be wearing this season.

Looking through the hallways at Prep, students have traded in their summer slides for a cute pair of Birkenstock Boston clogs or mini UGGs. A blast from the past, matching sets are also making a comeback from the 2000's and many Prepsters can be spotted sporting matching sweatsuits from Aritzia.

To combat the chilly air, students are digging deep in their closet to pull out their chunky and funky knitwear. From stripes to polka dots, oversized to cropped, and neutral to vibrant, Prep students are staying warm and stylish with knitwear this season!

When asked which hot trends they think will be popping this fall, seniors Colin Thornock, and Finley Dermody, replied, "I think for sure mini UGGs, oversized knit sweaters, miniskirts, oversized leather jackets, maxi slip dresses, maxi skirts, vests of any kind, longer boots and chunky docs, mini jean and cargo skirts, and matching sets are always in".

As for her go to outfit for a fall day, Dermody says, "a sweater with jeans

or a mini skirt or a matching set with slippers all day everyday". Thornock's go to fall fit, "A cute sweater with jeans and Converse".

Ms. Gutierrez, ASC member working in community ministry, has a passion for fashion and the Prep hallways are her runway. Ms. Gutierrez's hot take on fall trends include, "tall boots, specifically cowboy, chunky knits, classic cut denim, tailored fits, elevated neutrals with sleek or dramatic details, gold jewelry, blazers, and saturated jewel tones".

When asked why she enjoys dressing up, Gutierrez says, "I'm reminded of the scene in The Devil Wears Prada where Stanley Tucci is talking about fashion being more than clothes. It's art and a form of self-expression". As for the inspiration of her style, Gutierrez says that though she loves casual, she adores drama and would wear a gown or full leather fits everyday if she could. She is especially inspired by Zoey Deutch, Dakota Johnson, Kendall Jenner, Zendaya, and recently, Anne Hathaway.

Gutierrez offers her final fashion advice for this season, "I will admit, I prefer to just kind of pick items that I find intriguing and try to style them myself because I get nervous and just feel less interesting comparing my style to a celebrity. I'd rather my looks be my own signature"



# Fall TV Shows

SOLIANA FISHATSION '26 & BAILEY HACKMAN '26  
Staff Writers

Finding good fall shows nowadays can be like trying to find a missing sock in mountains of laundry, so that's where we can help. We have accumulated five of the best fall shows, there's drama, horror, pumpkins, and lots of coffee, and in a Seattle fall, finding a new show to binge this season is a must.

**Gilmore Girls** (2000)

This show has been a fall favorite since it came out in October 2000, and it takes place in Stars Hollow, Connecticut with Lorelei and Rory Gilmore, a mother-daughter duo. Lorelei is a single mother who became pregnant with Rory at 16 and cut ties with her wealthy parents, but the family soon comes together when Rory's grandparents agree to pay for her tuition at an elite school—but only if they have a weekly dinner. We follow Rory's journey through her adolescence and young adulthood, the show is full of drama, romance, and comedy, and gets the audience hooked within the first few episodes.

**American Horror Story** (2011)

American Horror Story is a popular choice to today's teens and young adults with its trilling and haunting stories. The show follows the story of the family tree of the Hamon family who moved to Los Angeles from Boston trying to escape the torment of their past. Unfortunately, the Hamon's are not safe in their new home, as it is already occupied by demonic creatures. This series is the longest on our list at an impressive 11 seasons with 92% of watchers saying they loved it.

**The End of the \_\_\_\_\_ World** (2017)

The End of the \_\_\_\_\_ World is a British comedy drama consisting of two seasons. The main character, James, is a 17-year-old weirdo who believes he is a psychopath and seeks out a plan to murder his first person, Alyssa. They run away together and go on a road-trip through England and a romance blossom. This pair goes through several crazy and intense events further strengthening their bond. This show will forever be a Netflix favorite and has a 94% on Rotten Tomatoes.

**Freaks and Geeks** (1999)

Freaks and Geeks is a one season American teen comedy and drama that takes place in the 80s, in the small town of Chippewa, Michigan. It follows Lindsay and her younger brother Sam in high school, and their friend groups are called the "freaks and geeks." Lindsay seeks to transform her life that fall from straight A nerd to a popular rebellious teenager. The shows follow her desire to be a "cool," and follows her relationships between her friends, self-image, and growing tensions between her and her parents. Incredibly relatable and entertaining, this would be a perfect fit for any teenager and a great fall pick with an incredible 100% rating on rotten tomatoes and is adored by audiences and critics alike.

**A Series of Unfortunate Events** (2017)

"A Series of Unfortunate Events" is a Netflix original and is perfect for Halloween with its ominous and eerie plot. It consists of three seasons that follows three orphans, Violet, Klaus, and Sunny whose parents were killed in a tragic fire. They are placed in the care of their 'distant relative' Count Olaf, and the story follows the Baudelaire children's journey trying to escape Count Olaf and his attempts to steal their fortune, all while uncovering the secrets of their parents' past. This series has a 96% Rotten Tomatoes and has been nominated for many awards.

## Making the Most of the Library

### A Student's Guide

ANNA ROBERTS '23  
Visual Editor

Located on the 5th floor of Adelphia, the Seattle Prep library serves as a central and important feature of campus. Students use the library for a variety of different things to fit their various needs, but Ms. Borgen, one of the Prep librarians, stated how "the main way students use the library is coming in for help of all different kinds".

With the IT desk, printers, and research resources all located in the library, it is a great place to come ask questions and get support for any issue one may have. The librarians serve an important role at Prep as they "curate resources for students to use and are always available to answer questions to help students out".

Along with the helpful resources available, students can of course use the library in the traditional sense: to check out books. The library offers "research books as well as books for reading for fun", but Bor-

gen commented how "a lot of students do not check out books regularly". However, she has found that "in the past couple years there has been an uptick in the number of people checking out books for fun" as "People have more time and are turning to books more as something to do".

Encouraging students to read more, the librarians try to "provide as much reading for fun opportunities as [they] can", offering eBooks and audiobooks as well as taking student requests of books to order.

The library is also helpful for research projects and schoolwork with One-Note pages and book collections curated by the librarians to help students "go a lot deeper into topics than online sources allow". So, whether you have some extra time you want to fill or are looking for a last minute Collegio text so you don't get JUG, checking out a book is a great option.

Alongside the resources available, the library serves as a common space for students to use. From using the quiet room to get some work done to chatting with

friends during lunch, Borgen emphasized how "the library is a shared space", and students certainly use it as such. Seniors of course enjoy the library during their free periods, and are its most frequent inhabitants, but Borgen commented on how "underclassmen are usually more hesitant to use the library space".

While underclassmen may not have free periods, that does not mean they cannot make use of the resources the library has to offer. Whether it be asking a question about an upcoming Collegio project, or needing a new book to read, the librarians want students to know that they should "never be afraid to ask questions and ask for help", as the library has more to of-



Prep Librarian Liz Borgen shows off the New Books shelf in the library.

fer than one might realize. Borgen summed up the role of the library saying how "it is like a garden, it's for everybody to enjoy and add to, and we're just gardening in the background".



THE SEATTLE PREP PANTHER

PAWD  
CAST

Alex Ruelos '23 interviewed the directors and cast members of the fall musical: Into the Woods. This musical is unlike any other the Prep stage has seen before. Tune in to hear from theatre directors Mr. Othman and Mr. Weeks, and cast members Franny Broderson and Oliver Martinez.



Comic: JANAYA CATAQUIS '24 & JAIMIE KIM '25

## Going Into the Woods

MAYA SALAZAR '24  
Staff Writer

Get ready to take a treacherous trip through the dense woods of Prep's Fall musical, Stephen Sondheim's "Into the Woods". Prep's Award-Winning Drama department has been hard at work on the Fall Musical, and together, the nine leads of this harrowing tale venture into the woods to chase what they want, only to find their wishes come with dire consequences.

Directed by Theatre Director Adam Othman, this play follows "a Baker and his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; Jack, who wishes his cow would give milk; and Red Riding Hood, who wishes to bring sweets to her grandmother. When the Baker and his wife learn that they cannot have a child because of a Witch's curse, the two set off on a journey into the woods to break the curse. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results."

Matthew Kennedy, '24, embodying the role of the Baker, described his character: "The Baker shows us that it often takes more strength to fight alongside others than to try to tackle [ones] challenges alone."

This is Kennedy's third role with the Drama department, and he is learning something new every day from the characters he gets to embody.

The thespians worked hard, getting themselves into character and rehearsed the music to perfection. Opening night was Friday, the 21st, at 7:00 pm, and Sydney Beaty, '24, playing the role of Cinderella, commented on how excited she was for students to see "how chaotic, fun and complex the plot is, and how the music and storytelling are so masterfully interwoven."

From the melodious tune of "Stay with Me", sung by The Witch (Lauren Teders '24), to the exciting and mysterious Prologue, sung by the entire company, the soundtrack and plotline are one and the same. According to Beaty, "we have rehearsals every day after school and even on Saturdays for most of the day."

Rehearsals were rigorous, especially as technical elements of the play are being used in rehearsals, such as set, lighting, and costumes., "It has been such a fun process and really goes to show how it takes a village" said Beaty.

This year's musical is packed with many talented members of the student body, starring Lauren Teders, '24 as The Witch, Matthew Kennedy, '24 as The Baker, Sarah O'Connell, '23 as Baker's Wife, Sydney Beaty '24 as Cinderella, Apollo Jones '23 as Cinderella's Prince, Molly O'Donnell '24 as Rapunzel, Alex Ruelos '23 as Narrator, Oliver Martinez '26 as Jack, and Franny Broderson, '24 as Little Red Riding Hood.

"Into the Woods" brought an award-winning play to campus with a night of whimsy, and melodious music, along with a touch of tragedy. Get ready to travel into the woods and get lost in this beautiful story brought to life!

DEAN JOHNSON '25  
Staff Writer

Math Teacher, Baseball coach, and exceptional storyteller, Mr. Engel is known to be one of the most charismatic and interesting faculty members at Prep. Besides the incredible namesake, this makes Engel the perfect candidate to give the Prep community insight on any and all topics. In an attempt to provoke a rant, Engel was asked; "What is your opinion on the Mariners playoff run?" here's what he had to say:

"I grew up going down to the Kingdome, My Dad would take me to games, I have loved baseball forever, and I have been a long-suffering Mariners fan. My Dad passed away in 2012 and my best memories were him taking me to games. We were at the '95 game five against the Yankees, we saw the double; 2001 we were at the playoff games. So just that I got to share that with my kids made that really a special personal thing for me because they were really excited about it and the Mariners have been so terrible for so long no student here has known the Mariners as a playoff team. (...) I got to share that with my kids and hopefully they'll remember that their dad took them.

We went to the eighteen-inning game, and they lasted sixteen innings, so I was proud for a seven and nine year old to hang in there that long because the stop serving dippin dots in the eighth (inning)."

Engel also said this appreciation of the Mariners and baseball in Seattle has brought joy and community to the city: "Seeing kids wearing Jerseys, and Julio Jerseys; I think he (Julio Rodriguez) is the most important athlete in the Seattle area in the last 30 years since Griffey (Ken Griffey Jr.) because he is fun and magnetic and people are flocking to baseball because of that, it was just a bummer to see people get disinterested in a sport that I love and to get a general excitement back is pretty cool."

Finally, Engel included that this years Mariners team was special: "I also love the fact it's a group of guys you can get behind. In 2001 when they won 116 games and set that record that wasn't a super dynamic and loveable team but this team, they play hard, and I think there is some value to that. So much of sports has been players saying 'it's a business', but when you see a team that loves playing together it just draws you into it."



The cast of "Into the Woods". Showing October 28th to November 5th 2022.