

The Seattle Prep Panther

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Happy Holidays!
- The Panther



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To contact The Panther:

C/O *The Panther* Newspaper
2400 11th Ave E.
Seattle, WA 98102

Email: seapreppanther@seaprep.org
Instagram: [@seapreppanthers](https://www.instagram.com/seapreppanthers)
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Letters to the Editor: *The Panther* staff welcomes letters as they give a constructive way for more people to express their opinions, criticisms, and reactions to school issues.

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

Ignite: Creativity that Sets the World on Fire

KEIRA MUNKO '24
Staff Writer

Photography, poetry, film, or paintings—it doesn't matter the form someone's art takes, because Ignite accepts it all. Ignite is a literary and visual arts journal that works to foster the development of the whole person by celebrating people's creative side. It is made up from art submitted by students here at Prep and gives students the opportunity to showcase their creativity.

A wide range of the Prep communities' creative talents are displayed both on Ignite's website and in the physical publication that is released in spring.

There is much that goes on behind the scenes of Ignite. It is entirely student led, with Collegio teacher Ms. Dotsey as a moderator. "It's a delight to help members of the Prep community to enjoy the creativity and skill of so many Panthers!" said Dotsey.

During window period in second semester, this team of students works together to review all the submissions and chose which ones to publish. Zoe Bocek '24, an editor-in-chief for Ignite, said "For the most part we aren't necessarily reviewing whether this art is bad this art is good. It's more reviewing the effort that was put in, and if it finished or not."

It's hard work for the team running Ignite to go through all the submissions. "Even though we're doing a lot of work, such as a lot of logistical work, it stays fun," said Bocek.



One of 2022's Ignite Visual Art Submissions. Title: Mick J by Elena Lovejoy '24

Despite the logistical work of going through the submissions, seeing all the art that is submitted is one of the best parts of Ignite. "That's probably my favorite part, just seeing all the cool art that we get," said Bocek.

In addition to this, there is a great community within Ignite. "I really love the environment," said Bocek, "Everybody there really likes art, so it's kind of a cool environment where we can just kind of talk about our opinions and it's very open with no judgement going on."

Dotsey also feels the close community within Ignite. She described how "the window class itself is small and has a relaxed atmosphere with a real family feeling to it."

Everything that the team of students does behind the scenes of Ignite is very important. The work they do allows students creative sides to shine. There is no doubt that Ignite is the creative voice of Prep.

JRP Tips and Tricks

GRACE ROTHROCK '23
Staff Writer

As first semester comes to a close, students are preparing for the holidays, finals, and juggling lots and lots of work. Specifically for the junior class, the long-anticipated Junior Research Paper is now upon them. With the stress and anxiety building from the pressures of junior year, seniors Julia Krische and Gabe Tanumihardja shed some light on the daunting JRP and share some tips for success.

With months of research on complex topics and countless drafts to write and revise, the JRP is no joke. The task can be nothing short of overwhelming, but for Krische, familiarity with her topic was her greatest strength. Her best advice is to just "read, read, read as many sources as you can before you even start writing stuff down."

Despite the stress of the project itself, Tanumihardja recommended embracing the opportunity to learn more about a new topic. He enjoyed simply digging into the work and "figuring out the mystery behind [his] topic."

For Krische, she felt that "as much as the project feels impossibly difficult and stressful, it is also an opportunity to create something you could be really proud of."

As teachers emphasize, good sources are the heart of a good JRP. So according to Tanumihardja, making sure you have "2-3 good meaty sources that will give a whole lot of good information" is an essential part of the project.

When writing long papers that undergo multiple drafts, it can be key to have an outside perspective to help you, whether it is a classmate, teacher, family member, or friend. Towards the end of the project, with the pressure of finishing and the monotony of looking at the same writing over and over again, "a fresh set of eyes can do wonders to a word doc you've been staring at for weeks," said Krische.

Like all the projects that Collegio brings throughout the years, Prep students are well aware of what it takes to create a grade A paper. Although the JRP brings these expectations up a notch, at the end of the day, as Krische said, "The best thing you can do is be original."

ask
Margot

How can I give back this holiday season?

MARGOT GWYNN '23
Online Editor

Ladies and gentlemen, Christmas is just around the corner. When thinking of the holidays, many of us imagine bright lights strung along the roofs of our houses, decked out trees with beautifully wrapped presents underneath, delicious cookies left on a plate for Santa, and catchy Christmas carols. These traditions provide warmth to our hearts during these dark, chilly days, but more than anything, the holiday season is the season of giving. If you're wondering how you can give back to your friends and family, your community, or even to strangers this holiday season, then you've come to the right place.

On Christmas, many of us participate in gift giving, symbolic of the tributes made to the baby Jesus by the Three Wise Men after his birth during the story of Nativity. It's important to remember that the monetary value of your gift means nothing in comparison to your thought process behind it. Generating ideas for what to give your friends and family can be difficult, but always keep in mind who your subject is. Make a list of the things you know they love. When I think of my father, I think of fishing, biking, Ivan Doig novels, VW buses, or the color orange. Next, try to recall if they've mentioned needing anything that they haven't had the chance to get themselves, so you can go through the trouble for them. For example, my brother recently mentioned needing a new pot to cook pasta in. Additionally, do your best to remember all the things that have made them smile in the past. Sometimes the best gifts are the ones that remind you of a fond memory. These can be tricky to think of, but when the inspiration hits, you'll be able to find the perfect item to represent your time together with this person. Lastly if you simply cannot think of a gift to buy, make one! Often times, these gifts require the most time and effort, but easily end up being the most valuable. Sketch or paint a landscape of their favorite place, string up a necklace for them, or bake them their favorite cookies. In all honesty, it doesn't matter what you get them. All that matters is reminding the people around you that you care about them.

Christmastime always inspires us to be more generous and compassionate. During this time, think beyond the one's closest to you and consider how you can help the community around you. Choose to donate to a charity that works toward a cause you feel passionate about. This can be independent from Prep's annual Giving Tree, or a part of it. As you walk by the festive tree on the 5th floor of Adelphia, claim a tag and make someone's Christmas a bit brighter with your help. You can also volunteer your time and work at a food bank or homeless shelter. Additionally, the "gifts" you give don't have to be monumental. A little often goes a long way. Hold the door for someone walking into McDonnell. Smile to a stranger. Allow someone to switch lanes ahead of you, even if it might mean missing a green light. Whatever it is, keep in mind the true spirit of Christmas and allow and encourage yourself to be a man or woman for others.

Best wishes,
Margot Gwynn

What is a “Winter Ball?”

ANNE ROSKE '23
Editor-in-Chief

With Homecoming excitement dying down and Christmas approaching, it is time for Prep’s annual TOLO dance, but this year the infamous guys-ask-girls extravaganza has a few changes. For starters, the dance is now called the Winter Ball, taking after many other Seattle high schools. Along with the name, a few other key details have been altered to make the dance more inviting to a wider range of students.

“TOLO’s attendance rates have been dropping for years now” says Jane Hurley '23, Student Body President. Hurley stresses the re-branding of TOLO was to more blatantly convey the Holiday theme to students, “thus, Winter Ball was born!”

The main association with TOLO amongst Prep student is the girl-ask-guy aspect. It has been unwritten tradition for years that girls ask guys, girls organize pre-parties and plans, and girls carry the heavy load after boys had taken care of it for Homecoming. These gender-conforming rules of the dance were swept away along with the name.

“We want people to feel comfortable asking who they want, and to not attach

the pressure of gender roles” Says Kenny Ouedraogo '24. The Junior ASB member emphasizes the “anyone ask anyone” expectations for the dance, meaning guys are not entirely off the hook this holiday season.

There is a sense of familiarity with TOLO, however, for students that experienced it pre-pandemic. The tradition of Christmas colored dresses and ties, and the dance being the last hooray before winter break gave students a very clear unwritten how-to for the dance. This year, however, there is less structure to look up to for the Winter Ball.

“Tolo has been a PNW girl ask guy tradition, so changing the name does deemphasize that familiar structure. We’re OK with that. If girls want to bring dates, then they can go ahead and ask.” Says Ms. Lovejoy, reiterating the “anyone ask anyone” mantra of the dance. This freedom allows for a lot of creativity with asks because no one gender is tied down to either side of an ask!

Winter Ball is a new Prep tradition that will help steer student away from stressful gender roles and expectations, and allow them to enjoy the holiday season and the presence of their classmates in a more fun environment!

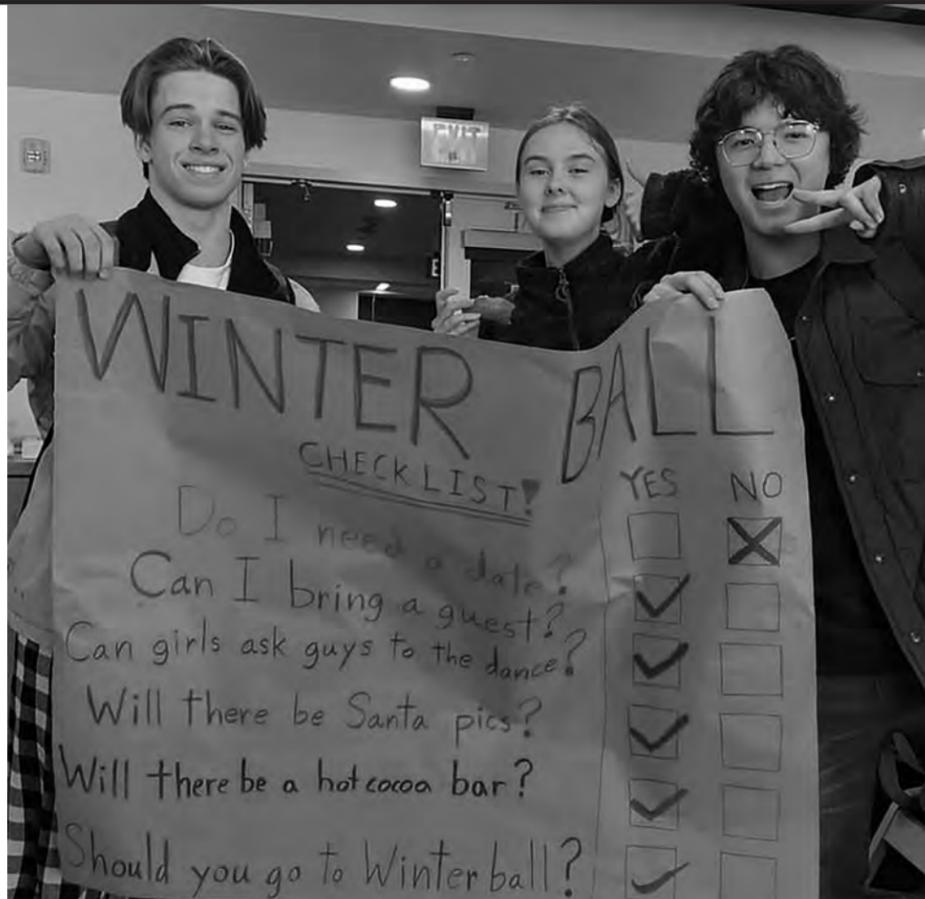


PHOTO: @seaprep_library on Instagram

Caption: (Left to right) Seniors Jack Sevigny, Jane Hurley, and Cian Trinnen are stoked for the Winter Ball!

Merry Christmas, Feliz Navidad, Fröhe Weihnachten: Celebrations Around the World

AUDREY CROMETT '24
Staff Writer

Christmas trees, Santa and presents are staples of Christmas celebrations seen all around the world. However, different countries have their own unique holiday traditions as well.

In Spain, like many other countries, there is a large emphasis placed on spending time with family. Receiving presents does occur, however, a larger emphasis is placed on being with loved ones over the holiday. The commercial aspect of Christmas that is ever present in the United States is not seen in Spain. Instead of spending the majority of money on toys or clothes, it is saved for expensive and special foods. Mealtimes are when families grow closer together during the holiday and by using money on ingredients. Spaniards enjoy a delicious Christmas dinner such as baked lamb. Spanish teacher Senora Navarro has spent over 25 Christmases in Spain and described a favorite memory from her childhood: “Growing up my father always told us to get our shoes and put them on the patio with wheat for the camels to come eat.” She explained that this was because the three wise kings would come visit her house on camel back, and similar to how carrots are placed outside for Santa’s reindeer, they would need something to eat for the rest of their journey.

In Mexico, religion plays a large role as well. Las Posadas are a “unique and beautiful tradition” as Spanish teacher Profe Nemeth described them. These events take place from December 16th to the 24th and are a reenactment of Mary and Joseph looking for a place to stay. Christmas carols are sung, piñatas are hit, and tamales are enjoyed in this Navidad celebration. Nemeth was able to spend Christmas in Mexico in 2003 when she was teaching there and loved seeing and taking part in all the festivities. In Mexico, Santa does bring gifts however, children also receive gifts on January 6th from the three kings. These traditions can be seen in many Latin countries as Senora Navarro took part in this tradition when she was younger. Christmas is a holiday that is celebrated worldwide and allows each country to show off their traditions and experiences. Though it may look different depending on where it is being celebrated, the same values are always present; love, kindness, and generosity.

Germany has many similarities to Spain however, they also have many unique traditions such as the Krampus, Christmas markets, and naughty children receiving tree branches in their shoes. When asked to describe the most memorable part of Christmas in Germany, Frau Khouri immediately thought of the Krampus. Many people dress up in masks and parade through the streets at night waving tree branches and acting like a big evil monster. Santa then appears in the middle of the parade and saves the children. These processions Khouri said, “brought joy and fun to the community.” Another thing that children look forward to is Christmas Eve. Instead of opening presents in the morning, Germans open gifts at night. This allows for Christmas day to be spent eating big, filling meals with loved ones. Most of the time, the big meal is followed by a dessert called “Stollen” that is shaped and has the appearance of Baby Jesus. Not only is it delicious, but it also shows how religion plays a big role in the holiday in Germany as well.

Today’s Christmas Hits

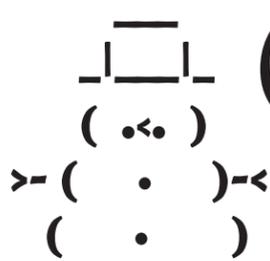
BROOKE NOWAK '26
Staff Writer

Festive decorations, warm cookies, hot chocolate, and seasonal movies never fail to get people in the Christmas spirit. It’s the most wonderful time of the year! One of the most cherished ways to celebrate is by listening to Christmas music. Christmas wouldn’t be the same without the spirited songs people have gotten to know and love.

While most Prep students said it was too difficult to choose, the overall best song was voted “All I want for Christmas is You” by Mariah Carey. “Mistletoe” by Justin Bieber was a close second. It is no surprise “All I want for Christmas is You” had the most votes because in 2019 it had been played 309 million times. Christmas songs are replayed over and over every year and yet they never get old. No matter what you are doing or how you are feeling a good Christmas song will brighten your day.

Christmas Music has maintained its popularity for centuries. It originated as Christmas carols and the first songbook was published in 1582. After centuries of hearing the same songs on repeat, some may wonder how this genre is still so popular. The love of Christmas music has continued to grow due to the “exposure affect.” Surprisingly, the more we hear a song the more likely we are to enjoy it. We are exposed to Christmas music in such a different way and tradition than any other genre, making it as popular as it is every year.

Listening to Christmas music is the perfect way to get in the Christmas spirit! The genre has stood the test of time and continues to get better and better. The world adores Christmas music and the cheery warm energy it brings. Christmas Music is used to celebrate the season with family and friends all over the world and brings so much happiness. We wish you a merry Christmas and a happy New Year listening to your favorite songs!



SOLIANA FISHATSION '26
BAILEY HACKMAN '26
Staff Writers

Winter FASHION TRENDS: STAPLES:

Puffer Jackets/Vests:

If you have not noticed, puffer jackets have the crown for the most popular '22 winter trend. It almost seems everywhere you go; a giant puffer jacket follows. Not only are they amazingly comfortable and warm, but they can also elevate any outfit.



Vintage Leather:

Leather styles have come and go, and the small collar leather blazer and jacket is trending! Leather coats are by far my favorite trend on this list, but fast fashion is not cute. To get a superior quality, ecofriendly, and trendy vintage leather coat... second-hand is the way to go.

Chunky Sweaters:

Who doesn't love chunky sweaters? They go with everything, easy to style, and will keep you warm on colder Seattle days. A favorite way to style chunky sweaters is with a simple black skirt, fleece tights, boots, and of course... a giant, chunky sweater.

Cargo Pants:

We love Cargos, don't we? They have been flooding my Pinterest and are a trendy pant option. Cargo pants are the way to go if bored of denim or sweatpants. They're trendy and can make your outfit more interesting and stylish.



Denim:

Ditch the basketball shorts and buy some nice denim. Whether it's a denim jacket or flares, it can keep you warm and make your outfit look more put together. Some good brands are Levi's, American Eagle, or second hand if looking for a more vintage style.

Turtlenecks:

Turtlenecks are a must-have for winter; they're warm, great for layering, and forever timeless. On a chilly winter day, a black turtleneck, dark blue flared jeans, a puffer jacket, and UGGs will never let you down.

Corduroy:

Corduroy is a fall and winter favorite, and for a good reason. It is warm, cute, and such a versatile material. There are corduroy pants, jackets, bags, hats, vests, the list goes on. It's great for layering and can go well with lots of styles.

Winter Accessories:

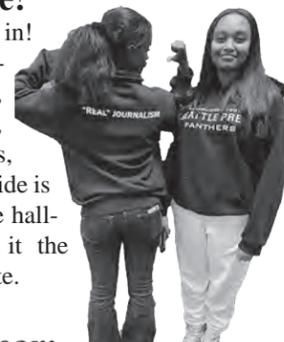
During the winter, legwarmers, knitted hats, legwarmers, and leather gloves are necessities but can also be fashionable accessories. Trade your 2016 pom-pom hat for a classic crocheted beanie or add white leg warmers and arm warmers for more layers in your outfit!



PREP FAVORITES:

Prep Pride!

Prep pride is in! From sweatpants, pjs, shirts, hoodies, hats, jackets, shorts, Prep Pride is dominating the hallways making it the #1 Prep favorite.



Casual Wear:

Prep students love to dress casually. Most Prep students are seen in jeans, sweaters, sweatpants, hoodies, and athletic wear... even pajamas to school are the norm. Prep students prioritize comfort in their fashion.



An Honorable Mention of Luke's Christmas spirit:



Winter's here (according to the queen Mariah Carey), and it's finally time for sweaters, leg warmers, and giant puffer jackets. We have selected the most popular trends, the best tips to create cute and warm outfits, timeless closet must-haves, and Prep favorites.

LAYERING

Have you ever had an outfit that was simply...boring? Well, a clever way to solve this problem would be to layer. During the winter it is all about the layers to stay warm and stylish.



BRIDGET CANNON '23
KATE CANNON '26
Staff Writers

Heading into the midterms, tensions were high as Democrats looked to maintain control over both chambers of Congress. Many political analysts projected that a red wave would sweep over the country, confidently stating that republican candidates would beat out Democrat incumbents in multiple key congressional districts, giving Republicans a substantial majority in the House. Republicans gained eight seats and are in control of the House with a lead of 218 to 212, with 5 more races still in progress. However, the "red wave" expected by congressional figures and analysts never materialized, and individuals were surprised to see democrat candidates defending their positions in races that were predicted to have flipped seats.

Democrats sealed control over the senate on November 12th after Catherine Cortez Masto won re-election in Nevada. Georgia's senate race is headed to a runoff

election set to take place December 6th after neither candidate was able to surpass the 50% threshold to win outright. Democrat Incumbent Raphael Warnock centered his campaign on combating systematic racism embedded into American institutions and emphasized the legislation he has helped pass alongside republican senators. Republican Hershel Walker focused more on his promises to help stabilize the economy and reduce crime if he was elected. With the runoff election in December, both campaigns are scrambling to organize visits from high-profile congressional figures, rallies, and fundraising for political ads in hopes of increasing voter turnout.

The midterms were a gateway to many firsts as both parties looked to add

more diversity to their ranks of elected officials. Democrat Maxwell Frost became the first Gen Z individual elected to congress, winning the open seat for Florida's 10th Congressional District. Republicans added to their list of firsts by electing the first female senator from Alabama, Katie Britt, and the first female governor of Arkansas, Sarah Huckabee Sanders. There is evidence of a large amount of "ticket splitting" in many states where voters support a democrat in one race and a republican in another. This data directly combats the party-line voting model, where individuals vote solely based on party affiliation regardless of

MIDTERM ELECTIONS

whether the candidate represents the policy values they align themselves with. Data surrounding ticket splitting demonstrates how even in a hyper-polarized political era, individuals vote on which candidate they believe is more qualified for the position.

Early figures indicated that Democrats benefitted greatly from the voter turnout of the youth age group (18-29), particularly in swing states like Michigan and Pennsylvania. The overturn of Roe vs. Wade, and high prices due to inflation, were significant causes of the mobilization of young voters. Many analysts believe many youth voters are attracted to the democratic party based on its stance on social issues, climate change, and gun control. With many critical House races still too close to call, Americans are anxiously waiting to see how the results will affect the political agenda of Biden's administration.



Seasonal Recipes That Bring Holiday Cheer

HANNAH HUDDLESTON '24
Freelance Writer

If in need of recipes to brighten your way through dark winter days, the following listed are perfect for you. Whether you seek of a tasty side dish, or are craving a holiday cookie, these recipes are essential in bringing some extra cheer to this season!

Betty Crocker Chocolate Crinkle

Looking for something that will put you in the holiday spirit? Or perhaps the perfect treat for a friend? Betty Crocker's Chocolate Crinkle is a must have holiday dessert. It is a perfect balance of chocolate and powdered sugar that leaves one with a mouthwatering sweetness. Elsa Castro '25 not only appreciates the deliciousness of the chocolate, but also believes it's the "...cracked texture that makes it even better." After the first bite, one is immediately enchanted by the surprising chewiness of the crinkle's inside, hidden by its alluring brown and white crackled top. This simple yet delectable cookie leaves one craving for more! Marco Alfieri '24, Chester Billerbeck '24 and Kaitlyn Grusz '24 have each expressed their fondness and love for the chocolate crinkle. As Alfieri stated, "The cookie is my heaven!". Not only is this treat delicious, but it is enjoyable to make with others. After the cookie dough has been refrigerated for several hours, create an assembly line. With family and friends, begin molding the chilled dough into balls and rolling them in the powdered sugar before placing them on a sheet tray for baking. Once done baking, everyone may bask in splendid aromas and feeling of holiday cheer. Being a crowd favorite, the chocolate crinkle is an ideal dessert that will surely infuse you and your loved ones with Christmas spirit!

Herbed Chicken Noodle Soup -The Defined Dish Recipe

Winter marks the arrival of cold season! If in need of a remedy to overcome a head cold or soothe a sore throat, herbed chicken noodle soup is an ideal solution. Packed with a variety of ingredients containing healing nutrients, this soup can guide one in overcoming sickness! Some of its ingredients include turmeric, garlic, and ginger, all of which are immune-boosting anti-inflammatories. Julia Feraboli '25, states that the soup is "... best to have on a cold day" after a sports practice in the gray of winter. Similarly, Isabella Poeschla '24 sees the soup as a classic in her holiday season: "Our entire house smells amazing while it's cooking and it's a nostalgic part of my winter." Winter often brings a sense of dreariness and slowness to each day, but a source of pleasure can be found in the tastiness of this soup: "Chicken noodle soup is the ultimate comfort food" said Juliet Mullally '24.

Potato-Fennel Gratin -Barefoot Contessa Ina Garten

One of Ina Garten's signature dishes is the Potato-Fennel Gratin dish. As the holiday season calls for a variety of side dishes, her potato dish scrumptiously compliments any main course. Its flavor is enhanced by a sauté of thinly sliced fennel and onion, making the dish a savory classic (and one of my all-time favorites). Within coats of melted Gruyère cheese, each bite of the finely cut potato warms one's mouth with a creamy richness. Whether it be paired with a side of green beans (highly recommend this recipe), or served alongside a prime rib or ham, this dish is an easy, crucial staple for any celebratory meal throughout the season.

Food brings people together and warms people's days with pleasure and delight. Enhance your holiday and winter season through the delicious recipes above, and the many more you love and desire. Warm your heart and the hearts of those around you with season cheer! Happy Winter Prep!

Meet a Freshman: Peyton Remington

STELLA TRIUS '25
Freelance Writer

Welcoming, social, inspiring, academically challenging, and put together" are all words freshman Peyton Remington uses to describe Seattle Prep. Although worried about meeting new people, Remington established how seamless it can be to make new friends within the first day. Coming from St. Alphonsus with only 4 others from her school, it was a tough transition however she quickly found that Prep was the right choice.

Going into Prep, she saw new opportunities and was excited, but also nervous. "Coming from a significantly smaller school it was scary, but Prep helped me branch out," Remington said. Although going to a much larger school was intimidating, she quickly found ways to be active in Prep's community.

Remington is a part of sports marketing, she runs cross country and is on the freshmen girls' basketball team. She joined sports marketing because she wanted to meet new people, learn more about social media and have fun with her friends while producing new ideas. Remington went to day camps for Prep sports like cross country which kickstarted the season. She found joining the cross country and basketball teams to be a great way to get to know what Prep sports are all about.



Remington is a proud Gonzagan who enjoys Collegio; she thinks it's cool how 3 subjects are incorporated into one and how "it kind of serves as a homeroom in a sense because we have it every day, and I feel like there's a greater sense of community in Collegio than any other class". Although she enjoys Collegio and the diverse lectures, her favorite class is Biology because of the labs, but also because of Ms. Newman: "She makes science fun!"

Although she is involved in a lot of what Prep has to offer, it doesn't stop there. Remington is also interested in joining Track and Field in the spring and golf next fall. Peyton has a bright future ahead of her and is already thinking about what extracurriculars she wants to join next year and the years ahead!



All About Gyro House

Gyro House is a local gyro restaurant just down the street from Prep! Its extremely convenient location makes it a very popular spot for off-campus lunch amongst students. The owner, Akram Bouman Ali, came to the U.S. in 2009 with his family as Iraqi refugees, and he opened the business in 2018.

Diners are able to order at the restaurant for take-out or dine-in. They may also order ahead online directly from Gyro House's website.

Some of Prep Students' Favorite Items are:

- The Gyro Sandwich
- The Chicken Shawarma Sandwich
- Falafel
- Hummus and Pita Bread



	Address	2355 10th Ave E #2355
	How Far?	Gyro House is a 1 minute drive from Prep!
	Price Range	\$\$\$\$

CLAIRE RULYAK '24

Managing Editor

'Tis the Season for Holiday Spirit

KELSEY HAMILTON '24
Managing Editor

What makes the holidays feel like... well...the holidays? Is it a particular smell in the air? A specific feeling that is evoked? A highly anticipated tradition? What is it that makes this time of year feel so special?

For freshman Veronica Cuevas, the holidays are most closely associated with family and all the traditions that come with said family. In Cuevas's view, the shared experience and warmth accompanying the holidays are unlike any other time of year. A favorite tradition of Cuevas's is eating a big dinner with her immediate family and a close family friend on Christmas eve/day, followed by opening presents. When asked what the holidays mean to her, Cuevas said, "For me, holiday is the preparation for and the days itself that you have celebrations...it's really anything that's important to you personally or your family."

Once the holiday season has started, Senior Kat Lord Krause is ready for all the fun that comes with it. Decorating the Christmas tree with her family, accompanied by her dad's bad Christmas music, always puts Kraus in the holiday spirit. "My dad has this horrible old CD, and he gets out this CD player. It has like five songs on it and we listen to it on repeat," said Kraus.

Every year, Kraus and her sister have a gingerbread decorating competition. They each decorate one side of a gingerbread house and see who had the best side - it's

not entirely clear how often Kraus came out victorious.

Kraus has another unique tradition with her family: they do a snow sport every Christmas Eve, which usually turns out to be skiing. "When we were younger, it started because my parents wanted to tire us out before Santa would come so that we couldn't stay up late waiting for Santa, but now it's just something we do," said Kraus.

Junior Chaz Witter loves the holidays because of all the snow and skiing. During this time of year, Witter can be seen flipping around, doing tricks, and evidently defying gravity on the slopes of Crystal Mountain. When taking a break from skiing, drinking eggnog, and eating candy canes never fails to put him in the holiday spirit.

Witter has a fun tradition with his family where every year, they get a picture book copy of The Grinch, and each person reads a page and passes it on. This tradition has been in Witter's family for as long as he can remember, and the holidays wouldn't be the same without it. "I think it started when my cousins moved to Tacoma for a bit and grandparents moved to Seattle...It's my favorite tradition," said Witter.

The holidays are associated with various smells, tastes, traditions, and weather. From the scent of a warm sugar cookie vanilla candle to the taste of delicious roasted ham to daylight savings, this is just a small view into what makes the holidays feel unique and festive for each person.



With the holiday season underway, many Christmas gift-givers struggle to find the best gift for their friends and family. On the other hand, you might need more on your Christmas list and guidance on what to ask for from family members. The following options are great picks for all people you need to find a gift for and are ordered from least to most expensive.

If you are gifting something to an athlete, many options will surely please them. The JBL Flip 5 is a great wireless speaker and is perfect for getting ready in the locker room before a game. Beats Fit Pro is an excellent pick for wireless earbuds--perfect for workouts in any climate. Lastly, Apple Watches are great for tracking workout movements and athletic performances, but they do run on the pricier side.

One of the most popular gifts for athletes is muscle guns. For recovery, the Theragun Mini muscle gun is excellent for quality muscle treatment with unparalleled portability. Football and soccer player Michael Riley believes a Theragun is an essential pick for athletes. "The Theragun is very helpful after practice and games," said Riley, '24.

Prep Appreciations

- DELPHINE MOCK '24 | Staff Writer

Mr. Chism's ability to connect and show mentorship has been a major difference maker in the prep community. Since freshman year he has helped me by simply believing in me. His way of reaching out within the prep community brings small moments of joy throughout the most stressful of times.

Ms. Borgen and Ms. Lovejoy have just been a breath of fresh air. I sometimes have a huge load and so walking into the library with a bit of frustration does seem to get to me. Just then, one or both start engaging with me, asking me how my days been or just saying hi. Immediately, I recognize the library as a safe and secure place where I can spend the time working on my studies.

I am grateful for Mr. Meza's unwavering positive mindset. On dark days, he is there with a smile and enthusiasm to remind us of all we have so much to be grateful for. In both the classroom and larger school community, Mr. Meza creates a culture of positivity, kindness and gratitude and it makes everyone around him better.

Ms. Newman is the most supportive teacher I have ever known. Her uplifting and cheerful attitude never fails to make my day brighter. I do not think there has ever been a time when I have passed her in the hallway, and she has not stopped to say hello. The little things Ms. Newman does such as this make her a teacher I will always remember and someone I admire greatly.

Mr. Barmore makes Collegio really fun and is such a kind person. He is impactful to me because he teaches my classmates and I to think in a new way & inspires me to be a better person.

I appreciate Mr. Wood's unwavering dedication to managing the facilities of Prep. He is a pillar of the Prep community working hard behind the scenes to ensure that Prep is a functioning and flourishing environment. I love how he can always be seen around campus with a friendly smile on his face.



We all know that one person who will constantly be devouring food all day. So, we have a tailored list for foodies to ensure they are satisfied. Starting with gift cards, a Starbucks gift card is perfect for that caffeine addict and Frappuccino-lover. Other gift cards that are perfect for foodies include an UberEATS or Blue Apron gift card to please your friends and family. We recommend putting as much money on these gift cards as you are comfortable with, but always consider how the gift receiver will use them.

Choosing a gift for a picky sibling can often be a challenge gift-givers face. One of the most basic but strategic gifts one can give to a sibling is an Amazon gift card due to its easy availability and ability to please any recipient. In addition, beanbag chairs are a fun piece of furniture that will complete any sibling's room. Philips HUE Led lights are also a good upgrade for anyone without LED strip lights in their room, and they can be easily controlled via an iPhone app.

An excellent pick for coffee drinkers is an Ember Temperature Control Smart Mug, perfect for an individual wanting complete control over their beverage and seasonal mood. Junior Peter Frauenheim explained how great this gift is, saying, "They keep drinks warm so you don't have to go back to the microwave to warm up coffee." He adds, "It makes slow drinkers much more happy, including my grandma who got one from my mom."

For adults, we recommend those essential items that may seem boring to the younger youth of our day. First, we recommend a nice toiletry set, great for those adults who are into traveling with their friends and family all year long. We also recommend some nice packing cubes, great for adults organizing their household or packing compacts on a trip elsewhere. Then, of course, we must remember food storage containers, perfect for the parents preparing their children's lunches for school every weekday. Finally, we recommend any organizational paper needs, including calendars, notebooks, planners - organizational stuff. Organization gifts are great for keeping family activities organized and life in check.

Another fun gift that varies in price is LEGOS, which both younger and older siblings will appreciate. LEGO offers hundreds of different available sets, so you are sure to find something to please your sibling. Juniors Bradyn Buckholtz and Luke Poppe both emphasized their love for LEGOS sets. "LEGOS inspire creativity," said Bradyn Buckholtz, '24. "They fuel hours of fun," added Luke Poppe, '24.

Remember that gifting to anyone, whether friends or family, can be challenging for everyone. We hope this list offers insight into options for gifts for everyone in your life. Good luck shopping this year, Panthers!

LET IT GLOW

SOPHIA MAGNANO '25 & BEN BURMAN '25
Staff Writers

While there is no Christmas tree to decorate, Hanukkah, the festival of lights, lasts for eight nights, involves yummy food and fun traditions. Hanukkah celebrates the rededication of the second temple in Jerusalem. It is not a crucial holiday in Judaism but has increasingly become more well-known since the 1920s because of Christmas competition. Hanukkah has become the Jewish Christmas with the integration of non-traditional traditions such as presents, decorations, and of course, the honored Hanukkah Harry.

Hanukkah's story began when the 168 BCE Syrian King, Antiochus Epiphanes, and his army invaded Jerusalem. They destroyed the Temple, the holiest place for Jews at the time, forced the Jews to convert. However, Judah Maccabee and his brothers were brave enough to stand up to Antiochus and his army by forming an army of their own. Although the Maccabees were greatly outnumbered, they defeated the Syrians and took back their sovereignty. When the Jews reentered the Temple for the first time since the Syrians evaded, it was in ruins and there was no oil left to light the Menorah. The Jews worked together to restore their holy place. As they worked, they found a very small container of oil and they knew the oil would only last them one night. Miraculously, the oil burned for eight nights. Therefore, Hanukkah is celebrated for eight nights, and the Menorah candles are lit each night.

Like many Jewish holidays, the Hanukkah traditions focus on the historical events the holiday commemorates. Not surprisingly, oil is celebrated, and the main foods are latkes

(fried potato pancakes) and sufganiyot (jelly-filled donuts). Latkes are a staple that can be paired with almost anything, sweet or sour. Livy Winnard '23 said her favorite pairing of food is "latkes with apple sauce and sour cream."

The dreidel game is another Hanukkah tradition. The objective of the game is to win the most Hanukkah gelt, or chocolate-shaped coins, wrapped in a gold foil. There are four Hebrew letters that the dreidel can land on; נ (nun), the player gets nothing, ג (hey) the player gets half, ל (gimel), the player gets all the coins, and ש (shin), the player must put one-third of their coins in the pot. There are several explanations as to why dreidel is played on Hanukkah. The most common of the explanations is the legend that Jewish children were forbidden from studying the Torah under Syrian rule but would defy these rules by learning through spinning tops or dreidels that would appear to just be games. The Hebrew letters Nun, Gimel, Hey, and Shin form the acronym for the Hebrew saying Nes Gadol Hayah Sham, which can be translated to "a great miracle happened there."

While the actual festival of Hanukkah may not be as significant as other Jewish holidays, food, family, and fun is central to the holiday and, therefore, make it meaningful. Winnard said that "Hanukkah is not about religious observance [for her and her family], but instead about tradition, appreciation, and quality time." For example, Winnard added that she enjoys "spending time with her family and going on walks with them." Winnard makes it evident that traditions do not need to be based on the religious importance of Hanukkah, but rather unique family traditions - and of course some delicious fried foods.

Girls' Basketball

Ready To Bounce!

ALEX GARDNER '24

Staff Writer

As winter sports are just beginning, the girls' basketball team is looking to start their season off on the right foot. The players are determined to find success through building up their chemistry on and off the court.

They have a mix of experienced upperclassmen and some young talented players this year, making for a group of new girls who are hungry to learn and excel.

"The team we have at the start of the season will be a completely different one than we have at the end" says Coach Elsner, who expects lots of improvement this year.

What really makes the team special is their work ethic and the tight knit community they create, exemplifying their main values of accountability, excellence, coachability, and hard work.

Ava Kreuger '23 said, "communication is key to playing with intensity through adversity," stressing the importance of teamwork and connecting on the court.

Coach Elsner described them "identify from a place of love" because "love rises above all."

Not only do they all have a shared love for the game, but they share a love for their team and teammates. They follow the mission of Prep in that they are all of service to one another, but they also have their own motto: love wins. This is at the core of their main values and it's what they strive to embody throughout the basketball season.

The team started their season strong with a 51-45 win over Ballard and are readying for a holiday tournament in Palm Desert, California over Christmas Break.

Bowling Team Emphasizes Group Unity, Fun Atmosphere

GEORGIA LIMBAUGH '26

Freelance Writer

With the fall sports wrapping up, the winter sports season begins. This winter brings cold weather, finals, the holidays, and best of all: bowling.

Seven seasons ago, Prep Athletic Director Brian Elsner and Bowling Coach Mike Massoth founded the girls bowling team with the hopes to create a diverse and inclusive community for athletes looking to excel in a different environment. Seven seasons later and the Seattle Prep girls bowling team is thriving. With a winning percentage of over 60%, our girls are anticipating a third district title and fourth trip to state.

Massoth, the head coach of the girls bowling team, was once a bowler himself. He bowled collegiately at Washington State University and helped to get his team an invitational title. Captain Feruz Teamrat '23 described Massoth as "really sarcastic, funny, and an understanding person who is AMAZING at bowling and coaching."

Captain Annelise Northcott Johnson '23 expressed that she "can't think of anyone that could be a better coach."

Massoth's optimistic personality has brought the team all the way through the Covid-19 pandemic and into the clear.

The team practices at West Seattle Bowl nearly every day from the end of October to the beginning of February. Teamrat conveyed relief at the opening of the West Seattle Bridge yet she also mentioned that the longer drive that was last year's commute gave the team more time to connect. She described the bowling community as "super chill, fun, and full of support."

Their practices generally consist of warmups followed by drills to improve technique. When asked about what they do in practices, Massoth said, "We do several fundamentals to improve our game, we have our own doubles league that also acts as a varsity ladder day." They then move on to games, and according to Massoth, sometimes nachos.

Bowling is an amazing way to practice low impact exercise while also building your muscular strength. It requires less movement than other sports making it a sport that anyone could practice, but few could excel at. Teamrat said that bowling pushed her out of comfort zone, she goes on to mention that she also "got to get to know new people from different grades that I would have not otherwise talked to."

The Seattle Prep girls bowling team is eager for new faces and they encourage anyone looking for a fun new hobby to email Coach Massoth. If you do join, Teamrat promises to buy the team food on Fridays.

Fall Sports Wrap-Up Individual Award Winners

Boys Golf

First Team all-league: Mason Remington '23
Second Team: Eamon Mohrbacher '24

Girls Golf

Second Team all-league: Jane Turner '23

Football

First Team all-division: Brendan Cannon '23

Volleyball

First Team all-division: Ava Berard '23, Jessica McDowall '23, Tea Bosanac '24

Girls Swim and Dive

Metro Champion (Diving): Annelise Mullally '26
Metro Champion (Breaststroke): Liv Gooding '23

Girls Cross-Country

State Championship Team: Emiline Beliard '26, Fiona Dunn '25, Alex Gardner '24, Ellen Krische '23, Mackenzie Moran '23, Teagan Rain '25, Olivia Rodrigo Dermody '25

Boys Cross-Country

State Championship Team: Hudson Atrosh '25, Nicolas Davila '24, Shane Efggen '25, Jack Henzke '24, Carter Joy '23, Liam Riley '24, Miles Trius '23

Girls Soccer

Division MVP: Malie Chamberland '23
First Team all-division: Emory Bozzuti '24, Sophia Kennedy '23

Walker's Champion Reindeer

Now, Hudson!

now, Carter!

now, Liam and Shane!



*On, Jack, Miles,
and Nicolas!*

He Called Them By Name!

Away With The Trophy, They Ran Like a Flash!

"What a day in Pasco! Our guys took home the 1st place trophy and came out on top in an epic 3A boys race in windy conditions on the tough Sun Willows course. It is Prep's first boys cross country state title since 2000 and fourth overall – winning previously way back in 1966 and 1972.

The day was a surreal one as the scores updated – consistently showing a 6 point advantage for Prep as all of the results were added from the finishing runners. The whole squad – including a crew who drove out to watch the race, got to raise the 1st place trophy and the perpetual "travelling trophy" on the podium as the 2022 3A Boys State Champs!"

Sophomore Menbere represents Prep on u-16 National Lacrosse Team

DEAN JOHNSON '25 &
RYAN MAH '25
Staff Writers

Recently, Sophomore Natnael Menbere was chosen to join the u-16 National Lacrosse team. In San Diego, during the u-16 tournament, Menbere played teams from across the world in the long stick midfield position representing both Prep and The United States.

The US team took on other national teams, such as the Canadian and Iroquois teams, in a point-based competition and went undefeated as the unanimous victor in the tournament. Very few people from across the nation are invited to play on the national team, and Menbere was one of them which is a testament to both his personal success and the Prep lacrosse program.

When asked about his experiences on the u-16 team, Menbere said, “[The u-16 team] had a 2-round elimination bracket and it had a national combine, so it had long days, but it was worth it.” The u-16 team was a big step in commitment and a milestone of progress for Menbere in his lacrosse career, but he had lots of support from people around him which helped him succeed in the tournament. Menbere praised his coaches and teammates as a big factor in his lacrosse career, saying, “There are a lot of people who support me in different ways... [with] flights, practices, and private lessons [with coaches], so I can get better.”

Menbere mentioned how small the lacrosse community is, especially being a black player, and how important his supporters and coaches are to his success and mental state.

However, he credited his father the most for his success, mentioning how much of an inspiration his dad is in his daily life and in his lacrosse career. Menbere had only praise for his dad, and he attributed his motivation for playing lacrosse to him because of his dad’s unwavering support for him in his sports career. When discussing his dad, Menbere mentioned the experience he had when first playing lacrosse, saying, “My Dad signed me up for lacrosse when I was young, I thought I was going to play cricket... [but], I realized it was actually lacrosse, I was disappointed but eventually fell in love [with the sport] and with other sports I never felt the same.”

Menbere described how lacrosse stood out to him, saying, “I [always] liked playing lacrosse a lot more than other sports because of the team element.”

Menbere mentioned how the most significant attributes of lacrosse that makes it stand out from any other sport is the team mentality and sense of comradery embraced by players. Menbere specifically points to the lacrosse community as one of the wonderful things about lacrosse and a main reason he likes the sport.

Menbere is incredibly grateful for what he has been able to accomplish in his lacrosse career and heavily accredits many family members, teammates, and coaches who have helped lead him to success. While being selected out of thousands of people across the country to play on the U16 national team, Menbere is showing no signs of slowing down and has expressed great excitement for his upcoming sophomore season at Prep.



Photo: Courtesy of Natnael Menbere

Natnael Menbere '25 after competing with the u-16 National Lacrosse team in San Diego last summer.

Panthers Prepare for Spring Sports with Captains' Practices

AVA PITTS '24
Staff Writer

Even though winter sports are just started, spring sports teams are already preparing for their time to compete. Lacrosse, track and field, baseball, softball, crew, boys' soccer, and tennis are up for an exciting and competitive season ahead.

Girls' lacrosse had a historic ending to last year's season led by varsity head coach Cait Slack '08'. For the first time in over 15 years, they made it to the quarter-finals. Frances Hansot, Stella Hansot, Natalie Gemma, Clare Flynn, and Evelyn Clapp are the senior captains for this year. Captains' practices started in mid-November and are set to continue throughout the winter season. Coaches aren't allowed to attend these practices and they are led by the seniors. These practices are a great opportunity for freshmen to learn how to play or train be-

fore tryouts. Good luck to all girl's lacrosse players as they prepare for tryouts in March!

The crew team had a successful fall season and has gone straight into their winter training season. The team does not compete during the winter but still has practice every day to train for the spring. Last year, for the first time in program history, the crew team won regionals and took 24 athletes to compete in Nationals. There, Claire Rulyak '24 and Natalia Peng '24 placed third in the nation.

“Winter season tests your commitment to the sport and is when we can work on ourselves in order to have the best performance for spring,” said Peng. “If we continue to show up and get 5% better every day, we are in for a fantastic spring season.”

The crew team has a promising and exciting season ahead and hopes to travel to Florida again in June to compete in Nationals.

Seattle Prep Ski Bus Offers Students Rides to the Slopes

CHLOE HORNER '26
Staff Writer

Looking to get some powder runs in this ski season? Sign up for Seattle Prep's Ski Bus and enjoy a ride up to the mountain with your fellow ski-enthusiasts!

Students of all ages and skill levels are invited to sign up for Ski Bus, Prep's round-trip shuttle program to and from Crystal Mountain. The Ski Bus is organized by a parent volunteer, Mr. Smiley Melder, and transports students and chaperones to the mountain on four Sundays throughout January and February. However, the program does not include lessons, so participants should have some prior ski or snowboard experience.

Taryn Beck '25 described Crystal as having a good variety of runs. She said that for snowboarders, like herself, some of the terrain can be more difficult. She said ski bus “was a great way to meet new people and hang out with friends while doing something I like!”

Buses depart Prep promptly at 7:00 AM and return around 6:00 PM. The bus ride is two hours and can be spent watching a movie, talking with friends, or every-

one's favorite: catching a few extra hours of sleep. Upon arrival at Crystal, students collect their gear from the bus, and head off to explore the mountain and have fun.

Crystal Mountain is the largest ski resort in Washington State, it has the most above-tree line terrain in the region, and its 11 chair lifts and 80 named runs provide

variety for skiers and snowboarders of all ability.

At Crystal, students are welcome to go where they like, within the limits of the resort.

Throughout the day, skiers can make their way to one of Crystal's three lodges to purchase or eat their lunch and then continue “free-skiing” with a buddy.

Sophomore Mary Pelly shared she enjoys riding Crystal's gondola with her friends. Like other Prep students, her favorite run is Green Valley, which is accessible by way of the gondola.

Last year, there were over 60 participants who rode together on two buses. Season-pass holders are welcome to sign up, and for students who need to buy lift-tickets, Prep offers a discount code for day-passes bought in advance. Depending on availability, Ski Bus may welcome walk-on participants who can join for one or two trips.

“It's a great way to hang out with friends while doing something I like!”

-Taryn Beck '25

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Annual Christmas Choir Concert: Music Fit for the Holidays

MAYA SALAZAR '24
Staff Writer

Students took a stroll in a Winter Wonderland with this year's Choir Christmas Concert. Directed by Prep's musical director Elliot Weeks, this concert brought the spirit of Christmas joy and love to Seattle Prep.

The concert took place on December 5 at 7:00pm, at the Healy Theatre on campus. With wistful songs like "Last Christmas" by Wham! and classic Christmas carols like "Have Yourself A Merry Little Christmas", audience members were dazzled by the talent of the singing Panthers representing Prep and holiday cheer.

Performer Felix Martinez '24, singing a solo for "Have Yourself A Merry Little Christmas", said that rehearsals are "plenty of fun. Mr. Weeks is just an incredibly fun teacher and person to be around, so they are always exciting".

Weeks, director of the choir, said that he is "proud of the hard work and dedication our choir members have, and I hope we can get as many students as possible to come out and join us that night!". Each student had an important role to play in the production of the concert, as it was clear to see when peeking into the music room during rehearsals.

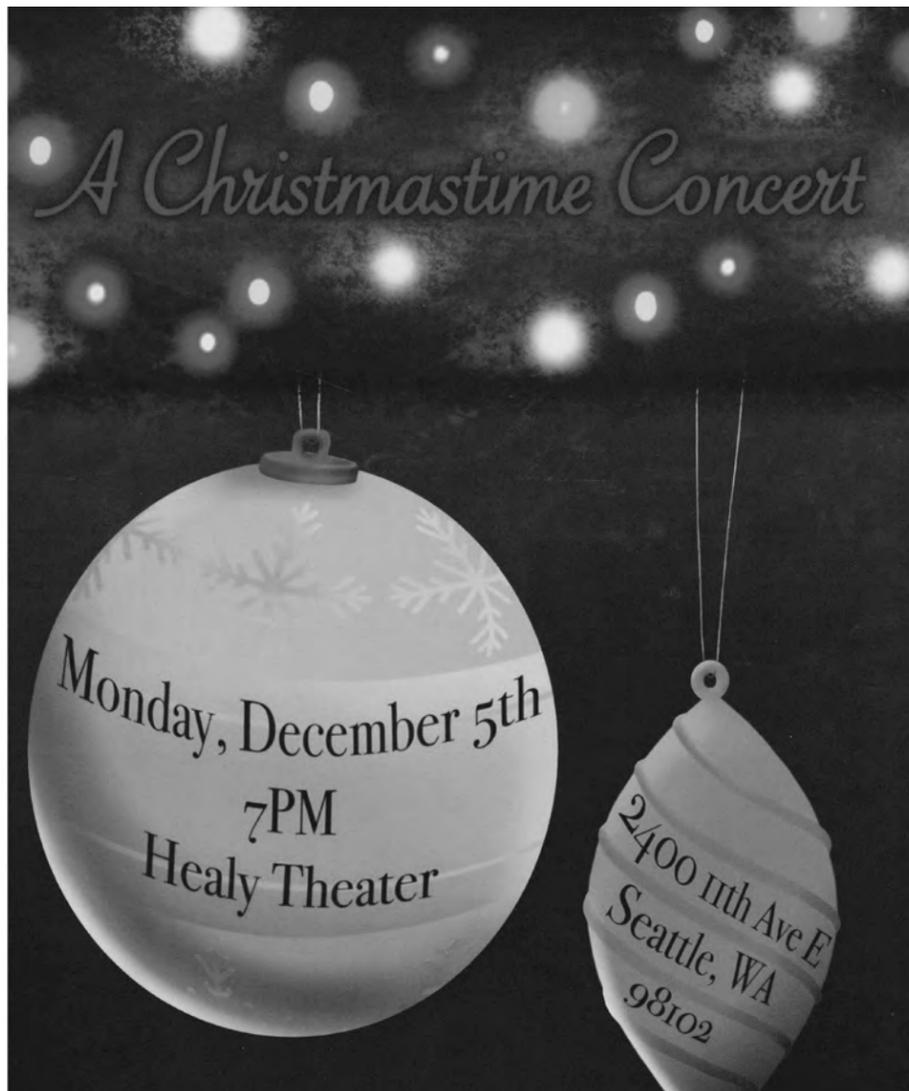
During the concert, soloists had an opportunity to show off their vocal tal-

ents. "Some [solos] are within the choir songs, while others are entire songs sung by one or two choir members", stated Franny Broderson '24. These singing Panthers sure dazzled the audience and bring to life snow covered Christmas trees and warm family gatherings, as showcased in songs like "White Christmas and Wonderful Christmas Time".

The concert aims to bring holiday cheer to the audience, and the concert really embodies the joy and love that comes with Christmas. Christmas cheer and reunited families, the joy of Christmas day and the sacred time of advent are all displayed clearly by the harmonious melodies and voices of each choir member. "I think these songs are good for the concert as it is a good mix of upbeat songs to grab the audience attention and nicer more classic Christmas songs that have pleasant harmonies for a relaxing mood," said Martinez.

Broderson states she was most excited to perform Peter Wilhousky's classic "Carol of the Bells". "Each section has a really cool part and the harmonies are all so beautiful" said Broderson, "It sounds especially cool when we sing it acapella". This concert was chock-full of whimsy, cheer, and haunting melodies that bring to life the spirit of Christmas and the wintertime.

Each member of Prep's showstopping choir brought joy and the holiday spirit to the audience.



Starbucks Sells Holiday Cheer in a Cup

PALOMA HISSONG '23
Staff Writer

The love and adoration Seattleites have for Starbucks is indisputable—and students at Prep can't get enough of it. On November 3rd, the stores cheerfully transformed to mark the official launch of the holiday season at Starbucks. Many Starbucks-lovers would say the most exciting part of the holiday launch is the changes to the menu, but many also appreciate the newly decorated cups, red barista aprons, and holiday-themed signage and decorations.

The most popular seasonal drinks are the sugar cookie latte, peppermint mocha, and toasted white chocolate mocha. Part of Starbucks' success—especially amongst Prep students—is how customizable these drinks have become. Many holiday drinks tend to be sweet, but simply changing the number of pumps of flavored syrup will make the drinks suit to each student's taste.

"I usually do a peppermint mocha with almond milk and then I get only one pump of the mocha and two pumps of the peppermint so it's not as sweet," Amelie

Burrows '23 said.

Also, the Starbucks "secret menu" is still alive and well. Customers can ask for the non-displayed Santa Claus Frappuccino and most baristas will know to make a vanilla bean Frappuccino with strawberry swirl. The peppermint mocha latte can also be made as a Frappuccino. When in doubt, a quick Google-search will provide numerous "secret menu" drink options.

New drinks are not the only items Starbucks added to their seasonal menu. The chain has also introduced holiday cookies, pastries, and cake-pops. "The peppermint reindeer cake pop is so good," Sophomore Delaney Meehan said. "I love the peppermint hot chocolate."

Prep students—especially upperclassmen who can venture off-campus for lunch—are loyal and frequent customers to the Starbucks on Eastlake. Now, with so many new drinks and food items, this Starbucks location will likely be even more popular.

Senior Maya Bransier said, "I was so excited for Starbucks to launch the Christmas drinks because it really just gets me in the holiday spirit."



Unorthodox Christmas Films

ALDEN ARNOLD '23
Visual Editor

The telling of festive tales has long been an integral piece of celebrating the Christmas season. Every family has their favorite Christmas films that make the annual viewing circuit. While keeping with tradition, some movies get stale and overplayed; Below are four suggestions of underappreciated Christmas-themed films that ought to be added to the holiday watch-list.

"Fanny och Alexander"- Dir. Ingmar Bergman, 1982

Set during Christmas in Sweden, 1907, "Fanny and Alexander" chronicles the childhood memories of two siblings. Fanny and Alexander navigate the trials of childhood in this bildungsroman story of festive holiday feasts, grand theater productions, evil stepfathers, and intimate family drama. Whether choosing to watch the seven-hour tv miniseries or the three-hour theatrical cut, this Swedish period drama promises to set the holiday mood.

"The Muppet Christmas Carol"- Dir. Brian Henson, 1992

Brian Henson's film adaptation of Charles Dickens' "A Christmas Carol" is a perfect choice for the whole family. A mix of puppet work and live action brings an element of fun to an otherwise harrowing adventure of frightening visions, ghosts, and reflections on the principles of life, death, happiness, and goodwill. Michael Caine turns in what some consider his most thoughtful and profound performance in his portrayal of

Ebenezer Scrooge, the dynamic protagonist of the story. The Muppet Christmas Carol is the ultimate comfort movie and requires a warm hot chocolate in hand while viewing.

"In Bruges"- Dir. Martin McDonagh, 2008

There is perhaps no Christmas film as sharp, intelligent, and witty as "In Bruges". Taking place after the events of a job gone wrong, hitmen Ray and Ken (played by Colin Farrell and Brendan Gleeson) seek refuge in Bruges while things blow over. Both men are forced- against both their wills- to share a hotel room in the idyllic Belgian town and explore its Christmas markets and gothic architecture to pass the time. "In Bruges" is one of the inkiest and most edgy comedies, ensuring audience members laughs and gasps alike.

"Phantom Thread"- Dir. Paul Thomas Anderson, 2017

While not explicitly a Christmas movie, "Phantom Thread" is one that sets its romantic drama against the backdrop of the holiday season. Reynolds Woodcock, a distinguished dressmaker in 1950s London, is infamous for the obsessive and domineering tendencies that define him and his work. During his holiday, Reynolds meets Alma, an assertive waitress, and invites her to become his muse. Their strong-willed personalities clash as they fall into a twisted relationship of control, dependence, and disorder. A deceptively tranquil film, "Phantom Thread's" final act will leave audiences floored.

THE SEATTLE PREP PANTHER

PAWD
CAST



On the newest episode, Alex Ruelos '23 interviews Isabel Moorhead '23 and Evelyn Maher '25 on Prep's wildlife club, GROWL. To hear more about "Steve Irwin Day", future plans for the club, and how you can get involved, make sure to tune in!





PULSE PREPARES FOR CHRISTMAS!



ROSIE HUDDLESTON '24
Freelance Writer

Christmas is right around the corner, and many are already getting a jump on holiday songs and spending time with friends and family. With the upcoming Christmas assembly fast approaching, Seattle Prep's Pulse team is hard at work preparing special songs and new dance pieces to put us all in the right mood.

According to one of the captains, Yzie Del Rosario '25, preparations for the assembly have taken some serious time to perfect. "All our performances take a lot of time and dedication so seeing the whole team come together and the growth of each dancer individually, makes the experience worth it."

The chemistry of the Pulse team starts in the summer and builds from there, which helps the team bond. As Rosario fondly recalls the Pulse summer intensive, "It had been a few months since the whole team had been together, so it was refreshing to see old and new faces. The number of laughs and times we goofed off during that whole week made it fun even though we were all tired. Having a week of dance nonstop was exhausting but it was rewarding to see the process of our performance come together."

Another captain, Winston Mazure '25 shared that he values the community that has formed around Pulse and the col-

lective memories they share. "My favorite thing about being on Pulse is the community, and my favorite Pulse memories are the times when we have a few hours after school or before a performance so we hang out and bond as a team."

For Mazure, it's about perfecting the dances, but also about the fun. "For a performance, it can take about a month to master a dance. Students should join Pulse because it's fun. We are not looking for the best dancers or even people with lots of experience - we just want people who like to dance."

Similarly, to Winston, Kaitlyn Grusz '24 also expresses appreciation for her fellow Pulse members. She shared that valuable memories are made every practice and performance. "Especially when the team comes together right before a performance, and everyone prays together." The closeness of the team and the hard work the dancers put in are evident in every performance! Grusz added that "It's such a fun environment and everyone on Pulse are seriously the sweetest people ever!"

Seattle Prep assemblies wouldn't be the same without the joy that Pulse brings to the school. There's nothing like hearing the repeated chants of the student body when waiting for the dancers to perform. When asked for further details about the Christmas assembly, Rosario responded "the rest is a surprise!". Can't wait to feel the beat of Christmas with Pulse!



Photo: HANNA ROTH

Pulse gathers together before their big performance for a Prep assembly.

Opinion: Prep Music Needs More Love

JEFFREY GO '23
Editor-In-Chief

What's the first thing that comes to mind when someone says the word "mass?" Is it the scripture readings? The specific dress code for the day? The sense of community? For me, the first thing that comes to mind when I think of mass at Prep is the beautiful music that comes with the special occasion. However, as the years pass, the quality of the equipment and instruments used is degrading and in dire need of maintenance or upgrades.

Let's start with the piano. Two years ago, the upright piano would be in a passable condition. There was nothing wrong with the piano in terms of its playability, and while it was no Steinway, it could certainly get the job done.

However, last year, the piano sustained major damage that broke a portion of the internals. Since then, the piano has been left in a state of disrepair for a full year now.

Lead pianist of the Jazz Band and captain of the Jam Band Gabe Tanumihardja '23 described the issues he's faced with the piano. "The Low E key is detuned and has a very tannic ring. We were supposed to get a tuner last year, but Ms. Bost left, and we didn't get another band teacher, so it's probably not going to happen this year," said Tanumihardja.

In addition, when holding down the sustain pedal, all notes should sustain their sound even when not held down, but only about two-thirds of the notes still do this. This issue has made it increasingly difficult to play many songs, with the pianist being forced to adapt to a problem that could be solved.

Fr. Ryan Rallanka also explained the challenges with running the first mass of the year. "It's a little tricky to set up an outdoor sound system. It's not built to support that, so there's extra structures built in place," said Rallanka. "I don't think there's anyone necessarily whose sole job it is to do sound. I honestly think he's (Mr. Curtin) is doing the best he can with the job that he's been given, but he's trained to work more with computers and less with the sound system."

Rallanka then explained how music is such an important part of Seattle Prep, especially in liturgies. "I'm a firm believer that as Saint Augustine says, 'Singing is praying twice.' Music is a way to bring vibrancy and life to our prayer," said Rallanka. "I think it animates the spiritual life of the school, especially during liturgies." Prep's music is lively, fun, but most importantly, it is deeply spiritual. If the music suffers, the school takes a hit as well.

The nearing completion of the Merlino Center serves as lemon juice in the cut. "I love sports, don't get me wrong. People want to go to schools who have a good sports department" said Tanumihardja. "But we're down in this little hallway with three art rooms underground with a tiny band room. At the peak of the band's size, it was definitely a struggle. We had ten horns, two guitars, a piano player, someone on drums, someone on the vibraphone, and it got really loud. I really think that the arts are really underrepresented at our school, and while I understand that sports are important, it's a little bit of a sting for a massive center built for sports."

When asked about solutions to these problems, Rallanka said that "Students should be empowered to raise these concerns because these issues aren't necessarily going to be on our radar. As you were talking about it, I was thinking 'Oh yeah, those are definitely things we could fix.'"

Despite these persistent problems, I believe that they can be resolved, and the music department can thrive. With just a few maintenance fixes, intentional care, and vocal advocates, music at Prep can soar to new heights and unlock its full potential.

Tanumihardja expressed the importance of having improvements made to the music department. "Just having a musical area that kids can go to that's already established is really important for kids that are really interested in music, want to major in music, or even pursue it as a career path. It's a lot harder to develop your skills and understand the love of music without an actual center in place to do that."

Christmas with Barbie

MIA SCHWARTZ '24
Staff Writer



Everyone has different holiday season traditions. For some, it is making gingerbread houses or singing carols. For others, it is cozying up and diving into a good Christmas movie. For those who fall into this last category and love a good Barbie movie every once and a while here is an official ranking of all of the Barbie Christmas movies so you know which are worth your time and which are not.

Barbie: A Perfect Christmas

It is December 23rd and sisters Barbie, Skipper, Stacie, and Chelsea are excited to head to New York and enjoy a snowy Christmas with their Aunt Millicent. Everything is going as planned until a sudden snowstorm forces an emergency landing in a quaint Minnesota town. Deciding to drive to Minneapolis and fly to New York from there and begin their long drive. Soon it is night, and the sisters are forced to stop for the night. The sisters arrive at a small but festive Inn and meet a collective of very magical people. Will the girl's Christmas be ruined? Or will some holiday spirit and a very interesting Inn save their Christmas?

Plot: 6/10 Holiday spirit: 8/10

Best for when: You're looking for something fun

Barbie in the Nutcracker

The story begins with Barbie and her friend Kelly practicing ballet. Kelly begins to feel discouraged, so Barbie shares with her the story of the Nutcracker. It is Christmas eve and young Clara receives a Nutcracker doll from her Aunt Elizabeth. Her little brother, Tommy, accidentally breaks the doll's arm but Clara fixes it and they fall asleep. Clara is awakened by the sound of an army of mice who have come to fight the Nutcracker. While Clara attempts to defend her doll, she is cursed by the Mouse King shrinking her to the size of a doll. To break the curse Clara and the Nutcracker take off on a magical adventure to find the Sugar Plum Princess, the only one who can break the curse.

Plot: 8/10 Holiday Spirit: 8/10

Best for when: You want to feel like a kid again

Barbie in a Christmas Carol

Eden Starling (played by Barbie) is a selfish and glamorous singer living in England. Eden hates Christmas and forces all of the employees at her theatre to work on Christmas day. The night before Christmas Eden is visited by her late Aunt Marie who is punished in the afterlife and forced to wear chains. She is then visited by three ghosts, one from the past present, and one from the future. They show her, events from her past and the approaching downfalls of her present and future if she continues the path she is on. Eden is horrified by what she sees, realizing all she wants is a second chance.

Plot: 7/10 Holiday spirit: 6/10

Best for when: You're looking for something classic



YUNA AND CARTER

Comic: JANAYA CATAQUIS '24 & JAIMIE KIM '25



Prep Holiday Travel



Happy Holidays Panthers!

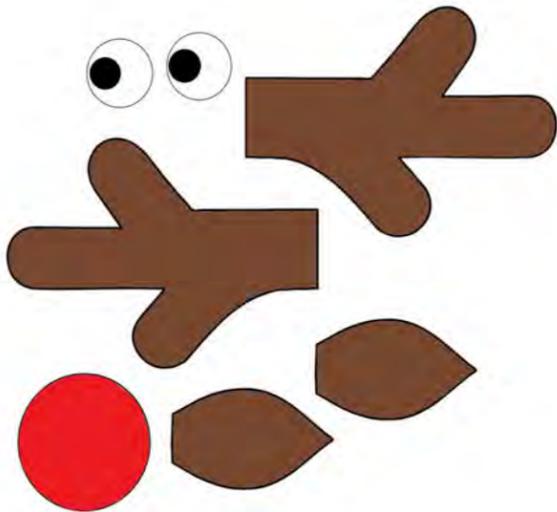
Graphic: KATHERINE KAISER '25 & BEN OSWALD '25

SYDNEY'S TRIVIA

Elurophobia is the fear of what?

- A** Needles
- B** Cats
- C** Public Speaking

Cut and fold to create your own reindeer!



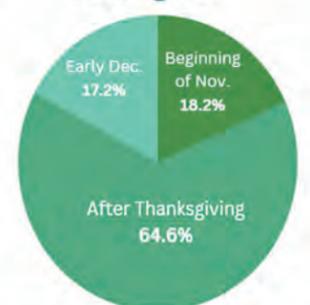
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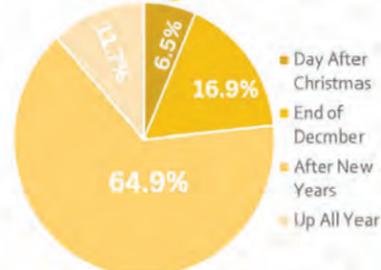
Favorite Color Lights:



When do Panther's put up their lights?



When should you take down lights?



Graphic: MARIA MCDOWALL '24