

# The Seattle Prep 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  
Twitter: @seapreppanther

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Disconnect to Reconnect:  
The Pros and Cons of Social Media on Student Mental Health

AVA TINDER '24  
Staff Writer

It’s hard to imagine there was once a time when social media didn’t exist. A time when one had to meet someone in person to know what they looked like or call someone to know what they were doing. Social media is one of the biggest technological advances that significantly affects teenage lives daily – but is that a good or bad thing?

Students at Seattle Prep are faced with the challenge every day of balancing rigorous academics, extracurriculars, and still finding the time to enjoy the company of friends and family or just a moment to relax. This is easier said than done. Dr. Rosellini, a counselor at Prep, said that “social media can be used as an avoidant strategy whether it be not wanting to do homework or avoiding certain feelings. Instead of dealing with it we often distract ourselves from our problems by using social media, which can lead to more stress.”

Social media ultimately takes a toll on time management skills. Liam Riley, a Junior at Prep, recognized this issue and decided to put an end to harmful habits stating, “I deleted TikTok because I was staying up really late on school nights just scrolling and it was super unhealthy.”

Additionally, social media creates unrealistic standards that many teenagers feel pressure to meet. Rosellini stated that, “We see people’s best faces on social media and often feel bad about ourselves. Being conscious about that and taking a step back can be helpful. We think everyone are these perfect people but that’s not the reality.”

While social media has its flaws, it has begun to create a more progressive and inviting community. Rosellini said, “People are promoting mental health awareness and body-positivity, whether it be someone presenting their imperfections proudly or providing people with resources to better themselves.”

Social media also serves as a creative output and space for people to gain inspiration and influence each other. Riley stated, “I get a lot of inspiration from social media, seeing all the different photography and digital art is really cool – I don’t think my art would be the same without it.”

Overall, social media holds both a positive and negative impact on teenage lives today. When it is used correctly, it can be a positive and helpful thing. However, it is always crucial to value in-person connections, embrace imperfections, and recognize when social media becomes a negative distraction.



3 Apps to Help Maintain Good Mental Health

KELSEY HAMILTON '24  
Managing Editor

According to the Centers for Disease Control and Prevention (CDC), as of 2022, 37% of students suffer from poor mental health. This includes feelings of stress, anxiety, and depression. If you’re struggling to fight against your mental health alone, there are numerous resources to help, including many that can be found on your phone. Here are 3 popular apps that might be the key to increasing your mental health.

Finch

This is the perfect app if you are struggling to develop healthy habits. For any goal that you want to set, Finch will help you while at the same time, making self-care fun and rewarding. Immediately when you open the app you get an inspirational quote to brighten your day. From goal and mood trackers to bullet journaling to breathing exercises, Finch really does have it all. Not only does this app help organize intentions for the day, but it also comes with a bird that acts as your guide and motivator. Starting as a baby chick, it slowly grows up, and you get to raise it and give it its own identity. You can choose from various personalized exercises, and by doing so, you increase your relationship with your bird while taking care of yourself. Something unique about this app is how it blends gameplay and self-care. You can dress your bird in different clothes, customize its room, and send it on adventures. Developing healthy habits can be challenging, but apps like Finch make it easier-- and why not add a cute little bird to cheer you on!

Paint by Number

This is the perfect app for anyone who is feeling anxious or stressed. While drawing or painting on a physical piece of paper is just as beneficial, Paint by Number is the perfect app if you aren't as artistically gifted as you would like. There are countless images available to choose from; literally, all you do is tap and create a beautiful picture. It might seem a little tedious to sit there and tap and a screen repeatedly, but sometimes that's what it takes to relieve stress and anxiety. By hyper-focusing on one thing, it allows the stress and anxiety that you might be feeling to fade away.

Core Circle

It's scientifically proven that exercise leads to better mental health, thanks to the natural chemicals released in your brain while working out. Exercise doesn't require intense running or an outrageous 24/7 workout plan. While many good helpful exercise apps exist, Core Circle stands out. You start by creating a fitness goal where you can then document your progress one day at a time. When creating your goals, you can choose which specific muscles you want to work on, and then Core Circle provides you with lots of visual exercises to choose from. Like many social media platforms, Core Circle has a For You page. However, unlike those social media platforms, Core Circle’s For You page is filled with loads of inspirational workout posts to get you motivated. We all know that feeling of wanting to lay in bed for the entire day, but it's vital for your mental health to do something active at least three times a week, and having a supportive community behind you can make all the difference!

Is Blue Light Keeping Students Up At Night?

PEYTON REMINGTON '26  
Freelance Writer

Screen time, whether it involves watching a show on a device, scrolling through social media, or even finishing homework on a computer, is a way to relax at the end of the day. However, studies show that using a computer to do homework or any electronic device before bed can be harmful and damaging to an individual’s sleep schedule. Although the intention of these habits may be to wind down, using a device before bed can lead to negative long-term health effects.

Electronics, such as a Surface or an iPhone, are artificial sources of blue light, typically produced by the sun in the form of blue wavelengths. Blue light also restrains the production of the sleep cycle-controlling hormone, melatonin by creating a boost in energy, memory, attention, and overall mood. The absence of blue light enables melatonin production to occur, which signals the body to rest.

While the amount of blue light emitted through electronics is minor compared to that of the sun, recent studies show the amount is still concerning due to the conditions in which it is received. These include how close the screen is held and how much time is spent looking at it. Staring at a screen prior to sleeping, whether finishing homework or just scrolling on a phone, the blue light is signaling to the body to be alert and awake. Instead of regulating the circadian rhythm (sleep-wake cycle), the blue light is throwing it off.

This interruption of the circadian rhythm leads to a lower quality of sleep, which in turn can contribute to the development of long-term health effects like type 2 diabetes and cardiovascular disease. To minimize blue light’s negative effects on sleep cycles, it is best to avoid looking at screens in the last hour or two before going to bed. Organizing your study time considering screen time can make a difference as well. Mrs. Kramer, the head of Prep’s Educational Technology Team, recommends starting your homework earlier, prioritizing screen time for school, and saving non-screen items so you are done with screens before bed.



## The Search is Over: Meet President Robert Jordan



CLAIRE RULYAK '24  
Managing Editor

After over a year of searching, a new president has been selected to lead Seattle Prep. The search began shortly after the former President Hickey resigned. A presidential search committee was put together last March, and in the meantime, Mr. Hofbauer has served as interim president. After many rounds of interviews, Mr. Robert T. Jordan has been elected. A life-long resident of California and promoter of social justice, Jordan said he will “put Prep first”, and that “we will work together, as a community, based in mission”.

Jordan currently works as chief of staff for national enterprise business services at Kaiser Permanente Health Plan and Hospitals based in Oakland, CA. However, he has been involved in education since his career began. He was first a religious studies teacher and director of campus ministry in Concord, CA. There, he worked within the De La Salle Christian Brothers, an association that Jordan referred to as “first cousins” to the Jesuits.

Jordan’s experiences with the De La Salle Christian Brothers are sure to transfer over into education, and interestingly, Jordan said that this experience in healthcare will as well. According to Jordan “in healthcare, things are constantly changing, and education is the same way” and “We’ve got to be constantly evolving”. This adaptability is one of the keys to leadership for Jordan and brings a new perspective for Prep.

Despite his positive experiences in healthcare, Jordan says that the pandemic was a driving force in bringing his back to education. Along with the daunting task of working from home for two years, Jordan says he missed education more than anything else. “I missed the day-to-day opportunity to make a difference in students’ lives. I missed a sense of community”. At Seattle Prep, Jordan sees that he will be able to find these aspects of his career again.

Speaking with a few members of student council solidified Jordan’s positive impression of Prep. “I’m excited to be a part of this Ignatian experience with so many students invested in it. It drew me to this school,” he said. Jordan has made it clear that mission reaches aspects of both his personal and professional life,

In his free time, Jordan serves as the chair of the Napa Farmers’ Market. He shared that he has learned a great deal from this experience about sustainable farming and how farmers’ markets serve families on the margins. Jordan said that his time and social justice work in the Napa Farmers’ Market Community and is excited to check out the farmers’ market scene here in Seattle following his move.

Jordan’s first official day on campus in fast approaching with the second semester. With his arrival, interest on his early role at Prep has circled the community. “For the semester, I think I just want to absorb,” said Jordan. “I want to absorb the culture here and understand context because if a leader comes and just starts making changes, that could be disastrous.”

## Ellinger Talks: Walks and Seizures

NICK PICKEL '23  
Staff Writer

Mr. Ellinger is a well-known and highly respected member of staff at Seattle Prep, teaching mathematics for the past 28 years. Students will speak of his supportiveness, talkativeness, and his passion for his job. Those who’ve had the experience of having him as a teacher will also know about his Walk Every Block mission and his struggles with seizures.

Since July 4, 2020, during COVID restrictions, Ellinger has made it his mission to, as the name implies, walk every block in Seattle. “That day, I had no 4th of July plans and felt kind of lame.” He parked his car in Central Ballard and walked to his friend’s house in Crown Hill, about three miles away. “I went down a street that I had never been on before and found it awesome. I realized the only reason I didn’t know it is I never had a reason to go there.” This made Mr. Ellinger wonder about how many more discoveries were out there that he didn’t know about, and thus began Walk Every Block.

“Every weekend, I get out and see the city, I never sit around watching football,” said Ellinger, “after three heel surgeries my rec sports career is over, and a lot of guys my age start getting really sedentary.” Ellinger emphasizes that Walk Every Block is less about physical fitness and accomplishments, and rather about getting to explore every nook and cranny of the city.

He does add, however, “Staving off heart disease is nice.”

Ellinger had lots to say about what he’s gained from Walk Every Block, including some of his favorite things he’s seen on his walks. From “unbelievable” Little Free Libraries to beautiful pieces of art (a favorite being a Chinese Dragon sculpture built by connected flowerpots in Beacon Hill), Ellinger has had the opportunity to see various fascinating things while walking every block, but it has also given him a lot more perspective on the poverty in Seattle and an understanding of how areas are impacted by homelessness.

He’s also enjoyed the company of different people on his walks, such as one walk where he met with a wine-pressing contingent who offered a glass to him, his good friend from college, and one of their former professors. Another walk was during a blind date with his now-girlfriend, after they were set up by their friends.

Another thing that many of Ellinger’s students know about are his experiences with seizures. He had his first seizure at the age of 24, which was a generalized tonic-clonic or grand mal seizure. The cause was unknown, he says it “came out of nowhere.” He was worried that people might look at him differently after Former Seattle Prep president, Mr. Hickey, expressed concern over Ellinger driving students even though his neurologist okayed it.

However, he said, “Over time, I let this go, and when I went 10 years seizure-free Hickey decided I had shown that it was clearly under control.”

Ellinger wants to recommend to anyone suffering from seizures or health concerns in general, “Don’t spend energy keeping any health problems to yourself. Be as private as you want to be, but also trust the people around you. They want to have your back when you need it.”

For him, people were very compassionate and curious about it, and supportive when he let them in. “All that time worrying about others and keeping it hidden feels like a waste of energy and something that distanced me from others.”

Ellinger is thankful to be living at a time when there are many medications and resources to help out for health issues such as seizures, as well as to be around people who support him. And through his Walk Every Block mission, he’s keeping himself healthy and experiencing many interesting and beautiful things.

## From Intern to Counselor: Welcome Back Ms. Dahl

GINGER DORAN '23  
Staff Writer

Who has brown hair, is an avid Zach Brown fan, and loves to walk her dogs along the Edmonds Waterfront? It could only be Prep’s newest addition to the counseling department, Ms. Christy Dahl! After Ms. Boyle’s retirement following her 31 years as a counselor to the community, Seattle Prep warmly welcomed back Dahl onto faculty and staff.

An alumnus of two Jesuit institutions, Dahl attended Gonzaga University and pursued a double major in political science and psychology while rowing for the Bulldog’s crew team. Originally joining the Prep community in 2016, Dahl worked in the academic office while she pursued a graduate degree in counseling from Seattle University. Following grad school, Dahl interned in the counseling office at Prep from 2018-2019.

When asked to describe the transition into the Prep community as school counselor, Dahl says, “in terms of students, all news faces, but in terms of co-workers, there’s a lot of familiar faces which has made the transition nice and really smooth” For the past 3 years, Dahl worked at Assumption of Saint Bridget as a school counselor.

Dahl’s favorite aspect of Prep is the community. From the very first time she experienced it back in 2016, Dahl continues to be “really impressed with how hard people worked and how hard people work for each other”. When asked what she would say to a student who is struggling and apprehensive about seeking help or resources from a counselor, Dahl says “yes, it might be scary but know that we’re all here to help lessen that load. What that load is could look so different, maybe its school related,



Photo: GINGER DORAN

maybe its friends related, maybe it family related, its bigger than just academics in terms of what we do to support in the counseling center”. Whether it’s good or bad or a scheduled appointment or just a drop-in, Dahl wants students to know that “the stigma is changing slowly, but it still exists, we’re here to help you even if its just seeing a familiar face, getting a piece of candy, working on the puzzle, or having a deep talk, we are here to support you”.

Dahl enjoys taking her two German Shorthaired Pointers, Hudson and Theodore, on long walks to the dog park to swim. She frequents the Saturday market in Edmonds in the summer, and the Christmas market in the winter. With her family living in the area, Dahl loves to spend time with her husband, brothers, and parents. Dahl is ecstatic to be apart of the Seattle Prep community again and you can find her in the counseling office to wish her a warm welcome back!



## One in a Minion: Freshman Learn to Let Their Light Shine

CHLOE HORNER '26

Staff Writer

Freshman retreat, part one of Retreat-a-Palooza weekend, involved almost the entire school. While the class of 2026 looks ahead to the exciting surprises and fun activities that are a part of the retreat, staff members work to organize the event and many juniors and seniors spend months preparing to lead groups of freshmen.

Mr. Mack, who has led the freshman retreat for 30 years, describes his favorite part of the retreat as “seeing student’s light shine.” He feels grateful that he gets “to see a freshman who may not fully feel a part of Prep be supported and nurtured so they feel welcomed and confident that they can be themselves.”

The retreat took place over January 26th, 27th, and 28th and everyone spent the night at Prep on Friday night. On Thursday, freshmen were welcomed into the gym to find their group leaders. After everyone had arrived, the opening ceremonies took place in the Healy theater. The presentation began with prayer, a reflection from the rectors, and upperclassmen group leaders performed a dance for the freshmen. Once the ceremonies concluded, students receded to their designated classrooms to get to know each other better. Before the night was over, participants met once again in the theater for a surprise event.

This year’s retreat was themed “One in a Minion” and during a break on Saturday, freshman got to watch Despicable Me. T-shirts and decorations were all under a Minions theme and Mr. Mack and retreat-leading rectors dressed up as characters from the movies.

One of the most memorable parts of the retreat was the carnival on Friday morning. Freshman got to lead pre-K and kindergartner students from neighboring elementary schools around Prep to different games and activities. Not only was it a fun experience for freshmen, but an opportunity to gain leadership experience and to get more involved in the community. Some of the activities at the carnival were bouncy houses, a petting zoo, slime making, and face painting.

Another significant part of the retreat is home time, when pairs of groups and their leaders go to an upperclassmen’s home for dinner. During this part of the retreat, freshmen listen to a parent talk, a teacher talk, a friendship talk, and a reconciliation talk done by the various members of the Prep community. Groups eat dinner together at the houses and then return for nighttime activities.

Friday night, for many freshmen, is a favorite of the retreat. Participants attended a mass together where the Class of 2026 had the opportunity to address their classmates about their hopes and where



Photo: Chloe Horner '26

**A group of Freshmen stop for a photo with their kindergarten buddies during the carnival Friday morning**

they find light among the group. Following mass, there was a talent show in the gym.

Almost all the groups performed a dance or skit. Multiple freshmen sung a-capella solos, there were dances to many popular songs and the upperclassmen crew members also performed a dance. Everyone spent the night Friday and woke up

Saturday morning to take part in the closing ceremonies: a mass and several reflections finished with a video compilation of photos from the weekend.

An important message of the retreat was ‘You are the Light of the World,’ Mr. Mack says “we want freshmen to know they are loved, and are a full part of Prep.”

## Peace is One Breath Away: Meditation and Its Benefits

MAYA SALAZAR '24

Staff Writer

Meditation is a method of clearing the mind has been around for millennia, and it is still as relevant as ever. Meditation is also used in modern ways, such as providing relief for nicotine addicts or those who suffer from anxiety attacks, and is extremely beneficial in working through past traumas and even physical issues like high blood pressure or chronic pain.

First, what is meditation? According to Cleveland Clinic, “meditation is an ancient practice that dates back thousands of years”. Meditation is a spiritual practice that uses a combination of a repeated phrase or mantra as well as deep breathing to help calm the mind, nervous system and, in some cases, improve physical ailments like high blood pressure and insomnia.

Here at Seattle Prep, a few teachers have already begun exploring the health benefits of meditation, and the results are overwhelmingly positive. Not only does meditation target physical problems, but also those ailing the spirit by targeting hidden traumas and providing tools to deal with the emotions that arise as a result of those traumas. Theology teacher Mr. Paul Peterhans said “[Meditation] can focus on regulating heart rate, regulating blood pressure, and digestion...There’s also the spiritual component, which opens you up to the unconscious...We all carry some forms of trauma which often presents itself on a spectrum.”

Peterhans has been known by students to include meditation as a part of his teaching, beginning each class with a meditative prayer or reflection to help center students before focusing on the class. “I think it’s essential for learning,” says Peterhans, “We often talked about [meditation] as integral to help with intellectual learning.” Pe-

terhans went on to describe the creation of his Senior Theology class, East/West Meditation, as a response to “suicidal ideation” in the culture at large from the years 2010-2013, showing meditation to be not only a form of physical improvement, but also a deep, emotionally grounding experience that can help with life-threatening ideas.

Meditation has immense health benefits proven by both science and avid practitioners, such as Assistant Principal for Academics Ms. Jenell Kheriaty, who states that “Meditation can reduce stress and anxiety, enhance self-awareness, lower blood-pressure, reduce pain, and improve sleep quality”.

Meditation may seem difficult to learn and master, but with modern technology, reliable guided meditations can be easily accessed with meditation apps and well-informed teachers. Kheriaty states that a favorite app of hers, Headspace, offers meditation series, some with particular “areas of focus.” “You can tailor these to your preferences including selecting your guide and identifying session lengths” says Kheriaty. The focuses offered for these guided sessions include, managing stress, beginning meditation, or finding happiness, each geared toward a particular issue meditation can help resolve.

With all of the new ways of breaking into meditation, including helpful apps like Headspace, along with all of the benefits it offers, it is clear to see why this practice has been popular all across the world for thousands of years. As Peterhans says, “The relaxation [that comes from meditation] helps us to access those [parts of ourselves] that were hidden. There are teachings that help you understand this dynamic psycho-spiritual healing process. At the end of the day, we all want to be whole and healthy.”

## The Real Symptoms of Covid

GEORGIA LIMBAUGH '26

Freelance Writer

On March 11th, 2020, the World Health Organization declared Covid-19 a global pandemic. In response, the USA began to shut down in order to stop the spread which included closing schools across the country. The lives of millions of students were flipped upside down as their usual lifestyle full of friends and activities was no longer possible under the law. As students hid themselves away from the transmission of Covid-19 to guard against the physical effects of the disease, such as the cough, sore throat, and fever, they exposed themselves to a potentially more insidious malady that brought excess screen exposure, isolation, and loss of social development.

Students began to spend their entire day on their screen just to participate in school and communicate with friends. Seattle Prep freshman Millie Matthews mentioned that she had “way too much time which resulted in way too much screen time.”

Most experts recommend that people spend no more than two hours on their screen each day, followed by at least an hour of outdoor activity. Students all over the world failed to achieve both of these recommendations as Covid forced them inside and on their screens. The immediate effect of excessive screen time is eye strain. This can lead to regular short-term headaches; however, the long-term effects are much more detrimental. Excess screen time has strong negative effects including depression, anxiety, poor eating habits, and poor physical wellbeing.

Mandatory social distancing restricted real-life interactions with friends and extended family. The lack of physical social presence for students can result in feelings of isolation and social loss. “You could say I was on Facetime for a year straight,” freshmen Zooey Carlstedt said.

Friends resorted to long Zoom and

Facetime calls, but it never made up for this lack of physical connection. Freshman Sienna O’Meara mentioned that “Zoom meetings were a good way to connect under the circumstances, but I would much rather interact in person. They seemed more fun at the time because I was so used to not seeing anyone.”

According to an SPSP survey, many kids had a desire to grow their friend groups and foster a wider network of friends during the pandemic. Kids were starved for new connections and a sense of community that they no longer had easy access to. It is hard to make new friends through short interactions before class or during worktime when on Zoom. Families then stepped in to fill this void with new and creative ways to stimulate a sense of stronger community together. Many families implemented family game or movie nights. Some may say that Covid brought families together.

Also, subsequent to the pandemic, the general public had an increased cooperation with the Department of Public Health due to the fact that people were more aware of their health. “After Covid, I know how to take care of myself better mentally and physically,” said Matthews.

A University of Washington study conducted by Ashlie Chandler proves that car traffic volume in Seattle decreased by over 50% during the pandemic causing significant reductions in air pollution. A Seattle Times article written by Gene Balk showed that an interest in individual activities such as hiking, running, and walking sparked creating a surplus of activity in parks and residential areas. Although the Covid-19 pandemic had many horrific effects on the lives of students and schools, students found a way to find virtue in the challenge presented in order to make it to where schools are now.



## Saint Stanislaus Kostka, Pray for Us!

EAMON MOHRBACHER '24  
Staff Writer

Who is Saint Kostka, and why is he honored with a holiday? 62% of Prep students who were polled are asking this same question. To understand more of the reasoning behind this Prep-exclusive holiday, Father Celio was asked to give a background on St. Kostka, the Patron Saint of Youth and Seattle Prep's very own patron saint.

Fr. Celio explains, "Stanislaus was...a kid who was born in Poland, and he moved to Austria, Vienna, to move to a Jesuit high school....He got sick while he was there, and thought he was going to die, and had this mystical experience while he was in bed, where he prayed to St. Barbara, and had an experience like there were angels bringing the baby Jesus to him. He took this as a sign to enter the Jesuits."

What does St. Kostka represent for the Prep community? Aside from being the school's patron saint, Celio shared his ideas about St. Kostka's relation to current students. "I think he's someone who knows and believes what he's called to and goes after it. Similarly, people at Prep are really passionate and committed, and really go after what they feel drawn and called to."

He continued, "He's someone who we think about being a good Jesuit, and even though he was a Jesuit only for a few months, he's a saint. So, it's not always about what we accomplish or the amazing

things we do, but on a deeper level having a life of faith and being committed and loving, like all the things we talk about in the Grad at Grad."

Although his feast day is in November, St. Kostka Day is celebrated by Prep on a different date, depending on the school calendar each year. This year, students celebrate St. Kostka day with a day off school on March 13th. Prep's Principal, Dr. Luby, clarifies, "We use that March day as a good time when we think the school could use a little break."

Dr. Luby adds, "I do know that we've intentionally tried to be thoughtful about our Jesuit Catholic identity, and so to me, an annual day off after a patron saint makes a lot of sense."

Either way, 57% of Prep students shared that they will spend their day off sleeping and relaxing, while 27% will be spending time with friends, and 9% will be catching up on homework. The other 7% plans to go on college visits. Whatever you do on St. Kostka day, take a moment to remember our patron saint and how he inspires us to be our best.

In the Healy Chapel, there hangs a stained-glass image of St. Kostka along with the Blessed Mother, holding the Christ child and St. Therese of Lisieux. This stained-glass was gifted to Seattle Prep by the Schiro Family. It is a reminder that we are all part of God's family. Saint Stanislaus Kostka, pray for us!

## SPIRITUAL WELLNESS: Advice from Rallanka and Celio

LUKE WHALON ' 24  
Staff Writer

In the chaos and stress of life, maintaining spiritual wellness is just as important as maintaining physical wellness. Both Fr. Ryan Rallanka SJ and Fr. Greg Celio SJ sat down to offer spiritual wellness advice they had for students at Seattle Prep.

"God often times reminds me that I am not an island unto myself," Rallanka said. "There's an invitation to come to God with our concerns and sometimes those things that we bring into prayer feel overwhelming." Celio added that taking a breath in those overwhelming moments of our lives "helps us to stay rooted in the present."

Paralleling spiritual wellness to physical wellness, Rallanka said, "In the same way that you would exercise the body to get healthy, if we want to be more spiritually healthy, that presumes that we are doing some regular spiritual regular practice."

One of those spiritual regular practices is the Ignatian Examen. A key aspect to the Examen is practicing gratitude: "Practicing gratitude makes it more likely that we see the world as a good

place and recognize God's goodness to us," Celio insisted.

"Whether spending time in nature or listening to beautiful music, our souls are nourished by beauty," Celio added, mentioning how he had enjoyed being present in the beauty of music at a concert at the Seattle Symphony.

"God loves us very deeply and profoundly. God sees our struggles," Rallanka noted. "Students I think have to ask themselves: Where do I find life? Where do I find joy? What sparks joy in my life and have I carved intentional time to do those activities?" Both Rallanka and Celio also pointed to the fact that Prep has available resources for students, such as counselors, teachers, and even themselves. Rallanka added that "it's okay to reach out for help."

Celio concluded with some optimistic advice for students, highlighting the importance of taking time to heal: "When we make space to reflect on what's been difficult in a given day, with God's help, we often find healing and feel more hopeful about the next day."

## Nature Therapy Advice from Outdoors Club

KEIRA MUNKO ' 24  
Staff Writer

Being outside and in nature is highly beneficial, not only for physical health, but also for mental health. It can help to reduce stress, promote happiness, and improve attention. Spending time outside can be a much needed reprieve from any worries or difficulties that occur in everyday life. Ellie Charles '23 is one of the leaders of Outdoors Club and loves spending time in nature. "I think that being outside gets you away from the distractions of the modern world, almost. I think that some-

times when you're outside you forget what you have to do. I'll just go outside, I'll go on a hike, I'll forget I have all this homework, I'll forget I have all this work, because I'm just outside I'm just enjoying and living in the moment." said Charles.

Time spent outside doesn't have to be spent doing something difficult. Some easy ways to get outside are to go on a walk, go to a park, or do some laid-back outdoor sport. It doesn't really matter what you do while you're outdoors. Just being outside and breathing the fresh air every so often is enough to enhance your lifestyle.

## A Sneak Peek into the

Seattle Prep's newest addition, the Merlino Center, has been under construction for over a year. Luckily for the Panthers, the building is set to open within the next month!



View from top floor window of the Merlino Center.



Mezzanine overlooking basketball court where students can study and hang out.



Athletic Director Sam Reed in open area which can be used for yoga, workouts, and supervised recovery for athletes.



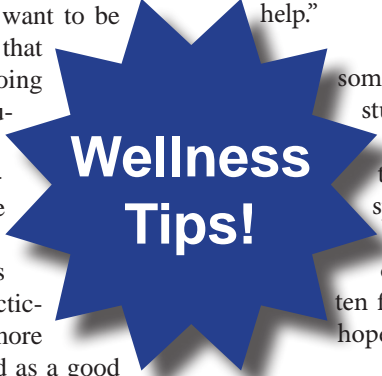
Weight room on the bottom floor.



View overlooking new basketball court.

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AUDREY  
CROMETT '24 &  
ALEX  
GARDNER '24  
Staff Writers





# Diminishing Mental Health Stigma One Mind at a Time



Photo: Ginger Doran

EMM founders meet with a speaker to learn about eating disorders

HANNA ROTH '23  
Staff Writer

In a world with school counselors in place in every school, Gen Z is more open to discussing their mental health than the generations before. As the first generation to grow up with the internet and social media being readily available since birth, Gen Zers are more comfortable sharing their personal stories online. The possibilities for schools and educators to transform how future generations think about mental health and men-

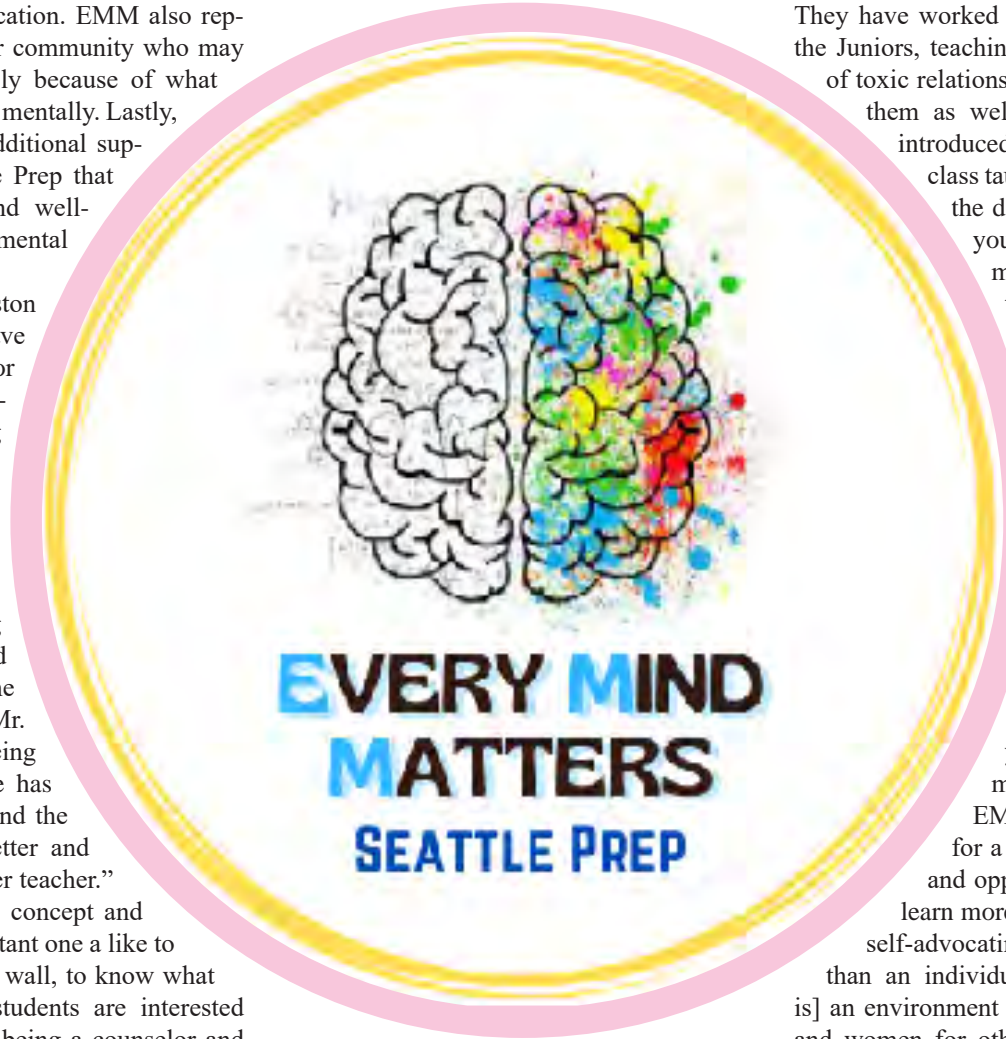
tal healthcare are endless. What's important is that there is a place to begin having these conversations, alongside families and communities.

One of those resources at Prep is Every Mind Matters (EMM) club, founded by seniors Alex Ruelos '23 and Hanna Roth '23 in the peak of Covid - 19. Every Mind Matters is a student group who works directly with the counseling office to advocate for mental health in the Seattle Prep community. Their mission is to reduce stigma and raise mental health awareness in the Prep community through ed-

ucation, support, and advocacy. EMM strives to develop student-to-student connection that fosters a safe environment, builds community, and aligns with evidence-based practices for mental health education. EMM also represents students in our community who may feel excluded or lonely because of what they are going through mentally. Lastly, they work to be an additional support system to Seattle Prep that ensures the safety and well-being of students' mental health.

Mr. Johnston and Dr. Rosellini have been the moderators for EMM since the beginning stages, helping the leaders prepare for club meetings and big projects. Mr. Johnston currently works two jobs at Prep, juggling between being a science teacher and counselor to help the students at Prep. Mr. Johnston finds that "being in the counseling role has helped [him] understand the student experience better and has made [him] a better teacher." He finds EMM's club concept and their mission an important one a like to almost be a fly on the wall, to know what kinds of things the students are interested in. In combination of being a counselor and moderator of EMM, Mr. Johnston sees his role at Prep to the opportunity to see and be in touch with the students. Dr. Rosellini has

been working as one of Prep's school counselors and working alongside Mr. Johnston to build the counseling department to what it is now. In addition to EMM Dr.

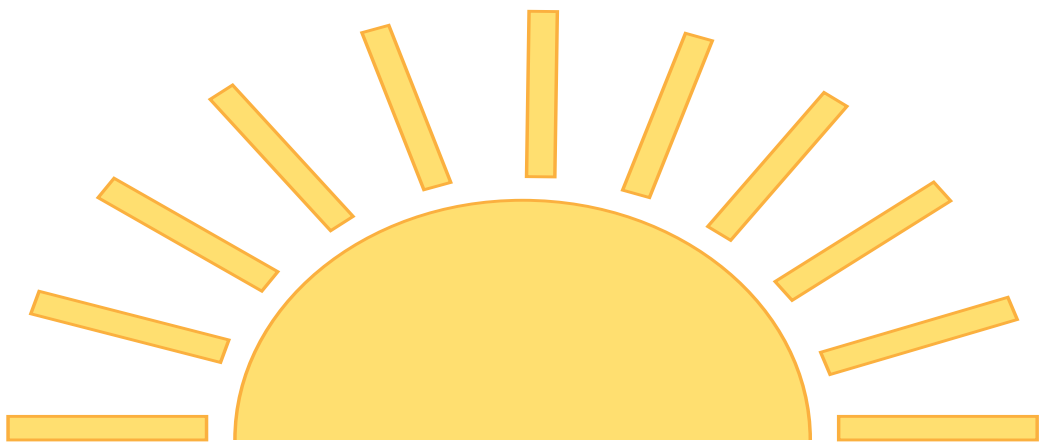


Rosellini also shows his interest in One Love, reaching out to all groups and clubs at Prep. Prior to working at Prep,

Dr. Rosellini worked at Opal: Food + Body Wisdom.

EMM has also worked on various projects within its two years of running as a club. They have worked on One Love classes for the Juniors, teaching them how to see signs of toxic relationships and how to navigate them as well safely. This year they introduced the freshmen media lit class taught by Mr. Danielson, on the dangers of social media to youths and the toll it has on mental health. EMM also teaches the sophomore HEX classes through Forefront: a suicide prevention program run by UW. Along with teaching their classmates, the leaders have also welcomed guest speakers to talk to their club during meetings.

With all that EMM has done, they are not finished yet. With mental health month coming up in May, EMM has been preparing for a wide variety of activities and opportunities for students to learn more about mental health and self-advocating. "EMM means more than an individual's mental health... [it is] an environment in which we can be men and women for others," said Audrey Hamblett '23 Look out in the upcoming months for EMM's club meetings and plans!



## Searching for Sun: Seasonal Depression and How to Cope With It

CLAIRE RULYAK '24  
DELPHINE MOCK '24  
Managing Editor and Staff Writer

It is estimated by the National Library of Medicine that around five percent of children and teens are affected by what they refer to as Seasonal Affective Disorder (SAD). At Seattle Prep, many students can feel the effect of what is more commonly referred to as "seasonal depression". Between the increased hours spent in the dark, to pressure from the holidays, there are many unavoidable causes of seasonal depression in the winter months. So, it is important to look out for them and take care of oneself, especially during the teen years.

Most people experience symptoms of seasonal depression in the fall and winter months and symptoms usually disappear in the spring and summer. Since most patients follow this pattern, scientists attribute much of seasonal depression to lack of daylight ex-

posure. Living in Seattle, where the sun sets so early in the afternoon, these affects can feel intensified. So, it is great to get outside during the light hours when at all possible! Even if it is just for a short walk or to get some reading done for Collegio, researchers at universities such as Stanford and Hopkins agree that light exposure can help.

Furthermore, 64 percent of people struggling with SAD and conditions like it say their conditions worsen with the holiday season according to the National Alliance on Mental Illness. Often, the holidays are portrayed as a time of pure joy and love. However, with school, family dynamics, and stress, the holidays can be underwhelming. Many doctors say that the expectations that come with changes in season can further increase a patient's seasonal depression. This is why it is extremely important to try and stay relaxed with the condition and spend whatever free time you have with loved ones.

According to Ever Mind Matters (EMM) leader, Maddie Ando '23, "Seasonal

depression is sadly very common in gray and rainy climates like the one we live in in Seattle. I would say the best thing to do is contact your counselors."

More advice Ando gives in coping with seasonal depression includes breaks from social media, going on walks/hikes with friends, moving your body, journaling, or meditation. "Talk to your doctor if you are experiencing more serious symptoms," said Ando.

If experiencing seasonal depression, it is extra important to slow down and feel gratitude. Emotional strain will always make it harder to feel positive emotion which only contributes to the already depressing winter months. Whether an individual has been diagnosed with seasonal depression, or feels just one or two of the symptoms, it is important to reach out for help! Along with help from professionals, like the lovely Prep counselors, here are some easy ways to feel joy and spread some love during this dark and rainy season:

## This Crazy Thing Called Empathy



ANNIE ROSKE '23  
Editor-in-Chief

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

Psychologically, empathy is the ability to identify and share in other's feelings. It is crucial in developing stable relationships and trust between people. Social empathy builds on that foundation and adds aspects of context and perspective. For example, social empathy involves understanding others life experiences and using that understanding to connect with their opinions, despite their perspectives being different than yours.

In a world where the social, cultural, and political arena can feel divided, social empathy is critical in moving past any initial separation. Politically, this split is apparent mostly in the bipartisan system in the United States. It is easy to assume a right-wing individual has beliefs that directly contradict that of a democratic voter. Assumptions likes these make finding a middle ground almost impossible. Aspects of social empathy act as a stepping stool to eventually reach that compromise of beliefs. It is not about giving up what you believe or sacrificing your values, but more about recognizing the experiences that gave you those values and accepting that not everyone has the same experience or life circumstances as you.

Social empathy is also important in day to day conversations. As a student, I have noticed small instances in conversation where peers have commented on having a difficult class, and it is immediately met with expres-

sions such as "my class is harder than yours." I think the aspect of competition, not just in students, causes an immense setback in the progress of social empathy. Conversations do not have to, and should rarely ever, resemble a contest of who's life is harder, who's struggle is greater, or who's experience is the most distinct. We need to remember that our experience and our opinion is no less significant just because other people experienced it differently. Life is not about overcoming the most or competing with others, and the idea that it is fogs the development social empathy works so hard to create.

A pillar in social empathy is understanding. Growing up has shown me the importance of understanding that not everyone has the same circumstances as me. I had to develop the ability to look past my bubble of privilege and see into the world of others. Once I was able to do this, the dramatic gap in opinions began to close and perspectives began finding a middle ground.

The lack of empathy the world is facing is a threat to the kindness the world so desperately needs. With divide becoming so apparent, it is crucial we develop the ability to recognize others positions and focus less on differences between groups of people and competition within relationships. We need to focus more of our energy on not just having respect, empathy, and kindness, but showing it as well. It is important that we look at our experiences that shaped our opinions and show gratitude towards them, and in the wise words of Tim McGraw, "When you get where your going don't forget to turn back around, and help the next one in line. Always stay humble and kind."



Get Movin’ Panthers!

HANNAH HUDDLESTON ‘24  
ROSIE HUDDLESTON ‘24  
Freelance Writers

Everyone has their own way of re-charging. Many high school students occasionally experience a low sense of well-being, as feelings of anxiety regarding grades, homework, and social life can adversely affect their mental health. Exercising is a tool people can use to center themselves, for they are able to engage with something other than their worries and stresses. Prioritizing exercise is a key factor in strengthening mental health.

According to Mr. Smith, the head of the Prep boys’ soccer program and Life Fitness and Health and Wellness teacher, teenagers often feel they lack sufficient motivation and/or time to incorporate exercise into their busy schedules. The American Academy of Pediatrics recommends teenagers ages 13 to 17 partake in one hour of moderate to vigorous exercise each day. The reality is that a little exercise each day leads to more energy and to clearer thinking and heightened performance. Smith stated, “Think of exercise as a bank account; it is an investment that boosts returns. Whenever one of my soccer players is on injured reserve, it has a drastic impact on the psyche. They can get moody and depressed”. Furthermore, Smith does not believe in using exercise as a form of punishment. He would rather frame exercise as a reward.

For students who don’t play a sport, the challenge of staying active might seem overwhelming. The irony is that while such students might think they can use that “extra” time for their studies, they lose out on the benefits of feeling re-energized and promoting heart-healthy routines that lead to better academic outcomes.

Prep Spanish teacher, Señor Martin, is certified in yoga and sees exercise as a gift to oneself. He believes that yoga, or any form of exercise helps individuals to feel empowered and confident in themselves. Whether for physical and/or spiritual reasons, yoga is an accessible outlet for people seeking to decompress and feel rejuvenated. When it comes to giving high school students advice on general exercise, Martin is clear about the importance of reducing stress, noting, “Exercise releases endorphins, and this helps improve mood. The increased dopamine that is created counters mental disorders that impair a person’s ability to think, to rationalize, to sleep, and to have friendships”.

Getting started with an exercise routine might seem difficult. However, all it takes is beginning with something small. Offering some easy suggestions, Smith stated, “Movement breaks are essential. Walk your dog. Walk with a friend. Find short periods of time during the school day to move. Instead of taking the car, walk. Get those endorphins going!”

### MENTAL HEALTH WALKS

#### BENEFITS:

- Reduces stress and anxiety
- Helps improve sleep routine
- Boosts energy and focus



#### ESSENTIALS:



TENNIS SHOES



HEADPHONES



MUSIC

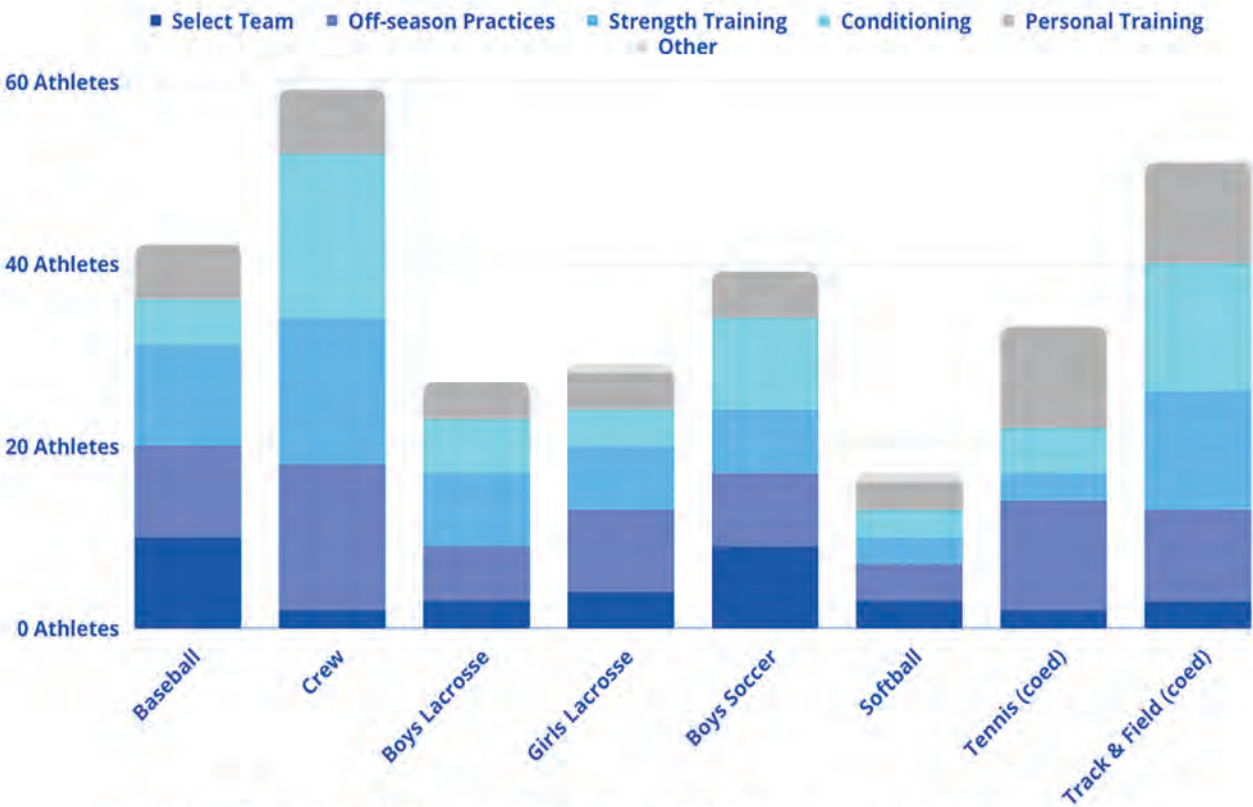


#### LOCATIONS:

Discovery Park - Magnolia  
Queen Anne Loop  
Volunteer Park - Capitol Hill

Graphic: AVA PITTS ‘24 & MARIA MCDOWALL ‘24

How Athletes Are Preparing  
SPRING SPORTS



FUN FACT: 60% OF ATHLETES GET LESS SLEEP DURING THE SPRING SEASON

Sample of 100 Seattle Prep student athletes through Google Forms survey.

Graphic: COLE HACKMAN ‘24

Developing and  
Protecting Our  
Health

LUKE WHALON ‘24  
Staff Writer

Aaron Maul, head coach of Seattle Prep’s football team and health and exercise science teacher, sat down to give some thoughtful and meaningful words of advice to students at Prep on how they can improve their overall health and wellness.

“A lack of hydration, nutrition, exercise, sleep, mindfulness work, and too much screen time are all challenges we face that are impacting our overall health and wellness,” Maul said. He went on to explain how taking small steps to improve ourselves is vital to overcoming these challenges: “It’s the start that stops us!”

With our eating habits, Maul recommended that “simply removing junk from your diet and replacing it with a favorite fruit or vegetable is a start.”

He then added that “going for a walk with your mom or dad, or walking your dog is fantastic for getting your steps, connecting with loved ones, and clearing your mind.”

With sleep being something that impacts all aspects of health, Maul suggested “setting a bedtime alarm and committing to a sleep schedule.”

Finally, he touched on the impact of our devices and how “we are losing our ability to focus because of how our devices are training us to process.” He emphasized that “we must recognize device addiction, daily screen time, and how it is impacting our brain chemistry.”

Maul concluded by praising the fantastic academics at Prep while also pointing to the effects of such vigorous academics on our health: “Our health is the most precious gift we possess, and we must be intentional about developing and protecting it.”

Instead of taking the car, walk. Get those endorphins going!”



Food is Fuel

BROOKE NOWAK '26  
Staff Writer

Imagine a car that is powerful, valuable, and must be well-maintained. Part of taking care of the car is ensuring it has a certain amount of the best fuel possible to keep it in shape. In the same way, your body requires suitable types of food as energy to function efficiently and power you for your activity. Getting the right amounts of healthy foods can improve your mood and energy, prevent disease, and support your overall health. Understanding how to fuel your body best is essential, especially for athletes.

As an athlete, it is vital to get nutrients before doing an activity or a workout. Without energy from food, it is like driving on an empty gas tank; you won't be able to burn as many calories or maximize your exercise. Before exercise, staying hydrated by drinking water and eating healthy carbohydrates such as whole grain products or fruits and vegetables is crucial. It can be beneficial to avoid eating saturated fats to digest faster and receive the most oxygen possible and energy-delivering blood to muscles. A simple way to energize is by eating a piece of fruit a few minutes before. Eating foods that are easy to digest can help you feel energized and ready to work.

Your body needs to be fueled before a workout and throughout it. During exercise, take "pitstops" by taking water breaks which can help to avoid cramps and exhaustion. Getting the right food after the workout is just as necessary as beforehand to "refuel the tank." Always try to stay hydrated with water or 100% juice.

When you work out, your body burns carbohydrates as fuel. For the next 20-60 minutes, your body will be able to store the healthy carbs you eat in your muscles to repair and for energy. Protein is a great option for nutrients after a workout as well.

While there may be general suggestions for how someone might fuel their body, it is also important to recognize that different bodies, like cars, function differently and require different types of fuel or nutrition. A balance of foods and energizing your body will make a big difference in your everyday life. It can help keep your mental and physical health in shape, help you perform and recover to the best of your abilities and keep your "car" running.

Finding the Perfect Balance

BEN OSWALD '25  
Staff Writer

Balancing school and sports are no easy task, and adding time to hang out with friends and family can be even more challenging. So, how do students at a rigorous high school manage that balance and how can they change their lifestyle to maintain balance? Dr. Rosellini, a counselor at Prep who specializes in working with student-athletes, Liv Gooding '23, a committed swimmer to Vanderbilt University, and Matthew McGowan '23, an avid soccer player and academically passionate student, shared some advice regarding how to balance these things.

The first advisable strategy to finding balance in school and extracurriculars is to make to-do lists. To-do lists are often

Mental Health of Student-Athletes

BRIDGET CANNON '23 &  
KATE CANNON '26  
Staff Writers

One of the many things Seattle Prep prides itself on is the championship-winning athletic programs that most students participate in. With nineteen different sports and forty-four different teams, the athletic atmosphere creates spirit and community that connects the student body, alumni, and parents. Prep's athletic programs have been very successful over the years with multiple sports taking home state championships, and almost all programs winning metro league titles. When watching these wins, you are captivated by the joy and unity radiating off of our proud panther athletes and it is easy to forget that they are also full-time students. Behind these victories lies an immense amount of time, effort, and dedication put in by every single student on the team. Being a student-athlete is not simple. It takes drive and resilience for all athletes at Prep to manage school, practice, homework, friendships, and their own mental health.

Many Prep students are multi-sport athletes. Participating in multiple sports, especially at once, can influence the prioritization of mental health. Getting work done and turned in on time is a challenge for dedicated athletes. Blakely Grove 26', a multi-sport athlete who played JV soccer in the fall, Varsity basketball in the winter as well as club soccer said "Definitely on the days where I have both soccer and basketball, getting work done in study halls, in between sports, in the car,



Photo: JONG LEE

and making sure I get it done the day it is assigned is helpful." Although handling sports and academics can be stressful, oftentimes athletes use sports as an outlet to relieve stress and anxiety created through school. Blakely Grove 26' stated, "There are some days that I don't want to go to my sports, but I am always glad that I do." It is easy for individuals to feel suffocated by their athletic pursuits as it seems to take over most of their time and generates a new blanket of pressure they must deal with. Senior Ava Berard, a UC Davis beach volleyball commit elaborated on how the stability of her mental health has affected her performance over the years saying: "Most of the time I can regulate my mental health but at some points in competition and practice that my

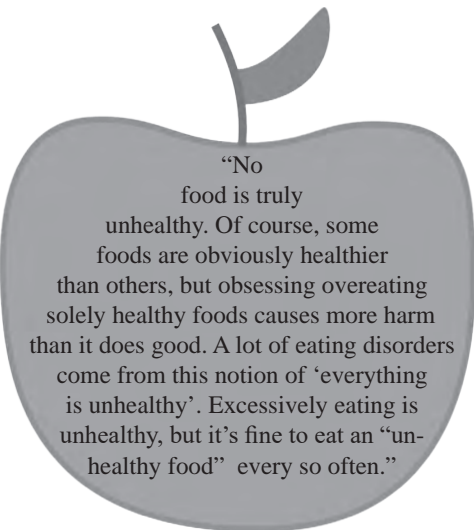
mental health is overwhelming, and I cannot do anything to stop it from overcoming me." Ava continued to break down her week stating that she spends twelve hours training, ten to fifteen on homework, and averages six to seven hours of sleep per night.

Trying to balance athletics and academics all at once can have major effects on your mental health. Homework, practice, games, and studying take up most of a student athletes' life. Although it is experiences at prep, nationwide students all over the world struggle with balancing their social, academic, and athletic activities.

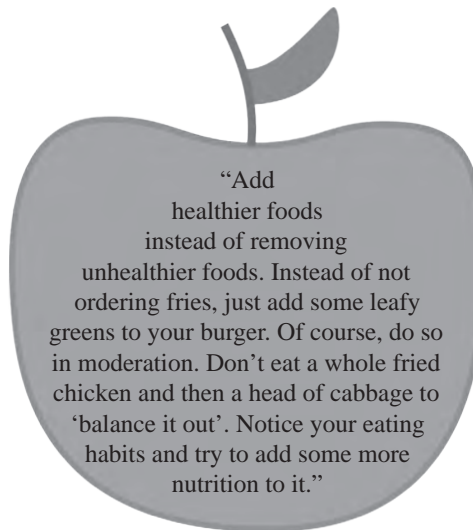
Healthy Eating Advice From Cooking Club

KIERA MUNKO '24  
Staff Writer

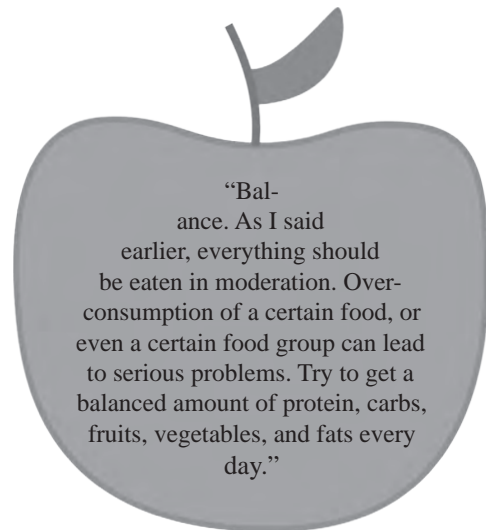
Having healthy eating habits is essential, as it ensures bodies have the nutrients they need to grow and develop. Here are a few tips for healthy eating from the president of Cooking Club, Gabe Tanumihardja '23:



"No food is truly unhealthy. Of course, some foods are obviously healthier than others, but obsessing overeating solely healthy foods causes more harm than it does good. A lot of eating disorders come from this notion of 'everything is unhealthy'. Excessively eating is unhealthy, but it's fine to eat an "unhealthy food" every so often."



"Add healthier foods instead of removing unhealthier foods. Instead of not ordering fries, just add some leafy greens to your burger. Of course, do so in moderation. Don't eat a whole fried chicken and then a head of cabbage to 'balance it out'. Notice your eating habits and try to add some more nutrition to it."



"Balance. As I said earlier, everything should be eaten in moderation. Overconsumption of a certain food, or even a certain food group can lead to serious problems. Try to get a balanced amount of protein, carbs, fruits, vegetables, and fats every day."

It is extremely important to take care of your body, and healthy eating is a big part of that. "At the end of the day, your health dictates everything you do," said Tanumihardja, "You only got one body, so you've got to treat it right."

overthought, but they can thoroughly help people get their tasks complete. Gooding shared, "Making a list in my notebook of my to-dos makes it so much easier. Whenever I write them down, I see I have so much less to do than I thought." McGowan advised when prioritizing work to, "think about what is due first and what is most important." Getting caught up in stress with a plethora of things to do can often be solved through making to-do lists and realizing what needs to be done that day and what can wait to be completed if there is not enough time.

Dr. Rosellini touched on what he calls the "bucket analysis." The bucket analysis is when you analyze your buck-

ets, which can include schoolwork, sports, sleep, social life, and much more. If you see an overload in one of your buckets, such as too much time on homework, you can see how that affects your other buckets, such as the amount of sleep you can get. Gooding shared the idea, "I think it is better to get extra sleep than stay up late studying." Sometimes, staying up late trying to perfect one's studying causes more stress than just going to sleep.

Finally, Dr. Rosellini highly emphasized one's time spent in nature and said, "A study showed that 20 minutes outside in nature proved people to be happier, have more energy, and overall better off." Taking your dog out on a quick walk, going for a

jog, or bike ride can really boost your mood and energy level. In addition, nutrition can positively impact your energy, by eating healthy foods and staying hydrated.

Finding a balance between attending a rigorous high school and extracurriculars can be a challenge, but sometimes it is best to take a break or talk to someone for some help. There are people within the Prep community, teachers, and counselors, who are more than happy to help students with their time management. Always reach out because asking for help is never something to regret.



# King of *Liver* or King of *Lies*: The Truth Revealed?

**DEAN JOHNSON '25 &  
BEN BURMAN '25**

## Staff Writers

**L**iver King is a body builder, business owner, and influencer who promotes nutritional advice and healthy lifestyle choices summarized by his nine “Ancestral Tenants”. Liver King is best known for his out of the ordinary diet consisting mostly of raw organs and meat. His followers, known as “Primals” follow his exercise and nutrition advice on various platforms such as YouTube, Instagram, Tik-Tok and more. Liver King is a unique and popular social media star, but he is not without controversy.

Although some of the Liver King's teachings are unanimously agreed to be sound, such as the benefits of exercise and the value of family connection, many have argued that his promotion of nutritional choices consisting primarily of raw organs and meat is irrational and not backed up by any science to prove that this diet is especially beneficial in any way. Also, Liver King's unusually impressive muscular build has caused major social media figures such as Joe Rogan to accuse Liver King of steroid use. Amid Liver King's rise to fame and the world's suspicion of Liver King's steroid use, he repeatedly denied these accusations and provided questionable evasive responses when asked about the matter.

A popular internet and bodybuilding skeptic, Derek of the YouTube channel “More Plates More Dates” posted a video titled the “Liver King Lie” on November 28th, 2022, presenting and analyzing leaked evidence of Liver King’s steroid consumption including an email originally intended for a coach specifically detailing his usage. After this information was leaked, Liver King addressed, admitted, and apologized for his lies about the usage in a video titled “Liver King Confession... I Lied.” and posted via his Liver King YouTube channel.

People opposing Liver King criticized his use of steroids because people believed that he was using his unnatural yet impressive physique to advertise his supplements for personal monetary gain. Also, people believed he used his looks to push an unrealistic narrative that following his diet and lifestyle would make one appear as muscular as Liver King.

Seattle Prep Health and Wellness teacher and head of the Boys' Soccer Program David Smith provided some insight into the controversy surrounding Liver King. Smith presented the idea that "Any time anyone comes with an extreme dietary program you must be a little skeptical. Ob-

viously, liver is a wonderful nutritious food, . . . but whenever someone comes with a claim when there are monetary gains to be made from popularity or sales or notoriety you always must be skeptical." Smith added that this applies to the incentive of Liver King lying about steroid use because monetary gain and notoriety can be a strong potential incentive.

Smith also shared his perspective that, “there’s no way someone can be that (muscularly) big without potential supplements . . . and looking at how big he was you would always suspect there was some performance enhancement”

In his apology video Liver King said, “Liver King the public figure was an experiment to spread the message, to bring awareness (...) Our people are hurting at record rates with depression, autoimmune (diseases), anxiety, infertility, (and) low ambition in life”.

An occasional viewer of Liver King's content and Sophomore at Prep Charlie Fisk<sup>25</sup> provided some commentary on the matter saying, "I appreciate how Liver King promotes weight training, exercise, and living a healthy and active life. (...) Even though Liver King did lie about using steroids which I think is wrong, I appreciate that Liver King is trying to help people live healthier lives, especially because we live in a time where this is rare".

Another Prep sophomore Truman Neuburger '25 shares some of his appreciation for Liver King's content "Liver King's daily snapchat videos brighten my day; I chose to disregard his dishonesty and steroid use because I believe he is trying to convey a good message."

Liver King now claims to be “nat-ty”, a term for natural body builders not using any performance enhancing drugs. Liver King now posts videos and photos documenting how he maintains his looks even while being off of steroids as well as posting old videos of him before the fame attempting to prove he has always been quite strong and muscular. Smith presented the idea that Liver King may be cycling steroids saying, “Many people cycle performance enhancing drugs and although he’s saying he off them now doesn’t mean he won’t go back”.

Smith also added, "I would be skeptical whether or not that (he is off of steroids) is truthful . . . but I believe everyone deserves a second chance."

Surprisingly, Liver King now seems to be even more famous than before all the controversy and retains a large following so it can be expected Liver King will continue using social media to show off his usual antics lifting, shouting, and most importantly eating liver.

# Pros and Cons: Coffee



GRAPHIC: RYAN MAH '25

# Daylight Savings: Why Should You Care?

**ANNA ROBERTS '23**  
Visual Editor

We all know what daylight savings entails, after all, we all rejoice at the extra 1 hour of we have gained in November and find ourselves tired when we lose that hour in March. It is easy to dismiss this habit as not affecting our lives personally. However, in the light of recent events, it is important to understand, why this issue may be more relevant than you think in the context of your wellbeing.

Daylight savings has its origins in World War 1, created to save electricity, and remained in many countries, with the US adopted it permanently in 1966. During the

winter months standard time is in effect, and the sun rises earlier in the morning. In the summer months, on the other hand, the US is on Savings Time, in which an hour of light is lost in the morning, resulting in longer light in the evening instead.

While it may seem small, studies have shown that this loss of an hour of light in the morning has a significant impact on people's overall wellbeing and health. Sleep experts such as Dr. Elizabeth Klerman of Harvard Medical School agree that "Making the time change permanent would make the chronic effects of any sleep loss more severe", as it is detrimental to one's sleep cycle to be off from the body's natural sense of day and night.

Studies have shown that the loss of sleep resulting from this interruption of natural sleep cycles can lead to a wide array of issues, including mood and metabolic disorders and overall worse immune health. Of course, it is well-known that less sleep is worse for our bodies, but this connection between loss of sleep and lack of daylight in the morning indicates that setting our clocks

back might be negatively affecting your health.

Despite this research, many politicians have recently begun to challenge the current system.

Backers of this effort suggest that it is better to remain in Daylight-Savings, or wintertime the whole year round, and that states should be allowed to use this policy instead.

In March of 2022 the senate passed a bill that would allow for states to implement this permanent daylight savings time, hoping that this might result in an increase of commerce and recreation with light later. This bill has not yet been passed by the house,

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***Beth Klerman*** But how would this effect you? For Prep students

this could aggravate an overall lack of sleep that already is common in our community. Many students find it harder to wake up in the morning when it is still dark out, and this would only be made more difficult by the switch to permanent daylight savings time. This could then lead to more issues students already struggle with such as illness, stress, and even seasonal depression.

Though these changes may seem small, in the case of our wellbeing, small changes can make a big difference over time. Likewise, though this issue may seem unpersonal, it is important to consider how it may effect not only your personal health, but the wellbeing of your community as a whole.

As researchers from the Journal of Biological Rhythms agree, “We must recognize the important role of light in shaping our daily behavior and in maintaining our health and well-being”.

***Making the time change permanent would make the chronic effects of any sleep loss more severe***  
***-Dr. Elizabeth Klerman***

THE SEATTLE PREP PANTHER

# PAWD CAST



**Hey Panthers! To kick off the second semester Alex Ruelos '23 interviewed Kenny Ouedraogo '25 and Dean of Students Mr. Hendricks, on both the student and administrative perspectives on gender neutral bathrooms. To learn more about how the bathrooms got established, where the bathrooms currently are, and exciting future plans, tune in to this episode!**



# The Art Cure: How Art Can Help Heal

SYDNEY LEARDI '23  
Online Editor

For many, the conventional methods for combatting mental health have not been leading to the desired results. As more research and studies are brought to light, there is more options and practices to aid in various situations. Art therapy has become more popular over the years as a tool that uses creative processes and art materials as a healing process.

There are many experts and people with whom art therapy is the emphasis of their career. Marygrace Berberian, a licensed and registered Art Therapist and licensed clinical social worker, is the Director of the New York University Graduate Art Therapy Program. She recently focused on the rehabilitative benefits of community-based art therapy for adults struggling with degenerative diseases. In speaking with her, Berberian accredited the pandemic as causing a heightened level of stress to high school students on top of the already tumultuous time of their lives. As there has been an increase in harmful substance use and behaviors, it is crucial to raise awareness about other, better-coping options. Berberian states that “making art reduces cortisol levels and blood pressure as well as promoting healthy growth in cells,” producing scientific evidence of art benefits but also

comments that art allows students to “unpack things and ideas that they might not otherwise talk about.”

When working with students, most art therapists work either one-on-one or within small groups because of the intimate thoughts that the art helps to process. Within these sessions, they might focus on a specific topic, such as healthy boundaries. Berberian says there are numerous ways to use the art process as therapy. She points out that “a student may be drawing and say that they couldn’t get through it without erasing it many times because it needs to be perfect” and at that point the therapy then shifts to focus on asking the student to “tell me more, what’s that voice telling you and why do you think the art must be perfect?”

Art therapy does not also need to be structured in a clinical format. Daily doodling on notebook paper or intentional sketches or journaling “sets you up in a mindset to check in with your body,” says Berberian. There are even apps you can download to make digital art to add to the convenience.

In a STEM field-based world, it is important for us to promote creative and artistic practices. There is immense value and benefits in prioritizing these subjects. Art adds to someone’s identity and how others can perceive them in a holistic sense.

# Music Heals

## Album Club’s Take on Health and Wellness

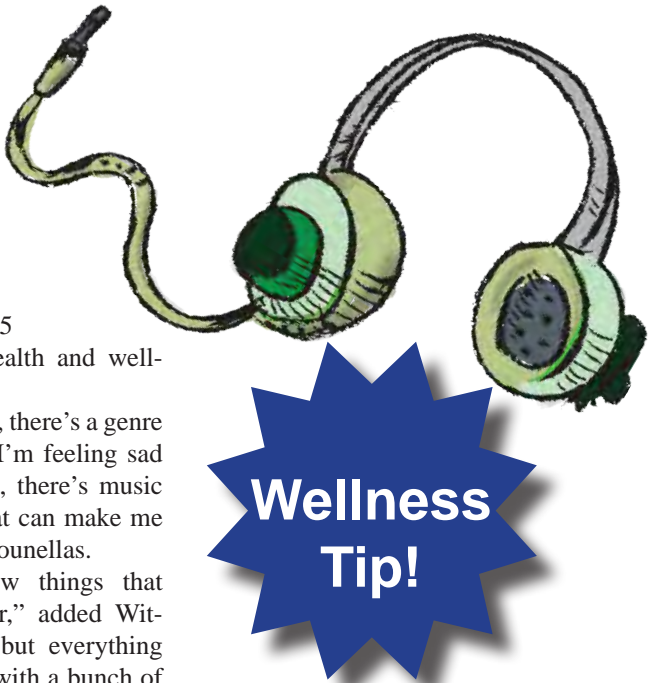
JEFFREY GO '23  
Editor-in-Chief

Album Club is a newly founded club this year centered around all things music appreciation. Co-founders Chaz Witter '25 and Basil Kounellas '25 talked about improving health and wellness musically.

“Any mood I’m in, there’s a genre to listen to. It can help if I’m feeling sad and need some alone time, there’s music if I’m feeling hyped up that can make me even more excited,” said Kounellas.

“There’s very few things that music doesn’t make better,” added Witter. “Not just the music, but everything surrounding it too. I bond with a bunch of new people through the music I like, and through Album Club, I’ve made a ton of new connections.”

Music is more than just singers and instruments. “I do appreciate music in that regard, but I also see it as a reflection of what people and emotions. I feel like there’s always some music that reflects whatever you’re doing,” said Witter. “I love hearing other people’s perspectives



and relating it to my own life through the emotions conveyed in the songs.”

Both Kounellas and Witter welcome anyone that’s interested in Album Club. “It’s very open to everyone,” said Kounellas. “You could’ve just started getting into music or be very musical already. We do all types of genres, so if you only into one genre it’s going to get you out of that and get you more variety in your music.”



SOLIANA FISHATSION '26 &  
BALIEY HACKMAN '26  
Staff Writers

Here are some amazing pieces from Prep artists about mental health. The pictures below are from stu-

## MENTAL HEALTH IN Art



dents in AP Art + Design, Digital Drawing, and Printmaking. A piece of art holds a lot of meaning. Each color choice and stroke is intentional and usually tells a story.

Junior Isabel MacLean-Cury highlighted the connection of mental health and art, explaining how creating art helps put

her emotions into something beautiful, like her art piece “Mother.” MacLean-Cury explains why she named her piece “Mother” saying, “I grew up with two dads so I never had a mother or a motherly figure in my life. To me this piece symbolizes that missing connection in my life.”

MacLean-Cury created her piece in Ms. Petty’s digital design class, and she looks back on it saying, “It’s one of my favorite pieces I’ve created because I was able to use this collage to express my feelings on not having that specific relationship in my life that nearly every other person has.”

Photo Credits (from left to right): Maddie Ando '23, Isabel MacLean-Cury '24, & Kat Lord Krause '23

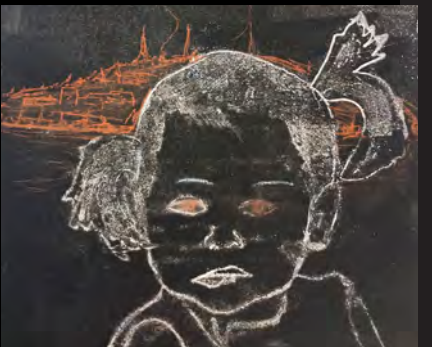


Photo Credits (from left to right): Nellie Walsh '23, Grace Kratz '24 & Jane Turner '23



# How To Love Valentine's Day

PALOMA HISSONG '23  
Staff Writer

Each year, couples in committed relationships look forward to Valentine's Day, leaving everyone else wondering how to celebrate this holiday—or if they even should at all. Valentine's Day can be just as important to friends and families who want to express their love for one another as it is for people in relationships. Even those who don't have a traditional "Valentine" have people with whom they can celebrate this holiday.

By February 14th, Prep students have endured a long winter, two separate finals weeks, two seasons of sports, and countless other exciting—but sometimes draining—experiences that make self-care and self-love so important.

If anything, Valentine's Day should be a reminder to students to take care of themselves and the people around them. Senior Kat Lord-Kraus shared how she practices self-care around Valentine's Day: "I like writing cards for my friends, eating chocolate, and getting flowers."

"A fun thing to do on Valentine's Day is hang out with your friends, maybe watch a movie, and have a little 'galentine's' day," Sophia Kennedy '23 said.

Even after the holiday passes, there are still many habits students could develop to better embrace the spirit of Valentine's Day. These could include writing letters to relatives, giving more hugs, coming up with an at-home self-care routine, saying "thank you" more often, watching more Rom Coms, saying affirmations, and so much more.

Lord-Kraus added, "To stay in the spirit of Valentine's Day, you should tell the people you're close to that you love them, wear pink and purple and red, and eat chocolate!"

Another fun part of Valentine's Day is the gift-giving that can go along with it.

Exchanging gifts is certainly not necessary on this day, but a reliable path to stick to if picking out a gift is something self-care related or something indulgent. Try to think of something the person would use and enjoy, but perhaps not buy for themselves.

Of course, in addition to thinking of their loved ones, it is still important that Prep students prioritize taking care of themselves. If anyone needs a reason to splurge on themselves this Valentine's Day, take it from Kennedy: "If you want to buy yourself a gift, treat yourself!"

Check out the  
Prep Comic!  
Yuna and Carter  
by: Janaya Cataquis '24  
& Jaimie Kim '25



# A Full Night of Sleep: Essential, yet Scarcely Achieved

MARGOT GWYNN '23  
Online Editor

The quick pace of modern life can make it difficult to stop and rest. Although overlooked, sleep is an essential function needed to maintain mental and physical health. Despite being told that sleep is crucial for success, Prep students rarely achieve a full night of rest.

A study done by Johns Hopkins pediatrician Michael Crocetti indicates that teenagers need between 9 and 9 1/2 hours of sleep per night to undergo the second developmental stage of cognitive maturation, yet only 5.2% of students at Prep who responded to the schoolwide poll get over 8 hours each night. Over half of the student population only gets between 5 and 7 hours a night and attribute the challenge of sleeping the recommended amount to the amount of time that needs to be dedicated to homework, sports, family responsibilities, personal interests, and extracurriculars after school each day.

Jasper Park '25 shared that it can be difficult to get a full night of sleep when after school he's "doing a sport, working on homework, trying to go to the gym, eating dinner, and doing stuff with family."

Sarah O'Connell '23 shed light on other challenges of getting to bed at a reasonable hour and stated, "My phone can be really distracting at night. I also sometimes feel that I get an unnecessary amount of homework and I'm up late doing that, but other times it's my own fault and poor time

management."

A lack of sleep not only has long-term consequences on one's health, but also on an individual's mood throughout the day, ability to interact with others, capacity to understand and retain information.

"If for some reason I don't get a good amount of sleep, by the end of the following day, I feel terrible . . . I can definitely feel a difference in class because it's so much more difficult to focus," said Millie Matthews '26.

According to the American Academy of Pediatrics, high schools should start at 8:30 a.m. or later to give students the opportunity to get the sleep they need. Park supports this concept and stated, "I think it's probably a good idea to start school later because it's easier to sleep in later than it is to get to bed earlier because of natural sleep cycles."

Emeline Belliard '26 said, "I think it's important, from an educational standpoint to get in as much learning as possible, so if this were to happen and the amount of time students are in school doesn't change then I think that that's fine. But if we start later, we're just going to end later, and I'd rather get out earlier."

Although it can be difficult to manage the workload at an academically rigorous school and balance one's studies with the activities and passions that make Prep students so well-rounded, it is important to strive for a full night of sleep to give oneself the rest that one needs and deserves.

# Never Too Young to Make a Difference

KATHERINE KAISER '25 & SOPHIA MAGNANO '25  
Staff Writers

Logan Pressnall '25, a former sophomore at Seattle Prep, is committed to being a person for others by managing and founding three non-profit organizations. Pressnall's founded his first non-profit, creating care bags for the homeless, ten years ago when he was in the 1st grade. Pressnall's second non-profit focuses on getting menstrual products into bathrooms for trans and nonbinary individuals. Pressnall is developing an app that breaks down rare genetic conditions to give individuals an extra resource of comfort, help, and information.

Pressnall utilized items donated by the freshman during this winter's Prep Giving Tree in his own giving tree. Pressnall purchases items for his care bags such as hats, scarves, gloves, socks, blankets, protein bars, candy, bright waterproof ponchos, and menstrual products with his years' worth of allowance. These care bags are then hung on trees throughout Seattle's homeless parks, the primary location being Northgate. Each item is placed in an individual bag so that people can take what they need.

Over the past ten years Pressnall's organization has tremendously grown and even earned an award. With the award money, Pressnall was able to purchase more items for the homeless. Looking forward, Pressnall said, "I hope to set up a summer giving tree with how hot Seattle summers are getting".

When asked what inspired Pressnall to start his three organizations, he said that "it is a way to give back; I have the privilege of having these items and I want to help others, especially in harsh Seattle winters". Pressnall said, "My favorite memory was when I was driving past a homeless park about 5 blocks from where the giving tree was set up, and I saw a group of people with these bright colorful ponchos". To many, having a rain jacket or waterproof gear is something that is taken for granted, but, as Pressnall commented, "such a little thing can make such a great impact".

Pressnall took part in a nine-month program for teens who want to change the world with the use of technology. This program allowed Pressnall to make various reliable connections throughout the world such as being able to find an employee in Edmonton, Canada, to help expand his giving tree beyond the Seattle area. This network also helped Pressnall find a co-founder in Massachusetts to help found his non-profit focused on providing menstrual products in men and gender-neutral bathrooms. Pressnall and his co-founder already have a pilot school in New York.

Pressnall's commitment to helping others is an inspiration and proves that all of us can start having an impact in our communities even as teens. After all, Pressnall was just seven when he started.

## Seattle Prep Students and Sleep

Graphic By: Alden Arnold  
Visual Editor

