

The Seattle Prep Panther

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RICHARDSON

FIRED??

Faculty tells all...

DENIM AND DIAMONDS

'Hendricks ecstatic about new prom theme'

Late Starts EVERY DAY

MERLINO CENTER

SPORTS CENTER OR
PARKING GARAGE?

NEW OLYMPIC WEEK EVENT ANOUNCED

Cover by Anna Roberts '23

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

AI Tool Chat GPT Raises Concerns About Plagiarism and Critical Thinking in Education

ALDEN ARNOLD '23

Visuals Editor

The use of artificial intelligence (AI) in education has been a topic of debate for many years, and it continues to be so as the technology becomes more advanced. One such AI tool is ChatGPT, a large language model that can assist students with academic tasks. However, teachers have raised concerns about how ChatGPT is affecting their ability to grade school work with academic integrity.

One of the main concerns is that ChatGPT could be used for plagiarism. Students can input a question or a topic, and ChatGPT can generate a response that is similar to existing sources. This could make it difficult for teachers to detect plagiarism, especially if they rely solely on plagiarism checkers. It could also be challenging for teachers to determine whether a student has intentionally or unintentionally copied another's work.

Another concern is that ChatGPT could lead to a lack of critical thinking and independent research skills. Instead of engaging with the subject matter and developing their own ideas, students may rely solely on ChatGPT for answers. This could result in lower quality work that does not reflect the student's true understanding of the material.

Despite these concerns, some educators argue that ChatGPT can be a useful tool for enhancing learning and improving grading accuracy. For instance, ChatGPT can be used to provide students with feedback on their writing, such as identifying areas where they need to improve their grammar or structure. Additionally, it can be used to grade objective assignments, such as multiple-choice tests or fill-in-the-blank questions, where there is little room for interpretation.

Overall, it is crucial for educators to find a balance between using technology to enhance learning while also ensuring

that students maintain academic integrity. Teachers must continue to adapt their teaching methods to stay informed and address the challenges presented by new technologies like ChatGPT. It is essential that teachers remain vigilant and proactive in addressing these concerns to ensure that students receive a high-quality education that prepares them for the future.

*This article and headline were written by AI program ChatGPT, prompt provided by Alden Arnold

Richardson Fired After Faculty Fridge Theft

GINGER DORAN '23 &

KATE CANNON '26

Staff Writers

Mr. Richardson has been a beloved Collegio teacher for the past 10 years. However, this past Friday, Richardson was fired on accounts of destruction of Seattle Prep Property and theft.

Following a seven-month investigation, there is evidence of the Seattle Prep bus "Big Blue" being taken for a joy ride and smashed into a tree. "Big Blue" was found with the front of the bus completely smashed. Fingerprints found along the wheel matched those of Seattle Prep's very own Xavier and Kostka Collegio history teacher, Mr. Richardson. "I can't believe Mr. Richardson was the one who did this. It was so unexpected." Elle Hayes '24' said.

Richardson thought he was in the clear after fleeing the scene, but the detectives were smarter than he thought. Richardson thought he outsmarted the cops by switching between taking his bike and driving his car to school. Despite wearing a ski mask while stealing "Big Blue" the security camera caught glimpse of his "The Panther" sweatshirt, which led the cops to Richardson.

Despite this crime, Seattle Prep's last straw with Mr. Richardson was his stealing from the faculty fridge. On several occasions teachers have spotted Richardson stealing their food out of the shared faculty fridge. Many teachers had realized their food was gone when they opened the door of the fridge at lunch, and they finally caught the culprit, Mr. Richardson. "I went to grab my leftovers for lunch, and there was Mr. Richardson, sitting eating my food." Mrs. Vincenzo said.

Teachers appealed to Seattle Prep President Robert Jordan that this must come to a stop, and it's been going on for far too long. After a long discussion with Richardson, Jordan thought it was the best idea to fire him. Richardson argued that everyone was lying, and it was someone else who was



Photo: Anna Roberts '23

Collegio Teacher and Journalism Adviser Micah Richardson was caught stealing food from the faculty break room. Richardson was recently terminated as a member of the faculty.

stealing the food and crashed "Big Blue", but he was outnumbered, and everyone knew it was him, and was asked to leave. Richardson packed up his things and exited the Seattle Prep building for the very last

time this past Friday.

When asked for a comment on this article, Richardson replied "I don't talk to the media."

Conformity or *Chaos?*

Prep Students Respond to New Mandatory School Uniforms

GRACE ROTHROCK '23
Staff Writer

The dress code has been an increasing source of controversy in recent school years and this year is no different. With tensions rising since the stricter enforcement of proper dress code this school year, Seattle Prep administration fired back with the creation of a new stricter, more conservative, color coordinated uniform.

Effective immediately, students will be required to conform to a dress code of classic plaid pleated skirts, button ups, slacks, ties, and collared shirts. Dean of Students Mr. Hendricks claimed the change will “strengthen the reputation of our prestigious institution.”

The purpose of the dress code change is to create uniformity and discourage dress code violations while keeping in practice with tradition that thousands of other Catholic schools around the world practice.

The announcement has sparked outrage among many students, some claiming they will outright refuse to purchase the new uniform, let alone wear it. Senior Bella Matthews said, “Why would I spend my money on a school uniform when I could buy cute clothes instead?”



Photo: Grace Rothrock '23

Ginna Owens '23 models the new Seattle Prep uniform. Uniforms are being mandated to strengthen the reputation of the school.

Senior Paolo Almario exclaimed that instating a mandatory uniform is “a violation of students freedom of expression.” He along with other students feel that the enforcement of uniforms takes away from kids’ sense of individuality.

On the other hand, some students are more in favor of the new dress code change. With many Prep Students coming from Catholic middle schools in the greater Seattle area, a large portion have previously worn school uniforms, including junior Courtney Stockwell who said, “It’s kind of nice to not have to pick out a new outfit every day.”

Despite the controversy of the decision, Hendricks along with other administrators are “optimistic that the uniform will eliminate dress code related JUGs and create a schoolwide unity that Prep needs moving forward.”

The question lingering is, will the decision be met with more chaos, or eventual acceptance from students and families?

Angered Students, Satisfied Teachers, and Saturday JUG

SOLIANA FISHATSION '26
Staff Writer

If you regularly get JUG, you’re in for a tough ride because Prep announced to *The Panther* that Saturday JUG can be implemented starting May 1st.

According to the Prep Academics department, an “increase in JUG, misbehavior, and distractions in class has resulted in the needed punishment of Saturday JUG. This more extreme form of punishment has been widely discussed among teachers, and finally all the departments and teachers have agreed to implement this action”.

In this new Saturday JUG, it begins at 10 A.M. and ends at 3:30 P.M. During this time students will pick up trash the neighborhood, deep clean the entire school, help out any sports or club activities happening during that day, and mow the neighbor’s lawns. It will be supervised by one member from the ASB student council or any teacher that happens to be free, to avoid students skipping or leaving while serving JUG.

As *the Panther* has been spreading the word, many students exploded in outrage. A junior, Blen Assegid said “Personally, this would really be hurtful to my grades, and hard for my life. It’s not fair, regular JUG is enough!”, and many other students agree with this sentiment.

One freshman gasped in disbelief at this news, he said “Personally, I wouldn’t even go if I got Saturday JUG. Wasn’t this school all for reformative justice? What happened to that?”. He raises many questions about the ethics of Saturday JUG, is harsh punishment the answer? Well, the students don’t think so.

Unfortunately, teachers have been very excited about this. Mr. Richardson said “I’m really looking forward to May 1st because regular JUG

just isn’t working. I always have the same kids day after day misbehaving, and giving them JUG doesn’t really do anything, so it’ll be really satisfying giving them Saturday JUG”.

Also, Math teacher Mr. Bennett wore a shirt saying, “I love Saturday JUG!”.

So, spread the word, mark your calendars, and remember the date May 1st because the beginning of an era of ruined weekends is coming.

Be prepared for SATURDAY JUG!

COMING SOON

Saturday JUG

10 A.M. to 3:30 P.M.

Bring work gloves, trash picker, and lawnmower

Juniors Say Goodbye to Lunch in the Great Room

PALOMA HISSONG '23
Staff Writer

The Great Room is known by all Prep students and faculty as a lunchroom and meeting place exclusively for upperclassmen. When the lunch bell rings each day, juniors and seniors rush up the Adelpia stairs and try to steal a spot in line for the refrigerated food items and snacks. But recently, unforeseen closures to the Great Room have sent frantic upperclassmen down to the cafeteria or across campus to the commons, causing unbearably long lines in those spots.

An incredibly long line to the Great Room sends seniors into a state of frustration and panic, but an entirely closed Great Room is even worse. These closures have brought light to how overcrowded the Great Room normally is and, frankly, how over-relied upon it is.

The seniors have expressed their concerns about this; many claiming “the juniors take all the food in the Great Room, and then there’s nothing left for us!” or “our usual lunch tables are being taken by the juniors.”

To remedy these problems and concerns, Dean of Students Mr. Hendricks and Chef Carter decided it would be in the best interest of the cafeteria staff and the beloved seniors to make the Great Room a seniors-only lunch destination. Chef Carter said, “Staffing issues has made it difficult to keep the Great Room open at all, so the best option at this point is simply having less students to serve.”

While juniors may be upset about this decision initially, Mr. Hendricks is confident they will find new places to eat lunch: “Juniors are lucky they can go off campus for lunch, so that’s still an option. And there’s plenty of food in the cafeteria.”

Now, seniors can relax as they head to lunch each day, knowing that the refrigerators will be filled with plenty of salad, sandwich, and soup options that will not run out before they even make it in the building.

JUNIORS OUT SENIORS STAY

ANY JUNIORS CAUGHT IN GREAT ROOM WILL BE GIVEN JUG

ONLY SENIORS FROM THIS POINT ON

Prom Theme '23 Goes Casual

MIA SCHWARTZ '24
Staff Writer

As spring peeks around the corner another exciting season approaches for upperclassmen at Prep... Prom Season! As juniors and seniors begin to search for dates and dresses Prep is excited to announce a new kind of prom this year. Prom is going casual! The theme for prom 2023 is... DENIM AND DIAMONDS!

It's time to channel your best Justin Timberlake and Britney Spears 2001 American Music Awards outfits energy and exchange your tuxes and long gowns for jean skirts and denim jackets. We asked Junior ASB class president Matt Kennedy what went into the decision for the theme this year and this is what he had to say, "Denim and Diamonds was all thought up by Mr. Hendricks! He told us he has been dying

for a chance to wear his new mom jeans and diamond earrings and what better occasion than Prom?"

Hendricks isn't the only person ecstatic about this year's theme, the Panther journalism sent out a pool and over



85% of faculty reported being a fan of the theme and can't wait to join in on the outfit fun.

For those looking to add a little glamour ... include some rhinestones in your denim-on-denim fit. Junior Emory Bozzuti has already begun planning her visit stating, "I have the cutest denim high-heeled boots that are sure to make my outfit perfect, the final touch I need to find is a bedazzled denim jacket then I will be dripped out head to toe. I cannot wait!"

Boys don't worry, jorts are more

than welcome (As long as they can stretch to all your dance floor moves). Set your calendars for April 22nd we can't wait to see you all at prom.

Prep Journalist Runs Out of Things to Write About

MAYA SALAZAR '24
Staff Writer

Prep Turns Healthy: Oranges Replace Cookies

Ava TINDER '24 &
Delphine MOCK '24
Staff Writers

The famous Seattle Prep cookies have been a staple in the astounding food selection for as long as it can be remembered. From the classic chocolate chip to the lemon sugar cookie – these fine deli-

isn't something to miss out on. Book it to the lunch line before they start selling out. Welcome to the new era of happier and healthier baked goods, enjoy!

"Instead of grabbing a sugary cookie after school I will feel much more refreshed when grabbing a juicy orange," says junior, Alison Choi.



cacies displayed in a wicker basket just before checkout in the lunch line are the highlight of many Panther's days. However, all good things must come to an end. It's time Prep switched up their options, and this means healthier items in the rotation. Specifically, cutting back on processed sugar is crucial. In just the next few weeks, the Smith Café will begin serving oranges instead of cookies.

With the recent pledge to cut back on sugar, Seattle Prep will be making this change in small steps, the first to go, cookies. These will not be taken away with no replacement. ORANGES! Tangerines, mandarins, blood oranges, clementines – the possibilities are endless! This wide selection of citrus straight from sunny Florida

While Seattle Prep understands that cookies are a tasty treat, they are not the healthiest snack option. They are high in sugar and fat, which is unhealthy for our growing and healthy student body. In contrast, oranges are a great source of vitamins, minerals, and fiber that are essential for maintaining a healthy lifestyle.

It is important that students develop healthy habits that they can carry with them throughout their lives. This change will help create a more positive school environment by promoting healthy choices. Change can be difficult but, in this case, Seattle Prep is ready to take the leap.

"Citrus is life." says Dean of Student, Andy Hendricks.

THE SEATTLE PREP PANTHER

PAWD
CAST



The latest episode of the Pawdcast tackles the controversial decision surrounding the new "Denim & Diamonds" prom theme. Scan here to catch up with ASB adviser Mrs. Lovejoy and find out about the decision to make a traditionally formal dance more informal.



Merlino Center Set to Open with Surprise for Seniors

EAMON MOHRBACHER '24
Staff Writer

On April 27th, 2023, Seattle Prep will celebrate the highly anticipated grand opening of the Merlino Center. Featuring a basketball court, weight room, track, turf athletic area, and HEX classrooms, the new building will greatly improve the student experience. Excitingly, it was recently decided that the Merlino Center would also include 25 new parking spots.

Located on the lower level, the space had formerly been reserved for storage; however, it was decided that the community would be better served with additional parking. Originally the parking was going to be open to staff members, but the faculty generously gifted this privilege to seniors, making this a "seniors only" parking lot. Juniors can apply NOW for a 2023/2024 parking spot. There is only a short list of criteria that needs to be met in order to be considered for a spot. Students who meet all the criteria will be entered into a lottery.

1. Only current juniors (Class of 2024) can apply for next school year.
2. Students must have 3.85+ GPA.
3. Students must not have ever received

- a parking or driving violation in the past.
4. Electric vehicles will receive priority.
5. No trucks.
6. Drivers must be willing to post a Prep logo sticker on their windshield.
7. All cars must be in the lot by 7:30 am and out of the lot by 3 pm each day.

Merlino garage will have its own parking monitor, ASC member, Philip Tank. Tank explains, "This is a great privilege for our seniors, because no carpool is required." He continued, "I appreciate clean cars that don't have squeaky tires or oil leaks."

Rising Senior, Stretch Limo, enthusiastically expresses, "I'm really hoping to get a spot. I heard the spaces are wider and there's no pillars in between. I always struggled with parking in the old garage. I'm hoping my parents will let me use their Tesla to get priority."

Jan Ford '24 shares her thoughts: "Not having to drive carpool for me will be a gamechanger. The kids I drive are always late in the morning, so now I'll be on my own clock."

This is a special time for the whole Prep community, and a way to show appreciation for all that the senior class brings to the school each year. So get those applications in, and we'll see you on April 27th!



Photo: Anna Roberts '23

The New Merlino Center parking area will give Seniors the opportunity to park even closer to campus

Late Starts EVERY DAY Beginning Next School Year

ALEX GARDNER '24 & MARIA MCDOWALL '24
Staff Writers

Panthers love their late starts, but as of right now, students only get them on Wednesday mornings. Starting next year, however, classes will start at 9:30am every single day.

Lucia Schneider '25 says, "I am so glad late starts are going to be all year round! I get so excited when I get to sleep in and get that extra hour of sleep. My stress levels are already going down."

Research from the Federal Institu-

tion of Sleeping-In has proven that students who sleep in have boosted energy, attention, and happiness rates throughout the day. Teachers, specifically those that teach classes in the morning during first period, are noticing a lack of participation, curiosity, and receptiveness in students. This reduction in concentration has undoubtedly impacted students overall education.

Ms. Alokolaro said, "I have noticed that the students in my first period chemistry class are significantly less attentive, involved, and enthusiastic than those in my later classes. It's almost like they are still asleep- like they haven't woken up yet

and their bodies are awake, but their minds are still asleep."

On average, Prep students get just six and a half hours of sleep each night, resulting in many suffering from sleep deprivation which can lead to depression. With the vigorous rigor of Seattle Prep's academics, students cannot afford this deterioration to the stability of their mental health.

Prep's Faculty and Staff were inspired to make this decision because they want students to excel as much as they can when in school, and they believe this will drastically improve the success of students. They have sought out and collaborated with

researchers, specifically from the Smithsonian Magazine, who have proved that sleeping in improves memory, regulates metabolism, reduces mental fatigue, and most importantly promotes happiness. Because a teenager's biology can't support the numerous neurological functions that are required of them early in the morning, an extra couple hours of sleep is vital in making a difference.

Prep, as a whole, is looking forward to this change, hoping the mental health of the student body improves dramatically with this new schedule.

Counselors Announce New "Bring Your Pet to School Day"

CLAIRE RULYAK '24
Managing Editor

Amid ongoing concerns about the mental health of high school students, the Seattle Prep counseling office announced that next month will bring the inaugural year of a new Bring Your Pet to School Day. On May 4, all students will be allowed to bring any house pet of their choice into all their classes as well as most sports and clubs. Pets larger than a guinea pig will be expected to eat lunch outside.

"My hope is that students will feel safer and more relaxed during the school day when they have the companionship of a pet," said Dr. Barry Rossellini. The main goal of this new tradition is to allow students to feel the comfort that animals often offer, especially after the pandemic that brought on a whole new set of mental health challenges for students.

Some concerns may come with this new approach to mental health counseling which Dr. B would also like to alleviate. Any student that has a fear of an animal is allowed to attend their class via zoom call from the great room which will be a pet-free zone for the day. "I would hate for this amazing opportunity to be overshadowed by feelings of fear," said Rossellini.

Despite the few concerns about pets, the general attitude towards Bring Your Pet Day seems to be a positive one. Abby Hendry '24 is especially excited about this

experience as she considers her black lab, Pepper, her best friend. "Me and Pepper already do so much together," Hendry said. "It will definitely be comforting to have another constant in my life here at school."

Another junior, Cassia Tomici '24, shares this sentiment. Tomici has a horse herself. Her horse, Sprinkles, is usually away living on a ranch in Eastern Washington. "Being away from my horse can be really hard on my mental health," Tomici said. "It's exciting to think that Bring Your Pet to School Day will bring a new excuse to reunite us." There are many other circumstances like this within the Prep community where having pets brings a special type of joy.

Even teachers will be able to bring their pets along with the students as mental health matters are not limited to teenagers. "My bunnies are just as excited as I am to be in the choir room," said music teacher Mr. Weeks. "I know that my day will be a little less stressful with furry friends by my side," he said.

The palpable energy of anticipation for March 4th is electric at Seattle Prep. As preparations and transportation arrangements are being made, Rossellini hopes that students will channel this excitement into creating a more positive environment at school. "I can't wait to see the sense of community grow with this fun new event," he said.



Photo: Eamon Mohrbacher '24

With the new change in pet policy, signage has been updated around Seattle Prep's campus.

St. Patrick's Basement Welcomes the Arts Department

JEFFERY GO '24
Editor-in-Chief

In a swift turn of events, Seattle Prep Administration has issued the relocation of the Arts Department under McDonnell Hall to the basement of St. Patrick's Catholic Church, effective April 10th. This move includes all of the art branches, including music, visual arts, and dance.

Following the completion of the Merlino Center, students and faculty realized that there was not as much space for athletics than first believed. The walk-in to this year's Olympic Week Opening Ceremonies gave students

a brief look into the newly finished building. However, the added basketball court and 2nd floor space simply isn't enough to accommodate the athletic teams. Music Ministry pianist Ien Hsiung '23 exclaimed, "There really just isn't enough space to run around or weight train in here."

This problem, along with general classroom shortages throughout campus, has led to the decision to relocate the Arts Department.

Once the underground Arts Department basement is cleared out, renovations and adjustments will be made to add more weight rooms and gym space into the empty rooms made. The choir room will be made into a state-of-the-art indoor basketball court, while the art room will be turned into a lifting room. "The athletics deserves our space. The arts as a whole deserve to be forgotten and subjugated further into the basements," said Meryl Ramirez '23, a member of the jazz band.

These rooms will be open for students to use during passing periods and lunch, perfect times to get some exercise in. It's still unclear what the dance and band room will be used for, but it is for certain that no art-related things will be happening in those rooms.

The new space for the Arts Department is not without its benefits. For instance, there will be one big hall for all of the art branches to fit in. This will bring the different arts together—while the jazz band practices their tunes, AP Studio Art students can jam out while creating masterpieces—a fantastic opportunity to bond with one another.

To make this idealistic vision come to fruition however, students will be required to clean the entire basement, removing any cobwebs and dusting the entire area. Time for this will not be allotted by the school, so students will be required to come at 3:00 PM April

1st, the week before the move in order to make the new art space spotless. "This will be a great bonding experience for the entire arts department," added Hsiung.

Students involved in any art program, including freshmen art, jazz band, AP Studio Art, and others, will be required to come to this migration day.

It's unclear if the St. Patrick's basement will be the permanent site for all things art. In the next coming years, it's possible that the arts department will be moved to a giant tent outside the Prep Campus. More updates are to come in the following weeks.

Upon hearing this news, Ramirez commented, "I think the shivering cold mornings [in the tent] will wake up our jazz band in prime shape for practice. This is going to be great!"

This will be a great bonding experience for the entire arts department
-Ien Hsiung '23

Move Over Liver King: The Lifestyle is Catching On

SYDNEY LEARDI '23
Online Editor

Think you are jacked? Think again.

Getting enough protein in? Maybe check your macros.

The internet had been taken by storm by the Liver King – bodybuilder, business influencer, and influencer who is known for his unconventional diet consisting of raw organs and meat – but now there is a new sheriff in town: Kidney Queen.

The King's intense lifestyle is no match for the new player in the game. This fitness "influencer" made her rise to fame by harvesting and consuming various animal kidneys and sharing her unique opinions to her 10 million loyal followers, also known as "Bestials."

While Liver King found himself in some hot water after revelations of steroid usage, Queen has a squeaky-clean record. Her image is produced purely from hard work and dedication, and a substance called Anadrol, which Queen assured was all-natural.

When asked about a day in her life, she described a detailed regime consisting of 4 a.m. wakeups, four 3-hour workouts, and constant fuel breaks.

Queen strongly stands against modern ways of food processing and nutrition, preferring to look to more ancient and raw ways to nourish the body. Regularly hunting for her own food, she has become an expert in the ways to properly gather and prepare, only giving herself food poisoning 4 times.

Queen often competes in body-builder competitions, aiming to show off any chance she gets. She also offers free class in parks to teach others how to live, both mentally and physically, to their fullest potential as Bestials. For her big events, she even teaches the hopeful Bestial how to cut and eat undisclosed animal kidneys (bunnies).

Queen is rising exponentially across all platforms and her followers are excited to see where she is headed. Her dream future consists of running a business to help others achieve the kind of unnatural body that they have always dreamed about.

Prep Goes Vegan in Commitment to Sustainability

DELPHINE MOCK '24
Staff Writer

With a new commitment to reducing our carbon footprint and promote healthy living, Seattle Prep has announced that it will be switching to a FULL VEGAN menu in the coming school year. This move comes as part of the school's commitment to sustainability and aligns with school values to help the planet.

The big decision to go vegan was made after extensive research and consultations with various nutritionists and environmental experts. It was found that a plant-based diet can significantly reduce greenhouse gas emissions, lower water usage, and improve overall health. The school has also taken into account the ethical reasons that many students go vegan or vegetarian. In an interview with vegetarian junior, Siena Kiefer, she said:

"Everyone should do it!"

The new menu will feature many delicious and nutritious vegan options including tofu, lentils and chickpeas. The school

will also begin a program working with local farmers and suppliers to source fresh and seasonal.

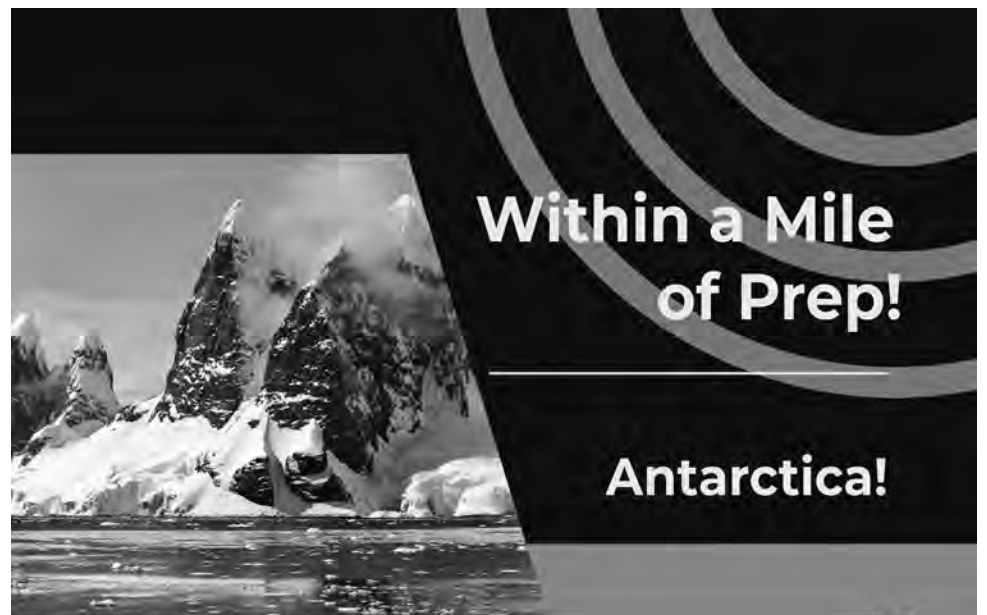
The Prep community understands that the move to a vegan menu is quite the stretch and there will be some disappointment, but many teachers and faculty expressed excitement at the prospect of a healthier and more sustainable Prep.

"What I once thought was a fate worse than death, I now realize is a healthy and sustainable way to live. I am excited to embrace this new lifestyle," says math teacher and head baseball coach Max Engel.

Prep has assured parents and students that the menu is carefully planned to ensure that it meets all nutritional requirements.

The move to vegan is a bold step for Seattle Prep but it shows the commitment to creating a more sustainable and ethical future for years to come. With growing awareness of the environmental and health benefits of veganism, it is likely that more schools will follow the lead of Prep.

"I can't wait!" says ex-carnivore, Thatcher Davis '24.



 Address	Antartica
 How Far?	Antarctica is a 0 minute drive from Prep!
 Price Range	\$\$\$\$\$\$\$\$\$\$\$\$

Graphic: CLAIRE RULYAK '24
Managing Editor

Jump Into Olympic Week 2024 With New Outdoor Event

CHLOE HORNER '26 &
BROOKE NOWAK '26
Staff Writers

Beginning in 2024, ASB will be adding a bungee jumping contest to Seattle Prep Olympic Week. Two competitors from each team will be invited to race down the hill to the Montlake Bridge where volunteer students will be ready to clip them into bungee jumping gear.

The goal of the event is to stay dry; there will be landing pads in the water that students must aim for. Landing into the water will result in elimination from the contest. Later rounds of this competition will become increasingly difficult as the landing pad will decrease in size, which will make it more difficult.

When a turn is complete, students will be released from their safety gear and will swim away from the landing zone. Members of the varsity rowing team will be acting as lifeguards, in the water and ready to rescue students.

The first round of the competition will take place Tuesday during Olympic period and the last five contestants will be invited to a championship on Friday during lunch period.

The push for the addition of more outdoor events came from students, surprisingly. In a survey, many said they would be interested in an off-campus, outdoor challenge that involved swimming.

In excitement for the new event, Yafet Teamrat '26 shared, "I'm for sure going to sign up for bungee jumping next year!"

A committee of staff members



Photo: Alden Arnold '23

Senior Nick Pickel practices bungee jumping in preparation for the event's inclusion in Olympic Week 2024.

responsible for the smoothness and safety of Olympic Week events determined that bungee jumping would be an ideal addition to Prep's favorite week. One such member of the committee, Coach Scott, said, "We

are very excited about this new event. But we want to make sure it is secure for every student. So, try not to get too bonkers and get JUG next year!"

Freshman ASB representative

Clara Schneider shared, "There is no doubt this will become another beloved event of Olympic Week and we are excited to see you jump out of your comfort zone!"

Prep CYO Faculty Basketball Team Wins First-Ever League Championship

BRIDGET CANNON '23
Staff Writer

Seattle Prep's CYO team brought home the first-ever faculty league title Saturday after an excellent performance to defeat rival Bishop Blanchet 55-46.

Inspired by student-run CYO basketball teams, teachers from Catholic schools in and around the Seattle area held a meeting earlier this school year to create their own friendly faculty league. After rules were set and a schedule was created, league play began in late December. Every team made the playoffs but was seeded differently based on their record. Seattle Prep entered the playoffs as a 2 seed right behind Eastside Catholic.

The championship game started with Blanchet in the driver's seat as the Bears took a 26-20 lead in the first half. Prep battled back in the final ten minutes of the second half, outscoring the Bears 35-20, winning the game 55-46. Mr. Mack finished with a career-high 21 points for the Panthers while Ms. Haywood had a team-high 9 rebounds.

The team's highly experienced coach Brian Elsner brought his advanced playbook to every game, calling detailed plays that left various players open for easy three-pointers. Prep's team ran a dominant offense throughout the season, averaging 52.2 points and 6 turnovers per game. The Panther's aggressive man-to-man defense system held opponents to low field goal percentages.

Star point guard and Prep alumnus Brian Meza stated that practicing and

playing with the team helped him "develop more meaningful relationships with his colleagues outside of a teaching environment" which he believes helped the team strategize and play well against tough opponents.

Starters Dr. Kipp and Ms. Healy added to Meza's statement saying that the championship win was "truly a team effort" with each faculty member bringing their own talents to the table.

Make sure to tune in next year to follow player development and to see if our faculty can bring home the title two years in a row!

**A Season of
DOMINANCE**

Prep 67-Forest Ridge 43

Prep 78-Eastside Catholic 36

Prep 66-Kennedy 40

Prep 59-O'Dea 55

Prep 68-Holy Names 46

Prep 55-Blanchet 46

MVP: Brian Meza

Merlino Center To Be Torn Down for New Merlino Center

COLE HACKMAN '23 &
LUKE WHALON '24
Staff Writers

In an unexpected twist, Seattle Prep's newly constructed Merlino Center will soon be demolished to make way for a brand new Merlino Center, despite the long wait for the completion of the building.

Although the paint has hardly dried on the walls of the current Merlino Center, bulldozers will arrive early next week to tear it down and replace it with an even newer and better version.

This decision was made after the school realized that the current Merlino Center needed to be better with its vision and more facilities for all of Prep's sports and co-curricular activities.

Construction on the new and improved Merlino Center will begin immediately, with a projected completion date of September 2030.

The building will be bigger and better than the previous iteration, featuring state-of-the-art equipment and facilities for all athletic teams. Additionally, rooms and equipment will be dedicated to Prep's Mock Trial and Chess teams to ensure the building supports all activities.

The new Merlino Center will also feature an Olympic-sized swimming pool, a

professional-grade soccer field, and a fully-equipped fitness center. It will tower five stories above Prep's campus and sport a sky bridge to Ignatius and Adelpia.

While some students and faculty members are understandably disappointed that the current Merlino Center won't even have the chance to be used, many are excited about the prospect of an even more impressive facility.

"I was a little bummed at first, but honestly, if the new one is going to be even better, then I'm all for it," said football player Michael Riley '24.

When asked about the facility's future, President Jordan added that "the process of restarting and redoing things over and over is something Prep cultivates in its very curriculum."

Seattle Prep's Level the Field, Raise the Bar Campaign will continue raising funds for the new Merlino Center, but there is yet to be a date for construction to start. While demolishing a brand-new building may seem like a foolish decision to some, Seattle Prep is forging ahead with its commitment to excellence in athletics and education.

Stay tuned for more updates on the exciting new Merlino Center 2.0!

I was a little bummed at first but now I'm all for it!

-Michael Riley '24

Ask Margot: How can I develop better study habits?

MARGOT GWYNN '23
Online Editor

No matter if you're a freshman, sophomore, junior, or a senior in your last final months until the end of the year, it's likely that every student is looking forward to summer and perhaps relaxing a little too much. If you're struggling to finish strong for the end of the semester, here are some tips to keep you motivated and on top of your work.

One's environment can be a big factor on one's productivity. It can be helpful to study in a crowded and lively environment to keep yourself alert. It's not uncommon for students to drift off and catch some sleep if they're alone in the library trying to study, so to avoid that, find a different space. The cafeteria is a great space for catching up on reading before class or trying to memorize vocab words for your Spanish quiz.

Secondly, remember that credibility remains very important when researching and gathering data. When collecting information for Model United Nations or the Junior Research Paper, be careful to only use reputable sources, such as Wikipedia, Twitter, or your uncle that vaguely remembers your topic from his eighth-grade history class 42 years ago.

Additionally on the topic of research, be sure to do your notecards due for Collegio the night before they are due to keep the information fresh in your mind. There's no point in doing them in advance because you'll likely forget the information

by the time you actually have to translate your research into writing.

Lastly, it's important to stay up to date with assignments if you are absent and have to miss class. Communication is key, so send a message to your teachers and ask, "if there is anything you missed". They'll appreciate your interest, and they might just tell you that you didn't miss anything, because sometimes school stops when you're not around.

With only a few months to go, try your best to keep working towards your goals and finish the year strong. You all can do it if you take this advice to heart and start practicing habits that will form you into a strong student.



Nick Pickel Pickleball Paddles



When
you Pick for
Pickleball,
Always Pick
Pickel



Get out of JUG Free



Present to Mr. Mitchell in room I100
Expires 3/31/23

Meet a Freshman: Iñigo López de Oñaz y Loyola



SHELLEY RODRIGUEZ '24
Staff Writer

“Spiritually alive, open to growth, committed to justice, loving, and intellectually competent” are just a few of the ways that Freshman Iñigo López de Oñaz y Loyola '26 (Ignatius) uses to describe student at Seattle Prep and what attracted him to the school.

Ignatius comes to Seattle Prep from abroad, being born and growing up in Spain. He is the youngest of 13 kids in his family and he can't wait to tell them all about his adventures here in the United States. Ignatius is nervous but excited about his new school and some of the differences from his previous schools in Spain. There have been some challenges getting used to Prep's schedule. "It's been kinda hard getting used to not having an afternoon siesta following lunch. I used to use that time to nap and catch up on homework" said Ignatius.

Despite being homesick at times, Ignatius has found a close group of friends

here at Prep including fellow Freshmen Francis "Frank" Xavier and Petey Faber, who Ignatius says "...are my best bros, we do everything together!"

Ignatius is a proud member of Loyola Collegio and is excited to be a part of the Prep soccer program as well. Despite breaking his leg last year, his rehab has gone well and he hopes to be a contributing member of the team, playing striker.

Although Ignatius loves Collegio and his Theology classes, his favorite class is HEX because it allows him to fit exercise into his daily routine. He describes his favorite HEX activities as "spiritual exercises" that help him strengthen his leg, but also his faith.

Ignatius has quickly become an important part of Seattle Prep's student body, masterminding the Loyola Olympic Week karaoke performance. He also hopes to run for ASB in the future and finding other ways to get to know other students at Prep.