

The Seattle Prep Panther

May 23, 2023

www.seaprepanther.org

Volume 77 No. 6

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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.

Seniors Kieran O'Meara and Luke Leddy: Dominating the Breakdown

EAMON MOHRBACHER '24
Staff Writer

Which sport has nearly 10 million players and countless fans worldwide, but doesn't have a team at Prep? Seniors Kieran O'Meara and Luke Leddy will join the band of brothers at the college level as they play this sport next year. Still unsure? They might find themselves on the bottom of a ruck. If you guessed rugby, you're right on the mark.

Prep doesn't feature rugby, yet these two still managed to develop exceptional talent. O'Meara started playing rugby when he was only four years old. As fourth graders, both O'Meara and Leddy joined the West Seattle Wildcats—a team coached by O'Meara's father—and continued as teammates throughout high school, representing the Eastside Lions. Cross-training as football players has helped both O'Meara and Leddy to enhance physical capabilities. O'Meara explained, "It has helped me get used to physical contact and has helped to put me in an environment where I constantly need to improve. Also, my position in football being running back, though very different from rugby has helped me become a strong offensive player and ball carrier."

Leddy agreed that Prep football has given him significant gains in his rugby ability. "I have played football all four years of high school. This has definitely been beneficial to my game. Not only have I gotten stronger with morning lifting but waking up at five in the morning three days a week for years helps develop extremely strong work ethic and discipline."

Rugby players are known to be tough, and the same is true for these two athletes. They possess many attributes that have helped propel them to this high level.

O'Meara shared, "I would say that my greatest strengths in rugby are my ability to read the field, setting up people so that they can make plays or taking it myself, as I am really good at running through people." Leddy added, "I would say my greatest strength is my ability to work through the inevitable pain and discomfort that you experience during rugby. There is no other sport that pushes you physically and mentally as hard as rugby does, because of the lack of breaks and the continuous running and tackling and getting hit. Being able to get up quickly and stay strong through the entire game is my greatest strength."

As much as someone might love a sport, collegiate athletics require careful

discernment. Leddy justified his choice, "Cal Berkeley has the best rugby team in the country. The Golden Bears have won 33 championships since the national collegiate championships for rugby began in 1980. Cal has sent more players to the USA national team the next three teams combined. Pairing this with Cal's ranking as the number one public school in the world, it was an easy choice for me."

O'Meara expanded, "I decided my freshman year that I wanted to play rugby at the next level. I had always been told I was good at rugby so I wanted to see how far I could take my talents. I am now going to attend Loughborough University which is the #1 university for rugby in England." O'Meara, who has dual citizenship, continued, "My ultimate goal is to play on England's national team proving to myself that I can be one of the best to ever play the game. And so that my dad can watch me play on TV and tell people that I am his son."

Both O'Meara and Leddy have displayed grit, passion, and hard work to achieve their goals, and the whole Prep community is excited to see them dominate the breakdown for years to come.

Lessons Learned in Law Mock Trial Seniors Lead Team to Nationals

MAYA SALAZAR '24
Staff Writer

From Elle Wood's iconic speech from *Legally Blonde*, to students constructing cases together in *How to Get Away With Murder*, law is everywhere, and plays an important role not only in media, but also in real life. At Prep, the State Championship-winning Mock Trial team is filled with future lawyers, possible politicians, and even just young people who will always know how to construct a solid argument.

The seniors on the Mock Trial team play a crucial role as leaders on their team; whether they be lawyers arguing for their fictional client, or witnesses telling their stories. As these important members of the Mock Trial team get ready to graduate, they reflected on what they've learned from their experiences as lawyers and witnesses.

"Both of my parents went to law school and have talked about the criminal justice system for as long as I can remember," said senior attorney Jessica McDowall, '23, "I liked how much [Mock Trial] helped my writing, public speaking, flexibility, and ability to take constructive criticism." McDowall has been a member of the team since her freshman year, and she has found it to have expanded her social circle as well as her mind.

Mock Trial has played an integral role in developing current Seniors into who they are now, as well as developing aspirations for their futures outside of Prep. As an extracurricular, Mock Trial tends to draw those at Prep who are intrigued by law and the criminal justice system. McDowall said, "I may potentially decide to pursue a career in law, but even if I don't choose that, I'll be an informed citizen who understands the criminal justice system."

Mock Trial is an outlet for students like McDowall, who are eager to understand law and may even venture to become a lawyer in their future educational endeavors.



After preparing for months with their case, Junior and Senior attorneys on Prep's varsity Mock Trial team gear up to compete in the State Mock Trial Championship.

In the back row from left to right: Matthew McGowan, Philip Christian, Andrew Roedel, Ien Hsiung, and Giorgio Merca.

In front row from left to right: Jessica McDowall, Margaret Collins, Zoe Pomeroy, Lauren Teders, Jaimie Kim, Maddie Ando, and Kine Yade.

Although it can be time-consuming and involves lots of hard work for the perfect argument, Mock Trial has been a place where many seniors graduating this year have found their closest friends and a tight-knit support system that, even if they don't attend college together, they will carry with them into their university years. "It's brought me some of my closest friends," said McDowall.

While the relationships built in Mock Trial are formed through hard work, it pays off in more than just one way. Prep's Mock Trial team has won the Washington State Championship over 15 times, and have gone to Nationals 10 times. It is clear that the each student's dedication to the sub-

ject forms not only a warm, close community, but also a successful team with more awards under their belt than can be counted on fingers.

This year's exciting Nationals case is about Scout Cumberland and Riley Truman, and how their friendship and working partnership turned into one of betrayal, lawsuits, fights over diamonds, and the eventual murder of Cumberland. The real question the team is asking is: who did it?

Mock Trial has left a lasting impression of camaraderie, hard work, and a more open mind for the seniors that have spent time on the team. "I'll always remember the importance of teamwork, dedication, and adaptability," said McDowall.

AI Revolution and Plagiarism Controversy Centers on ChatGPT

ARTIFICIAL INTELLIGENCE

Top 4 Use Cases of AI Technology



Social Media Graphic Design

Tool: Canva
Canva is an online design platform that leverages AI to create stunning visuals and templates for social media, presentations, posters, and more. Canva's AI capabilities help users with design suggestions, color palettes, and layout optimization.

Image Generation and Art

Tool: DALL-E
DALL-E is an AI model developed by OpenAI that can generate images from textual descriptions. It has been used to create original artwork, design logos, and enhance user-generated content in various applications.



Machine Learning and Data Analysis

Tool: TensorFlow
TensorFlow is an open-source machine learning framework developed by Google that helps developers build, train, and deploy machine learning models. It can be used for applications such as image recognition, natural language processing, and recommendation systems.

Natural Language Processing and Writing Assistance

GPT-4 (ChatGPT) is an advanced language model developed by OpenAI, capable of understanding and generating human-like text. It can be used for various applications, such as writing assistance, content creation, customer support, and more.



GRAPHIC: COLE HACKMAN '24

COLE HACKMAN '24
Staff Writer

Artificial intelligence, known shorthand as AI, has seen tremendous advancements in recent years, with art generators, closed caption creators, and chatbots like ChatGPT at the forefront of these developments. As a language model developed by tech company

OpenAI, ChatGPT utilizes sophisticated architecture to generate human-like text based on user-inputted information.

ChatGPT has numerous applications, including assisting with language translation, creating website content, generating responses in customer support systems, and even helping students do their homework. ChatGPT can predict a given

text's most appropriate response or continuation by analyzing vast amounts of data, making it a valuable tool in various fields. While this technology has been praised by many for its potential to revolutionize multiple industries, it has also raised concerns regarding plagiarism and disrupting job industries. ChatGPT has proven the ability to disrupt translators, writers, artists, public relations specialists, mathematicians, and various other professions.

"With ChatGPT revolutionizing so many industries, it's amazing to think about the potential benefits, but at the same time, I worry about the impact on job opportunities for future generations," said Mario Perrina, '25.

Despite the advantages offered by ChatGPT, its capabilities have raised concerns about the potential for AI-generated plagiarism. Students and professionals in various industries may be tempted to use AI-generated text as their own work, making it increasingly difficult for educators and creators to identify original content. Schools and workplaces have been developing new strategies for handling AI-generated plagiarism to address this issue. For example, Seattle Public Schools blocked ChatGPT on all school devices in December, in addition to New York and Los Angeles school districts. Passing AI-generated content as one's own without proper attribution violates Prep's academic integrity policy and could lead to severe consequences. "Talking about it

openly is critical; we should recreate education in a way that is more authentic to critical thinking that requires the human brain to make sure students are gaining the skills that we want without falling back on AI as a crutch," said Mrs. Kramer, who oversees EdTech at Prep.

As the prevalence of AI-generated content increases, anti-plagiarism tools must adapt to stay effective against modern forms of cheating. Turnitin.com, a popular platform that many educators, including teachers at Prep, use to detect plagiarism, has recently updated its complicated algorithms to predict if a student's work was AI-generated. By analyzing patterns in ChatGPT's writing style and other subtle nuances that differentiate AI-generated content from human-written text, Turnitin.com can now identify and flag potential instances of plagiarism.

While ChatGPT and other AI language models have opened up a world of possibilities, they have also raised important questions about the ethical implications of AI-generated content. As technology advances, a balance must be found between harnessing the potential of AI and preserving the value of human-generated content. By utilizing tools like Turnitin.com to detect AI-generated plagiarism and fostering open conversations about academic integrity, the educational environment can remain a place where original thought and creativity are celebrated.

Opinion: Harnessing ChatGPT in Education

SOPHIA MAGNANO '25 &
BEN OSWALD '25
Staff Writers

Is ChatGPT good or bad? Well, it's a bit more complex than good or bad. All new technology presents pros and cons. There is no avoiding new technology as it is constantly becoming more advanced, especially AI (Artificial Intelligence).

ChatGPT can answer almost any type of question covering any subject in school. This powerful tool can be very easily abused and used inappropriately; however, it can also be used to enhance student learning in various ways. Rather than focusing on how to abolish ChatGPT from students' lives, schools' focus should be on learning how to work with ChatGPT and teaching students how to use it appropriately to enhance critical thinking skills, which are important components of education.

If used within the guidelines of academic honesty ChatGPT can provide personalized learning to students. This personalized learning comes in many forms. For example, for questions with one solution, such as, math and science problems ChatGPT provides both the steps to the answer and the answer. Often students use technology like ChatGPT because they do not understand how to solve the problem. For example, if a student put in a PEMDAS math equation, ChatGPT would break down what is required in each step in order to achieve the final answer, showing students the way to solve the problem, and not just the answer.

For questions with more than one answer, such as English and history questions, ChatGPT instead provides anywhere from a paragraph to an essay. On the one hand, there is a temptation for students to simply plagiarize, on the other hand, these answers can also provide a scaffold from which to learn. In its current state at least, the technology often gets syntax and facts wrong so plagiarism would not get a student very far. Additionally, ChatGPT generates infor-

mation from millions of sources; therefore, it does not provide citations that are required in student essays, and the student would have zero idea where the information in the ChatGPT-generated essay is from. Used correctly, a ChatGPT-produced essay can explain the book or concept to the student. Then the student can get a tighter grasp of the key themes of the book or concept to help them enhance their response. When a student is confused about an essay prompt, and the teacher does not provide a previous student example, ChatGPT provides a general understanding of the essay topic, giving students a sample essay to generate ideas for themselves.

The reality is students will use these tools anyway. Rather than focusing on how to abolish ChatGPT teachers should work with students to use new technology appropriately. Learning how to work with technology appropriately will enable students to use technology to learn, within the guardrails of academic honesty.

Right now, Prep teachers use Turnitin.com to detect plagiarism. This is a stopgap solution that has several limitations especially as ChatGPT's technology progresses. Instead of this approach, it would be better to focus on more critical thinking skills that ChatGPT cannot yet accomplish. Rather than focusing on policing the use of ChatGPT, schools should be working towards incorporating ChatGPT into students' work. This will promote students to work with advancing technology within the guidelines of academic honesty.

ChatGPT can be used in many ways without plagiarizing. This includes asking ChatGPT to provide suggestions for grammar, vocabulary, and sentence structure. As well as giving feedback on essays and generating ideas. Furthermore, ChatGPT can be used to help students study from generating written prompts to practice for essays to debating a subject with a student so the student can their argument.

If teachers work to diminish and work against AI machines such as Chat-

GPT, it will only result in students learning sneakier technologies to utilize, promoting tendencies like cheating, and lying. Instead, teachers and students must work to incorporate ChatGPT and use it to do what computers are good at, synthesizing a lot of

information and doing routine tasks quickly. This will allow teachers to use extra time to engage students with the subject matter and sharpen critical thinking skills.

TEACHER OPINION ON CHAT GPT / AI

Concerns

"I'm worried that some people will rely on ChatGPT in a way that **SHORTCHANGES** the writing and thinking process."

"Relying on ChatGPT to do our thinking would mean we simply **REGURGITATE** someone else's opinion without ever really knowing what we ourselves think. Being fully human ultimately requires us to make those judgments ourselves and to be **RESPONSIBLE** for them."

Potential Benefits

"I think it could be used **CREATIVELY** by teachers to provide reading samples, sample essays, and so on. It also could be used by students to **JUMPSTART** just about any creative assignment, to help explain concepts and answer questions, and so on."

"Students can **UTILIZE** AI-created work to evaluate error, compare/contrast work, add or remove detail for editing, etc."

"I think helping students better understand the benefits of ChatGPT/AI programs will prepare them more authentically for our **FUTURE** realities, which is in line with our **MISSION**."

"There are ways where these programs can counter-argue, debate, and challenge students to think critically."

"It can be used to create counterarguments and help students/teachers prepare and see things from all perspectives without bias, prior to engaging in a topic with others."

Other

"People felt the same when the internet first came on the scene, it didn't erode student engagement, it made it better! This will ultimately be the same so long as safeguards are put in place."

"Ultimately, AI will be best as a support and not as an actual educator. Teachers are still key to the overall development of the whole student - socially, emotionally, etc."

GRAPHIC: SOPHIA MAGNANO '25

You Will Be Fine, I Promise

ANNIE ROSKE '23
Editor in Chief

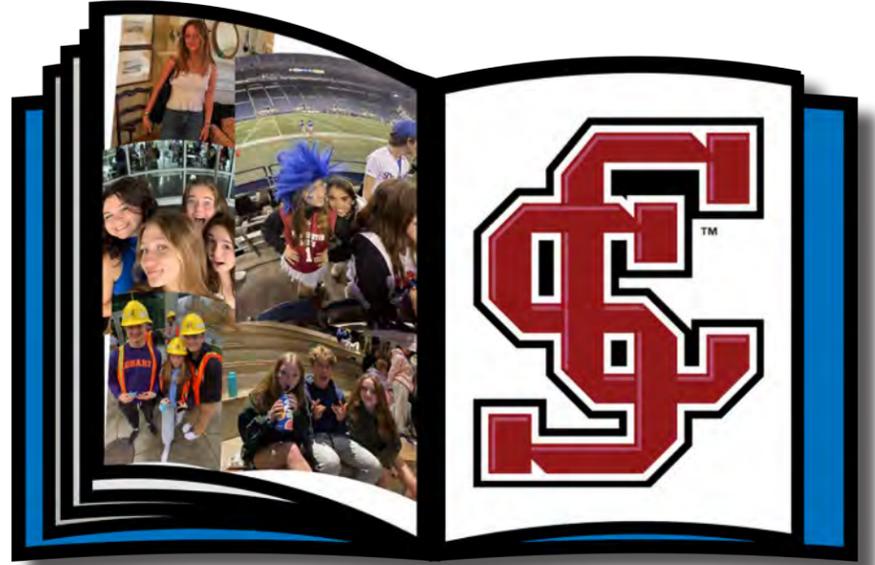
The past few months of my life, my mind has been cluttered with the transition I will inevitably make this fall into college. I worry about meeting new people, saying goodbye to my friends from high school, and leaving home. I also find myself stressed about the little things, like what I'll wear or who I'll hang out with. I'm getting déjà vu, except this time I actually have been here before: four years ago, preparing to enter my freshman year at Prep.

Like I wish someone would do for me now, I will offer up some advice for the underclassman. First and foremost, nobody cares. Nobody cares what you wear or what classes you take. The only person who notices all the little things you pick yourself apart over is you. If you choose to dress a certain way or play a sport or join a club, do it for you! Don't waste your time acting to please other people because I promise you, everyone else is way too focused on themselves to judge you. Just do you and you'll fit right in.

Second, be kind. I have found in my time at Prep that my friendships that

lasted are the ones that occurred naturally out of pure companionship and love. Don't chase a certain group of friends because you feel like you have to be friends with them. Don't ignore other friends because you felt you were better than them. Nothing can take you further in life than a smile in the hallways or sitting with someone new at lunch. We are all in the same boat, and it's always nice to have more people in your corner. If you don't believe me, ask any adult and they will tell you kindness and compassion will win over judgement and competition any day.

Lastly, you are going to be fine. Prep is undeniably a very competitive school. Being an average student, I understand completely the stress that comes with comparing yourself to others. There have been times where it felt like everyone else was smarter than me, but I'm still going to college. Don't put so much pressure on yourself, you will only be in high school once. Remember that all you can do is your best, and your best does not have to be straight A's. You will get into college, I promise. My brother once told me that the best memories he and his friends had were the stupid ones



because they only happened once. I am in no way encouraging stupid behavior, but it is a nice reminder to take some of the pressure off yourself. You're a teenager and part of your job is to make mistakes now so you don't make them later, and make a point to never make the same mistake twice.

Prep is an incredible school, and it is a great environment to grow in. I consider myself immeasurably blessed to have gone

here. It was an intimidating, stressful, and exhausting journey, but it was also exciting, hilarious, and beautiful.

My final piece of advice doesn't come from me, but from the wonderfully wise words of Taylor Swift; "count to ten, take it in, this is life before you know who you gonna be..."

Just. Say. Yes.



JEFFREY GO '23
Editor in Chief

These past four years have been a ride—one that was infinitely long yet ended abruptly. Throughout my high school life, I went through my highest highs and lowest lows, mentally, academically, and socially, but despite the lows, I would do it all over again. If I could go through it again and go back to my 2019 freshman self though, there is one thing that I would change.

I honestly don't remember much about my freshmen year, let alone the first couple of days, but I can say that I wanted to change. In middle school I was a super quiet, shy, introverted kid. Venturing out of my comfort zone was extremely scary, but I knew that I wanted to change that in my new environment.

While I do think that I've grown to be a little more outgoing, making this change and conscious effort took a long time to truly happen. And by a long time, I mean years. Especially with online learning, it took a while to put myself out there and meet new people, and it certainly didn't happen in one day, week, month, or even year. That said, looking back, I think there were more things I could've done to put myself out there more, and it started with a simple "yes."

I always felt like there was this barrier, this obstacle that prevented me from speaking up or saying yes to things. Even if I had the answer to a question in class, or wanted to say something in a conversation, there was always that thought in the back of my head that prevented me from doing so. And there were times that I did overcome it. I'm ending these four years with so many memories meeting people with connections that will last. Those questions I did say "yes" to were some of the best decisions and memories I've made. But there are still a lot of opportunities I could have taken to put myself out there and get the most out of what Prep has to offer. So many other things I could've said "yes" to.

1,460 days went by fast, but I'm glad I was able to learn a lot from them. Even if you think there's nothing else you can find and that you've gotten everything you possibly could out of Prep, just keep searching.

Say "yes" more often and I promise, you will not regret it. There's always something more out there. At least, that was the case for me, and it will continue to be in this next chapter of my life. See you later, Prep, it's been a good ride.

A Series of Painfully Imperfect Events



ANNA ROBERTS '23
Visuals Editor

One quote that has stuck with me is from one of my favorite movies, *Little Women*. "I want to be great or nothing," I heard in 2019, and, as a freshman with big expectations and crushing perfectionism, I thought that seemed about right. Well, it wasn't. So, in honor of my time as a high schooler, here are just a few of my not-great moments. Perhaps you'll find an inkling of solidarity, or at least humor, in my blunders.

Like on my first day of ski instruction, when I was hauling the beginners up and down the bunny hill. I was exhausted, regretting whatever cruel twist of fate had brought me there, and praying that I hadn't just dislocated a 6-year old's knee hoisting her up onto her tiny skis. When I took off my helmet to catch a breath, I heard the girl's voice below me. "Why do you look so sweaty?" she inquired in the innocent and genuine way in which a kid might ask about the weather. Not great.

Or like the first simulated conversation we did in AP Spanish. When, with a cheap plastic headset on and armed with my 5+ years of Spanish classes, I could hardly comprehend the prompt. After catching about 3 words of Marisa's rapid inquisition, sitting in stunned silence after the cue, and fumbling out the words "si" and "bueno" a

few times, I walked out of the class certain I had a score of 2 in my future if blessed with a particularly kind grader. So, not great.

Or like the time I decided to try oil painting, because "how hard could it really be?" and was promptly humbled when I realized that oil paint, is, in fact, not water soluble only after I had 'Prussian Blue' smeared on my desk, my jeans, the rag I had been using, and all of my nice brushes. Yeah. Not great.

But slowly, tripping over every new phrase, putting on my most convincing 'teacher' face every weekend, and scrubbing my brushes clean, I learned. And bit by humbling bit, I grew. And now looking back at all my moments of cluelessness, the only thing I feel is pride. Because I've found that growing is not about succeeding. It's about trying. It's about all the times we fail miserably, all the times we are really, embarrassingly bad, and all the times we choose to do it anyways.

So, my advice for other students? Try even if you are not great. Pick up a new hobby, join a team, apply for a job, do something that scares you. Even if it is messy, and unpolished, and so painfully imperfect. If I have learned one thing in high school it is this: if you want to grow, you need to let go of your need to be great. Be bad. Be mediocre. But by all means, don't let yourself be nothing.

These Are Not the Best Years of Our Lives



MARGOT GWYNN '23
Online Editor

Coming in to Prep as a freshman, I was bombarded with warnings that my four years here would fly by in the blink of an eye and with promises that these would be the best years of my life. As my days left as a Panther dwindle, I'm

prompted to assess whether these statements truly are as universal and true as I was made to believe and accept as an impressionable freshman.

But if these things are true, how can the best days of my life go by so fast? How can they be gone already? I'm still a kid. I'm still learning what I love, what mistakes I

shouldn't be making, what drives me to be better than I am, and what I was put on this earth to do.

From my perspective, I agree that some aspects of high school have inevitably gone by quickly. It's strange that in a month I'll never eat lunch in the Great Room at my friends' and I's unofficially designated table again, run another 5k alongside my teammates, dread another math test, debrief my weekend with Frau Khouri, or hear "Tongue Tied" played at another assembly. No one truly ever wants good things such as these to end. Why give up what makes us happy? Sometimes the only way to answer this question is to hope that better things await in our future.

On the other hand, these four years mark a tremendous period of growth, and in that way, it hasn't gone by inexplicably fast, because I know such a vast transformation could not have been possible in the blink of an eye. Many of my priorities, my passions, and my strengths have changed and evolved since I walked through the doors of McDonnell on Panther Day.

Growth doesn't end after high school either. I know I'll be similarly looking back at how much I've grown from now when

I graduate from college, leave my first job, move across the country, see my kids grow up just like I'm doing now, and when I'm sitting on my front porch growing old looking on over the Crazy's with my husband next to me.

I dislike that graduation is unavoidably tinged with heartache and grief. I fear too many people view it as an ending and not a beginning. This is indeed a great beginning for us all. It makes me smile to think of all the wonderful things I have not yet experienced but soon will, like the classes I'll take next year, and the cities I'll explore, meals I'll appreciate, and the laughs I'll share with those I love throughout the course of my life.

So no. I don't think our high school years are the best years of our lives. I'd like to think that our life is an upward trajectory, and that it keeps getting sweeter as we age. I believe my time at Prep has merely been a taste of the joys that life holds. Leaving this school physically is not abandoning everything I've learned here. Seattle Prep is a part of me, and a big one at that. I'm grateful to have been influenced in such wonderful ways and hope to light the world on fire.

Beyond Grad at Grad



SYDNEY LEARDI '23
Online Editor

At the end of April, I was asked to give the All-School Easter Mass Reflection. This occasion would mark the final leadership opportunity I take on at Prep.

As I went through the writing and revising process, it caused me to think back on when I first entered the Prep community.

The energy I had, the excitement to participate in anything I could, and the unknown memories that I would soon establish.

Reflecting on it, I am amazed at all the events, activities, and roles I have

taken on and how each one always benefited me in some way. Whether it was getting to better know a teacher who I later would have for class or getting to know a different group of people or being asked to take the lead in "higher level" roles, I never fall short of realizing just how much my motivation to throw myself off the deep end in high school has gotten me to where I am now.

As a senior, I still eagerly signed

my name up for as much as I could, but my choices were more tailored to my time commitments and what I enjoyed. I began to opt out of offers because I learned that the opportunity cost of them overtook my want to say yes to everything and everyone.

Initially, I was indifferent to attending a high school that was Jesuit. Although I assumed that the environment would be generally uplifting, I did not think I would

notice a difference. As more time went on, I found an appreciation for the root ideals that Jesuit teachings hold. When I looked at colleges, the factor of religion played a big role in my choices. I realized that the sense of

community and service is strongly emulated within the Jesuit culture and by attending a Jesuit college, it is a small reminder of Prep in my heart.

I carry immense gratitude for the connections and prospects that Prep has provided for me and as I conquer my next journey, I am proud to see its influence in my life.

I carry immense gratitude for the connections and prospects that Prep has provided for me.

Pick a Song, Any Song



ALDEN ARNOLD '23
Visuals Editor

On May 25th, I will walk through McDonnell's double doors, down the hallway, and step into the McHugh Gym for the last time as a Prep student. I know- with absolute certainty- as I walk into the Senior Goodbye Assembly, over the cacophony of students and teachers, "Tongue Tied" will blare from the speakers.

Every assembly, from the first time the class of '23 timidly performed its freshman dance, to this year's Olympic Week, GROUPLove's lyrics welcomed students to participate in a period of community and celebration. To Prep students, the song and the assemblies are inextricably tied to one another; my friend swears it is Seattle Prep's miniature Pavlovian experiment, and I think I agree.

There is something uniquely special about music. Like a familiar scent, the right song can transport me, in an instant, to an exact moment in time: the car ride home from my kindergarten soccer practice, din-

ner at my grandparents' house, or summer beach bonfires. To those who know what I am talking about, you'll know how intangible, yet profound this euphoric wave of emotion can be.

I collect my memories not in a journal, photo album, or movie, but in my playlists. Each song on my Spotify carries a certain charge, whether that be a particular memory, feeling, or relationship. To

me, nostalgia is the most beautiful emotion of the human experience, and it is important that I save myself something, even as small as a song, to always come back to.

All this is to say, when "Tongue Tied" blares over

the loudspeakers for the final time, I will, in essence, be facing the culmination of my high school experience. As I am sure it will for the rest of my class, this moment will be moving to say the least. I urge those reading this to pause for a moment and consider picking a song or album that holds some personal significance; save it and keep it for a rainy day. I promise, your senior (or adult) self will thank you.

I collect my memories not in a journal, photo album, or movie, but in my playlists.

Seniors Hayre and Kennedy En Route to Unique College Experiences



PHOTO: PALOMA HISSONG

Sophia Kennedy (left) and Sophia Hayre (right) will both pursue fine arts-related majors at Savannah College of Art and Design and Parsons School of Design.

PALOMA HISSONG '23
Staff Writer

Each graduating senior has a new and exciting path lying ahead of them, but a few seniors have made plans that are even more unique and unfamiliar. Two of these seniors are Sophia Hayre, who will be attending the Parsons School of Design in New York City, and Sophia Kennedy, who is headed to the Savannah College of Art and Design (SCAD).

Hayre will be majoring in strategic design and management, which she explained is basically fashion marketing and digital design. When asked what a “dream job” might look like for her, she said, “I want to do marketing for brands’ social media accounts. My dream company to work for would be Vogue.”

Kennedy, on the other hand, has not decided exactly what she will study at SCAD, which offers over 100 different degree programs centered around art and design. “I just know that I love creating things and I want to find a lifestyle that allows me to stay creative and enjoy what I’m doing,” Kennedy said. “I like a ton of different types of art, so I think I’m just going to see what I’m drawn to when I get there and go from there.”

Over the past few years, it became abundantly clear to Hayre that she wanted to work in the fashion industry—and this year, it also became clear that Parsons would be the perfect segue into that industry for her.

During her sophomore year, Hayre participated in an online program Parsons offered, and then this past summer she flew out to the city to participate in the school’s summer program. “We would have four-hour classes every day but I never felt like I was actually in class for those four hours. I would have so much fun learning about stuff that I was interested in that it didn’t even feel like school to me,” Hayre said.

Like Hayre, Kennedy’s visit to her own school was a very positive and exciting experience. She said, “When I visited [SCAD], every building was super unique and fun, and it barely felt like school.”

While Kennedy and Hayre are both very excited for the adventures that await them, both seniors noted some of the challenges that came with making their college decisions. Hayre explained that it can be hard to look past whether something is “practical” or not, and Kennedy admitted to not entirely knowing if she is making the “right” decision, but being content with her decision nonetheless.

“I decided that college is the time for experimenting and trying new things, so I might as well try something really new and for the first time in my life take classes focused on art, something that makes me really happy,” Kennedy said.

Both Hayre and Kennedy have so much to be excited for their next four years. As Hayre said, “It’s not going to be the traditional college experience, but I like that about it!”

Jack Bianchi Takes to the Skies

NICK PICKEL '23
Staff Writer

Seattle Prep senior, Jack Bianchi, likes planes. Actually, that completely understates Bianchi’s relationship with and expertise of aviation.

It all started in 2007, when Bianchi’s dad got his first level of pilot. Bianchi’s dad would take Bianchi along with him and his instructor on flights to PNW destinations. Bianchi said, “My dad always tells me how as a small child I slept through the heaviest turbulence.” On nice days, Bianchi would be allowed to sit up front in the plane, but he was too small to see over the dashboard.

In May 2009, Bianchi went on a flight with his dad to Copalis Beach in a plane that had a dashboard he could see over. Bianchi recalled, “On the return flight, my dad let me take the controls and fly straight and level. I remember all I could see over the dash was the tress of the Olympic rain forests.”

Bianchi himself learned how to fly and eventually got his license, being a general aviation pilot ever since. Many people think of commercial airliners like the Boeing 737 when they hear about aviation, but in general aviation, Bianchi flies “single-engine piston aircraft up to 12,500lbs in visual flight conditions” such as the Cessna 150 which he has been flying recently, which is 1,600lbs, flies up to 124mph, and costs \$40/hour to fly. Commercial airliners like the 737 are much heavier, faster, and expensive to fly. There’s also the job of military pilots, who aren’t subject to the same FAA regulations as other pilots.

Bianchi’s favorite plane to fly is the Beechcraft T-24 Mentor, a fighter jet trainer used by the US Military from 1953 to the 1990s which he said, “handles like the sports car of planes.”

Bianchi said that he flies partly because he likes to, but largely for proficiency. “Each flight I try to work on some area of improvement. On my last flight I was doing landings at Boeing field, working on putting my wheels about 3 feet before the start of the runway center line.” When Bianchi flies, he goes through a comprehensive process of pre-trip inspections. Once he’s in the air, he spends about 80% of the time looking out the window for traffic and the rest of the time he’s checking instruments to make sure everything is functioning properly (known as “scanning.”) Bianchi most commonly navigates via reference to ground landmarks, and during any free moment he gets, he likes to do photography.

While most flights go without issue for Bianchi, he has had a few stressful moments. One time, he was practicing landings at Boeing Field when the alternator failed on his aircraft and he had no electricity, including power to his radio transmitter. He used his transponder to communicate that his radio was out, and the controller had him rock his wings to confirm instructions. Bianchi continued, “When I landed and pulled off the runway, I called the control tower’s number and put my phone under my headset and got my taxi instructions that way.”

Bianchi offered some fun facts about flying and aviation, such as how he is, contrary to popular belief, allowed to use his cell phone while flying “as long as it doesn’t

affect the safety of the flight.” Another fact is that Bianchi can open his windows when flying just like a car. Pilots in pressurized commercial airliners cannot, but general aviation aircraft are actually designed to be leaky.

Bianchi said that for anyone who wants to get into piloting and flying, there are many great programs to do so. “If you have no concerns about the money you can enroll in a flight school. Civil Air Patrol is a great resource for young aspiring pilots, and they’ll use Air Force funds to pay for

flight training. The Civil Air Patrol offers flight scholarships, flights, aircraft, and flight academies. As well as a community of pilots to guide someone through the process. You can also go to the FAA directly for flight scholarships.”

Bianchi plans on following aviation as his career path. He would like to go into commercial airline flight later on but wants to start his career in something more exciting. He intends to continue progressing with his level of flight certification and become an instructor later in college.



PHOTO: Courtesy of JACK BIANCHI
Jack Bianchi giving a thumbs up before a glider solo in 2021

A Teacher of Character: Goodbye to Mr. Barmore

KATHERINE KAISER '25
Staff Writer

This year we say goodbye to a teacher who has dedicated many years to developing not only young minds, but also people's characters. Mr. Barmore has been a foundation of inspiration and guidance to so many students and has made such an impact in the Seattle Prep community. Barmore's dedication and commitment to his student's growth and success is a testimony to his character. Being a part of Barmore's collegio this past year, I have firsthand experience of how Mr. Barmore not only teaches but is excited to teach. His enthusiasm for learning has made such an impact upon students' experience and journey here at Prep. Mr. Barmore will be greatly missed, and his impact on the Prep community will carry on through the students that were fortunate enough to be taught by him.

Farewell Señora Navarro

LUKE WHALON '24
Staff Writer

After 24 years of dedicated teaching as a Spanish teacher, Señora Navarro is departing Prep. However, teaching Spanish was not her initial calling. Navarro was very interested in art and photography, teaching both before arriving here.

Over her tenure as an instructor, she has shown her immense love to the community and the students especially. She admires the ability of students to pick up new concepts and vocabulary quickly and works passionately to help all of her students succeed. Her classroom is an environment bubbling with excitement where those passing by can sometimes hear students singing songs in Spanish at the top of their lungs or reciting her common phrase "¡Decimos, Amén!" after morning prayer. With everything she does, Navarro shows her love for teaching a language she loves deeply.

Her infectious smile and laugh, her witty humor, and ability to connect with every student she encounters makes her the amazing teacher and individual she is. The Prep community is forever grateful to have had such an amazingly vibrant and warmhearted Spanish teacher and hopes she enjoys her retirement travelling and continuing her pursuit of the arts.

All Hail the Math Queen, Ms. Pasztor

HANNA ROTH '23
Staff Writer

While many know her as the AP Calc AB teacher, she has been an integral part of the Prep community for the past 26 years. When asked what made her stay at Prep for so long, Ms. Pasztor said, "It's the people of Prep.

My talented, awesome students, the freedom in my teaching as I could challenge them to perform to their highest potential, my inspiring colleagues." You can always hear the warm laughter of the students responding to her classic saying, "This bad puppy!"

While some may find her intimidating, Pasztor is anything but that. She's caring, nurturing, and encouraging to all her students. She will sacrifice her weekends, lunch, and free periods, just so we students can retake math tests. The love she emits for her students and math can be seen all over her personal blog, FloorCookies. Pasztor says, "It's impossible to pinpoint only one {favorite memory} because there are so many good, different types of memories. The everyday challenges of the classroom. Daily interactions with students and colleagues. The laughs and the goofiness of students," etc.

While Prep is incredibly grateful to have Pasztor, we know that she will always be a part of our family and we wish her the best in her retirement endeavors of traveling the world. Like Pasztor always says while dismissing her classes, remember, "You should do calculus every day!"

Calm, Kind Welcoming: Ms. Wong Tribute

HANNAH HUDDLESTON '24
Freelance Writer

Ms. Wong, thank you for all the work you have done for the Seattle Prep Community.

I am so lucky to have met you this year. Every time I walk into the LRC room, your caring, welcoming smile brightens my day. Your patient and collected presence promotes a serene, positive learning environment. Whenever I come in to take a test, your kindness and selflessness shine through and cause me to feel more relaxed and focused. I admire your ability to maintain a controlled work and testing environment, especially when there is an overload of students needing to test in the room. You remarkably manage to create an ideal learning space, tending to the needs of all LRC students.

I will be sad to not see you in the LRC next year. However, I know that you will thrive in whatever you do next!

Thank you.

A Selfless Leader: Fr. Celio

JEFFREY GO '23
Editor in Chief

Fr. Greg Celio will unfortunately be leaving Seattle Prep next year. Not only has Celio greatly helped students in the classroom, but he has also selflessly ministered around Prep in numerous ways, from leading music ministry practice to presiding for all-school mass to meticulously planning for retreats. Celio's thoughtful insight both inside and outside the classroom has added to students' lives in countless ways.

During his time at Prep, Celio's openness to suggestions and truly acting upon feedback has greatly improved life on campus. By listening to student and faculty feedback wholeheartedly and making changes accordingly, Celio has made everyone at Prep feel heard and has consistently led by example on how to live out the Jesuit principles. From everyone at Seattle Prep, thank you Fr. Celio for making Prep a better place for everyone, and know you will be missed!

Tireless Dedication: Ms. Goodwin

MARGOT GWYNN '23
Online Editor

It is a bittersweet feeling saying goodbye to Ms. Goodwin after many years of her being an unwavering source of support for Prep seniors during one of the most important yet overwhelming parts of their high school careers. Her tireless dedication to helping students with their college searches, applications, and decisions deserves the highest praise that cannot be wholly articulated. She's greatly invested in the lives of the seniors she works with and celebrates their successes with a great smile as she captures the monumental moment of them sticking their pins into their class map with a photo. As one of the students under her guidance, she did a fantastic job easing the tedium and intricacy of college applications and made me feel organized, prepared, and well equipped to send mine off to the schools I wished to attend. But what impacted my experience in the counseling office just as much as her competence and expertise was her kindness, warmth and generosity. I am immensely grateful to have had her assist me this past year, and I know the Prep community will miss her greatly but lovingly wishes her well with her future endeavors. Thank you for all you've done, Ms. Goodwin!



Maya Bransier
Charles Cook
Tim Doggett
Cole Hayes
Jackson Heisler
Carter Joy
Stu Mason
Mackenzie Moran
Olivia Preston
Annie Roske
Hanna Roth
Grace Rothrock
Alex Ruelos
Jane Turner

Santa Clara University

University of California, Los Angeles

Simon Lee
Kendall Torres
Nellie Walsh

California Polytechnic State University

Jameson Cagan
Delaney Cronk
Peter Frazzini
Apollo Jones
Robert Miles
Jack Sevigny
John Slavin
Cian Trinen
Mackenzie Tucker
Cole Wagner
Julia Wood

Bates College
Miles Schmidt
Belmont University
Lauren Lansing
Carleton College
Dash Schwab
Chapman University
Cooper Stephens
Claremont Mckenna College
Jack Cahill
Brendan Cannon
Stella Hansot
Clemson University
Amelie Burrows
Taylor Scelfo
Colgate University
Zoe Ryder
Colorado College
Spencer Besselaar
Finn Donahue
Frances Hansot
Creighton University
Ellen Krische
DePaul University
Connor Kratz
Fordham University
Maddie Ando
Claire Shigo
Georgetown University
Kat Lord-Krause
Jordan Park

George Washington University
Estelle Sevilla
Highline Community College
Rodrigo Santacruz
Hobart and William Smith Colleges
Rees Chandler
Johns Hopkins University
Noah Martinez
Lake Forest College
Colin Thornock
Loughborough University
Kieran O'Meara
Loyola Marymount University
Jeffrey Go
TJ Russell
Carolyn Schrock
Louie Steele
Loyola University Chicago
Ginger Doran
Karsten Hirst
Cora McDowall
Annelise Northcott Johnson
Miles Trius
Marquette University
Amelia Amroffell
Torin Heffernan
Kaitlyn King
Julia Krische

Ien Hsiung
Meryl Ramirez
Rosario Rodriguez
Raquel Wong

Seattle University

Paolo Almario
Gabby Betzer
Sophie Cravy
Isaiah Garcia
Chloe Hill
Rose Kennedy
Charlie LaMotte
Connor Lee
Andrew Metcalf
Andrew Roedel
Gabriel Smith

Gonzaga University

Michigan State University
Jayden Holloway
Occidental College
Isabel Moorhead
Oregon State University
Jacob Blank
Reeve Boyd
Hailey Mendenhall
Fin Miner
Parsons, The New School
Sophia Hayre
Pitzer College
Nick Matthews
Purdue University
Andrew Johnson
Rensselaer Polytechnic Institute
Eamonn Todd
Rochester Institute of Technology
Daniel Catorcini
Texas Christian University
Jenna Unbehend
Tulane University
Jessica McDowall
Saint Joseph's University
Clare Bentley
San Diego State University
Maya Lind
Bella Matthews

University of Washington

Savannah College of Art & Design
Sophia Kennedy
Stanford University
Will Floyd
St. John's University
Mason Ocampo
Syracuse University
Ellie Charles
Finley Dermody
Trinity College
Evelyn Clapp
United States Air Force Academy Preparatory School
Jack Bianchi
University of Arizona
Ivan Alindogan
Myles Campbell
Betsy Green
Payton Kyle
University of California, Berkeley
Luke Leddy
University of California, Davis
Ava Berard
Ronish Sharma
University of California, San Diego
Nina Cutner
University of Colorado, Boulder
Filip Christian
Brooke Lindsay

Archie Babinec-Thompson
Abby Baldwin
Malie Chamberland
Carly Christian
Parker Cross
Shanti Davis
Riley Floyd
Matthew Frosaker
Roan Garces
Christian King
Ava Krueger
Catherine McNeill
Lydia Michael
Natalie Miller
Reed Mounir
Nima Nabaie
Christy Nguyen
Sarah O'Connell
Elle Popp
Gabe Tanumihardja
Feruz Teamrat
Dagmawi Teshome

Caden Lawlor
Hayes Stewart

Tufts University

Northeastern University

Gianna Owens
Anna Roberts
Olivia Winnard

Boston College

Liza Ellinger-Keith
Bridget Frauenheim
Audrey Hamblett
Paloma Hissong
Sydney Leardi
Nico Olivar

University of Denver
Maren Winegardner
University of Illinois
Alex Howard
University of Notre Dame
Joe Colleran
Matthew McGowan
University of Oregon
Tripp Hunt
Drew Mrus
University of San Diego
Soloman Ashenafi
Sophia Salentine
University of Southern California
Kate Diefendorf
Clare Flynn
University of St Andrew's
Alden Arnold
University of Texas at Austin
Hannah DeGroot
University of Utah
Jack Coleman
Nathan Dunfield
RJ Pederson
Nick Pickel
Ben Royce
Ryan Somers

Vanderbilt University
Natalie Gemma
Liv Gooding
David Gribble
Vassar College
Jane Hurley
Villanova University
Bridget Cannon
Margaret Collins
Kiera Heim
Kate Matter
Washington and Lee University
Margot Gwynn
Washington State University
Owen Hunter
Osai Richardson
Allison Henderson
Western Washington University
Olivia Pasco
Whitman College
Luke Malzewski
Mason Remington

CONGRATS CLASS OF 2023!

Where Will We Be

Ivan Alindogan:

CEO of Grubhub

Paolo Almario: Restarting his Tiktok career

Amelia Amroffell: Living in Italy

Maddie Ando: White House Press Secretary

Alden Arnold: Taking pictures of the castles in Scotland

Solomon Ashenafi: Co-managing LA fitness with Mason

Archie Babinec-Thompson: Presenting his modern art masterpiece at MoMA

Abby Baldwin: Owns a line of designer tennis wear

PJ Barton: Created a line of redhead hair care products

Clare Bentley: Preschool art teacher

Ava Berard: Running a homemade gelato parlor in Italy

Spencer Besselaar: Professional chess player

Gabby Betzer: Designing a line of big sunglasses

Jack Bianchi: Living off the grid and flying his plane occasionally

Jacob Blank: Coaching the Prep football team

Reeve Boyd: Playing in the MLB

Maya Bransier: Running her own boutique in the south of France

Vi Thuy Bui: Manager of the next big rapper

Amelie Burrows: Commentator for college football

Jameson Cagan: NASA employee of the month every month

Jack Cahill: Corporate bigwig on Wall Street

Myles Campbell: Came back to work at Prep just to be close to his sister

Brendan Cannon: Teaching his kids to be tennis champs

Bridget Cannon: Working as a member of Congress

Daniel Catorcini: Product ambassador for the Dyson Airwrap

Malie Chamberland: Still a tri-sport athlete

Rees Chandler: Playing lacrosse and being a lumberjack in the offseason

Ellie Charles: Holds the record for highest spider solitaire score

Carly Christian: The west coast Alix Earle

Filip Christian: Frolicking in the Slovakian countryside

Evelyn Clapp: Churning butter in the Swiss Alps

Jack Coleman: Was finally promoted to manager of the West Seattle Chipotle, ambassador for Snapple

Joe Colleran: Running for governor of Indiana

Margaret Collins: Handling class action lawsuits

Charlie Cook: Started his own bakery called Cook's Cookies

Sophie Cravy: Everyone's favorite elementary school teacher

Delaney Cronk: Working as a doctor in Southern California

Parker Cross: Coaching the UW football team

Nina Cutner: Clown for children's parties

Shanti Davis: Coding for the next big tech company

Hannah DeGroot: Winning Deal or No Deal

Finley Dermody: Head of Marketing for the Seattle Kraken

Kate Diefendorf: Driving her truck along the beaches of Maui

Tim Doggett: Still training for Iron Panther

Finn Donahue: Living in Colorado with his two corgis, managing the finances of the world's top companies and individuals

Ginger Doran: Evening reading in a Chicago brownstone

Nathan Dunfield: A professional auctioneer

Liza Ellinger-Keith: Winning the Nobel Prize for stopping another pandemic

Riley Floyd: Ambassador for Celcius and visits Palm Springs once a month to play tennis

Will Floyd: Running for Canada in the 2028 Summer Olympics

Clare Flynn: A #womanin-stem

Bridget Frauenheim: A high school guidance counselor

Peter Frazzini: Living in his airstream on the side of a mountain

Matthew Frosaker: This generation's Da Vinci

Roan Garces: Creative director for YSL

Isaiah Garcia: Going home to make a TikTok because, why not?

Natalie Gemma: Country singer in Nashville

Jeffrey Go: Owns a thriving keyboard business, donates one to Seattle Prep each year

Liv Gooding: Still invested in playing Senior Assassin

Betsy Green: Runs a holistic spa in the Arizona desert

David Gribble: Creating the first golf course on the moon

Margot Gwynn: Doing business in Berlin, attending F1 races on the weekends

Audrey Hamblett: Making people smile by working as a nurse

Frances Hansot: Backpacking through Europe

Stella Hansot: Owning a store on the beach in California

Cole Hayes: Hanging out with Owen

Sophia Hayre: Designing for New York Fashion Week

Torin Heffernan: Master ventriloquist

Keira Heim: Preparing her kids for Prep soccer with Hendy

Jackson Heisler: Following Morgan Wallen around the country

Allison Henderson: Ambassador for lululemon

Chloe Hill: Editorial designer for Vivienne Westwood

Karsten Hirst: Hosting a reality TV show

Paloma Hissong: Adopted a Boston accent

Jayden Holloway: Little League Baseball Coach

Alex Howard: An accountant working on wall street

Ien Hsiung: Replacing the YouTube and Instagram Reels algorithms

Tripp Hunt: Playing on the National Ultimate Frisbee Team

Owen Hunter: Cast in the live action Muppets as Beaker

Jane Hurley: First female president of the United States

Andrew Johnson: Photographer for National Geographic

Apollo Jones: Theatrical stage installation engineer

Carter Joy: Winning the Boston Marathon

Fiona Kannier: Interior designer in San Diego

Rose Kennedy: A kindergarten teacher in Nantucket

Sophia Kennedy: Designing the sets and theme for the Met Gala

Christian King: UW basketball coach

Kaitlyn King: Working as a forensic scientist for the FBI

Connor Kratz: Cat owner making a living off of drawing caricatures

Ellen Krische: Taking her two dogs for long walks

Julia Krische: Living on the coast of Maine and running a bookclub

Ava Krueger: Singing for the Seattle Children's Choir

In Ten Years?

Payton Kyle: Managing Reeve Boyd and other MLB players

Charlie LaMotte: Writing the soundtrack for highest grossing Muppets movie

Lauren Lansing: Taking over faculty karaoke during Olympic Week

Caden Lawlor: Place kicker and data analyst

Sydney Leardi: Chief of Staff to the President

Luke Leddy: Advocating for helmets in rugby

Connor Lee: Undergoing an identity crisis as linguini from Ratatouille, adopted a rat, learning to cook

Simon Lee: Co-anchor of SNL's Weekend Update and head writer of the show

Maya Lind: Throwing the fish at Pike Place Market

Brooke Lindsay: Professional party planner

Kat Lord-Krause: Nun by day, snake wrangler by night

Luke Malzewski: Still growing his mustache

Noah Martinez: Pianist for the National Symphony Orchestra

Stu Mason: Team principal for Red Bull Racing

Kate Matter: Relaxing on a yacht in Bora Bora

Bella Matthews: Owns her own chain of coffee shops in San Diego

Nick Matthews: Refing for kids' basketball games

Cora McDowall: Thrifting in Paris

Jessica McDowall: Working on the newest MARS rover

Matthew McGowan: Taking the Seattle Prep Mock Trial team to a world title

Catherine McNeill: Celebrating St. Patrick's Day every day

Hailey Mendenhall: Living on the moon and still not answering her phone

Andrew Metcalf: Traveling the PNW in his converted van with his two dogs.

Lydia Michael: Records laugh tracks for movies and TV shows

Robert Miles: CEO for Lockheed Martin

Natalie Miller: AP exam tutor

Fin Miner: Sitting on the porch of his Montana ranch

Isabel Moorhead: Riding horses and working on wildlife conservation to save endangered animals

Mackenzie Moran: Revitalized the Seattle Prep cross country program

Reed Mounir: Stage manager for a Broadway show

Drew Mrus: Managing U of O's basketball team

Nima Nabaie: Physical therapist for the UW basketball team

Laura Ngo: Power lifting national champion

Christy Nguyen: Coding the next big social media app

Annelise Northcott Johnson: On the cover of VOGUE

Mason Ocampo: Co-managing LA Fitness with Solomon

Sarah O'Connell: Performing surgery by day and performing on Broadway by night

Nico Olivar: The Boston Red Sox's biggest fan

Kieran O'Meara: Running a children's rugby league in the UK

GINNA OWENS: Saving the sharks and drinking ranch dressing

Jordan Park: Creating her own line of leather jackets

Olivia Pasco: Running a successful Depop business

RJ Pedersen: Traveling around the world ten months a year, living in West Seattle the other two

Nick Pickel: Still fixing his Land Cruiser

Elle Popp: Having fun in the sun and working remote as a high-end brand manager

Olivia Preston: Still meditating

Meryl Ramirez: Producing Wario Land 7

Mason Remington: Taking his kids to the driving range everyday after school

Osai Richardson: Stand up comedian

Anna Roberts: Featured writer in the Boston Globe

Rosario Rodriguez: Playing a lawyer on a drama TV show

Andy Roedel: Living in remote Wyoming building a particle accelerator in his spare time

Annie Roske: Head of Taylor Swift's PR team

Hanna Roth: Celebrity judge on Dancing With the Stars

Grace Rothrock: Psychologically analyzing the effects of Yerba Mate on the brain

Ben Royce: Traveling the national parks and scaring tourists in his ghillie suit

Alex Ruelos: Head of PR for Aritizia

TJ Russell: Soccer coach for Crossfire FC

Zoe Ryder: Running her own horse riding camp

Sophia Salentine: Street vendor selling her art on the streets of Florence, Italy

Rodrigo Santacruz: Personal stylist for A-list celebrities

Taylor Scelfo: Manager of the Mariners, leading them to their first World Series title

Miles Schmidt: Still sporting his jorts, flip flops, and the shovel

Carolyn Schrock: Created her own signature cheese on her alpaca farm

Dash Schwab: Head of finance for a travel agency

Jack Sevigny: Owns an Etsy shop for rings

Estelle Sevilla: Traveling to her 195th country as a UN ambassador

Ronish Sharma: The next Top Gear Richard Hammond

Claire Shigo: ACLU lawyer

John Slavin: Relaxing with his family on Lake Coeur d'Alene

Gabe Smith: Still working off his JUG time

Ryan Somers: Petting zoo manager

Louis Steele: Working at Luckydog

Cooper Stephens: Brand ambassador for the Comfy

Hayes Stewart: Radical muralist in Seattle

Gabe Tanumihardja: Head chef of his own Michelin Star restaurant

Feruz Teamrat: Working at a non-profit hospital

Dag Teshome: Trainer for the Seahawks

Colin Thornock: Created his own line of tote bags

Eamonn Todd: Professional rock climber

Kendall Torres: Bigwig businesswoman in LA

Cian Trinen: Making a living live streaming on Twitch

Miles Trius: Chilling in a hammock

Mackenzie Tucker: Veterinarian in California

Jane Turner: Starring on the new version of Running Wild with Bear Grylls

Jenna Unbehend: TCU's proudest alumnus

Cole Wagner: Fishing in the middle of Whitefish Lake

Nellie Walsh: Art curator for The Met

Maren Winegardner: Still going to every concert she can

Livy Winnard: Opened and runs her own thriving thrift store

Raquel Wong: Runs her own small business in Pike Place

Julia Wood: Owns a vineyard in Napa Valley

Wrapping Up Spring Sports

BROOKE NOWAK '26
Staff Writer

As the 2023 school year comes to an end, so do spring sports. It may feel like the short season was just beginning but it was full of memorable moments and accomplishments that student athletes will remember forever.

The boys' varsity lacrosse team finished the regular season strong winning 13-3 games. The team took home the 2023 Metro Championship with a thrilling 9-8 victory over O'Dea. In addition to a strong end to the regular season, the boys lacrosse team also celebrated big victories earlier in the season over O'Dea, Eastlake, and Bel-larmine Prep. The leading scorers were Elliot Muska with 53 goals and 26 assists, Henri Downer with 45 goals and 23 assists, and Miles Schmidt with 27 goals and 7 assists.

The girls varsity lacrosse team finished the season 7-4 and had an impressive 137 goals, 65 assists, and won 124 draw controls. Katherine Kaiser helped lead her team with 35 goals and Alex Gardner with 15 assists. Stella Hansot got the most draw controls with 41 successes. The cohesive teamwork and dedication helped move the team from 14th to 7th in state within the last two weeks of the great season.

Varsity baseball had an overall record of 14-9 and a conference record of 10-7. The baseball team was lead by a quartet of seniors who will all be playing ball at the next level. In the midst of the playoffs, the baseball team kept their season alive with a thrilling walk-off home-run by Senior Jayden Holloway to cap a 5-4 victory over Nathan Hale in the playoffs. In addition to a successful regular season, baseball also hosted their annual Let's Play Ball event with Bridge of Promise, an organization that provides opportunities for individuals with developmental disabilities.

Varsity boys' soccer finished with an overall record of 11-4-1 and a conference record of 7-4. Combining a mix of senior leadership and young talent, the boys' soccer team fought through a tough Metro

League and beat Garfield in thrilling fashion on penalty kicks to move on to the semifinals of the of the Metro league playoffs.

Varsity softball finished with an overall record of 14-4-1 and a conference record of 12-3-1. Led by team captains, Senior Finley Dermody, and Junior Siena Kiefer, the Panthers were invigorated by an infusion of young talent. Although the play-offs are still underway at the time of writing, a highlight of the season was a memorable seven-week winning streak stretching from March into May.

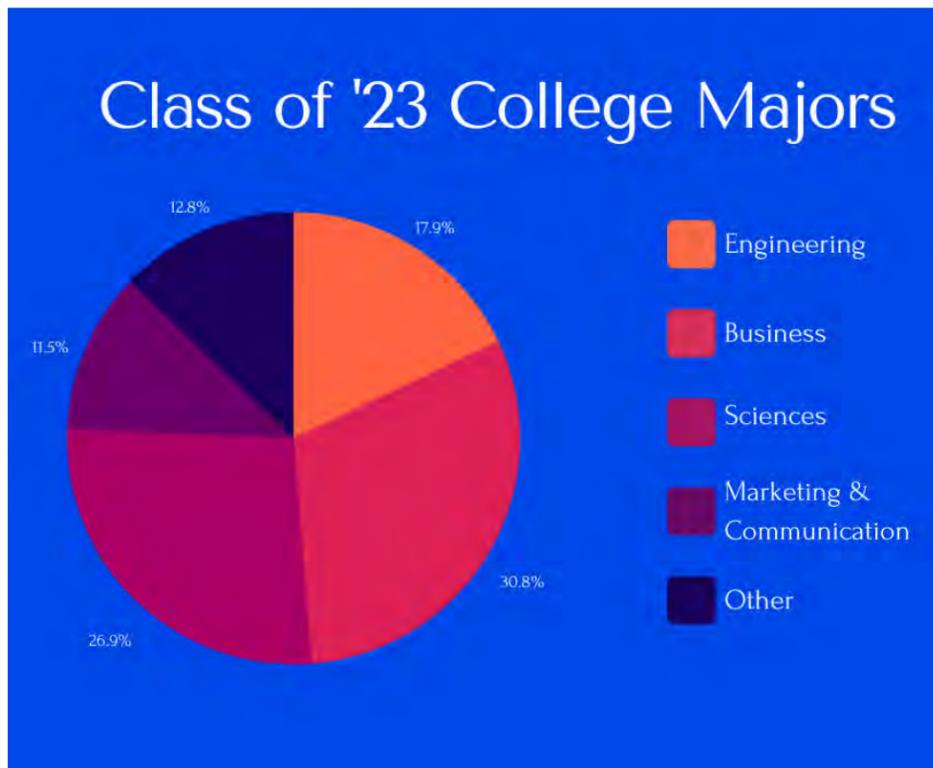
The crew team is fresh off of the Brentwood Regatta in Victoria, BC. The team won several events and placed 5th out of 24 programs, also finishing as the top US scholastic program. Closer to home, Panther rowers were invited to the prestigious Windermere Cup on May 6th. The girls 4X took first place while the boys 4X took second place in highly competitive fields.

Following two fourth-place finishes at state in 2022, the tennis team brought back a number of key players this season. At the time of writing, the team is in the midst of the Metro playoffs and hoping to qualify a number of players for State.

Also hoping to repeat their success from the 2022 season is the track team. At the time of writing, the team is competing in the Metro League championships where, if successful, runners and throwers will continue on to districts and state. Stanford commit and standout runner Will Floyd posted the top state time in the 400M recently at the Shoreline Invitational and hopes to cap his high school career with another successful state meet. Last year, Floyd placed first in the 100M, 200M, and 400M at State.

These athletes have shown determination, hard work, and teamwork throughout the entire season and have once again proved that there is virtue in hard work. Whether it was a students last time playing a team sport or the start of a new high school experience, this season will not be forgotten. Every team has a lot to be proud of and has gained valuable memories and lessons to look back on.

Seniors: What do you want to study in College?



KATE CANNON '26 & CHLOE HORNER '26
Staff Writers

Then & Now

Seniors and their 9th grade yearbook photo

AVA TINDER '24
Staff Writer



Abby Baldwin



Myles Campbell



Matthew Frosaker



Sophia Hayre



Karsten Hirst



Miles Schmidt



Kendall Torres



Miles Trius



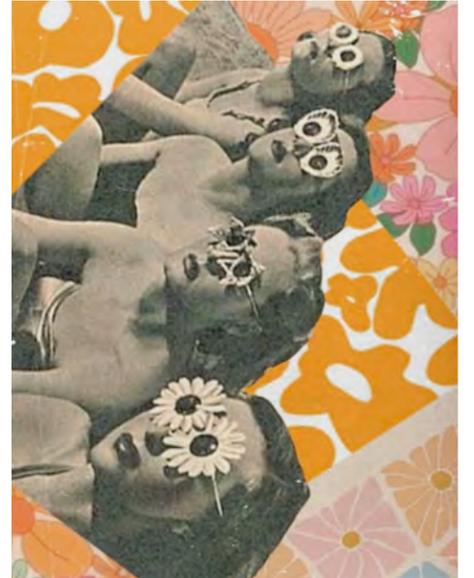
AP Art and Design: Expression Through Art



ARTIST: CAROLYN SHROCK '23



ARTIST: OLIVIA PASCO '23



ARTIST: MALIE CHAMBERLAND '23



ARTIST: FILIP CHRISTIAN '23

KEIRA MUNKO '24

Staff Writer

Of the many AP classes offered here at Prep, AP Art and Design is the best option for students who want a chance to express their creativity. In the class, students grow in their artistic abilities and expand their creativity and ideas.

AP Art and Design is centered around the creation of a portfolio. To create their portfolios, students use a method called sustained investigation. They choose a medium and a subject and create 15 pieces of art centered around their subject. This process requires a lot of hard work and dedication, but it's also a fun and creative process.

"It entails a lot of experimentation with ideas and materials. They try out different topics, different subjects, different techniques" said AP Art and Design teacher, Mrs. Dold.

Although finding a theme for a portfolio can be difficult, students receive a lot of guidance from teachers throughout the process. Senior Carolyn Shrock took the class this year, and the theme for her portfolio is the seven deadly sins. However, she didn't start out knowing this right away.

"A lot of people like went in absolutely knowing what they wanted, but I wasn't sure, so Mrs. Dold helped me a lot to figure out what I wanted" said Shrock.

Everyone has a unique theme, so during class everyone is working on something different. Even though students are working on different things, they still go to each other for advice or inspiration. This aspect of AP art and Design is one of Shrock's favorite things about the class. "I love the community it becomes," said Shrock, "People really are working to lift each other up."

With the advice they receive from others, as well as their own creativity, students hone their work and their ideas to create art that they're proud of. "As a teacher it's really fun to see that sort of growth in their work, in their ideas, and have it all kind of come together at the end" said Dold.



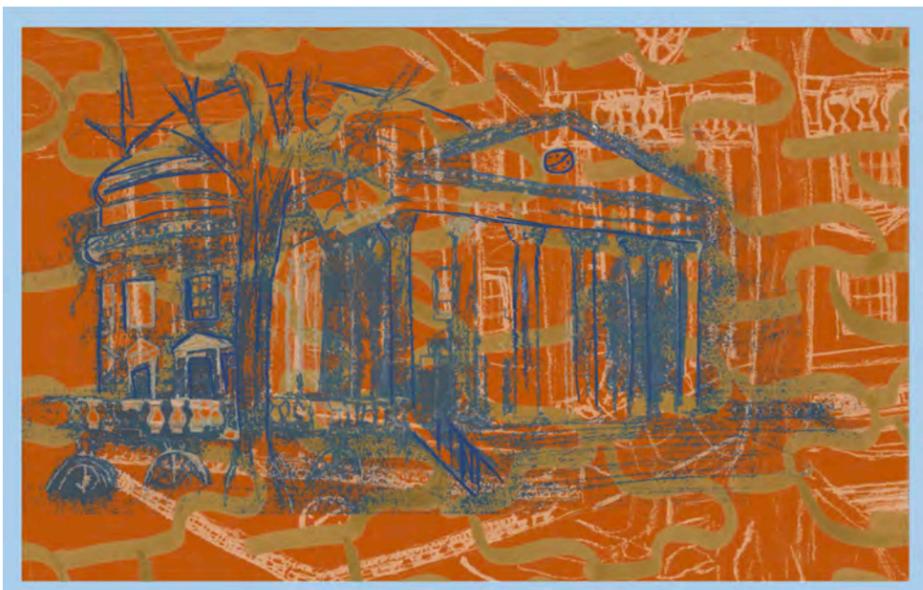
ARTIST: HAYES STEWART '23



ARTIST: MASON OCAMPO '23



ARTIST: SOPHIA SALENTINE '23



ARTIST: NELLIE WALSH '23



ARTIST: JANE TURNER '23

INCOMING: 2023-2024 ASB EXECUTIVES

AUDREY CROMETT '24
Staff Writer



PICTURED: Alison Choi, Matt Kennedy, and Blen Assegid

Seniors Matt Kennedy, Alison Choi, Elena Lovejoy, and Blen Assegid are Seattle Prep's 2023-2024 Senior ASB executives. Kennedy and Choi bring a combined six years of ASB experience while Lovejoy and Assegid

bring new perspectives and ideas to ensure that next year's ASB will be the best one yet.

Kennedy '24 has been an ASB officer since his freshman year and stated that he is, "beyond excited to serve as Seattle Prep's ASB President." Overall, he hopes to "create a culture in which everyone feels loved and valued"

and where the student body is, "truly living up to Prep's mission statement that God may be found in all things and that each person is sacred."

Kennedy's agenda is both small scale and large scale. First, he wants to make sure that everyone feels included whether that is saying hi to someone in the halls or inviting someone to sit together at lunch.

Second, Kennedy wants to work with his peers to create more events on top of assemblies, dances, and Olympic Week. He hopes to be remembered as a nice guy, but more importantly he stated, "I want next year to be the year that people who have been at Prep for multiple years or generations, get the sense that post COVID, we [Prep] are back."

Choi '24 is best known for her infectious school spirit and positive attitude. She hopes to bring these qualities to Prep through raising participation in assemblies, sports, clubs, and other extracurriculars. Ever since COVID-19 struck, she has felt that the Seattle Prep community has not been as tight knit as it once was. Because of this, Choi stated, "I want to bring our community together since our grades were separated after COVID."

Elena Lovejoy '24 has been an active member in the Seattle Prep community. She has been a member of the girls' basketball program, girls' soccer program, track, musicals, multiple

clubs, and peer mentorship. Lovejoy stated that she hopes that, "everyone will be more connected whether that be cheering at games or going to musicals because Prep's community can be even more enthusiastic and welcoming than it already is."

Her main goal, however, is similar to Kennedy in that she wants to help people be ready to have fun and approach events like assemblies or service with an open mind since they are such a large part of being a Panther. On top of all that, she also happens to be the daughter of librarian and ASB advisor, Mrs. Lovejoy, so being an ASB member is already in her blood!

Blen Assegid was elected to the Seattle Prep ASB for the first time after running and campaigning all four years. She, like the three other ASB members, stated, "I want to create a closer and more active community at Prep. I want to make next year a very memorable one."

Assegid has continually shown that she wants to play a key role in the leadership team at Seattle Prep, and next year she will finally be able to do that. When asked what she hopes her legacy as a Seattle Prep ASB would look like, she said, "I want to be remembered as someone who was an advocate for everyone. I am open to any ideas from anybody and seeing them come to life in our school would be amazing!"

MEET THE CLASS OF

2027



FEATURING Q & A WITH INCOMING FRESHMAN DELANEY GRIFFITH '27 FROM HOLY ROSARY

CLAIRE RULYAK '24
MANAGING EDITOR



PHOTO: Courtesy of Delaney Griffith '27

1. What is a fun fact about you?
2. What activities do you do outside of school?
3. What is your favorite place you have ever traveled to?
4. All-time favorite movie?
5. Favorite food?
6. Favorite Song?
7. What is a high school stereotype that you are curious about?
8. What are you most excited for in high school? (ex. joining sports teams, lunches, clubs, etc.)
9. Why did you choose Prep?

1. I have been to 17 states. My mom's side of the family is from the East Coast so I have been all over the Northeast, and during COVID my family and I took lots of road trips around the West Coast.
2. I love playing basketball. I have been playing since 1st grade. I also enjoy performing in my school musical every year.
3. Hawaii, I love the weather.
4. Captain Marvel
5. Pagliacci salad, I'm looking forward to being around the corner!
7. You have to study 24/7 in order to be successful.
8. I am looking forward to playing basketball, meeting new people, and finding new activities to participate in.
9. I chose Prep because I have seen how people support each other like watching games and musicals, and Prep also has strong academics, which is important to me.

Tips for Getting the Perfect Summer Job

SOLIANA FISHATSION '26
Staff Writer

Summer jobs are a great way to earn a bit of extra cash during the summer break, but the challenge is getting the job. The local McDonalds is always open, or a large chain retail company at the mall but 15 dollars an hour just isn't going to cut it. So here are some high paying jobs for 15-year-olds and older:

1. Library Assistant at a Seattle Public Library
2. Work at MoPop or a local museum for a Student Program
3. Be a Lifeguard at a local pool
4. Work at your Country Club!
5. Be a Camp Counselor for the local community center.
6. Be a Teen Peer Advocate at King County
7. Work as a youth Sport Umpire/referee for a sports club like Seattle United.

Online resources can also be helpful when job searching like Indeed. Surprisingly, the Seattle Public Library has tons of resources for teens and can introduce jobs. Friends and family are also amazing ways to find more options. Personally, I got my summer job because my cousin recommended her job as a caddie and encouraged me to apply. Now you've chosen the job, how can you increase the chances of getting it?

Well, differentiating yourself is key in your job application or interview. Don't gush too much when applying--the interviewer doesn't need praises about the water quality of the YMCA pools!

So be friendly, and when the interviewer asks questions, reciprocate it. Ask them questions too and get a friendly connection with them (for casual jobs!!).

When applying to jobs, make sure they center around your interests, or if you'd be the target employee for that job. For example, if one is trying to be a camp counselor, they would make sure that job would fit with their personality. Do they work well with kids? Do they have a friendly and enthusiastic persona? Do they have traits that are good attributes when working with kids? These are questions to ask when applying to a summer job.

High schoolers don't have an extensive resume surrounding work experience, but one can make up for the lack of experience by improving their resume by volunteering at Prep, in the community, charities, etc., so they can gain experience working with people and show an employer that they're a kind person that'll go above and beyond and could be a nice addition to the workplace.

Another tip would be to make connections! Don't be afraid to connect with the Prep community and ask peers or teachers about job options. Also, don't forget to ask friends and family if they run a business that needs an extra hand, or if cousins and friends work somewhere. Asking them for a recommendation can really increase the chances of getting that job.

Ultimately, it's all trial and error. So, apply for tons of jobs and a great one will find you. Good luck!

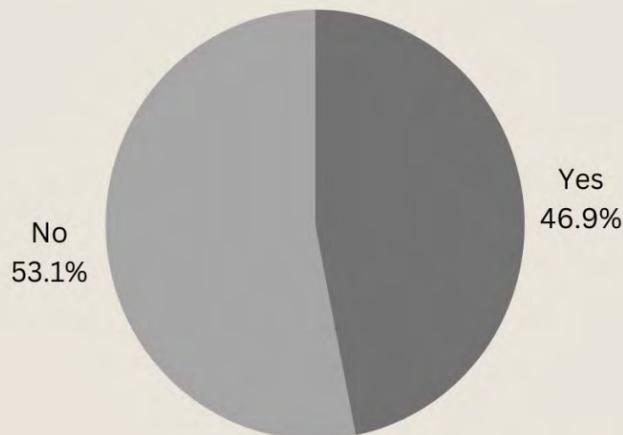


#SENIORPOWER

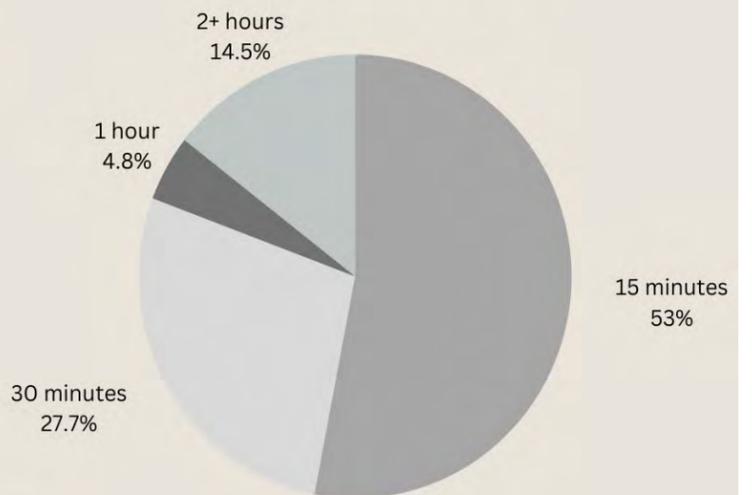
IN THE LATEST EPISODE OF THE SEATTLE PREP PANTHER PAWDCAST, ALEX RUELOS '23 INTERVIEWS THE SENIOR EDITORS OF THE PANTHER. TO HEAR MORE ABOUT THE EDITORS' GOALS AS FRESHMEN, HOPES FOR COLLEGE AND FUTURE PLANS, MAKE SURE TO TUNE IN!

Online Chess Craze

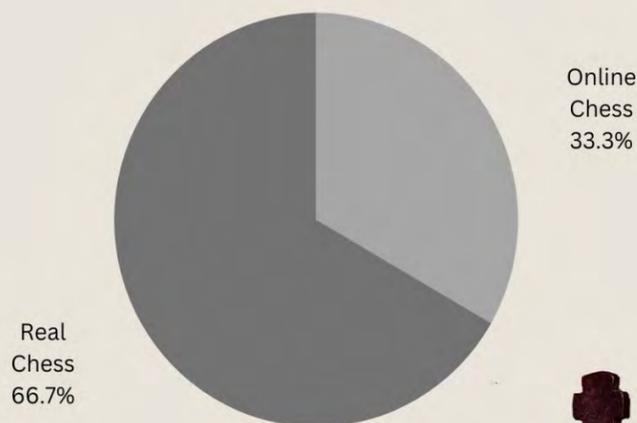
Prep Students Who Play Online Chess:



How Long Prep Students Play Online Chess Everyday:



Do Students Prefer Online or Real Chess?



THE PANTHER | MAY 23, 2023

Student Profile: Babinec Thompson's artistic evolution



Painting by Archie Babinec-Thompson '23

KELSEY HAMILTON '24
Managing Editor

Archie Babinec Thompson, a senior here at Prep, is well known for his fun cartoon art sketches. Babinec-Thompson started drawing in sketchbooks during his freshman and sophomore years, drawing inspiration from his favorite comic book series, Calvin & Hobbes. Babinec Thompson reflects fondly on this anthology because of the way the author used a small kid and his imaginary childhood friend to depict big adult thoughts and ideas while at the same time incorporating humor into it. And, of course, Babinec Thompson loves the art, saying, "The art is super well done. It's crazy to imagine the author, Bill Waterson, doing it every day."

He later joined art window because of his friends, and through this, he was able to realize his love of art. His friends were good artists, and Babinec-Thompson wanted to replicate that. "I saw what techniques they were using, and I tried to emulate them myself," he explains.

The easiest way for him to get into art and drawing was to draw comics and characters. "You didn't have to make it look realistic," said Babinec-Thompson, "you just had to come up with something in your imagination. Once you had that, you could make a story for them."

Babinec-Thompson's inspiration comes to him in many different ways. Sometimes,

EDITOR: ANNA ROBERTS '23

he'll have an idea throughout the day and has to write it down to remember it. Other times, he writes things until he gets a grasp on what he wants to do. Occasionally he will also work off of a photo – it all just depends on the kind of art that he's doing.

Babinec-Thompson started out by drawing cartoon characters, even having a few specific characters that he would draw, but now he is pushing himself to master other art skills and focus more on realism, having his art become less of a character and more like a person. This is something that he wants to try and incorporate into both elements. With his drawings of characters and people, he tries to focus on what he wants to show or tell through them.

A specific art style that Babinec-Thompson wants to focus more on in the future is screen printing, a type of art that uses a squeegee to force ink onto a surface through a screen to create a picture. He eventually wants to take on a big project of creating a screen print of a person the size of a wall, his inspiration coming from Andy Warhol's Elvis Art in the Seattle Art Museum.

Next year, Babinec-Thompson will be just across the lake at the University of Washington, majoring in fine arts. Babinec-Thompson's art has come a long way since he first started in Freshman year, and he hopes to keep growing with it and eventually do it as a living.

3-2-1: Advice From Prep Alumni

RYAN MAH '25 &
DEAN JOHNSON
Staff Writers

3 Christine Mah - Junior at Seattle University was asked:

How do you manage stress and workload in college? (Any methods or tools?)

I'm not great at prioritizing self-care, which I think incoming college students should try to figure out now. My self-care strategy is finding one thing to look forward to each week, whether that be sleeping in or watching a movie with my family. Little rewards have pushed me through some brutal weeks. Being mindful of good things has

been seminal to my mental health and stress management.

Are there any stories or moments that speak to your college experiences?

No particular moment comes to mind. Rather, I'd define my college experience through the mundane: smiling at people in my cohort, laughing with a student I tutor, eating lunch with my friends. I spent freshman year of college on Zoom, not knowing who anyone was, and I worried things would always feel that lonely. It's comforting, realizing how much love I've experienced that I never planned for. As corny as it is, the people you surround yourself with really do shape the college experience.

2 Diego Garcia-Camargo – Sophomore at Stanford University was asked:

How does college compare to Prep?

College is more demanding than Prep, no question. In most ways, though you will be well prepared. It usually takes 2-3 months to get used to the idea of being in a new place with new friends and a new schedule. It's ok for that to be hard on you, it's hard on everyone. Don't be afraid to ask for help and make sure you call your parents!

Any tips for future Prep students making a college application?

Be honest! Be yourself! Write about your deepest values and desires—the person that you are at your core—because that won't necessarily come through in the other parts of your application. Character, virtue, and passion are things that you have developed in the past 4 years (if you haven't then you still have some time left!) and they are what matters most.

1 Hobbs Hegedus – Freshman at the University of Washington was asked:

Are there any things to ease the adaptation from Prep to college?

To help ease the transition I suggest reaching out to others you know, going to the same school as you. If you don't know anyone, then meet people at orientation or get involved somehow in student life as soon as possible. Establishing a new support/ friend group is essential to feeling welcome and succeeding.

How does college compare to Prep?

Prep prepared me for college, but the two are dramatically different in some ways. For me, I've been in a lot more labs than traditional classes. The only classes I have that are similar to the ones I had at Prep are my core courses like chemistry and calculus. In college you have much more freedom but that also comes with the responsibility of properly managing your own time.

Thanks for Reading from the 2023 Panther Staff!

