

The Seattle Prep Panther

December 12, 2023

www.seaprepanther.org

Volume 78 No. 2

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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.

Students Learn about Justice in D.C.

CHARLOTTE FLYNN '26

Staff Writer

This past October, twelve students embarked on a cross country flight to the Ignatian Family Teach-in for Justice in Washington DC.

The Ignatian Family Teach-in for Justice was created in 1997 to honor the martyrs of the Universidad Centroamericana (UCA) who, along with their companions, were killed in El Salvador in 1989.

The students attending the trip were selected through an application process last spring and have been preparing to represent Prep amongst the other Jesuit schools attending since fall. In preparation, students led by Ms. Miller and Ms. Campbell created mission statements, discussed what they wanted to take away from the conference, and decided what sights they wanted to see in DC.

The group was gone for five days, with an itinerary filled with the conference and exploring the city. On the first day students started with taking the metro to the National Museum of African American History and Culture (NMAAHC) and ended with Prep Alumni showing them around Georgetown University.

Current Prep sophomore, Emerson King described her time as the museum as

“...an eye-opening experience to why I live the life I do today. The museum was informational and powerful.”

On Friday, they met with students from other high schools in the Jesuits West Province at a mixer and discussed why they were there, including social issues they were most passionate about. Here, Prep students were given their first taste of the conference and able to converse with like-minded peers.

King thoroughly enjoyed talking with the other students, and noted, “There’s so much preparation and learning you can do independently, but there’s nothing like meeting the other students and talking about things you’re passionate about.”

Mid-afternoon on Saturday, the conference officially started. Prep along with thousands of other Jesuits partook in opening prayer, listened to the Peace Poets, a group dedicated to performing justice inspired slam poetry.

Monique Trusclair Maddox, the keynote speaker spoke about her experience learning about how her ancestors were enslaved by the Jesuits. Maddox discussed how she reconciled the fact the Church she supported her whole life could have hurt her family.

Later, in breakout sessions, students were able to learn about various social justice issues. King attended sessions led by professors and professionals detailing gun violence,

along with the Israel Palestine Conflict and the Ukraine War.

The breakout session focusing on gun violence particularly struck King which was led by a victim of gun violence and two anti-gun advocates. “I’ve heard about shooting and anti-gun laws, but I’ve never been in a room with three people whose life purpose is to stop gun violence. In a span of one hour, I learned more about gun violence, the causes and the effects than I had known in my entire life.”

Participants were also able to attend student-led sessions and speeches where other high school students discussed the work they were doing for justice in their own lives and schools. Subjects included the power of AI, the climate crisis, immigration and inequities in the healthcare system.

The conference wrapped up on Sunday with keynote speaker Ellie Hidalgo talking about her experiences being a woman in power in the church. The weekend ended with a conference wide mass where the students, teachers all prayed with the martyrs in mind.

King described the mass as a “...perfect end to the weekend. After hearing about so many touching and important subjects, it was nice to center myself and be at peace alongside everyone.”

Counseling Department Offers "Care Solace" for Students and Staff

CLAIRE RULYAK '24

Editor-in-Chief

Demand for mental health services is at an all-time high, and Prep has adopted a new way to provide for students this year. Care Solace acts as a connector to mental health services and can be accessed by any Prep student or staff. The services can also be accessed by any of their immediate families and will give individuals referrals to professionals within 72 hours of inquiry. “It is an organization that connects people to services that can go beyond mental health support, it does a lot more like connecting people to education Psychology testing providers,” Johnston said.

After several schools in the Archdiocese discovered Care Solace being used in other school districts and states, its proposal occurred quickly last year. It became less of a financial burden for schools in the Archdiocese as they share the expense. According to Mr. Johnston, the counseling department chair, “It is still an expense for the

school but it’s a lot less than it would have been, and all schools in the Seattle Archdiocese who want to participate can”.

The Care Solace program considers location, insurance, requested service, age, gender, background, and more when making recommendations. The most important part, however, is that Care Solace finds physicians and therapists with genuine availability, and this is uniquely critical in a mental health service. “One of the things we find with mental health is that the biggest obstacle is finding someone with availability,” Johnston said, “the demand has gone up and I don’t really know if the supply has matched that”.

Another unique aspect of Care Solace is that the program will check in with its users after making referrals to ensure that they can schedule appointments. This is another method of combatting the lack of availability of mental health resources in society today. This accessibility is key according to Johnston: “My mantra is that therapy can be useful to anyone. We do preventative maintenance to avoid physical manifestations of ill-

ness, and, to me, it’s kind of the same thing with mental health”.

Since being established this year, Care Solace through the Archdiocese hasn’t been advertised to students much as it is meant to be a private service for Prep faculty, students, and their families. There is also some resistance by students to use mental health services according to Johnston. “We have put it out to students and parents, but I think that there could be more around the PR of it and the other part of it is that I still feel like there’s stigma we’re fighting,” said Johnston. He hopes to emphasize the organization more to the Prep community in years to come.

If you would like to be connected with any form of mental health services or counseling through Care Solace, your counselor or anyone in the counseling office is available to get you connected. You can also visit <https://caresolace.com/site/arch-seattle> to use the services in a completely anonymous way.

Exploring Diverse Winter Holidays

KEIRA MUNKO '24

Staff Writer

Christmas is the big winter holiday for many, but there are many other holidays that people celebrate. Holidays range from more celebratory to more religious. One of the holidays celebrated is Hanukkah. Junior Lissie Grinstein celebrates Hanukkah, and she said, “It feels kind of weird because everybody observes Christmas, and our holiday break is based around Christmas whereas Hanukkah, it’s just not celebrated by many of my peers and it kind of gets swept under the rug.”

Hanukkah is a Jewish holiday that lasts eight days. The exact date changes from year to year, but this year it takes place from December 7 to December 15. It celebrates the rededication of the Second Temple of Jerusalem. Every night of Hanukkah,

a candle on the menorah is lit. There are eight candles lit, and a ninth one that is used to light the others. This candle is called the shamash. During Hanukkah, it’s traditional for fried foods to be eaten because they represent the small amount of oil that kept the menorah lit for eight days instead of one. A few customary foods at Hanukkah are latkes (potato pancakes), sufganiyot (fried jelly donuts), and kugel (egg noodle casserole). Grinstein explained what she and her family do for the holiday, “During Hanukkah, we have a menorah, and we light a different candle each night until the last day when they’re all lit and I get a present each day of Hanukkah. On the last night of Hanukkah, we always go over to my grandma’s house.”

Another holiday is Ethiopian Christmas, also called Gena. It is celebrated two weeks after Christmas, on January 7th.

Just like Christmas, it celebrates the birth of Jesus, however it is a more religious take on the holiday than is usually celebrated. It starts with a fasting season that begins on November 25 and lasts 43 days until Gena. During this time, people don’t eat any animal product. Senior Aibe Misiker celebrates Gena and explained, “we celebrate it during the day by going to church. And then after all the ceremonies we eat a specific type of food called injera with doro wat and kifto because that celebrates that we’re finally able to eat animal product.”

Although Gena celebrates the same thing as Christmas, these practices and traditions are unique to Gena. “It’s literally just like if Christmas didn’t have gifts, you know, it’s a more religious look onto the holiday than the cheery, Christmassy vibe that Christmas usually is,” said Misiker.

Feliz Navidad, Merry Christmas, Sretan Božić!

MARGUERITE BINDEL '26 &
EMILINE BELIARD '26
Staff Writers

As the holiday season is quickly approaching, many people are getting ready for their annual traditions! Within the Prep community students are anxiously awaiting the holiday season to begin, with every member of the community celebrating this holiday differently.

Prep's Honors Spanish teacher, Profe Nemeth, tells us about her experience celebrating Christmas in Mexico during her year of studying abroad there. In Mexico, Profe explains, there is a big celebration around Christmas time called Las Posadas. This is an event where the people reenact the journey of Mary and Joseph looking for a place at the inn.

During this 9-day festival the community comes together to sing villancicos which is the Spanish term for Christmas carols. Each day they go to a different person's house, and on the 9th day they get invited into someone's house and a huge party is thrown, as they have finally found a place to stay. For Profe, this was not her first time doing a Posada. When she was little, one of

her friends hosted one which she described as, "A unique experience that I immensely enjoyed."

Kris Sekhar '24 is a senior here at Prep, and he tells us about his families Christmas traditions, which is getting to travel to Croatia each year for Christmas. He described his Christmas in Croatia as not being very different then the celebration here in the US, "In Croatia we still have trees and sing Christmas carols around town." Though the activities are similar, he commented that the food eaten during the holiday seasons in Croatia is very different. Some traditional foods they eat during the holiday season are Sarma, which is a stuffed pickled cabbage roll served with mashed potatoes, and Bakalar which is smoked cod.

Christmas is a time for everyone within the Prep community to get a break from school and spend some quality time with family and friends. From Profe Nemeth's amazing Mexican Christmas tradition to Sekhar and his family's trip to Croatia, we get a glimpse at a few of the many different Christmas traditions and celebrations that people within our Prep community partake in during this season!



Photo: KRIS SEKHAR

Kris Sekhar '24 celebrating Christmas in Croatia with his family, as they revisit old traditions.

Tale of Two Traditions: Unwrapping the Diverse Holiday Traditions in Germany and Mexico

SOPHIA MAGNANO '25
Managing Editor

Christmas, a festive season celebrated worldwide, is a time when cultures come alive with unique traditions, customs, and festivities. While the fashion in which Christmas is celebrated varies from culture to culture the essence remains the same – a time for joy, love, and togetherness.

In Germany, Christmas is a magical time filled with centuries-old traditions and customs. One of the most prominent traditions of German Christmas is the Christmas markets. Frau Khouri shared that these festive markets pop up in cities and towns across the country, where "booths are set up, music is played along with Christmas carolers making their way about the market, festive decorations are displayed across the market such as Santa Claus flying over on a sleigh as well as angels in the town hall balconies, and of course lots and lots of food."

Families and friends often gather in these "organically grown and immersed markets", to enjoy the festive atmosphere throughout the day, "buy traditional decorations, and find many goodies" as Frau

Khouri explained.

While the markets open in late November, Frau Khouri stated that the "Christmas season [really] begins with advent". During Advent, "every family in Germany has an advent wreath on their living room table decorated with candles. Schools also have advent wreaths and often hang them in an area like the commons. Families and friends also gather each Sunday of Advent over coffee and cake to celebrate."

Another pre-Christmas tradition in Germany is Saint Nicolas on the 6th of December. Frau Khouri shared that her kids, "put their shoes out by the front door, and the next morning, after Saint Nicolas has come, the shoe is filled with marzipan, chocolate, nuts, or even some oranges".

These festivities just hold folks over until Christmas Eve and Day. A central tradition on Christmas Eve in Germany is setting up and lighting the Christmas tree with real candles. Frau Khouri described this moment as being very substantial and special: "families sit around in awe, share food (something like potato salad and sausages because it is very German but also very quick), and open the presents." Once it is Christmas Day, families "often go to Church and have a big lunch or dinner as a

final celebration."

If you take anything away from learning about Christmas in Germany, just remember that Frau Khouri thinks "the Christmas season in Germany or Austria is the nicest way to experience the holiday".

A very different but equally festive celebration of the Christmas season occurs in Mexico. In Mexico, Christmas is a vibrant and lively celebration deeply rooted in the blend of indigenous and Spanish traditions.

One of the most significant precursors to Mexican Christmas is Las Posadas, beginning on December 12th. Señor Martin described Las Posadas as a series of "reenactments in groups of neighbors, who knock door to door, singing specific songs asking for hospitality and the neighbors respond that they are full since that's how Mary and Joseph were treated but then they get to the door of the one neighbor who will host that evening's party."

Señor Martin shared that families often "attend midnight mass on Christmas Eve, and then get home around 1 or 2 am Christmas morning, and then begin to open gifts."

Similar to the celebration of Saint Nicolas in Germany, Mexican families set

out shoes instead of stockings. Señor Martin said, in his family "You would place your shoe underneath the tree, and Christmas morning there would be small presents inside your shoe".

Perhaps the biggest difference between Christmas in Germany and Mexico is the food eaten. In Mexico, Señor Martin said that Christmas Day is celebrated with a big dinner consisting of foods like "tamales, pozole (a soup with meat made from hominy), traditional maizena (corn pudding), warm punch (fruits, sugar cane, cinnamon, and a bit of rum)".

Whereas in Germany, Christmas lunch is typically centered around duck, goose, or ham, and desserts like stollen and lebkuchen (gingerbread) are eaten. Frau Khouri described stollen as "symbolizing baby Jesus as the dessert looks like a baby in its cloth. It is a pastry bread filled with marzipan and covered in powdered sugar."

While there are obvious differences between the two cultures the significance of Christmas remains the same: a time for gathering, joy, and generosity that define the same universal holiday spirit.

I'll Be Home for Christmas: The Surge of Christmas Spirit in 2020

GEORGIA LIMBAUGH '26
Staff Writer

As the leaves begin to fall, and the weather gets cooler, the people of the world start the preparation for the most wonderful time of the year: the holidays. The inevitable giddy feeling of the holidays brings cheer to every corner of the world through the various traditions practiced amongst families and friends.

During the isolation that was the COVID-19 pandemic, these traditions were forced to adapt to the guidelines set in place.

Fall of 2020, a new COVID-19 surge struck the world, tightening the al-

ready strict safety guidelines. According to the King County health department, hospitalization spiked in early December of 2020. Nationwide, COVID-19 had infected 4.3 million people and killed 37,000 in the month of November alone. According to CBS News, this number was more than most countries had all year.

In response, public holiday festivities were abandoned. In 2020, Snowflake Lane was cancelled, a widespread tradition that tens of thousands attended each year. The Bellevue Downtown ice rink was also shut down along with the annual performance of The Nutcracker. These obstacles only infused more determination into the minds of socially deprived Seattleites.

Holiday traditions were subsequently forced to become familial.

"Since we still couldn't really leave the house, my family and I spent even more time together than we usually do. In some ways, having to spend time together brought us closer," said Siena O'Meara '26. The push to stay inside connected families in a way that could not be achieved otherwise.

Seattle Prep English teacher Ms. Slevin adapted her view of holiday traditions post-COVID-19.

Pre-2020, seeing pictures online of friends searching for Christmas trees right after Thanksgiving made her cringe. "The tree won't live until Christmas!" she would

think. She believed that the holiday season starts strictly after December.

However, after the 2020 holiday season, her outlook has completely shifted. In 2020, Ms. Slevin noticed Christmas decorations going up extra early. People yearned for an excuse for excitement and celebration. Upon reflection, Ms. Slevin agreed with this notion and has since been celebrating the holidays earlier as well. "Whatever makes you happy," she thought.

Closures, isolation, and sickness are not the typical grounds for celebration. Nevertheless, the people of the world seized these bleak circumstances and fully embraced the holiday season in all of its glory.

 Cool Mom Bracelet \$25 little words project		 Electric Mug Warmer \$14 The Tea Smith
 Cross Band Fleece Slippers \$24 Amazon		 Personalized Family Mugs \$32 Uncommon Goods
 Heart Mini Waffle Maker \$15 Dash	 Essential Oil Diffuser \$15 Target	 50 States Bucket List Water Bottle \$58 Uncommon Goods
 40oz Tumbler \$40 Owala	 Family Birthday Calendar \$20 Amazon	 Chocolate Holiday Box \$79.95 Ghiradelli
By Daphne Bui		

HOLIDAY GIFT GUIDE

from our student led clubs...

 FIG SELF-LOVE WORKBOOK FOR WOMEN Build your self-love this holiday season through tools, exercises, and affirmations.	 GROWL Support research and animal studies by symbolically adopting an animal and getting an adorable WWF Plushie.	 Environmental Alliance No need for more plastic! Anyone would love a Hydroflask Waterbottle.
 Crochet Club Crocheted Lanyards are simple and inexpensive to make but a homemade gift is always meaningful.	 Video Game Club Race against your friends and family as your favorite characters during the holidays.	 Latino Club New shoes for Los Tress Reyes Magos (Three Kings) to leave treats/sweets in.

Graphics: DELPHINE MOCK (above), DAPHNE BUI (left)

Meet New ASC Member: Mr. De La Cruz

MARIA MCDOWALL '24
Staff Writer

In the vibrant halls of Seattle Prep, the Alumni Service Corps (ASC) is a dynamic force, promoting mentorship, guidance, and support throughout the school community. Among its dedicated members is Mr. De la Cruz, a multitasking individual with roles spanning AP Economics, advanced filmmaking classes, coaching basketball and track, and much more.

Mr. DLC (nicknamed by his students) is familiar face in various spheres of Prep life. He will serve as a leader on the crew for the upcoming freshman retreat and he just got back from fall Kairos. Beyond

retreats, he also moderates the Asian Pacific Islander Club and is involved in sports marketing with Mr. Strickland.

Mr. DLC emphasizes the importance of kindness: "It doesn't cost anything to be nice to your classmates."

As a proud alumnus of Seattle University, Mr. DLC graduated from the Albers School of Business and Economics with a major in Marketing. Not limiting himself to the world of business, he also holds a barber certification, showcasing the diverse skill set that makes him a unique and relatable figure among the student body.

When asked about his decision to return to Prep, Mr. DLC expressed a deep

desire to pay forward his experiences during his time at the school.

He says, "I want to Be able to provide the same support and mentorship that he felt at Prep to the next generation of students. As an intermediary between students and faculty, I feel that I can connect the age disconnect."

Looking ahead, Mr. DLC envisions establishing a barbershop passion that was born in the very halls of Seattle Prep. It's a testament to the diverse interests that make up the substance of his personality.

Living with other ASC members, Mr. DLC describes it as one of the easiest possible living situations. The camaraderie

among the ASC members extends beyond their roles, creating a friendly living environment. He even has a dog that lives with everyone in the ASC house.

Mr. DLC stands as a beacon of mentorship, embodying the Prep spirit. His journey from student to mentor is a testament to the cyclical nature of guidance, and his commitment to creating a positive and supportive environment resonates through the very fabric of the school.

As he often says, "If you ain't right, then you left. So get right before you go left."

ASB Revamps Winter Snow-Lo

PEYTON LYSEN '26
Staff Writer

Tolo, Winter Dance, and Snow-Lo are just some of the names that Prep's annual winter dance has taken on.

Last year it was the winter dance filled with a hot cocoa bar, Santa pictures, and spike ball. But, after a small turnout mostly of underclassmen last year, ASB committed themselves to making this year's Winter Dance better than ever with lots to attract students of all grade levels.

This year, ASB revamped Snow-Lo with a snow machine, bouncy castles, ice cream, and a photo booth.

In 2022, the student body had high hopes for Prep's annual winter dance but was disappointed with the end result. Sophomore Nora Crisera remembered the excitement leading up to the dance and the hope that she had for the Winter Formal. Sadly, she believed that that dance did not live up to its expectations. "I had a lot of hope and excitement for the dance, but when I got there, it wasn't what I expect-

ed."

Despite the hot cocoa table and Santa photos, something about the dance was missing. One was the upperclassmen. Last year's main attendance group was comprised mainly of freshmen with a few sophomores and few juniors or seniors. Specifically at Prep, upperclassmen bring tons of energy to dances. "I think that upperclassmen at Prep bring a lot of the energy and fun because we help start the dancing and set the example of what happens at Prep dances for the underclassmen," said Junior Emma Gunter. By having upperclassmen attend dances, freshmen know what happens at dances and how to follow along.

So, what was different this year? Mrs. Lovejoy said that ASB had loads of fun planning activities including a snow globe, a bouncy castle, Santa photos, and a snow machine for the entryway. There was also free Ben and Jerry's ice cream for all who attended.

But different options for activities is not the only change. In years past, the Winter Dance has been formal attire,



Photo: Seattle Prep ASB

Students show off their matching outfits at Snow-Lo 2023.

but this year, ASB decided to switch things up, to accommodate what the student body wants. Based on student votes, this year's theme was Twin Day, opening up the attire to more possibilities compared to past years. Students brought guests from other schools, and dates were not required with many students twinning in groups of up to four or

five.

This year, Lovejoy said that ASB really tried to listen to student voices and opinions to give the dance as much appeal as possible.

With every addition, Lovejoy and ASB are proud of what has been accomplished to make this year the best yet.

Meet a Freshman: London Reed

KELSEY HAMILTON '24
Editor in Chief

London Reed has had no trouble diving into the Prep community these past few months. Being the only person coming from Kings, a middle school in Shoreline, Reed had no one she knew before freshman year, and coming in, she felt a mixture of excitement and nervousness. Like many, Reed was drawn to Prep because of the community, and despite the nerves on her first day, Reed was immediately swept away by the community and found herself making friends. Her most memorable parts of freshman year are the barbecues, the dances, the school spirit, and her peer mentor, who has helped guide her through the first couple months of school.

Reed lives with her mom and stepdad and has stepsiblings who visit in the summer and on school breaks. She has had a beta fish named Jerome for the past year, but

her dream pet is a Golden Retriever. When asked what ideal name she would give her dog, Reed decided on Biscuit.

Reed lived in Florida until 2nd grade, after which she moved to Seattle because of her dad's job. Reed's father works for the Mariners. Working with the Mariners, Reed's family gets free tickets to every game. Reed can often be found at T-Mobile Park watching the Mariners play.

When she lived in Florida, Reed loved to visit the beaches there and hopes to go to college somewhere in California to be closer to them. In the meantime, Reed is involved with Seattle Prep Crew and loves to be out on the water with her friends, hopefully watching the sunset. A goal for Reed this year is to win a Regatta!

When Reed isn't conquering the waters, she loves reading and journaling. Her favorite book genre is psychological thriller and mystery, and some of her fa-

vorite books that she's read are "Secret History," "The Shatter Me" series, and "The Silent Patient." Some other hobbies include clay sculpture, which she loves to do at her house when she has free time, and guitar, which she has been playing for three years. Some of her favorite songs to play are Taylor Swift songs, specifically ATWTMVT-VFTVSGAVRALPS (All Too Well Ten-Minute Version Taylor's Version From The Vaults Sad Girl Autumn Version Recorded At Long Pond Studios).

Although it's still early in the school year, Reed is involved in many clubs and activities here at Prep, including Book Club, Debate Club, Business Club, and Album Club. Reed joined book club because she thought it would be a good way to connect with others through a love of reading. Reed wanted to join Debate club to work on her presenting skills. She also likes how there are small groups where she can contribute her ideas to the topic of debate.

Reed's interest in Business Club comes from wanting to see how stocks work. She figured it would be helpful to understand what they looked like from a younger age to use that experience later. Reed decided to join Album Club because she has been surrounded by music and enjoyed listening to various artists and music styles. Through engaging in these clubs, Reed has found many people in the community that she can connect with.

Reed has many hopes for the remaining months, with the school year still young. She hopes to maintain her good grades, keep a good group of friends, and get involved with more clubs and activities in addition to the ones she's already in. Reed has seamlessly integrated herself into the community, and Prep can't wait to see and support what she chooses to set her sights on next!

Creating the Future of Service at Prep, One Step at a Time

BEN SCHWARZ '27
Staff Writer

This year, Ms. Miller has been tasked with two large roles in just her first year: teaching a freshman Collegio and being the new director of the Magis Christian Service Program.

That includes organizing summer service opportunities, the Giving Tree program, and so much more. Miller and the rest of her team believes that "the Christian service program at Prep is designed to provide all students with the opportunities to live out our mission of being for and with others, and to become transformational leaders who are living up to the grad at grad pillars."

It's the reason the service program we have at Prep is called Magis, which means seeking the more. The opportunities that students are given are to make people for others - going past just the base-level understanding of topics and creating a diverse community.

Miller has done so much for the school already; she has already helped arrange multiple Community Days and a blood drive. The Magis Christian Service Program also sends students to the Arrupe Leaders' Summit and the NW Ignatian Advocacy Conference, both of which will be held in February.

There are even options far outside the community, including Prep's connection with Education Across Borders. "We also run a summer service immersion program to the Dominican Republic with Education

Across the Borders, and we're hoping to really grow our summer service immersion programs over the next couple of years." The program sends students away on a transformative trip where students stay in homestays and are hands-on with their companions.

This was shown during Prep's second Community Day of the year, where sophomores took part in the Urban Plunge - a day where "they were sent out to different sites around the city of Seattle to be of service to an organization and perhaps learn about an issue like houselessness, food insecurity, or income inequality" said Miller.

All these topics are relevant now, especially because the local community has seen a significant increase in people without homes or sufficient food to thrive.

Miller said "My hope for that day is that the sophomores came away with a stronger sense of community, that they came away knowing something that they didn't know beforehand, either about themselves, about the city, or about an issue and that they were given an opportunity to be open to growth and committed to doing justice by being of service in the city."

Even with so much accomplished in such a short time frame, Miller believes there is so much more to be done: "We really want to grow the opportunities for students to engage in service in the communities that they are already in. My hope is that students who are leaders in clubs or leaders on sports teams to collaborate on find-



Photo: SARAH MILLER

Sophomores at the most recent Urban Plunge serving at St. Francis House. ing certain ways like a club or a team can. I hope that I can work with different people around campus to make service a part of the

The Freshman Retreat: How Students Unite with Fun, Faith, and Smurfs

COLE HACKMAN '24
Online Editor

With 100 middle school feeder schools sending new students to Prep yearly, building bonds among students can be difficult. Annual retreats play an important role in the faith and social formation of students at Prep and offer students the chance to spend uninterrupted time with their classmates through a variety of activities. The mandatory Freshman Retreat is designed to foster community and fun among the freshman class through a 3-day retreat both on and off Prep's campus.

Taking place in late January during Retreat-a-Palooza weekend, The Freshman Retreat starts Thursday night and continues until midday on Saturday. Two senior Faith

in Action classes and a select group of upperclassmen total 120 student leaders, who plan and execute the 3-day retreat. "I'm excited to experience the full multi-day retreat since my class had a hybrid format during COVID," said Jay Yuen '24, a student leader from FIA.

While the official theme is 'you are the light of the world', each individual retreat has a fun twist. This year, the retreat's activities and souvenirs are creatively interwoven with elements from the beloved movie Smurfs. As a symbol of their journey on the retreat, each attendee will receive a blue Smurfs shirt, encapsulating the retreat's theme and unity among the attendees. "We want freshmen to know that they matter, that they should be proud of who they are, and

that they can find their place here at Prep," said Mr. Mack, who oversees the operations and student leaders for the retreat.

Retreat activities include small group time at leaders' homes, Christian Service, fun time, prayer, an overnight at Prep, and a Catholic Mass. One of the most cherished activities is the service-oriented carnival, where freshmen are paired with pre-K and kindergarten students. This offers attendees hands-on experience with leadership through games and activities. "It's one thing to hang out with peers, but it's another to see these little kids' faces light up with excitement during the games. They were so cute and enthusiastic, it made the whole retreat feel even more rewarding," said Annelise Mullally '26.

Chester Billerbeck '24 expressed his love for the small moments during ice breakers and fun activities from his own freshman retreat experience. He recommended that future attendees fully participate in all the retreat activities. "The speed dating was cool; it helped me see that we are more alike than we think," said Billerbeck.

With opportunities for fun, faith, and personal growth, this retreat offers freshmen one of the first opportunities to form meaningful bonds with classmates. As we look ahead to January, we send out best wishes to the freshman class as they embark on this retreat, ready to discover their own light and create new bonds with the Prep community.

THE FINAL STRETCH: Navigating the Ups and Downs of Finals

BEN OSWALD '25
SOFIA DOMINGUEZ '25
Staff Writers

As the academic semester winds down, students find themselves standing at the threshold of the ultimate academic challenge: Finals.

These comprehensive exams, often covering an entire semester's worth of material, can be a source of stress and anxiety for many. It is a time of late-night study sessions and the overall culmination of months of challenging work. With proper preparation and a strategic approach, navigating the finals week can become a manageable and even rewarding experience.

The key to success during finals can be found in effective planning and organization. Students should create study schedules that allocate sufficient time for reviewing each subject. They should work to focus on the most challenging topics first, and utilize tools such as calendars, planners, or produc-

tivity apps to stay on top of deadlines and study wisely. Students should find methods and strategies to not only survive but also thrive during this intense period of examinations and deadlines.

Jadon Archer '24, who has plans to play football in the fall at John Hopkins University, weighed in on his study techniques and how he balances a rigorous schedule. Archer says the most difficult part about finals is "having all the tests at the same time and having to remember everything from the start of the semester." But there are certainly ways to balance the exams to mitigate the stress and anxiety.

For Archer, he starts studying for finals around three days before his exams. Archer shared, "if it were a math test, I would study a third of the semester every day and on the day before the test I'll go over every-

thing." This works well for Archer, but beginning to study a week or two before is also a strong idea.

Mrs. Kramer, the principal of academics at Seattle Prep, advises students to begin their studying a week in advance. This allows for time to review a semester's concepts and be well prepared before testing. Kramer defines finals as a "balancing act. Prep students juggle a lot. They are involved in a lot of things outside of school: sports, leadership, clubs, drama, art."

There are many ways to prepare for finals as indicated in the poll answered by Seattle Prep students. For Archer, his favorite method is Quizlets. His advice is to "make the Quizlets yourself." This helps because "when you get Quizlets from other people, it's a lot harder to study, but when you are putting your information into the Quizlet yourself you are

remembering it better that way."

Kramer reminds students of the importance of pacing yourself. She says to "keep organized and take breaks from your studying. Having a plan to avoid studying late is key. Have good habits and go for some walks to make sure you do not feel overloaded."

During finals, it is crucial to maintain a healthy lifestyle. Students should get enough sleep, eat nutritious meals, and stay physically active. These factors contribute to overall well-being and can significantly impact cognitive function and concentration. Finals are a stressful and overwhelming experience, but with proper preparation and healthy habits, they are certainly manageable and rewarding when complete.

*“Finals are a balancing act”
- Mrs. Kramer*



Prep Introduces New Window Workshops

LUKE WHALON '24
Online Editor

With schoolwork, extracurriculars, and plain stress, students need ways to manage their busy lives and find ways to relax in high school.

This year, Ms. Kheriaty hopes to provide these important skills in her new position, Director of Student Success. Kheriaty's responsibility is to support Prep's 800 students through systemized and individualized support systems.

She hopes to support students who may have fallen behind because of special circumstances but also help the student body as a whole through Window Workshops.

Kheriaty was able to explain why Window works so well for these workshops, noting that "our time is so finite here and limited in the school day, so Window just seemed like a time where we could build in some things that were individualized."

Anyone can sign up to attend these workshops, even those committed to classes or programming during Window. Signing up simply involves filling out the appropriate JotForm, a system which will automatically notify the appropriate Window teachers who in their class is attending a workshop.

The goal of these workshops is to better equip students for their lives but also provide opportunities to improve wellness. Kheriaty emphasized that "our students don't just need to learn the content here, but they need to learn life skills."

Some of the workshops focus on balancing a student's busy life, preparing for math and science tests, alleviating stress with meditation, and even relaxing with some dogs. Kheriaty also hopes to incorporate workshops later this year for help with the JRP and UN.

Doggy Downtime, a workshop that involves spending time with dogs on campus, is one of the most popular workshops. Kheriaty explains that "it's a very mindful activity, to be present in the moment and not be thinking about what's coming."

In her position, Kheriaty describes who is involved with organizing this programming: "It's a collaborative effort among me, Ms. Young, Peer Tutoring, the library, the LRC, and our counselors."

A product of this collaboration, the study habits workshop relies on peer tutors presenting effective and useful

Kheriaty is excited to assist students in her new position and to organize a variety of opportunities for the diverse student body.

"The more we can give people chances to try different things, the better opportunities they'll have to find things that work well for them and that they could incorporate in their life later on."

Is Christmas Spirit Dying?

AVA TINDER '24
Visual Editor

How has
Merry
Christmas
turned into
MATERIALISTIC
Christmas?

I watch as my friend flips through her meticulously curated power point – each slide displaying an item on her Christmas wish-list. I will admit, it is nice to look at. Twinkling lights, red bows, and of course a hyper link for easy purchasing all make for a pretty presentation. "I'm so excited for Christmas," my friend says after I hand her back her computer.

I would be lying if I said that I was not guilty of this materialistic mindset. I would be lying if I said that I have never felt disappointed when the wrapping paper revealed something other than what I had asked for. Or that I have not felt jealous when watching the endless hauls that people post on their Snapchat stories and Tik Toks immediately after they finish opening presents with their family.

But are wish-lists and fancy displays really all that Christmas is about? If these are the things we now associate with Christmas, then we are left to ask ourselves: Has Christmas lost its meaning? When did

we become more fixated on presents rather than being present?

The true spirit of Christmas has been corrupted by the glorification of material gifts. Rapidly growing consumerist culture has influenced the way that people approach the holidays. The emphasis on buying and exchanging presents has practically become the forefront of what we consider the "Christmas experience," revealing society's skewed values. Societal expectations and peer pressure to conform to a certain standard of gift-giving has consequently made gifts more expected than appreciated – making people numb to gratitude.

At its core, the true Christmas spirit is built on a foundation of love and unity. The essence of the holiday lies in selflessness and compassion, neither of which can be wrapped in paper or a bow. It is a time when people are encouraged to give, not just in terms of presents, but more importantly, in terms of their presence.

When I think of Christmas, I think

about watching my grandma cook her famous feast, dancing to Feliz Navidad with my dad, and the fresh smell of Hunter's Tree Farm. I think about dying of laughter while watching National Lampoon's Vacation and spending time with my neighborhood friends on a snow day. These priceless instances, rich with significance and emotion, transcend any temporary satisfaction that material possessions have to offer. The joy of not just Christmas, but life as a whole, is found in the relationships we cultivate and the shared experiences we cherish.

Christmas does only come around once a year, so yes, do be excited when you unwrap the gift that was at the top of your wish-list. But more importantly, be present and appreciative of all that you have. The moments you will remember the most will not be the gifts you receive, but the joy shared with your loved ones who surround you as you open them.

BREAKING WINTER BLUES THE ICE VS. Seasonal Depression

BROOKE NOWAK '26
Staff Writer

Living in the rainy State, the gloom tends to cast a shadow on the mental health of teenagers although that is not to say there aren't numerous solutions to be explored that can help brighten people's days. The lack of sun, increased workload, and for some Seasonal affective disorder are all factors that can take a toll on people's energy level and mood.

As the season gets darker it begins to alter chemical balances in the brain producing less serotonin which intern decreases the ability to regulate people's mood. The lack of vitamin D contributes to feeling depressed along with the body's continuous production of melatonin which leads to fatigue. People affected by these adjustments may experience symptoms including a loss of interest in previously enjoyed activities, agitation, low energy, and difficulty concentrating to name a few. These symptoms occur during the changing seasons and are known as the "winter blues."

The severity and symptoms of winter blues vary but it is important to be aware to monitor its effects and find beneficial solutions.

Seasonal affective disorder otherwise known as Seasonal Depression is experienced by about 5% of Americans. The disorder occurs due to the change of seasons entering either summer or winter. About four in five people with seasonal depression are women and most often young adults. It may present itself by affecting one's ability to work, may be taxing on personal relationships, cause oversleeping or eating, and self-isolation. People experiencing these symptoms should seek professional help as well as focusing on strategies to maintain motivation and mental health.

Though cloudy days are inevitable, there are many strategies that will help maintain positivity and bring some form of sunshine back into the day. Getting outside to maximize natural light exposure, staying ac-

tive, staying engaged in everyday activities, and spending time with friends are all great ways to cope with seasonal changes. Sleep, reducing caffeine intake, vitamin D supplements, and light therapy lamps are even more examples to help during the darker season. Acceptance is a key factor to move forward, as one of the school counselors Dr. Rosellini explained, "Cognitively you can think about how the season is going to change, it's going to get better... accept that you can't change the weather and focus on what you can control." Whether a person is experiencing winte blues or seasonal affective disorder there are always ways to help brighten the day ahead and help find beauty and excitement amid changing seasons.



Winter Sports Ready to Bring Some Heat

ELSA CASTRO '23
Freelance Writer

It's time to get pumped and get ready for the winter sports season as student athletes hope to piggyback off successful fall sports energy. Leading the way for these teams are some experienced captains who have shown through determination and dedication that they are ready to command the lanes, courts, and water this winter.

The Girls Bowling team kicked off their metro league domination with a win against Rainier Beach. When asked about the 23-24 season, team co-captain Beza Honelign said, "I'm excited to get to know my new teammates and foster a connection with them." Having most matches at the West Seattle Bowl means lots of bonding time on the bus for these competitors. Their connection and shared objective are the driving forces that will take this team far. The Girls Bowling team last won districts in 2019 and are striving to achieve this once again.

Finishing 4th in metro league last year and coming just one win shy of a state run, the Girls Basketball team is determined to fight for a spot among the best competition in Washington. Senior captain, Megan Moffitt, said her favorite part about playing basketball for Prep is, "the balance between playing and working hard while still maintaining a fun and enjoyable atmosphere." Hard work and effort are key to successful seasons, yet so is the element of having fun. The Girls' Basketball program continues to commit to its motto that above all, "Love wins".

After losing some key components to the team, the Boys' Basketball program is looking strong and rebuilt to tackle this upcoming season. As his first year being captain, Nirvaan Misra is determined to begin his upperclassmen leadership off right. He mentioned a new face to the team, freshman Kellen Matt, who "has the intangibles to be a great player moving forward." Misra is willing to put in extra work to get his team to the state tournament and be selected to an all-metro team. These young men have the talent and will to go far, if they work as a team to reach their end goal for this season.

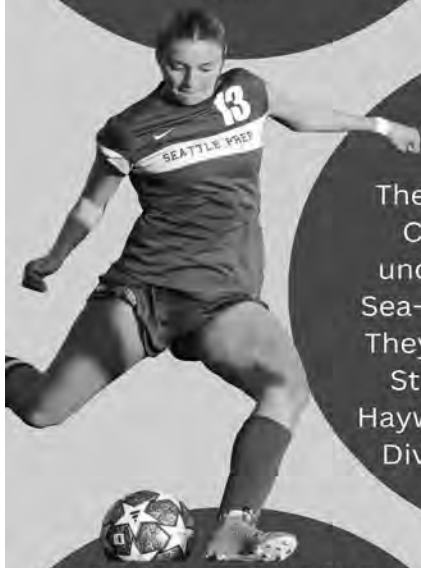
Diving headfirst into the competition, the Boys' Swim and Dive team is looking to have its returning swimmers along with some new faces qualify for districts and beyond. Captain Bradyn Buckholtz has recognized his fellow swimmers and the work they have put in during the offseason. He said, "I am most excited to have 25 guys going into the season this year considering the fact that when Rhys Harnett and I joined sophomore year there were only 9 guys on the team." There is strength in numbers and with a balance of upperclassmen and underclassmen, the leadership will carry this team through league play and beyond.

With strong leadership from veterans within these programs, along with the fresh new faces of underclassmen, the winter sports teams are sure to make Prep proud this winter season. With many more bowling matches, swim meets and basketball quad nights, the winter sport athletes hope to count on fellow classmates for support this winter as they represent Prep throughout the metro league.

FALL SPORTS RECAP

GIRLS SWIM & DIVE

Several members of the girls swim & dive competed in the WIAA State Championship. The team finished 5th place overall. Additionally, Coach Rochon was voted the Metro League Swim Coach of the Year.



GIRLS SOCCER

The girls soccer team took home the title of Metro League Champions and finished off an exciting season in the WIAA 3A State Tournament as the 3 seed.

GIRLS CROSS COUNTRY

Emilia Rosauer '27 and Tegan Rain '25 on girls cross country competed in the WIAA State Championship. Rosauer finished 101st and Rain finished 87th.

VOLLEYBALL

They won the Metro League Championships after an undefeated season and the Sea-King District tournament. They team finished 8th in the State Tournament. Coach Haywood was voted Mountain Division Coach of the year.

BOYS CROSS COUNTRY

They are the WIAA State Champions for the second year in a row and placed 5th in the Regional Championships. Jack Henzke '24 will be heading off to Nationals. Coach Walker was named Metro League Coach of the Year for the second consecutive year.

BOYS & GIRLS GOLF

The boys finished 5th in the Metro League Championship and 9th in the District Championship. The girls finished 6th in the Metro League Championship. Eamon Morhbacher '24 qualified for the 2023 WIAA 3A State Championship

FOOTBALL

The football team ended the season with four wins and qualified for Districts. Additionally, several players on the team were given Metro Honors.

BOYS & GIRLS CREW

The crew team earned a gold and two silver medals at their most recent regatta —Head of the Lake. The boys team also took home two gold medals from the regatta in Sacramento.



GRAPHIC: KATE O'MEARA '27

Senior Dennehy Determined to Dominate Slopes

SCARLETT EBEL '25
JULIA FERABOLI '25
Freelance Writers

What goes 50 miles per hour down icy mountains throughout the United States? Well, it might just be Senior Quinn Dennehy.

Dennehy has skied competitively for 11 years now and currently skis with the Crystal Mountain Alpine Club (CMAC).

For Dennehy, this commitment to skiing is a family tradition "My older brother was into the sport before me, so I wanted to follow in his footsteps. But really the reason why my brother and I started is because my dad grew up racing for CMAC. I think my dad just wanted us to do it because he grew up doing it."

Dennehy trains about three times a week in the winter, with two of those days taking place over the weekend. These weekend practices are not short. They frequently last from 9:00am to 2:30pm! Dennehy must give up training on Wednesdays and Thursdays due to all the homework she has, but

her weekends are still filled with skiing!

Just as in any other sport, ski racers are extremely dedicated to their sport, work hard, and deserve just as much recognition. There are many ski teams around Seattle such as CMAC, TAS Ski Team, Skihawks Racing team, City League, and many others!

These teams prepare for race season, as Dennehy explained "Racing season starts in about mid-December, and from there it goes until about mid-April. I usually have about two race series a month, sometimes more, during that season. A series is usually a 2-5 day long stretch of races at one ski resort."

Dennehy travels often during her race season but also during offseason. Most of her races take place in Montana, Utah, Washington, California, Idaho, Wyoming, and sometimes Colorado. Dennehy travels to Mt. Hood in July to train at the top of the glacier where there is snow year-round. In August, Dennehy will travel to Switzerland for a 2-week training block and will go to Colorado in November.

Dennehy also commented on the importance of training in the off-season as well "In the months where I am not training, it is super important to stay in shape with our dryland training with lots of lifting and time in the gym."

Training is important to racing success, however nothing beats the adrenaline and excitement Dennehy feels during each race. When she was younger, Dennehy would be nervous before and during her race. Now, she feels pure excitement when speeding down the mountain unless of course, it is an important race and is a challenging slope.

As Dennehy's dedication to her sport demonstrates, ski racing requires an immense amount of hard work, commitment, and time. Superstar skier Mikaela Shiffrin of the US Ski Team commented on the determination that the sport requires, "The best way I can explain it is that it always boils down to training and preparation."

Don't Sleep on Hockey: Prep Players Praise the Ice

NOAH MEZA '24
Staff Writer

Most Seattle Prep students have likely at least heard of the NHL or Seattle Kraken, but has anyone ever wondered what it is really like to play hockey? This may come as a surprise, but we actually have a few hockey players in our midst. Prep students Evan Dubicki '25 and Matty Bombino '25 eagerly shared their stories, chiming in on their experiences as hockey players.

In 2021 Seattle welcomed its newest professional sports team, the Seattle Kraken. The long-awaited arrival of an NHL team has since caused the city's hockey interest to skyrocket. Now, more than ever, the hockey scene is expanding, and familiarity with the sport is growing. But since many people are just beginning to get to know the sport, Dubicki and Bombino provided a deeper look into the lives of hockey players.

Junior Evan Dubicki currently plays for the Sno-King Jr. Thunderbirds 18u team while Matty Bombino plays for the Jr. Kraken 16u team. For Dubicki, hockey has played a key role in his life from a very young age. "[My family] started skating me when I was like three years old and so I learned how to skate by the time I was four." Bombino noted a similar upbringing: "I started skating when I was like one...and started playing hockey when I was four."

Both Dubicki and Bombino thanked their families for such an early introduction to the sport. "I mainly started because my family has a big history with hockey. My family is from Toronto so everybody in my family played - my brother, my sister, and my dad [who] still plays right now," Dubicki said. Bombino is a similar story: "My dad is from Canada...[hockey] has been a part of his life for as long as he can remember [so] he introduced it to me when I was really young."

Like the majority of club sports seasons, the hockey season lasts almost year-round. As for his weekly schedule, Dubicki says, "We practice three to four times a week and [have] two games on weekends, or three. Since hockey is not super big here in Seattle, we've had to travel a lot." Bom-

bino is just as busy, saying he is "on the ice five to six times a week on average," whether it be for his three weekly practices or load of weekend games.

As for the hockey offseason, Dubicki harped on the importance of individual work: "[I do] a lot of skating on my own and drills...we have to prepare ourselves for the season." Staying active and in shape is of utmost importance for these guys. Bombino mentioned how during the summer he is "always on the ice...never taking a break [or] taking a big chunk of time off." Even though both players are avid skaters they each prefer to skate often, looking to perfect their craft and never lose their touch.

For hockey players, proper conditioning is vital. "Being in hockey shape means a lot of conditioning," Dubicki said. He specifically emphasized the importance of training his legs: "Your legs get tired before your body gets tired, and once they get tired, you can't really skate, so you have to do a lot of leg workouts in the offseason to prepare them." Hockey shape is a whole different level of athleticism; having to constantly skate while also maintaining a good handle of the stick and being physical with opponents is no light task. "It's kind of a complete fitness," Bombino said. "You need to have good endurance and cardio fitness, but you also need to have a lot of strength and power."

Unfortunately, unlike most sports, hockey is not offered as a high school sport at Seattle schools. For Dubicki and Bombino hockey season is centered completely around their club teams' play in the NAPHL (North American Prospects Hockey League). The NAPHL offers weekend league games and, for Seattle players, involves a ton of traveling. Since hockey isn't big in the area, both players noted the need to travel rather frequently, often taking trips outside the state to places like Minnesota, Nevada, and New Mexico.

While travel can be an exciting part of sports, Bombino wishes Seattle high schools would jump on the hockey train: "I think they should try to start hockey teams because there is going to be a lot more kids playing hockey around here and I feel like it



Photo: EVAN DUBICKI '25

Evan Dubicki '25 skating for the Sno-King Jr. Thunderbirds.

would be a nice addition to the school [and] overall community of hockey in Seattle."

Like Bombino, Prep Athletic Director Sam Reed recognizes the potential benefits of adding hockey as a high school sport. "A winter sport like hockey would fit into our sports calendar well and not negatively impact the other sports in that season," said Reed. The growth of hockey in the Seattle area is undeniable, but Reed knows adding a new sport is not that simple. He cites a "lack of facilities and [the] costs [of] the ice time and the equipment" as major roadblocks left for high schools to manage. Combine those problems with the issue of finding enough interest from other local high schools, and the chances don't look too promising. While he does not rule out the possibility, Reed believes "it is probably a while" before Seattle high school hockey is a reality.

Regardless of where they play or who they play for, Dubicki and Bombino will, without a doubt, continue to pursue their passion for hockey. It is simply just fun. Bombino calls it his "escape", saying "once I get to the rink, it's like my happy place. I can go and just have fun and forget about everything going on around me and I can just play hockey." From the moment Dubicki got on the ice, he "fell in love with it."

Don't sleep on hockey, folks. Want to see why Dubicki and Bombino speak so highly of their sport? Take advantage of this hockey season and go check out the hype. Tune in to the next Kraken game or even go check these guys out this winter as they compete in the NAPHL for their respective clubs. Not only is the sport crazily impressive, but it is guaranteed to entertain you.



Photo: DAHLIA WALLACE '26

Bitania Misiker, Emma Le, Annabelle Bowman, Dahlia Wallace, and Mahta Teamrat make up this year's Seattle Prep bowling team

Striking Success: Girls Bowling Journey to Excellence

CAM WELD '26
Staff Writer

Out of all the sports teams at Seattle Prep, the Girls Bowling team might be the most unique. Since its founding 7 years ago, the team has exceeded all expectations. And just like any great team, it all starts with a great coach.

The team is led by Coach Mike Massoth. He says that as a child, he didn't go bowling very often. "Bowling for me was a treat. My parents never took me, so it was up to my grandparents to teach me. Until age 19, I would bowl between 5 to 10 times a year." Massoth was a baseball player, but his career abruptly ended with a failed physical. However, this unfortunate event opened the opportunity for him to join the WSU bowling team. "That is where I continued to learn and improve to where I am today."

Massoth says that he ended up as the Prep coach "thanks to the combined vision of starting a program with Mr. Elsnor's blessing. After extensive searching, they couldn't find anyone else to lead the program, so I gave it a shot." Having not coached high school bowling in a decade, he decided to take on the challenge.

As for the team, Coach Massoth says that they have exceeded all expectations. "Our teams have been incredible considering the experience, or lack thereof, [we have had.]" Despite this, the team has gone on to two district titles and three trips to state.

This season presents a unique challenge, with three new bowlers and three returning ones. "It truly depends on how quickly we can progress the new bowlers to make them competitive by January, combined with the returners continuing their amazing progression."

Prep Students Spread Holiday Joy Through Performance

CHLOE HORNER '26
Staff Writer

In the fall of 2022, Senior Grace Edwards discovered Snowflake Lane through her theater atelier, Studio East, in Kirkland. Edwards took a photo of a flyer offering further information and, later, decided to audition. Now, Edwards is entering her second year as a Jingle Bell dancer in the production. Snowflake Lane is a free nightly parade of Holiday-themed floats in downtown Bellevue. The show is made up of characters, performers, holiday songs, fake snow. It runs from November 24th to December 24th. Usually, there are roughly 200 members of the cast. This is mostly made up of returning dancers, who range from freshmen in high school to adults in their fifties.

Edwards found out, again this past September, that she won a dancing position and elected to perform in all 32 of this year's shows. When asked why she decided to return the following year, Edwards said, "I think it's just fun that I'm able to do what I love, which is dancing, and to do it during Christmas time is just a really cool experience."

Edwards describes her love for Snowflake Lane, "As a kid, I used to love getting presents and baking cookies, but I feel like it's more of the happiness it brings to other people that I really like. I love bringing that sense of happiness and laughter and

positivity to everyone who comes to the parade."

Similarly, Sophomore Makena Shepherd recently learned that she has been chosen to perform in four Pacific Northwest Ballet Nutcracker performances. She will be singing "Waltz of the Snowflakes," accompanying the orchestra with an Alto part. Her role is one part of a duet. Shepherd's partner will be singing a Soprano part, and both will be stationed in the pit.

Shepherd was asked to audition for the role by her Seattle Girls Choir director. She is a dedicated singer and cast member of Prep's Guys and Dolls production.

Shepherd babysits regularly and does other household jobs for work during the rest of the year. She explains what she most looks forward to about working during this special season: "It's nice to have something to do and then you can make a little bit more money to do things during the holidays, it's festive and everyone's always happy."

Edwards credits Seattle Prep's Pulse for her dancing success. She remarks that its challenging choreography allowed her to pick up the Jingle Bell routine quickly.

Of watching the show, herself, she says, "I love it, yeah, I think it's beautiful. I've always looked down in the pit and I've always wanted to go down there, so it's kind of a dream a little bit."



Photo: Courtesy of Grace Edwards
Grace Edwards '24 poses in her Snowflake Lane Jingle Bell Dancer costume last year. She is entering her second year as a Jingle Bell dancer.

Joyful Tunes: Spreading Holiday Cheer at Christmas Concert

PEYTON REMINGTON '26 &
KATE CANNON '26
Staff Writers

As we transition into the holiday season, Prep has begun planning many holiday events, one of these being the annual Christmas Choir Concert. After months of student preparation, the concert, led and directed by Mr. Weeks was hosted on Monday, December 4th, at 7 p.m. The concert not only welcomed students of the arts and their families, but all who are excited to join and support.

Choir students began preparation for the Christmas concert in late September and were especially excited for this year's

festivities. The Choir performed ten festive songs, ranging from your traditional "O Come Emmanuel" to more modern songs such as "Mary, Did You Know". Out of the ten songs chosen, none are repeats from years past and are new to the Prep Choir. Students were also given a chance to showcase their personal talents in solo, duet, and trio performances.

The concert showcased the hard work of the entire Prep Choir, over 50 students. The hardworking choir is made up of two sophomore and junior art classes as well as the Window Choir that is open to all grades. The choir community is raved about by many students. Sophomore, Oliver

Martinez said "My favorite part of being in the choir is the community, getting to know people who love what you love and love to create music is so special."

Prep music teacher and choir director, Mr. Weeks, has been teaching choir at Prep for five years, and always enjoys educating others about music and having a good time singing with his students. Weeks says his favorite part about teaching choir is "When my students get the chord to really lock, it's this magical feeling, and I have honestly never felt anything better."

Weeks expressed his excitement for this year's concert, saying, "There will be slightly different vibe from last year's

concert, there are more complex arrangements than years past." This will give the concert a different twist and expand the students' abilities. Weeks described the songs "O Little Town of Bethlehem" and "O Come Emmanuel" as more eerie holiday songs than the usual upbeat, festive arrangements.

Seattle Prep choir concerts not only give opportunities for students to display their talents but are also a wonderful way to bring the community together, especially during the holiday season.

Light Shows That "Sleigh" Every Holiday Season



Snowflake Lane

- Bellevue, Washington
- NE 4th to NE 8th
- November 24 - December 24
- Parade of snow, lights, music, dancers, and floats
- Every night at 7

Menashe House

- West Seattle, Washington
- 5605 Beach Drive SW
- December 1 - January 1
- Santa, carolers, and two live reindeer
- Display of 125,000 lights

Candy Cane Lane


- Ravenna, Washington
- Park Rd NE and NE Ravenna Blvd Seattle WA 98105
- December 3 - January 1
- Around since 1949
- Circular street of 23 houses covered in lights

Graphic: AUDREY POPP '26 & ELISE LYDON '26

SEATTLE PREP CHOIR PRESENTS:

CHRISTMAS

Concert



4 DECEMBER AT 7 PM

COAT DRIVE FREE ENTRY LIVE MUSIC

Sip Into the Holiday Season with Copper Tree Coffee House's Latest Festive Brews

SOPHIE WALTERS '26
Staff Writer

As the season of pumpkin spice comes to an end, Copper Tree Coffee House welcomes a new selection of holiday drinks that promise to spice up this upcoming winter. Stop by the café, conveniently located on 10th Avenue East, to brighten school mornings or chilly afternoons with their classic Peppermint Mocha and festive Gingerbread Latte. These new additions to Copper Tree's seasonal drink selection will be available through the holiday season.

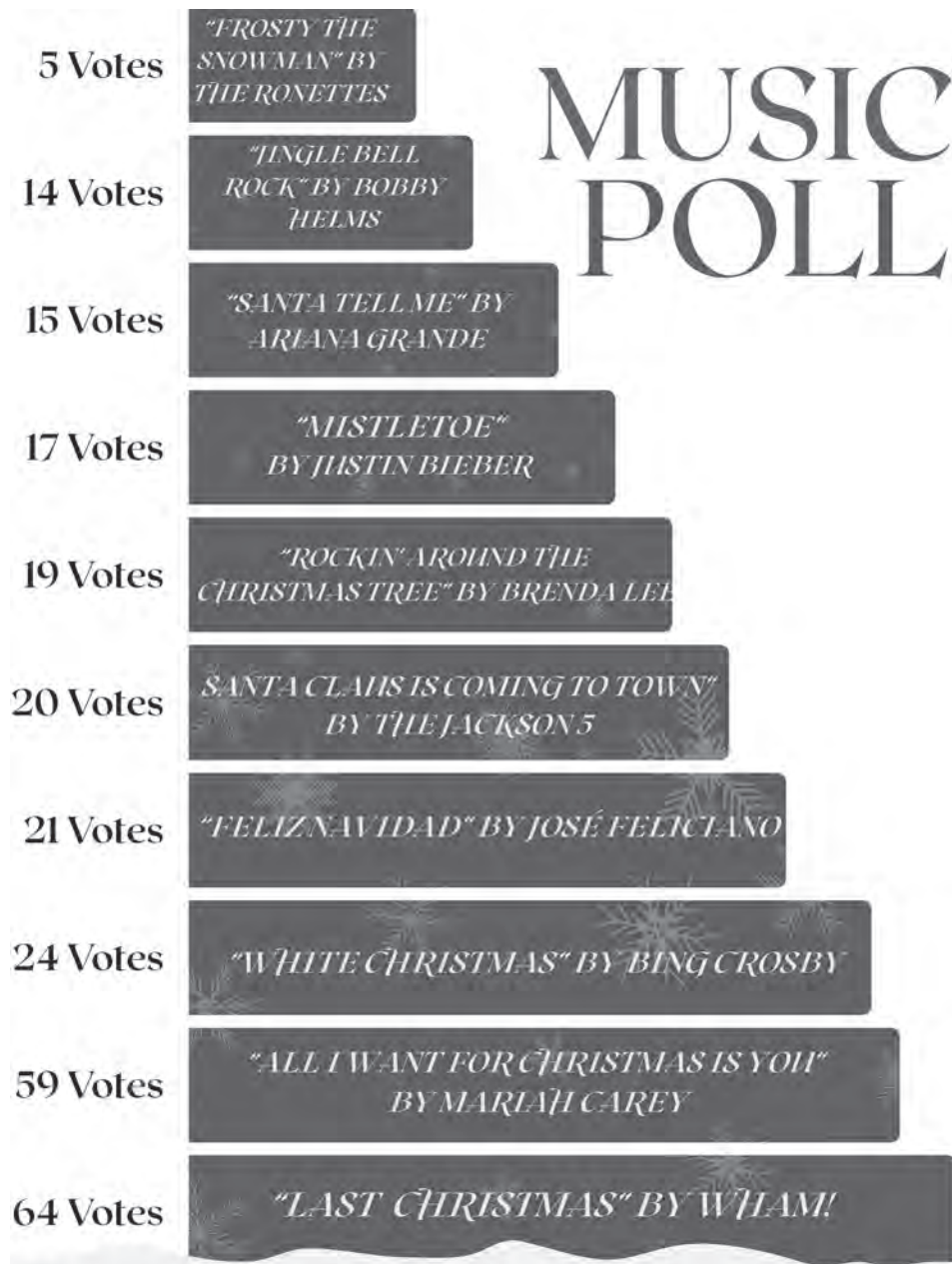
The Peppermint Mocha is a rich blend of smooth chocolate and peppermint, creating a symphony of flavors that is refreshing, yet still warm. This drink is a great choice for those who crave a touch of mint to balance out the sweetness of a traditional mocha. Additionally, the Gingerbread Latte takes you on a warm, spicy journey with spiced ginger expertly combined with

Copper Tree's flavorful espresso added to steamed milk of your choice. Both beloved holiday flavors are sure to make dull schooldays leading up to Christmas feel more festive.

Two newcomers join the ranks of last season's favorites- the Spiced Apple Cider and iconic Pumpkin Spice Latte. The Apple Cider captures the essence of autumn with the mulled spices enhancing the heated juice. The locally-made pumpkin concentrate is the defining factor of the PSL, favored by Prep students. Copper Tree's owner comments that the drink was "constantly selling out."

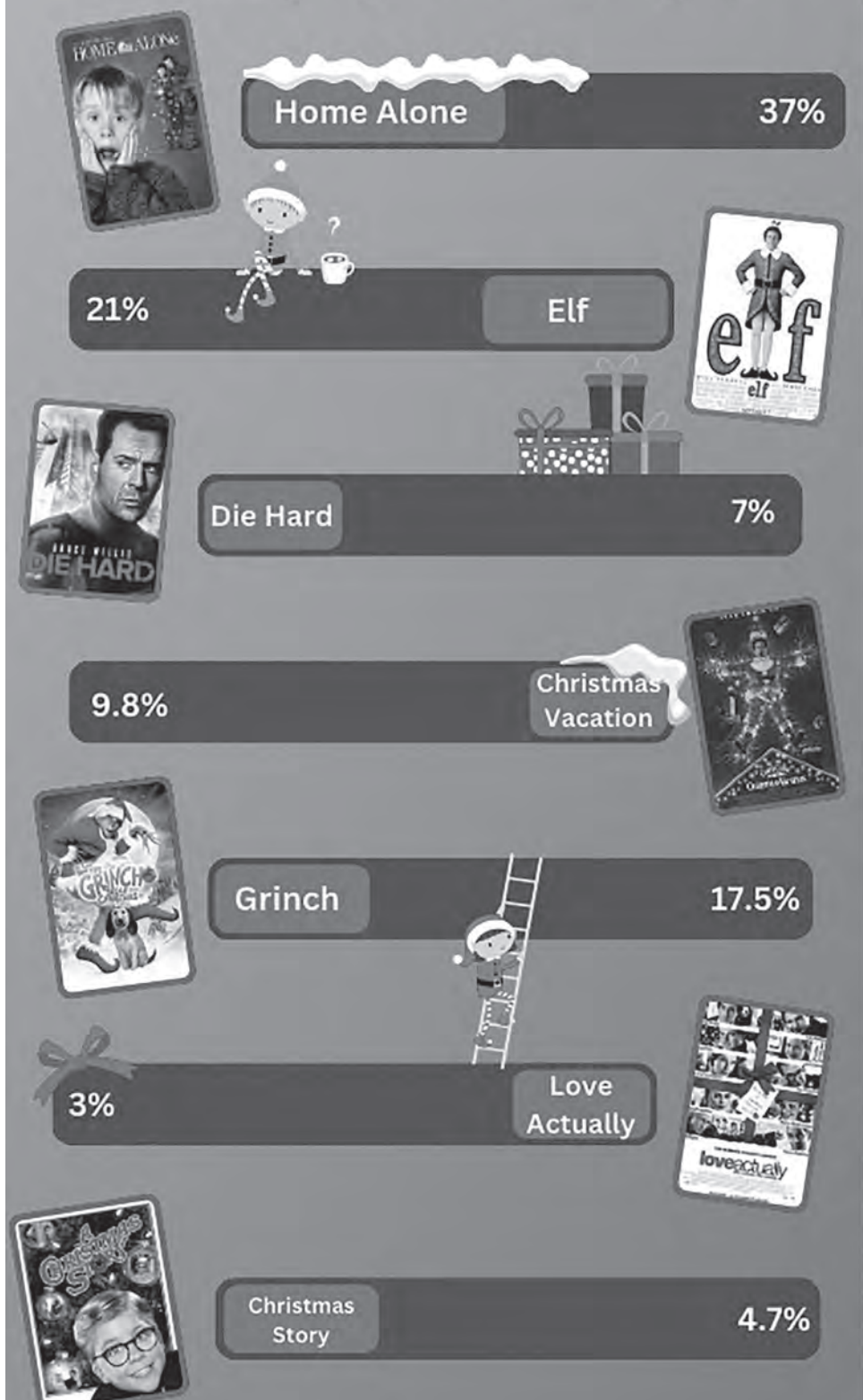
Copper Tree Coffee House has once again proven its commitment to offering Prep Students a handcrafted menu of beverages that embrace the spirit of each season. Between the comforting chill of peppermint, the warm spice of gingerbread, the crispness of apple cider, or the nostalgic flavor profile of pumpkin spice, there is a holiday drink for everyone at Copper Tree.

MUSIC POLL

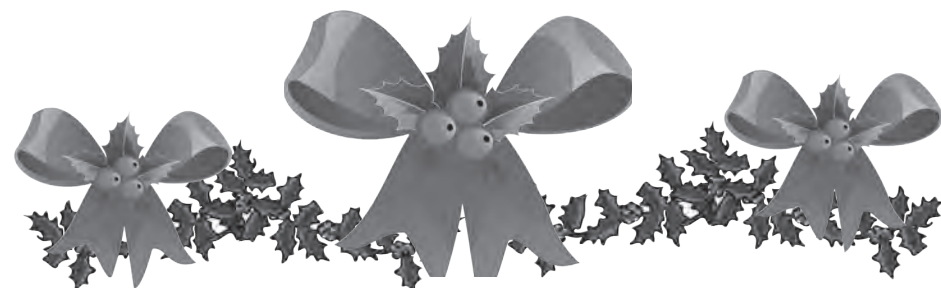


GRAPHIC: SOLIANA FISHATSION '26

Movies To Get You in the Holiday Spirit



GRAPHIC: MASON BECKETT '27 & DIEGO PEREZ '27



Festive Films for the Holidays Recommended by Film Club

ANNABELLE BOWMAN '27
Staff Writer

Senior Sofia Griffin recommends that you watch "A Nativity Story" and "The Grinch" this holiday season. Griffin loves the animated version of "The Grinch" and exclaims "I love when he smiles because he had an evil plan." For "A Nativity Story" she doesn't have a favorite part, instead she loves to see "the whole depiction of that portion in the Bible." Another reason students should watch "The Nativity Story" is because it is "historically more accurate on the origins of Christmas" according to Griffin.

Daniel Zipperer '24, another leader of film club, loves "A Year Without a Santa Claus." Zipperer loves movies and films with unique animation. "A Year Without a Santa Claus" is a Claymation film and has a "really different art form" than normal movies. "The film making is pretty impressive" with all the hours creators put into moving the camera at a specific angle, taking a picture, and repeating the process until you can mash each clip into a video. His favorite part is "anytime Snow Miser and Heat Mi-

ser are on screen." He recommends this film to all Seattle Prep students.

James Endter, also a leader of film club, recommends Seattle Prep students watch "Die Hard". A little fun fact is that "The director was inspired by A Mid-Summer Nights Dream," according to Mr. Othman, the adviser of film club.

Endter's favorite aspect of "Die Hard" is "Hans Gruber as a character" and Alan Rickman's portrayal of him. He recommends it only for people who like violent action movies.

Ethan Yang recommends "Home Alone" as a movie you should watch this holiday season. "There's a lot of fun parts" says Yang. One part Yang said he enjoyed was "The entire sequence with the robbers or wet bandits."

"The movie doesn't have any deeper meanings other than Christmas is good and family is good" according to Yang. "Home Alone" is easy to understand and is for all audiences. This is a very good movie choice if you want a funny lighthearted comedy.

WINTER FASHION



CHRISTMAS HUMOR

ANNABELLE BOWMAN '27
STAFF WRITER

Why did Santa Cross the Road ?
-BeClaus He can

What is Santa's favorite Olympic Sport?
-The North Polevault

What did Santa say to the elves after they lost their hockey game?
-It's okay, we are all win-ters

Why was Santa mad at his reindeer?
-Because they were acting Rudeolph

What do you give to a Christmas tree that has bad breath?
-Ornamints

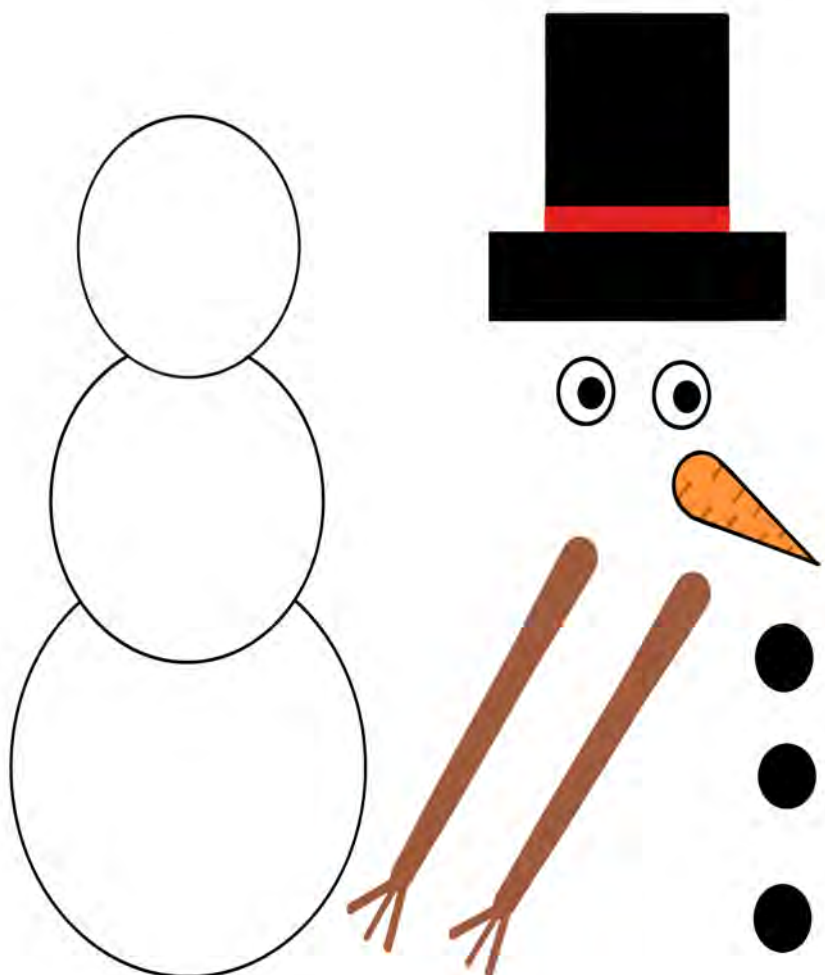
Why was the rope mad at Santa Claus?
-Because he was put on the knotty list

BUILD

your own

SNOWMAN

KATELYN FREDDETTE '27
STAFF WRITER



LEGO

lookout

EMMETT JACKSON '26
STAFF WRITER

LEGO Lookout 2023: Top Gift Ideas for Panthers this Christmas