

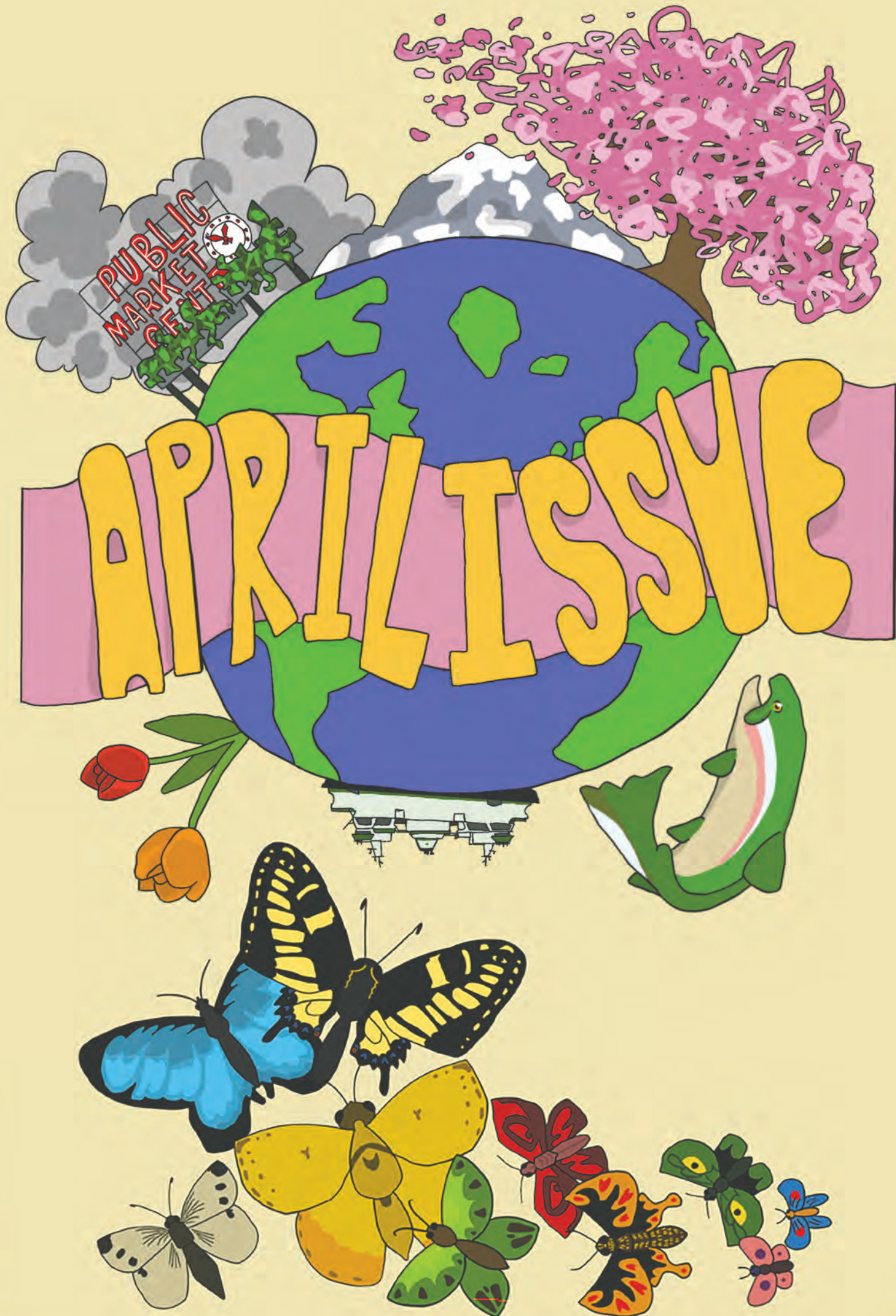
# The Seattle Prep Panther

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**Letters to the Editor:** *The Panther* staff welcomes letters as they give a constructive way for more people to express their opinions, criticisms, and reactions to school issues.

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

## Manresa: Seniors Reflect and Transform in Prep's Culminating Spiritual Journey

KELSEY HAMILTON '24  
Editor-in-Chief

Students can dive into a multitude of retreat experiences, starting from the invigorating Freshman retreat to the immersive Urban Plunge, and, of course, the eagerly awaited Kairos retreat. The purposes of these retreats are clear, whether it's helping out the community or getting closer as a grade. However, the one retreat that often flies under the radar is Manresa, the last retreat that students can go on during their time at Prep. So, what exactly is Manresa, and what is its purpose?

Manresa is the shortest Prep retreat, lasting a day and a half. It is an adaptation of St. Ignatius of Loyola's spiritual exercises during his time in Manresa, Spain. The spiritual exercises are a written series of meditations based on Jesus's life, some based on scripture and others on imagination. During Manresa, students are exposed to the main movements of the spiritual exercises retreat through talks, reflection, small groups, and reconciliation.

Head of community ministry, Brian Mack, described the retreat as giving each student a "Spiritual Tool Kit" that they can use their whole life. The "tools" consist of a mirror to genuinely look at oneself, a compass to point out what unique gifts one brings to life, sand to signify that mistakes

should blow away with the wind, a rock to emphasize the values and people that are the foundation of one's life, and a pencil to let oneself look deeply inside themselves.

Manresa, as a whole, is meant to give students a chance to fully reflect on their Prep experience and look forward to the future. Manresa gets people in touch with themselves, friends, family, and God. March is the perfect time to have this retreat because of the position that seniors are in.

Natalie Aguilar Fox, a senior who went on the retreat, said, "Right now is a pivotal moment in our lives, what with hearing back from colleges and all. Manresa gave me time to reflect on my past years in high school and reminded me of how far

I've come."

"We invest so much of ourselves into thinking about what we do next year that this is a chance to invest in thinking about your relationships with other people," Father Simon Zachary S.J. said.

Father Zachary expressed his hopes for what the retreat instills, saying, "I hope there is a greater sense of self of the past and a greater clarity on what's to come. There are so many unknowns, especially for seniors. If nothing else, the clarity of

desire. What is it that you really want as you look forward, and what have you been especially grateful for as you look back."

**"I hope there is a greater sense of self of the past and a greater clarity on what's to come" - Father Zachary**



A student crowdsurfs during karaoke

Photo: MR. MACK



Students listen as a peer shares his experiences

Photo: MR. MACK

## Letter to the Editor

Dear Editor,

This is a shout out to Coach Brian Elsner '97 for the years of awesomeness he has given to Seattle Prep and the students he has coached in both the boys' and girls' programs. Sports are fun and as fans we love the stats that follow a team. We scour websites looking at player averages and totals for points, rebounds, and assists. We evaluate coaches on wins and losses and championships. As an assistant and head coach for varsity at Prep, Brian has his fair share of impressive stats that will follow him. He has

coached nine 1000-point scorers, collected gobs of wins (630+), and owns the rings and hardware that follow historic accomplishments (two league championships, two district championships, and a state championship).

However, the formation and transformation of hundreds upon hundreds of young people into a better version of themselves is what separates him from average coaches. He's always put the development of young people and the mission of the school ahead of chasing stats. At his core,

he's a teacher and he never allowed outside pressures to sway him from the primary responsibility of helping the students at Prep move towards the Grad at Grad. It's always been bigger than basketball for him.

Big E...go enjoy life away from the gym (for a little while).

Gratefully,

Michael Kelly



## Ignatius Hall to Get Air Conditioning Updates in Summer

MARIA MCDOWALL '24  
Staff Writer

As Prep heads into spring with the warmer weather, so does Ignatius Hall. In a recent interview with Dan Wood, the Director of Facilities at Prep, significant insights were shared regarding the upcoming installation of air conditioning in the Ignatius building and the school's ongoing projects.

The focus of the discussion revolved around the pressing need for air conditioning in the Ignatius building, constructed in 1998. Wood highlighted that the building, now 26 years old, is well overdue for installation, creating discomfort for both teachers and students, especially during the increasingly extreme fall and spring seasons due to climate change.

Recognizing the urgency of the situation, Wood emphasized the importance of adhering to new energy codes by replacing outdated equipment with more energy-efficient alternatives. This includes transitioning classrooms from hot water to air handling units and heat pumps, with heat provision limited to common areas. The plans for installation are hopefully set to begin June 9th, the day after school gets out and they will be finished before school starts up again in the fall.

When questioned about the logis-

tics of the AC installation, Wood revealed that Prep President Robert Jordan and the Seneca Group consulting firm have been spearheading the project. With Wood set to retire, Damien James will step into the role of Facilities Manager, overseeing the completion of this significant undertaking.

Regarding broader changes at Prep, Wood cited the Merlino Center as one of the most notable developments. Looking ahead, he expressed hopes for a prayer garden on the roof of McDonnell, along with enhanced security measures.

President Jordan says, "When we release our strategic plan in the fall, it is going to be aimed towards human infrastructure more than the physical infrastructure."

As Prep prepares for the installation of much-needed air conditioning and continues to evolve, Dan Wood's dedication to the school's facilities and its community remains unwavering. Wood, who has been a member of the Prep staff for nearly five years, will soon celebrate his 45th year in the field by retiring on June 1st this year. With extensive experience in commercial buildings, he brings a wealth of knowledge to his role at Seattle Prep and he will be missed.

In closing, Wood reflected on his journey at Prep, "I wanted a faith-based job and this was a dream come true."



Photo: Seattle Prep Mock Trial Mock trial students at the District Competition.

## Mock Trial Wins 17th State Championship, Moves on to Nationals



MARGUERITE BINDEL '26  
Staff Writer

The Seattle Prep Mock Trial team has prepared tirelessly over the last several months and on March 22nd their hard work paid off, winning their 17th State Championship and earning a spot at the National competition April 30-May 5 in Wilmington Delaware.

Every year, having a new case brings different skills that these dedicated students need to practice. This year's state case consists of a deceased woman who made two wills, one giving all her money to her cats and another to her children. This case is trying to find which will should be used.

Ms. Freeman, Mock Trial Program Head discussed the dedication and passion that students on the team show, "It's one of the best parts of my day as all the kids are really into it and enjoy it."

Alex Booth '25 explained how Mock Trial is a huge commitment but she still enjoys it because of how challenging it is. Mock Trial is extremely beneficial to all the people who participate. It helps them develop skills of public speaking and thinking on the spot, as the case doesn't always go the way it was supposed, and they must think of a rebuttal on the spot.

Evelyn Maher '25 said, "My favorite part of Mock Trial is being in the court room and seeing all of our hard work be put together into a trial."

Mock Trial is a very close-knit team after spending months together practicing endlessly for these trials. "I love the community and camaraderie we build throughout these months after being through so much together" Sophomore Stephan Nedialkov Sala said.

It is apparent how big of a commitment Mock Trial is, but captains Zoë Pomeroy '24 and Kine Yade '24 described their mock trial experience as challenging and inspirational as they have learned so much from their coaches and peers.

Pomeroy explained her hopes as captain this year, "I wanted to make a conscious effort to reach out to others and not be the scary upperclassman to the underclassman."

Though it takes up a lot of time, all said that it was so rewarding to see their work put into these trials.

With the quickly approaching National contest, the mock trial students are again challenged, as they have to take on a whole new case for the competition. The team has been working very hard, practicing at school and at home for this big competition.

## Morgan's Message at Seattle Prep: A New Outlet for Student-Athletes

PEYTON REMINGTON '26  
Staff Writer

While spring sports are just beginning, the end of the year is upon us. End of year finals and projects are starting to pile up and student-athletes may find it hard to balance the weight of school, sports, and social life. Morgan's Message—led by sophomores Josephine Wolfram '26 and Pearl Steele '26—seeks to bring attention to this common issue, representing an organization created in memory of Morgan, a women's lacrosse player at Duke University.

The Morgan's Message Organization was created in memory of Morgan Rodgers after she took her own life in 2019. Rodgers was described as a passionate individual, giving her all to everything. She worked extremely hard to gain an offer to play on Duke Women's Lacrosse Team but after suffering a season ending knee injury her sophomore year, her outlook started to change. She began to isolate herself from her team and friends as she suffered with depression and anxiety in silence.

Founded by the Rodgers family, Morgan's Message expands its vision and goal of destigmatizing the false portrayals of mental health in student-athlete communities across the nation. They aim to show the importance of physical health in athletes, normalize the topic of mental health and provide those who want to talk

an inclusive space to do so. When asked to summarize the mission of the organization, Steele '26 said, "The goal of Morgan's Message is to destigmatize student athlete mental health and make it so sports are a place where you can speak up and share your feelings as an athlete."

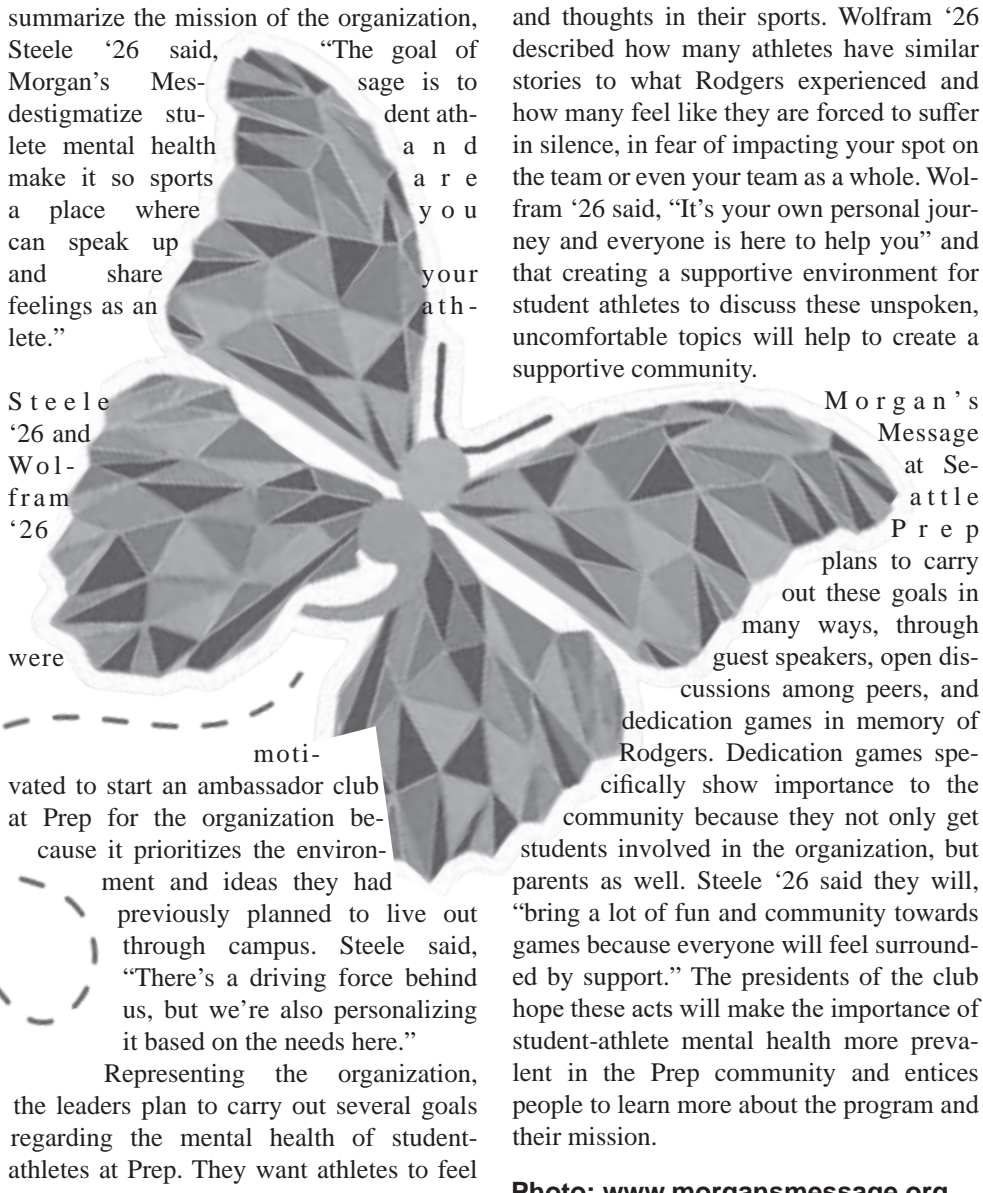
Steele '26 and Wolfram '26 were motivated to start an ambassador club at Prep for the organization because it prioritizes the environment and ideas they had previously planned to live out through campus. Steele said, "There's a driving force behind us, but we're also personalizing it based on the needs here."

Representing the organization, the leaders plan to carry out several goals regarding the mental health of student-athletes at Prep. They want athletes to feel

comfortable in expressing their feelings and thoughts in their sports. Wolfram '26 described how many athletes have similar stories to what Rodgers experienced and how many feel like they are forced to suffer in silence, in fear of impacting your spot on the team or even your team as a whole. Wolfram '26 said, "It's your own personal journey and everyone is here to help you" and that creating a supportive environment for student athletes to discuss these unspoken, uncomfortable topics will help to create a supportive community.

Morgan's Message at Seattle Prep plans to carry out these goals in many ways, through guest speakers, open discussions among peers, and dedication games in memory of Rodgers. Dedication games specifically show importance to the community because they not only get students involved in the organization, but parents as well. Steele '26 said they will, "bring a lot of fun and community towards games because everyone will feel surrounded by support." The presidents of the club hope these acts will make the importance of student-athlete mental health more prevalent in the Prep community and entices people to learn more about the program and their mission.

Photo: www.morgansmessage.org





## Opinion: Voting in 2024: Turning Out and Voicing Out

LUKE WHALON '24  
Online Editor

If you find yourself eligible to vote this year, do so. For many Seniors, turning 18 enables U.S. citizens to be eligible to vote in all state and local elections.

Look at the many issues in our country and around our world. Be it the conflicts in Gaza, Ukraine, or Haiti, now, more than ever, we need to express what we believe should be done in response to current events. According to the Center for Information & Research on Civic Learning and Engagement (CIRCLE), turnout for 18- to 19-year-olds was around 46 percent in 2020. However, this age group continues to vote at lower rates than those slightly older.

Young voters are the future of the nation and deserve to be a part of shaping their very future.

No matter what your political beliefs are, voting is essential to ensuring our democracy functions as was intended. Voting is a collective effort that we all are called to be a part of. By voting, we can enact change. However, voting requires making an informed decision. This means researching candidates, understanding issues that are complex, and doing what you believe is right.

In a digital world, finding information is both easy and difficult. Understanding bias within the media and understanding the many opinions, perspectives, and dimensions that exist is important to being a well-rounded, informed citizen.

Before you dissuade yourself from voting, remind yourself that voting is the foundation of our nation and our strong democracy. Remind yourself that within your vote is your voice. Remind yourself that you are part of our nation's future.



Welcome back Panthers! For the first podcast for 2024, seniors Maribel May and Ava Pitts discuss the importance of young voters with AP Government teacher Ms. Healy. They discuss how to vote in the upcoming presidential election if you just turned 18, the importance of voting, and common voting obstacles young people face. Tune in to learn more!

## Prep Takes Top Honors at State at the Thespian Festival



Seattle Prep Theatre took the state's top honor, winning the Best Performance of the Festival 2024 at the Washington State Thespian Festival for their performance of *A Midsummer Night's Dream*. In addition, four Prep students were awarded Superior Performances in acting and singing: Felix Martinez '24 and Sydney Beaty '24 (musical duet), Oliver Martinez '26 (solo musical), and Corey Mack '24 (solo acting).

## Prep Welcomes Class of 2028 with Panther Night

PEYTON REMINGTON '26  
Staff Writer

While moving up to a new school with a different atmosphere and different people may be intimidating for some eighth graders, Prep's Panther Night is an event to lessen the nerves and get eighth graders excited for the next four years. The act of welcoming new families and their students has been a long-standing Prep tradition, taking the form of ice cream socials and other social events over the years. Panther Night specifically has run for the last ten years.

Hosted on February 27th, the two-hour event was meant to serve various purposes for families: For them to visit campus if they hadn't already had the opportunity, for students to meet future classmates, and for parents to have their questions answered, whether it be by teachers, administrators, or

coaches of Prep.

Mrs. Campbell, Admissions Associate, described one of the main goals of Panther Night is for the incoming freshmen to "become acquainted with the school before they make their final decision."

Panther Night began with a social time for families and a chance to explore campus. Eighth graders then split into small groups led by Panther Ambassadors (PAC), students currently at Prep. Icebreakers, name games, and various discussions on hobbies filled the time until eighth graders raced around campus playing "Prep's Amazing Race".

PAC member Clara Schneider '26 led a small group and described how she made eighth graders feel appreciated and accepted, "I wanted them to leave with excitement for next year and feel fully welcomed as their true selves at Prep."

During this small group time, parents were able to listen to the admin and leadership team for more information.

PAC Members reported the excitement and anticipation felt throughout the campus. The Class of 2028 was described as funny and unafraid to show their personality. Campbell explained that accepted students currently attend middle schools throughout the greater Seattle area, "We have a lot of students from different schools, the blend seems really good this year."

Panther Night is one of many Prep events offering new families a glimpse of Prep life and the community that surrounds it. Other upcoming events for future freshmen include Panther Day in early June and Orientation next August.

## Prom Season is Upon Us



**Place:** Museum of Pop Culture

**Date:** April 27, 2024

**Time:** 8:00 PM - 10:00 PM

**Ticket Price:** \$40

Graphic: KATELYN FREDETTE '27



## Serving as People For Others: Shirts Across America

**BEN OSWALD '25**  
Staff Writer

Seattle Prep is a proud partner of Shirts Across America (SAA), a service immersion program that helps rebuild houses that were destroyed as a result of Hurricane Katrina. Seattle Prep offers three trips: one during spring break and two at the beginning of summer. The spring break trip, will be led by junior Reign Delora.

Delora first served on the trip in 2023 and wanted to return this year as a leader. "I wanted to serve as a leader this year because I had a great experience last year and I wanted to continue to serve back those who have lost their homes," Delora said.

The team first flew to Atlanta, Georgia, where they bus to Montgomery, Alabama for the first half of the trip. In Montgomery, the focus was learning about the segregated past of our country and educating students on the lives of civil rights activists. The group visited the Legacy Museum, where they learn about enslavement and various abolitionists. The Legacy Museum includes movie theaters which concentrate on different focuses, including the justice system and lynching.

Next, the group attended the Rosa Parks Museum. At the museum, there is a bus simulation which progresses through the events of Rosa Park's life through videos displayed on the wall.

After four days in Alabama, they

took the bus to New Orleans, Louisiana, where the service is completed. The group worked on building a new house and tearing down old houses. In the evening, the group toured attractions around New Orleans and took in the rich culture of the city.

Reflecting on her experience, Delora said "It was a lot of hands-on stuff, we got the opportunity to speak with a range of people who were wrongfully incarcerated."

Delora said, "I wanted to make a difference through those people and continue to do so by participating a second time."

Additionally, Delora met a wide range of people who had lost their homes in the hurricane and shared their emotional tragedies with the group, which helped her to feel more connected to and passionate about the service she was doing.

Prep's teachings are in alignment with SAA since Prep students are taught to be "people for and with others" which is central to SAA's mission. Finally, Prep promotes the graduate at graduation value of being "committed to justice" which is exactly what Delora, and the hundreds of other students who have served on Shirts Across America embody.

"SAA is a great organization because it brings a lot of people together who actually care," said Delora.

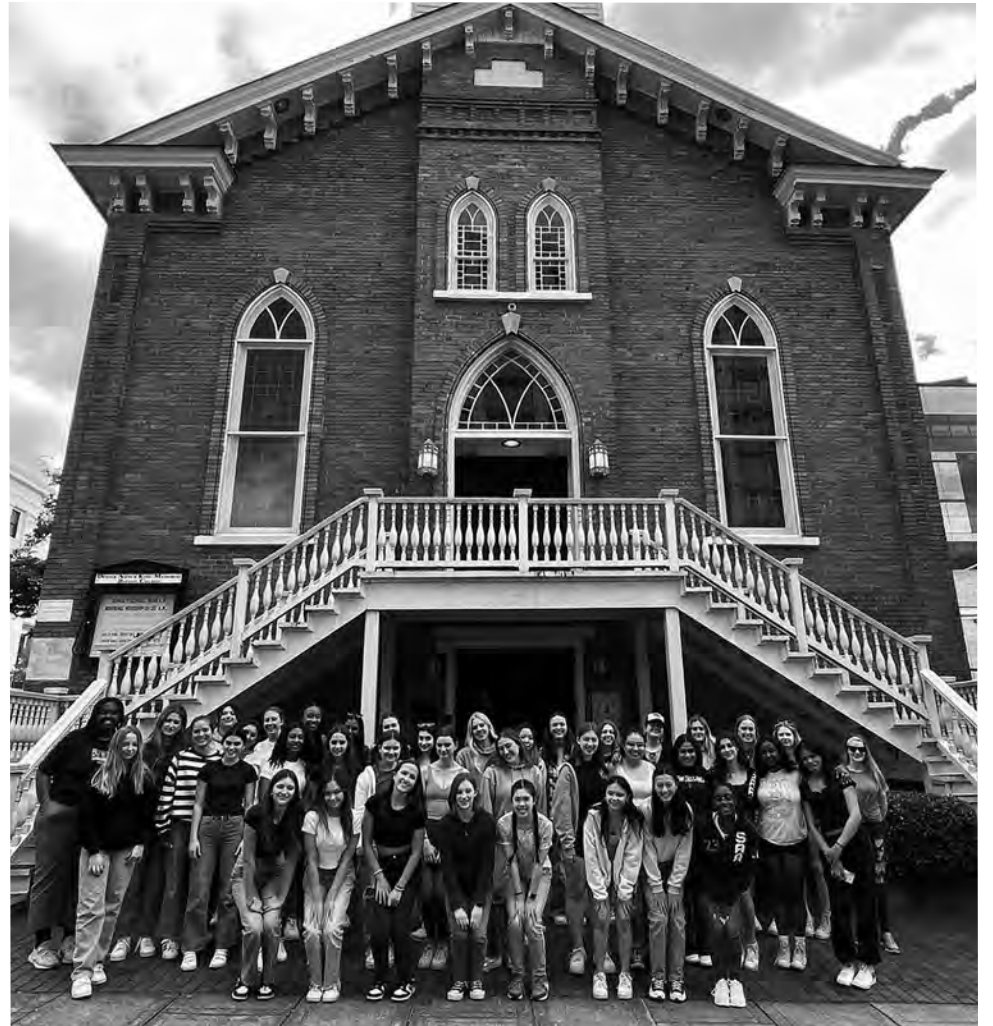


Photo: BEN OSWALD  
Students stand in front of the Dexter Avenue King Memorial Baptist Church in Montgomery, Alabama. Students on the Shirts Across America program visit a variety of historical sites and build houses.

## ♻️ Swap It, Don't Shop It ♻️ Environmental Alliance Plans Clothing Swap



Photo: BROOKE NOWAK

The members of the Environmental Alliance together at the first meeting of the year. Environmental Alliance is planning a clothing swap for upcoming Peace and Justice Week.

**BROOKE NOWAK '26**  
Staff Writer

The members of the Environmental Alliance Club embark on a mission to achieve ecological justice, inspiring the student body to continue their undertaking. In light of Peace and Justice Week, Environmental Alliance is planning a clothing swap to reduce waste, promote sustainable consumer choices, and support local organizations. The clothing swap is an ethical way to shop affordably without harming the environment.

According to James Evans, a writer focused on sustainability in the UK, the fashion industry is the second most polluting industry in the world, releasing about 10% of global greenhouse gas emissions. Production, packaging, and shipping processes all release carbon dioxide, rapidly warming Earth's atmosphere. An alarming 87% of the fiber input used for clothing is disposed of in landfills or incinerated. Clothing is constantly wasted, increasing CO2 emissions, losing economic value, and leading to an uncontrolled increase in consumerism.

While the fashion industry is deteriorating the climate, it is also fueling the demand for sweatshops. Workers and children are illegally exploited, working tireless hours in inadequate conditions, and receiving little compensation. Many of society's favorite brands are sourced from sweatshops, and every purchase permits businesses to dehumanize their workers.

Regardless of the effects of the fashion industry on the environment and its unethical practices, purchasing clothes is fundamental and exciting. Environmental Alliance is holding a clothing swap to introduce an immersive experience that promotes sustainable decision-making. Environmental Alliance leaders Ella and Justine Utz added, "People buy from fast fashion businesses and online shops because it's convenient and easy, so we addressed this root cause by wanting to bring sustainable shopping to a convenient place that we go every day, school." Students will bring any gently used, unwanted items to donate. Global Justice Coalition will partner with Environmental Alliance to organize the clothes as if it were a retail store. During the swap, the students who donated will be allotted a ticket representing the number of clothes they can take in return for free. The excess clothes will be donated to local charity organizations.

The clothing swap is an engaging way to teach students about their purchasing power as consumers and how to consider their options as they shop. The clothing swap encourages students to be accountable for their actions. As Christian Service Director and head of GJC, Ms. Miller shared, "I hope we can see that we don't have to spend money or contribute to an industry to experience that delight." The clothing swap is a stepping stone in the right direction to making more sustainable habits such as thrifting, sharing clothes, and supporting local eco-friendly shops.



## A PANTHER'S PURPOSE

### NATALIA PENG '24

"I enjoy doing service because I can see an immediate impact I'm making on those I serve. Volunteering at the Special Olympics is one of my favorite things to do because I love seeing all the athletes' faces light up whenever us volunteers are there because they know we are rooting for them."

### WILL KUDER '25

"On Sundays I serve and prepare meals for the homeless at Blessed Sacrament Church. I am super grateful for the relationships I have built through this service with the Blessed Sacrament Staff and the people that we serve. It is eye opening to see people who are struggling come in with such a positive attitude and it is the reason why I got back each Sunday."

### CALLA FRIEDMAN '26

"By fulfilling yearly service requirements at Prep, I have learned more about myself, my community, and what it means to be a person for others. I think that Prep's Christian Service Program helps us to be more selfless and appreciate what we have. Overall, volunteering has taught me how much I can gain and grow as a person from helping others, and how fun service can be."

### NED BISHOP '27

"At my local food bank, I got to interact with families in my community who struggle with problems like providing food for their families, which made me very grateful for the things in life that I often take for granted. This experience gave me more awareness of problems in our city and how big of a difference volunteers make towards solving those problems."



## Seattle CLEMENCY Project

"STUDENTS WORK TO EDUCATE AND CREATE CHANGE WITH WASHINGTON'S CRIMINAL JUSTICE SYSTEM."

### LUKE WHALON '24 Online Editor

In 1984, Washington state abolished parole. Since then, the state's criminal justice system has fallen short in giving incarcerated individuals opportunities to show that they have reformed themselves.

Last summer, seniors Zoë Pomeroy and Kine Yade began an internship with the Seattle Clemency Project. During their sophomore year, both were introduced to the work of the organization through Seattle Prep's Mock Trial team.

SCP works with individuals who have been given life sentences without parole, providing pro bono case work and legal counsel. In Washington state, people given life sentences can only get out through clemency, a petition to the governor that says that this individual has significantly grown and changed so that their long sentence or life sentence would not be beneficial to them or their community anymore.

Focused on preparing for a panel presentation at Seattle Prep, Yade and Pomeroy believed that educating the student body was the main goal.

"How can we get the message across clearly to high school students who don't know much about clemency, who haven't interacted with people who have been to prison?" Yade said.

Pomeroy added that, "The big thing we explored is the fact that if you're not directly impacted by these issues, it means that you're not exactly seeing the humanity."

Both Pomeroy and Yade pushed the school to have the panel presentation during the day. As a result, Student Life created a Community Day on October 4. This created an opportunity for students to reflect on the school's Grad at Grad pillar of being Committed to Justice, but more importantly to have the panel presentation during school hours as opposed to after school.

During the presentation, the two acted as moderators, facilitating a discussion between three formally incarcerated men who had worked with the SCP to reenter the community, having them share their unique stories and experiences to the student body.

Throughout the months of preparation leading up to the panel, Pomeroy described her gratitude for the opportunity she had: "Getting to work with these men helped reaffirm that humanity and my personal commitment to the work of reforming our criminal justice system."

All three men had a unique experience and a unique story to tell. Marcus Price was convicted for life under the Three Strikes Law, Karlton Daniel was wrongfully sentenced as an accomplice, and Michael Lovrik was sentenced as a minor, going through a different process of getting released rather than through clemency.

In meeting these men and beginning to understand the struggles they had faced, Pomeroy described her reaction to it all: "The fact that they had so much perseverance to try and get out of that situation is so inspiring. They're generally just all amazing, super

### Kine Yade and Zoe Pomeroy interviewing members of the Seattle Clemency Project.

kind guys."

Yade described her hope for students, to understand that they have the ability to vote and create change in the criminal justice system: "I want them to have that positive exposure."

She also expressed her hope to help create change in how students think about the system and how they perceive justice in the communities around them, referencing the danger of a rigid mindset: "If you see the news and you see the media saying that Seattle's crime rates are going up, Seattle has a billion arrests today, etc., you begin to have this mentality that, wow, Seattle is dangerous."

Pomeroy added, "If you don't view these people as humans who have both the capacity to make huge mistakes and the capacity to change, feel remorse, and be productive members of society, then that is going to be reflected in the law."

Yade plans to study law and policy related to the criminal justice system, building off her work with Pomeroy and exposure to the social justice issues our society faces.

These two believe that spreading awareness and informing those in our community is simply the beginning in understanding the issues at hand but also the need for change.

Pomeroy said, "Education is so important. Sometimes it can feel like an empty word, but in this context, it is imperative to making a change. The system, at the end of the day, is made by us, the voters."



## PEACE & JUSTICE WEEK

### "EMPOWERING STUDENTS TO ADVOCATE FOR CHANGE AND PROMOTE SOCIAL JUSTICE."

### SOPHIA MAGNANO '25 Managing Editor

Each year Seattle Prep's Global Justice Coalition (GJC) shepherds a week designed to advocate for change and promote justice. This year Peace & Justice Week falls between April 15th and 19th. Peace and Justice Week at Seattle Prep is more than just an event; it aims to educate, inspire, and initiate change both within the Seattle Prep community and beyond.

GJC's mission is rooted in modeling companionship, service, and advocacy for the marginalized; dedicated to creating avenues for students to engage with and address systems of injustice on both local and global scales. This mission is brought to life through the school's annual Peace and Justice Week, offering students a platform to grapple with social justice challenges, provide a variety of activities to deepen the community's understanding of these issues, and learn how to become an effective advocate.

According to Seattle Prep's Global Justice Coalition Leader, Xana Roper '25, the primary goal of Peace and Justice Week is "to bring awareness about a social justice cause and leave students with takeaways on how they can be advocates for the community."

Peace and Justice Week's success is accomplished through avid student involvement. Students are encouraged to participate in lunch workshops and assemblies to learn about advocacy and social justice.

Maher '25 shared that her favorite part of Peace & Justice week is "seeing everyone getting involved in lunch workshops and see the change that guest speakers can effectuate."

For example, last year's Peace and Justice Week, which focused on restorative justice, held a card writing workshop. This workshop provided students a platform to demonstrate their commitment to social justice issues through writing to incarcerated individuals.

This activity aimed to reduce incarcerated individuals' feelings of isolation and illustrate support on their rehabilitation journey.

To prepare for Peace and Justice Week, GJC holds meetings every other Thursday throughout the school year. These meetings are essential for planning the week's events and ensuring that each Peace and Justice Week is inspirational and motivational.

Students are also able to contribute to the week's planning process, allowing them to fulfill leadership positions. Additionally, information regarding meetings and events is announced during morning announcements and social media, making it easy for the entire student body to get involved.

These activities allow students to explore different facets of social justice, encouraging students to reflect on how they can contribute to making a difference and seek action.

2022's theme, "Restoring Our Homes", highlighted the importance of community, addressing homelessness, and the restoration of our common home. These themes emphasize the week's aim to not only discuss issues of justice but also to promote a sense of responsibility and deepen bonds both within Seattle Prep and the outside community.

While this year's Peace & Justice week's focus is still being decided, Roper '25 revealed that this year they are "planning to do a clothing swap to reduce fast fashion."

Peace and Justice Week exemplifies the mission of Seattle Prep's Global Justice Coalition club. Through education, advocacy, and action, it strives to create a community of informed, compassionate advocates ready to address the injustices of our world. As this year's Peace and Justice Week approaches, the Seattle Prep community is determined to continue its tradition of making a meaningful impact, both within the school and in the broader community.

## THIS CENTER SPREAD WON AN 'EXCELLENT' RATING FROM THE WJEA STATE CONTEST

## +x= PEER TUTORING

### COLE HACKMAN '24 Online Editor



NHS Peer Tutoring.

Within Prep's multitude of academic support offerings, student-led initiatives prove the power of peer-to-peer service. With the National Honor Society (NHS) Peer Tutoring, Learning Resource Center (LRC), and Window Workshops, Prep has shaped a community where students are both learners and educators to their peers.

National Honors Society (NHS) Peer Tutoring is coordinated by juniors and seniors offering personalized one-on-one help to their classmates and underclassmen. Skye Luebbe Davidson '24 has been with the program for two years and now serves as the tutoring coordinator of NHS. "Meeting with students who know and remember the

things that you're going through can be a lot more helpful in teaching and supporting you than teachers," Luebbe-Davidson said.

This program is designed to extend a helping hand beyond the conventional classroom setting and promote a relaxed atmosphere that encourages students to seek assistance without hesitation. Riley Johnson '25 expressed her appreciation for the casual NHS environment and tutoring arrangements. "I used to be scared of asking for help, but in NHS I found a strong community, and it's been cool to take up a leadership role," Johnson said.

Window Workshops have emerged as a creative solution to the challenge of balancing a rigorous academic schedule with the necessity for mental and emotional well-being. Led by Director of Student Success Mrs. Kheriaty, these workshops weave crucial life skills into informational sessions during window periods. Through this innovative programming, Prep ensures that its students are not only academically prepared but also mentally and emotionally equipped to navigate the challenges of a demanding academic environment.

Incorporating a broad spectrum of topics, Window Workshops balance academic rigor with well-being. From practical sessions like "What U Need to Succeed in UN!" to the calmer "Wellness Workshop" led by the Student Wellness Committee, these workshops are designed to support students' different needs.

Whether focusing on enhancing study techniques or promoting emotional resilience through mindfulness, each session is curated to contribute to students' overall success. "Study habits workshops can teach you how to handle the academic stuff at Prep that maybe your middle school didn't prepare you for," Window Workshop presenter Ben Oswald '25 said.

The Learning Resource Center (LRC) is another integral part of Prep's support structure, assisting approximately 15% of all students. The LRC offers a space for students to find academic assistance and its services reach a broad spectrum of needs, ensuring each student can access resources necessary to achieve their personal best.

This year, NHS formed a partnership to work more closely with the LRC. This interdepartmental connection has helped students in the LRC find tutors to adjust to rigorous coursework or gain help with things they don't understand from their classes. "The most rewarding aspect is seeing someone grasp a concept they've been struggling with," Nicky Vlasceanu '25 said.

Prep's commitment to an enriching learning environment is exemplified by peer-led initiatives like NHS Peer Tutoring, LRC, and Window Workshops, where students have the roles of educators and learners. This collaborative approach ensures every student has access to a supportive network, promoting a community where knowledge and assistance are shared among peers.



Asian Pacific Islander Club President Alison Choi '24 teaches fellow senior Delphine Mock '24 to write Chinese characters with traditional methods.



LatinX Club during Culture Week

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Global Justice Coalition Visiting the Capitol Building in Olympia, WA.



Black Student Union during Culture Week.

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## Students Pursue Passions with out-of-School Sports



Photo Courtesy of Alex Zaboukos  
Alex Zaboukos in her Irish Dance outfit. Zaboukos finds the competitive aspect of Irish dancing the most meaningful.

MARGUERITE BINDEL '26 &  
AUDREY POPP '26  
Staff Writer

Though Prep students are very committed to their school sports, many do out of school sports, a big commitment.

Sophomore Jackson Decker spends early mornings and late nights rowing. His neighbor's recommendation to try rowing back in 2016 has influenced him to find his passion, and even brought him to become 13th in the nation for his division.

Decker is currently rowing with club Seattle Scullers with the goal of eventually rowing in college. When asked about his experience there and why he has chosen to stay with them instead of switching to Prep's team, his answers were simple. Decker has been with Seattle Scullers for over 6 years and feels that they will allow him to go far with his rowing career in the future.

Crew is a huge time commitment for Decker as he wakes up at 4:30 every day to row and then practices at night again at 5. Although his days are long, he assures that it is all worth it. "Putting in work and actually seeing that result is really gratifying."

It all leads to his future goals and getting as close to winning nationals as possible. All of this is achievable because of his

committed parents who have strongly supported him through his crew career.

Besides winning regattas, the sunrises over the Cascades and the skyline at night are his favorite things about crew.

Alex Zaboukos '26, an Irish Dancer, talked about her experience of doing such a niche out of school sport. She has been dancing since she was 4 years old because of her older sister. Many people don't understand the commitment and difficulty of Irish Dancing since it's not a very common sport.

It has been such a gratifying experience for her as she said, "I've made my strongest connections at dance and these girls have become my best friends."

Having spent so much time rehearsing daily for competitions and performances, she has made strong bonds with the other dancers that will last a life time.

Because she spends so much time practicing, her favorite part of Irish Dancing is the competition and being able to see all her hard work put together.

"The feeling of getting on stage and being confident is just something that really can't compare with anything else."

Zaboukos and Decker, both star athletes in their sports, spend hours rowing or dancing to perfect their sports.

## Brodsky Brings High Hopes to Prep Lacrosse

CHARLOTTE FLYNN '26  
Staff Writer

After making an appearance in last year's quarterfinals, Prep's Varsity Girls Lacrosse Team is starting this season with new head coach, Katie Brodsky. Fresh from four years at Arizona State University, which were all spent on the Girls Lacrosse Team, Brodsky is excited for what's to come with this new experience.

Brodsky has over 15 years of experience in the sport, playing on teams from third grade to her senior year at ASU. In high school, Brodsky played for Mercer Island's lacrosse team, who had never won a state championship at that point. Despite falling short of her annual goal to break this streak, Brodsky is thankful for the experience and goal setting it taught her, saying, "Looking back, I'm very grateful to have set those high goals and standards for myself and that program because it made me a better teammate and player."

After high school, Brodsky continued her lacrosse journey at Arizona State University for the next four years. She explained how daunting college play was, saying, "The biggest shift I noticed was

the pace of play. In college, you are playing with and against the best players in the country."

Brodsky made life-lasting memories while playing with her ASU team, including gaining the name "Brods" that she still enjoys being called on and off the field, and making it to the PAC-12 Championship game her junior year. The team had been perceived as the underdog throughout the season. Brodsky said, "Watching the clock hit zero and everyone rushing the field was unreal...It felt incredible to prove to ourselves that we could compete with the best."

Brodsky's accomplished career as a collegiate athlete makes her a perfect new program head for Prep. Brodsky said she "Want[s] to teach others what I have learned and learn what I have yet to teach. In doing so, I hope to bring creativity and a competitive fire to this program."

Brodsky has high hopes for the team. "My goals for this team are to have fun and truly compete, day in and day out. When we can accomplish those two things, wins will happen on their own. I have a State Championship in the back of my mind."



Photo: CHARLOTTE FLYNN  
New Girls Lacrosse Coach Katie Brodsky on the sidelines during a recent practice. Brodsky boasts a stellar college lacrosse career and has big goals for the team this season.

## Game On: Intramurals Unleash Competitive Spirit

ELSA CASTRO '25  
Freelance Writer

Every year, Seattle Prep students look forward to participating in intramural sports with nearly 250 students getting involved. It begs the question: Why are intramural sports so popular and what makes them fun?

Intramural sports bring people together, promote teamwork, and offer a chance to compete in a friendly and supportive environment. Intramural sports are exciting and entertaining for not only those participating, but also for those supporting

from the sidelines. When asked about his favorite parts of intramurals, intramural organizer and Head of Community Ministry, Brian Mack, gave three simple words to sum up the concept: "Fun, movement, and exercise."

The idea of a non-competitive, no-cut sport makes it appealing to students who want to get active and play sports they normally don't get to showcase their talent for. According to Mack, there are usually three intramural sports offered every year. They often rotate, but some notable sports are spike ball, basketball, pickleball, kickball,

and ultimate frisbee! With a wide variety of sports to choose from, students at Prep get the chance to destress and play with their classmates beyond HEX and competitive league sports.

Junior Dean Johnson, who played intramural basketball this year, said, "The best part about competing in intramural basketball is the community and connection I built with teammates and opponents. There is no better way to connect with others than through teamwork and friendly competition in an amazing sport like basketball."

Intramural sports are more than

just a game. They are a gateway to building lasting friendships, personal growth, and many exhilarating moments. Athletes of all backgrounds can come together to enjoy the thrill of competition and create memories that will last a lifetime.

In regards to the hype around intramurals and how it filled the lunch period, Johnson added, "Most of the time I was able to be in class on time but even if I was late, there was no substitute for the fun that intramural basketball provides to my school day, so it was definitely worth it."



## Prep Chess Competes in State Tournament, Snags 4th Place Finish

NOAH MEZA '24  
Staff Writer

Earlier this month, the Seattle Prep Chess team headed to Interlake High School in Bellevue to compete in the 2024 Washington State High School Team Chess Championship. After two days of competition, the Panthers secured 4th place in the state, the highest Prep chess team placement since 2011.

Led by Mr. Ellinger, the Panthers boasted an experienced lineup led by three seniors. The team slotted Aki Anandam '24 in board one, Roman Chivers '27 in board two, Andy LaPorte '26 in board three, Owen Odegard '24 in board four, and Louis Ta '24 in board five.

The tournament may have been in March, but the team began preparation long before that: "We've had chess practice every [school] day since the beginning of the school year," Odegard said. "[We've put] a lot of hours into it."

Ellinger noted the importance of teaching different aspects to his players: "Part of [training] is knowledge-based...but then also learning how to think on your feet in a given situation...getting a feel for being curious," he said. He especially emphasized the need to "learn how to respond to failure."

As the ninth seed entering the tournament the team expected to finish in the top 10. "[We] had been training hard all season and had a solid performance during metros, so we felt prepared to give a strong performance during the tournament," Anandam said.

Prep got things started with a strong win vs. Thomas Jefferson High School, followed by a tough loss vs. Newport High School A team, and a draw vs. Eastside Prep. They quickly bounced back by sweeping Prairie High School and taking down Newport High School B team 3-2.

After back-to-back wins, the one thing standing between Prep and a top finish was a pivotal matchup with fifth-seeded Sehome High School.

According to Ellinger, it is always

a challenge to stay fresh by the last game: "At the end of a chess tournament you've been playing chess for 12 hours over 2 days...your brain gets really mushy and it's hard to stay focused and stay hungry," Ellinger said.

Luckily for Prep, the players entertained themselves with poker in between games, ultimately proving vital to their performance: "If we hadn't had poker to play between rounds then we would have got kind of nuts," Odegard said.

Prep ended up beating Sehome 3-2 and the win proved as pivotal as they expected: "If we had lost, we would have [finished]...like 12th or 13th, but since we were able to win, we got propelled up to 4th," Odegard said.

After months of training the team finally got to celebrate. "We were so excited," Odegard said. "Aki [Anandam] and Louis [Ta] grabbed the trophy and started screaming and they went out with the trophy."

"We were all so hyped and in shock," Ta said. "It was very sweet to end my last high school tournament in fourth place."

Since this tournament marked the end of the three seniors' run with the Seattle Prep chess team, Odegard expressed his gratitude for the program: "It's a super nice community and it's really fun to be able to play with each other both informally and formally."

Anandam agreed, hoping that any interested students come and see what Prep chess has to offer: "Contact the chess coach, Mr. Ellinger," he said. "Chess would love to bring in new members and is open to all students regardless of any prior experience."

While it is easy to focus on their 4th place finish, this team's success would not have been possible without the camaraderie they built, and the countless hours of training and studying they put in all year. If one thing is for sure, "they earned it," Ellinger said.



Photo: LOUIS TA

Members of the Seattle Prep Chess Team pose with their trophy following their fourth place finish at the State Championship.

## Olympic Week 2024 Results

EVENT	FIRST	SECOND	THIRD
Art Gallery	Bellarmine	Loyola	Rahner
Basketball	Rahner	Kostka	Faculty
Cake Off	Teilhard	Faculty	Regis
Canned Food	Seniors	Bellarmine	Faculty
Handball	Seniors	Faculty	Rahner
Heads Up	Seniors	Faculty	Bellarmine
Inf. Foosball	Seniors	Rahner	Juana
Iron Panther	Loyola	Seniors	Juana
Jenga	Marquette	Xavier	Teilhard
Karaoke	Juana	Seniors	Loyola
Kinect Dance	Hopkins	Faculty	Seniors
LEGOS	Faculty	Marquette	Gonzaga
Pickleball	Faculty	Kostka	Hopkins
Mario Kart	Jogues (Tie)	Seniors (Tie)	Faculty
Name That Tune	Hopkins	Jogues	Kostka
Ping Pong	Seniors	Marquette	Kostka
Portrait Contst	Kostka	Regis	Rahner
Quiz Bowl	Faculty	Seniors	Rahner
Rubik's Cube	Gonzaga	Seniors	Teilhard
Spelling Bee	Faculty	Regis	Kostka
Spikeball	Seniors	Regis	Kostka
Smash Bros	Seniors	Gonzaga	Kostka
Trike Race	Juana	Faculty	Teilhard
Tug of War	Seniors	Faculty	Hopkins
Volleyball	Faculty	Seniors	Juana
Wiki Race	Seniors	Faculty	Juana

Graphic: CAM WELD

## Spring Sports Teams Travel for Team Trips

CHLOE HORNER '26 & PEYTON LYSEN '26  
Staff Writers

As Seattle Prep gears up for Spring Break, two of our spring sports teams have big tournaments coming up.

This is the seventh year that Seattle Prep baseball has been traveling across the country to play other Jesuit high schools in tournaments. This time, the team leaves on March 14th to fly down to New Orleans and stay with the Jesuit High School of New Orleans. There, they will play four games including one against their Jesuit rivals from New Orleans. The last time the team was there was in 2019 and 2023 they traveled to Palm Dessert.

"Traveling is an important part of the baseball season. It helps us bond with each other and grow our community as a team," said Head Coach Mr. Engel.

Seattle Prep's reigning state champion boy's lacrosse team is heading to Dal-

las, Texas for five days during Spring Break. 37 players and 4 coaches plan to fly down on Wednesday, April 3rd, and will return on Sunday, April 7th.

The entire varsity team, along with several JV players, are looking forward to a total of four regular season matchups against other Jesuit schools. There will be two varsity and two JV games.

While this is not an official tournament, these lacrosse games are not regular season either. They are the perfect low-stake opportunity for practice and team bonding.

As program head Mr. Bennett said, "This trip is a way to build a strong team culture with plenty of time for team bonding." He recalls his favorite moments from past team trips; a sunset at Carmel beach, watching the Dungeons and Dragons movie, and a fun day at the Santa Cruz boardwalk.

It is popular to travel during Spring Break amongst lacrosse teams, and Prep hoped to play an out-of-state game against another Jesuit school.



## Freshmen Athletes Take On Varsity Challenge

KATE CANNON '26  
Staff Writer

The Spring season is upon us, and with it comes Spring sports. Here at Prep, there are 485 athletes participating in Spring sports, making it a very popular and busy time for students. From lacrosse to baseball, to track and field, Prep offers a great deal of athletics during the Spring. However, trying out for and joining sports at Prep can be a competitive and challenging process, especially as a freshman. Trying out for a sport as a freshman can seem nerve-wracking and scary, but in the end, it can be an amazing experience. Three freshmen spoke to The Panther about the challenges and rewards of playing at the Varsity level as a Freshman.

Lynzie Schiller '27 has been loving her freshman year so far. One thing she had been looking forward to is the lacrosse season starting. Schiller has been playing lacrosse since she was in kindergarten. She has played club lacrosse for many years, and her favorite part about it is the team dynamic. She was extremely excited to try out for Prep, and even more excited to hear that she made varsity. Schiller said, "High school lacrosse allows you to play with and against girls who might be 4 years older than you, which strengthens you as a player."

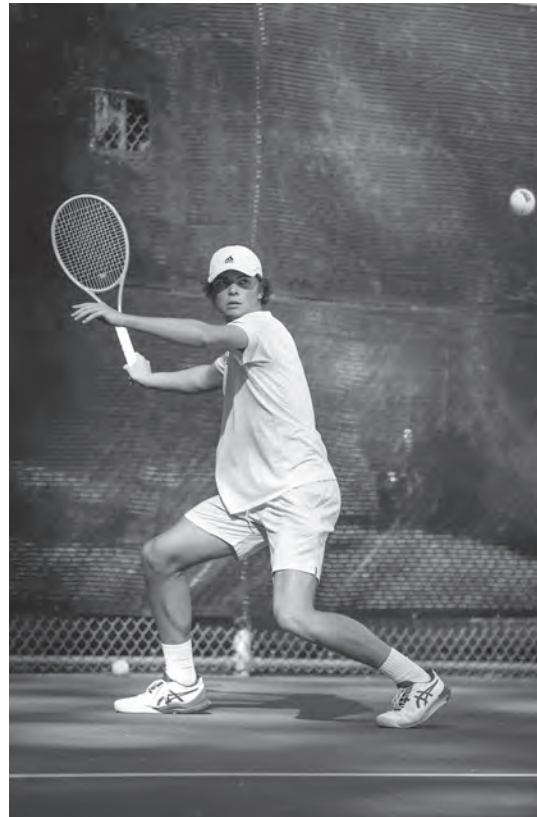
Schiller had a strong performance in her first game, against Holy Names, where she scored 4 goals. As the season goes on, she hopes to continue to have a good season, and hopefully help Prep win a state championship!

Ned Bishop '27 was one of the few freshmen to make Varsity Boys Tennis. He has been playing for ten years and absolutely loves the sport. He said "I like how much of the game is mental. I also like how you have to figure out the tactics that work against the weaknesses of your opponent in a match."

He was very excited to play high school tennis, because it gives him a chance to play doubles, and he hopes to make it to state. Tennis is usually an individual sport, so he was excited to be able to play on a team and have support from his teammates.

Katie Nisbet '27 is one of the freshmen on varsity softball and had been looking forward to the season starting all year. She has been very involved with athletics at Prep and played both soccer and basketball during the fall and winter seasons. Nisbet has been playing softball since she was four and her favorite thing about playing is the team dynamic and the support her teammates give her. Katie was thrilled to try out because she hadn't played in a while and was ready to get back into it. She said, "High school softball gives me the chance to play with girls 3-4 years older than me, which can improve my play."

Being a varsity athlete at Seattle Prep can be an exciting and challenging experience. These amazing athletes showcase their talents, learn from experienced teammates, and make lasting memories doing the things they love most. As they continue at Prep, they hope to make a lasting impact in Prep's athletics throughout the next four years.



Clockwise from top, Freshmen Lynzie Schiller, Katie Nisbet, and Ned Bishop are all competing in Varsity sports during their first Spring sports season.

### Out to Lunch: Alternatives to Prep Favorites

Everyone has a "go to" but here are some spots that Juniors and Seniors should try out!

**01 Eastlake Coffee & Cafe**

(5 minute drive)

Although Starbucks is fan favorites, try out a new cafe for a delicious change of routine.



Going to Subway for a sandwich is great but try supporting a local business instead.



**Hamlin Market & Deli 02**

(5 minute drive)

**03 Vitality Bowls**

(8 minute drive)



Going to Verve is always great but for an alternative refreshing treat, try this place!

Graphic: DELPHINE MOCK & AVA TINDER

THE SEATTLE PREP PANTHER

# PAWD CAST



Hey Panthers! To kick off this year's season of Spring sports, Mason Beckett '27 and Diego Perez '27 interviewed seniors: Jack Henzke, Megan Moffitt, Hunter Dowdy and junior, Sofia Staggs, to ask about the roles and responsibilities of team captains. To learn more about their leadership and sport, tune in to this episode.





## Frosh Arts Curriculum Gets Revamp

SOPHIE WALTERS '26  
Staff Writer

Seattle Prep's art department is welcoming an innovative revamp to its freshman curriculum by introducing new course options and retiring the quarterly rotation system.

Set to begin in the 2024-2025 school year, this initiative will provide freshmen with the opportunity to dive deeper into subjects and explore more performance-based classes. Department Chair, Melissa Dold, revealed that each freshman will be enrolled in two semester long art classes that they will pick out of eight course options in Visual Art, Drama, Music, and Media Literacy. With the addition of new course options, students will be able to go more in-depth into specific art subjects and gain more skills in those areas.

In years past, each freshman would rotate through a set sequence of four art classes throughout the year. The shift from a quarterly rotation of pre-selected freshman art classes to semester long elective courses will strengthen the classes and students' understanding. Prep introduced these longer classes to allow teachers to get to know their students better, while also creating a more personalized learning experience, catering to each student's personal and academic growth. "We wanted to give students the opportunity to dive deeper into a subject than the previous quarter system," Mrs. Dold explained. "We also wanted to add more performance-based classes for students."

In addition to semester long classes, the introduction of new performance-based courses aims to enhance the curriculum and expand the already well-rounded arts department. Freshman Choir, Freshman

Band, 2-D Design, and a theater and communication class are among the new offerings upgrading the four classes previously offered. The expertise taught in these new classes creates a deeper understanding through preparation, performance, and hands-on creativity that will be useful to apply in future classes. The new classes will ensure students fully grasp different concepts and set them up for continued success. "We really want the students to have a better understanding of the skills and techniques and critical thinking that can take place in our Arts Classes," Mrs. Dold said.

Each class option will teach a unique set of skills and experiences being presented to students. Whether the course is more performance-based or traditional, students will be evaluated based on rubrics tailored to each discipline and connected to demonstration of skills and critical thinking through various projects and performances. When asked about the grading process and how teachers will go about assessing Freshman Art, Mrs. Dold explained, "Students in the arts are generally assessed using rubrics for their projects. We are looking for the skills to be present whether it is in how to analyze an image, how to add meaning to a drawing, how to sing in a choir, or how to have presence on the stage."

This highly anticipated update marks a significant step towards enhancing Prep students' artistic development and fostering a deeper understanding of the arts. With a focus on hands-on learning, collaboration, and artistic expression, Prep's revamped art department is poised to inspire creativity in the freshman.

## Choir Performs at Elliott Bay Festival

SOLIANA FISHATSION '26  
Staff Writer

Seattle Prep's choir had been prepping and preparing last month for their Elliott Bay Music Educators Association Choir Festival on March 26 at Garfield High School.

It was held by the Washington Music Educators Association, and was a chance to display the amazing talent of the choir program, be adjudicated by choir professionals and compete with other schools. Students also received shorter clinic sessions with professionals.

Choir Teacher, Mr. Weeks said, "The choir festival is basically a choir convention with schools in the Seattle area", this includes schools like, "Prep, Ballard, Garfield, Blanchet, and holy names, etc. These schools perform and we get adjudicated by three choir professionals and then we are placed on a rating scale". This is a highly anticipated performance across Seattle between school choirs.

So don't forget to congratulate all the choir kids you know! Roll Prep!

## Unleashing Creativity: The AP Art & Design Program at Prep



Art Piece: Elena Lovejoy '24

SOFIA DOMINGUEZ '25  
Staff Writer

Seattle Prep is a place with countless opportunities and possibilities, where students embark on journeys of self-discovery and new interests. Amidst the stress that academics and athletics may bring, one class stands out for those with artistic interest – Advanced Placement (AP) Art and Design.

AP Art and Design is not just about

trying new paintbrushes or mastering new tools, but a transformative experience where individuals can use their creativity to the best of their abilities. This elective class is taught by Mrs. Dold and Mrs. Petty, and mostly consists of seniors. The course follows the AP Art and 2D Design guidelines.

Students work very independently, figuring out different concepts they want to work with and ultimately completing two final art pieces per month. Behind the amazing pieces of art, there are several challenges that come in the process.

It can be challenging "coming up with an idea that students feel connected to," Mrs. Dold said. "Time is a big challenge and keeping the art making period a time to focus on creativity is challenging, but peer work and involvement is essential to overcoming these challenges."

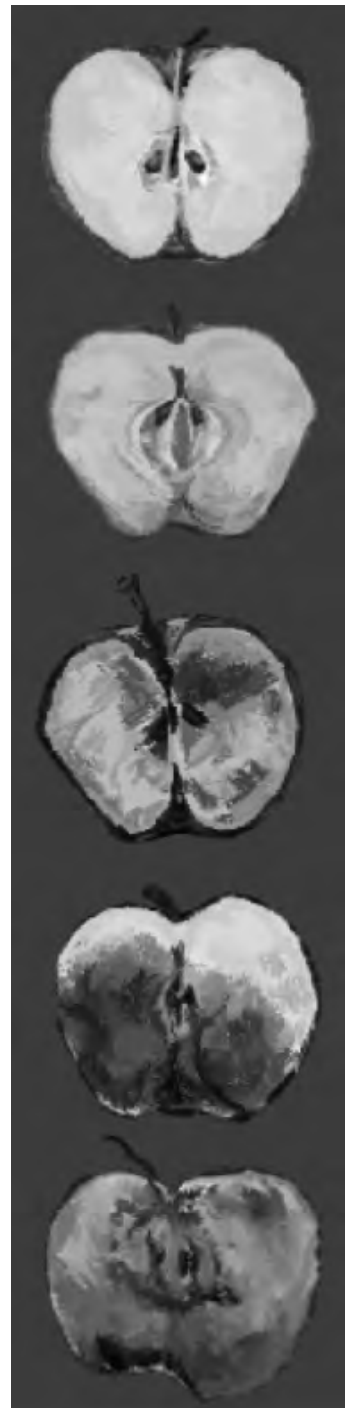
AP Art and Design not only challenges students artistically but develops student connections through a fun and outgoing working environment. It is rewarding to see "students' growth and accomplishments in a short amount of time," Mrs. Dold said. "Uniqueness and creativity make this class exciting from beginning to the end." AP Art and Design allows students to embrace their passions and individuality through the unique pieces of art they create.

AP Art and Design lies not only in the final masterpieces and portfolios, but in the process itself. Each month, students work thoroughly to produce two pieces of art. Through

the creative process, students recognize their strengths, abilities, and talents. Senior Maddie White explained she took this class because she "liked the idea of having all your art revolve around a central theme." Creating different themes and forms of art all contribute to artistic growth and individuality. Furthermore, balancing this class with other academic classes does not prove to be difficult. Although "it does take time outside of class...I don't feel stressed often," Maddie White said. "Mrs. Dold and Mrs. Petty are so supportive of us...they are always ready to help at any point." With teacher and classmate support, students can achieve and accomplish anything using their fullest potential.

AP Art and Design is much more than a class; it is a celebration of individuality, creativity, and the artistic potential within every student. Through learning new skills, students navigate this class, not only learning new ways of art but forming connections with those who align with the same passions.

Both Mrs. Dold and Maddie White recommend taking this class to those interested in art. This class "challenges you to experiment more with your art, different materials, and several styles...I have found this class to be very fun," Maddie White said. AP Art and Design is a class to unleash one's creativity, essential to understanding the importance and power of creative expression, and recognizing the different, unique individuality of each person.



Art Piece: Kine Yade '24





## Double Trouble: A Twin Prank

Last year, for April Fool's Day, two sets of twins at Prep had an April Fool's day prank up their sleeve. Junior twins - Jack and Sam Kurtz and Julia and Octavia Feraboli - switched classes for a day at Prep. The twins both went to each other's Collegios and sadly, were caught immediately. They didn't get double the trouble, but were told to go back to their classes.

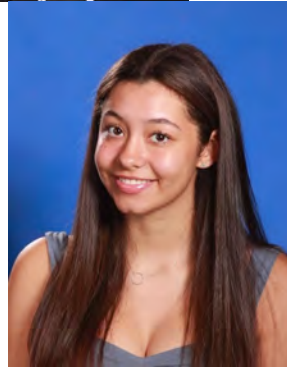
Graphic: ANNABELLE BOWMAN



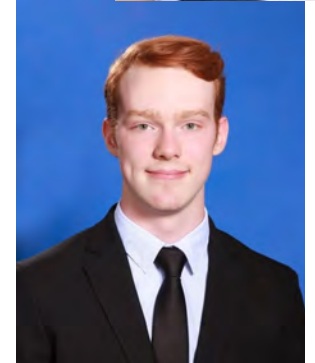
Feraboli Twins



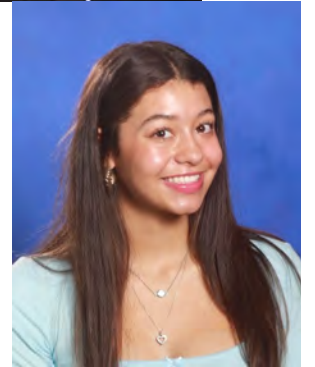
Trius Twins



Kurtz Twins



Endter Twins



WOULD

YOU

BE

FOOLED?

## SEATTLE Spring Activities

### BALLARD FARMERS MARKET

HOURS OF OPERATION: SUNDAY 9AM-2PM



This year round farmers market located in the "Old Ballard" neighborhood of north Seattle is one of the largest farmers markets in the region. It was the first Washington farmers market to exclusively sell products produced by Washington farmers, and sells a variety of goods from fresh mini doughnuts to beautiful flowers and delicious produce. The Ballard Farmers Market is also one of the few dog-friendly farmers markets in Seattle!

To check out more info visit:

<https://www.sfmamarkets.com/visit-ballard-farmers-market/>

### Skagit Valley Tulip Festival

Hours of operation: April 1, 2024 - April 30, 2024  
10am-4pm (closed on the weekends)

This beautiful tulip festival is actually the largest tulip festival in North America. The tulips come from a variety of farms and display a variety of vibrant colors. The festival also features other activities such as local food vendors and a pickleball tournament. To purchase tickets for one of the four farm's gardens checkout the Skagit Valley Tulip Festival website.



To check out more info visit:  
<https://tulipfestival.org/>

### Lake 22

This stunning hike is a 5.4 mile trip ending at a beautiful alpine lake. The trail to the lake passes through a variety of beautiful areas including mountain rainforests, old-growth, wetlands, and great mountain viewpoints. This trail can be difficult due to snow and flooding in the winter, so the spring and summer is the time to go! This trail also allows dogs as long as they are leashed. You will also need a Northwest Forrest Pass in order to hike this trail.

To check out more info visit:  
<https://www.wta.org/go-hiking/hikes/lake-22-lake-twenty-two>



By Mia Schwartz

**VOLUNTEER PARK**  
**WITHIN A MILE OF PREP**

Distance from Prep: 3 minutes (0.7 miles)  
1247 15th Ave E, Seattle, WA 98112

As the weather is getting warmer these past weeks, Prep has seen many students soaking up the sun during breaks on campus, but what about going someplace off campus? Volunteer Park is an amazing park that students can go to do work or go to disconnect from schoolwork and hang out with friends during lunch or free periods! This park was created in 1901 in commemoration of Spanish-American War veterans and is over 48.4 acres big. This park has many activities to explore as well as beautiful scenery. Being in nature is an amazing way to relieve stress and boost your mood and get a change of pace outside of the classroom!

Park Map

Graphic: EMILINE BELIARD