The Student Newspaper of Seattle Preparatory School 2400 11th Ave. E. Seattle, WA 98102

The Seattle Prep Panther SENIOR **ISSUE** THE siam Luke p. chae Jack h. ers motine maya aden n. hannah mam magon narrano watcher delphine megm oile aki yell re + megan eamon will Jadon andrew lamie. benz may miet tare Reira gelome fam z gydner Leisla oveni tea daniel 3 emory janaya marlow ben b. airpin aligon aranam Janh ddie. andrey adynhugues ardaja chage samez c. clais chegter fam d camila joe, goe & constney nch maria colin adria Sammy a nicolag thatche ren avart. der drew: cole take d dane lages buin hunter inna mekam elastic galeen. darie nmael chrig rannes Elan elena owend grace R Sky 08 alee e



THE PANTHER | MAY 20, 2024

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THE PANTHER

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Groth Heads to Tanzania for Summer Service

MARGUERITE **BINDEL** '26 Staff Writer

Have you ever wanted to travel the world and help communities? That's exactly what Maggie Groth 24' will be doing this summer on her service trip to Tanzania.

After finding out about an organization called Give Volunteers on TikTok, Groth decided to continue researching it and fell in love with the program. Last summer, she went to Hawaii for one week where she helped remove invasive species and built traditional houses out of Hawaiian rocks. The entire experience was extremely formative for her knowledge of our planet and how to be more sustainable.

Going on this service trip last year, inspired Groth to continue to pursue service this summer. She explained how "It really put things into perspective for me about how privileged I am."

Groth learned so much from her trip to Hawaii, including learning more about the environment.

Groth explained, "We stayed in these netted boxes where we had compostable toilets."

Because she was working on local farms, Groth stayed in the huts around the

farm. Though it was her first time staying in these types of houses, Groth enjoyed it and found it to be a fun experience to share with all the new friends she made during the trip.

This summer, Groth will travel to Tanzania for two weeks: one week on a safari and then the other half she will be teaching kids in the village English and building houses.

Her trip to Tanzania demands preparation in advance as she will be in a community that speaks a new language.

Through online websites and apps, Groth has been practicing and learning Swahili to be able to better communicate with the locals. Since she will also be teaching the people in the village English, it is important for her to learn the language.

Reflecting on her experience last year, Groth said, "I really loved meeting so many new people and coming in not knowing anyone made me more open to getting to know them"

Groth decided to go on this trip alone to be more outgoing and be in a new environment. Though it was scary going on this all alone, she ended up loving it and met so many great people who she is still in



Photo: MAGGIE GROTH Maggie Groth '24 in Hawaii on her service trip with her friends.

contact with.

Though it was a bit of a scary experience coming into such a new environment, Groth fell in love with the program and can't wait to do it again this summer.

From Passion to Purpose: Soto Parra and Yeung Strive to Make a Positive Impact

Brooke **NOWAK '26** Staff Writer

t Seattle Prep, two exceptional seniors, Daniel Soto Parra and Marcus Yeung, stand out as inspirational leaders. Their experiences speak to the importance of exploring new opportunities and using one's passions to make a difference. While they have dabbled in various hobbies and sports, their shared love for biology and music truly sets them apart.

While in quarantine during the COVID-19 pandemic, Yeung described how it became a time of self-discovery that sparked his interest in biology. Soto Parra's interest was ignited while a family member was experiencing health issues, leading him to research and discover his profound curiosity in biology.

In their junior year, the two curious students entered a competition called ExploraVision, where students throughout the nation work together to solve real-world problems within STEM. Soto Parra and Yeung formed a group that partnered and presented a biotech concept called Trojan Horse that worked to combat cancer. The general idea entailed a nano-molecule that enters a cell and releases cancer-killing components. They became national finalists, inspiring them to continue their work. They went on to found BioVision Innovations, which is a student-run, international organization that actively works to investigate and publish information regarding health care and other biological research. Both students described their desire to leverage their passions while helping others, which compelled them to create BioVision Innovations, and it continues to evolve. Despite obstacles, including different time zones and occasional troubles with coordination, Soto Parra shared his perspective: "A big part of growing is willingly entering into the uncomfortable because that induces growth and understanding."



Photo: BROOKE NOWAK

makes final decisions regarding publication. The editorial board's responsibility is not only to present one viewpoint, but to reveal multiple perspectives. The views represented in *the Panther* or in online publications do not necessarily represent the views of the entire staff, the school, or the administration as a whole.

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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 or physical address above. All letters must be signed, names will be published.

Jace Baptista-Allen, Marcus Yeung, and Daniel Soto Parra (Left to right) celebrate their award for their idea to combat cancer for ExploraVision.

Soto Parra began to enjoy piano after he improved his skills, enabling him to use his talent to unite other people. Yeung has been dedicated to playing piano since he was five years old but recently decided to pursue piano in college. Yeung has engaged and competed in chamber music and spoke about how it connects him to other musicians who share his appreciation for the art. While Soto Parra and Yung's backgrounds regarding music vary, they were emphatic as they shared the fulfillment it gave them through mastering different pieces, expressing emotions through playing, and sharing their music with other student pianists or at nursing homes. Their love and enthusiasm for music was vibrant; Yeung stated, "There is a sentimental part... over the years you can come back to a certain peace, and it feels

nostalgic, renewing, and you can express so much."

Beyond investing in their strongest passions, Soto Parra and Yeung shifted immensely over the past four years. Soto Parra added, "My perspective changed from being narrow and focused on grades to finding value in everything and using drive and passion to enjoy myself and help others at the same time."

Soto Parra and Yeung have grown over their time at Prep and cultivated their passions, which fueled them to achieve such profound accomplishments. After reflecting on his experiences, Yeung encouraged other students at Prep, "Explore as much as you can to find a passion that drives you because it gives you a better perspective and purpose."

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EDITORS: KATE CANNON '26 & PEYTON REMINGTON '26

Peace and Justice Week Raises Awareness of Environmental Issues

KATE CANNON '26 Staff Writer

eace and Justice Week is an annual week that gives Prep students an opportunity to focus on issues of injustice within the community. This year, the theme was "Care for Our Common Home". The focus was to understand how environmental justice issues intersect with other justice issues.

There were a series of activities and events throughout the week, from movie screenings and presentations to a clothing swap put on by the Environmental Alliance. The goal was to educate the Prep community about the importance of creating a peaceful and just community. Many members of Global Justice Collation (GJC) and Environmental Alliance were involved in running activities and workshops on community day, which is a very important part of Peace and Justice Week.

Elle Holley '26 recently joined GJC this past year and has enjoyed connecting with others who share the same passion for justice as her. The main thing she learned from being in GJC is that although goals of peace and social justice often seem big or unachievable, there are many small steps that can be taken to achieve them. During Peace and Justice Week she ran the "Slices for Good" workshop with two members of the Pagliacci team who talked about Pagliacci's goals to become a more sustainable company. Holley said, "I liked being able to show and teach other students about things that the club is very passionate about." She loved being able to participate in such an important week and was happy to help make a difference in the community by actively participating in community day.

Ms. Miller, who advises GJC, had been working on Peace and Justice week for months to ensure it was educational and fun for the Prep community. She planned activities, like collaborative poster-making where students responded to questions about their favorite places on earth, and what caring for our common home means, which students enjoyed participating in.

Miller was also the coordinator for community day. The goal of Community Day was for students to learn from people in our community that are doing work around ecological issues and find ways to take small action themselves. She said, "I hope students learn that no matter what you decide to do professionally when you grow up, you can find ways to live your values and be people for and with others who care for their common home and those in it."

Peace and Justice Week was a fan-



Photo: AUDEN SALAZAR Juniors listen to a Community Day Workshop led by a representative from **Climate Pledge**

tastic way for students to learn what they can do to create a more peaceful and just community. Whether that is being mindful of how our choices affect the world around us or teaching others about important issues,

even the smallest thing can make a difference.

Opinion: Is the Reign of the SATs Finally Over?

GEORGIA LIMBAUGH '26 Staff Writer

n the labyrinth that is college admissions, students devote hours of stress Land hard work to tackling the all-powerful SAT. However, as times change, colleges are moving toward looking at the character and impact of a person rather than their grades and test scores.

US News and World Report notes that as of 2024, around 1,900 colleges worldwide have moved away from requiring SAT or ACT scores in their application process. Many have been fighting for this for years as it has been found that standardized testing is inherently flawed and detrimental to the admissions process as it perpetuates inequality and stress while also being an overall inaccurate representation of a student.

The University of Southern Flori-

da found that students who partake in formal study classes are able to raise their scores. Those with financial struggles or with part-time jobs might not have access to these resources, ultimately putting them at a disadvantage. Because of this, many call the SAT a wealth test. According to MNBC, The wealthiest one percent of students in America are thirteen times more likely to score higher on the SAT in comparison to the poorest bunch.

As stated by Get Schooled, students are required to pay a fee of around sixty dollars simply to take the test. The SAT can be taken as many times as students desire. Taking the test multiple times allows for students to better understand the content and structure of the test; making it shockingly simple to improve the more it is taken. The benefits of retaking the test are substantial to the point that the College Board suggests taking the test at least twice. However, many students do not have the luxury to to continuously retake the test, putting students in lower-income families at a significant disadvantage.

Students often endure copious levels of stress due to standardized testing as it is a common misconception that a person's academic future as well as career can be determined by the SAT. A 2018 study completed by the National Bureau of Economic Research observed the cortisol content of saliva in a select group of students prior to completing their standardized test. Cortisol is a steroid hormone that is produced in excess when a person experiences high levels of anxiety. A discovered fifteen percent increase in cortisol led to an average eighty-point drop in overall test scores. In students grappling with personal economic and familial instability, there is an average thirty-five percent increase in cortisol.

The SAT generally is known to reflect intelligence. With this, colleges are able to utilize test scores to determine the

ability of a student to thrive at a school. Using SATs in this way discounts the many factors that are not apparent through testing. Psychologist Claude Steele found that the SATs reflect around eighteen percent of a student's overall academic abilities; ultimately deeming the test ineffective. The SATs also fail to prove a person's ability to adapt and learn in a school environment. Growth and a student's ability to develop can be seen in the fluctuation of a person's grades. This cannot be measured by the SAT.

Many students feel as though their strongest abilities do not lie in test-taking. Making SATs optional allows them to highlight their other more impactful abilities.

It is important to remember that behind every SAT is a unique individual that deserves an opportunity to prove their determination, individuality, and overall intellectual potential.

The Impact of Global Turmoil On Student Participation in UN

PEYTON REMINGTON' 26

Staff Writer

s springtime approaches, the rush for sophomore students to prepare for their United Nations Assembly intensifies. Beginning in February, each year, sophomores become UN delegates for the country of their choosing, researching the history of their country and the current conflicts within it. Delegates from each country are then put into specific committees, each of which chose a current global conflict to focus on and find a resolution for. This year, these conflicts ranged from the humanitarian crisis in Haiti to the Water Crisis in Sub-Saharan Africa and the Myanmar Refugee Crisis. These resolutions will be presented and voted upon when students participate in a mock UN General Assembly in late May, where delegates will vote on the proposed resolutions from each committee.

While this tradition of UN has served Prep or many decades, global conflnew layer of work students must put into the project. During the first step in the process of UN, students are able to choose to between more neutral countries like France and Poland or countries such as Russia and Israel who are more active and controversial in current events. Delegates of these countries have had to stay on top of these current events to grasp an accurate stance of their country's fundamental views and international relationships.

icts in the Middle East as of late, pose a

In order to accurately respond to any resolutions that are proposed in the UN Assembly this May, student delegates must consider all beliefs and values of the country, as well as any allies and foes it may have. Sophomore history teacher, Cait Slack, described this to be the difficulty of UN, saying, "Part of the challenge of UN is for students to portray and stand for countries when they don't necessarily agree with the methods those countries are taking and how they treat their citizens."

such as Iran, Russia, and Israel, reflected on their personal experience with UN so far and how they have stayed up to date with global relationships. Many shared the belief that having a country so present in recent news has actually made UN easier.

Emerson King '26, a delegate of Iran, talked about how Iran's relevance in recent events has given her a more accurate stance on what the country believes and how they respond to certain acts, "The turmoil between Iran and Israel and their allies gives a clear idea of my country's stance and what their relationship status is with other countries."

Lauren Fridgen '26, another delegate of Iran, agreed, "The recent news makes us able to have a strong opinion and understanding of our country, so when the actual UN day comes, we will be able to get up and confidently represent our country."

Having a country heavily involved in international events requires students to

Students representing countries, do research on these topics to grasp a better understanding of their country. Using new sources such as the New York Times and CNN are popular and credible resources. Social media including Tik Tok and Instagram, also provide news updates through current and efficient summaries of what is unfolding.

> "The easiest way for student to stay informed," Slack said, "is to find a method that works for them in terms of keeping up to date, whether that be following new sources on social media or listening to news podcasts on their way to school."

> As the date for Model UN veers closer, sophomores may find it easy to feel overwhelmed by the workload and the global turmoil amongst the countries being represented. In order to stay on top of current event coverage and UN assignments, take advantage of the news updates offered online and don't be afraid to ask for advice and aid from teachers and other students.

SENIOR EDITORIALS

Embrace It All

THE PANTHER | MAY 20, 2024

EDITOR: COLE HACKMAN '24, KEIRA MUNKO '24 & LUKE WHALON '24

LUKE WHALON '24 **Online Editor**



oing all the way back to 2020, I struggle to believe that it was four years ago that I was experiencing

CLAIRE RULYAK '24 Editor In-Chief



f I close my eyes, I can still see my young, sophomore self. Frazzled, she stands in front of the mirror in the boathouse locker room. I had raced my first real a global pandemic to begin my high school experience. I am awestruck by the transformation I have undergone in mind, body, and spirit, and the transformation of the world around me.

It is my hope that through this editorial, the advice I give will find its way to somebody in need, whether it's an underclassman, a teacher, a parent, or a stranger.

Embrace the people who embrace you for who you are at heart. Going through life, let alone high school, is impossible without companionship. At certain points in your journey, you should rely on the simple but ever-important presence of the people who want to help you and the people who care for you. Be honest with who you spend your time with. Try to grow and lean into the current relationships you have built. I think of the calls with the friends who are just there to listen. I think of the post-practice meals with my teammates. I think of the times my friends and I simply walked around in a park, taking in the views.

Embrace the Magis. It wouldn't be authentic if I didn't throw in a Jesuit ideal in this sort of homily-like reflection. The Magis is all about seeking the greater, the more in our lives. At Prep, I have grown deeper in my faith and am ever grateful for the opportunities I have been provided to grow. I like to believe that embracing the Magis goes beyond embracing the more. It is about embracing what appears daunting, challenging, but necessary. Slowly but surely, I have come to understand that some of the best experiences of my life have come from being confident enough to try something new.

Embrace yourself. The world can be so chaotic that at times we fail to see how amazing we are amidst it all. My hope is that you will embrace the things that will get you

up in the morning. Find time in your life to center yourself and to discern your feelings and thoughts. I think of the times I have felt stressed and overwhelmed. However, I also think of the times I spent doing the Examen before I slept and the times I poured my emotions into playing the piano, doing something that I truly loved. As you begin to understand yourself and embrace that, be grateful for it all. Be grateful for your family, your friends, your education, everything you have.

Words cannot describe how grateful I am to have grown at Seattle Prep. Without a doubt in my mind, I wouldn't change a single day about my journey here. As I enter a new part of my life, that which is college, I will always embrace it all.

The Gift of the Present

regatta the weekend before, I was getting the hang of in-person school, and new, meaningful friendships were beginning to blossom. I was miserable. Homecoming was in a week, we had another race the next day, my mom said I needed to clean my room, my fear of failing an upcoming precalculus test was growing, there was a Collegio essay coming up, and I wasn't sure if I was losing my best friend in the mists of all my anxiety.

Anxiety: the overwhelming feeling of inability to tackle each issue as it comes. That is how I define it and how it defined me for the first half of my high school years. That day in the locker room, a very wise senior told me, "Claire, there will always be something. There will never be a weekend with nothing". At the time, this both angered and terrified me. This amazing athlete who I looked up to added thunder to the anxious rain cloud over my head. But as a senior now myself, I know exactly what she meant and I have no words to describe just how right she was.

I now thank God that there will never be a weekend where there isn't something to deal with. A test to study for, a regatta to attend, layout page to complete, rooms to clean, and on and on. This also means there will never be a weekend without anxiety, but pressure makes diamonds and those diamonds can be beautiful if you take life once piece of coal at a time. In my second half of high school, I have learned, and am still learning, to be present in each thing that scares me.

Just because I have a Physics test on Monday doesn't mean that I can't enjoy a Saturday night with my closest friends. Even though there's an erg test waiting for me next week, I can still be in the moment

rowing and laughing with my teammates right now. My anxiety for my future doesn't have to stop me from telling my parents about my day at the dinner table. I can make room in my homework time each evening for facetiming my favorite people.

As a senior now, I see exactly where I was going wrong in the locker room those two and a half years ago. Looking back, I don't wish I spent more time doing any one thing in high school. Instead, I only regret not doing the things I did more presently. When you make your diamonds one at a time, you free up time for so much more good or even simply more time to work through the mountains of one's mind. Anxiety will always be there, I think it controls all of us in one way or another, but it doesn't have to cost any of us opportunities to love and to learn.

Time Is Real

COLE HACKMAN '24 Online Editor



hurry to grow up.

One of the biggest takeaways of my time at Prep has been the connections within our community. From football games on Friday nights to discussions with classmates in Collegio, each experience I have had has truly been meaningful. These friendships and moments with my peers have shaped my high school experience. The thought of leaving these behind is scary, but a reminder that while we look forward to the future, we must also cherish where we are.

Releasing Expectations

KELSEY HAMILTON '24 **Editor In-Chief**



experience, I was missing out on it. Everything happened in a blur, and I always stressed over what would come next and never lived in the moment. Before I knew it, I found that I molded myself into a box of expectations for myself, and it was an impenetrable box that I couldn't get out of. I always wanted more.

It was at the beginning of senior year and college applications that I realized that the whole point of high school is finding out who I am and what I want, and to do that, I have to let loose and accept that not everything can be planned out. After this realization, I was able to enjoy my senior year. Yes, grades still mattered, but what mattered more to me was soaking up this last year with my class. I found myself enjoying the things that used just to be a checklist and the bumps, and what a bumpy ride this experience has been. I like to think of it as Monet's Water Lillies. If I think of high school day by day, it's messy and chaotic. But once I step back and view the past four years as a whole, it turns into something unique and beautiful. I've learned that it's all about perspective, and in order for me to truly live in the moment and have the perspective I want, I had to release my expectations of myself and of high school.

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s I approach graduation, moments of my first year at Prep flash before my eyes. I remember walking onto campus at COVID-restricted 25% capacity for the first time with an eagerness to grow up and move on to the excitement of high school. Yet faced with the reality of leaving soon, I find myself wishing to hold onto every moment just a little bit longer.

During our underclassman years, there is sometimes a rush to reach the next milestone. Whether it is turning sixteen to get a driver's license or reaching senior year to be the oldest in the school, we are always looking ahead. But looking back, I realize how much each moment held its own value, even those I wished away in my

At first, I thought the idea of trying new things at Prep was intimidating. I found that stepping out of my comfort zone, even if it's slightly uncomfortable, promotes personal growth. This realization became clear when I joined the lacrosse team in my sophomore year. Despite my initial hesitations, that season turned out to be remarkable with new friendships and challenges that pushed me. Similarly, playing football taught me valuable lessons in resilience and teamwork. Joining things like Business Club and Journalism also proved to be unique experiences that helped me explore my interests.

Time seemed to drag endlessly when I was a freshman, eager to grow up. Now, as a senior, I see how quickly it has passed. High school is a brief but beautiful part of our lives. Embrace it, explore everything it has to offer, and as Coach Maul says-time is real, and it does not slow down, so make every day count.

y time in high school has been one full of ups and downs. Some Ldays, I felt like I was on top of the world, while others, I felt like I had been run over by a semi-truck twice. Sometimes, I had to be peeled off the ceiling from being so happy, but sometimes, I had to be pulled from rock bottom. I came into high school with clear, set goals. Get good grades, challenge myself, and get into a good college. From the beginning of my freshman year to the end of my junior year, it felt like I was ticking off boxes of a structured itinerary. Go to a football game? Check. Get a date for HOCO? Check.

However, while I was set on trying to live out my ideal "perfect" high school

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Tiny Sparks, Big Impacts

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Dear Underclassmen,



AVA TINDER '24 Visuals Editor

s I stand on the brink of graduation, I can't help but feel a mix of emotions - excitement, nostalgia, and a tinge of apprehension about what lies beyond Prep's campus.

While my interactions with many of

ambitious,

empathetic,

and open to

growth.

you may have been limited, I am so grateful for the privilege of sharing these halls with you and being part of this exceptional community. I can confirm though that your time here does indeed pass you by, so do not take one precious moment for granted! Your favorite memories and most notable experiences may

not have even occurred yet - and the best part is that they can come out of the most unexpected things, people, and places.

Learn from passionate teachers like Mr. Kiehn and Mr. Mitchell about the deeper meaning behind text on a page, and you may just discover that the messages between the lines are applicable to your own life. High five Mr. Chism on the plaza and pause for a conversation that will make you realize just how much he cares for and is interested in each individual student at Prep. Join a team and the people who were once just your classmates will become a second family. Join a club and unveil one of your new interests, like writing and designing the newspaper. Stop by the Student Life office to see Ms. Haywood and have one of the funniest and most genuine interactions you've ever had before. Smile and say hello to Ms. Lovejoy and Ms. Borgen in the library who would drop anything they are doing just to help you out.

Jump up from your seat during Roll Call and stomp your feet in unison with the Pulse chant. Talk to people you hadn't considered before because you'll find that you have more in common than you anticipated - and they may even become some of your closest friends. Set an example and be kind to the people in grades below you because you remember what it was like to be

in their position. Go on retreats and So, be come back with a clearer vision of the kind of person you want to be. Take a

deep breath when making your notecards for UN or studying for a Calculus test. And when things get hard - and trust me, they will know that you're not alone.

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soon as you know it, these four years will be gone in the blink of an eye. So, be ambitious, empathetic, and open to growth. I am confident that each of you will continue to contribute to the community that is the foundation of Seattle Prep itself. Bye!

DELPHINE MOCK '24 Visuals Editor

These past four years have flown by, yet it feels as if my entire life has been encapsulated within them. My time at Prep is marked by the "milestones". My first homecoming, Kairos, publishing my first article in The Panther. These pivotal moments have formed me. I can recall the feeling of anticipation, joy, anxiety. Amidst these grand memories, are the small moments that I am eternally grateful for. These fleeting instances have unknowingly shaped me. Moments that no one else remembers. I was born on Thanksgiving so as I leave Prep, I want to leave a message of thanks.

I am thankful for the unexpected friendships that were forged during my freshman year. Freshman year online had a lot of uncertainty, but nothing was more surprising than the importance of an awkward text. What began as a tentative outreach to a classmate turned into the most amazing friendships I could possibly imagine. Thank

pivotal

moments

you to the incredible people I met my freshman year throughout and my time at Prep. For having the courage to branch out and start something new. I couldn't be happier with the outcome. Ι am

have formed thankful for the baby shower that me. my junior year Collegio planned for Mr. Meyer.

Coming in for lunch to decorate, buying baby Bert a hand-picked gift, the anticipation of hiding and waiting for him to walk in the door. What could've been just another school day, transformed into a testament of our class's companionship and care. In that moment, the classroom was somewhere that



not only knowledge, but love was shared. This moment is the essence of Prep.

I am thankful for Junior year Olympic Week. Beyond its usual significance, this certain week holds a special place in my heart. Our junior class dominated. We came together, cheered, rallied, and celebrated, forging a bond that would set us up for an

These

amazing senior year.

As we prepare to jump out of the bleachers during roll call for a final time, the feeling is more than bittersweet. As I move into the next chapter, I want to thank everyone who said hi in the hallways, shared laughter, and eye contact in class over something we definite-

ly weren't supposed to laugh at, and every small moment that contributed to the mosaic of my high school experience. Sometimes the most unassuming moments leave the biggest mark. Thank you Prep!

Beyond Books: The Heartwarming Acts of Kindness by our Librarians



and passing time in countless free periods. More than just informed and understanding librarians, they keep our Prep culture alive as moderators of ASB and FIG.

most moving racial justice novels I have ever read.

One of the kindest moments I experienced with a staff member here at Prep The only faculty member who ever was just a few weeks ago with Mrs. Lovejoy Mrs. Lovejoy pours into leading the ASB said "yes!" when I offered to show pictures as I began to search for a final outside reading book for AP Lit. After discussing with Olympic Weeks competitive, and so much

find sources for their JRP to uncertainness of where they should spend their next four years after high school. Outside of the library, the immense amount of time and effort

MIA SCHWARTZ '24 Social Media Editor

ountless people are to thank for their hand in my success as a happy and well-rounded student at Seattle Prep. Still, none are as underappreciated vet more than deserving as the wonderful librarians I and every other student at this school are graced to know. Mrs. Lovejoy and Ms. Borgen were a constant positive factor in my experiences tackling Collegio projects, finding my next literary focus, of my dog, Ms. Borgen was a continuously kind and caring light in

even the most stressful of last-minute library study sessions. Perhaps the best anecdote for Ms. Borgen's character is that she is known to help organize other teachers' homes in her free time, finding joy in helping others live

more organized and relaxing lives. As the amazing moderator of Seattle Prep's Feminine Interest Group, Borgen also acts as a fierce advocate for social justice on campus. Borgen raises awareness for social justice issues through a variety of modes, including her work organizing Summer Reading. Her hand in Summer Reading helped introduce me to one of my favorite books, "We Are Not Like Them", one of the rawest and

More than just informed and understanding librarians, they keep our Prep culture alive.

> Mrs. Lovejoy, I decided to read "Emma" by Jane Austen. We realized the library's copy was already checked out. Mrs. Lovejoy immediately offered her personal copy to me before she had even had the chance to read it herself. Lovejoy's immense care for the well-being and success of every student she interacts with is clear. She can be seen talking to students to help them with any issue they may present to her; from struggling to

more. Although this will be Mrs. Lovejoy's last year as the ASB moderator, the truly amazing work she did will be cemented in the wonderful memories cur-

rent and graduated students will carry forever.

As I look forward to college and life after Seattle Prep I am so grateful for everything every faculty member did for me, especially Mrs. Borgen and Mrs. Lovejoy. For all of you students who are lucky enough to get a few more years with them, please remember to thank them for all they do.

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EDITORS: AVA TINDER '24 & SOPHIA MAGNANO '25

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EDITOR: ELISE LYDON & AUDREY POPP '26

Senior Advice to Underclassmen

Staff Writer

s graduation season approaches and incoming freshmen are preparing to enter high school, a place full of possibilities, students from the class of 2024 give their most valuable advice. Seniors shared a unanimous piece of advice. The more you put in, the more you get out. Hugues Bindel '24 emphasized the importance of surrounding yourself with the right people and taking advantage of Prep's many resources. Megan Moffitt '24 was able to get the most out of her high school experience by joining clubs and applying herself to opportunities, while Henri Downer '24 underlined the importance of balance and trying new things.

Bindel, a pillar of the Business Club and Kairos leader, underlined the importance of a "supportive network." When asked how first- and second-year students can navigate their academic journey effectively, he reassured them, "Don't be afraid to ask for help; it is a sign of strength, not weakness." While academics are crucial, he learned that it is equally important to engage in activities that bring joy and to "prioritize your well-being." Reflecting on his own journey, Bindel wishes he had realized earlier that teachers and outside resources can be a tremendous source of support. He acknowledges the inevitable ups and downs of high school life and shared his biggest challenge, which was feeling a disconnect with others and thinking someone is better than him. Despite challenges, Bindel found comfort by surrounding himself with supportive peers, which led to a sense of belonging and community.

Moffitt, who leads as a captain of the women's lacrosse and basketball teams and serves as a peer mentor, and leader on many retreats, shared how she manages her time balancing sports, social life, and academics. She said she while she is still refining her time management skills, she stressed the importance of prioritizing sleep and mental health amidst a busy schedule. Utilizing study halls and office hours, she said, makes balancing time easier. Outside of academics, Moffitt's advice on getting involved in the Prep community starts with stepping outside of your comfort zone. She emphasized that getting involved not only helps you make friends and connections but also enhances your overall school experience. Coming from a small school, she said, "branching out even by saying hi to people in the hallways or joining clubs" was how she became more involved. She has learned that the most important thing is to "find people you enjoy being around and encourage you," and all else will fall into place.

Downer, who will be playing lacrosse for Colorado University next year, has found that high expectations and balance have helped him succeed both academically and athletically. When asked how he finds motivation for school and sports, he said, "My parents have always had high expectations for me, which kept me going. A lot of the time, though, it was just the people around me." His end goal was to pursue lacrosse in college, a sport which he kept sustain enthusiasm for throughout high school. This goal was difficult to fulfill as he was, "weighed down by how much work it is to get recruited and which often leads to burnout." His advice to students in order to avoid burnout is to, "Play other sports and find other hobbies so that the sport you enjoy most doesn't get dull. Also, I've found that I get better at lacrosse when I take a break for a while and play something like football." When reflecting on his high school experience, he regrets never playing basketball. He did, however, join Prep's dance team, Pulse, and described it as a "really fun and eye-opening experience." When asked what his most valuable advice is for underclassmen, he said, "If you have a desire to do something, do it."

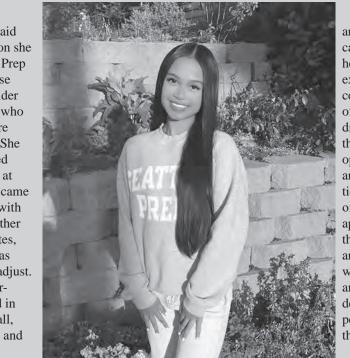
Each senior proves that by continuing to seek balance and prioritizing your needs, any goal, from building connections to continuing athletic endeavors, is achievable. Although high school is filled with pressures, the class of 2024 recommends all students to never be afraid to try something new because the outcome is what makes for a successful high school experience. As Brock Tuminello stated, "Don't limit yourself or put yourself in one "box." Explore your different skills and talents and identify what you can bring to the table in the many aspects of the Prep Community."

Meet-A-Freshman: Bella Garcia

SOLIANA **FISHATION** '26 Staff Writer

> eet Bella Garcia; a triathlete, St. George alum, and singer. She's in Loyola Collegio, plays basketball, track, and pulse, and she went to St. George for 9 years.

Garcia said the reason she came to Prep is because of her older brother, who went here as well. She explained her start at Prep, "I came to Prep with only 4 other classmates, and it was hard to adjust. But I participated in basketball, PULSE, and



art summer camps which helped me get exposed to the community of Prep. What drew me was the number of opportunities and activities that Prep offered. I appreciated the teachers and coaches as well and was amazed at how dedicated each person was to their job."

Another aspect of Prep that drew Garcia in is the spiritual part of Prep and its mission. She loved the fact that Prep incorporates masses, retreats, and opportunities in the school and, she said Prep "allows me to strengthen my relationship with God".

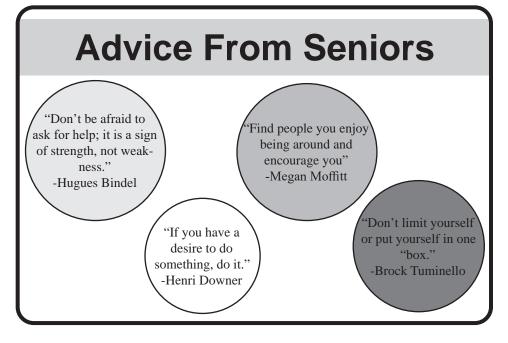
Since this is the senior issue, Garcia reflected on what she hopes for during her senior year, and what she wants her college life to look like. Garcia said, "In three years, I see myself going to a school that specializes in things like orthopedics. I really want to be somewhere warm like California, and I really want to do college basketball maybe in the D2 or D3 level."

Basketball and singing are the two things Bella loves to do, she started singing at six years old, and has been practicing ever since. She plays piano, loves R&B music as well as Whitney Houston. "Everybody used to tell me 'You have such a nice voice', and then I started learning piano after that as well. So, when people told me that Prep had karaoke during Olympic Week, I was super excited, and I just wanted to showcase my talent for everybody because not a lot of people know that I can sing," Garcia said. Eventually, she performed "No Scrubs" by TLC, "Love" by Keyshia Cole, and many other 90s classics during karaoke for Loyola Collegio and was one of the only freshmen collegios to reach the finals.

As her freshmen year comes to an end, she's excited for what her next few years will bring!



The Pawdcast





In their final Pawdcast as members of the Panther Staff, Prep Seniors Ava Pitts and Maribel May reflect on their experiences at Prep, sharing highlights and what they've learned. Check out this very special episode of The Pawdcast!

From Father to Frontier: Rallanka's New Jesuit Journey

CHARLOTTE FLYNN '26 Staff Writer

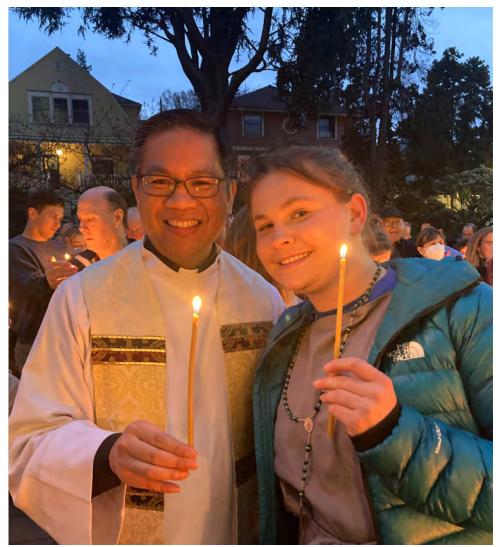
Seattle Prep will face a huge loss next year with Father Rallanka leaving Seattle Prep for his Jesuit assignment in Portland. Rallanka takes on many roles on the Prep campus, as a teacher of junior theology and senior peace studies, leader of music ministry, spiritual direction, morning masses, retreats, a member of the board of trustees, and as the moderator of both anime and Dungeon of Dragons club. Rallanka's many endeavors make him a true Renaissance man on the Prep campus.

Rallanka is an ordained Jesuit priest, and in November of this past year, the Provincial, supervisor of a group of dioceses, asked Rallanka to help train new Jesuit priests. The process of becoming a Jesuit priest takes 10-12 years with four main formations, the Novitiate, First Studies, Regency, and Theology Studies. There are two vows during the ordination of a Jesuit priest, the first vows after the novitiate formation, and the final vows at the end of Theology Studies. In his new Jesuit assignment, Father Rallanka will be responsible for overseeing men who are undergoing their First Studies, Regency, and Theology Studies formation. With the priests in training, Father Rallanka will be representing the provincial and hearing the manifestations of the men in formation.

As apparent by Father Rallanka's abundance of roles around Prep, he is very involved and attached to the Prep community and his decision to leave Prep was not made lightly. Prep for Rallanka was hard, and he described the process as an onion, explaining "there are different layers involved".

Ultimately, Father Rallanka decided that "The Church deserves the very best of their priests" and he decided he wanted to be a part of shaping the Church's future priests. So, Rallanka accepted the opportunity to move down to Portland. Compared to the consistency of Rallanka's job at Prep, his new role with the church will entail a lot more movement. The students Rallanka will be for responsible are all over the world. Rallanka will travel to France, Africa, and Mexico to visit his students and hear their manifestations. Rallanka's new lifestyle change intimidates him, but he is also excited. Rallanka describes himself as," a homebody, but I just turned 40 a few weeks ago and I feel like this is a really good time in my life to get some traveling in."

Despite Rallanka's soon-coming physical detachment from Prep, his presence will still be present all over campus. The songs Father Rallanka chose for music ministry will still be hummed by students during class, the connections and revelations Rallanka helped form during Kairos will remain, and the epic games of Dungeon and Dragons he has monitored will be remembered.



Rallanka with Kat Lord-Krause '23 at her confirmation ceremony at St. Joseph Church

For the Newest Prep Member, It's All About Community



BEN SCHWARZ '27

Staff Writer

s the most recent hire, Damien James says, Prep is "the cream of the crop". Working as the incumbent director of facilities and operations, he will follow in the footsteps of Mr. Dan Wood, who will be exiting his role at the end of the school year.

It's been a long journey for James, however, as he started off at the Catholic Community Services for 13 years before moving to the Northwest School, another independent school here in Seattle. But after all the stops, he will be embraced at what he refers to as his dream job. Now taking the role of the facilities director, James will oversee "all of [Seattle Prep's] hard and soft assets, which means hard assets like buildings and soft assets would be mechanical, HVAC sys-

tems, desks, furniture, lights."

He will also help with transportation, vendor relations, and other maintenance.; the job allows him to "get to work with everybody and the students."



PHOTO: BEN SCHWARZ

Mr. Damien James in his office on the 3rd floor of AMH. James joined Seattle Prep this year as the Director of Facilities and Operations. He will take over the position permanently in June. James values both ministry and curriculum. James said, "[I] went to Catholic school and I've also watched it change in public schools [...] Ministry should be in school, so it gives a better foundation. So

school. -Damien James

that was an allurement for me". But Prep is even more than that. To him, Prep was a priority when he was looking for a job because of its endowment, rich history, and staff. "It all matched up" he said.

But most importantly, he noted the strong, tightly knit community that Prep has. After dealing with the passing of his mother, shortly after joining Prep, things were off to a rough start. But, with the help of teacher and others, "the community just wrapped me in their arms and embraced me. A lot of the students didn't know these things, but our administrative faculty, the teachers, the faculty as a whole embraced me, held a mass, the candles sent flowers supporting her".

That's what it's all about. The support that students and teachers have given is something that he is forever grateful for. Now, after reflecting on his first weeks at the school, he says that "it was really beautiful and really nice, and it just affirmed and assured me that I was at the right place. It makes me well up now thinking about it. It's just a beautiful community."

FEATURE

EDITORS: DELPHINE MOCK '24 & GEORGIA LIMBAUGH '26



Seniors Seek Unique Opportunities in Studying Abroad

LUKE WHALON '24 **Online Editor**

Collowing their last year at Prep, Seniors Zoë Pomeroy, Kine Yade, and Ele-na Lovejoy are set to attend colleges abroad, all in Europe.

Zoë Pomeroy plans to spend two years at Trinity College Dublin in Ireland and study Middle Eastern & European Languages and Culture. As a part of a dual BA degree program at Columbia University, she also plans to spend two years back in the U.S. studying Political Science. Columbia's unique international dual degree programs are open to all students and provide students with unique undergraduate experiences at Trinity College Dublin, Sciences Po, and Tel Aviv University.

Looking toward the future, Pomeroy said, "I'm interested in working in international politics and I'm interested in law. My dream job would be to work at the International Criminal Court at The Hague." She added that "being closer to that and having the

mni network from a European institution is a really cool prospect and is also going to be Political Science back in New York. beneficial I believe to reaching my dream."

Thinking back to why studying abroad will fit who she is, Pomeroy said, "When I wrote my essay for this program, I talked a lot about how an essential part of my identity for so long has been the fact that my family is not really American. Most of my family lives in Europe." She continued, saying, "I have gained an international perspective from them from a young age, but obviously I still live in America, and I have a very American perspective."

Pomeroy believes that what she wants to study in college can be a very polarizing topic in America, saying, "I wanted to get out of that American media bubble to learn from other perspectives as well as have non-Americans in my classes and hear those unique perspectives."

Kine Yade is off to Sciences Po in Paris, France and is set to study Government & Science. She is also part of the dual BA degree program at Columbia and plans to stud

Yade described why she was drawn to go study abroad, saying, "What I'm actually studying happens to be basically international politics and so I want to be in an international location with a whole bunch of international students. I want to have a more diverse focus.'

Yade's family is also Senegalese, and both her parents speak French so studying in France gives her a great opportunity to be closer with her family and learn more about the French culture.

Yade also mentioned the financial aspect as a major reason she was interested in studying abroad, saying, "I applied to a lot of international schools, not necessarily because of what I was majoring in but because it was cheaper. Why would I pay four years for a university in America when it is a third of the price to go in Europe?"

Elena Lovejoy will be attending Bard College Berlin in Germany and will be studying History and Art.

"I think with what I want to go into, Berlin itself seemed like a really good place for art and history. The opportunity to go to Europe allows for exploring and I think that is really exciting," Lovejoy said.

She added, "I want to work in a museum sort of setting, either as a tour guide or as an art restorer, working with old paintings to preserve the history and the art all in one. Going abroad and being able to have classes in museums, in cities in Europe, that thing is really cool for what I want to do with the rest of my life."

All three are excited for what lies ahead and encourage underclassmen to explore study abroad in college.

I would definitely encourage people, even if they're not going four years abroad, to at least do a semester abroad, because I think it totally changes your entire perspective on the world," Pomeroy said.

10%

3%

of the senior class is going out of the country for college

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Schools Where Multiple Seniors Are Heading This Year:



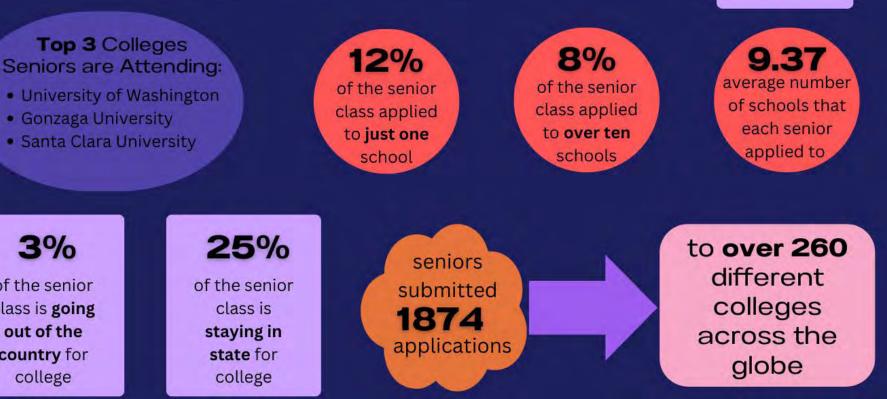
University of Washington Gonzaga University Washington State University Central Washington University University of Oregon Santa Clara University Cal Poly San Luis Obispo University of California, Santa Barbara University of Southern California San Diego State University University of San Diego University of Arizona University of Utah University of Colorado Boulder Texas Christian University DePaul University Marquette University Indiana University Notre Dame University Villanova University Syracuse University Columbia University **Tufts University** New York University **Boston College**

To see a complete list of where each senior is going, scan this **QR** Code:



College Stats for Class of 2024

of the senior class is committed to their college for athletics



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Mock Trial Competes for National Championship in Delaware

BEN OSWALD '25 Staff Writer

t is that time of year again: the famous Seattle Prep Mock Trial team competed again at the national competition from May 2-5 in Wilmington, Delaware, bringing home 16th place overall.

After earning themselves a firstplace victory in this year's state championship, they qualified to advance to the national championships.

Soon after their first-place state trophy arrived, so did their case for nationals.

Captain Zoë Pomeroy '24 said this was the "shortest period for preparation before the national competition that the team has ever had." The team was given only three to four weeks to prepare the new case prior to their departure.

The varsity team met every week on Mondays, Tuesdays, Wednesdays, Thursdays, and Sundays. Their practices go for about 2 to 3 hours, and much work is done outside of the practice as well. During the practices the team, "reads the case, develops theories, and writes all of the examinations and speeches," said Pomeroy.

"About every lunch I have these next two weeks I will be meeting with Mr. Mc-Carthy and Ms. Freeman to work on Mock Trial," said Mika Wellington '25 in the week leading up to the competition.

in the court room, there is one event that Pomeroy shared that happens at every national tournament. "It is called the team pin swap. Every representative state team brings pins that represent their state," Pomeroy said. The pin swap is one of the few things that the team has time for when they are not on trial.

"The pin swap is a great way for all the teams to meet each other and learn more about who they will be competing against in the trials," Pomeroy said.

Pomeroy's favorite part of Mock Trial is "the actual trial because we work so hard and put so many hours into developing a very strong case. Getting to execute it with

While most of their trip will be spent a team and an opposing side that we have never heard of and having to pivot, adapt, and put on a really good case is what I enjoy the most."

> After graduation, Pomeroy plans to dual enroll at Columbia University and Trinity College Dublin, where she will study Middle Eastern / European Studies and Political Science. When asked to reflect upon how Mock Trial will benefit her beyond her time at Prep, Pomeroy said, "the most important skills I have learned are public speaking and analytical/critical thinking."

Pomeroy is not following a direct prelaw track, but foresees herself attending law school because she said, "mock trial revealed the passion that I have for law, and I



can't see myself doing anything other than that in the long run."

Mock trial does not end at Prep. Many colleges and universities offer competitive mock trial teams, and both Pomeroy and Wellington see their future selves participating.

Finally, Pomeroy shared her experience as a captain and leader for the prestigious program at Prep. Pomeroy said, "I feel a greater responsibility for how the entire team is functioning; I want to ensure everyone is operating at the top of their game, working well together, and fostering a strong team culture and community."

In Delaware the team went 2 and 2 and competed in two practice scrimmages in the two days before the competition begins. "Our two losses were against Florida and New Hampshire, both highly competitive teams that placed in the top five," said Wellington.

That concludes the season for Seattle Prep's beloved Mock Trial Team. Now, the team will hibernate over the summer and prepare for another series of competitions in the coming season.

Photo: Seattle Prep Mock Trial The Varsity Mock Trial team at the national competition in Wilmington, Delaware.

Prep's Hex Credit Promises to be Perfect for Student **Athletes**

PEYTON LYSEN '26 Staff Writer

ver 72% of Seattle Prep students play a sport, whether that be swimming in the fall, bowling in the winter, or lacrosse in the spring. This means 566 out of 725 Prep students play at least one sport, making their lives busy and leaving little free time after practice. To graduate from Seattle Prep, a student must have at least 2.0 Health and Exercise credits with each health class being 0.5 credit.

As freshmen, all Prep students take HEX and as sophomores, all students take Health and Wellness. These required classes make up half of the credit required for graduation, leaving students to take either life fitness or strength and conditioning sophomore and junior year to fulfill graduation requirements. However, there is another option for the class of 2027. Instead of taking numerous HEX classes to achieve graduation credit, if a student plays two seasons of Prep sports, they Having this credit it it. could qualify for a "HEX credit". To be eligible, a Prep gotten to take lots of athlete would need to complete two seasons of athletics in their freshmen and sophomore years. A student must be an

she has been able to take three art classes, printmaking, photography, and choir. Currently, Elsa is in a semester-long social studies class, Contemporary World Problems, a class that would normally only be open to seniors. But because of her HEX credit, her schedule allows for it.

"Having this credit is really cool!" said Castro "I get to take Contemporary World Problems, taught by Ms. Slack a teacher I really love and wanted to have again. I have also gotten to take lots of art classes like printmaking."

This thought is echoed by many other juniors who were able to get the credit. If you are already doing sports, why should you be expected to do something athletic in school in addition to that?

"The HEX Credit Through Athletics program is specifically for students who are committed to an exceptional level of fitness through Prep offerings outside of HEX classes." said Vice Principal Mrs. Kramer about the decision to implement the cred-

Prep Rolls Out New Security Upgrades

SOPHIE WALTERS '26 Staff Writer

eattle Prep has been working toward initiating a series of security upgrades including on-campus security measures, enhanced emergency response, and expanded mental health support. These new features, designed to create a secure and welcoming environment, ensure a sense of safety in times when schools are hyperaware of dangerous possibilities.

Following a thorough security audit and expert consultations last year, the school has implemented several changes. "Probably the most notable one that students right now wouldn't recognize is the fence on the north side of the campus," said Dean of Students, Andy Hendricks. Emphasizing discreet yet effective security features, the school has increased its external surveillance as well as interior. "We've added a few more cameras that cover blind spots," Hendricks said. These cameras are strategically placed mainly at external doors and around the campus perimeter to detect potential threats before they enter the school grounds. A key feature of the new security protocol is the locking of all campus doors throughout the day, with doors only unlocking during passing periods through a scheduling program. This new system will limit the amount of time the cards are operational and when they deactivate for the day. The main entries for visitors will be equipped with video camera systems to verify identities before granting access. Additionally, the garage door will remain closed except during morning and afternoon hours. This measure goes hand in hand with the introduction of student access cards. "Students will be given access cards, because we can limit the amount of time that those cards would be operational," explained Hendricks. The access cards are expected to be a big adjustment for students but an important change, not only restricting entry times but also monitoring student movements, enhancing on-campus security.

Further enhancing security, Hendricks highlighted psychological aspects, discussing the relationship between inclusivity and safety. "Most of the people that have been involved in [school attacks] have been bullied, ostracized, or left out. So, if we create an inclusive community, it lessens the chances of that," he explained. This approach underscores Prep's commitment to fostering an inclusive community where every student feels valued. In response to the increasing need for mental health awareness, the counseling department is actively consulting with an external agency to expand support systems for students. This initiative, expected to roll out next year, aims to provide long-term benefits for the student community. Students and staff regularly go through safety drills and training sessions as a part of the ongoing efforts to prepare students and staff for emergency situations. "We did the training last year...and we just did a lockdown lockout drill the other day," Hendricks noted, emphasizing the importance of preparedness. The school's proximity to emergency services, including a nearby fire department and regular visits from the Seattle Police Department, improves its response capabilities. Despite these enhancements, Hendricks acknowledged the challenges of ensuring complete security. "Well, nothing's foolproof unfortunately," he remarked, highlighting the balance between maintaining an open campus atmosphere where students do not feel trapped, and implementing necessary security measures. Seattle Prep's new security upgrades reflect a comprehensive approach to ensuring safety while maintaining a positive and open educational environment.

active athlete on the team; managers or other positions do not count towards the credit.

For many students in the class of 2025, having this HEX credit has been a huge benefit. Junior Elsa Castro played soccer and basketball as a freshman and sophomore and was able to use the HEX credit to her advantage. As a sophomore and junior,

For non-student really cool! I have athletes or one-sport athletes, unfortunately, the HEX arts classes" Credit is not applicable. Students -Elsa Castro will still be required to take two credits

worth of HEX classes.

This year, the class of 2025 has the option of applying for an HEX credit again, and it will only be available to these rising sophomores. Junior Alexandra Booth highly recommends that they apply for it stating: "It might make school a bit harder ... but for me, it's worth it because I already do a sport, so this way, I'm getting something useful."

Sophomore Year

EDITORS: MIA SCHWARTZ '24 & SOLIANA FISHATSION '26

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Memorable C/O '24 Moments

freshman retreat spring concert Media Literacy class signing yearbooks collegio for the first time olympic week meeting teachers spring sports Mario Kart Club

Jack Henzke '24 "Signing Yearbooks on the back field"

"On the last day of freshman year during lunch we all brought out our yearbooks and everyone signed them. That was one of the first days we were all together as a grade, and felt like one of our first times getting a typical high school experience."



No more masks Homecoming Going to state in football Christmas Assembly watching the seniors commit for sports Young Womens Retreat Being in person concert Big classes choir concert Big classes choir concert Halloween Glow Dance Halloween Glow Dance Attending sports games Collegio books

Tate Uffelman '24 "Sophomore Christmas assembly"

"At the sophomore year Christmas Assembly, I accidentally pushed a team member into a piano during the scooter game, and that was a really funny moment. After the assembly all the teachers got mad, but everyone in our grade couldn't stop laughing about it. It gave us all an inside joke to share."

> Leading Kairos Meeting underclassmen Bonding as a class Getting into college XC winning state Midsummer's night dream Graduation Graduation Momecoming game Homecolympic week Spring break

Leading ASB Manresa

Audrey Cromett '24 "Olympic week"

"Junior year olympic week our grade did so well, which was so fun to watch. I was in Rahner and it was so exciting watching our class win a bunch of the big events. It was especially funny watching the events where it was two junior teams in the finals like in basketball. All the excitement made me so excited to do it again senior year. "

Giorgio Merca '24 "Karaoke @ Manresa"

σ

Senior Ye

"Karaoke was definitely the most fun part of Manresa. It felt special for our grade because everyone came together and went crazy especially it was fun to watch people start to feel comfortable and confident to sing, beatbox, or rap. People sang their hearts out and some people even started crowd surfing it got people really hyped up and excited."

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EDITOR: CHLOE HORNER '26, EMILINE BELIARD '26 & KATELYN FREDETTE '27

Seattle Prep Seniors: Thank You for the Memories, Friendship, and Inspiration

CHLOE **HORNER '26** Staff Writer

s the Class of 2024 prepares to embark on their next adventures, younger Prep students reflect on the impact they have had on the community.

Sophomore Lauren Raney, a varsity volleyball player, considered her experiences getting to know the seniors on her team, "Ava Tinder, Teá Bosanac and Cody Kohler have taught me the importance of not only being myself but being the best version of myself through hard work, discipline, leadership, and kindness."

Raney reflected how the senior captains have helped her to take advantage of her time and opportunities at Prep. "Getting to play sports with these seniors was impactful because their motivation, confidence, and optimism reflected on the court was really inspiring for me to see as a younger athlete," Raney said.

Wes Merlino has had similar experiences as a junior on the boys' Cross Country and Track teams. Merlino said, "Will Huddleston '24 has had a big impact on me. From the countless hours I've spent running with him for Cross Country, Track, and even Winter and Summer training, he's taught me leadership, hard work in school and athletics, and optimism."

Merlino recalled how even when injured, Huddleston led the team and showed them how to stay positive and to encourage others. Merlino said, "He has taught me so much and the memories I've had with him will last a lifetime. Even though it is sad he will be leaving next year, I know he will thrive in the next chapters of his life."

Merlino also shared how some

of his best friendships were made through Cross Country, and the incredible community the seniors have created for the team. He said, "The kind, outgoing, and friendly nature of this grade creates a team culture that everyone wants to be part of. The enthusiasm and effort they put into the team is contagious. Not only does the team have incredible senior runners like Jack Henzke, Liam Riley, and Nick Davila, but these leaders do an incredible job of passing their knowledge down to younger teammates and making the whole team better." In this way, the seniors are leaving a legacy that will continue to build upon itself. They are role models of hard work, integrity, and friendliness. In Prep athletics, clubs, and classes, the Class of 2024 has changed the school culture.

Bella Huynh '26 got to know some seniors, as well, through yearbook and Pulse. She reminisces on lessons learned from Courtney Stockwell, a senior she looks up to as a yearbook editor and Pulse captain, "She's a perfect example of how to balance school but also extracurriculars. I feel she's dealt with those so gracefully and I really admire her for that. I'm definitely going to miss her because I'm probably going to feel a little lost without her," Huynh said.

Huynh believes that the legacy and imprint the seniors have left have shown her that she can challenge herself and succeed, and not to be afraid to take on leadership roles even when they seem daunting. She said, "I can just imagine what our class is going to look like as seniors. It gives me so much hope for me and for my class. The seniors are really going to excel, and I can't wait to see where they go."



The effect COVID-19 had on the class of '24

EMILINE **BELIARD** '26 Staff Writer

Trom the very first days of school their freshman year, this year's graduating class has undergone massive changes throughout their time here at Prep. It's hard to believe that four years ago, the class of '24 was not able to attend school in person for the first year of their high school careers. This meant that they didn't truly meet their classmates in person until second semester as hybrid school started at that time, and even then, not everyone was at school. When asked about their freshman year experiences Anna Lauinger '24 and Libby Smith '24, said that there were many pros and cons of COVID's effect on their freshman year.

As school was online via Zoom, there was not much opportunity to talk and meet new people, a scary reality many students entering high school faced during the pandemic. For Smith, she found it very difficult to branch out and meet other people during online school as it was hard to "have one on one time or even somewhat normal interactions with classmates without being awkward in a breakout room or sitting there in silence with screens pointed at the ceilings and muted microphones". Lauinger also experienced similar Zoom classroom environments, and she was able to get connected to many of her classmates through various other social media platforms.

Though meeting in person was hard, Lauinger and her friends were able to have group Zoom meetings almost every night, where they would 'talk for hours' after remote school. Though they found creative ways to meet new people both Smith and Lauinger, as well as the rest of the class of '24, didn't meet their full class until the last day of freshman year. This was the first time all Prep students were allowed to come to school.

For many students, online school provided challenges, as asking questions and connecting with teachers was much

Newest Additions

During Freshman Orientation, the class of 2024 got a taste of what it is like to be a Prep student on campus. They received their brand new Surfaces and attended a boot camp on how to navigate everything from Zoom to OneNote. Ending the day on more difficult without being in a live classroom. When Lauinger was finally able to attend school in person, even though it was only with 25% of her classmates, she described it as being, "Easier for me to focus as I had less distractions and could connect with my teacher's way more easily".

Being on a computer instead of in a classroom not just had a different learning environment, but social dynamics massively changed as well. Smith looks back and says the biggest thing she missed

was, "The small moments in class where you are able to laugh with someone new and experience spontaneous conversations with your classmates." When school was finally partially inperson divided up into cohorts, Lauinger was ecstatic to finally experience what going to Prep was like. But

even with all the excitement, Smith described herself as also being filled with nerves, as she didn't know what to expect as she had never met or interacted normally with most of her classmates until this point.

Though this years senior class had a very different beginning of their high school journeys, Lauinger believes that this setback, "Has made my grade so much closer, because everyone was so eager to finally be able to do things in a big group, as we had been separated for so long and wanted to make up for the lost time!" Contrastingly Smith views CO-VID as having largely separated their grade as many groups that had formed during early days of online school stayed the same even when school began in person.

Both Smith and Lauinger agree that junior and senior year were the two years where their grade bonded the most, as this was when everything was back to normal in regards to COVID. Though COVID was a maze to navigate for this year's senior class, they were able to overcome the challenges the pandemic presented them all together.

Photo: Seattle Prep Yearbook

The 2021 Seattle Prep Yearbook documented the harsh reality of school on Zoom and a socially distanced Freshman Orientation for the Class of 2024.

the back field, they listened to a talk from teachers and participated in icebreakers to get to know each other better.



Mr. Meza Reflects Upon the Class of 2024's Growth

ELISE LYDON '26 Staff Writer

This year's graduating class of 2024 is like no other, demonstrated by the countless memories and stories teachers have gathered over the four years they have spent watching this class grow up.

Some teachers had the unique opportunity to teach certain students as freshman and again as seniors this year, providing a special perspective into how each student has grown into the individuals they are today.

One of those teachers is Mr. Brian Meza, a science teacher at Prep. He highlighted a real point of growth he sees within the classroom; "I love how our seniors root for each other, often over the small things. So many Anatomy students share answers or questions in class, and their peers spontaneously will clap or bust out with some affirmation." He shared, "It's okay for our seniors to show their curiosity, to geek out publicly, to connect their learning with something from their own life."

While this year's senior class is supportive and energetic, they were not always this way. Meza said, "Zoom and masked first impressions will be forever cemented in my mind." This growth from "timid but eager eyes" to this lively bunch, shows the grace and patience of these seniors, which was "genuinely impressive". Although Meza reconnected with these students as seniors, he maintained ties through the strong student-teacher relationship established during freshman year. He fondly recalls the times in the hallways and on the Plaza where he would see his biology students from freshman year. He said, "Sitting next to former students and listening to them describe how our biology experience connects to their new/latest science class are some of my favorite memories."

These connections Meza has made with his classes perfectly demonstrate how these Seniors have become who they are partially due to the inclusive and welcoming environment Meza makes at Prep. With great teachers like Meza who get to reteach a class, they can easily spot a student's overall personal development highlighted from the contrast of their four years.

One moment of growth includes senior Elena Lovejoy. In Meza's science class freshman year, there was an "all-time encounter with a hot plate." Meza remembered, "Elena won the collision, we lost the hot plate, and Elena's lab skills improved forever!"

Though the class of 2024 will have moved to bigger and better things after high school, the memories and lessons learned will carry into their futures for whatever is to come.

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Incoming Freshmen: Class of 2028 Get to know some of the students coming to Prep next year!

ANNABELLE **BOWMAN** '27 Staff Writer

Bodie Sturgil	Gracie Harkins	Benji Okeke
St. Louise	Madison Middle School	Sacred Heart
One thing you look forward to	One thing you look forward to	One thing you look forward to
about Prep:	about Prep:	about Prep:
Everything at Prep! I've been look-	Reconnecting with old friends and	Meeting new people, playing on the
ing forward to going here since 7th	meeting new ones.	basketball and football teams, and
grade and I am so excited to start!		excelling in academics.
		U U
Favorite after-school snack:	Favorite after-school snack:	Favorite after-school snack:
Thai food. Especially, Pad Thai with	A smoothie bowl or French fries.	A sweet Honeycrisp apple with tons
Lemongrass Chicken.		of jiffy peanut butter.
Favorite movie or TV series:	Favorite movie or TV series:	Favorite movie or TV series:
Spider-Man Far From Home. It was	Stranger Things	The Fresh Prince of Belair.
the movie that got me into the Spi-		
derman series.		
	A place in the world you would	
A place in the world you would	want to visit:	A place in the world you would
want to visit:	Greece	want to visit
Tokyo Disney. I've always wanted		Turks and Caicos because of the
to visit Japan but I love Disney so		beautiful beaches and the warm
much so I couldn't decide until I		weather.
thought of Tokyo Disney.	A kind of music you enjoy:	
	Almost anything except country	
A kind of music you enjoy:	music.	A kind of music you enjoy:
Rap		Rap and hip-hop.



Join the Panther Journalism Program!

MASON **BECKETT** '27 & DIEGO **PEREZ** '27 Staff Writers

Hey Prep! Ever wonder what working on The Panther is like? Mason Beckett '27 and Diego Perez '27 interviewed the senior editors about their journalism experiences and the benefits that come with it. Tune in to the episode!



Applications Due Monday, May 27th



The Panther is looking for writers, graphic designers, photographers, and podcasters for the 2024-25 school year! FIND THE APPLICATION

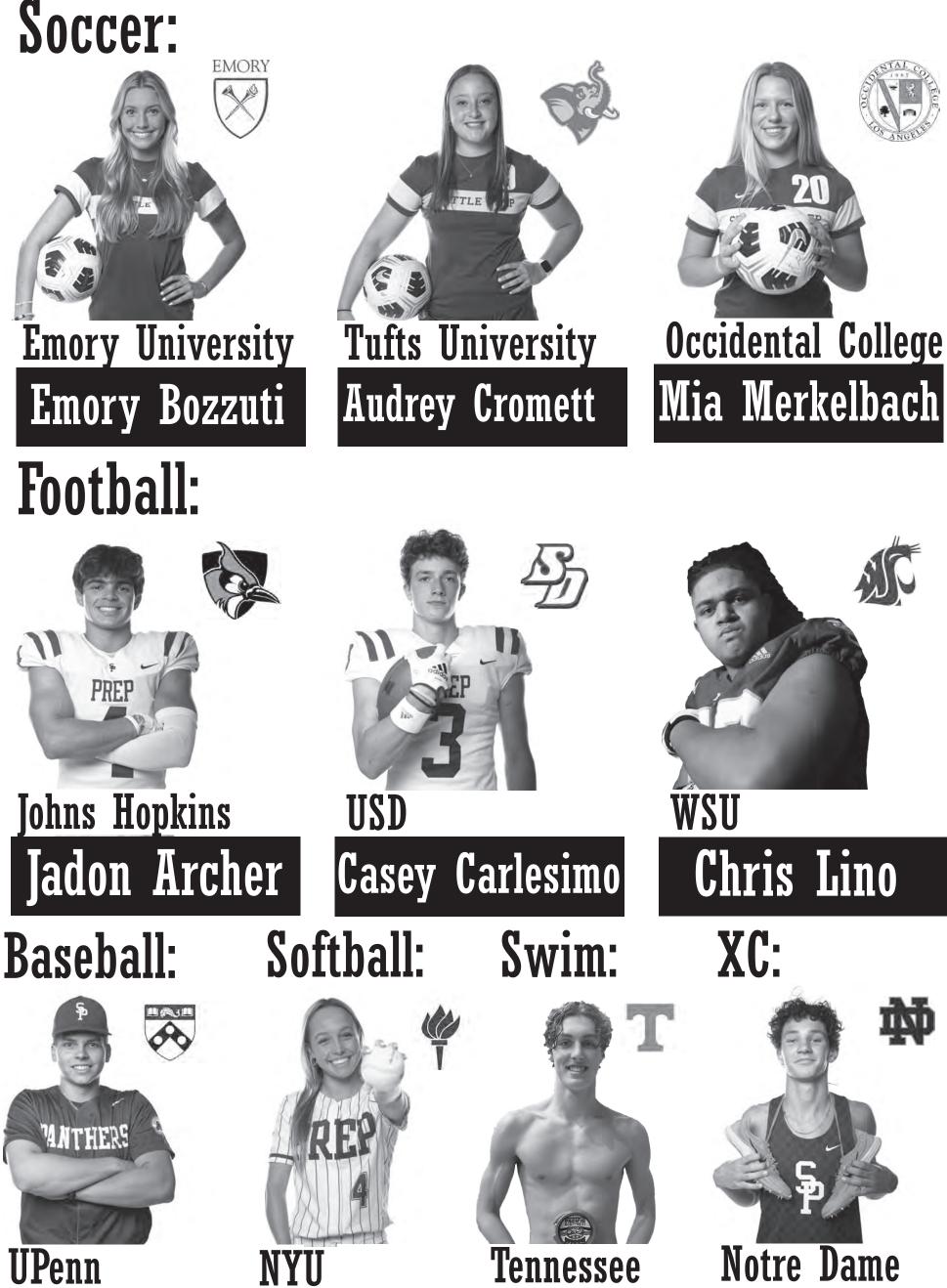
HERE!



COMMITTED ATHLETES 16

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EDITORS: KELSEY HAMILTON '24 & CLAIRE RULYAK '24



UPenn



Tennessee

Siena Kiefer

Ben Bricca

Notre Dame

Jack Henzke

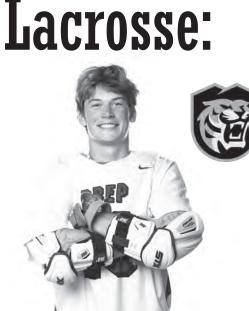
COMMITTED ATHLETES

Volleyball:

EDITORS: KELSEY HAMILTON '24 & CLAIRE RULYAK '24

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Colorado College Henri Downer



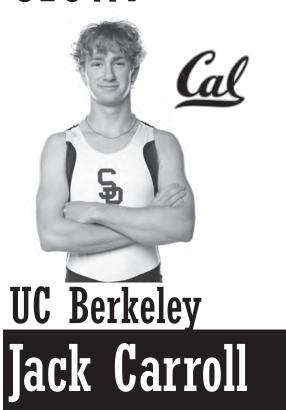
Colgate University Téa Bosanac

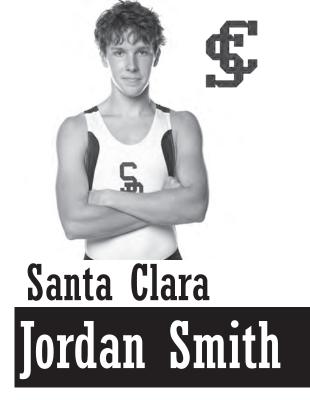


Coxing:

St. Mary's Rachel Fry

Crew:











S





Villanova

Natalia Peng

Claire Cunningham

Seattle

UW



Caitlyn Hoffman

SPORTS

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EDITORS: NOAH MEZA '24 & CAM WELD '26

Dennehy Taking Gap Year to Train for College Ski Teams

NOAH MEZA '24 Staff Writer

rep senior Quinn Dennehy '24 is beginning her post-high school life in a fascinating way. Instead of attending a university this fall, Dennehy will be heading out east to Vermont where she will enroll at Killington Mountain School (KMS) for a skiing gap year. The school is in the largest ski resort on the East Coast, Killington Resort, making it the perfect place for a year dedicated to skiing.

Skiing has always played a major role in Dennehy's life. "I've been skiing since I was three, and racing since I was six, so I've been doing it pretty much my whole life," she said.

Dennehy credits her dad for first getting her into skiing. "He grew up ski racing, so he got me into the sport," she said. She noted how cool it was that she currently skis for Crystal Mountain Alpine Club, the same team her dad used to race for.

This coming fall will mark Dennehy's 12th season of competitive skiing, as she began her successful racing career at a mere six years old. And successful is right; Dennehy once won the U12 Championships, making her the best skier in Washington State for her age group at the time.

As she looks towards next year, Dennehy noted that she will still be enrolling in academic classes during the gap year. "My plan is to take two or three online classes at a time throughout next year. That way I'm not overloading my schedule and I can really focus on my training and racing, but [I can] also keep up with school," she said.

She intends to take her online classes through the Community College of Vermont while simultaneously skiing for KMS. This will allow her much more time for skiing than attending a university normally would. And it will certainly allow her more flexibility than the high school student-athlete experience. "I'm really excited that I'm going to be having the opportunity to train super often because balancing school and skiing at Seattle Prep is pretty difficult," Dennehy said.

Dennehy hopes to earn herself a scholar ship to an East Coast D1 college by the end of her gap year. "My plan is to reapply to schools like Boston College, Bates College, and St. Lawrence University to try and make it on one of their ski teams," she said.

Unlike other collegiate sports, college ski teams hold very few spots and do do very little recruiting on their own. And instead of a traditional athletic scholarship offer, most schools require athletes to apply to the school academically in the fall before being officially being recruited for skiing in the spring.

Spring Sports Highlights

take the next year to focus on training with the hope of earning a scholarship to an East Coast D1 college. Dennehy said the best method to gain exposure is to "compete in college races called the FIS University Series," as well as sending emails to college coaches. "It's a

Dennehy is more than excited to

tough process," she said. "You have to do

the work yourself to get them to show any

interest in you as an athlete."

take full advantage of a full year almost completely dedicated to skiing. And should she decide to go another route, she also had her spot at CU Boulder deferred for Fall of 2025. Ultimately, her hope is to land a school she is happy at, although she wouldn't mind fulfilling her skiing potential along the way.

Photo: QUINN DENNEHY

'Double Captains' Star as Leaders on **Two Sports Teams**

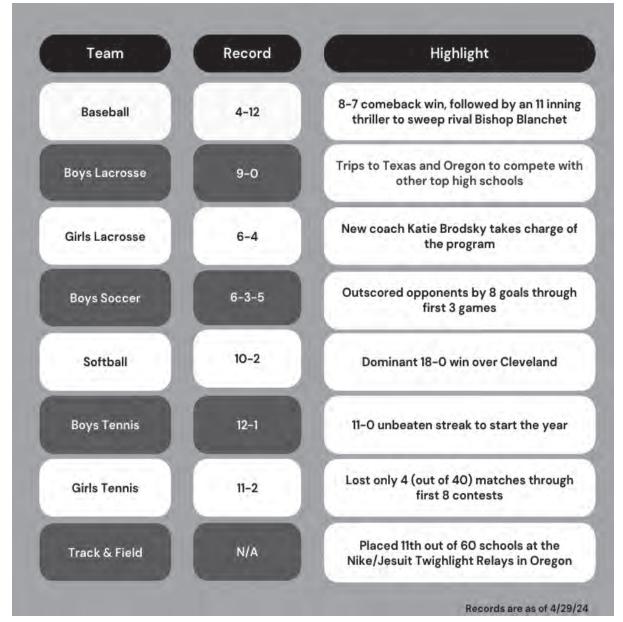
eing a captain of a sport is a lead-ELSA CASTRO '25 ership position that is not taken **Freelance Writer** lightly. Captains must be respon-

sible team players and are trusted to lead the team in the right direction. Several students here at Prep have taken on the challenge of being captains in not just one, but two sports.

A captain must have a growth mindset. Being positive and uplifting is easy when the team is winning, but how they respond to adversity is what sets individuals apart. Senior Megan Moffitt '24 was a captain for the girls' basketball program as well as a current girls' lacrosse captain this spring and emphasized her responsibility to inspire and motivate the team. She stated, "With basketball and lacrosse, there were highs and lows, which is a given for any team, but a big responsibility as a captain is to stay positive and encourage the team." Fostering a supportive environment leads to success and connections beyond the fields of play.

Senior Emory Bozzuti '24 expressed her value of inclusion as a captain of both the girls' soccer and track team. She has learned to recognize that even the most reserved of players need to feel included to maintain connection and chemistry. She knows it's her job to include everyone, cheer them on, and hype them up,







Senior Quinn Dennehy races downhill at a Spring ski race. Dennehy will

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emphasizing "No one wants to be left out!"

Cultivating a fun, while also competitive, environment is important to keeping players motivated and engaged. Competition pushes athletes to give their best and strive for improvement. At the same time, having fun makes the experience enjoyable and helps build camaraderie among teammates. Moffitt believes that "keeping that fun aspect of sports is one of the main reasons why we all do it." As a captain, Moffitt has committed to maintaining team chemistry and bonds through this value of fun. It reminds players of the joy of sports and prevents burnout.

Both Moffitt and Bozzuti referenced the upperclassmen captains who came before them and whom they looked up to as role models. They were the ones who made their first experiences in sports at Prep something to look forward to and now Moffitt and Bozzuti have striven to pay it forward to the next group of panthers. When asked about what she's hoped to have shown underclassmen through her leadership, Bozzuti said, "I hope I've shown them how much fun being part of an athletic community can be and that it's more than just that; it's a family as well."

As these seniors move on, they will take what they've learned from being captains to succeed in workplaces, collegiate-level sports, and even relationships. As captains, they were not just teaching, but also learning important values of collaboration, effort, and communication.

ARTS

Music in Motion Seattle Prep's Spring Music Concert

SOFIA DOMINGUEZ '25 Staff Writer

eattle Prep's choir program is more than just a Window class-it is an inclusive community where music creates connections. Led by the talented Mr. Weeks, members of Seattle Prep's choir program have been preparing for the upcoming Spring Music Concert. Immersed in a whirlwind of rehearsals, students have been working to fine-tune every note and lyric in preparation for this much anticipated concert. The atmosphere is electric, showing each member's eagerness and ability to display their hard work, dedication, and talent on stage.

Although choir may seem easygoing from an outer perspective, students must "maximize the time they are given." said Mr. Weeks. He explains the dedication among the students, and their eagerness to perform to the best of their abilities. This class has three ensembles: a concert choir ensemble, advanced choir, and window choir. For the first time at this year's Spring Concert, the Jazz Band will be opening for the choir! Furthermore, the concert can be viewed as a farewell to all the Seniors, and students will be "singing the most advanced repertoire of the year." said Weeks.

From classic songs to contemporary hits, the range of selection for the Spring concert highlighted the diversity within the program. The choir sang six songs while the Jazz Band performed six songs, along with solo and duo performances. There was



Seattle Prep's Choir Program sings at the Spring Music Concert along with performances from Jazz Band.

something for everyone to enjoy. Each song was been chosen to display the versatility of each student's voice, highlighting the diversity and individuality within the choir program.

Aside from the music, the choir program creates life-long relationships and genuine connections. The ability to make music with other students is such a blessing," said Weeks, "especially at Seattle Prep, students make my job a lot more enjoyable." The connectedness within this class is so special and allows for joy between students and Weeks. This class "enables me to do something fun yet challenging with students in various grades," Junior Elsa Castro said.

Photo: JAMES ENDTER

Choir allows students to connect with one another and to bond over their passion for music and performance. Senior Janaya Cataquis added that "the choir community creates connections among several grades." A sense of unity and friendship is present at every practice and rehearsal. The solidarity in rehearsals and at center stage is well-seen and allows students to unite.

For many of the members of the choir, the Spring Concert is a culmination of months of hard work and dedication, and a chance to highlight their talents and love for music with friends, family, and fellow students.

Prep's Festival of Shorts Student Creativity Takes Center Stage

KEIRA MUNKO '24 Staff Writer

rom comedy to drama to mystery, all these genres and more are represented every spring as Prep holds the Festival of Shorts. It is a tradition that is nearly 40 years old and was started by the former drama teacher. The Festival of Shorts gives students the opportunity to bring their ideas to life through writing and directing short plays. During the performances, professionals come in to watch and judge the various plays, and at the end of the festival, they distribute awards.

Not only are students able to direct the plays, but the festival also, "gives actors a chance to be in some fun and quirky shows that maybe we wouldn't normally do as a full production." Said drama teacher Mr. Othman.

For Mr. Othman, the Festival of Shorts is a chance for him to step back from the role of director. "Instead of directing the plays I get to mentor, I get to work with them," Said Othman, "I get to teach them different skills about directing and things like that to help them along the way." Senior Janaya Cataquis is one of the student directors this year, and it is her second year directing. Each director and their process differs. "I'm really big on bits, personally. I like things that are outside the dialogue, and that's what we usually spend the most time running." Said Cataquis. Cataquis is not only directing a play, she also wrote two different plays. The first step in her writing process is finding scriptwriting software. Then she moves onto the story itself. "You kind of just have to get an idea first," Said Cataquis, "Sometimes I'll start multiple ideas and then if I can stay with them long enough, then that's the one I'm going to write." During her process this year, she had more than one idea that worked out, so she wrote them both. One of them is a commentary on Prep's work culture, while the other is a 1900s murder mystery.



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Summer's **Most** Anticipated **Movies**

KATELYN FREDETTE '27 Staff Writer

ast summer brought a big bang to the box office with movie favorites like "Barbie" and "Oppenheimer". This summer there is high hope for another booming summer movie season. Here are some of the most anticipated movies coming out this summer. This list is only a small fraction of the movies coming out this summer, but these were the four best movies based on their trailer and ranking on IMDB and Cosmopolitan.

Inside Out 2 June 14

The long-awaited sequel to the Disney favorite "Inside Out" is finally coming out this summer. The second movie follows the five emotions, Joy, Anger, Sadness, Disgust, and Fear, as they are joined by four new emotions. As Riley is entering a new phase in her life, the new emotions take over and the original five are left to fend for themselves, and to save Riley before it's too late. This movie is perfect for Pixar and Disney fans. This is also a great movie to watch with your family, especially if you have younger siblings or cousins.

Deadpool And Wolverine **July 26**

The R-rated world of Deadpool has been brought to the Marvel Cinematic Universe (MCU). Loud-mouthed Deadpool travels from his world to the multi-verse of the MCU. Deadpool and Wolverine join forces to take down a common enemy as Wolverine is recovering from past injuries. This is a great watch for Marvel and Ryan Reynolds fans alike. Definitely watch this movie with friends or older siblings and cousins, it'll be twice the fun to watch!

Despicable Me 4 July 3

Universal Studios has given audiences yet another "Despicable Me" movie to watch this summer. The fourth movie starts with the addition of Gru Jr. whose main mission in life is to annoy his dad. The Family is forced to go on the run as an old enemy of Gru's escapes from jail and vows revenge against him. Watch this despicable movie if you've been a longtime fan of the "Despicable Me" series, or maybe watch it because you're a longtime Steve Carell fan. This is another great movie to watch for a family movie night.

This year the Festival of Shorts took place from May 13th through 17th during the Arts Fest.

WEDNESDAY, MAY 15 @ 3:00 TUESDAY, MAY 14 @ 3:00 FRIDAY, MAY 17 @ 5:00 FRIDAY, MAY 17 @ 5:45

SOFIA GRIFFIN

ROOMMATES

JAMES ENDTER

BLACK SNAKE

MATT KENNEDY

CAN WE START AGAIN, PLEASE?

FRANNY BRODERSON THIS HURTS

MATTHEW WINGO A. I. - ARTIFICIAL IDIOCY

JANAYA CATAQUIS THE MYSTERIOUS MURDER **AT MORTEM MANOR**

SEATTLE PREP DRAMA PANTHER ARTS FESTIVAL

Photo: SEATTLE PREP DRAMA Seattle Prep's annual Festival of Shorts gives students a chance to write and direct short plays. This year, the Festival of Shorts ran during Prep's Panther Arts Festival from May 13-17.

The Fall Guy May 3

Actor Ryan Gosling dazzles fans again with yet another movie to watch this summer. Gosling plays a misunderstood stunt man looking for a missing actor. The actor just so happens to be the star of a film Gosling's character's ex-girlfriend is directing. As he searches for the missing actor, he finds himself in the middle of an evil plot. This action-packed film is sure to be a popular movie at the theaters this summer. All fans of Ken need to go straight to the theaters when this movie comes out. It's a perfect movie to watch with both friends and family.



THE PAW PRINT

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