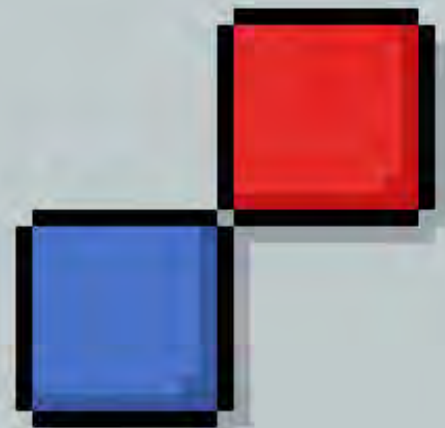


ELECTION ISSUE



THE SEATTLE PREP PANTHER



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

How to Throw a Friendsgiving

SOPHIE WALTERS '26
Staff Writer

Friendsgiving is a fun way to celebrate Thanksgiving with your closest friends. This guide should cover all the important tips for how to plan a memorable one as a student.

A Friendsgiving menu should have a blend of traditional Thanksgiving dishes and some creative contributions from other cultures, family recipes, and trending flavors. Of course turkey, mashed potatoes, and stuffing are all classics on the list, but consider a potluck-style gathering where each friend prepares their own unique dish. Not only does this make it easier on the host but it brings variety to the table. Additionally, don't forget the dessert. Pies are always

a staple, but there are so many ways to add a special touch with unique crust designs, filling, and more.

Keep the decorations cozy and seasonal. Autumn colors like burnt orange, deep reds, and golds add a festive touch to any space. Decorate with candles, leaves, personal place settings, and floral arrangements. Setting the mood with ambient music is obvious, but important. Make sure your playlist suits the occasion, making your event feel joyful and uplifting.

When it comes to the guest list, invite your close friends, but keep the group intimate. You can mix it up, or keep it simple, but either way plan for RSVPs and the menu. Make sure your space is clean and inviting, with activities on the agenda. Remember, Prep's Thanksgiving break is November 27

through the 29th. Plan accordingly so that your Friendsgiving doesn't interfere with anyone's travel plans or school commitments.

It's always a nice touch to offer a little something to remember the night by. Handmade items like personalized notes or small treats can be fun to give guests on their way out to show your appreciation during this season of gratitude. Also, it's important to have containers to send your friends home with leftovers from the meal. After the dinner, you could have a photo area and plan an activity in celebration of the holiday.

With these tips you're sure to have a Friendsgiving that brings your friends together for an unforgettable evening.

Service Beyond the Season: Making Every Day a Holiday of Kindness

FAITH ADAMS '27
Staff Writer

Seattle Prep requires every grade to fulfill a certain amount of service each year, and the director of service, Sarah Miller, ensures that their intentions go beyond just receiving a good grade. During the Thanksgiving and Christmas season food banks see an influx in demand, but they also receive an abundance of supply through various means.

Miller said "Some people have the time but not the treasure, and some people have the treasure but not the time, and some people have both, but thanksgiving is as good as time as any to practice thinking about our own gifts and the obligation that puts on us to be aware of those people who have less

than us".

Food banks have various ways of taking in support which go further than service. Donating money allows them to purchase goods at a wholesale cost, and fulfill their efforts in gleaning local supermarkets by gathering food that has gone past its sell by date, but not expired yet.

This process was described by Miller, "A food bank wants to give its clients the dignity of nourishment so they're not going to give a client something that expired and they will waste it, so yes food is wasted but it would be undignified for these food banks to hand out expired food. Everybody has the right to go good food that's healthy and safe".

Various other organizations like Operation Sack Lunch, Food Lifeline, and North-

west Harvest collect these donations and spread them throughout smaller organizations and local food banks.

Even though volunteering during the holidays is always beneficial, Miller calls Prep students to look deeper into a systemic problem; "It is a quality problem to have to many people volunteering but it's important for us to know why we're volunteering during the holidays and it's just as important for us to volunteer during January".

After the holiday season, the need doesn't go away in February and beyond and many organizations find their service sign ups desolate. She calls her students to use the holiday spirit of giving to last more than just a holiday.

Meet an Alum: Lindsey Thiry '05

SOPHIA MAGNANO '25
Editor-in-Chief

From Seattle Prep volleyball courts to NFL sidelines, Lindsey Thiry, a Prep alumna, has carved out a career of her two greatest passions: sports and journalism.

When asked about her favorite memories from Prep, she's quick to name two standout teachers: Ms. Melonson and Mr. McCarthy. "Ms. Melonson's kindness always stayed with me," she recalls. "And Mr. McCarthy really challenged me to push myself."

McCarthy, in particular, had a lasting impact. Known for his daily "quarter question," he once asked the class to name the three major network nightly news anchors. "My hand was the only one that shot up. That's when I realized that my love for news wasn't something everyone shared, and it definitely solidified my interest in journalism."

After graduating from Prep, she went on to the University of Washington, where she briefly played volleyball before focusing on her studies in communications and pursuing internships that would get her on track to a career in sports journalism.

Today, she's living her dream as an ESPN NFL reporter, traveling to NFL games every weekend to appear on Sunday NFL Countdown and SportsCenter. "Growing up, I always loved sports (Still waiting on a World Series for the Mariners!) and news magazine programs – so it made sense to pursue a career that combined the two."

Looking back on her time at Prep, she notes that it shaped her in ways she didn't fully understand at the time. "Prep taught me more about building relationships than I could have ever realized back then," she reflected.

Whether it was working with teachers or teammates, the ability to connect with others has become an essential skill in her career.

When asked if she has any advice for current Prep students, she offers words of wisdom: "Have fun, be kind, worry less, and don't be in such a rush to leave. You'll look back on these years more fondly than you realize." For those getting ready to graduate, she adds, "Work hard and don't be afraid to take a road less traveled."

Her only regret from her high school years? "I probably should have joined the school newspaper."



Photo: Courtesy of LINDSEY THIRY
Lindsey Thiry '05 prepares for a sideline interview as an ESPN reporter. Thiry remembers her time at Seattle Prep fondly and encourages students to enjoy their time in high school.

Meet An ASC: Ms. Gutierrez

STEPHEN KASSAB '26
Staff Writer

Ms. Andrea Gutierrez is back for another year at Prep as an Alumni Service Corps (ASC) member as well as three of her former classmates from the class of 2020. Gutierrez just graduated from Gonzaga University and told us why she decided to come back to Prep, "I loved my time here as a student and all the teachers were so supportive I just wanted to pay it forward and come back."

Before Prep, she went to Saint Anthony's School in Renton, where she's always lived. You may know Ms. Gutierrez's three siblings, Mario Gutierrez '25, Isabella Gutierrez '27, and her older sister Ms. Anasofia Gutierrez who served as an ASC member in 2022-23.

During her time at Prep, she ran both cross-country and track and is now an assistant coach for both teams. She loves the

team aspect of the sport, especially the massive team this year and stated "It has been really fun to come back and motivate and encourage the runners."

On a day-to-day basis Ms. G is in the LRC helping the students, especially with projects, working with NHS peer tutors, and much more. She also works in the office of Advancement: she works with donors, reaching out to the greater Prep community, and organizing the auction and other events.

After this year as an ASC member, Gutierrez's plans to apply for a master's degree and go to graduate school. She says being an ASC is "really helping her find out what she wants to do afterwards," Right now, Gutierrez is excited to help students with the perspective of being a former one herself. She says "It's very special to have this new way of looking at teaching and way to assist the students."



Photo: TALISSA DEVERA

Ms. Andrea Gutierrez, an ASC member who returned to campus this year with three other Seattle Prep Alumni.

Memories in Motion

KYLIE BARCLAY '28
ANJALI FEIDER '28
Staff Writers

As the homecoming season fades away and becomes a memory, and the glittering decorations and spirited outfits are put back on the shelf, one question lingers: Should I have had a date? Whether you navigated an unforgettable dance with a special someone or had an exciting night with friends, the number one priority was having a blast at the dance.

Ms. O'Brien, ASB Moderator, touched on how homecoming is such a special experience, and you should choose to spend it with whoever will make it the best experience. "I can understand the appeal of wanting a date, I think that comes from a place of tradition or hearing of people taking a date to a dance like in the movies. Honestly, what I think is the most important or can be the most exciting is figuring out what group you're going with" Whether that was date or friend, the most essential thing was to enjoy the night!

"Having a date was super fun, and everything that came with it was super fun. But I also think that going with friends is totally fun in its own way and you will have a blast either way" said ASB freshman executive Charlotte Squires '28. Though there was a lot of pressure to have a date and to dance with them, it is perfectly fine to have gone with friends and in fact, having gone with friends would eliminate so much pressure.

People tend to get caught up in the dance aspect of homecoming and forget what the whole week, dance included, is truly about. Essy Fitsum '27 mentioned, "It's really fun, there are a lot of things to do depending on what place you're at, but just enjoy yourself and have some fun". This is a time to have a good time and enjoy

yourself, don't get caught up in the pressure or stress of whether you need a date or not, just have fun. It doesn't matter what your friends think you should do, be yourself and do what you feel like.

"It's fun, the school spirit, there is a lot of school spirit the week of. It's a fun week to let loose and I would encourage people to go to the dance" Xavier Losh '26 said. Homecoming is a time when students rally around their school in pep rallies, spirit week, and sport events. The events bring people together and help foster a sense of belonging which is part of the homecoming magic.

"There is unneeded pressure freshman year to get a date. It's super fun if you end up having one but hanging out with your new friends should be a priority. Don't get down if you don't have a date because you have three years ahead of you and prom. Hoco is such a fun experience, so make the most of whatever situation you have, date or no date." Karina Smith '25 said. She acknowledged the pressure to find a date, which can be overwhelming for freshmen, however hanging out with friends and building meaningful relationships can also be significant.

As you look back on homecoming, remember that the most important part was to enjoy the experience, no matter who you chose to share it with. Whether you ended up dancing the night away with a crush, a close friend, or even going solo, the memories you created will last a lifetime. So, remember, homecoming was a time to embrace the spirit of the season, plan your outfits, and make the most of that special night. After all, homecoming was all about celebrating friendships, making new memories, and enjoying the magic of high school—one dance step at a time!



Want ASB to know your opinions? Give your suggestions here!

The Halloween-Themed Math Games

MARGUERITE BINDEL '26
Staff Writer

Seattle Prep has many opportunities for incoming freshman to get to know our school, one of them being the Math Games. On October 26, from 12:00 to 2:30 PM, Prep hosted a Halloween-Themed event for 8th graders all over the great Seattle area to learn more about our vibrant community and amazing school.

"It's hard work and lots of planning goes into it, but the result is so rewarding when you see all the happy smiles" explained Ms. Sassi, a math teacher here at Seattle Prep. Helping Sassi this year with planning the Math Games is Mr. Behrman, a math and science teacher.

Since there are so many Catholic schools that are invited to this event, there are usually around 120 participants. Due to the large number of students, the many volunteers are very helpful to Behrman and Sassi when organizing the event.

With the help of Christian Service Director Ms. Miller, who organized all the volunteers and made sure they are prepared and that there was enough volunteers. Their

enthusiasm and commitment to helping out will enhance the experience for the younger students, making them feel welcomed and comfortable throughout the day.

"Since this event is only a week before the Open House, the students get a feel for our school and for many they decide to come to the Open House after coming to the Math Games because they see our welcoming community," Behrman said when asked why this event is important.

The Math Games consists of Halloween-Themed challenges and math games for the students to complete. The activities have been crafted over many years starting with Mr. Hickey and Mr. Meza who were the original creators. These games are not only fun but also educational, letting the students do fun activities!

We look forward to this fun filled day and to meet so many incoming freshmen!

Math Games at Seattle Prep

October 26, 2024

What: 8th Graders are invited to the 2024 Math Games at Seattle Prep! They will compete in 3 math challenges with teams from their school.

Where: McHugh Gymnasium at Seattle Prep

When: 12-2:30, Saturday, October 26

How: Gather names and T-shirt sizes of students attending. Sign up using [this link!](#)

Day of Info

- We will have some snacks, but will not provide lunch
- Students should bring their own water bottle
- Students should bring a calculator (any type works)
- Feel free to park in any open spot in the parking lot
- Students can be dropped off starting at 11:30

Alex Behrman - abehrman@seaprep.org
Izzy Sassi - isassi@seaprep.org

Photo: Courtesy of ALEX BEHRMAN

The Math Games are a long-standing tradition where middle school students are invited to campus to compete in math challenges.

Behind the Scenes of Prep Retreats

ANDRE MATHEW '27

Staff Writer

Retreats are a core part of every Prep student's experience, but most never see the countless hours of work that goes in to make these retreats so special. At Prep, most, if not all retreats are majority student led.

Senior Zach Hansen was one of the leaders for last year's Freshmen Retreat and will be helping lead Kairos this spring. "Like most current retreat leaders, I had a good experience on all the retreats when I was an underclassman. I thought they were really fun and impactful, so I wanted to be a part of that, on the other end and create a good experience for future underclassman" said Hansen.

The retreat leading experience drastically changes from simply participating in it. "You realize how much work is put into a retreat behind the scenes, like how much planning and preparation there is. For Kairos we're meeting once a week for about 4 months," Hansen said. In fact, "at times the preparation can be harder than the retreat itself. You never know if you're fully prepared until you're actually there. You just have to trust that you're ready."

Although being a retreat leader can be a difficult task, there are many valuable

lessons to learn from the journey. Hansen added "In the preparation you learn many good skills, from leading small group talks to just being ready for anything that could come up, you definitely learn useful qualities on the retreat, things that can help you throughout your entire life." However, most Prep students choose to lead retreats for the love of it, "It's really rewarding at the end of the retreat when everyone's had a good time and things going smoothly. It's just about making the best experience for the people on the retreat, so it's really rewarding in itself," he said.

At Prep the retreat experience is "something that sets us apart from other schools." Retreats are enhanced by being mainly student led because it "creates the opportunity for student bonding, not just between classmates but between different grades as well." Hansen believes "you're much more likely to be involved and engaged in what's going on when it's someone like an older peer running things, rather than teachers."

While not for everyone, those who do choose to lead a retreat find a special and unique way to give back to the school. "Retreat leaders have the opportunity to be role models for the younger students and to make an impression on what Prep is like."



Photo: COURTESY OF ADAM OTHMAN

Retreat leaders on this year's Senior Pilgrimage leading a group discussion. Leaders on retreats play an integral role and require a deep commitment.

Class of 2024 Reflects on College Application Process and Transition

BEN SCHWARZ '27

Staff Writer

Every year, almost two million teenagers embark to college. For many, this marks the first time they are without their family and fully independent. Some might find it to be a scary time as they have to find new cliques and passions. After a few months trying to adapt, freshmen can now reflect on the hectic environment college is in. While some aspects of college are like what Seattle Prep offers, others are alien and are hard to navigate. From navigating around the admissions process to taking part in a larger student body, not all things can be planned.

For Jace Baptista-Allan '24, he's taken it in stride. A freshman at the University of Washington, he's found that Prep helped him in a ton of ways to adapt into the college lifestyle. When he was applying to colleges however, it was much more challenging. Baptista-Allan said "It's really going to scale based on how many schools you want to apply to, but for one thing, the essays are probably the most like time consuming part of it. I spent three months getting all those done and another month just for my personal statement."

As colleges have gotten more and more applications each year, it's created more competition than ever before. Acceptance rates have been on the decline for the last decade, so more time is being spent on the application process. For Baptista-Allan, Prep was helpful, he added, "it was made a lot easier with the help of counselors because they would send in teacher recommendations for you. They would help manage those and keep you on track. So, it was difficult and time-consuming but not impossible."

The counselors are a big part of that step, but writing and researching also takes a large chunk of the time. College counseling, led by Ms. Foy and Ms. Covert, have large role in passing the seniors off to their respective colleges. "I guess one thing that was huge was the counselors," Baptista-Allan said. "My counselor was Ms. Goodwin, she's no longer at the school. But that was a great system for helping students with applications. They made sure we were on track with submitting everything."

Not only can they help with logistics, but also being there for questions. "The counselors in general were just super helpful. If I had a question about college, I could go to them."

Baptista-Allan, a computer science major, also found UW to be a perfect fit for his needs: "UW was for me appealing because obviously it's local, I get to be with my family, but also it has a good program for almost everything, especially for computer science, which is my major. And it's also a pretty big school, so there's a lot of resources for students. The campus is huge, it's great."

It's also fairly similar to Prep. Other than it having 70x the number of students, it is close in proximity and community. "I think Collegio is really good actually, that's a pretty good preparation for lecture type classes. There's a strong sense of community here. There's a lot of friendly people. There's also, course wise, kind of similar to my senior year where we can pick out classes. It's very similar because it has a lot of freedom."

Navigating New Beginnings: How Prep's Transfer Students are Adjusting to New Environments

KATE CANNON '26

Online Editor

Starting a new school year can be a daunting experience for any student, but for transfer students, it comes with its own unique set of challenges and opportunities. This period of transition is marked by the excitement of starting something new, and also the anxiety of the unknown. Prep's four transfer students this year are navigating a new environment, meeting new people, and adapting to a different academic lifestyle.

Grace Vanderslice '26, transferred into the junior class this year from Holy Names. She was super excited to start the new school year and has been really enjoying it so far, "The environment at Prep is much different than at my old school, because it has a lot more school spirit, and more outside events."

Vanderslice mentioned how welcoming the Seattle Prep community has been and has loved meeting new people. There are really good parts about adjusting to a new school, and also tough ones. Vanderslice says, "One of the hardest parts about adjusting to Prep has been finding my way around the different buildings, Holy Names was just one big building."

Tyler Le '27, transferred into the sophomore class this year from John Paul II High School in the Dallas, Texas area. Le was nervous coming into Prep, "I didn't really know anything about the school, or even Seattle, but it helped that all the teachers and kids were really welcoming." Le said.

Le feels that Prep has a more relaxed environment, and it is nice that he doesn't have to wear a uniform and blazer to school every day anymore. The hardest part about adjusting to Prep for Le has been the unique idea of Collegio. He says, "English and History being combined into one class has been hard to adapt to. It's weird to have 50 students and two teachers in one classroom, but it works."

Sadie Jessee '27, also transferred into the sophomore class this year from Garfield. Jessee says, "I have really been enjoying my time here at Prep, going to football games, making new friends, and feeling a part of the community."

Her favorite part so far has been the assemblies, and how high energy they are, which makes the experience even more fun. At first, Jessee was nervous for the vast change in environment, but she has quickly adapted and is excited about new opportunities as the school year continues.

These students all share a common experience of feeling welcomed by Seattle Prep's community. This sense of belonging not only eases their transition, but also empowers them to thrive academically and socially. Jessee said, "The supportive atmosphere and inclusive culture have really helped me find my footing here at Prep."

Seattle Prep's German Exchange Program Creates Unbreakable Bonds

BEN OSWALD '25
CHARLOTTE FLYNN '26
Online Editor
Visuals Editor

This past June, 26 Prep students had the once-in-a-lifetime opportunity to travel abroad for an immersive language program. Beginning on June 15th, the group embarked on their journey. After a layover in Amsterdam and a flight to Hamburg, the Americans arrived. The group met their respective exchange students outside of Hamburg airport and drove together in a bus to Kiel.

Kiel is the city where Frau Khouri, German 2, 3, 4/AP teacher, grew up and currently owns a house. Parents and siblings of the German students were outside of the Humbolt-Schule, the school where the German students attend. After gathering and greeting, families took off to drive to their respective homes and the Americans 10 days in Kiel had officially commenced.

"The first night was very rough. After close to 24 hours of travel and settling in, it was extremely difficult to acclimate to the time-change and get rid of the jetlag," Emerson King '26 said.

Over the ten days, many were filled with school and unique excursions. For instance, one Wednesday, the Americans and Germans traveled to Lübeck, the Ger-

man city that founded marzipan, a famous German dessert. Additionally, one day was spent in Western Germany, where the day was spent in mud flats.

King described Kiel as "impactful and life-changing" and Nacho Romero '25 said it was "transformative and exciting."

Overall, the acclimation and immersion to Kiel was a unique opportunity for Prep students to explore the culture and customs of a foreign country. After ten fulfilling days in Kiel, the Americans said goodbye and departed for the second half of their trip in Berlin in Munich.

Recently, the German students came back to Seattle to complete the exchange. The German students were in Seattle from October 14-27th. "I couldn't wait to see Seattle and be immersed in American culture," Bo, one of the German exchange students said.

"I was excited to try all of the foods that the Americans talk about," Max, another German student said.

For the two weeks the German students visit, the Germans visited popular tourist sites like Pike Place Market, the Space Needle, the Seattle Underground, University of Washington, the Amazon Spheres, and Bainbridge Island.

On October 27th, the German exchange returned to Kiel, but as Romero stated, "the experiences and memories we formed together will always be special to me."



Photo: BEN OSWALD
 American exchange students gather to greet German exchange students with welcome signs as they arrive at SeaTac Airport.

Comedic or Criminal: The infamous "Zipper Challenge" hits Seattle Prep

BROOKE NOWAK '26
Managing Editor

Propelled by the power of social media, TikTok has recently fueled the popularity of the bittersweet "Zipper Challenge." This ultimate prank began as a comedic trend among friends and has festered into a unique scandal that has spread within the halls of Seattle Prep. Many Seattle Prep students have become victims of this so-called challenge and, as a result, are forced to roam the halls zipper-less. The large scale of the prank begs the question: has the joke gone too far?

The Zipper Challenge was instigated on September 17, 2024, when multiple TikTokers began posting their accumulation of stolen Nike Elite Zippers. These videos sparked a light-hearted national competition between teens to collect the most zippers from classmates.

The infamous zipper thefts have created chaos within high schools, including Seattle Prep. The zipper challenge became a topic of debate when the Dean of Students, Mr. Hendricks, addressed the is-

sue via an all-school email saying, "This may seem like a prank, but it is theft and or vandalism." The prank was discouraged and seemed to successfully deter criminals from committing further offenses.

Similar to the previous "devious lick challenge," the trend became the newest and funniest prank but inevitably died down as students moved on to the next best thing. Time and time again, TikTok has fueled trends that become a topic of debate between parents, teachers, and even students. Does this issue require intervention, or is it simply an innocent joke? How severely does the app influence criminal activity or other harmful behavior among teens?

Parents and teachers nationwide have spoken to the outbreak of disrespectful trends such as the Zipper Challenge. The leaders emphasize how seemingly harmless pranks can have serious repercussions. It is important to consider the consequences of the media people consume and the actions they take. Above all, remember to employ a sense of compassion and respect for others, and don't forget to watch your zippers!

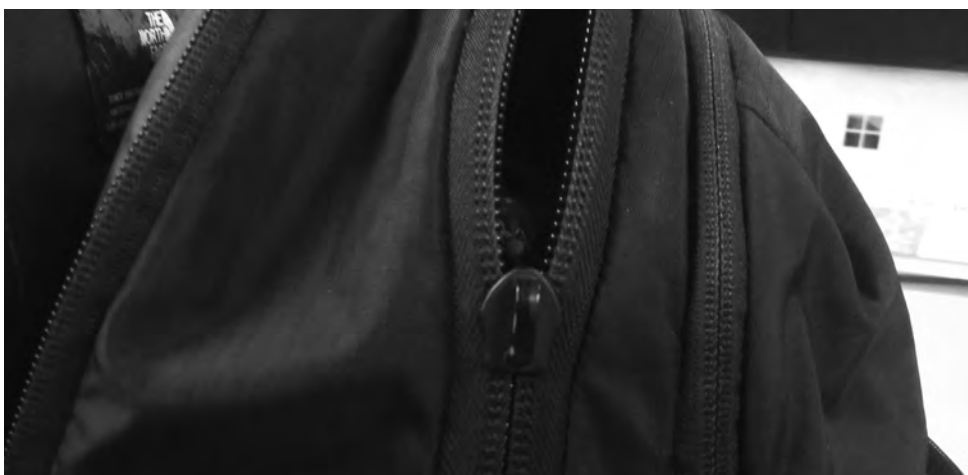


Photo: BEN OSWALD
 Example of a stolen zipper on a backpack

Panther Pawdcast: Fall Traditions Around the World

Hey Panthers! To kick off this year's fall season, Mason Beckett '27 and Diego Perez '27 interview Prep's language teachers from the Spanish, German, and Mandarin departments to ask about fall traditions around the world. To gain more insight about different cultures around the world, tune in to this episode of the Panther Pawdcast.



Do you have an idea for a future Pawdcast or do you know someone you'd like to hear interviewed on the Pawdcast?

Email us at seaprepanther@seaprep.org



Local Elections: Why are they Forgotten and Why are they Important?

KATELYN FREDETTE '27
Staff Writer

When people think about what is most important to in politics, many think that who becomes president is the most important thing. But what about who becomes governor? Who will become mayor? Who will accurately represent the people of the many districts of Washington in Olympia? State and local elections are often forgotten about, but often have the most impact on the daily life of Washingtonians.

Why aren't local and state elections a main focus in the election season?

Local and state elections are often put in the back of peoples' minds because of the difference of media attention that national elections have versus our local and state elections.

"I think that it's easier to track what's happening on a national level because they have a much wider platform of media," AP Government teacher Ms. Healy said. She then went on to say, "the way that national elections have more media attention, I do think that sometimes overshadows local and state elections."

Overshadowing of state and local elections has happened in recent weeks with the Presidential debate and Gubernatorial debate. The Presidential debate between candidates Donald Trump and Kamala Harris had widespread media attention and viewed by about 67 million people. But what some might not know is that there was also a Gubernatorial debate that same night between Washington's candidates for Governor Dave Reichert and Bob Ferguson. The debate was met with very little media attention and viewed by

about 27 thousand people out of the about 7.7 million people who live in Washington.

"I'm sure most people at Seattle Prep could tell you who the two people are running for president, I think that there would be fewer people that could tell you the two people running for governor in the state," said Healy. Yet the policies that come from the governor's office could "Potentially have more impact than the policies of the president (for the state), or certainly have an equal impact," said Healy.

"There's so many other big-time elections that are happening that sometimes the local ones get drowned out by the federal elections that are getting more national attention and news," said Seattle City Councilmember Joy Hollingsworth '02. She also points out how "over stimulation" of information can overwhelm a voter during a big election like the one we are having this year.

Senior Zach Hansen worked this summer as a lead in gubernatorial candidate Dave Reichert's field program. He worked

in King County and went from door-to-door, talking to people about Dave Reichert.

"I got to contact a lot of voters through door knocking and phone banking. It was really valuable to have discussions with people, it was cool to listen about the issues that are important to people," Said Hansen.

Hansen also shared an interesting story where one of the people he was chatting with had no idea that current governor, Jay Inslee, is not running for reelection this year.

"There was one person who was saying, oh Dave's okay but I think I'll just vote for Inslee again." Many people remain uninformed about initiatives and politicians that are on the ballot up until they vote in November.

Why should we care about local and state elections?

"Local politicians affect your day-to-day life more so than the federal ones," Hollingsworth said. Local and state governments can fix problems in the community on a more direct level. Many concerns of people

like homelessness, lack of affordable housing, traffic, public transportation, etc. are often things that fall under the responsibility of the local government like the Seattle City Council. State governments also cover issues like health and safety of the community, certain taxes, and elections.

"Local elections are equally important for us to care about and participate in," Said ASB President Kenny Ouedraogo. We not only vote for mayors and representatives, but we also vote for people who run local schools, our state supreme court justices, and initiatives that affect our daily lives.

"You could ask anybody how a president affect their lives and they might not know the day-to-day life aspect. But they remember when the City Council voted to raise taxes on something that affected them every day," Hollingsworth said.

How can we help promote local and state government elections?

One of our most powerful tools is knowledge and being informed. We can help

keep ourselves informed about local and state government elections by reading the Washington State voters' pamphlet and paying close attention while watching the news to look for reports about local and state elections.

"I think one of the ways we can do is better like social media outreach show people the importance of voting," Hollingsworth said. Social media is such a prominent thing in our everyday lives and is frequently used as a tool to help reach millions of people to promote a wider issue.

Hollingsworth said we can get rid of the notion that our vote doesn't matter. Often in our city council races, the winner comes down to a few hundred votes or even just thirty votes. This puts into perspective how much the individual vote matters and how one vote can make a difference.

In the words of our ASB President Kenny Ouedraogo, "All elections are important and have significant impacts on our lives, whether we know it or not."



Election Education: How Teachers are Teaching the Election

The first episode for the 2024-2025 Pawdcast is about this year's election and how teachers – Ms. Healy and Mr. Hogan – are going about learning and discussing politics in classes where students' differing opinions may come to light. This episode is hosted by Peyton Remington '26 and Emiline Beliard '26. Tune in on November 4th to hear more about what our very own Prep teachers have to say regarding election and political education at school!

THE SEATTLE PREP PANTHER



Educating Minds: How Jesuit Principles Guide Political Discourse in the Classroom

CAM WELD '26
Staff Writer

How to think, not what to think. That is the core approach to Jesuit education, and that is what President Robert T. Jordan wants students to learn when approaching the upcoming election. "[Our] role is making sure students have the opportunity to look at this election from a variety of different angles. That's what we do in general education regardless, whether it's the election or something else."

In a country where opinion can lead to division within groups, it is important to have political education that gives students a foundation of knowledge that they can then use to build their own opinions on governmental policies and politics. Some people might argue that the political landscape is too sensitive a topic to be discussed in class, but it actually is crucial for young people to learn how to approach it.

In their book, *The Political Classroom: Evidence and Ethics in Democratic Education*, Diana E. Hess and Paula McAvoy conclude that discussing politics is an important skill that people need to learn. In an interview with NPR, McAvoy noted the benefits of talking about politics in school. "These are great moments in which you bring a group of young people together who are forming their political views. They can really learn to engage across their differences and to start to

see that political conflict is a normal part of democratic life."

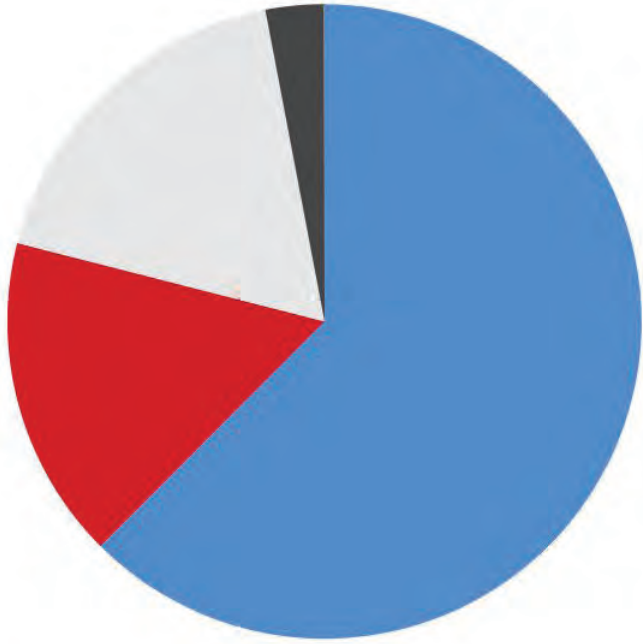
Jordan recognizes that many students have differing views, and he wants teachers to "create environments where students feel safe and the dignity of their fellow classmates is upheld and respected."

Instead of forming judgments towards people who have contrasting opinion to their own Jordan thinks students should "dive deeper than [the] surface level stereotypes about a Republican is or what a Democrat is," and to "listen to each other with an intention not to speak as soon as we can, but rather to listen with the intention of understanding."

Young people are more involved in politics than ever before, and Jordan believes students at Seattle Prep are passionate about creating positive change. "In a school like ours, issues around justice penetrate the hearts of our students. It's one thing to go out and do service, it's another to ask: why does this injustice that we are addressing exist in the first place? And how do we address that injustice?"

These conversations can be difficult, but they are catalysts for progress within our community, country, and our world.

When speaking for the school, Jordan believes, "Our job is to facilitate [a] discussion [of learning] so that students can arrive at their own understanding."



■ Kamala Harris (62.48%) ■ Donald Trump (16.51%)
■ Undecided (18.01%) ■ Other (3%)

How Do Seniors Navigate Voting When Opinions Divide?

CHARLOTTE FLYNN '26
Visual Editor

With a controversial election just around the corner and a surplus of eager 18-year-olds at Seattle Preparatory School, talk of the election is frequent and fervent. Teachers must navigate how they will teach the election, and students must figure out how to respectfully discuss the elections with their peers. Prep is home to a student body with various interests, passions, and political views.

When asked about the election, one Senior admitted "...I try to be careful about what I say around others about the elections, especially in a classroom. I have no intentions of making enemies, I want to do what I think is right."

That definition of what is "right" differs from student to student and makes for some clashing opinions. One Prep student confidently stated "I will be voting for Kamala Harris this election. I believe she will make our nation a better safer place, and what is best for America."

In contrast, a student just a classroom away firmly said, "My vote is with Trump. Trump will better and strengthen the US and help solve some of its many problems."

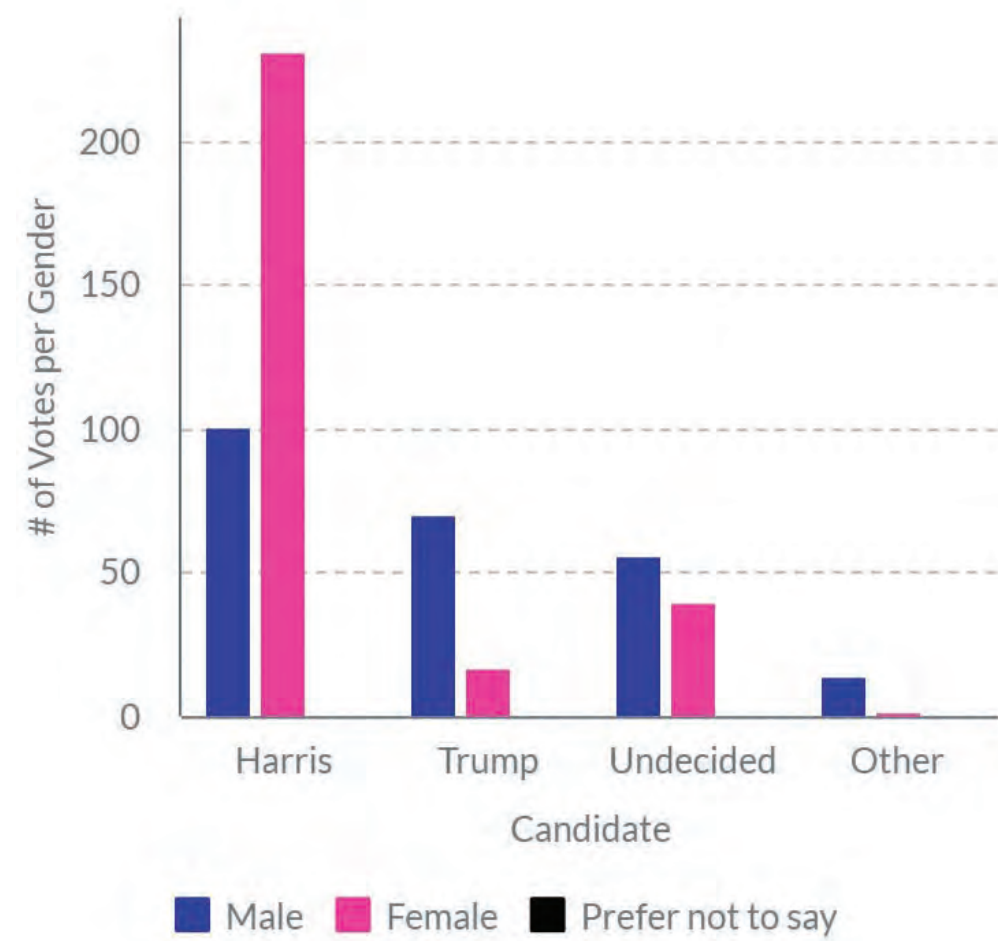
In a city where 58% voted Democratic in the last election according to CNN, Republican voters are more of a rarity. When surveyed, only 16.5% of Seattle Prep students said they would vote for Donald Trump. Nevertheless, the young voters strong with their

opinions. The student stated, "I know most people at this school will be voting for Kamala, and there is nothing I can do about that. All that matters is that I know Trump is the better candidate, and my vote will be used to support him."

The other four students were in support of Harris but in different proportions. Another student expressed, "I do not think either candidate is perfect for the position, they both have their flaws. I think Kamala is the better of the two, which is why I will be voting for her."

While some have just wavered support for Harris, other students were in full-throttle of the idea of an African-American female president. A young female student declared "...Harris undoubtedly has my vote. She has stronger ideals and morals, and an African American woman would bring her a unique perspective to the job."

With a varying group of curious and educated young people at Prep, it is inevitable for opinions and eventually arguments to arise. Based on the small subset of individuals interviewed, it is safe to conclude that Seniors who can vote have very different ideas about who the president should be. However, contrasting opinions can coexist peacefully when paired with respect and kindness. Each student interviewed exhibited awareness and respect, proving that no matter who they vote for, the class of 2024 at Seattle Prep will bring some good into the world.



■ Male ■ Female ■ Prefer not to say

Which of the following issues are most important to you?

Statistics collected via Microsoft Form, with 533 student responses.

Opinion: The Celebritytization of Politics Needs to Change

SOLIANA FISHATSION '26
Staff Writer

The infatuation and obsession with political leaders are nothing new, but the impact of social media, misinformation, and pop culture has amplified this. Politicians are the new celebrities, with fan edits, social media pages filled with memes, and podcasts dedicated to your favorite candidate in the 2024 Presidential election. The amount of celebrity endorsements in this election is unheard of, with the lines between celebrities and politics becoming blurred, so how is this impacting the election and influencing public opinion and the cultural zeitgeist.

The phrase, "Celebritytization of Politics" is used to describe the phenomenon when pop culture and politics intersect, and creates a fandom, celebrity, political conjunction that merges to shape popular opinion. This topic was popularized by the book *Celebrity Politics* by Mark Wheeler in 2013, where he makes a nuanced critic and important context on the then, new topic of social media's influence on politics and pop culture. This is why seeing celebrities run for office, or politicians become celebrities themselves has become normal. Remember

when Kanye West ran for president? Alas it seems funny and random but represents a culture shift. One that started positively but spiraled out of control because of the impact of the internet.

Back in Ancient Athens, in year 507 B.C. the first democratic election was held, and the people participating in the political society were men picked in a random raffle. Their relationship with political leaders was very normal, because even the average Joe could randomly become a politician. Fast forward to 1789, George Washington became president, and he was seen as the father figure of America, someone who was a higher class and needed respect. Not one of those low-class musicians and actors, and the thought that a musician would be part of the political circle would be an abomination.

But then all the stigma of pop culture and political worlds mixing changed going into the 20th century. In the 1920s, silent-film stars endorsed Warren Harding's presidential campaign, something unheard of at the time. It had a surprisingly positive public reaction, which then continued the practice. Looking back, this was the opening of Pandora's Box.

Celebrity endorsements continued, but they were carefully curated and manufac-

tured by big producing companies the celebrities were under, and their real opinions regarding the politicians were unknown—until the late 60s. Suddenly, musicians were making politically filled lyrics, actors were attending hippie festivals, and television personalities were making public speeches protesting the Vietnam War. The mixture of politically correct celebrities, and a culturally positive view on actors and musicians allowed for a culture shift that slowly integrated celebrity and politics, in ways that had never been allowed. This is what allowed Ronald Reagan, actor turned President to be accepted, because otherwise, no one would have taken him seriously.

But how is this even relevant? That's a good question that many political scholars have been debating. Should celebrities and politics ever mix?

The Pros are it allows fans to take an interest in public policy when they otherwise wouldn't. Increases voter registration, diversifies the political climate, and allows celebrities to their large platform to positively influence younger voters.

Some cons are it can abuse the worst parts of celebrity culture; insane fans, misinformation, tabloid culture. It can also turn

politics into a spectacle, giving undeserving celebrities even more power. People also say, the elite use celebrities to "spin" public opinion, because blind supporting fans will vote for who they endorse without doing the research.

Personally, the cons outweigh the pros because the impact of social media and the unlimited access of the Internet, has brought a culture that idolizes political leaders into unsafe levels. The amount of Kamala Harris edits on my FYP, and Trump themed everything (weddings, fashion shows, stores) has been intense. Politicians are becoming celebrities of themselves, attracting their die-hard stans, and that's not a good thing. Politics has always been messy and corrupt, so seeing politicians as a character, someone to be obsessed with, will lead one to be disappointed.

So as some Prep students are registering to vote in this election, it's up to the individual to decide if celebrities in politics is a good or bad thing, and if it has an impact on their vote. But doing thorough research, discerning their opinions, and actively being educated to make an informed decision at the ballot box is super important.

Mateo Baptista-Allan: Flexing his Skills and Balancing his Work Life as a Student

DHANI WIDODO '27
Staff Writer

Seattle Prep offers a wide variety of sports and a very deep range of programs. About 72% of Prep students play a sport for a certain Prep team with 45 different teams to join. Despite a large variety of options, not all the sports that Prep offers apply to every student. Some athletes may do archery, wrestling, skiing, or even water polo competitively after school. However, just because Prep doesn't offer a sport for them, doesn't mean they shouldn't be recognized.

Mateo Baptista-Allan is a sophomore at Seattle Prep who participates in gymnastics competitively. His dedication for gymnastics started ever since he was 5. "My mom got me into the sport because when I was a baby during my free time, I would jump up and down on the couches and do a lot of flips. With this much energy, my mom decided to put me into gymnastics." From then on, Baptista-Allan has stayed committed as he has been competing for a total of seven years. During these seven years, he has been able to make a name for himself. His accomplishments include being a state champion in the all-around category twice and state champion in certain events at least five to six times. Also, he has been a regional medalist in the all-around category three times and a regional champion at multiple events five times. To top it all off, he has been to nationals three times and only placed in the top 10 at least each appearance.

Very similar to athletes at Prep, his normal schedule out of school looks the same as a typical Prep athlete such as after school practices and frequent competitions. Baptista-Allan shares what a normal day for him looks like: "I wake up, eat breakfast, and then go to school. Next, I take the bus back after school and do homework for around 15 minutes then I go to practice. I practice for four hours, until I come back home to eat."

However, this schedule is all-year-long instead of one season which makes his sport more rigorous and immense. He must balance school with barely any time for breaks. His body stays healthy from the dai-

ly yearlong demands. Baptista-Allan shared how one time "one of [his] grips on the high bar broke, causing [him] to go flying into another bar. It hurt a lot".

Despite the physical demand, Baptista-Allan finds ways to keep being motivated. "I am kept motivated by my love for the sport. It is the most fun sport I've ever done and I would not give it up for anything."

All these major feats did not come easy though, as Baptista-Allan shared his journey to the top in his early years of gymnastics. "When I was very young, and in one of the lowest levels, my coach was very hard on me. You see, he came from Russia and the Russian work ethic for gymnastics is very different from the work ethic of America. Younger me wanted to quit, but I'm glad I didn't. From that coach, I was able to grow as a gymnast and helped build who I am today."

With so many peaks and valleys in Baptista-Allan's gymnastics career, his experiences have helped him shape himself. He has helped apply these experiences to his everyday life to let him grow as a competitor and as a student. Whether at school or in his future gymnastics' competitions, Baptista-Allan is prepared for any challenge that comes his way.



Photo: Courtesy of MATEO BAPTISTA-ALLAN '27

From Weights to Wins: How Coach AJ Elevates Student-Athlete Performance

ANNABELLE BOWMAN '27
Staff Writer

In high school sports, strength training plays a pivotal role in preparing athletes for their respective seasons. This year, Coach AJ Middleton has stepped in to transform the training experience for student-athletes, particularly in how he tailors workouts to meet specific needs.

Coach AJ elaborated on one of his key principles in training, saying, "I want each athlete to understand that their training should be as unique as their sport. It's not a one-size-fits-all approach. We focus on what muscles are most engaged in their specific activities."

"He knows what he's talking about. He caters workouts specifically to your sport. For basketball, he's helping us build strength so we can run quicker and shoot faster." Elsa Castro, a senior and basketball player, said when asked about her experience with Coach AJ.

When discussing his training methods, AJ emphasized the importance of technique: "Proper form is essential to pre-

vent injuries and ensure long-term success. I want my athletes to leave with the skills they need to continue training independently. It's about empowering them for their future."

During training, Castro appreciates AJ's encouraging nature, noting that "He'll say things like, 'You're doing great, keep going!' He really pumps us up." She also highlighted the efficiency of AJ's training methods, mentioning the use of technology: "The small iPad interfaces on the machines help us know the agenda for the day. It makes everything quicker and more efficient."

AJ agreed on the importance of communication and efficiency, stating, "Having clear agendas helps athletes focus on their goals. It's all about maximizing their time and effort in the gym. We want them to walk away feeling accomplished."

One of the standout differences Castro sees between AJ and previous coaches is his emphasis on teamwork. "He fosters a connection between the guys and girls' team. We push each other, and that helps us

Leading the Pack: Fall Sport Captains in Action

PAIGE REMINGTON '27
Staff Writer

Extra curriculars are a big part of the Seattle Prep community. Over 600 Seattle Prep students are athletes, making the participation of students in sports a big part of our community. The fall sport season is a good way to make new friends and do something you love. As the season is coming to an end, many of our athletes will be putting down their Seattle Prep uniform, hitting their last shots, and running their last mile. Many of these seniors are also our beloved captains. The fall sport captains are the people who keep the teams going and lead their team to success.

Girls' golf captain Sofia Dominguez '25 has been playing golf since her freshman year. This year the girls' golf program is 8-1 this season, with their only loss being against Lakeside - losing by only one point. Dominguez's favorite part of being a captain is that

"it's a great way to create relationships and connections throughout the team and puts an emphasis on the team's overall values."

Throughout her time at Prep, Dominguez has created countless memories with her teammates. She says her favorite memory from this season has been "leading our team because we have had a really good run, and we've played really well with each other." While this memory will always hold a special place in her heart, she will also cherish her first hole in one at Jackson last season. Though she feels sad about leaving her team, she carries with her the peaks and valleys of her golf career. "I will miss the simple things: spending time together at practice, team dinners, sleepovers, and of course our coach," she shares. As her senior season wraps up, Dominguez looks forward to participating in the golf Metros tournament, hoping to lead her team to the state competition.

Similarly, Seattle Prep displays another dedicated captain, Tegan Rain '25

who is a captain on our Girls Cross Country team. This year her team is made up of about 80 girls, which is the most that Prep has ever had in the Girls XC program. Rain has been running with Seattle Prep XC for all four years. Through those years she has learned a lot of great skills and techniques. Rain stated "hard working, dedicated, patient and being able to understand your teammates" are needed to be a good captain.

Rain has always had a passion for running at Prep, creating many memories as she approached her final season. As she ran in State last year, she is very prepared for the season. Her favorite memory from this

year "was Suncadia because I got to go with my team for a week to train and enjoy time together and create new memories before the season started".

Throughout her career she will always remember the different lessons she has encountered and how they have shaped her. She says that she has learned "to always be patient and

understand that good things take time and lots of hard work. You won't always feel motivated but it's important to stay consistent." These learnings have helped her become the amazing captain she is today. She will be sad to leave her Seattle Prep XC community but will always be someone new members will look up to and remember each year.

As the fall sports season comes to an end, both Dominguez and Rain look forward to competing in Metros, where they aim to lead their teams to victory. Their journeys not only highlight their individual achievements but also reflect the broader values of Seattle Prep. This spirit of leadership and personal growth flourishes through our athletics programs, creating a strong sense of community among the student-athletes. In this environment, remarkable captains like Dominguez and Rain emerge, shaping not just their teams but the entire Seattle Prep culture. Their dedication and passion will leave a legacy, inspiring future members to uphold these values for years to come.

"Be patient and understand that good things take time and lots of hard work"

-Tegan Rain '25



Photo: TALISSA DEVERA '26

New weight-lifting coach AJ Middleton getting ready before a lifting session.

get better together," she explained.

Coach AJ reflected on this aspect, saying, "Building relationships between teams creates a supportive environment. When athletes encourage one another, it leads to a stronger program overall. We're all in this together, and I want everyone to

feel that."

With his tailored training methods, encouraging demeanor, and focus on teamwork, Coach AJ has made a significant impact on the athletes he works with. As Castro put it, "I like him. He's definitely making a difference in our training."

Pumpkin Spice & Books!

2024 Fall Book Recommendations

SOLIANA FISHATSION '26
Staff Writer

Cuddled in a thick blanket with your favorite fuzzy socks, the fire is crackling, the pumpkin spice candle is lit—and you have an amazing book to read.

Arguably, fall is the best season to sit by the window and immerse yourself in a new read, so here are some of the most recommended and popular titles this fall!

“Mexican Gothic” by Silvia Moreno-Garcia:

A horror thriller set in 1950s New Mexico, where Noemí Taboada is sent to help her cousin, who has fallen ill— from her hus-

band? She uncovers something dark as she stays longer in the old manor where her cousin lives. The eerie and dark imagery and plot twist makes perfect for the Halloween season!

“Last Night at the Telegraph Club” by Malinda Lo

The 4.5 stars on GoodReads isn't for nothing, this book follows a Chinese American teen girl Lily Hu in 1950s San Francisco, she grapples with her identity through themes of gender and shame from the moment she meets someone at the Telegraph Club. This book is a historical romance with important social commentary.

“Frankenstein” by Mary Wollstonecraft Shelley

The iconic story we all know and love and one of the first sci-fi books written, Frankenstein's timeless qualities make it fun to read today. It follows the scientist Victor Frankenstein who makes a creature from re-assembled body parts, and the creature becomes rejected and then wants revenge.

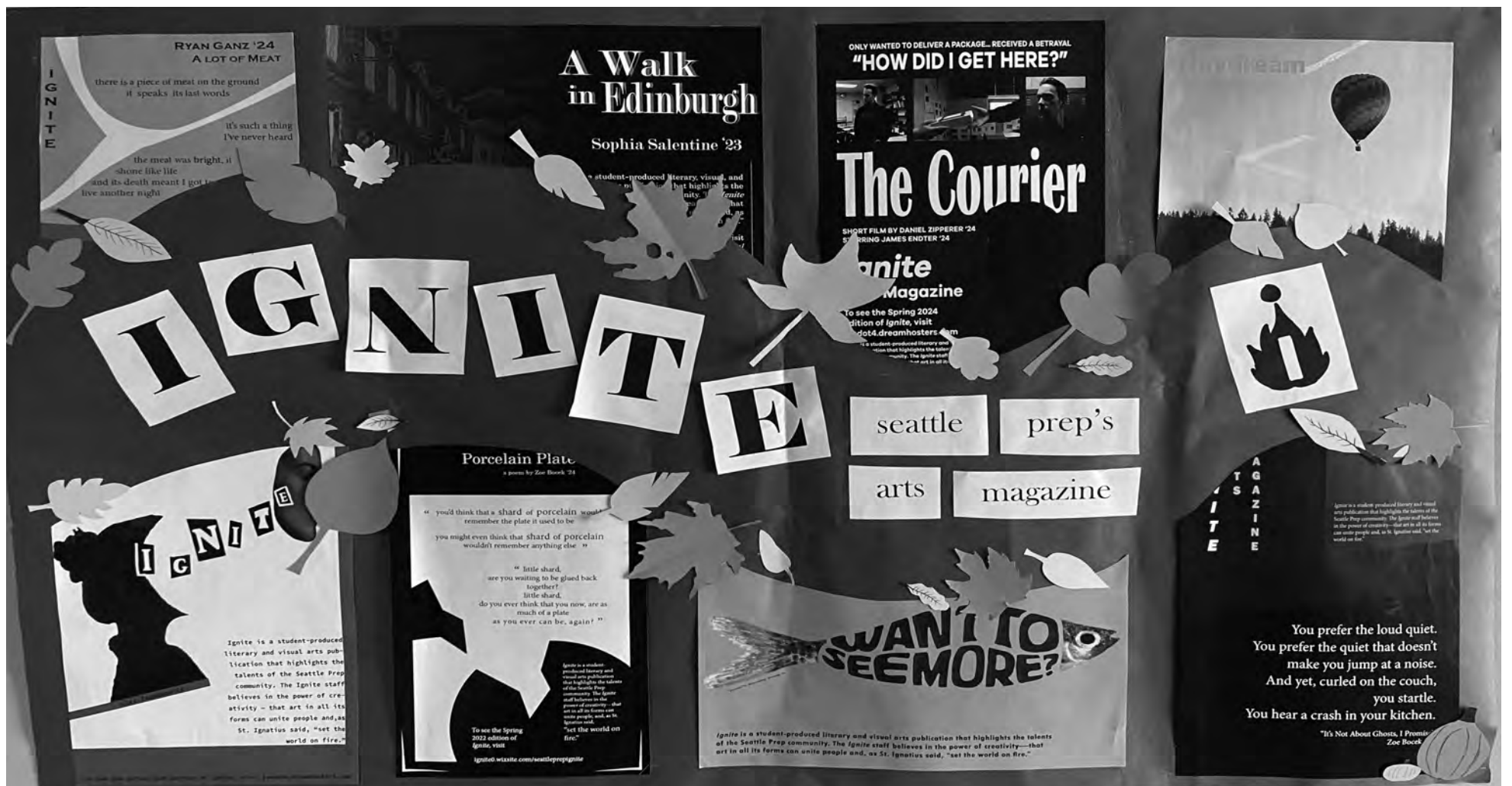
“The Secret History” by Donna Tartt

This book is a dark academia murder mystery about a group of six elite college students in the late 80s—except they aren't solving a murder. Instead, they are hiding their own secret. This is for anyone who loves books where the main characters

are the villains, with deep philosophical themes.

Harry Potter Book Series by J.K. Rowling

A classic that always reminds me of Fall, follows “the chosen one”, Harry Potter as he discovers he is a wizard, and starts attending Hogwarts fighting for his life from Voldemort. Personally, this was the series that got me into reading, and is a nostalgic classic that anyone can enjoy. If any of these books seem intriguing, feel free to stop by the McKay library and grab a copy!



Ignite Your Creativity: Prep's Hub for Artistic Expression

TUCKER PUNKE '27
Staff Writer

For many students, fall is a bustling time full of sports, school, and pumpkin spice. However, for some students, fall is a time to come up with original and creative ways to express the spirit of autumn through art.

Ignite is Prep's central for all things art. The club publishes a cumulative magazine in the Spring, showcasing the all the numerous arts at Prep. During the school year, *Ignite* holds two art competitions, one taking place in fall and the other in winter. The theme for this year's Fall Arts Contest is, you guessed it, fall! The three winners of the contest can expect a mystery gift card.

Ignite's mission is to inspire students to think creatively. When people think of artistic creativity, they often think of things like abstract art or a classic Van Gogh painting. However, as *Ignite* submitter Mica

Mamplata explains, there are many ways to be creative in art.

“Ignite accepts a wide range of artistic expressions. You can just look at their website to see all sorts of different art. I've personally always had a passion for visual art and photography, but they accept all kinds of things.”

In addition to visual art and photography, *Ignite* accepts the written word and films. And if those options don't fit your fancy, *Ignite* also welcomes dance and music in video form.

“Really, you can submit anything as long as it's not AI,” laughs Emma Le, an

Ignite student leader. “You just have to be authentic with it.”

“There are so many different types of arts, even outside of what Prep offers, like quilting”

-Jen Dotsey

Currently, *Ignite* is a smaller, tight-knit group of students. *Ignite* faculty adviser Ms. Dotsey sees this as an opportunity for students to take leadership roles and become more involved.

“Because *Ignite* is smaller, there are opportunities to become a leader pretty much from the jump. It's a really great way to just get some leadership experience. But you have to be interested in art too!”

As for the future, *Ignite* is looking to expand opportunities for students to

display their artistic creativity. *Ignite* is also planning on using Instagram to promote the club and student artwork.

“Especially with a web presence, we can get more actors doing their monologues and singers singing their songs,” Dotsey said. “There are so many different types of arts, even outside of what Prep offers, like quilting.”

Ignite will announce the winners of the Fall Contest on Halloween after careful consideration from club moderators. All winners will be featured in the 2025 Spring Edition of *Ignite* Magazine.

“Don't be shy to submit!” Mamplata said “The sky is the limit!”

Spooky, Sweet, and Sentimental: Fall Films for Every Mood

CHLOE HORNER '26
Managing Editor

As the leaves change color and the temperature drops, there's nothing quite like curling up on the couch with a good show. Fall is the perfect season for watching movies that bring out feelings of warmth, nostalgia, and – maybe – a little bit of fear. Here are a few recommendations for the perfect fall movie:

For a Classic Feel-Good:

“You’ve Got Mail”: A timeless tale of two rivals who fall in love online without having met each other in person.

“Coco”: A heartwarming animated Disney film that celebrates Mexican culture and the Day of the Dead, which is on November 1st.

For a Touch of Nostalgia:

“When Harry Met Sally”: A romantic comedy that explores love and friendship through the eyes of Harry and Sally, whose lives intertwined over 12 years in the film.

“The Princess Bride”: An iconic adventure film filled with humor, romance, and comedy; this movie is perfect for a fall family movie night.

For a Spooky Thriller:

“Scream”: A thrilling horror movie that follows a group of teens as they try to unmask a mysterious killer who is terrorizing their small town.

“Get Out”: A thrilling mystery that delves into deeper issues of race and class, offering a thought-provoking twist on the horror movie genre.

No matter what mood, there's a fall movie out there that is perfect for this time of year. So, grab a blanket, a bowl of popcorn, and get ready to enjoy some fall movie magic.

CONCERTS IN SEATTLE IN 2024

SABRINA CARPENTER
NOV 6TH 7:00 PM
PRICE: \$350 | Climate Pledge Seattle, WA
TICKET NUMBER: 0123456789 | Gate 11 | Row 06 | Seat 24

Zach Bryan
NOVEMBER 22&23 7:00PM
TACOMA DOME, TACOMA WA
TICKET NUMBER: 0123456789 | Gate 11 | Row 22 | Seat 23

Billie Eilish
DECEMBER 6&7 7:00 PM
CLIMATE PLEDGE, SEATTLE WA
TICKET NUMBER: 0123456789 | Gate 12 | Row 6 | Seat 24

BIG X THE PLUG
DEC 8TH 7:00 PM
PRICE: \$131 | Nuemos Seattle, WA
TICKET NUMBER: 0123456789 | Gate 12 | Row 08 | Seat 24

GRAPHIC: PEYTON LYSEN '26

Curtain Call: A Humorous Farewell to Seniors in Seattle Prep’s “Clue”

AUDREY POPP '26
Staff Writer

After months of preparation, two Seniors prepare for a bittersweet but hopeful goodbye to the theater program with one last play. Before Juan Guerra '24 and Belle King '24 go off to college, they will be starring as Mrs. White and Professor Plum in “Clue.” They described the production as “exciting” and “humorous,” with comedy for all. While preparing for the play, these talented seniors have been able to show off their abilities and confidence from years of drama to create an authentic and dynamic show.

Both Guerra and King developed a passion for performing and acting in their childhood years. King reflected positively on her role in the ensemble in the third grade, saying, “I didn’t know anything about acting but once I got on stage I couldn’t stop smiling because it just felt good to be on stage with people who had been working hard like I had.”

For Guerra, the stage became a sanctuary where he could express himself

freely and connect with others who shared his enthusiasm for creativity. When asked about his experience being involved in drama, Guerra recognized it as “a creative outlet that is in the moment and fun, a more relaxing endeavor.”

For both students, being in the theater has fostered purpose and empathy. Guerra has learned to be intentional and do everything with purpose. He explained, “you get good at not just saying the words but saying them in a way that is compelling and convincing...every movement and complexion matters.”

Belle spoke to the virtue of empathy and the responsibility that comes with working within the shoes of a character. “You are pretending to be someone that you aren’t, so you have to think about their intentions in everything they do.” Acting has forced King to embody different characters in order to tell a story to the audience.

These skills were showcased in the fall production of “Clue.” Though the show is a brief 90 minutes with a small cast, this intimate setup fosters a dynamic and

diverse chemistry among the characters. Guerra emphasizes the unique appeal of the performance, saying, “You could watch it in silence; have headphones with loud music on, and it would be the funniest thing you’ve ever seen because of all the physical comedy.” This production relies heavily on both physical and slapstick humor, showcasing the cast’s impeccable timing and synergy that has been fostered through extensive preparation. With their combined energy and commitment, audiences can expect a hilarious and engaging experience.

Preparation and hard work leading up to this production has allowed both Guerra and King to have fun with going all out, being big, and having fun. As it’s Guerra’s final production, he said, “I’ve been more relaxed and able to enjoy the process more than I have in the past.”

With this final performance at Seattle Prep, Guerra and King celebrate their achievements and look beyond drama, carrying the lessons they have learned into their future.



CREDIT: Seattle Prep Drama Club
This promotional Clue poster was hung up around the school; it features the cast and details for showtimes.

Thanksgiving: A Holiday of Traditions for Prep Students

JACKSON DIERKS '28
Staff Writer

Thanksgiving is a major American holiday that has been celebrated since the Pilgrims came over to America on the Mayflower in 1621. The holiday is a time for being grateful for what you have and spending time with family. Many Americans have special traditions they do other than being thankful and getting together with family for Thanksgiving, including students from our school.

Logan Huynh, a freshman at Se-

attle Prep, said one of his main traditions on Thanksgiving is going "to my cabin with my family" and spreading out cooking duties among family members. Huynh said these things are a yearly tradition for his family. Huynh's also said his family cooks in "a ten-gallon pot" and they "deep fry turkeys, potatoes, and chicken."

Another freshman at Seattle Prep with a food related tradition is Pete Hulett. In an interview, Hulett said, "my family prepares a brisket from my uncle's smoker instead of turkey."

While turkey is the common dish

eaten on Thanksgiving, Hulett is a huge fan of this tradition saying the brisket "is super good and juicy."

Not only does Seattle Prep student Wyatt Laughery eat food on Thanksgiving; he throws it too. Laughery said "Two uncles of mine will start throwing food and then we have a food fight."

Laughery has another special tradition as well. His family plays the game sardines every year on Thanksgiving. Sardines is a game of reverse hide and seek where only one person hides and everyone else tries to find the person hiding.

Calvin Stricklin is another Prep student with an interesting Thanksgiving tradition. Stricklin said his family usually alternates Thanksgiving hosting duties with one exception, his grandma's house. This tradition started because Stricklin's family is "very superstitious" and whenever his family eats at his grandparent's house "someone in our family gets food poisoning which makes us think it's cursed."

Thanksgiving is a special holiday for us all and I hope everyone has a fantastic Thanksgiving break!

Behind the Scenes of Pulse



PHOTO COURTESY OF PULSE

Members of the Pulse dance team pose before their performance at the homecoming football game.

GEORGIA LIMBAUGH '26
Visuals Editor

"Pulse! Pulse! Pulse!" The crowd chants as the perfectly coordinated dancers seize the stage. The lights go out and the dancers begin to

perform; a performance that has been several weeks in the making.

Led by captains Yzie Del Rosario '25, Beza Honelign '25, Lauren Russell '27, and Grace Bailey '27, Pulse never fails to bring the energy to Seattle Prep's assemblies. The team spends the summer hard at

work doing captain-led intensives in order to prep for the back-to-school assembly. These intensives are described by captains as "fun" and "lively" and foster a supportive environment in which the team can thrive as a community.

"We like to curate Pulse to be a family," said Russell.

During the school year, they practice three times a week. Captains, however, are required to spend a significantly larger amount of time working on their Pulse duties. Captains are seen as role models on the team and work as co-coaches. Pulse choreography is completely directed by the student captains.

The dances that are seen at assemblies are a mix of different captains' unique choreographies. Captains spend weeks organizing dance costumes, formations, and music; focusing on creating a performance that is achievable for dancers of all skill levels.

"I would say the workload for being a captain tends to be pretty heavy," said Del Rosario.

Pulse captains are determined to expand the program and in order to do so, they ensure that all members of the team are given a choreography that they are able to complete confidently.

"I just hope that the team can grow and that more people can find Pulse to be a light in their life," said Russell.

On top of this, captains are required to audition for their roles every year. Each captain writes an essay. After this, the captains spend around five hours teaching, learning, and performing dances in front of a panel of Pulse alumni. The day is capped off with an individual interview.

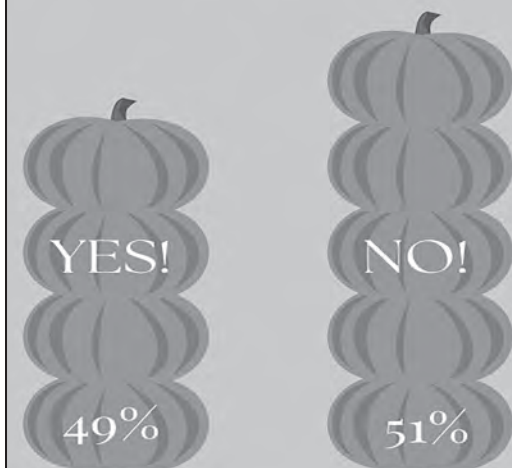
Despite this grueling process, the captains view this process as invaluable as they are able to deepen their sense of camaraderie and commitment.

"It's totally worth it," said Honelign.

"We like to curate Pulse to be a family"

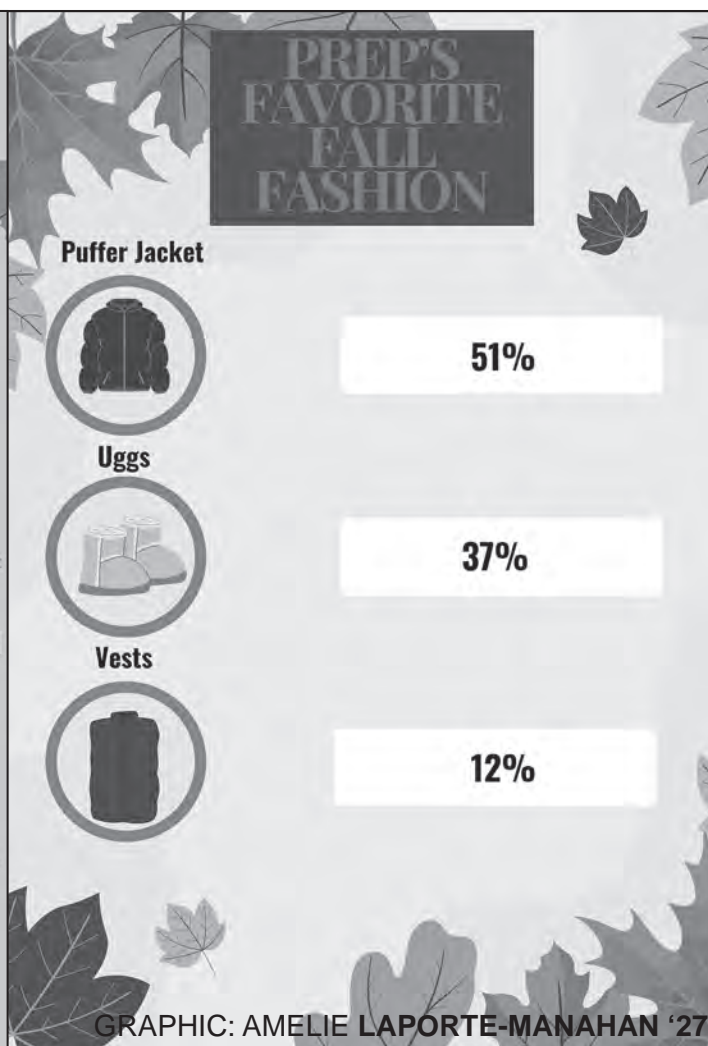
-Lauren Russell '27

pumpkin spice:
is it overrated?



Pumpkin spice is known around the world for being the flavor of fall. But while some love the flavor and its cozy sensation, others argue that it is overrated and not good. Prep students voted whether pumpkin spice foods were overrated: 49% voted yes, and 51% voted no! What are your thoughts?

GRAPHIC: LUCY BUCKHOLTZ '27



GRAPHIC: AMELIE LAPORTE-MANAHAN '27

6 FALL HIKES

- Blanca Lake #1**
 - 8 mi
 - 3370 ft elevation
 - Mount Baker Snoqualmie National Forest
 - 1 hour 45-minute drive
- Snow Lake #2**
 - 7 mi
 - 1700 ft elevation
 - Snoqualmie Forest
 - 1 hour drive
- Poo Poo Point #3**
 - 6.5 mi
 - 1800 ft elevation
 - Tiger Mountain
 - 30 minute drive
- Lake Serene #4**
 - 7.8 mi
 - 2730 ft elevation
 - Mount Baker Snoqualmie Nation Forest
 - 1 hour drive
- Rattlesnake Ledge #5**
 - 5.3 mi
 - 1460 ft elevation
 - North Bend
 - 40 minute drive
- Mailbox Peak #6**
 - 10.3 mi
 - 4000 ft elevation
 - Snoqualmie Forest
 - 45 minute drive

Graphic: SOPHIA MAGNANO '25

Meet a Freshman: Marina Chavez

GEORGIA LIMBAUGH '26
Visuals Editor



What sports/ after school activities do you participate in?

Right now I'm in soccer and I am going to be doing track in the spring.

What is your favorite class right now?

Probably HEX with Ms. Sullivan.

What middle school did you go to?

I went to Holy Rosary in West Seattle. Nine other people came from Holy Rosary.

On a scale of 1-10, how would you rate your experience at Prep so far?

10 because everyone has just been so welcoming and I have had a lot of fun meeting new people.

What are you looking forward to this year?

I am looking forward to meeting new people and getting to know everyone.

What is a fun fact about you?

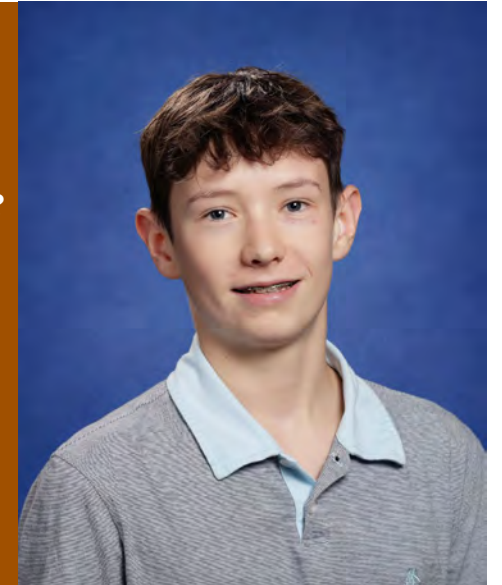
I have two cats named Lucky and Luna.

What are you most nervous about this year

Collegio tests.

Meet a Freshman: Jack Dailey

GEORGIA LIMBAUGH '26
Visuals Editor



What is your favorite class so far?

Collegio or HEX.

What middle school did you go to?

I went to St. Anne's. I came to Prep with 10 out of 28 students in my class.

What are you looking forward to this year?

Basketball

What are you looking forward to in your four years at Prep?

Learning how to get rich and then getting rich.

What is a fun fact about you?

I have a dog named Butter.

What are you nervous about this year?

Getting bad grades.

What would you rate your experience at Prep out of 10?

I would give it a 9.5 because I love it and I am making a bunch of new friends.

FALL ACTIVITIES

IN THE SEATTLE AREA



UW HUSKIES
SPORTS GAMES

SALMON RUN

PIKE PLACE
MARKET

PUMPKIN PATCH +
AMUSEMENT PARKS

NIGHTTIME GHOST TOUR!



KRAKEN GAME AT
CLIMATE PLEDGE
ARENA

BOBS PUMPKIN AND CORN
MAZE (SNOHOMISH)

CARPINITIO BROTHERS
FARM (KENT)

REMLINGER FARMS
(CARNATION)



WASHINGTON PARK
ARBORETUM



Graphic: LAUREN RANEY '26