

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

The Seattle Prep Panther

December 17, 2024

www.seapreppanther.org

Volume 79 No. 2

X: @seapreppanther
Instagram: @seapreppanthers



HOLIDAY ISSUE

Cover Art: Emmett Jackson '26

THE PANTHER

Editor-in-Chief
Sophia Magnano '25

Managing Editors
Chloe Horner '26
Brooke Nowak '26

Online Editors
Kate Cannon '26
Ben Oswald '25

Social Media Editor
Emiline Beliard '26

Visuals Editors
Charlotte Flynn '26
Emmett Jackson '26
Georgia Limbaugh '26

Staff
Marguerite Bindel '26
Talissa Devera '26
Soliana Fishatsion '26
Stephen Kassab '26
Peyton Lysen '26
Audrey Popp '26
Lauren Raney '26
Peyton Remington '26
Sophie Walters '26
Cam Weld '26
Faith Adams '27
Mason Beckett '27
Annabelle Bowman '27
Lucy Buckholtz '27
Katelyn Fredette '27
Amelie Laporte-Manahan '27
Andre Mathew '27
Diego Perez '27
Tucker Punke '27
Paige Remington '27
Ben Schwarz '27
Dhani Widodo '27
Kylie Barclay '28
Jackson Dierks '28
Anjali Feider '28

Advisers
Micah Richardson
Jill Vincenzo

Behind the Scenes: The Magic of Planning Tolo

KATELYN FREDETTE '27
Staff Writer

Every year, ASB plans the best event of the Christmas season: Tolo. But what happens behind the scenes of this festive event? Let's find out what goes into the planning process with ASB President Kenny Ouedraogo.

This year Tolo made the switch to be semi-formal again after having a school-wide vote to see what the student body preferred.

“The last few years it's been ASB trying to interpret what the student body desired,” said Ouedraogo, “This year was the first year we put it to a vote.”

The votes for the dress code were overwhelmingly in favor of semi-formal, especially from underclassmen. Upperclassmen get to attend two formal dances in the school year: Homecoming and Prom, while underclassmen only get to attend Homecoming. It was important for a lot of the underclassmen that they get to attend two semi-formals in the year.

Even with the dress code covered, ASB still has a lot to do to get ready for the

dance. Planning a dance can take up to two months depending on what ASB is planning to have at the dance.

“Now we're in the planning phase of ordering the decorations and vendors,” said Ouedraogo.

There were a lot of popular aspects of the Winter Wonderland dance from last year, such as the ice cream cart. ASB wants to take some of the aspects from last year and incorporate it into planning Tolo for this year.

Although ASB spends a lot of time planning the dance beforehand, they still get to enjoy it with their friends.

“We would definitely participate in the dance,” said Ouedraogo. ASB sets up the morning of the dances so they can relax and have fun later. However, situations may arise where they need a few people to manage something during the dance.

“We get to experience the best of both worlds,” said Ouedraogo.

ASB not only works to give students an enjoyable experience, but also give students warm memories during this holiday season.

Seattle Prep’s Safer, Smarter, and Seamless Security System



Photo: TALISSA DEVERA

Students from Hopkins Collegio collect their new key cards to the school.

ANNABELLE BOWMAN '27
Staff Writer

Seattle Prep is rolling out a new security system this year, combining advanced technology and updated protocols to enhance campus safety without disrupting student life. The centerpiece of the system is a new access card program, designed to provide greater control and security while maintaining convenience for students, faculty, and staff.

The new system follows a security audit by Crisis Reality Training, which identified areas like the garage and Plaza that needed better monitoring. “Our goal is to increase security in these areas without disrupting daily life,” said Mr. Hendricks, the Dean of Students.

The most noticeable change for students will be the introduction of access cards, which will allow entry to buildings during non-passing periods. “It’s more controlled, and the cards make it easier to manage who has access at different times,” Hendricks said.

“I think it's a great idea for security, but I'm definitely worried about losing the card,” said Lilly Fry, a sophomore.

If a card is lost, it will be deactivated immediately and replaced. “This system is simple and secure,” Hendricks explained.

Another fundamental change is that doors will be locked during non-pass-

“The goal is to make security invisible”
-Mr. Hendricks

ing periods, limiting access to only those with valid cards. While this may seem like a small change, it’s a significant step toward stronger security.

“I think the key cards are a really good idea. It’ll be a hard adjustment at first, but it adds a lot more security without being

Panther Pawdcast: Tolo

Hey Panthers! To kick off this year’s winter season, Mason Beckett '27 and Diego Perez '27 interview ASB and students from all grades about their opinions on Tolo. To learn more about Prep’s upcoming winter dance, tune in to this episode of the Panther Pawdcast.



The Panther X Film Club

Scan here to see a great short film!



EDITORIAL POLICY

The Seattle Prep Panther is a forum for student work and the editorial board 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.

To contact The Panther:

Email: seapreppanther@seaprep.org
Instagram: @seapreppanthers
X: @seapreppanther

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.

intrusive. It’s a better alternative to a fence and makes things tighter, which is better for students,” commented Matt Reyna, a sophomore.

“The goal is to make security invisible,” said Hendricks. “We want students to feel safe but still be able to get where they need to go without noticing the system.”

Though the system is a step forward, there may be some growing pains. “There will likely be some bumps in the road,” Hendricks said. “But we’ll refine the system based on feedback from students and staff.”

Ultimately, the goal is to improve safety without disrupting students’ routines. “We want everyone to feel secure, but also make sure students can go about their day with less stress,” he added.

As the system rolls out, students can expect greater safety, peace of mind, and a smoother school experience. Remember to keep the access card secure—it’s the key to a safer campus.

About Ms. Hauck: Her Past, Present, and Future

BEN OSWALD '25
Online Editor

Ms. Marie Hauck is a returning member of the Seattle Prep community, this time as one of four members of the Alumni Service Corps (ASC).

In 2020, she graduated from Prep, where she played varsity basketball for four years and was set to lead Spring Kairos, until COVID happened. At Prep, her favorite class was Collegio because of “the integration of English, history, and theology,” said Hauck. But, senior year, her favorite class became Faith in Action (FIA) which fueled her passion for “formation and leadership.”

After leaving her mark at Prep and having current teachers such as Mr. McCarthy and Mr. Richardson, she headed to Boston College. At BC, she double majored in psychology and sociology, while also playing on the club basketball team. Hauck reflected her decision on choosing BC, which was fueled by the “very well-rounded student body, which felt similar to Prep.”

What started at Prep—leading Spring Kairos—continued at BC, where she helped lead the BC freshman retreat, orientation, Kairos, and the sophomore discernment retreat. Hauck said her retreat involvement at BC was “totally inspired by Prep.” Hauck enjoys handling the logistics of the retreats because her “impact is clear by the experience of those on the retreats.”

After her graduation in May of 2024, she made the choice to return to Prep for a year of service and theological involvement. At Prep, Hauck teaches both sections of FIA which she said is “fun and full-circle, FIA allowed me to have leadership positions in the school that wouldn’t have had otherwise been available.”

Hauck touched on the full-circle aspect as “formation and leadership passion was fueled by Prep, continued into BC, and now into a role as an ASC.”

Hauck is grateful to return to a role in community ministry because she “loved it so much both at Prep and BC” and feels it is the “perfect position” for her.



Photo of Ms. Hauck, Seattle Prep '20 grad and 2024-25 ASC.
Photo: Talissa Devera

While juggling a year of service and dedication to community ministry, Hauck also navigates her future. Hauck said she is interested in “doing student affairs, something like campus ministry or first-year experience.”

Finally, Hauck reflected that “the community at Prep called me back to be an ASC because it informed my core values and passions that have persisted to today.”

Meet Two Freshmen

PAIGE REMINGTON '27
Staff Writer

Wyatt Laughery:

What Collegio are you in?
“Bellarmine (Ms. Slack and Ms. Miller)”

What sport(s) do you play at Prep?
“Football, Basketball, and Lacrosse”

What are three words to describe yourself?
“Kind, funny, and empathetic”

What made you choose Prep?
“My dad’s three uncles went to Prep and my tour day showed the positive environment”

Favorite class?
“Choir with Mr. Weeks”

Best memory of Prep so far?
“Playing the first varsity minutes in football and having my full family watching.”

Favorite Christmas memory?
“Being in Montana with my grandpa and having a white Christmas.”

Do you have a favorite holiday song?
“Rockin’ Around the Christmas Tree”

What is one piece of advice you would give freshman for next year?
“Do your A-day homework on A-days and your B-day homework on B-days.”

Mariana Schneider:

What Collegio are you in?
“Gonzaga (Mr. Meyer and Mr. Arthur)”

What sport(s) do you play at Prep?
“Volleyball”

What are three words to describe yourself?
“Determined, fun, and inclusive”

What made you choose Prep?
“A lot of family were already at Prep and when I toured here, I already knew it was cool.”

Favorite class?
“Spanish or Math”

Best memory of Prep so far?
“Getting ready for the big volleyball games with my team.”

Favorite Christmas memory?
“Tio, which is a Catalonia tradition, where you have a log, and you hit it and presents pop out. I really like when we do it because it’s super cool, weird, and fun.”

Do you have a favorite holiday song?
“Santa, Can’t you Hear Me (Ariana Grande)”

What is one piece of advice you would give freshman for next year?
“Work on your study habits and get used to putting homework over other activities.”



Wyatt Laughery



Mariana Schneider

Meet an Alum: Alden Arnold

ANDREW ARNOLD '27
Freelance Writer

Alden Arnold, a proud member of the Seattle Prep graduating class of 2023 has set out on a new mission following his time at Seattle Prep. Arnold is currently studying at St. Andrews University of Scotland and is majoring in International Relations and English.

Arnold’s passion for journalism and photography has extended outside of Prep and hopes to spread it to more. During his time at Prep, Arnold was a proud member of the Seattle Prep Panther staff for two years after being a staff member of Ignite. In the early stages of his Seattle Prep career, Arnold envisioned himself pursuing a future in medicine. He worked for two years as a volunteer for Swedish Hospital which gave him the opportunity to connect with patients and healthcare workers on a personal level.

Later, however, his time spent on journalism fostered a deep passion for writing and photography. In his junior year at Prep, he served as a photographer while later becoming a Visual Editor as a senior. He spent much of his free time contributing to the paper and pursuing his passion for journalism. He reflected fondly on his time on the journalism staff and reminisces on the connection to the Prep community it provided: “I wrote about Prep for Prep, and in doing so realized my passion for connecting with my community through journalism.”

As his Prep career came to an end, Arnold made the bold decision to attend college overseas at St. Andrews in Scotland. Despite the distance from family and familiar culture, he sought out challenge and a new opportunity by looking for more. Although the size of the town in which St. Andrews resides is rather small, the town has abundant history and a strong community. Some may be unaware that St. Andrews was the birthplace of the sport of golf. While golf is one of the main attractions for tour-

ism, the locals take pride in many customs and traditions such as clay pigeon shooting, traditional Scottish dances such as reeling, and pub culture.

Being in Europe has also allowed Arnold many travel opportunities. He visited eleven new countries such as Italy and Poland since beginning his studies there. His travels have opened his mind to many other ways of life and cultures in which he has been able to find God in. St. Andrews is home to many international students all with different backgrounds and opinions. Through conversation and making connections with other students, he has been able to learn and open himself up to other cultures, political perspectives, and worldviews that otherwise would be difficult to find in Seattle. By doing so, Arnold has found a curiosity for interacting with others who challenge his personal worldviews and beliefs.

In pursuing his passion for journalism, Arnold has become affiliated with two publications n St. Andrews known as “The Saint” and “Stereoscope Magazine.” The Saint is a publication focusing on the life and current events of the University and town while the Stereoscope magazine covers art from both locals and students, ranging from photography to paintings. Both publications are student-run yet are not supported by the University, which Arnold claims has made obtaining interviews and being organized a lot more challenging. While the pressure and consistency of managing two publications seems daunting, he still finds much reward and satisfaction in his work. Just as he did at Prep, his favorite part of working for the paper is handing it out to his friends and classmates.

While his academic life has greatly changed since moving to college, the values and principles that were instilled into his personality at Prep remain evident in his life overseas. Prep offered him a foundation in which he had the confidence to make his future his own and bring his own light to a totally different environment.

“I realized my passion for connecting with my community through journalism”
-Alden Arnold '23

Chill STEM Tips to Build a Better Snowman This Winter

TUCKER PUNKE '27
Staff Writer

Some may think that beauty is in the eye of the beholder. But when it comes to snowmen? Nope. Turns out, there are scientific and mathematical ways to create a superior snowman this winter.

Not all snow is created equal. As a matter of fact, environmental factors can have a huge impact on the final product. Ms. Newman, a science teacher here at Prep, talked about how moisture content can impact the quality of the build.

“The moisture content has got to be low. Because if it’s a high moisture content, the snow isn’t going to be very compact, and it’s going to be hard to roll it into nice circles.”

In fact, moisture content is not the only factor that can impact your snowy companion. The temperature and amount of snow can also affect its lifespan. Not to mention that the snowman needs shelter.

“30 degrees and a four-inch snowfall would be ideal. Maximum six inches of snow. And you have to build in an open field, because what if a tree falls on it?” continued Ms. Newman.

However, weather conditions are not the only threat to your wintery friend. It is well known that destructive children can leave your laborious efforts in tatters. Mercifully, Ms. Newman has the solution to this problem as well, “If you want to put clothes on it, it has to be light-colored clothing. And a short nose helps keep the temptation away from little kids too.”

But science is not the only thing that can help you build the next Frosty or Olaf. Math can also help you construct an ideally structured snowman. As freshman Bella Yang of the Math Team explains, different geometric tools can help you create a model ‘man. “Of course, the base should be sphere. But you can also incorporate different shapes, like a cone for the nose. And the arms can be cylinders.”

“Asymmetry is the perfect symmetry,” added Mr. Eagan, geometry teacher and Math Team leader. “It adds balance and juxtaposition. And, of course, it looks cuter.”

Still struggling to construct the perfect powdery pal?

“Maybe put the snowman in an igloo,” said Ms. Newman.

“Asymmetry is the perfect symmetry”
-Mr. Eagan

A Season on the Slopes: The Rewards and Challenges of a Seasonal Job

KATE CANNON '26
Online Editor

Seasonal Jobs offer a unique opportunity to gain experience, build skills, and immerse oneself in a specific industry for a limited time. For Gigi Perrina '26, working as a ski instructor at Ski Masters is more than just a winter job-it’s a chance for her to share her passion while developing her teaching and leadership skills. Now in her third season as an instructor, Perrina reflects on the challenges and rewards of this seasonal role, from balancing schoolwork to adapting her teaching approach.

“In eighth grade I realized that I enjoyed helping others to ski just as much as I loved it myself,” she said. This insight

inspired her to pursue ski instructing and it has since then become a central part of her life.

As an instructor, Perrina leads group lessons and teaches skiing techniques to younger students. Part of her role also includes evaluating their skills and ensuring they are placed at a level that enables safe and steady development. “I meet with my supervisor before each lesson to discuss students and my lesson plans,” she says. “It’s all about creating a safe and supporting environment where kids can learn and grown at their own pace.”

While being a ski instructor is rewarding for Perrina, balancing this seasonal role with her studies and extracurricular ac-

Prep Students Reflect on 2024 Presidential Election

MARGUERITE BINDEL '26 & AUDREY POPP '26
Staff Writers

On Tuesday, November 5, 2024, after weeks of intense debate and uncertainty, President Donald Trump was elected President of the United States. The results have sparked a wave of discussion and reflection among Seattle Prep students. With many expressing strong feelings about the election and its potential consequences.

While some students commemorate the outcome, others voiced concerns about the impact Trump’s policies could have, particularly on issues like women’s reproductive rights and healthcare. These discussions have been especially prominent in the context of how the election could shape the future for young people. Many students expressed worries about the possible withdrawal of protections for abortion access by putting the decision up to the states.

“I felt that the election reflected the will of young men, since that’s the demographic Trump mainly focused on,” said one student, who asked to remain anonymous. “But it doesn’t reflect the concerns of women, whose rights are directly threatened by some of his policies.”

Another student shared similar concerns, noting, “Even though his policies don’t affect me personally—since we live in a very liberal and privileged area—this election is going to change the lives of many people who aren’t as fortunate.”

In addition to concerns about women’s rights, some students also spoke about the potential effects of Trump’s administration on individuals with disabilities. One student expressed particular worry for her sister, who has learning disabilities, “With the potential cuts to social services and healthcare, we fear that the support she needs could be at risk.”

While many have expressed frustration and concern, others feel optimistic about the outcome. Student Zach Hansen voiced his opinion and reasoning for why he thought Trump won the election saying, “His campaign was more organized and centered over actual issues. Kamala focused on celebrity endorsement too much.”

Several students expressed frustration about the lack of discussion around the election in the months leading up to November.

“Prep didn’t talk enough about the elections until after, and I wish they had done more to educate young voters,” said one student, who felt that the school could have played a more active role in engaging students with the political process. “I wish they had done more luncheons and gave us more resources to learn about the election and ballot initiatives.”

Many students are grappling with the implications of the election results on their lives and the future of the country. Whether they are celebrating or grieving, one thing is clear: the 2024 election has sparked deep and meaningful conversations among the student body.



Graphic: CHARLOTTE FLYNN '26

The Panther X Film Club

Scan here to see a great short film!

A New Vibe Around Seattle Prep: Lo-fi Fridays

DHANI WIDODO '27

Staff Writer

Lo-fi-Fridays are now officially the newest addition to Seattle Prep's programs. A new place to relax at the end of the week during lunch and enjoy the vibes of the Lo-fi music. It also allows students to interact with each other in a smaller space during the hectic lunchtime every week.

Lauren Carlos, the new counseling intern this year, helps set up and run the whole show every Friday during lunch in one of the Ignatius classrooms. This brand-new idea emerged as Carlos was consulting with her counseling team and realized "that there are a lot of students coming in to Prep their freshman year who don't know a lot of other students since there's close to 100 different middle schools all feeding into one school. So as a counseling team, we were talking about how we can help students feel a sense of belonging, whether they do or don't know a lot of people at Prep. So that was part of it was focusing on the sense of belonging."

She added how she believes to "create space, where students can just pause and take a break. It's really meant to cultivate a space where students can just come as they are and have a safe space to be themselves."

Carlos shared how in her previous experiences there was "a similar project that was done by another student at another school. I never met them, but I heard about

it that they started Lo-fi Fridays and students seemed to like it. I didn't have personal experience running something like this before coming to Prep, but from what I've heard, students like Lo-fi music and so decided to give it a try here."

Already within a few months Carlos seems to have the feeling of her new environment, making impacts at Prep for the student's wellness. Despite running Lofi-Fridays by herself along with some other student leaders, Carlos seems completely unbothered as she always looks forward to it and loves the process of how each Friday goes. Carlos shared what every Friday routine looks like for her during lunch: "We dim the lights, I put on Lofi music of the YouTube channel called Lofi Girl. Then I'll usually bring some kind of snack like cookies, and I'll bring games like Jenga or Connect Four so that people can do something interactive that doesn't require too much brain power. People also talk to each other and get to know each other."

Carlos' main goal of Lofi-Fridays is to have no boundaries to being yourself, which she feels has been accomplished with the community she is building during lunch. Through the first quarter of the school year, Carlos has made lots of great memories with different students as she strongly believes that "there is no time like the present".



Photo: TALISSA DEVERA
Freshman from the class of '27 enjoying a chill lunch and games during a recent Lofi Friday.

Check up on Your Heart: Nick of Time Foundation Visits Prep

BEN SCHWARZ '26

Staff Writer

Unexpected heart problems can happen to almost anyone. While many screenings are too expensive or difficult, there are also numerous ways to get it done fast and for free. For the second time in Prep's history, the Nick of Time Foundation hosted a free EKG Screening on-campus on December 4th.

Mr. Reed, Seattle Prep's Athletic Director, knows how important this truly is. He said that because "the first one was in 2019 and was right before COVID, so no current students have been around since it's been happening. Nick of Time is probably between 15 and 20 years in existence, from what I know."

During his previous tenure at Chief Sealth High School, Reed also oversaw this event. Over the several years that the foundation has done these clinics, they've all been a success. Back at Chief Sealth, "We hosted an event with them there and it was one of their first ones. I know that they are now pretty booked out. They go once a month to different schools around the state. And it's a pretty cool awareness campaign that they do," Reed said.

The screening is based around something called an EKG. Otherwise known as electrocardiograms, they are tests that record different activities by the heart over time. Using these, they can determine or monitor problems in the heart. Reed added that "It's things that EKG basically does that your doctor can't do, like in a basic sports physical. Obviously, they put the stethoscope on, and they listen to your heartbeat and check out murmurs and anything like that. But an EKG is able to basically take a picture of your heart, and there's doctors on site that are reviewing those."

Cardiac arrests have gained more attention from the media over the past decade. Famous athletes like Bronny James, Christian Eriksen, and Damar Hamlin all suffered this life-threatening injury since 2020. Reed believes that "sudden cardiac arrest has gotten a lot of attention in recent years, as high-profile athletes especially have either collapsed on the field or worse. As with anything, that kind of thing started to make people become more aware of it, but for years concussions got the main attention, and obviously they're important because of their awareness and protection of the brain."

Concussion rates have been on the rise for years, even with the technological advancements that companies have introduced. Each year, over 50 million people suffer concussions, which cause long-term consequences that can hurt mental and physical health. That number is over eight times the rate of cardiac arrests, but both are detrimental. Reed added, "People are a lot more used to being aware of concussion symptoms, but sudden cardiac arrest and heart issues, that trailed behind. Despite for years that being like the leading cause of deaths among young athletes especially."

EKGs are in high demand, and Reed added that "those are tests that could cost like a family 500 to 1000 dollars per time and they're able to bring in enough machines and enough doctors to go through three to four hundred kids all in one day."

There are many benefits to these, but a few stand out in particular to Reed, especially the convenience. The tests are "super convenient because you don't have to go to a doctor, and you can get out of class for a little while to do it. Heart issues are usually completely undetectable, even from healthy young student athletes."

While the likelihood is low, getting your heart checked up often can relieve stress. Due to of how unnoticed heart problems go, it's difficult to pick up on problems, and by then it's often too late. Reed encourages every student to take part, as "It would never be anything that would be on your radar until it's too late. And so, for kids, it's 99.9% when it's gonna be fine and you're not gonna have anything but, if you were able to know of potential signs and make you sleep better at night, then that's the reason you do it."

Understanding and Combating the Winter Blues

LAUREN RANEY '26

Staff Writer

The wintertime is full of things to look forward to and enjoy, however as the days get darker and the Seattle weather begins to kick in, you may find yourself a little down in the dumps. Whether it's not finding your usual sports practice as gratifying, or barely being able to get out of bed, the wintertime can be difficult in many ways. However, this time provides a great opportunity to focus on your mental health.

Turns out these unwanted emotions you may be experiencing are connected to the inner workings of the brain. Ms. Carlos, the intern for the counselors at Prep, explained how "the reduction in sunlight impacts our brain chemistry as it reduces vitamin D, a precursor to serotonin, one of our happy hormones." This biological point shows why we may feel these depressive emotions during the darker months. As this happy hormone in the brain decreases, your mood will often change with it.

Some signs of our emotions that reflect this change in our brain include a variety of symptoms that can be different for everyone. It's also common for these symptoms to fall under certain themes and groups. "Sometimes you may feel more irritability, more frustration, even feelings of guilt, helplessness, or worthlessness", Carlos explained. On top of the emotional side, some symptoms can be more social and include things like social withdrawal or just wanting to stay in bed" Carlos said.

It's important to recognize these symptoms and feelings you may be experiencing so you can better manage them and prioritize your mental health.

Different people enjoy different weather, this fact is also shown in the Prep community. "I feed off the weather. If I have a bad day at least the weather is good but when I have a bad day, and the weather is bad then that's just not a good combo" said Pia Munar '26.

Many students don't enjoy the darker months in terms of weather however some students do prefer it. "I honestly like the cold and the dark, but I do agree that I feel some effects of seasonal sadness which makes me more tired to do school and work", Gabi Smith '25 explained.

So how can we combat seasonal sadness? There are many ways one can prioritize and maintain a positive mental health. "Students should prioritize sleep, exercise, and nutrition", Carlos explained, "for exercise, it doesn't have to be two hours of intense exercise everyday but even just finding time for a 20 or 30 minute walk." It can be hard to find time for yourself, even finding time to get at least 8 hours of sleep can be hard, but it is something that must be prioritized. Focusing on mental health is so important especially during this time of year and the counseling department will always provide great support to all students.

EDITORS: CHLOE HORNER '26 & EMILINE BELIARD '26

THE PANTHER | DECEMBER 17, 2024

This year's focus on giving back: Seattle Prep Giving Tree Program

EMILINE BELIARD '26
Social Media Editor

As the holiday season is quickly approaching, the Seattle Prep community is pooling together their resources in order provide donations and support to local families and organizations through the school's annual Christmas Giving Tree Program. Similar to previous years, the Giving Tree itself will be located just outside the Office of Student Life, where students can come up to the tree and pick off an ornament which will be labeled with dollar amounts and locations of stores which are all in close proximity to the Downtown Seattle area. All the store-specific gift cards collected are requested by three local Catholic housing service communities—Dorothy Day house, Bakhita Gardens, and Saint Martin's House.

When asked about the overarching mission behind Seattle Prep's Giving Tree Program, Ms. Miller, the Director of the Magis Christian Service program said, "Our goal is to make visible the spirit of giving that is central to the Christmas season and that is also a part of our advent preparations—thus being a time we are invited to see where in our communities the birth of Christ is most needed".

Similarly, Giving Tree committee member Lissie Grinstein '25 commented, "One of Prep's core values—being men and women for others—is realized through the Giving Tree program which provides simple ways for the community to come together to support those in need".

Besides the tree itself Seattle Prep also has each individual grade adopt a specific organization which students then collect specific supplies to donate to different marginalized communities. This year, Prep partnered with four organizations that focus on supporting families, and with Prep being a family itself, this shared mission to help families was a key factor in selecting these organizations to receive donations. In order to collect these donations each grade—except seniors—will have boxes in their designated

Collegio classrooms to drop off donations, and for senior's donations will be dropped off in the library.

The key to this giving program is to participate in any way individuals are able too. If purchasing donations isn't realistic there are many other ways to participate such as helping load donations towards the end of the month, helping sort out donations or volunteering one's time at the organization itself. For students looking to get involved through donations, Grinstein believes it is "Vital for students to understand the goals of whatever charity they are donating to, as it helps connect them to the marginalized community that they are aiding through their donations".

There is always a way to participate in The Giving season in a way that builds community, which is why Miller also provided a suggestion to make the purchasing of donations a fun community building activity, "if your grade has adopted treehouse I think it could be fun to go to Fred Meyer with your friends and see who can find the coolest gift that reminds them of their youth". This is just

one of many ways that the Prep community can gather as a community to help those in need during the Christmas holidays.

Everyone is encouraged to take part in this annual Giving Tree Program that Prep offers and with Christmas quickly approaching remember the gift that each of us, within the Prep community, is given and remember that this season is a time to spread the love to everyone in our communities. The Giving Tree provides the community an opportunity to take a step back to realize and be thankful for all the basic necessities which may often be overlooked and utilize that privilege for the greater good by giving back to support those who are not as fortunate.

"When we practice generosity in the holiday season it is a way for us to both prepare ourselves for the Christmas holiday and celebrate the birth of Christ by being attentive to the places in our world that are crying out for the things that Christ brings — peace, hope, joy" Miller said.



Photo: Talissa Devera
Seniors surround the Giving Tree during the annual Giving Tree Assembly.

Junior Isabella Alindogan Extending Hands this Holiday Season Through Service

SOLIANA FISHATSION '26
Staff Writer

Christmas: a season of snow, festivities, and receiving presents--- but for some, this season represents all they don't have. But Isabella Alindogan '26 wants to change that, and help people effected by poverty in the Philippines through her non-profit, co-founded with her father in 2020, called "Extending Hands".

Alindogan said the non-profit started from observing the widespread poverty of children and students in the country--- and they knew they could do something with what they have. Through donations from people in the community, Alindogan sends money to sponsored underprivileged students to send them to school, through paying for tuition, lunch money, and/or other needed expenses for school.

They connect to these students through "schools or people that my dad finds when he goes to the Philippines. Our family are teachers at elementary schools in the Phil-

ippines that are very poor, so he buys food for all the children".

An encounter her father had exemplified the importance of their work. Alindogan said, "He sponsored a 17-year-old girl he met on the street. She was in an area of a job that wasn't exactly respectable."

Alindogan's father saw her "crying on the side of the sidewalk" and sat down and talked to her. "She didn't want that life for her. She was being sex trafficked and had dreams of an education-- but she couldn't get it." Then he, "sponsored her and sent her to school. Now, she has a degree in law and psychology and is currently working with the mayor of

Pasay". Through education, her life changed for the better. Alindogan and her father realized that they could help others the same way they helped her through organizing a non-profit.

Alindogan is in charge of overseeing communication and gathering donations for the organization and helping her dad with everyday procedures. Through this, she

learned how privileged she is.

"Even though I am middle class in the U.S., I still have the resources to help many others in the world. Money isn't the only thing I can do to help but also showing my kindness and sympathy to others".

In this season of giving, donate at extendinghands.org.

Alindogan said, "you have the power to change so many people's lives with even just a dollar. It's insane how what may be cheap to us, like a cheap meal from the dollar menu, is a whole feast for a starving child in the Philippines".

Scan here to find out more about Extending Hands



Season of Giving Spread the Christmas Spirit



Toys for Tots

Bring the Joy of the Holidays to Less Fortunate Children
Donate Online or In Person at 8051 S 198th St, Kent, WA 98032

WellSpring Family Services

Act Now to End the Family Homelessness Crisis
Purchase an item from Wellspring's Giving Together Amazon and Target Wish Lists, make a financial donation or sign up to volunteer



St. Vincent de Paul

Distributes food and toiletries to those in need. There are donation centers in Seattle, Kent, Kenmore, and Renton.

HopeLink

Accepting donations of shelf-stable produce at its five food bank locations in Bellevue, Kirkland, Redmond, Shoreline and Carnation



WestSide Baby

located in White Center, accepts donations of infant essentials, hygiene items, diapers, children's essentials, toys and books, and apparel and shoes. You can also purchase items on the organization's Amazon Wish List!

From Our Hearts to Their Homes: Spreading Holiday Joy by Helping Those Who Need it the Most

ANJALI FEIDER '28
Staff Writer

As the holiday season approaches, the spirit of giving becomes more alive. The holidays bring joy, family gatherings, and festive celebrations, but they are also a crucial moment to reflect on those less fortunate. Engaging in charitable activities not only helps those in need but also enriches our own lives, showing that even the simplest acts can have the most profound effects.

The holidays bring about many unique opportunities and festive service events. Seattle Prep's Christian Service Director Ms. Miller mentioned "A really great example of that is volunteering for an organization called Break Through T1D and they run the gingerbread house competition which is unique to December".

During the holiday season, numerous organizations are in need of volunteers to help support their vital work. Nonprofits like Mary's Place, WestSide Baby, and other local food and supply banks are busier than usual as they serve individuals and families facing hardship. The surge in donations during the holidays is a reflection of the community's generosity, but these organizations also rely on volunteers to help sort, organize, and distribute these contributions.

Octavia Feraboli '25, for her Junior Service Project, volunteered at Aegis Living which is a senior assisted living and memory care home. While volunteering there, she and the residents made Christmas crafts, watched movies, had hot cocoa, and decorated Christmas trees. She mentioned, "Christmas is a time that everyone should be coming together and spending time with people you love. But a lot of these residents, because they have dementia or something similar, do not remember their loved ones. So, I feel like hav-

ing someone who will be their loved one and spend time with them means a lot."

Showing love and companionship are not always about recognition but about showing up for someone in their time of need, which can be incredibly meaningful for the individual, even if they can't express it in conventional ways.

"A lot of Christmas is about giving and receiving and so that doesn't have to just be gifts, it can be the giving of your time and talent to an organization you believe in" Miller said.

She highlighted an important but often overlooked aspect of Christmas—it's not just about material gifts, but about the broader concept of generosity. The idea of "giving" can extend beyond presents to include giving one's time and skills to causes or organizations that one cares about. She added, "Volunteer around the issue that fires you up."

Kendyll King '25, did her Junior Service Project with ACRS (Asian Counseling and Referral Services). Kendyll worked in the kitchen where she cooked, prepared, and distributed food to the elderly community that would come in and look for people to connect or spend the holidays with. She said that "people spend the holidays in many different ways, but one way I wouldn't want to spend the holidays is buy myself."

The holidays are a time for connection and the companionship of the community is what makes it a joyful time of the year. She added, "The holidays are a time of giving and a time of being with each other. You want to celebrate others and help to give everything you have."

"It's easy to forget that Christmas isn't just about Santa or gift giving with your friends or candy canes or Christmas lights and all of the trappings of the holiday if you

just looked at our commercials or what's sold in stores. You might miss that we celebrate Christmas as Christians because we are celebrating the birth of Christ who was the greatest model of service" Miller said. Volunteering during these holiday seasons is one of the many ways students can live out their faith and serve the community by embodying Prep's mission to be people for others who are loving and committed to justice.

Charlie Fisk '25 regularly volunteers for St. Francis House, which is a homeless shelter that serves food, gives out clothes, and helps the community. Helping run shelters, prepare warm meals, and offer companionship to the homeless can have a profound impact. Fisk mentioned "As the weather gets colder, more people want a warm place to stay or warm food." Since the holidays are accompanied by colder weather, people—particularly those who are homeless—become more vulnerable. While it may be difficult for some to imagine not having a warm home and clothes, especially if they've always had them, that is the reality for many. Fisk added, "It's interesting to see a season you might find fun, but others struggle through it."

The holidays are times to be with family but also a time to think about people who aren't as fortunate. Getting involved in charity during Christmas is a wonderful way to foster a sense of community, spread joy, and remind of the importance of compassion and generosity. This holiday season, go into things open minded and cherish everything. Whether through volunteering, donating, or simply performing small acts of kindness, every effort can create a ripple effect of goodwill that lasts well beyond the holiday season.

As Miller said, "Service is more than just putting food on someone's plate, there's a spirit to it."

Soph Serve Offers Service Opportunity Outside of School Hours

KATE CANNON '26 & EMILINE BELIARD '26
Online Editor and Social Media Editor

At Seattle Prep, The Sophomore Service Program (Soph Serve) is a testament to the Jesuit value of service to others, providing students with opportunities to engage in hands-on service experiences and make an impact in their local communities. Students involved in soph serve are not only participating in meaningful acts of service but are also experiencing the Jesuit mission of cura personalis — care for the whole person, through their involvement with the program.

For students, Soph Serve offers more than just an opportunity to volunteer; it allows them to integrate service into their everyday lives, without requiring a significant amount of extra time outside of their school schedule. Prep makes getting to the service sites very convenient and accessible. Matt Reyna '27 who attended this Soph Serve said, "Completing it after school knowing that my ride and supervisor would already be taken care of, made it so much easier for me and my schedule with schoolwork".

Mr. Meza, Science Department Chair, volunteered to chaperone a service event with the sophomores at the University District Food Bank in the middle of October. They were put right to work serving food to people facing food insecurities, bagging groceries, and making to-go bags and meals. Meza decided to volunteer even though it wasn't required, saying "How can I as a teacher here expect students to do service if I



Photo: Courtesy of Seattle Prep Christian Service
Sophomores on a recent Soph Serve service trip.

am not willing to."

Meza emphasized the impact the service had on him, saying "It felt bad to leave. There was that much needed." It was important to him that he was making a difference and helping those who needed it most. The events being outside of school is a good change of environment in serving beyond Prep's campus. Meza added "I was able to serve in a way that I don't normally get to."

Similarly, Reyna expressed how "Serving the community through this service opportunity only encouraged me to do more, and as a person who is really into social justice and awareness, I signed up for more Soph Serve's almost immediately afterwards because of my wonderful experience".

As the semester continues, and as we move into the second semester, Soph

Serve opportunities remain very available. The service calendar is coordinated to ensure accessibility, with dates for events scheduled as frequently as every two to three weeks. The program is currently set to run through mid-January and into the second semester, with a well-organized system that ensures both students and faculty have the chance to serve in meaningful ways.

In Seattle Prep's community that values service and social justice, Soph Serve stands out as an intentional and effective model of how service can be integrated into daily life. Through the outside of school service experiences, students and faculty are not only learning about the importance of giving back but are also living out the values of solidarity and the shared responsibility to work for a more just and compassionate world.

Threads of Change

Clothing Swap Weaves Sustainability and Community Together

GEORGIA LIMBAUGH '26
Visual Editor

Last year, the Seattle Prep Environmental Alliance (EA) put on the clothing swap; an event in which students donate their old clothes and are then able to shop for clothes in the pile of accumulated clothing. The excess clothes are then donated to charity. This year, EA is partnering with St. Frances House, a Catholic non-profit dedicated to giving back to the community.

Last year's clothing swap was a tremendous success and received excellent feedback from participants.

"It was very successful last year, and this year we are hoping to make it bigger," Ms. Miller said. With this, EA leaders are eager to organize two clothing swaps this year instead of one.

The clothing swap is special because the EA leaders handle every aspect

of its planning and execution. They dedicate a significant amount of time and energy to their work. Leaders focus primarily on marketing in order to spread the word and give instructions.

"The clothing swap is a great example of the intersection of learning about the impact of our use of clothing on the environment and taking action inspired by that learning," said Miller, highlighting the importance of EA work.

EA leaders advise students to bring all kinds of clothes.

"Don't be afraid to bring clothes in because you never know who might want it, and either way the clothes will be donated to a good cause, so it is better than throwing them away," said Sonja Rehkopf '26.

Miller encourages students to "bring in things that you would let a friend borrow and make sure that the clothes are in good condition."



Photo: NINA TRUJILLO

Seattle Prep students browse the 2023 clothing swap on a sunny day.

It is important to attend the clothing swap with an open mind. Participants often find more success when they are not looking for one specific thing, but rather remaining open to new clothes and styles.

The clothing swap brings the Seattle Prep community together in a unique and meaningful way. Not only does it foster a sense of connection, but it also has a positive impact on the environment.

As Rehkopf explained, "It's not only important for the environment; it's also important for our community."

Reflecting on the community spirit fostered by the swap, Megan Lauinger '26 shared her experience: "I saw a girl wearing my old sweater to mass, and it made me so happy. It was really empowering to see this clothing cycle happening in real life."

Faith Meets Action

in IFTJ D.C. Trip



Photo: COURTESY OF MS. MILLER

Seattle Prep students pose in front of the Capitol building in D.C. on their Ignatian Family Teach-In immersion experience.

AMELIE LAPORTE-MANAHAN '27
Staff Writer

In a unique service opportunity, students from Prep traveled to Washington D.C. from October 24th to the 28th. Students dedicated a week to exploring social justice issues through the lens of Ignatian spirituality and Jesuit values. This immersive experience aimed at deepening student's understanding of the workings that go on in the country's capital while applying the Jesuit values learned at Prep.

The goal for this program was to equip students with the tools to advocate for positive change within their communities, and beyond. Solyana Endashaw '26 shared her view on this special opportunity, "The conference taught me how the youth have the power to change the future. I learned more about social issues and how I can help, using my privileges to advocate for the marginalized".

The group engaged in discussions, workshops and meetings with policymakers, great learning opportunities for these developing leaders. Answering the Ignatian call to serve others, these Panthers took advantage of their opportunity to spend time

with some very influential people. They discussed topics such as migration and concerns with the environment, voicing their concerns with politicians. They made connections between these issues with possible concerns here at Prep.

After returning these students will do their best to take what they learned while at the Ignatian Family Teach-In (IFTJ) here at Prep. For Endashaw, "The most meaningful part of the trip to me was when we went to a breakout room at a conference to discuss migration." She continues, "This made me wonder what I could do for those in similar situations within my communities."

The trip offered students a valuable balance between serious learning and fun experiences, allowing them time for both meaningful discussions and fun activities. The group had their time to explore, visiting many historical sites within the city. This grouping of students opting to set their time aside to follow along with our schools Jesuit Ignatian teachings will better out community as a whole. These students are doing their best to become young transformational leaders, in order to better our world.

Global Perspectives Week

Focuses on Bridging Borders

CAM WELD '26
Staff Writer

New Global Perspectives Week aimed to provide students with cultural understanding

The week of November 18, 2024, looked a little bit different than usual for Seattle Prep students. It marked the first ever Global Perspectives Week, a new event planned by the school that aimed to educate students about different cultures around the world.

The week featured many activities and games for students to participate in, and the highlight was the Community Day on Wednesday, November 20,

The experience is the idea of native German teacher Frau Khouri, who says her international background inspired her to teach students about cultures different from their own.

"We want to highlight students who come who have different backgrounds, different heritage heritages and different languages they speak at home and that is,"

Khouri explained. "I started a new life when I moved to America. It was very exciting for me, and I saw that things are very different here. Some things are similar, [but a lot] is different."

Khouri believes that the most important thing students can learn from their language classes is not vocabulary or gram-

mar, but the traditions of lifestyle of people from other countries, people who they would not usually learn about or interact with.

"As a teacher, I want to inspire students to look above the classroom and the vocab quiz, and really get some cultural information from their language class," Khouri said.

The cultural understanding that Frau Khouri hopes to instill in students is part of what creates the transformational leaders that we strive to be here at Prep. "Learning about different cultures promotes cultural understanding, and that understanding promotes peace. This is how we coexist as people and create a peaceful world."

COMMUNITY DAY WORKSHOPS

01



ITALIAN LANGUAGE
AND CULTURE

FLAVORS OF
KOREA

02



UPCYCLING W/
GROWL AND EA

03



Overlooked Christmas Movies to Watch This Holiday Season

JACKSON DIERKS ‘28
Staff Writer

Nothing gets people in the Christmas spirit like Christmas movies. The problem is, there are a lot of great Christmas movies to choose from and many get ignored by movie watchers. This article contains five of those overlooked movies to watch this December.

The first option is 2024 action and comedy, “Red One” (PG-13). “Red One” features Dwayne Johnson as Callum Drift and Chris Evans as Jack O’Malley. The movie revolves around Santa Claus who gets kidnapped, and he needs to be rescued. Callum Drift, the head of security at the North Pole, is the mastermind behind the effort to save Santa. Drift cannot do it on his own and he enlists the help of Jack O’Malley, a famous bounty hunter. Will Drift and O’Malley save Santa?

The second movie “Spirited” (PG-13), is another star-studded comedy. The 2022 film casts Will Ferrell as the Ghost of Christmas Present and Ryan Reynolds as Clint Briggs. “Spirited” is a modern rendition of A Christmas Carol where the ghosts of the Christmas Past, Present, and Yet-to-Come try to find one person’s soul to redeem each year. The ghosts settle on Clint Briggs, a selfish businessman. The film provides important life lessons and is an enjoyable watch. If you decide to watch, “Spirited” is available on Apple TV.

Third, is “Candy Cane Lane” (PG), a cute comedy starring Eddie Murphy. Murphy’s character is Chris Carver, a suburban dad. The film is watchable on Amazon Prime Video and was released in 2023. The



Photo: Courtesy of AppleTV+

“Spirited” a retelling of “A Christmas Carol” by Charles Dickens is an under-the-radar holiday comedy.

plot of “Candy Cane Lane” is Chris Carver’s family, and the rest of their street have a Christmas house decorating contest every year that is fiercely competed for. Carver is desperate to win the \$100,000 prize since he was recently fired from his job. The extreme measures Carver and his family take to win the contest end up getting them into trouble.

“8-Bit Christmas” (PG), a video game-based comedy released in 2021 and is

available on Amazon Prime Video and Apple TV. The majority of “8-Bit Christmas” is a flashback that follows a young, video game obsessed, Jake Doyle in the 1980s. He and his friends want to get the newly released Nintendo Entertainment System for Christmas. The movie covers Jake Doyle’s pursuit of the video game console, and the important lessons learned from it.

Finally, a classic comedy, “Christmas Vacation” (PG-13). The 1989 film in-

cludes actors Chevy Chase and Beverly D’Angelo who play Clark Griswold Jr. and Ellen Griswold, respectively. The plot of Christmas Vacation is about the Griswold family’s disastrous holiday vacation that is filled with twists, turns, and funny moments. To watch “Christmas Vacation”, go to Amazon Prime Video or Apple TV.

Have fun with holiday binge watching and Merry Christmas Prep!

Clicking vs. Carrying: Which is Better for Your Christmas Shopping?

KYLIE BARCLAY ‘28
Staff Writer

As the weather cools down and the homes warm up, everyone’s counting down the seconds until the holiday season arrives. With Christmas on its way, shoppers are on the hunt for the perfect gift. One question remains, online or in-person shopping?

For many, the convenience of Amazon is hard to beat, and yet the allure of the mall is undeniable. However, a poll shows that most of the Seattle Prep population votes for in-person shopping with 54% of the student body choosing to shop in-person.

Marin Flocchini ‘28 shared, “Ordering online just doesn’t put in the same amount of effort and love,” highlighting how the more effort that’s put into the gift, the more special it is.

Ella Greaves ‘26 said, “In person because it’s so much fun!” She believes that all the Christmas spirit is in the mall and those who don’t go are truly missing out. She makes a good point; nothing can beat the holiday spirit when surrounded by others.

Bodie Sturgill ‘28 said, “You don’t really know what you’re going to get when you shop online. For all you know, it could be two sizes too small.” Some people just don’t trust shopping online, blinded by the fear of getting something the size of the grinch’s heart.

“You don’t really know what you’re going to get when you shop online”

-Bodie Sturgill ‘28

On the contrary, several students prefer online shopping instead. Ms. Haywood, Administrative Assistant to Student Life and Athletics said, “Online because I have more options, I can get a couple things, see what I like when they come in the mail, and it’s easy to return the rest.”

The hardest part about shopping in person is the worry that what you’re looking to get might not be there. Not to mention, online shopping is quick and makes it easy to get what you like.

Reilly Cahill ‘27 shared, “It’s way more convenient.” Sometimes efficiency is all that matters.

The best way to get something just for them is to specially make it. Shopping online is a great way to beat the crowds, make sure you get what you want, and personalize the gift.

In the spirit of giving, the most important thing is the thought you put into the gift. Whether shopping online, or in person, it’s the thought that counts. Making loved ones feel special and appreciated, that’s what Christmas is all about. So don’t worry too much about filling the cart, what matters most is filling their heart.

Melodies of Memory: Mr. Weeks and the Spirit of Christmas

FAITH ADAMS ‘27
Staff Writer

As the holiday season begins, for Seattle Prep’s choir led by Mr. Weeks, Christmas music becomes more than just a catchy melody. It is a celebration of the season’s true spirit.

When asked the influence of music on holiday cheer, Week’s remarked, “I don’t think you can have Christmas without music, I mean imagine that!”

With years of experience preparing his choir students for the Christmas Concert, Weeks believes that Christmas music aids his students in letting the season come to life through the memories and feelings of nostalgia that songs evoke in them.

Weeks chose “I’ll be Home for Christmas” as his favorite Christmas song after a few seconds of deliberation. This song hits closer to home for Weeks than most. “It hits that special feeling inside me that makes it feel like Christmas. I went to college outside of my home state, so I always loved coming home for Christmas”.

Weeks emphasized the emotional impact of a good Christmas song, as well as its technical aspects. “I think the standard

Christmas songs have cheerful lyrics, exciting rhythms, and a fun melody that you can also sing along too. Yet this connection goes beyond just listening to the song, it either needs to strike a nostalgic feeling or happiness or the birth of Jesus.”

A catchy Christmas melody may be easy to compose, but the true test is writing one that taps into the timeless traditions and tender emotions of the season.

As the choir community begins to prepare, it can become stressful, but Weeks finds the most joy during this time.

Alice Durnan ‘27, a student in his sophomore choir said, “Mr. Weeks puts a lot of emphasis on emotion when we practice Christmas songs, his class makes me feel like a little kid singing along to Christmas songs on the radio”.

He aims to create an atmosphere where students can tap into the spirit of the season amidst the hurry of the holiday season. “I think it’s one of the easier parts of my job since a lot of people have positive memories of Christmas, so we just try to tap into that through choir.”

“I don’t think you can have Christmas without music”
-Mr. Weeks

Competition to Confidence: Skiing Sparks Personal Growth

BROOKE NOWAK '26
Managing Editor

Amidst the crisp breeze, snow-topped trees, and majestic mountainous views, Lily Frazzini and Will Hedden await their drop into a feeling of pure bliss. As preschoolers, the two athletes first encountered life on skis which soon grew into a deep passion for the sport. Further into their ski career, their experiences competing helped them gain independence, confidence, and embrace growth on and off the slopes.

Growing up, Hedden was mesmerized as he began watching his mom skiing in Spain. The early exposure to the sport immediately sparked his passion, which has only continued to grow. Hedden is now a member of the Crystal Mountain Freeride Team. Hedden emphasized his love for the freedom within freeride skiing by choosing his own direction.

Hedden described how he grew bored of leisurely skiing with friends and was drawn to compete. He added, “I wanted to push myself and see my progression result to something.” Hedden has now achieved a top-five award on his home mountain and continues to aspire to make it to the national competition this April.

“My first competition, I was so nervous I fell four times because I had no belief that I could do it,” Hedden admitted. He highlighted his experience overcoming nerves and self-doubt before competing. Hedden shared the importance of his physical training along with visualizing his success to compartmentalize fear and re-establish a sense of confidence.

Hedden learned how to conquer obstacles and now feels at ease during dan-

gerous high-pressure situations on the mountain. Skiing has helped Hedden express himself and shaped him into a calm person on and off the mountain. “Whenever I am in a nervous situation, I remember what it feels like to drop in for a competition,” He added.

Lily Frazzini started ski racing competitively at seven years old. As a member of the Crystal Mountain Alpine Club, she began developing a strong sense of independence and community as she began skiing with friends.

“During training sessions, the coaches would say, ‘Meet here, and if you’re late, do ten pushups, but other than that, go have fun and ski by yourself,’ she explained. The coaches held skiers accountable through a direct yet easygoing coaching style. This coaching method helped her rely on herself instead of her parents.

Most of all, Frazzini loved the adrenaline of competing. Frazzini described the feeling as she would approach the starting gate, saying, “You get really nervous... then your mind clears, and you get in that zone, relying on what you’ve worked on.”

Hedden and Frazzini’s passion for skiing transformed into valuable life lessons. Skiing competitively has tested their limits physically and mentally as they learned how to overcome challenges. Both athletes’ experiences are a testament to how sports inspire growth, resiliency, and independence.

Will Hedden shredding through powder at his home mountain, Crystal.
Photo: BROOKE NOWAK '26



The Panther
X
Film Club

Scan here to see a great short film!

More Than Just a Ride: Everything to know about Prep’s Ski Bus

ANDRE MATHEW '27
Staff Writer

At the break of dawn on Sunday mornings, while most Prep students are still tucked under their covers, a group of dedicated skiers and snowboarders are wide awake. It’s 6 AM and the sleepy hum of excited conversation fills the air as the bus pulls away from Prep, beginning the long journey to Crystal Mountain. By the time the sun starts to rise, these students will be carving down the mountain’s snowy slopes. The Seattle Prep Ski Bus is more than just a ride to the mountain—it’s a cherished tradition, uniting students with a shared passion for winter sports and adventure.

Prep Alum, Sara Welch, took it upon herself to help lead Ski Bus for the last two years. She stated the Ski Bus mission: “it’s all about getting students out in nature, encouraging them to stay active, and giving them a chance to bond with friends in a new environment.” Welch hopes that students “enjoy the thrill of skiing and leave each day feeling stronger and more connected.”

Although Welch feels it’s incredibly rewarding to “see the students’ excitement after a day on the mountain,” planning Ski Bus is no easy task. Countless hours and volunteers go into making Ski Bus both possible and fun. “Securing contracts with both the bus company and Crystal Mountain, coordinating with chaperones, and preparing for each trip are just a few

logistics to manage,” said Welch. However, Welch and many of the parent volunteers love “to be part of a program that brings [students] so much joy.”

“I’d love for them to carry these feelings forward and look back on these trips as some of their favorite memories from high school” Welch concluded.

Nathan Gregg '27 finds Ski Bus special because “you get closer with your friends. You can go up with your family anytime you like, but Ski Bus is a more unique experience. Also, it’s easier since it’s all organized and you can plan around it.”

Ski Bus is a great chance to not only grow closer to your own classmates but make a bond with upperclassmen as well. Gregg said, “I came to Ski Bus with my own friends already, but people were quick to welcome, they were all really nice and friendly.”

“It’s open to everybody” Gregg added. Being an expert skier or snowboarder is not necessary to have a great time on Ski Bus. “Last year I had a friend who was brand new to snowboarding and she still came and had a blast,” Gregg said.

“It’s a great time to relax from school and have something fun to do on the weekend. If you can plan around it, I’d do Ski Bus anytime,” Gregg concluded.



Photo: BROOKE NOWAK '26

Skiers apart of the Prep ski bus hiking at Crystal Mountain to ski in the back country.

Flagging Success:
Girls' Flag Football Team Celebrates
First Year Metro Milestone

PEYTON REMINGTON '26
Staff Writer

With winter sports ramping up again, one team is celebrating its one-year anniversary. The girls' flag football team is set to continue its legacy for a second year, led by coaches Ms. Haywood, Ms. Sassi, and a new addition Katie Brodsky, who also coach's girls' lacrosse. This year, the coaches have once again selected a team of junior and senior girls, with the team operating under club regulations rather than official sports status at Prep.

Despite winning last year's Metro Championship, flag football has yet to be recognized as an official sport and still functions as a club activity. Sam Reed shared that Prep was prepared to transition flag football into a sport this year, but the WIAA ultimately voted not to approve it. Reed explained, "We decided that we would once again operate it as a club. If — and probably when — it is voted in as a sport, we are open to including it as an official sport."

The addition of flag football has received overwhelmingly positive feedback

from the Prep community. Gigi Enell '25, a participant last year and now a team captain, expressed her excitement to continue. She said, "Flag football was an amazing experience, not just because of the victories, but also because it gave me the opportunity to meet new people, make new friends, and try a winter sport I had never played before."

"It gave me the opportunity to meet new people, and try a winter sport I had never played before"

-Gigi Enell '25

Coach Sassi also highlighted the benefits flag football has brought to Prep. Beyond fostering leadership, collaboration, and teamwork, it has offered the girls a creative athletic outlet. Sassi shared, "The girls had such a positive attitude and came up with their own plays, which we got to workshop and develop as a team." She emphasized her goal for the girls to feel empowered and "have a sense of agency in their sport."

In less than a year, flag football has become a thriving program at Prep, providing an enjoyable and inclusive environment for girls to engage in sports. With a mix of experienced players and new talent, the team is poised for another successful season. Stay tuned for updates on the girls' flag football journey this year.



Photo: Courtesy of ISABELLA SASSI
Girls' Flag Football Team celebrates winning the Metro Championship in their inaugural Year.

Fantasy Football Fever Takes Hold at Prep

STEPHEN KASSAB '26
Staff Writer

You may have seen many students playing Fantasy Football around Seattle Prep recently. If you aren't familiar this is when team managers come together and draft a team of NFL players that will score points for them based on their performances. Whichever team scores more points than their opponents, win the game for the week. Charlie Fisk '25, whose team is 6 and 4, says "It gives me something to look forward to on Sundays, and I am now

more invested in games I wouldn't have been before." Noah Ephrem '26, first place in his league, says he "like[s] the strategy and thinking it requires."

Fantasy is not purely skill; it also involves a fair amount of luck. A challenging part is having a great team, until your star players get injured, Fisk says "I had Chris Godwin, McCaffrey, and Nico Collins, until they all got injured, leading me to lose 4 games in a row."

Ephrem says his winning strategy is to look at which players are playing the

lowest rated defense and starts them. He also practiced his drafts many times, claiming that if you have a bad draft, "Your season is pretty much over."

Whenever you are making trades in fantasy you must be careful, as many team managers propose bad trades to new players. Yafet Teamrat '26 said "Everyone is out to scam me; they just want my good players, and offer me bums." Claiming "someone in my league tried trading me Geno Smith for Saquon Barkley and C.J Stroud."

Part of what makes fantasy foot-

ball so fun is the looming threat of a punishment for the loser. Teamrat said that his league "will make the loser sit in a dog cage for an hour while the league participants will pour paints, sauces, and anything else they want on him." Teamrat is especially worried about this as he currently has a losing team. Other punishments being done around the school are forcing the loser to wear an embarrassing outfit to school, get a bad haircut, or running the milk mile.



Photo: Courtesy of SAM REED
Women's Soccer Celebrating a State Championship Win in a Shootout After a Score of 1-1 vs. Roosevelt in Puyallup.



Starbucks Holiday Review

peppermint hot chocolate

Recommendation: Go for the Mocha! More flavor and a little caffeine boost!

Iced Gingerbread Oatmilk Chai

"I am usually not a fan of chai but this is really good" - Ben Burman '25

CHESTNUT PRALINE LATTE

"Aroma is very potent but lacking flavor" - Delaney Meehan '25
"Tastes like when you light off a firework (not in a good way)" - Wyatt Hansot '25
"Tastes hot" - Truman Neuburger '25

cranberry bliss bar

"Blissful but would be even more blissful without the cranberry" - Ben Burman '25
"I love the icing and the cranberry adds in a fresh kick of flavor" - Delaney Meehan '25

cold brews

SALTED PECAN

Reccomendation: If not a big coffee fan add the cold foam to drink of your choice!

CARMEL BRULEE

"You can't even taste the cold foam" - George Hurley

cran-merry orange refresher

Recommendation: Add lemonade for a more flavorful refresher!

SNOWMAN CAKE POP

"Gimmicky because tastes the same as a regular cake pop" - George Hurley '25

dark toffee bunt cake

"Trying to be moist on the outside, but inside is dry" - Delaney Meehan '25

baked apple croissant

Recommendation: Worth trying but your go-to croissant might be the way to go!

Graphic: CHARLOTTE FLYNN '26, SOPHIA MAGNANO '25

SKI SPOTS NEAR PREP

Alpentel

Distance: 55.4 mi
Elevation: 5,420 ft.
Avg. Snowfall: 341"
Number of Lifts: 5 lifts
Acres: 825

Mt. Bachelor

Distance: 363 mi
Elevation: 9,081 ft.
Avg. Snowfall: 410"
Number of Lifts: 12 lifts
Acres: 4,323

Stevens Pass

Distance: 97.6 mi
Elevation: 5,845 ft.
Avg. Snowfall: 460"
Number of Lifts: 12 lifts
Acres: 1,125

Whistler Blackcomb

Distance: 219 mi
Elevation: 7,156 ft.
Avg. Snowfall: 334"
Number of Lifts: 37
Acres: 8,171

Crystal Mountain

Distance: 77.7 mi
Elevation: 7,012 ft.
Avg. Snowfall: 486"
Number of Lifts: 11 lifts
Acres: 2,600 acres

Schweitzer

Distance: 381 mi
Elevation: 6,400 ft.
Avg. Snowfall: 300"
Number of Lifts: 10
Acres: 2,900

Graphic: CHLOE HORNER '26

PANTHER GIFT GUIDE

dad gift guide

- dark chocolate
- belts
- cologne
- dad joke book
- thermos

stocking stuffers

- LEGO power tech
- historical books
- new kicks
- sentimental gifts

Graphic: PEYTON LYSEN '26