

The Seattle Prep Panther

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Amigos de las Americas: Empowering Youth, Strengthening Communities

LUCY BUCKHOLTZ '27
Staff Writer

Amigos de las Americas has been providing high school students the opportunity to volunteer in Latin American communities for over 60 years.

Founded in 1965, Amigos main goals are community development, cultural exchange, and forming leadership. On these programs, students gain valuable skills and are left with lifelong memories.

Amigos is rooted in its commitment to fostering global citizens. Each summer, hundreds of volunteers travel to countries like Costa Rica, Paraguay, the Dominican Republic, and Panama, where they work on community-driven projects. These

projects often focus on health education, environmental sustainability, and building infrastructure, addressing local needs while participating in cultural exchange.

“The biggest takeaway is how important language is in building relationships. I made such strong connections with people who live across the country in very different environments through speaking Spanish and improving our language skills with each other,” said three-time Seattle volunteer Rani Jacobs, who attends Lakeside.

Amigos is an incredible experience that leaves volunteers wanting to come back each summer to further their service.

“What made me want to come back was the relationships I built with locals, the unique experiences in nature, and being in rural areas that are just beautiful with rich

biodiversity. It was also amazing connecting and getting close with other high schoolers, improving my Spanish skills, disconnecting from screens, and getting a break from typical life back home.” Jacobs said.

Volunteers are left with both a new understanding of the world and leadership skills. They ultimately become a part of a new community

If looking for a summer program rooted in service while experiencing new cultures and making life-long connections, Amigos de las Americas is the perfect opportunity!

Celebrate Scholastic Journalism Week February 24-28, 2025
The first student to match the pet with the teacher and email seapreppanther@seaprep.org with the correct answers will win a gift card!
Be on the lookout all this week for more fun and giveaways!

Animals at Prep

Match each teacher with their pet!



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.

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

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

Bowling Takes Home Metro Championship, Eighth at State

Bowling, the newest addition to Seattle Prep's many sports teams recently won the Metro Championship and placed eighth in the State Championships.

This was the highest placing in the eight years the program has existed at Seattle Prep.

The Panther bowlers were led by Annabelle Bowman '27 and Emma Le '26 who rolled consistently all season long.

Coach Mike Massoth has coached the Panthers all eight seasons, including four state finishes.



ChatGPT Taught at Prep: AI as a Learning Ally

GEORGIA LIMBAUGH '26
Visual Editor

Chat GPT has grown to be a keystone aspect of the lives of many Prep students and teachers. Launched in 2022, Chat GPT has grown exponentially in site traffic as well as in functionality.

"It kind of just burst onto the scene. I was surprised how quickly it got adopted," said Media Literacy teacher and member of the EdTech team Mr. Danielson when asked about his first impression of the growing website.

Ms. Kramer, the Assistant Principal for Teaching and Learning, who discovered Chat GPT thanks to a heads-up from

Danielson, said "I knew it was one of those things that could do a lot more than we could even imagine at that point in time."

Chat GPT was quick to enter the learning scene, making educators wonder how it could be used to improve the learning process of students rather than stunt it. Many teachers felt concerned in the early days of Chat GPT as they pondered this question.

"I needed to figure it out in terms of education because these students who are headed out into their lives need to learn to use it in an ethical way that eventually helps them with their job," said Danielson.

It is easy to abuse Chat GPT due to its seemingly endless abilities, however, it

is able to be used in proactive ways that help to grow the minds of students rather than restrict them.

Kramer is adamant about using Chat GPT in ways that allow students to expand on what it produces. Her freshman theology class is currently working on an assignment in which they craft a prompt to put into Chat GPT that constructs a skit between three people with different perspectives on religion. The students then are able to analyze the skit and decide whether the result is accurate or not. Based on the results, students can then adjust their prompt in Chat GPT in order to create a more precise skit. "The point isn't to teach them how to write a skit. The goal is to learn these three perspec-

tives better," said Kramer.

This assignment is able to teach students about the content of the class while also encouraging them to think critically about how to use Chat GPT and how to feed it prompts that enhance the learning process.

"I think the best way for students to use it is just as an introductory tool to help them brainstorm ideas. It's not substituting their work, it is just making it a little bit easier," Danielson claimed.

"At Prep, we are interested in trying out new things and giving our students the tools that they need to understand how to use things like Chat GPT in the world." Kramer pointed out.

College Dreams Come True For Prep Athletes

AUDREY POPP '26
Staff Writer

Competing in athletics at a top university has become a reality for three Seattle Prep students. Even though this is an exciting process, there is pressure of being admitted as well. Although a student athlete may verbally commit to a school, they still must meet admission requirements and academic qualifications. Students Hayden Downer, Beckett Archer, and Win Chandler have verbally committed to top schools Ohio State, Princeton, and Duke and are ecstatic about their future in sports and academics.

Beckett Archer, who has verbally committed to playing lacrosse at Princeton, has had a personal connection to the university. "It was where my dad went to college, so it has always been a dream of mine" His family has been a big inspiration to him and his endeavors in lacrosse. His brother has

inspired him to go D1 and has supported him through his recruiting process and college and is a big reason why he has pursued lacrosse to this extent. From a young age, Archer has played lacrosse, he currently plays for the club team, Mad Dog National Black and West Elite alongside Chandler where he found a strong support group of coaches and teammates, fueling his passion and drive to achieve these dreams. Since Archer's brother plays for John Hopkins and went D3 for football, it was natural that he went through the same recruiting process himself, trailing in his brothers' footsteps.

Win Chandler faced a decision between two prestigious schools: Princeton and Duke. Although he felt certainly lucky to have both schools show interest in him, ultimately, he chose Duke, drawn to the school's culture and sense of belonging. Similarly to Archer, Chandler was influenced by his older brother, a lacrosse player

at Hobart University.

Although both athletes have verbally committed to the school, it does not mean they are off the hook. Chandler explained, "we still have to maintain good grades, but the colleges are definitely more focused on athletics."

Hayden Downer has been asked to play softball at The Ohio State University. Downer started her recruitment process when she was 13. She described it as, "pretty stressful not knowing who would contact you, but I knew I would end up where I wanted to be." Similarly to Archer and Chandler, the recruitment process was long, but she said, "after you can start communicating with college coaches the process goes pretty fast."

Downer's decision to commit to Ohio State gave her a clear vision of what her future could look like. "At Ohio State I could envision myself becoming the best

player I can be."

Additionally, Ohio States' renowned nursing program and its strong athletic support made it the university a perfect match. She is motivated and feels a sense of purpose as high school comes to an end. "There is a clear plan, and knowing what I'm working towards really drives me," she explains.

As these three juniors patiently await the exciting opportunities close within their reach, they remain committed to building skill in both their academic and athletic pursuits. These students show how hard work and passion can lead to a future of opportunities. Archer says, "We are lucky to have this kind of decision-making process for college and we have worked really hard for this."



Photo: HAYDEN DOWNER

Hayden Downer playing smiling ear to ear while playing outfield during a Seattle Prep Softball game.



Photo: WIN CHANDLER

Win Chandler dominating the field during a Seattle Prep lacrosse game as fans cheer loudly on the sidelines.



Photo: BECKETT ARCHER

Beckett Archer passing the ball to his teammate before securing a win for Mad Dog Lacrosse.

Do's and Don'ts of Driving Around Prep

PEYTON REMINGTON '26
Staff Writer

Driving around Prep may start to become more difficult as more drivers are hitting the roads with sophomores getting their licenses. An influx of the number of cars around Prep has started to appear, making the driving scene become more stressful. Here are some tips to stay safe and out of JUG for driving and parking.

The increased number of new student drivers has started to make the already limited parking arrangements become scarce. Upperclassmen may feel obliged to

park illegally or outside of the arrangement, without a full understanding of why this is so frowned upon by administration. As construction and updates around Prep started to ramp up in the late '90s, a legal agreement was made between the neighbors and Prep itself. It stated that students wouldn't park in the restricted parking zones in and around the neighborhood, in exchange for the neighbors to comply with the construction happening around their homes. Dean of Students Mr. Hendricks commented that "The neighbors could have commented that [the construction] would be too much of an impact on their neighborhood, so this was our way of navigating that."

Another tip is that next time you get behind the wheel around Prep, remind yourself you are still driving in a neighborhood. There are an increased number of pedestrians and children, whether they are crossing or biking on the side of the street, so proceed with caution. Remember the speed limit is 20 on most streets, especially when it's dark and rainy on most winter mornings. It's better to be safe than sorry!

Hendricks also stated the importance of registering your car to Prep. He said "We ask you to register your vehicle license plates so that we can find who you are because most of our neighbors are good about letting [Prep administration] have the first

shot of trying to get you to move your cars."

The agreement between the neighbors and Prep is the reason why JUG is given as the punishment for any driving misdemeanors by students. Prep agreed that students that violated the agreement would be disciplined by administration as a substitute from the neighbors themselves towing the cars or getting law enforcement involved.

Driving around Prep requires responsibly and carefulness. By following these tips, you can ensure a safer environment, better relationship with the neighbors, and stay out of JUG!

New Social Studies and English Electives Balance Student Interest and Differing Perspectives

KATE CANNON '26
Online Editor

Encouraging growth both academically and personally, Prep announced they will be introducing an exciting range of new electives that will expand students' opportunities to dive into subjects that spark their curiosity and passion. These courses will offer students new ways to think, learn, and grow encouraging them to approach complex topics from multiple perspectives and deepen their understanding of the world around them.

In the upcoming 2025-2026 school year, students will have the opportunity to take a variety of electives in both Social Studies and English. The new additions for Social Studies are AP Psychology, AP African American Studies, and U.S. History Post-Vietnam. The new additions for English are two new semester long courses: Utopias and Dystopias and Heroes and Monsters.

The addition of these courses to the curriculum did not happen overnight. Mr. Elsner, chair of the Social Studies department, said "It starts with teacher conversations, thinking about what would be good for students and what other schools and colleges are offering."

The teachers then took what they had gathered and surveyed the junior Collegios. The survey allowed students to rank the potential new electives from what they would be most interested in taking to what they would be least interested in taking.

The response from students has been

overwhelmingly positive. Students are especially excited about AP Psychology, as it is technically a Social Studies class, but also incorporates aspects of science. This allows a variety of different people to be able to teach the course, who are not necessarily Social Studies teachers.

These new electives not only provide students with more choice but also enrich the existing curriculum. For English, offering a broader range of literature is especially important.

"Giving students more options of the type of literature they can read and engage with, different types of stories from different perspectives, is great" Elsner said.

Through these courses, Prep not only wants students to improve skill development, but also learn about things they are passionate about. The addition of these new electives gives students a chance to do so.

Elsner added, "The more classes we offer, gives students more of an opportunity to take a class they are really interested in learning about which will then help them become better learners, better writers, and better readers."

With these exciting new additions, Seattle Prep continues to adapt and grow. By offering engaging courses, Prep is not just expanding its curriculum but is also opening doors for students to discover new areas of interest and passion. This creates a learning environment where curiosity is encouraged, and students are empowered to dive deeper into subjects that truly excite them.

"It starts with teacher conversations, thinking about what would be good for students and what other schools and colleges are offering."

-Mr. Elsner

Fr. Greg Boyle To Speak During Peace and Justice Week

LAUREN RANEY '26
Staff Writer

Guide your attention toward Jesuit Priest and founder of Homeboy Industries, a familiar name around Prep, and a keynote speaker for Seattle Prep's 2025 Peace and Justice Week, Fr. Greg Boyle.

Fr. Greg Boyle is well known for finding ways to transform the problems of gangs and violence in his cities. In the 1980s in Los Angeles, Boyle served as pastor of Dolores Mission Church in Boyle Heights California until he started focusing on the gang activity within the neighborhood, recognizing that traditional law enforcement wasn't making much of an impact on gang involvement. This recognition led to the creation of Homeboy Industries, the world's largest gang rehabilitation and reentry program.

Boyle has done and continues to do bountiful work for communities as he speaks at schools, conferences, and other groups across the country, inspiring many. "His work and life are an example of overwhelming care for others that is without condition and qualification", Ms. Miller, Christian ser-

vice director at Prep, explained. This year's Peace and Justice week's focus, "We are Each other's Keepers", is going to be enhanced through Boyle's visit as students are called to care for all our neighbors in solidarity and love.

"Hearing Fr. Greg speak to share with us some of what he's done but also his why", is something Miller hopes to be a big inspiration to the Prep community, "it invites all of us to think about how we might pursue the Magis in being with others".

The Prep community should look to Boyle's passion and determination in his work and be inspired by how his faith guides him: "Fr. Greg is a real example of someone who relies on his relationship with God to give him the wisdom, spirit, confidence, and humility, to do what he does and do it so well" Ms. McNeill, Theology Department Chair, explained.

Fr. Greg Boyle is undoubtedly a great example of the kind of person we should aspire to be, and Prep should greatly look forward to hearing from him during Peace and Justice Week this spring.



Photo: Courtesy of Homeboy Industries

Fr. Greg Boyle will come to Prep to speak during Peace and Justice week this spring.

Outstanding in Her Fields

CAM WELD '26
Staff Writer

Familiar faces are common at Prep, but out of all of them Mrs. Teresa Fields stands out as the most recognizable. Across her 25 years at Prep, she has consistently demonstrated her care for students and passion for her job.

After graduating from Holy Names Academy in 1978, Fields attended the University of Oregon and Seattle University. She then lived on the East Coast for 10 years while working as a banker, before moving back to Seattle and marrying a Prep alum.

After a short stint working at O'Dea High School, Fields came to Prep in 1998. Since then, she says, she's had jobs in "every [building] and office."

She began her time at Prep working in the principal's office, the role Mrs. Ovenell occupies now. After 12 years in that position, she created the first Human Resources Department at Seattle Prep. She worked on the business side for several years until 2013 when she moved to the attendance office, the role for which she is best known for today.

Fields says that during her time at Prep she has transformed quite a bit. "Prep is a really important part of my life," she said.

"I would call it my faith community. I am a lifetime Catholic, and this is where I celebrate the sacraments."

She makes it clear that her passion for her work comes from serving students and their families. "Why I love working here is the students, first and foremost."

She also noted, "I definitely serve the families just as much as the kids. Interacting with [the] parents is a great joy of mine."

Fields explains that during her 27 years of working at Prep the most important thing she's learned is "how to dial into a student and help them."

"I've learned how to help a student take the rocks out of their backpack," she says. "Five times a week a student will come in looking frantic and say, 'Mrs. Fields, I've lost my phone!' Four out of five times it's in their backpack"

While most students are constantly anxious and rushing, Fields maintains a calm and steady presence on campus. "You don't have to be so stressed all the time," she says. "Yes, you need to be on time [to class], but the bigger lesson here is empowering [students]. You need to be more confident."

In her free time, Fields enjoys quiet hobbies such as cooking, gardening, reading, and spending time with her fam-

ily, which consists of her husband, her two sons, and her dog. She says that when she's not at school, she plays a very different role than what people know her for.

"When I step in the door in the morning, I fit into a role and my role is Mrs. Fields, the attendance director. But when I

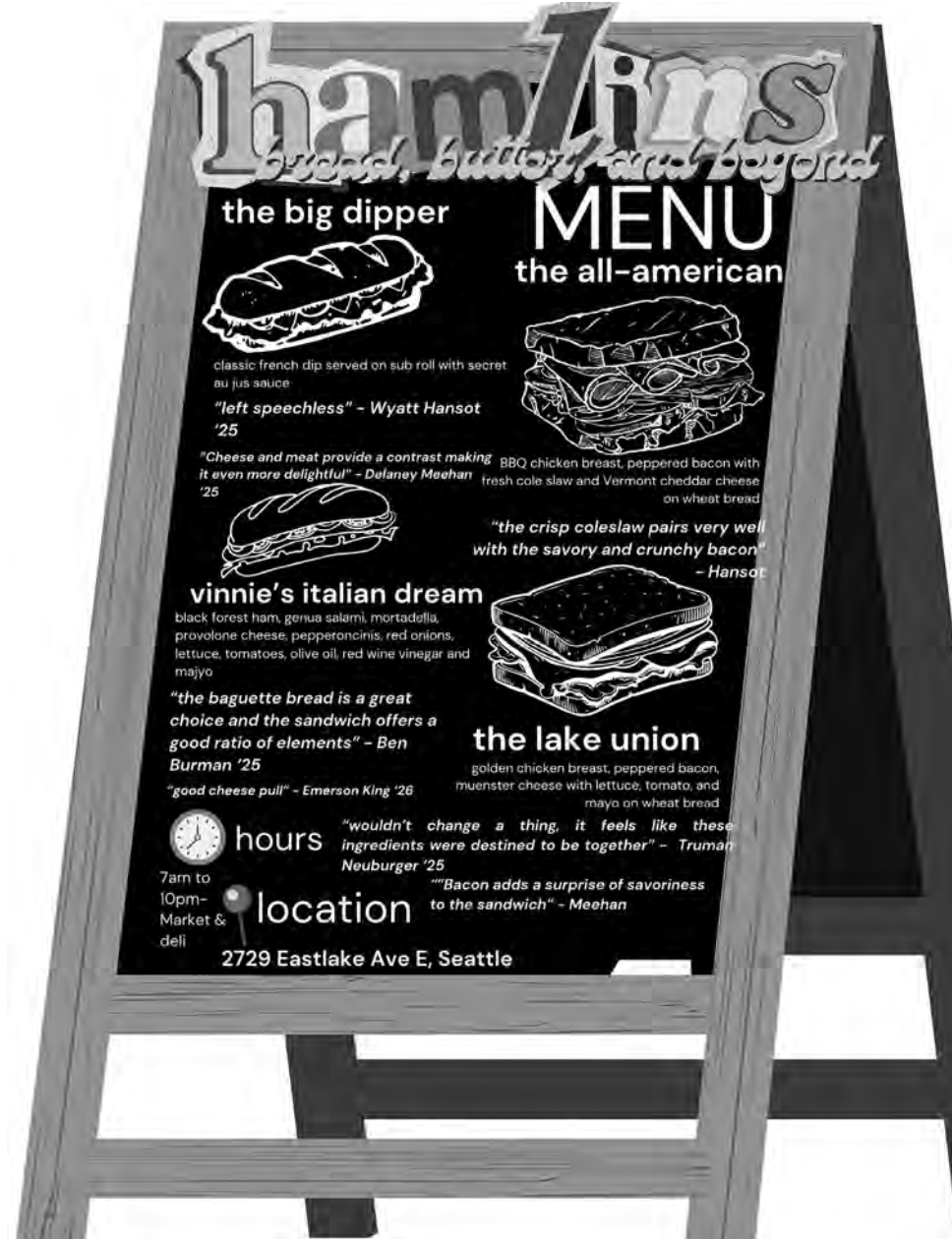
leave here, I'm Teresa. I'm very much an introvert. I can do this job, but then I have to go home and be alone for a while."

Fields has come to embrace the friendly face that people know her as. "People think of me as that person, and so that's who I am."



Photo: TALISSA DEVERA

Mrs. Fields in her office at school. She has worked in the attendance office since 2013.



Hamlins Market and Deli, the place to go for an easy school lunch. With a versatile menu full of sandwiches.

Joe'z: Rekindling Community, One Burger at a Time

SOPHIA MAGNANO '25 & CHARLOTTE FLYNN '26
Editor in Chief & Visual Editor

Joe'z is a restaurant and market that draws inspiration from the old Hop-In Market that once buzzed with the Prep community down the street. Seattle Prep alumni Christian Deysine '15 and Jackson Hazzard '15 have set out to revive a cherished sense of community through their new restaurant.

Deysine, a graduate of Boston College, initially pursued a career in corporate finance but soon discovered his true passion lay elsewhere. He left the corporate world and dove headfirst into the food industry, starting with burger pop-ups.

"Pop-ups are a lot of work," Deysine shared, reflecting on the challenges of hauling equipment, preparing food, and constantly looking to secure jobs. Realizing the potential of their product, Deysine and Hazzard, decided to trade mobility for stability and opened a brick-and-mortar restaurant.

The name Joe'z is a nod to where Deysine and Hazzard first met, at St. Joseph Elementary School. For Deysine, the goal is clear: "When I first envisioned this place, I thought about how everyone went to the Hop-In for lunch or after school. It was a place the community really cherished, and I hope I can help recreate that."

Located in a turn-key space, Joe'z offers a blend of restaurant and market. The menu features a variety of breakfast and lunch favorites, from egg sandwiches and Caesar salads with homemade dressing, to an array of burgers and sandwiches paired with fries, tater tots, and their signature Joezause. For coffee lovers, the full espresso

bar is a must-try, and the market side provides small convenience items, making Joe'z a one-stop shop for the neighborhood.

Open from 7 a.m. to 9 p.m. for the market and 7 a.m. to 3 p.m. for food, Joe'z aims to serve as a versatile space where customers can grab a meal, shop for essentials, or simply hang out.

For Deysine, leaving finance was a leap of faith, but it's one he doesn't regret. "I was never really passionate about finance, but with this, I feel like I want to go to work each day and have something to get better at," he said. His co-owner, Hazzard, brought valuable experience from his time managing the wine section at Costco, which has helped streamline operations like curating and inventory.

The pair is committed to making Joe'z a thriving hub for the community. "I love that I am already reconnecting with my community, from old classmates to Prep teachers," Deysine said. "I think that this casual run-in helps build positive, natural relationships with people."

While the ultimate goal is to make Joe'z self-sustaining enough for its owners to take a step back, Deysine and Hazzard are focusing on the present. "It's already really hard managing one restaurant, but who knows—hopefully, long-term, I could have multiple restaurants," Deysine remarked. "But I don't want to think about those potential restaurants until we can get this place to be the best it can be."

Above all, Joe'z is about passion and connection. "I realized, and I hope others do too, that at the end of the day you are going to be by far the best at what you are passionate about," Deysine concluded.

Ignite Fuels Creativity and Confidence

MARGUERITE BINDEL '26
Staff Writer

"It's in our nature, as humans, to make art; we do it to play, to explore, to respond to the world we live in. And art is a powerful force for shaping culture. Artists change the world," said Mrs. Dotsey, faculty advisor for Ignite. Ignite, Seattle Prep's visual arts and creative writing magazine, is an outlet for many students to showcase their artistic talents.

Ignite's leadership team, made up of four junior leaders, has been the driving force behind the art contests hosted this year. Since the Ignite magazine is only published during the annual Arts Week in the spring, these contests help spread awareness about Ignite, encouraging more students to join and discover their creative passions.

One of the leaders and artists, Grace McGowan '26, shared, "I have always loved to write: poetry, short stories, etc. Ignite has helped me find a community and be able to share my art with others." For McGowan, Ignite has been instrumental in building her confidence and helping her feel proud of pursuing something that others might see as "different."

Ignite has been a part of Prep for many years now, but before Ms. Dotsey became its moderator, it was known as "Second Face." The name reflected the idea that artists have an alter ego—a creative identity. When Dotsey took over, driven by her love for art and especially creative writing, she decided to rename it. "I just have one face, my art one," she said. "I changed it to Ignite

because through our art, we can light the world on fire." Art, she believes, is a powerful way for people to express their thoughts and evoke strong emotions in others.

Ignite connects deeply with Ignatian values like Magis—"the more"—and Cura Personalis—"care for the whole person". Art's beauty has the power to lift people up, fulfilling the Magis by inspiring and enriching others. Similarly, Cura Personalis is reflected in Ignite's mission to provide a platform for students who might otherwise never be fully seen.

Parker Tuininga '26, a member of Ignite, reflected on the flexible structure of Ignite's leadership team, "It's nice not having set roles because we are able to all work together and help in any part of the club. It makes it much more collaborative."

Ignite is a place where everyone supports one another in creating art and managing the club, allowing creativity to shine in all aspects.

For many, Ignite is a safe and welcoming outlet for creative expression. It helps students build confidence and embrace their passions. To those who might feel hesitant to submit their work or join Ignite, the team offered this encouragement: "It's not weird to have hobbies, and being your most unapologetic self will make you so happy. Confidence is key."

Ignite is a celebration of creativity, individuality, and the transformative power of art.



2919 Fuhrman Ave E, Seattle, WA 98102



Co-owners, Deysine and Hazzard, smiling big while working at their pop-up.

Hadestown Hits the Stage at Seattle Prep

PEYTON LYSEN '26
Staff Writer
Mesmerizing and mythical, "Hadestown", an eight-time Tony award winner, including Best Musical, follows Greek tragedy characters Orpheus and Eurydice as they follow each other into the underworld in a search for true love and self-discovery. And now, this nationally renowned musical opens in the Healy Chapel Theater on February 21st and runs for 3 weeks at Seattle Prep.

For a long time, most students at Prep were in the dark about the winter musical. Whispers were thrown around for what it might be and it was the job of the cast and crew to keep "Hadestown" as Prep's best kept secret. The reasoning for this was a matter of licensing and rights, and the newness that comes with putting on a production that has never been allowed for high schools to perform.

Since "Hadestown's" opening in 2019, it soared in popularity drawing crowds of people from all over the country, regardless of whether they were musical theater fans or not. "Hadestown's" infusion of jazz and poetry into the lyrics of its songs and the style in which it is told is what has made it such an attractive show to see. This is one of the main reasons that attracted Director Mr. Othman to the show.

"I love how it infuses jazz music in

a whole New Orleans vibe of the show, it's a musical that's different from other musicals- it's not just about song and dance, every song, every dance feels like the heartbeat of the characters as they go through this emotional journey of love and loss and trying to regain their love or save their love." Othman said.

This musical will be something entirely different and unlike anything that Prep has put on before. The complicated harmonies and poetry style that Hadestown uses require top-level skills and technique from actors.

Junior Clara Schneider said "to audition you had to do a music and dance audition for an ensemble role. If you wanted a lead role, you said a poem in addition".

The purpose of the poem was to assess if actors could speak well in poetry just as the musical required. In addition, Schneider said that she researched the different roles and their backgrounds to make sure she had a clear and accurate understanding of each character and was well prepared.

In just under two weeks, Hadestown will open at Prep finishing on March 8th. The numerous hours of rehearsals will come to an end and the actors and audience will be left to see a beautiful Greek tragedy unfold unlike anything at Prep before. With unique choreography, haunting lyrics, and an incredible cast, Hadestown promises to be a moving tale of Greek mythology that you just can't miss.



Belle King and Joe Maskill star in Seattle Prep's production of Hadestown.

Inside Seattle Prep's Latino Club

DHANI WIDODO '27 & TUCKER PUNKE '27
Staff Writers

Lately, Latino Club has been making a mark at Prep. Whether it is presentations at Global Perspectives week or celebrations of Día de Los Reyes Magos.

Veronica Cuevas is a junior at Seattle Prep who acts as the junior executive for Latino Club. As a junior executive she plans for upcoming events with her co-presidents Regina De Villasante and Olivia Rodrigo Dermody and club supervisor, Señorita Palmer. Cuevas uses her Chilean heritage as a way to forge inclusivity and welcoming.

"I was really interested in what clubs I could join, and I always wanted to be in the role of a leader and I thought this would be a perfect opportunity to do it and be involved in my culture," said Cuevas, sharing her inspiration to lead Latino Club. "Also, there's not a lot of Chilean representation at this school."

For Señorita Palmer, the decision to become leader came down to cultural immersion and inclusion: "As someone who didn't

grow up in the Latino tradition, I've always been interested in learning about Latino culture. Without Latino Club, there's not a space for our Latino students to really feel included and seen."

With Cuevas and Palmer at the helm, Latino Club continues to expand its boundaries. The club has plans to get more involved with some of the many affinity groups that Prep offers, such as the Black Student Union and the Asian Pacific Islander Club.

"We're looking at a meeting with FIG, too," added Palmer, "to focus on Latino women that have been influential in our country or throughout the world."

With a clear path paved for the rest of the year, Latino Club will continue to celebrate holidays and traditions, highlighting student ideas and traditions. But Latino Club also hopes to expand its audience here at Prep. Cuevas, on behalf of Latino Club, comments:

"Everyone is welcome. Our goal isn't just to have Latino people in the club, but our goal is having everyone."



Latino Club's leadership board celebrates La Navidad with cherished community members. Photo: TALISSA DEVERA

Trials and Tribulations of Olympic Week

BEN SCHWARZ '27
Staff Writer
Olympic Week has always been something Prep takes very seriously. It's not just great competition - it's a defining moment of each and every school year.

Every year, grades are divided into individual Collegios and compete against one another in a mixture of games that creates great competition. The week is organized by Prep's ASB Team, led by Senior Kenny Ouedraogo. Last year was a great success, but there are still many ideas that can make this year even better. Ouedraogo said that the Merlino Center was a big part of the success last year, and that it brought a sense of community between all the students. In addition, the Merlino Center hosted one of the more highly anticipated events, cornhole. To Ouedraogo, "watching the pickleball games from the mezzanine with the teachers against two freshmen. It was really entertaining to watch, and they kept going back and forth."

Over the course of Kenny's time at Prep, Olympic Week has grown larger and larger and has become a more integral part of Prep's school spirit. He believes that this year is going to be the best one yet, as he said "we have been trying out some different games for some years, so during my sophomore year there was inflatable jousting, and I remembered we also played a game called Panther Pursuit, which was like Clue where you had a

Scavenger Hunt, and you had to find all of the clues. I feel like all the like experimentation and some of the consistent games is perfect."

But what has changed this year? There will be new and improved activities and building on what was successful last year is a

tion, he wants to help future years of ASB to streamline some of the difficult processes. For instance, Ouedraogo created a shirt committee to change the way shirts are distributed amongst the grades. This is because "we get a lot of shirts every year, and

specifically with Olympic Week, it takes up the whole ASB budget. And this is for shirts that people aren't going to really wear again, so we're researching that now to see if we can move to jerseys. And at the end of Olympic Week, we'll get them back and store them away."

ASB recently made the decision to change the way shirts are being distributed. Prior to this year, each grade was given shirts with corresponding colors, but now the move has been made to pinnies - other than the seniors, who will get their own shirts to keep.

It's some of these things that ASB does to further improve our community. Every year has new ideas that help the experience even more. Or as Ouedraogo calls it, a "long investment and my hope is that the money can go towards things like the class budgets and potentially other clubs too while saving ASB money in the long run."



McHugh gym hosts 2024 Faculty-Senior handball showdown.



Graphic: KYLIE BARCLAY '28

"I get to listen to all of the choirs (or musicals) songs ahead of time and catch up on all things Prep related." - Mr. Smith

"It's convenient to have someone to drive me home from school when I have after-school activities." - Joshua Mitchell '28

"Me and my mom worked on like jeopardy together and I got to teach a little about German culture which was really cool." - Marlon Reichel '28

"I get to share with them not just the place I call work - but Prep as my home, our home. They have experienced Prep for so many years, from coming to games, to summer camps, to hearing me talk through my days." - Mr. Meza

"I like that when I have an online doctor appointment, I can just do it in her (Ms. Kramer's) office- Jack Kramer '25

Graphic: ANNABELLE BOWMAN '27

Next Gen of Educators: Planting Seeds for Success

Passing It On: Ms. Petro's Journey Back to Prep

PAIGE REMINGTON '27
Staff Writer

Prep welcomes back Alumni Service Corps (ASC) member Ms. Emily Petro. Petro is a graduate from the Class of 2020, who has returned to share her love for science and give back to a community that shaped her. After graduating from the University of Washington, she balanced intramural basketball, soccer, and volleyball; lab work at Harborview; and being part of the sorority Pi Beta Phi. Reflecting on her time at Prep, she felt a strong desire to return and give back to the community that had shaped her. "I choose to come back because I loved it here," she shared, "Prep has a really great foundation for life and school."

Petro attended St. Anne's for grade school, carried on her passion for trying new things during her four years at Prep. As a student, Petro participated in basketball, golf, book club, and Global Justice Coalition club (GJC), but it was basketball and golf that stood out as her favorites. "I tried to dip my toes into anything I could," she said, and that spirit of trying new things has carried over into her work at Prep today.

Petro came to Prep with "also wanting an opportunity to teach or be in-

involved in the science curriculum." Currently she is teaching three Honors Biology classes and two AP Biology classes, fulfilling her dream. Despite the challenges of stepping into a different environment, Petro embraced her new role, "It feels weird being back because it's such a different capacity," she admitted, "but it's fun to see myself in others, especially worrying about sports, school, and life overall."

Beyond teaching, Petro offers support to students on their high school journeys. "It's always nice when you can help people because I was once in their place," Petro said. Whether guiding students through science concepts or providing reassurance, she's a relatable mentor who understands their struggles firsthand.

When Petro was asked about her advice for current and incoming students, she shared, "Worry less. I know high school is stressful and can seem like everything you do has an impact on the future but have fun and enjoy it because the four years go by quickly."

Looking ahead, Petro plans to apply to medical school and begin the next chapter of her career in medicine. Preparing for The Medical College Admission Test (MCAT) and her aspirations to work as a doctor, she's making the most of her ASC



Photo: TALISSA DEVERA

Ms. Petro has brought her talents back to Seattle Prep as a member of the Alumni Service Corps this year.

year by teaching and connecting with students. Her passion for the Prep community and commitment to uplifting others have been evident in all that she has done this year.

Prep is glad to have her back, inspiring students in the classroom and be-

yond, while carrying forward the values of service and growth that define the Prep's mission.

Quitlong's Quest: Shaping Champions on and Off the Golf Course

BROOKE NOWAK '26
Managing Editor

Questing for greatness, Coach Gilbert Quitlong has journeyed from swinging a golf club at the age of three to coaching a "championship-caliber" golf team. He has dedicated his career to sharing his passion and demonstrating that golf is not only a sport but also a way of life. As he continues striving toward new heights in his career, he serves as a role model, sharing his passion, philosophies, and values with his players to support their athletic and personal growth.

Quitlong's successful career has included partnerships with Mizuno, working as the golf pro at the Washington Athletic Club, and coaching high school golf teams. He previously coached at Lincoln High School until an opening at Seattle Prep became available. He was easily persuaded by two of his players, Roger Sauvage and John O'Donnell, to join the Prep community. Having attended St. George, Quitlong was already familiar with Seattle Prep and eager to "get back to my Catholic roots."



Photo: BROOKE NOWAK

"I love the inter-watching athletes tee off with the players

and seeing them improve from point A to point B," Quitlong stated. Quitlong emphasizes the importance of teamwork and unity, which is exemplified in the team motto: "When the girls win, we win. When the boys win, we all win."

Quitlong described his goal for the team: "Always seeing the players improve and reach their full potential, while bringing

hard work to the team." He proudly recalled how, in his first year of coaching, the team claimed the Metro League title. "It helps validate our success as a team and the philosophy we have behind our mindset."

Despite focusing on athletic success, Quitlong and Assistant Coach Morris's central mission is to provide mentorship and guidance to players on and off the golf course. "Throughout the season, I try to bring in motivational speakers to find the common denominator between life and sports to motivate the team," he explained.

"He's a mentor that I've looked up to for a long time... and has helped me grow as a player and person," said Frank Dixon, a member of the team.

When reflecting on the most rewarding part of his career, Quitlong said, "It's hard to choose because I haven't reached my limit... it's still going." If there is one piece of advice he would share with others pursuing their passions, he said, "It's a long grind. Don't ever give up... there are always setbacks, but you have to learn from them to succeed."

"I am in love with my experience at Prep... it's like a family," said Quitlong. He has served as an inspirational leader for the Prep golf team and beyond. His experiences and virtues shape him into a role model for all his players. With his mentorship, the Seattle Prep golf team has continued to make metros and will continue striving toward excellence. "If there is one word to describe Prep, it would be 'champions.'"

Resume Tips: What Do You Write?

The stress of finding a job for a high school student can be complicated, overwhelming, and time demanding. Even more so if it is the student's first job. Something that makes it even more stressful is creating a resume to give employers. What is supposed to go on a resume if a student hasn't had any job experience? What isn't supposed to go on a resume? Here are a few dos and don'ts for crafting a job resume.

WHAT YOU CAN DO

- Add teacher references: A teacher is the best source for describing your work ethic since they see your work at school every day.
- Include volunteer work and extracurriculars: Every experience counts. Employers want to see that you have different kinds of working experience, regardless of if you have had a paying job before. Employers also want to see that you have a lot of interests.
- Include your skills: Since we use the Microsoft system daily, that would be a great skill to include. Even if you think the skills you have aren't important, they probably are!
- Include an objective: Employers want to see that you have a reason for wanting a job. A good objective that a student could put for their first job is to "gain working experience in a professional setting."
- Include languages you speak: Even if you have only taken Spanish 1, any experience speaking a language is important.
- Include academic achievements: These are important to include as they speak to your work ethic and dedication to your academics.

WHAT YOU CAN'T DO

- Use references from family and friends: You should use references from people who you have worked for or volunteered for in the past.
- Include irrelevant information: The information should be clear and concise and not tell your life story.
- Include a history of academic classes: It isn't necessary unless your employer is looking for someone with knowledge in a specific area like English or math.

New Senior Capstone Class Combines Theology, Civics

BEN OSWALD '25
Online Editor

Starting in February, seniors will take a brand-new Senior Capstone class, in replacement of previous second-semester Senior Seminars. Prior to this year, there were four different senior seminar options for seniors to choose from. However, these seminars are being left in the past and transformed into a new class: "Civics and Social Action."

Preparation, which began last school year, involved designing the new curriculum for Senior Capstone. Mr. Liu, the Assistant Principal for Student Life, and other teachers pondered many questions. Liu shared some: "How can we make these four courses more aligned to each other and more uniform, so that all seniors get a similar experience?" Additionally, "How can we provide an opportunity for seniors to share their four-year Prep experience through this class?" and finally "What would it look like to really reflect on the grad-at-grad pillars? What would it look like to present a capstone presentation to a larger audience and community?"

These were just some of the provoking questions that led to the creation of the new Senior Capstone. Liu said, "the course is a theology credit and includes civics requirements from the state. Finally, social action is incorporated and wrapping up service and social justice participation at Prep."

Further planning involved selecting teachers to fill this new role and actually teach the class. Like Collegio, there will be four capstone classes throughout the grade

and about 50 seniors in each section. The four "anchor" teachers will oversee each class; they include Mr. Liu, Mr. Guy, Mrs. Matthews, and Mr. Meyer. Their roles will "primarily be the lead for the presentations at the end of the semester," Liu said. They will stay in their individual class the entire semester and not rotate.

Additionally, four teachers will rotate between each class to assist with preparation for the presentations and other capstone curriculum. These include theology teachers, Ms. McNeill and Ms. Laskey, and civics teachers, Mr. Elsner and Mr. Hogan.

"There's a lot of teacher involvement, almost mirroring that of Collegio," said Liu. He also shared that, "this should really be a culminating experience."

Contrary to the past, all seniors will present their capstone presentations at the end of the year to a Prep audience, unspecified yet. The capstone presentations mention how the senior has grown, changed, participated, and left their individual mark on the Prep community. Current seniors listened to these presentations as juniors, so they have an idea about what they will be completing. The biggest goal is "a deep, sincere reflection on the student's time here at Prep," Liu said.

The course promotes the foundations of a Jesuit education. Liu shared some goals: "How can seniors be an engaged citizen in our city, state, and country? How can we take our service experiences and bring that to future work and opportunities?"

Wes Merlino '25 said that he's "excited to start Senior Capstone and learn more about civics and social action to link his time at Prep to his future goals."

The Timeless Impact Teachers Have on Students Outside the Classroom

KATE CANNON '26
Online Editor

Teachers have a profound influence on their students, shaping their academic futures and personal growth. While students spend most of their time in the classroom, there are many things teachers do students are appreciative for outside of the classroom setting. Whether it's through emotional support, life lessons, or simply offering a word of encouragement, the teachers here at Prep understand that their impact goes far beyond the curriculum. They are mentors, guides, and sources of strength, helping students navigate the complexities of life and providing valuable lessons that will stick with students long after graduation.

For seniors, a huge part of their fall semester revolves around college applications, which can be a very stressful time. One thing seniors are very thankful for during their application process is the letters of recommendation that teachers write for them. Mackenzie Leith '25 mentioned when talking about the teachers who wrote her college recommendation letters, "Having them as not only teachers but strong leaders in my life who I look up to made it even more of an honor to have them write a letter of recommendation for me. This showed their immense support for my goals and future outside of the Prep classroom."

Leith took a college essay writing course over the summer before starting her applications. Looking back on the class,

she remembered that the teachers emphasized that every student there was bright, capable and would end up in the right place. Leith said, "This reassurance was honestly exactly what I needed to hear heading into college applications and made the process easier for me." Even just the small words of encouragement by her teachers during a time of uncertainty had a lasting impact.

Beyond the material taught in class, many students appreciate the guidance and advice they receive from teachers, as they are able to learn valuable lessons and incorporate them into their daily lives. Leith recalled one of her junior collegio teachers encouraging every student in their collegio to get a job in customer service at some point in their life. At first, she thought it was an odd request, but after getting a job in customer service at the end of her junior year and working throughout the summer, she understood. She said, "It really helped me understand people better and genuinely altered the way I treat strangers."

Whether through words of encouragement, guidance during challenging times, or simply serving as mentors who believe in their students' potential, the support students receive from teachers outside of academics does not go unnoticed. It is the moments of support and connection that students truly remember and appreciate, serving as a reminder of the profound difference teachers can make in helping to shape students as they grow and develop throughout high school.

Teaching Global Diplomacy Through Model UN

EMILINE BELIARD '26
Staff Writer

UN has a profound ability to allow students to feel the power of moments.

Every Seattle Prep sophomore gets paired up with a partner, chooses a country to represent, does intensive research, and participates in a two-day Model UN simulation at the end of the year.

For students, the country they choose to represent as delegates will be the one they delve deeply into, with countless notecards and research, ensuring they are thoroughly informed about their country's positions and policies.

When discussing the process teachers go through deciding which countries students will be able to pick from, sophomore Collegio teachers Ms. Healy and Ms. Slack explained, "Countries which play a huge role in the global community (Russia, China, US, Israel, Iran) are always countries in UN, but each year we may add or substitute in countries based on locations we ourselves have visited – as this helps us to aid students more on those specific countries."

Geographic diversity in every continent and making sure that there is no over-representation in certain regions are also things teachers consider when deciding which UN countries will be represented each year.

Both Healy and Slack have years of experience teaching and procuring the UN simulation, with Slack having participated in UN as a Seattle Prep student.

When asked what they believe is the most challenging part of UN, Healy stated, "Coming up with a resolution which each country on the committee can agree upon that is realistic and creative can pose a great challenge".

"Additionally, many students struggle with producing and crafting evidence-based analysis in their committee issue papers, rather than simply regurgitating research", Slack explained.

Though UN does present its fair share of challenges that does not take away from the equal or more opportunities for growth, fulfillment and gratification.

Some of the most rewarding aspects students encounter during the UN project is the UN simulation itself, as it is a time stu-

dents can display all the work, research, and time they have spent and put their knowledge on display to parents, friends, and family to witness. Junior Pearl Steele explained, "For me it felt super rewarding to work on a project for so long while getting to learn along the way, and then getting to showcase all the work you've put into the project".

Both Slack and Healy participated in a Jesuit conference in which they discussed the power of moments which UN encapsulates.

Healy described this 'power of moments' being like in a sports match. If a team never competed in a game and only ever practiced, they would never experience the reward for all their hard work. In the academic world there are rarely any of these 'game' moments where students are able to display their work and knowledge. This is a unique part of UN which yields the performance aspect in an academic setting – allowing students to feel proud and successful for their hard work, and having that as a reward, taking place of a letter or number grade.

The decision to place the UN project during sophomore year, within the four years of high school, is because this period

"For me it felt super rewarding to work on a project for so long while getting to learn along the way, and then getting to showcase all the work you've put into the project"

-Pearl Steele

represents a time, "When huge amounts of growth begins to take place, and students begin to think more abstractly, which UN reinforces, preparing students for more challenging history and literature that happens in their junior and senior year" Healy explained.

Steele '26 described how UN taught her that, "It is never a bad idea to start your work early and knock it out little by little. Leaving work for the last minute is never a good idea. Although annoying, getting ahead of things is always better" and this is a lesson that she has carried with her into her junior year.

When considering this project as a whole, Slack and Healy hope that students can gain the following: confidence in their abilities to articulate research and in working through challenges with classmates, as well as building relationships and public speaking skills.

Last, Healy hopes that UN allows students, "To take this opportunity to explore current global issues and be inspired to embrace their role as a global citizen, contributing to efforts that aim to make the world a better place".



Photo: Courtesy of SEATTLE PREP DEVELOPMENT OFFICE
Sophomore Jacob Morales speaks for his country during committee time to the entire UN assembly.

Game On

Video Game Club

Creates Bonds Through Video Games

ANDRE MATHEW '27
JACKSON DIERKS '28
Staff Writers

Vibrant and engaging, Seattle Prep Video Game Club, also known as VGC, is one of the school's most unique and celebrated clubs. One of VGC's most popular activities includes their legendary video game tournaments. Occurring almost every meeting, VGC's tournaments have up to 20 players. Typical tournament games include Brawl Stars, Mario Kart, Super Smash Bros, and more.

VGC meets around once a week during lunch period. A defining feature of VGC is its inclusivity; anyone can stop by for a meeting and there is no official membership that must be confirmed at the start of the year.

Tournaments are formatted in a single elimination bracket-like style. Because of the club's large membership, tournaments take roughly three meetings to complete. Club Leaders, Elliott Hogben '27, Trent Boyd '26, and Grant Bowman '26, work diligently behind the scenes to launch tournaments. "Typically, we have a Discord where we vote on what the tournament's going to be, and then we spend some time creating brackets for the next competition," Bowman said.

The club is open to all, and is very beginner-friendly, however, winning is no walk in the park. Club moderator, Mr. Weeks, gave us insight into how competitive the club is, "Coming to a meeting, I was confident that I could win a tournament, especially the Mario Kart one. I've been playing Mario Kart longer than most



Photo: TALISSA DEVERA
Video game club in action during a Friday lunch meeting.

of them have been alive, but they smoked me. It wasn't even close. They're quite good, very skilled."

When asked about the future of VGC, Bowman responded, "We hope to be able to create more incentives for tournaments so we have bigger prizes or something that we can give to the winner to make it more fun and intriguing to do the tournaments?"

Bowman concluded, "I think that many of us can find a commonality in video games, and having some friendly competition helps create lasting bonds. That's one of the parts that I really want to foster as video game club progresses in the future."

Where is Wrestling?

The Sport Prep Never Had

PEYTON REMINGTON '26
STEPHEN KASSAB '26
Staff Writers

While Prep offers a variety of 14 popular sports from Boys Football to Girls Bowling and Golf, that compete with other Metro schools, one if left without representation: wrestling. Prep is in the minority as most public and private schools in Seattle have their own wrestling program, including Bishop Blanchet, Kennedy Catholic, and Garfield. In the 133 years of Prep, wrestling has never been amongst the sports it has offered. So, the question remains, is Prep missing out?

According to Athletic Director, Sam Reed, the sport was never intentionally excluded from Prep's array of athletics. "Spacing concerns are a main factor [in the absence of the team]."

Wrestling takes place during the winter, a busy time for indoor sports here at Prep. With crew conditioning, pre-season weightlifting, and basketball practices all morning and afternoon, Prep gym spaces are filled for a majority of the week, limiting opportunities for an additional winter sport.

The exclusion of the sport from Prep's athletics does not stop students from participating in it. Students have had the opportunity to join a public school's team. Three current Prep students have been able to take part in the wrestling teams at Nathan Hale, Garfield, and Franklin.

While they are unable to participate in the sport under Prep's name, these students agreed they appreciated the opportunity to connect with other schools. Emmett Samson '26, a wrestler for Garfield, said, "I think it is a good opportunity to be able to meet some people and make new connections."

Gavin Lines '26 wrestles for Franklin and said he prefers the current wrestling situation, "I really like the team I'm on now and wouldn't want to change that."

Prep may be without a wrestling team for some time going forward, there is a possibility one could be formed in the future if there's enough interest. Until then, students passionate about wrestling will continue to find ways to pursue the sport and represent the values of Prep on other mats.

"I think it is a good opportunity to be able to meet some people and make new connections."
-Emmett Samson '26

Want More of the Panther?

Check out the Pawdcast!

This month on the Pawdcast Mason Beckett '27 and Diego Perez '27 interview the cast of Seattle Prep Drama's production of "Hadestown"



Working Behind the Altar: How Ministry Prepares for Weekly Mass

ANJALI FEIDER '28
Staff Writer

With every mass, a team works tirelessly to ensure worship runs smoothly. From the altar to the sound booth, these unsung heroes are the backbone of weekly worship, quietly orchestrating everything from reading to music. The behind-the-scenes efforts at weekly Mass reveal a world of dedication, teamwork, and grace that is vital to every service.

Father Zachary, our school's priest and a member of the community ministry team, oversees the scripture readings, which play a large part in the mass by setting the tone and are standardized worldwide with some flexibility. He mentioned, "How neat is it that the Catholic Church has a scriptural readings calendar that is the same around the world. We generally follow the calendar unless there is a pastoral reason to choose a different one, such as a special occasion."

Ms. Laskey, a member of community ministry, plays a helpful role in preparing mass as well. "We assign roles, everything from the procession to readers to Eucharistic Ministers. We'll run through all the jobs a few times before the mass day to make sure everyone feels comfortable," she

mentioned. Preparing mass takes many people across multiple departments. They must prepare the environment and other necessary supplies, including the eucharist.

Jonah Paulus '25 has been attending weekly mass for as long as he could because he finds that weekly masses and the experiences are healthy for people and their relationships with God, especially through the transubstantiation. He mentioned, "Having a weekly reminder that our Lord gave himself fully to forgive us is such a powerful part."

"Good liturgy engages the community and orients it toward God. We first consider the student experience of mass." Ms. Laskey added.

While preparing mass, the student experience is one of the most important things taken into consideration, which makes the mass even more engaging and meaningful. They often ask themselves "How can we make it more engaging for people of all faiths? How can we encourage participation - in singing

hymns, in saying responses, in listening to the Word of God and preaching?"

"I see the homily as a chance to 'break open' the scriptures." Father Zachary mentioned. Scriptures tend to have powerful messages and more often than not, historical background might be necessary to fully understand the story.

"I also try to include some connection to life today via a story or some insight or observation, to show that, even though we are living 2,000 years later, our lives are not so different from those of the apostles or disciples," he added. The main point he makes in the masses is clear: we're called to show love, mercy, and hope to others. And sometimes he likes to add one of his jokes or two to help get that message across!

The impact of Mass, to Paulus, depends on the day. While sometimes he feels like he's heard certain advice, such as "God loves me," before, he recognizes that others may need to hear it. "There is also

the spiritual aspect, although naturally the social and spiritual aspect are intertwined," he mentioned. He realizes that all aspects of mass, no matter how many times one's experienced it, contribute to creating a meaningful experience for all involved.

Another key part of mass is the closing reflection, leaving the congregation with a powerful message. "We start with looking at the readings for the day ahead of time and sharing them with the Faith in Action class students. For all-school masses, they each write a reflection based on the scriptures and then share them in class to vote on who should be the reflector," Ms. Laskey explained.

This process is a great way for the class to learn about their peers and their journey with God which helps them gain a deeper understanding of one another's unique relationship offering them new perspectives on their own.

Weekly mass serves as an essential opportunity for personal growth, community connection, and spiritual renewal. It offers a space for individuals to reflect on their faith, receive God's grace, and deepen their relationship with both God and fellow community members.

"I see the homily as a chance to 'break open' the scriptures"
-Father Zachary

X-Country's X-ceptional Achievements

AMELIE LAPORTE-MANAHAN '27
STAFF WRITER

X-country: Seattle Prep's impressive fall sports team and one team that consistently sticks out with their size, impressive results and special bond. Seattle Prep's Cross-Country team proves that they are a team to compete with, every year. The boys' program is led by Program Head Andrew Walker. The boys have had many successes over the years with 15 Metro Championship wins, as well as 18 State appearances. The boys have been named State Champions five times, most recently in 2023. The girls have their own accolades as well winning three Metro Championships and four State appearances, being named State Champs in 2020. Both teams have also had many individual success with several standout runners.

Something that makes the cross-country team stand out is the bonds made throughout the season. After speaking with Senior Captain Fiona Dunn, who helped lead the team this past fall, it's clear the culture of the cross-country team is some-

thing special. Dunn has been doing cross country for 13 years starting in kindergarten CYO. Dunn shared that this past season was unique, with around 80 girls on the team. She adds, "It's a really hard sport and you need people there to support you." When asked what she would say to student considering joining cross country, she says, "There's not a lot of pressure. When you join the team, you also get to be apart of a good community with like-minded people." Cross country can be a hard sport mentally and physically but when you are competing with supportive teammates beside you it can be fun. Like Dunn always says, "getting in shape is fun".

One freshman with a notable first year of high school cross country, was Macy Powell. Powell has run cross-country for nine years now. She runs on a club team for West Seattle Road Runners. When I asked Powell what made Prep's cross-country team different than other teams, she responded, "Our varsity was really close. We all know each other really well and we were able to help each other in races". When



Photo: TALISSA DEVERA

The Girls Cross Country team huddles to get motivated and excited for the important meet ahead of them.

asked what she would say to a student considering joining cross-country, her response was similar to Dunn's, "It's a team sport and you'll make friends that will last the rest of your life". The underlying theme of friendship and community seems to run true, on our sports team's here at Prep.

Coming off exciting seasons from both the boys and the girls' teams, it will be exciting to see how the next '25 season will go. Stay tuned and follow along with their progress as best you can, our Prep teams are something special.

Yearbook Captures Unique Moments from a Memorable Year



Photo: TALISSA DEVERA

Mr. Danielson works with two yearbook staff members during a window work period.

CHLOE HORNER '26
MANAGING EDITOR

Year after year, students and "yerds" (Yearbook-nerds) alike tirelessly await the arrival of the latest edition of Echo, Prep's student-run yearbook.

However, the process of creating a yearbook starts in May, when applications to join are sent to interested freshmen. Then, over the summer, the staff attends a yearbook camp at the University of Puget Sound and chooses a theme to focus on.

Kayli Tran '26 is a designer for Echo. She, like all designers, spent her first year on staff writing "copies," or descriptions of different Prep activities and trends that are featured on many pages. Now, in her second-year on staff, she collaborates with other designers and photographers to create layouts and graphics for the pages of the yearbook.

Photographers, or 'togs,' make up a key part of the Echo staff. Designers rely on the images 'togs' capture at various Prep events to display on their pages each year.

Tran described, "Yearbook is a lot of work because there are a lot of small aspects that go into each page that you have to focus on. It's a long process because you start with the basic layout, then find your pictures and you have to communicate with the togs."

Senior Delaney Dorscht is one of Echo's two editors-in-chief and shared that her role mostly involves overseeing the staff's work. She said, "My favorite part is to see it all come together and also flow well together. I think that is a big thing we focus on with design elements and colors; you

want each page to be unique, but you want the whole book to be come together and be cohesive."

At the beginning of the year, Dorscht and her co-editor-in-chief Nina Trujillo '25 randomly assigned pages for the designers to work on. Dorscht explained, "We have a sophomore, junior and senior working on each page and they each have a different role."

There are four major deadlines that the Echo staff works to meet throughout the year. These deadlines, in December, February, March and April, each require about 40 finalized pages. Fall sports and activities pages usually make up the first deadline, while Spring happenings are sent in for the final deadline.

Mr. Danielson is celebrating his 30th Echo publication as staff advisor. He shared, "I still love it. It's amazing and it's so satisfying to work with students starting with the blank slate and going to the end of the final product. When you pop those boxes open and smell that ink... it's so gratifying seeing all that work kind of come out at once."

SOLIANA FISHATSION '26
STAFF WRITER

Zzz's are what we need—most people at Prep are sleep deprived. According to the CDC, 70% of teens (13-18) have under the recommended 8 hours of sleep. Personally, getting at least 8 hours of sleep seems impossible, but the benefits of having a balanced sleep schedule, especially during finals, are super important.

Staying up late and waking up early for school can cause chronic fatigue, and lack of focus in class. Getting the recommended 8 hours, on top of sports and homework can be hard task but limiting procrastination and phone use when working on homework can help.

Junior Emma Le said, "I sleep for around 5 to 6 hours every school night because I wake up at 5am for school, but go to sleep at 10-12pm", reasoning that "I do sports, have chores when I get home, and

must finish homework. This is a pretty tight schedule, and considering most students are busy, it makes sense why lots of kids don't get enough sleep".

Other students reflected this message, saying their heavy workload of sports, classwork, volunteering, and extracurriculars can be difficult.

For many students, they use the weekend to "catch up" on lost sleep during the weekday, but this is counterintuitive, because doing this will make it even harder

to wake up on Monday morning. To change this, start waking up a bit earlier on weekends, and plan fun things to do. For example, planning a morning walk or going to the gym can allow your body to have a regular sleep schedule which will allow you to fall asleep on time, and wake up early regularly.

A big factor in lack of sleep for many students is phones. Have a rule of thumb to not have your phone on your bedside or in your room after a certain time to avoid going on your phone before bed.

Having screentime before bed is clinically shown to decrease melatonin in the brain. This happens because the light from your device stimulates your brain, causing the body to be more awake, and making it harder to fall asleep.

Pulling an all-nighter before a big test is actually terrible for memory retention and can cause worse test scores. In a Stanford Medicine report in 2015 students that had more sleep often had better grades because of better study habits and alertness during the exams.

Something everyone can do to improve their sleep habits is to make a guide, scheduling times to sleep every night. If someone goes to bed at the same time every night, it can cause a pattern in the body, so you can fall asleep immediately at that same time, providing a stable sleep schedule and emphasis on getting work done before that time, avoiding procrastination.

Z Z Z's: A Guide to Sleep

M₃

magis

Be the more



Magnopere

much, greatly

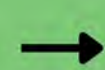


Magnus

big, great

A₁

Ad Majorem De Gloriam

For the greater glory of
God

Ad

For



Majorem

Greater



De

of



Gloriam

Glory, God

V₄

Virtus in Arduis

Strength of achieving
through hardship

Virtus

Courage or
Excellence

Arduus

A steep or
high place**C**₃

Cura Personalis

Care for the whole person



Curate

care, concern, heal



Person

has to do with a
person