

The Seattle Prep Panther

April 15, 2025

www.seapreppanther.org

Volume 79 No. 5

X: @seapreppanther
Instagram: @seapreppanthers



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

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

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.

Empowering Voices: How Prep's Feminist Interest Group is Creating Change

MARGUERITE BINDEL '26
Staff Writer

In a time when conversations about women's rights and social justice feel more urgent than ever, Prep's Feminist Interest Group (FIG) is stepping up as a powerful force on campus. For its members, the group is more than just a club, it's a community dedicated to advocacy, inclusivity, and personal growth.

One FIG leader, Pearl Steele '26 reflected on how being part of the group has shaped her perspective and confidence beyond the school walls:

"Since being a member and leader of FIG, I am more interested in speaking about feminist issues with family and friends. Especially right now, when micro-aggressions against women are very common, whether in the workplace, school, online, or at home, being in FIG has empowered me to say something when I see or hear things that are disrespectful and derogatory towards women."

This sense of empowerment extends into leadership roles as well. For Steele, leadership isn't just about organizing meetings or planning events, it's about fostering a stronger, more just school community.

"Being a leader is so gratifying. It is so nice to know that I am doing my part to try and foster a better community here at Prep" Steele said.

Currently, FIG is focused primarily on women's rights within the U.S., especial-

ly in light of growing concerns over recent rollbacks on key protections.

"Many people are confused, concerned, and above all frightened that our rights will be dismantled more than they already have been," Steele shared. "Having FIG as a resource to openly share your opinion and be with other girls who share the same frustration is very beneficial to navigating our current world and helping girls feel less alone."

But FIG's focus doesn't stop at gender issues, it's deeply rooted in intersectionality. Members are intentional about connecting feminist activism to broader movements, from racial justice to LGBTQ+ rights.

"Feminism is directly tied to many other social justice issues," Steele explained. "Racial justice, for instance; girls and women of color are disproportionately affected by economic injustice, as they have the largest wage gap nationally compared to their male counterparts."

Inclusivity is central to the group's mission. FIG welcomes students of all identities, spreading the message that feminism isn't limited by gender.

"You don't need to identify as female to be a feminist, and that is a message we are trying to spread at Prep. The more people on board, the better" Steele said.

Their activism also extends to education and awareness within the school. FIG keeps discussions engaging through small group talks, videos, trivia, and interactive

activities—all aimed at making complex social justice topics accessible and empowering.

Through their commitment to activism, education, and inclusion, FIG is proving that meaningful change can start within the walls of a high school. By creating a space where students feel seen, supported, and empowered to advocate for themselves and others, the group is laying the groundwork for a more informed, compassionate, and socially conscious community, both at Prep and beyond.



Photo: PEARL STEELE
FIG members making posters to put around school to advocate and teach about women's rights.

Global Justice Coalition Leads Peace and Justice Week with Workshops, Events, Collaboration

LUCIE RUETTIGERS '27
Freelance Writer

Peace and Justice Week is one of the most important events of the school year, and each year it runs smoothly thanks to the behind-the-scenes work of Prep's Global Justice Coalition (GJC). Peace and Justice week is a time when the school community gets to come together to reflect and work for justice, but it takes a lot of work to make this happen.

Several months before Peace and Justice week, GJC begins the process of planning. The process begins with choosing a theme for the week, which all of the members collaborate on in order to pick something that aligns with the goals and values of our school.

When asked how GJC arrived at the theme for this year, club leader Evelyn Maher '25 said, "We were trying to figure out what encompasses all of these ideas of belonging to each other, and in that way we chose 'we are each other's keepers.'"

The theme of being each other's keepers applies to all members of the community and serves as a reminder that Seattle Prep students are men and women for others. Being each other's keepers is a gift everyone is entitled to, and a responsibility everyone must carry in order for the Prep community to thrive.

When asked about how the theme will improve the school community, Maher responded, "The theme of being each other's keepers and looking out for one another is what we really strive to do at Prep, whether that's on a sports team or in the classroom, we want to be there for others and show up for others".

and Justice week. Each member of the club takes on at least one role, ranging from public speaking and poster design to video production and leading a workshop. Maher described how, "Within our club, I think it's really inspiring to see all of our hard work and collaboration come together."

Many GJC members stepped up to lead a workshop on Community Day, like Layla Schueneman '26 who described how "Leading a workshop for peace and justice week was a great opportunity for me to teach fellow students about an issue that I am really passionate about and give them ways to get involved in social justice in and outside of Seattle Prep"

GJC has done so much inspiring work to create a meaningful and influential experience for our whole community and has given the Prep community a great example of what it means to be each other's keepers!



Photo: TALISSA DEVERA
Father Greg Boyle, with his two homies Anthony and Robert smiling for a photo with Mrs. Miller after the Peace and Justice Week assembly.

Aside from picking a theme, there are countless other tasks GJC is responsible for in preparing for Peace

Why the Big Switch From Peer Mentors to Link Crew?

KATE CANNON ‘26
Online Editor

The first year of high school is often filled with excitement, but also new challenges and uncertainty. For many freshmen, adjusting to a new academic environment can be very overwhelming. In years past, Prep has worked to ease this transition by using the Peer Mentor program. However, this coming 2025-2026 school year, Prep is making the switch to a new Link Crew.

At its core, Link Crew is very similar to the traditional peer mentor program at Prep in the past. However, it takes the familiar concept of pairing upperclassmen with freshmen and enhances it by taking a more structured and long-term approach. Rather than just brief introductions and check-ins at the beginning of the year, Link Crew is committed to following students through their entire freshman year, making sure they feel connected and continuously supported.

“One of the board and administration’s strategic plan items is to improve culture and a sense of belonging for all students, so that is why we made the shift to this group”, said Admissions Associate, Ms. Campbell. Whether it’s through lunch, homecoming tailgates, or a study session for finals, these continued engagements foster a sense of community and belonging for the freshmen.

A unique aspect of the new Link Crew is that it is a national organization. Seeing how beneficial it has been at other schools provides confidence that it will have similar outcomes here at Prep. “There are stats and research of Link Crew at other schools and how it has improved their culture and metrics on how they improve student success,” said Campbell. Link Crew

operates in 3,705 schools across 47 states and has benefited 1.8 million students.

The Link Crew program will help freshmen adjust to the rigors of high school life by offering them a trusted upperclassman guide. For many students, a senior or junior mentor can be a more approachable resource than a teacher. Avila Maul ‘28 said, “It was really helpful to have someone that I could go to if I had questions, especially being a freshman who didn’t know many people at the school yet.” Freshmen are more likely to open up to someone who has been in their shoes recently and understands their struggles. The consistent presence of a Link Crew leader will help the freshmen to feel less isolated and more confident in navigating their new environment.

The Link Crew program is beneficial not only for the incoming freshmen, but for the Link Crew leaders as well. Campbell added, “Having a group of students to look after and mentor will show a lot of responsibility.”

Link Crew members will develop valuable skills that have to do with leadership and communication. Leaders will also have to step out of their comfort zone to manage group dynamics and be a source of stability for others.

The shift from the original Peer Mentor program to Link Crew represents a significant step in how Prep is supporting their students. By providing ongoing mentorship and a structured support system, the freshmen will have a much smoother transition into high school. Link Crew is not only about guiding the freshmen through their first year but is also creating a culture of connection, fostering a school environment where every student feels valued, supported, and part of the community.



Photo: CHLOE HORNER
Students learning about the new Link Crew at one of the interest meetings.

The Power of BSU:
Belief, Strength, Unity

STEPHEN KASSAB ‘26
Staff Writer

Seattle Preparatory School’s Black Student Union (BSU) is a club of belonging, support, and cultural pride. As a predominantly white institution (PWI), BSU is a space where Black students can connect, provide support, and organize events that promote awareness and inclusivity in the school community.

The bi-weekly BSU meetings offer Black students the chance to make friends and have meaningful discussions amongst each other. Some meetings are focused on casual bonding, while others are about planning large events, such as the Martin Luther King Jr. Assembly. “Guest speakers are also a vital part of BSU’s mission” BSU president Kenny Ouedraogo 25’ said, “Washington State Senator Deborah Entenman and poet Alana Bell are previous speakers who talked about Black identity, leadership, and empowerment.”

A frequent misconception is that BSU is only for Black students. Although its primary function is to be a place where Black students can get together, it is also welcoming to allies who want to learn and support. “People think BSU is just for Black students, and that’s not the case,” Ouedraogo said “We want BSU to be an open and welcoming space for everyone.”

BSU takes pride in observing Black History and culture. One of the most popular traditions is the cultural potluck in which students contribute a dish from their culture to share with others. For example, Ethiopian students brought food like injera, spreading culture among the members. “It’s great to see how diverse our backgrounds are and yet how similar we are,” Ouedraogo said. “The potluck and the music unite everyone in a way that makes our community even stronger.”

One of BSU’s most valuable contributions to Prep is hosting the MLK Assembly annually, where students, faculty, and alumni gather to celebrate Dr. King’s life. “The MLK Assembly was an amazing event” Ouedraogo remembered. “We even got a Washington Governor to send in a video to our school.”

BSU also interacts with other schools in activities such as the “Black to School” dance, which is hosted by Jack and Jill, an organization of Black leaders. It unites Black students from private schools all over Seattle to celebrate and interact in an environment with each other. “That dance was one of the most enjoyable school events I’ve been to,” Ouedraogo said. “For many of us, it was the first time we’d been to a school event where we weren’t in the minority.”

Seattle Prep’s BSU continues to be an essential part of the school culture, providing a space for Black students to celebrate their identity, receive support, and advocate for positive change. Through its events, fun meetings, and cultural celebrations, BSU uplifts its members as well as the entire school community.

Reworking Fashion with
Prep’s Shift Toward
Sustainability

SOPHIE WALTERS ‘26
Staff Writer

Walking around Prep’s campus you might look around and see students decked out in the latest clothing trends. What is not so easy to see are the hours of blood, sweat, and tears put into the production of these items.

It is found that 80% of apparel is made by young women between the ages of 18 and 24, many of whom face dangerous work conditions, unfair pay, and forceful leadership. Additionally, the industry is the second-biggest consumer of water and is responsible for about 10% of global carbon emissions.

It can be so tempting to partake in the practice of fast fashion: shopping at mass-market retailers at shockingly affordable prices for clothes that will be out of style by next season. However, there are sustainable alternatives that can benefit the clothing cycle and help to stop the support of massive companies taking advantage of their employees.

Over recent years, thrifting has grown in popularity, giving a well-deserved respect to the art of shopping secondhand. Visiting a thrift store or an online resale platform can help give life to clothing that is not in use anymore and help expand your wardrobe. For clothing collectors, shop-

ping vintage can be the best way to secure pieces from their favorite brands that have decreased in their quality over the years. Of course, it is important to contribute to the life cycle of your own clothes by donating or selling your own pieces, rather than letting them collect dust at the bottom of your closet.

Prep’s Environmental Alliance has started the tradition of holding clothing swaps for students to bring in old clothes and trade them out for something new. Leaders say, “There is so much energy around this event, it is fun for students to have an active role in sustainability in a creative way. Also, a huge benefit of this event is that it raises awareness of how much we can reuse clothing instead of always looking to buy new items,” leaders said.

Even for those not yet open to shopping second-hand, there are still ways to stop the spread of fast fashion. Supporting sustainable brands and investing in higher quality pieces made with natural materials are the perfect first steps. Whether you are upcycling old jeans or styling a new sweater, remember that Prep is a safe space to be creative and embrace your personal sense of style.

Adding into the Equation: How Prep has Added Social Justice into its Curriculum

DHANI WIDODO '27
Staff Writer

Seattle Prep's curriculum offers numerous courses for each student to take, whether it is Acting 101, AP calculus, or Health and Wellness. Additionally, Prep focuses each year on how to bring social justice to the school and students. This year, a focus for the school and the teachers is how to integrate the values of social justice and diversity into the Prep curriculum that the students can apply in their studies. Through different courses in Seattle Prep, Mr. Elsner shared how the classes he is teaching have been able to align with the values of social justice this year.

"We have diverse authors and diverse perspectives in the different units we do, especially social justice in Unit 2. We look at the houselessness crisis in Seattle and nationwide. We also look at poverty and the root causes of poverty, and then we look at responses to it" Mr. Elsner said about Sophomore Collegio.

Also, Elsner explained how the aspect of theology has been mixed into the Collegio curriculum. "We try to also integrate the Catholic social teachings through the different tenants like dignity of the human person and solidarity."

Elsner explained how his AP Economics class has been integrating social values into their classroom. "It's a pretty packed curriculum by the AP College Board, but we will talk about social

justice when we look at something like minimum wage. Also, the senior capstone is built around seniors' experience of their call to action and who they want to be as they graduate."

Just as it's important to highlight social justice and diversity into the Prep curriculum, it is also important to recognize how it aligns with Prep's mission. Elsner said he wants to be "creating transformational leaders who can be men and women for others. So that's the hope for Collegio in general. The idea would be to look at it not only as a person in the world but as a person in the world who follows Jesuit values and is educated. Being educated could mean you look at it as somebody who's a critical thinker, who cares for others, and someone who wants to be for and with others."

Elsner invites his students to hopefully learn and apply his teachings to the real world such as being a person for others and recognizing the social justice everywhere. Not only is it important to learn about social justice, but it is especially important to know how to act upon it. Hopefully, in the upcoming years, students at Prep are able to embrace and recognize these values that have been thoughtfully woven into the curriculum that can grow students into caring individuals who realize the significance of social justice and diversity.

Remove Dams and Save the Salmon

BROOKE NOWAK '26
Managing Editor



PHOTO: SARAH MILLER

Seattle Prep students gather with other Jesuit schools to learn about salmon and the indigenous tribes in the Pacific Northwest.

Indigenous communities, the Pacific Northwest's beautifully intricate ecosystem, and many small business owners depend on one thing: Salmon. However, salmon populations are rapidly declining due to the implementation of dams. In response, a group of Prep students attended the Northwest Ignatian Advocacy Summit to learn more about the issue and how to take civil action.

The Summit takes place each year with a focus on Salmon and their significance to the ecosystem and neighboring communities. Jesuit High Schools in Washington gather to discuss how dams are degrading the environment and how students can speak out for justice. Students learned from others' stories and focus on crafting their own to be compelling advocates.

During this year's summit on February 27th through March 1st the students listened to stories and learned about how many tribes within the Columbia River basin name themselves "salmon people." These tribes' cultural identities are deeply connected to the salmon that supports their everyday lives. If salmon are killed off it will be detrimental to native cultures and economies.

However, almost half of the Snake River salmon and steelhead populations have reached near extinction. The National Oceanic and Atmospheric Administration (NOAA) has determined that dam breaching is essential to restore Snake River salmon populations. These northwest tribal nations include the Nez Perce, Yakima Nation, Warm Springs and Umatilla and other affiliated tribes. The National Congress of American Indians has been fighting for decades to save this keystone species and for river restoration.

After attending the Northwest Ignatian Advocacy Summit centered around the issue, Libby Jenness explained, "Salmon are a keystone species part of our ecosystem and the Pacific Northwest, without them there is a lot that can go askew."

Another student, Lillian Martin stated, "It's so important we save the salmon because they are so sacred to the Pacific Northwest."

Dams within the Columbia and

SNAKE River basins create slow-moving reservoirs and heat the water creating uninhabitable conditions for salmon. Removing the four lower Snake dams will open up 5000 miles worth of a clean, protected and high-elevated habitat, providing a sanctuary for the endangered salmon and steelhead to restore its prosperous and healthy populations.

Due to the endangerment of salmon, there have been many alterations to fishing rules and increasing closures. This negatively impacts those who fish for sport and tribal fisheries, causing many businesses and tribal communities to struggle. Removing the dams will help revitalize the economy by repopulating salmon and benefiting the ecosystem and neighboring communities.

Another student who attended the summit this year, Mica Mamplata, shared her previous experiences growing up in Sammamish celebrating the salmon each year at the annual Salmon Day Festival. The festival had previously been a time of excitement watching the abundance of "God's creation" climbing up the river until recently when she could only spot a couple.

"It was really sad because we came to celebrate this amazing creature just to see them gone... it really hurts."

The group of Prep students who attended the Summit learned more about the issues, participated in intergenerational discussions, and collaborated to create solutions. These students transformed their hurt into action as they ended the weekend with a passionate town hall.

Now is the time to take action. Work towards change by contacting Senator Murray and Governor Ferguson, asking them to move forward, replace the services, and remove dams. Contact Senator Cantwell to thank her for her previous work with salmon recovery and request her to partner with Senator Murray and Governor Ferguson to replace the dams urgently. Learn more about how to take direct action and speak out for the voiceless at wildsalmon.org. Continue spreading the word to raise awareness and save salmon.

Mamplata urged, "God created the earth as a gift to us and it is our duty to take care of the salmon as the salmon take care of us."

Junior Service Projects Foster Empathy

ANNABELLE BOWMAN '27
Staff Writer

The Junior Service Project is a transformative experience, deeply rooted in the Catholic Social Teaching principle of "Solidarity." This principle emphasizes that we are all part of one human family, regardless of our differences, and it calls us to encounter and serve those who are marginalized.

Elsa Castro's Junior Service Project profoundly shaped her understanding of service and its impact on her future. She reflected, "The experience has impacted me to look at service from a different perspective, to serve with patience, grace, and humility. It's important in these situations to lift people up with themes of empathy, not pity or sympathy."

Junior Maja Gowans also found the project to be a powerful learning experience. She shared, "I never expected to be so impacted by the people I worked with. It's one thing to hear about service, but another to actually form relationships with those you're helping. It made me realize that service isn't about doing something for someone, it's about being there with them."

While many students view the project as just another requirement, Castro urges a more meaningful engagement. "It can seem like a box to check but approaching it with an open heart can lead to growth. I was fortunate to continue with the same organization, which brought me immense joy."

Looking back, Castro wishes that she would've chosen a more diverse service project. "Choosing a different organization could have helped me step outside my comfort zone and gain fresh insights." Gowans, too, reflected on her experience,

adding, "There were definitely times when I felt out of my element, but I think that's where the most growth happens. Pushing past discomfort helped me see things from a different perspective."

The project also reshaped Castro's future aspirations. "As an introvert, I learned the value of genuine connections. Whatever career I choose, I won't be confined to a solitary office. I plan to study biology and carry these lessons into my interactions with people from various backgrounds."

Gowans, who maybe wants to pursue a career in social work, shared, "Seeing the direct impact of service on individuals confirmed for me that I want to dedicate my life to helping others. The Junior Service Project wasn't just a school requirement—it was a turning point for me."

Castro's service deepened her appreciation for Catholic social teachings, especially the dignity of the elderly. One impactful conversation involved a resident grateful for her right to vote, highlighting how life changes can affect political freedoms.

Volunteering at a local retirement home, Castro interacted with patients suffering from Alzheimer's, experiencing the joy their smiles brought, even if they didn't remember her. Music created bonds, as sharing songs from the 60s to the 80s brought happiness to both her and the residents.

Ultimately, Elsa Castro and Maja Gowans' Junior Service Projects significantly influenced their perspectives on service, laying a foundation for their future dedication to empathy and community upliftment.

Bridging Beliefs: Religious Diversity at Prep

GEORGIA LIMBAUGH ‘26
Visual Editor

Cura Personalis is a Jesuit ideal that highlights the importance of caring for the entire person. As a Jesuit school, Seattle Prep has a strong focus on caring for all students. This phrase in particular uplifts the spiritual journeys of each Seattle Prep student despite their religious background. While many Catholic students attend Prep, a strong portion of the student body has differing religious beliefs.

According to theology teacher Brian Mack, around 70-75% of students identify as Catholic. However, within this percentage, many students find themselves expressing their religion in various ways. Mack described this variety as different “flavors”, claiming that everyone has a different perspective on religion that manifests itself in diverse “flavor” denominations of Catholicism. While some students are adamant about attending church and consistently saying prayers, others experience religion as a positive outlook on life or a certain lifestyle.

Mack’s statistic shows that a quarter of Seattle Prep students walk a different spiritual path, embracing non-religion, atheism, or faiths beyond Catholicism. The runner-up religion at Seattle Prep behind Catholicism is Protestantism. While many students practice a Christianity-based religion, a minority at Prep practices other religions such as Judaism. Ben Burman ‘25 is among this minority at Prep. His religion plays a large role in his life. “It has taught me values like justice, compassion, and the importance of learning and questioning, which influence how I view the world,” Burman said.

Coming to Prep, Burman felt overwhelmed with the new environment and

found it challenging to adjust as he had never attended a Catholic school. “It often felt like everyone around me already knew the basics of Catholic teaching, while I was coming in with no background knowledge,” said Burman.

Being Jewish at a Catholic school has its ups and downs. “It can definitely feel a little strange at times. There are moments when it seems like Prep is mostly meant for Catholic students, especially during things like Mass or theology discussions,” said Burman.

Burman talked about the shifts that could be made in Prep’s community to support religious diversity. He mentioned the addition of various student-led clubs that focus on different religions and cultural traditions. In addition, he said, “When learning about Catholic teachings, I think it’s important to frame them as “this is what Catholics believe” rather than “this is what you should believe.” That shift would go a long way in making everyone feel like they can explore and learn without pressure.”

Religious diversity at a Catholic school comes with both challenges and meaningful opportunities. While it may require students of different faiths to navigate traditions that aren’t their own, it also creates a space for learning, mutual respect, and open conversations. Being part of a diverse school community encourages students to ask questions, share perspectives, and grow in their understanding of the world around them.

While prioritizing inclusivity and respect for all beliefs, Prep fosters an environment where everyone feels valued. All in all, it is not just about education, it is about building a community that respects and learns from the richness of different traditions.

From Code to Carbon: The Environmental Price of AI Progress

EMILINE BELIARD ‘26
Social Media Editor

An MIT study estimates that by 2026 electrical consumption of AI data centers will have increased tenfold since 2022 – this increase makes AI data centers the largest consumer of electricity, consuming more than the entire country of France.

Though people use artificial intelligence daily few people are aware of the environmental impact and damage it causes to the natural world. In order to uncover how AI harms the environment, the how and why must be explained.

“AI’s effect on the environmental world is hidden in three main categories: electricity, freshwater usage and rare earth metals,” science teacher, Ms. Tordillos explained.

The source of energy used for AI operations is largely influenced by the location of the data centers, as different states rely on varying energy sources. For example, states like Washington utilize hydro-power, a renewable energy source, while others may depend on non-renewable and environmentally harmful sources such as coal, oil, or nuclear energy.

“The amount of water AI utilizes is unexpected to many, but the reason this resource is so largely used is because the AI data centers need a lot of cooling power to keep the machines that process AI data from overheating: this is done through a heat exchange system, where water pipes help cool down the equipment”, Tordillos said.

Despite the environmental impact it leaves behind, AI has made huge advancements in almost every field of work thus far, making the topic of AI a double-edged sword. Though many positive outcomes have come from AI, it does not take away all the damage it has consequently caused.

Tordillos pointed out that the biggest environmental problem with AI right

now is its open access—where anyone can use it however they want, with no rules or limits. She believes setting boundaries to regulate how AI is used every day could help lessen its impact on the environment. Ultimately, Tordillos said, “We could make it more accessible once we have the right sustainable practices in place.”

These ‘sustainable practices’ Tordillos mentions refers to the idea of ensuring that all the electricity used to fuel AI comes from solar energy or wind and not coal, nuclear or oil energy plants. Furthermore, with freshwater being such a scarce source in many places attempting to reuse or recycle water used in the cooling system instead of constantly using freshwater could also help reduce waste of such important environmental sources. Tordillos mentions the ideas of, rain collection systems, reverse osmosis and the use of gray water as alternatives to the current over-consumption of fresh drinking water used to cool down machinery in AI data centers.

“Being thoughtful about where these data centers are located would greatly help as well so that we are locating them where there is already access to clean energy and or access to a water source” Tordillos said.

“The Industrial Revolution, marked by the rampant burning of fuels, drastically altered the composition of our atmosphere” Tordillos said.

Therefore, it is important to recognize that although AI has transformed various industries, its environmental impact—through energy use and water consumption—is detrimental to the environment. Tordillos emphasized that regulating AI’s use and adopting sustainable practices, like renewable energy and water recycling, could reduce its harm. As with past technological revolutions, it’s crucial to balance progress with environmental responsibility to ensure a sustainable future.

Father Greg Boyle and Homeboy Industries Bring Message of Hope to Prep

PEYTON REMINGTON ‘26
Staff Writer

On March 26th, the Prep community had the honor of welcoming Father Greg Boyle along with two of his homies, as he refers to them, Robert and Anthony Merjil, as keynote speakers for the Peace and Justice Week Assembly. In addition to sharing their experiences with Homeboy Industries, an organization founded by Father Boyle and built on the ideologies of kinship, love, and compassion, the three men happily obliged to a personal interview in which they shared advice and personal stories.

Father Boyle and Robert and Anthony have experienced the effects of gang conflict and the cycle of violence. Father Boyle has seen the misconceptions surrounding this topic, as well as the horror and despair that stems from it. He has buried over 200 hundred people due to violence related deaths since he became the pastor of Dolores Mission Church in Boyle Heights in 1986.

Robert Merjil has personally witnessed these effects, living in the LA area for most of his life, growing up without a mother figure, and getting kicked out of school in the sixth grade, he ended up incarcerated for much of his life. This cycle fortunately shifted with his son, Anthony, after Robert got involved with Homeboy Industries. Robert credits Homeboy for helping him

better himself and gain custody of Anthony. Robert stated that he thanks Father Boyle any chance he gets, “They made me the man I am today...Homeboy gives you that time to work on yourself to become the best

version of yourself.” Anthony Merjil also benefited from Homeboy Industries as he was able to gain a part-time job as a barista at Homegirl Café. He shared that his next step

is to finish high school, something his father was extremely proud of. Anthony reinforced his father’s gratitude for Homeboy and Father Boyle, highlighting how important it is for youth to utilize the support Homeboy provides, “No matter how weird or embar-



Photo: KATELYN FREDETTE
Father Greg Boyle speaks to the Seattle Prep student body. He was accompanied by two homeboys from Homeboy Industries, the non-profit organization Boyle founded.

rassing it may sound, accept the help and use it for what it’s meant for.”

The three men also shared their own opinions on gang intervention and rehabilitation. Robert conveyed how many assume gang members are unloving, violent, and selfish when this is not the truth in many cases: “I think that if you give someone the opportunity to show you their true colors,

they will and you’ll learn they’re trustworthy, kind, helpful, and caring.” Father Boyle explained that outsiders often propose rehabilitation methods similar to military

peace efforts, assuming that simply bringing opposing gangs together will allow them to resolve their differences. “Others think it’s about conflict, but it’s not. It’s an issue of belonging; it’s about a lethal absence of

hope.” Boyle said.

Gang violence or disputes are typically an indicator of something else going on in one’s life, not about a land or religion. Boyle suggested addressing this as a whole to see what happens to the violence.

Boyle believes mental illness, specifically in the justice system, needs to be more heavily discussed. After witnessing firsthand, the situation in downtown Seattle, Boyle encouraged how Prep should follow the Peace and Justice Week theme of “We are Each Other’s Keepers” in all aspects; “What does that mean in terms of those screaming guys last night? Are we their keepers if we ignore them? Are we their keepers if we say they can’t be out there?” Boyle said.

Boyle also spotlighted how involvement in social justice should not be forced, but welcomed, “It’s not indictment, it’s an invitation.” Shaming people into participating is ineffective; true engagement comes from a genuine desire to help and the joy that naturally follows.

Robert also wanted Prep students to take something from their visit. He affirmed the students for all the accomplishments they have made so far and went on to explain how students should be proud of themselves and take what they have learned so far into their years beyond Prep. Robert emphasized the importance of staying on track during the fundamental years of being a teenager, “No matter how important you might think it is, don’t let anything affect what you have going on.”

EDITORS: CHLOE HORNER '26, BEN OSWALD '25, & SOPHIA MAGNANO '25

THE PANTHER | APRIL 15, 2025

Juniors Dance Their Way to Fulfilling Service Requirements



AIM Adaptive and Inclusive Arts Center enriches the lives of people with disabilities through the arts, including dance.

LAUREN RANEY '26
Staff Writer

Juniors Alex Zaboukos, Bella Huynh and Charlotte Heisel are currently volunteering at AIM Adaptive and Inclusive Arts center in Seattle with their adaptive dance program. Through the difficult journey of finding the right service organization, the help of the service fair as well as recommendations from friends and family allowed these three juniors to discover the loving and inclusive community of AIM.

The younger kids do simple moves using themes such as big, little, high, and low, but also just enjoy running around and letting their energy out. On the other hand, the older kids usually learn specific dance moves. "They are definitely very different experiences, and each one presents its challenges and rewards" explained Zaboukos.

Typical visits for these juniors look like getting paired up with one of the participants where they go through the activities together. "It's really fun to bond with the group of kids I see each day and truly get to know them" Heisel said. AIM usually pairs the kids up with the same general group they do each meeting with so they can form a relationship with one another. "Hearing the kids ask if their buddies are coming, and them getting

so excited seeing them, portrays the special community that AIM has created" Huynh reflected.

As a dancer herself, Zaboukos knows the great joy dancing can give someone and how AIM allows her to let others experience that joy: "I love to play a part in providing a space where people who would normally be burdened by social barriers can not only dance unapologetically but also be freely themselves knowing they have all our support."

While hearts are fulfilled, lessons are also learned: "I have learned a lot about the importance of meeting them where they are," Huynh reflected on the patience and empathy she has learned throughout the process.

Busy juniors need to find service that they are not only excited about but also fits their schedules. AIM's mission of enriching the lives of people in the disability community through movement and the arts not only contributed to the girls' decision but also AIM's flexibility: Volunteers are allowed to sign up week-by-week and don't have to commit to a specific schedule. If you are struggling to find a place to serve, AIM promises fun for both the participant and volunteer alike through their active, artistic, and, most importantly, inclusive community.

From Passion to Action: Junior Lauren Fridgen's Mission to Empower Kids with Down Syndrome Through Cheerleading

KYLIE BARCLAY '28 &
ANJALI FEIDER '28
Staff Writers

A few years ago, Lauren Fridgen '26, decided to hold a neighborhood summer camp unaware it would become something larger. In her backyard, she taught and introduced cheerleading to many aspiring kids in her community. During this camp,

"I wrote a research paper about how exercise impacts those with down syndrome and their cognitive abilities. It's very beneficial for them to exercise for incremented periods everyday" mentioned Fridgen. Down syndrome is a genetic condition caused by an extra chromosome 21, leading to physical, intellectual, and developmental differences. Regular exercise is important for children with Down syndrome, helping them build strength and improve motor skills. However, many children with Down syndrome are often left out of sports and exercise programs because people may misunderstand their abilities or there may not be enough inclusive options available.

"Seeing their passion for cheerleading grow and how they grew themselves was inspiring. So that's why I decided to start this," Fridgen said. After researching Down

Syndrome, Fridgen began her journey to create a summer camp solely for children with Downs.

She started to reach out and now partners with a handful of organizations such as Connect Cheer, the Local Down Syndrome Center, and the National Down Syndrome Society. She is also currently working on expanding her camps to new markets, and even

projects can help foster inclusion and social change. This kind of service project is a powerful way to contribute to the lives of children with disabilities while also raising awareness about Downs.

"My goal and my mission are to spread awareness for this and make it known that exercise is needed for everyone," Fridgen said. Fridgen's cheerleading camp is more than learning to cheer; it's about fostering a sense of belonging, improving physical and emotional health, and creating lasting friendships. By creating a supportive and inclusive environment, her cheer camps are breaking down barriers and showing the world that every child, no matter their abilities, can shine.



Lauren Fridgen '26 poses with campers at her cheerleading non-profit for children with Down Syndrome.

possibly Los Angeles.

"There is a large population of people with Down Syndrome in Washington and globally. They're recognized within schools with aids and other resources but in terms of programs, especially exercise programs, it's very limited." She pointed out.

Creating specialized camps for kids with Downs is an example of how service

ties and challenging societal norms that often marginalize individuals with disabilities. Her camp embodies the core principles of social justice—equity, inclusion, and fairness—by offering children with Downs the same opportunities as any other.

"They deserve awareness just as much as everyone else."

IPJC: Prep Students working for Social Justice through Community

PEYTON LYSEN '26
Staff Writer

Immigration is a complex and difficult social justice issue that affects millions in the US daily and thousands in the larger Seattle area. Seattle Prep instills in students a passion for social justice and advocating for reform in the community. Many students have become involved in social justice organizations that aim to promote social change and work effectively within communities to create a more inclusive and understanding space. Juniors Layla Schueneman and Cece Rocha are key leaders in the Intercommunity Peace and Justice Center, IPJC. IPJC is a Catholic organization that builds a community to act for systemic change in the world. They have helped to run advocacy summits within Washington, most recently being the Sacred Salmon campaign.

Schueneman and Rocha are a part of the Youth Action Teen Internship, an internship for high schoolers who want to act for social change in their community.

This year, the program's specific focus is immigration and how it affects youth in Seattle. In the first semester, Rocha and Schueneman conducted one-on-ones with 6-9 people, trying to identify a common theme for what the youth in the community were struggling with. It was determined that immigration and deportation were huge fears amongst teens, not necessarily for themselves, but for friends and family members they knew.

"This is because there are no more protected spaces in the US anymore. Previously, ICE was unable to come into churches and schools, but they are now able to" said

Schueneman.

This is Schueneman's first year working and volunteering for IPJC, but she has constantly been involved in social justice programs at Prep since her freshman year. She is a member of GJC, has led Peace and Justice Week events before, and has attended the

gration. Schueneman and Rocha were both heavily involved with this process, creating a campaign called Refuge for the Weary. While fighting against anti-immigration is constantly ongoing, the campaign culminated in a panel hosted by IPJC interns featuring five immigrants with unique stories surrounding their experience with the US immigration system and their treatment afterwards.

Rocha, along with many other junior Prep students, were heavily involved in the panel's creation and putting on the event on March 31st. "Going through this process and creating the event has given me so many powerful tools and very unique insights into what the US immigration system is like for so many people," Rocha said.



Cece Rocha '26 and Mia Lee '25 speak at an event at St. Joe's.

Seattle Prep Arupe Summit and the Ignatian Teach in in DC.

"Since high school, I have had an interest in social justice, specifically in health care and immigration. I liked the idea of listening to teens in the community and seeing what challenges they are facing," Schueneman said.

"Sometimes, Prep can feel like a bubble, and you might not get a comprehensive understanding of the struggles that people in Seattle face." She added. "It's cool to go outside Prep and really listen to the greater Seattle community and take actions towards a common issue".

After identifying immigration as a common fear amongst teens, it was decided that for the second half of the year, IPJC would build a movement against anti-immi-

"It has been one of the most rewarding experiences to be a part of IPJC and create events like this. I have learned how to communicate and be professional and have been given the tools to create social change in my community," she said.

Most importantly, Schueneman and Rocha both talked about the use of power and how IPJC has educated them on the importance of using their power for good and change.

"IPJC has taught me what power means and how I now have the power to change things in today's world". Rocha said.

"We all have a responsibility to use our voice and power to help those that we can and constantly stand up for those who can't."

Can Do Kenny

How the Senior ASB President is Committed to Justice, Equality, and Service

CAM WELD '26
Staff Writer

Out of the many values instilled at Seattle Prep, the goal of service and leadership stands out as one of the most important.

Kenny Ouedraogo '25 has worked hard to embrace these ideals and give back to those in need.

Ouedraogo said that he's always been passionate about serving others. "Ever since I was a little kid, I've always been interested in justice and fairness. Politics felt like the way I could take action as a leader."

From a young age he has found ways to help the people he cares about. "It started with advocating for my classmates and myself in school or on student council."

Ms. Dotsey, his Freshmen Collegio teacher, fondly remembers how naturally he earned his fellow classmate's trust "It was like they knew he was going to be fair, understanding, empathetic, and kind. His commitment to living his values and building community just radiates out from him."



Ouedraogo speaking at SYEP in May '24.

Ouedraogo interned at the Seattle Mayor's Office over the past two summers. "I worked in constituent correspondence, so that means reading and responding to all the letters and e-mails that get sent to the mayor's office."

policy that has a positive impact on people's day-to-day life. One way he wants to do this is through education, both at the federal and the local level.

"At a federal level that looks like

He found this opportunity through the Seattle Youth Employment Program (SYEP), a government program that provides city wide internships to young people aged 16-24 in the Seattle area. The goal of the program is to have participants "apply their knowledge, gain hands-on experience, develop professional connections, and build their resume" according to the SYEP website.

As for what he wants to work on, Ouedraogo said he wants to create a positive impact on people's day-to-day life. One way he wants to do this is through education, both at the federal and the local level.

He noted, "A big issue I see is youth violence, and how that his risen in the past couple of years. That's something we got a lot of letters about while I was at the mayor's office"

Perhaps Ouedraogo's work can best be summed up by one of his former teachers, Ms. Dotsey:

"When it comes to justice, to ensuring people are treated in accord with their basic human dignity, to helping people be heard and feel seen, Kenny is just fully into those things. The way he leans into his authenticity makes me feel more at home leaning into mine."

Student Spotlight: Max Hill

AMELIE LAPORTE-MANAHAN '27
Staff Writer

The Panther is spotlighting Prep Students that are interested or involved in specific social justice issues. One senior who is doing his best to help others is Max Hill.

Hill has been volunteering for Outdoors For All for two years now. Hill serves as a ski instructor, he goes up every Sunday during the ski season to teach kids how to ski. This past winter Hill went up eight times over this past ski season to help teach a high school freshman to ski.

Hill first started volunteering for

Outdoors for All to fulfill his junior service needs but chose to continue to volunteer. After being asked why he likes volunteering and why he continues to volunteer, Max

said, "It was a lot of fun. I made meaningful connections with a welcoming and supportive community".

When asked what he would say to somebody considering taking on a more active role in volunteer work, Max advised, "Find something you really enjoy and pursue it to help others". Advice he took

himself. He had a passion for skiing and used his skill to help others.



Senior Max Hill volunteers with Outdoors for All, a community organization that seeks to provide children and adults with disabilities with the opportunity for outdoor recreation..

"Find something you really enjoy and pursue it to help others"

-Max Hill '25

Cotton Tees Give Way to Reusable Pinnies in Olympic Week Switch Up

TUCKER PUNKE ‘27
Staff Writer

This year’s freshmen, who are first time Olympians, may not have noticed a change in Seattle Prep’s most recent Olympic week. But seasoned sophomores, juniors, and seniors certainly noticed a difference in their attire. That’s right: the long-standing tradition of yearly class T-shirts has been exchanged for reusable pinnies. Each grade level now has a pinnie that corresponds to the class color: white for freshmen, green for sophomores, and red for juniors. Seniors will continue to receive their iconic blue shirts as a keepsake.

Since ASB executives began brainstorming Olympic week in January, environmental footprint has been at top of their minds. Each year, ASB spends a large majority of its budget ordering a shirt for each student; 785, to be exact.

Speaking to the environmental impact of the T-shirts Senior Class President Dean Johnson said “The big focus of the change was the environmental impact that we can reduce by switching to jerseys. Most T-shirts end up being single use and are thrown away soon after Olympic Week. The jerseys are a one-time expense that can be used for a lifetime.”

The average cotton T-shirt uses more than 700 gallons of water in production. Tallied up, it equates to almost half a million gallons of water each year for Olympic week. The new jerseys are made from polyester. While polyester is a material derived from fossil fuels, they use significantly less water. In some cases, a polyester jersey will only require 13 gallons of water, a mere two percent of the water

consumption of cotton. Beyond the definite environmental benefits, the pinnies also come with significant cost savings for ASB. A recurring yearly cost eats into the budget while diverting time away from more valuable ventures.

“From my understanding it was somewhere around \$8,000 that was used,” Johnson said. “That is more than 75% of the ASB budget. I believe the jerseys cost a similar amount. However, it was a fixed cost this year that will be saving us massive amounts in the budget.”

Johnson noted that future ASB budgets may reflect the smaller amount of spending. However, ASB’s economic responsibility shows how Prep can cut waste—both in spending and resources.

While the move may have been met with initial criticism, most students seem to understand and appreciate the change. Finn Greatorex, a sophomore and veteran Olympian, commented on the fantastic job done by ASB to execute the new jerseys.

“I wouldn’t like it if it wasn’t implemented so well,” commented Greatorex. “I really like the new pinnies and it’s nice that the seniors still get to keep theirs as a keepsake.”

As for the future, it may be hard to find ways to make such a rapid, dramatic improvement to Prep’s sustainability. However, that won’t keep ASB from searching for ways to ensure an environmentally friendly community.

“I think the idea of changing the T-shirts has really sparked us to stop taking everything at face value,” Johnson said. “It’s a really bright example of what ASB can do and it’s the change I’m most proud of us for making.”



Photo: TUCKER PUNKE
Students wearing new pinnies while competing in Cake Off during Olympic Week.

JOIN:

Ridwell

Wasting less, made easy.

1

Collect hard-to-recycle items in your Ridwell bags
We give you bags to store your regular categories like plastic film, batteries, light bulbs, threads and more!

2

Easy pickups from your front door
You don't have to take your bin to the curb. We come to your front door to make sure your stuff finds a new home.

3

Feel great about where your stuff goes!
Your stuff is recycled or reused by our vetted partners dedicated to wasting less.

Save tons of trash from landfills!

Opinion: New ‘Gulf of America’ Widens Gulf Between Trump and Free Press

CHLOE HORNER ‘26
Managing Editor

On March 4, 2025, President Trump addressed a joint session of Congress, saying, “I’ve stopped all government censorship and brought back free speech in America. It’s back.” However, many of his recent actions have contradicted this.

In Washington, there is a rotating pool of journalists who cover the White House. The pool system encourages broad news sharing, as journalists in the pool have a responsibility to share information with news sources from around the world.

Typically, the White House Correspondents’ Association determines which news agencies are allowed to send a journalist to different events. Presidents haven’t interfered with the pool since it was created during the Eisenhower administration. Trump is breaking this precedent.

The White House recently banned an Associated Press reporter from the pool, demanding that the agency change its style guide from the Gulf of Mexico to the Gulf of America. Trump says that the renaming is part of his restoration of “American pride in the history of American greatness.”

The “Gulf of America” incident is a prime example of a dangerous trend. Forcing journalists to adopt politically motivated terminology is not about accuracy; it’s about control. The Associated Press, a 178-year-old organization, has since sued three Trump administration officials, citing free speech Constitutional rights as their basis. The decision will have significant implications for the free press and politics.

Furthermore, Trump issued an executive order to dismantle Voice of America, a news agency that was created 1942 to counter Nazi Propaganda around the world. Trump may have cut the organization because it was federally funded, or because of his America First policies, but he also referred to it as “fake news” after criticism during his first term. He is silencing the press.

With ideas of “annexing Canada as the 51st state” and “reclaiming the Panama Canal” circulating from the White House, free press is more important now than ever. People need to be able to trust their news sources to report accurate information, so that they can be insulated from rumors.

As a people, Americans cannot sit back and let this happen. We must hold the federal government accountable and support the free press, because the media is one of the primary connections between the people and their government. Individuals learn about issues that matter to them and how their representatives act through the media. Without it, the country cannot function as a democracy and will become authoritarian.

Art as Activism

AUDREY POPP ‘26
Staff Writer

Art has allowed students and artists to address issues and advocate for change they feel passionately about. Two AP art students, Fiona Dunn ‘25 and Shakira Seneviratne ‘26 have portrayed issues they are passionate about through beautiful works of art. Dunn focuses on the contrasts of nature and urbanization through her colorful landscapes with shadows of charcoal stains. Seneviratne explores how beauty standards shape self-image by redefining traditional beauty standards through a Sri Lankan cultural lens, embracing her artistic identity. Both artists use different creative processes and inspiration to spark conversations and allow for a deeper understanding of societal and environmental issues.

Dunn creates art that illustrates human development and its effects on nature. Dunn uses different symbolic artistic elements, like a shadow to represent urbanization. Her work highlights how urbanization takes away from the beauty of nature through the smear of charcoal amidst the vibrant nature. Dunn hopes that her art can help people "conceptualize the consequences of urbanization" and understand the "impact of human existence on the environment."

Dunn’s inspiration derives from buildings and city scenes that intrigue her. She said, "For my piece with the cityscape I knew I wanted to do like the city of Seattle

was because some of the buildings were really cool, I wanted to include those."

Seneviratne has redefined beauty standards through her art by reimagining them through a cultural lens. She integrates sari patterns into her art celebrating her South Asian Heritage, displaying a multifaceted and celebratory beauty of self-expression. She describe her experience living in a country where the media promotes Eurocentric ideals and beauty standards.

"Growing up, I did not always see South Asian beauty represented in mainstream media. Many beauty standards favored straight hair and simpler styles, which made me question my traditional looks, like sari patterns, bold jewelry, and natural hair textures that aren't celebrated the same way."

Seneviratne even integrated into her art patterns from family memorabilia and heirlooms such as her aunt’s wedding sari and her mother’s bangles. She hopes that her work "challenges beauty standards and spark thought."

Both Dunn and Seneviratne address issues that bring attention to the environment and cultural identity. Through their art, they beautifully communicate how urbanization and beauty standards can impact the world we live in. Seneviratne touches on the importance of art especially considering social justice, "It makes activism feel relatable and gives us a creative way to express our thoughts, encouraging others to think critically about these issues."



Students Use Creativity to Address Urbanization and Beauty Standards

Artwork by Shakira Seneviratne (top) and Fiona Dunn (bottom)

Cinema for Change
The Power of Social Justice Films

ANDRE MATHEW ‘27
JACKSON DIERKS ‘28
Staff Writers

Movies are known for evoking strong emotions and telling important life lessons. Many filmmakers use this powerful platform to spread awareness about important social justice issues. These movies blend incredible storytelling with evocative scenes to inspire action from many people and cause actual changes to take place in the world.

"Just Mercy" is a movie based on the book by the same name and stars Michael B. Jordan as the main protagonist. The film covers the true story of how a lawyer in the South, named Bryan Stevenson, tried to combat institutional racism in Alabama courts. Stevenson wanted to combat this racism after one of his clients Walter McMillian was facing an unfair trial due to the color of his skin. This inspired Stevenson to start a non-profit law firm called the Equal Justice Initiative dedicated to representing falsely convicted and poor prisoners. "Just Mercy" teaches that through dedication and unity, problems can be solved, and justice can be served.

Directed by the legendary Steven Spielberg, starring Liam Neeson, and winning 7 Oscar Awards, "Schindler’s List" tackles the horrors of World War II and the Holocaust. At the height of World War II, businessman and Nazi Party member, Oskar Schindler arrives in German-occupied Poland to make his fortune. He quickly hires many Jews to keep his factory running smoothly. At first Schindler is only concerned about wealth and making a profit, but as he begins to witness the Nazis’ brutality towards Jews he is profoundly changed and

vows to save as many Jews as he can from the gas chambers. "Schindler’s List" shows how directly witnessing injustice can drive anyone, no matter their background, to pursue a change for good.

Produced as a Netflix Original and starring Leonardo DiCaprio, the satirical drama "Don’t Look Up" is a cautionary tale about the imminent danger of climate change. Although the movie itself does not reference climate change, it uses a fictional disaster story about an impending comet strike on Earth as a metaphor for the consequences of climate change inaction. The movie follows two scientists who deliver the news of a civilization-ending comet strike on Earth to leaders of the government, media, and business, all of whom fail to take proper action. Although climate change is unlikely to end the entire human population like a comet strike would, "Don’t Look Up" serves as a strong reminder that people need to take action to ensure that future generations can continue to thrive on Earth.

The 2017 drama film "Marshall" stars Chadwick Boseman as Thurgood Marshall. The film is based on a true story and follows Thurgood Marshall’s journey of becoming the first African American Supreme Court Justice. The movie recounts an infamous court case that Marshall was involved in when he was barred from speaking by a racist judge even though he was a justice. "Marshall" teaches that people should make an effort to ensure that all humans are able to express their talents no matter their race.

Whether you are an avid movie-lover or an occasional watcher, movies are not only a source of entertainment, but can also teach you a thing or two, so consider putting these movies on your watchlist.

Literature and Knowledge

Why Books are Central in Social Justice Movements

SOLIANA FISHATSION ‘26
Staff Writer

“Information, knowledge, is power. If you can control information, you can control people” -Tom Clancy.

In times of political and social turmoil, access to books has been key to freedom; thus, burning books has been prevalent in many dictatorial authoritarian regime and government. Burning books has become symbolic of the immense importance of media in society. Whenever a totalitarian leader rises to control, or in an act of war, books always seem to be ravaged. This common theme of burning books can be shown in the great burning of the Library of Alexandria by Julius Caesar 323 B.C., the burning of any “anti-German” or Jewish texts during Hitler’s reign, and during the Chinese Cultural Revolution in the 60s. All these events have a common factor: control. When access to knowledge is lost, so is freedom.

Why are books so dangerous to fascism? Well, literature allows us to see how others live in such a human way. If a government wants people to demonize an enemy, but then the population reads literature that humanizes the “other”, it is counteractive. This is exactly why books are so key in social justice and cultural changes. It allows knowledge to be spread, characters to connect with, and struggles to be highlighted and realized. In an anti-intellectual culture, reading books, as Mr. Mitchell says in Collegio, “is countercultural.”

In an age of the internet, where mass-media and constant troubling headlines are constant, it makes people desensitized to tragedy because of the constant bombardment of negative news. Thus, people see war and social-political issues with-

out empathy and just scroll past. Books are a unique medium because of their humanity. When reading a book about a story with a completely different worldview, one can be taken out of their echo chamber of ideas in their curated social media algorithms. On algorithm-based social media, the news and videos people see are only the ones they interact with by liking or sharing the videos. So, people only hear point-of-views that they themselves agree with, isolating their ideologies and ideas, unable to see another person’s perspective. But literature is static, and can’t be coded to fit your specific worldviews, and can help one see through a different lens through characters and stories. We become attached to stories and characters, and see issues with context and emotion, in a way that anyone can relate to and understand and is unique to literature.

In the McKay Library there are endless books dedicated to telling the stories of unique perspectives that one would otherwise not know. Prep Librarian Ms. Lovejoy’s top 5 social justice books are “Maid: Hard Work, Low Pay, and a Mother’s Will,” a memoir by Stephanie Land, "Long Way Down" by Jason Reynolds, "The 57 Bus" by Dashka Slater, "The Short and Tragic Life of Robert Peace" by Jeff Hobbs, and "Educated", a memoir by Tara Westover.

All these books have social justice at the center of the stories, allowing the reader to find connections in the stories of others. During Peace and Justice Week, reading a new novel can help raise awareness of issues and injustices in our world. So read as much as you can! Knowledge is the ultimate weapon against injustice.

Panther Cup: Golfing for a Cause

PAIGE REMINGTON '27
Staff Writer

Each year, the Seattle Prep golf team turns competition into a cause with the Panther Cup, their own version of the Ryder Cup. The Panther Cup is more than just a competition, it serves as a fundraiser benefiting the First Tee of Greater Seattle, an organization dedicated to providing young kids and adults with access to golf. “Together, we hope to help raise scholarship funds for young kids to start playing golf,” said Seattle Prep Golf Coach Gilbert Quitlong.

The event puts the Seattle Prep golf team against itself, putting both girls’ and boys’ teams together and then splitting them into two squads – the Blue Team and the White Team. The teams compete in a Ryder Cup style match play. However, the competition extends beyond the course, as the teams also strive to outdo each other in fundraising efforts.

“It’s a chance for us to give back to the golfing community and help improve the accessibility of the game for young kids,” Quitlong explained. The event is more than just the game, it is a way to show the community embedded within the team and Seattle Prep.

attle Prep.

The fundraiser was created by Eamon Mohrbacher, Class of 2024, who also served as co-team captain his senior year at Prep. Ever since the start of the tradition, the Panther Cup has become an exciting tradition, with this year marking its second installment.

“To me and my team, the fundraiser is more than just raising money—it’s about making a difference beyond the golf course,” Quitlong said.

He sees the Panther Cup as a chance to connect with others who share a passion for the game and a desire to make it more accessible.

“Golf is a game of a lifetime,” he added. “Helping young people start early gives them a path that can stay with them forever.”

The impact of the Panther Cup has been astonishing. “The past two years, the Panther Cup has raised over \$10,000 for the First Tee of Greater Seattle. That money has opened the doors to the game of golf for hundreds of kids.

The Panther Cup isn’t just about bragging rights. It is about making a difference, one swing at a time.



PHOTO: PAIGE REMINGTON '27
The golf team poses for a picture during the First Tee fundraiser.

A Healthier Commute Makes All the Difference

BEN SCHWARZ '27
Staff Writer

Each and every day, Frau Khouri rides her bike to school. It has become not only a routine, but something that brings her joy each and every day. Riding is also something that has translated between her life in Europe and here in Seattle: “When I moved from Germany to the U.S., I noticed that so few students, especially in high school, are biking. And I noticed that, but I continued to bike—to my job. Back then, I biked to the German school that I was working at for three years, and then I continued biking to Prep.”

For these reasons, Khouri has made it a mission to raise awareness and encourage students to participate in Bike to School Day each year in May.

There is a major contrast between the two countries. It’s a norm in Germany, but here it seems like something people do in their free time only. Khouri noticed that “in northern Europe, you’re biking in the clothes that I have today, you’re biking in a dress, you can bike in high heels, in a suit. But here, biking is more like an activity, and you change. And of course, the distances are longer too, but that was what I noticed. And then when I came to Prep, of course, I kept on biking.”

Bike to School Day has grown so much in such a short time as well. It’s gone from a German class to the entire school, with many students taking part each year. With that being said, there’s still a lot that she wants to accomplish: “There are some students here, like those who live in Capitol Hill, who already do this. We want to open it up to students who might not have a bike or whose bike is old and dusty. The idea is to be inspired, you can walk to school, or just

do something different.”

While many students might not be able to participate in the event due to where they live, it doesn’t mean that they can’t help out the cause. Biking isn’t the only way, but students can take public transportation or limit their driving as much as possible. Khouri said that “Even small changes help. Like instead of driving all the way to school, you walk part of the way to Montlake instead of taking the car. Because sometimes, students drive from the school to Montlake. And I’m like, no—if you’re coming back here anyway, just walk! It’s really about creating awareness that you don’t always have to rely on a car. You can get places with your legs too.”

This year is bound to be the best Bike to School Day ever. Not only will more people ride than ever before, but the outreach has grown even more, expanding the event over an entire week. “I want to make it even bigger, connecting it more to our identity as a Jesuit school. With Peace and Justice Week, and after leading

the Global Perspectives View in the fall, I want to tie this into “Care for Our Common Home”—what the Jesuits are promoting to the world and to us as international educators.”

That’s exactly right, because we have a limited time to make a true impact on the world before it gets worse for good. Even though it can seem at times like our efforts are not making much, time will show that small things add up. Khouri said “We only have one world, and we need to take care of it. We need to respect nature. Whether or not people debate climate change, we don’t need to get into that. But we can take small steps—like simply separating our garbage properly or making small choices that help the environment.”



PHOTO: FRAU KHOURI
A group of students show off their bikes in front of the chapel. Bike to School Day is on May 7th this year, with more events throughout the week.



PHOTO: FRAU KHOURI
Jack Henzke '24 celebrates his successful ride to school last spring.

The Pressure of Perfection in Sports and Mental Health



FAITH ADAMS '27
Staff Writer

The whistle blows, the Panther Pack cheers, and the fight song commences, but there's an unseen battle behind these moments of victory. The pressure to perform, to meet expectations, and for athletes to push limits extends far beyond the physical requirements of a sport. At Seattle Prep, student-athletes push themselves to their limits—whether it's on the field, in the classroom, or in their personal lives. When the game ends and the crowd fades, many athletes are left battling unseen struggles of their own.

For too long, the mental health struggles among athletes have been over-

looked and hidden due to stigma. However, Seattle Prep has partnered with Morgan's Message, a nonprofit organization dedicated to breaking the silence around mental health in sports.

Morgan's Message was founded by the parents of Morgan Rodgers, a talented lacrosse player at Duke University who tragically lost her life to suicide in 2019. Rodgers struggled silently with her mental health due to the expectations of her sport and career-ending injuries that further deteriorated her mental stability. Her story has inspired sports teams to encourage athletes to prioritize their mental wellness just as much as their physical health.

"Morgan's Message is clear: as an



Students on the crew team wear Morgan's Message shirts to raise awareness of mental health for student athletes.

athlete, there is no shame in seeking physical healthcare the same should be true for mental healthcare," the organization states in an online post. "In order to close the gap, we must eliminate the stigma surrounding mental health together."

Seattle Prep students have already shown their commitment to bringing Morgan's Message to Prep. The crew team recently wore shirts labeled with the Morgan's Message logo—a butterfly—at a regatta. Additionally, initiatives like Lofi Fridays have recently been established to provide a space for students to manage the pressure and stress of school and sports during their

busy week. A member of Seattle Prep's crew team, Lily Ward '27, found the message inspirational: "Wearing those shirts not only brought my team closer together, but reminded me of the importance of mental health, and that I'm more than my 2k time."

Seattle Prep is creating an environment that promotes conversation around mental health to extend beyond the field and into our daily lives. If you or someone you know is struggling, don't hesitate to reach out to a trusted coach, teacher, or counselor. The people in the Seattle Prep community are here to help.

Concussions: How Prep Helps Students Handle the Impact

KATELYN FREDETTE'27
Staff Writer

Between 1 and 3 million people in America visit the emergency room every year due to concussions. In addition, many still go unreported because often, people do not know the signs of a concussion. Spotting the signs of a concussion can also be difficult as symptoms can appear 24 to 48 hours after the initial concussion.

Andrew Carlson has been part of the Seattle Prep community for three years. He has seen anywhere from 35 to 70 concussions a year since he joined the community and became the athletic trainer. This not only includes Prep student athletes, but also students who participate in club sports or students who get into skiing accidents and even car accidents.

Sports like soccer, lacrosse, and football are sports seen as the highest risk for concussion. The fall season is where the athletic department sees the most concussions in the Prep sports community with girls' soccer and football in full swing.

Concussions are determined by using a series of small tests to observe your brain function. There are tests such as jogging, walking in a straight line, or memorizing words. Determining a concussion can be hard, especially during a game. Athletes can get nervous or jittery when performing the small tests when they are high on adrenaline.

The severity of a concussion varies from person to person, with many experiencing more severe symptoms or more mild symptoms.

Carlson said, "when I was in college, we would grade it as a 1, 2, or 3 concussion. Now everything's considered a concussion, and it's based on the severity of

your symptoms." Treating concussions has changed over the years, since not everyone's brains are the same and not everyone will experience the same symptoms or the same duration.

"It's usually 19 to 21 days. Some are faster and some are longer. We had a football kid and a basketball kid miss 2-3 months last year for concussion-like symptoms and we've had kids come back after 10-15 days. So, everyone's a little different," Carlson said.

Prep's unique Return-To-Learn and Return-To-Play protocols prioritize student safety and student comfortability when entering back into the classroom and sports environment. The Return-To-Play protocol starts when the student is symptom-free for at least 24 hours. It begins with a light exercise, then you eventually begin to do more sport-specific exercises. Soon players are able to return to a no-contact practice, then they are able to begin contact practice again with the eventual return to full, unregulated practices.

The Return-To-Learn protocol is focused on prioritizing resting the brain for optimal healing. It is facilitated by the athletic training department, the LRC, and the concussion management team. Taking tests or quizzes and working on an essay or project is not allowed within the first 48 hour period of brain rest. For the next three weeks students will have a modified work and study load in order to make sure that the brain heals properly. Taking a test or a quiz during the healing process can cause symptoms to become worse and affect scores.

Though Seattle Prep loves to win and is passionate to give it their all for sports, the number one priority is to make sure every student is cared for.

Playing Through The Pain

Student Athletes Deal with Injuries and Expectations

LUCY BUCKHOLTZ '27
Staff Writer

In high school sports, there's a constant pressure to give it your all, no matter the risk. Whether it's a soccer player with a sprained ankle or a football player pushing through a sore shoulder, many athletes find themselves in a pickle: play through the pain or sit out? The decision is never easy, especially with the high expectations placed on athletes by coaches, teammates, and most significantly themselves.

There's no denying that sports require mental toughness and determination. However, this idea of "playing through the pain" is often romanticized, ignoring the risks that come with ignoring injuries. While it might seem like an act of dedication to keep playing despite physical discomfort, pushing through pain without proper care can lead to serious, long-term consequences.

Injuries that are not given the time to heal properly can worsen, turning a minor issue into a chronic one. A small muscle strain ignored can develop into something much more severe, potentially sidelining an athlete for an extended period or even ruining their future in the sport.

In some cases, overuse injuries can prevent athletes from reaching their full potential or even damage their careers in the long run.

Beyond the physical risks, there's also a mental toll that comes with trying to push through injuries. Athletes may experience frustration, anxiety, or guilt when they feel like they're letting their team down.

This mentality can affect their overall well-being and performance, creating a cycle that's hard to break.

It's important to remember that rest is just as crucial as practice in the recovery process. Taking the time to heal not only helps the body recover but also ensures that an athlete can come back stronger. Coaches and teammates should encourage a culture where athletes feel safe to sit out when needed, understanding that a healthy player is a more valuable player in the long run.

In high school sports, the pressure to compete is real, but athletes need to recognize when it's time to listen to their bodies and take a step back. Playing through the pain might seem tough, but true toughness comes from knowing when to rest and recover. After all, an athlete's health should always come first.

"Playing through the pain is often romanticized, ignoring the risks that come with ignoring injuries"



the tacos



the view

Chicken Quesadilla

- "Very messy and very large portion size." – Emerson King '26
- "Lacking flavor and chicken overwhelming with cheese." – Delaney Meehan '25
- "Not the best, but still delightful." – Wyatt Hansot '25

Baja Tacos

- "Fish tastes like it was just caught." – Truman Neuburger '25
- "Avocado on top really balances out the flaky fish." – Delaney Meehan '25

Squidero (beef brisket) Tacos

- "Meat is very tender and moist." – Wyatt Hansot '25
- "10/10 one of the best things I've ever consumed." – Delaney Meehan '25
- "Hard to top that." – Emerson King '26

Chips & Salsa

- "Chips are soft and crispy in all the right ways." – Truman Neuburger '25
- "I appreciate the self-serve salsa bar to select a salsa that satisfies each individual dining." – Wyatt Hansot '25



the salsa



a peak



Photo: KATELYN FREDETTE
Workshop leaders working on a project to educate students about housing.



Photo: KATELYN FREDETTE
Father Greg Boyle and members of Homeboy Industries talking at the Peace and Justice Week community day assembly.



SOPHIA MAGNANO '25
Editor-In-Chief

Over 100 restaurants and bars joined the fundraiser “Seattle Stands with Immigrants” which benefits the “Northwest Immigrant Rights Project”. The NWIRP is one of 10 advocacy organizations that filed a lawsuit against the U.S. government for shutting down four programs providing legal assistance to immigrants at the end of January. Each restaurant donates a portion of sales to NWIRP, which provides free legal services, education and advocacy to immigrants locally. Just one of these res-

CHARLOTTE FLYNN '26
Visual Editor

taurants was taste tested and reviewed by Seattle Prep Students.

Travis Rosenthal bought Agua Verde Café in 2019 and made it his own. He knocked down walls to open the waterfront view and added a 13-seat bar. The Agua Verde Marina Cantina was also added down by the water on the east side of the Café. The Café serves breakfast, lunch, and dinner with both vegan and vegetarian options; to-go, to dine in, or enjoy boatside on a Seattle summer day.

Want more Peace and Justice Week?

Hey Panthers! Go to seapreppanther.org to find a video recapping our recent Peace & Justice Week. It is full of amazing interviews and footage showing the awesome experiences students and staff participated in. Enjoy!

Scan the QR Code to View the Peace and Justice Week Photo Gallery

Peace and Justice Week 2025 Recap

“We Are Each Other’s Keepers”

Care for Our Common Home

Fr. Greg Boyle & HomeBoy Industries

Workshops

- Monday: Inclusivity
- Tuesday: Taking action against homelessness
- Wednesday: Community Day!
- Thursday: Immigration & Voting Registration
- Friday: Caring for Creation

“Let’s continue the work of peace & justice every day!”