

THE SEATTLE PREP PANTHER

- Seattle U Partnership

- Trips to China and DR

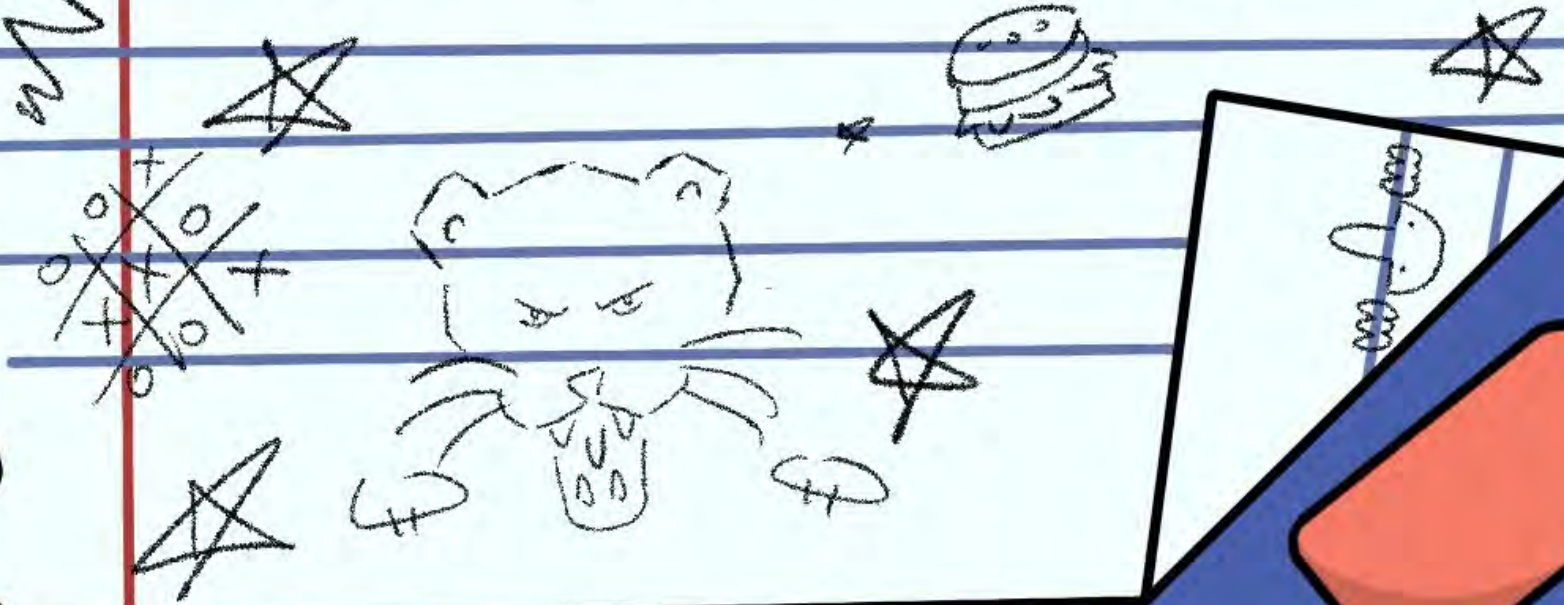
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THE PANTHER

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Building Community, One Relationship at a Time:
Meet Fr. Moodie

ANJALI FEIDER '28
Staff Writer

When Fr. Michael Moodie S.J stepped onto campus this fall, he wasn’t just arriving at a new job, he was entering a community rooted in tradition, relationships, and Jesuit values. As the newest Jesuit faculty member at Seattle Prep, Fr. Moodie brings a spirit of openness, reflection, and presence. His first official act in front of the entire student body. Leading the year’s first All-School Mass - and making it an experience that resonated with the entire Prep community.

Growing up in a very Catholic part of Ohio, being a priest was always something that had been on his mind, but it was only when he moved to Phoenix, Arizona and attended a Jesuit high school that he fell in love with the community and the idea of being a Jesuit priest. It seems that he has brought that value of community everywhere he has gone since, and he plans to emphasize it here at Prep.

“There is a friendly and communal aspect to the school”, Fr. Moodie mentioned in an interview. Before stepping onto the altar, Fr. Moodie spent weeks getting to know the welcoming Prep community, as he was mostly looking forward to getting to know the students. He has become a regular presence on campus – not just in liturgies, but on the sidelines of sports games, on the plaza, and during retreats. He added, “I try to be present to the students, so what I have been doing is going to a lot of the religious study classes and giving little presentations”. This presence outside the chapel, especially the time he has spent in classrooms talking about Ignatian values and the time he plans to spend in the future, is just as important to him as his time behind the altar.

“The theme for the faculty this year is a ‘Christ centered community’” said Fr. Moodie while reflecting on how he prepared for the mass. When planning the homily, he saw the task as more than just a liturgical job, it was a chance to connect with the students and to make students feel seen, leading him to ask questions like: How do we experience God’s spirit at work in our lives? He found that in life, there are many moments when God’s spirit in present



Photo: EMMETT JACKSON '26

Fr. Moodie giving his Mass of the Holy Spirit homily at Seattle Prep.

– such as in nature – but the most prominent is in our relationships with others, which became the center point of his homily.

“The community is the foundation of who we are as a school, and if we don’t have that sense of community then it’s just a school. Then there’s no point in it being associated with the Jesuits”, he said reflecting on the homily.

To Fr. Moodie, the foundation of Seattle Prep is relational and communal and that’s the basis on which its academics are developed. Seattle Prep is built on the value of “cura personalis” and the idea that we are more than just a bunch of people who come together, we are a community.

“Being involved with one another. Particularly if students notice someone who’s on the margins and inviting people in, getting to know one another, because that’s how you build that sense of community” he shared. As he looks ahead to his time at Seattle Prep, he is committed to deepening that sense of belonging and encouraging students to immerse themselves in the relationship they build, because it is through

relationships that God’s love is made real. In walking together, the Prep Community is reminded that God lives not only among us, but within us. It’s these values that shape his approach to ministry at Prep and his genuine desire to accompany students on their own spiritual journeys.

As the school year unfolds, the students are encouraged to remain open to one another because through each interaction, each friendship, and each small act of kindness, the presence of God can be felt. Seattle Prep has always been a community shaped by strong spiritual leadership, and with Fr. Moodie now among its pastoral team, that tradition continues with new energy and insight. As students continue to grow in faith, leadership, and justice, Fr. Moodie will be there, offering guidance, humor, and a steady presence at the heart of it all.

And as Fr. Moodie said in his homily, “Waste time with someone new. After all, we are all unique expressions of God’s love”.

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.

KYLIE BARCLAY '28
Staff Writer

A new Healthcare and Pre-Med Club has launched at Seattle Prep offering students a unique opportunity to explore the world of medicine and healthcare careers. Just this year, an enlightened group of Seattle Prep students with a common interest, came together to form this incredible new club. Centered around health, this club particularly focuses on the steps to pursuing pre-med in college. Anjali Feider '28 (Executive), Ashley Huang '28 (Executive), Roman Chivers '27 (President), Dhani Widodo '27 (Vice President), and Sunah Kim '28 (Executive) worked tirelessly to put this club together, creating this remarkable new education opportunity for other students.

“We wanted to create this club to inspire people with similar passions and make an environment where everyone feels welcome”

-Sunah Kim '28

Kim shared, “We wanted to create this club to inspire people with similar passions and make an environment where everyone feels welcome.” They hoped to create a safe place for students to express their interests, adding an incredible new club to the diverse variety of student-led clubs at Prep.

Kim also mentioned, “In the club, we hope to give people a new view of medicine and healthcare, maybe even help people gain a better understanding of what they want for their path in life.”

The club was made as a chance for students to learn what they can do now, in high school, to prepare for a future in the medical field. They will also teach students how to do basic medical care such as CPR, wound care, and EpiPen use.

Kim added, “To help students better understand medical specialties, we want

to bring in professionals to speak to their experiences.” To be most beneficial for the students at Prep, Healthcare club plans to bring in Doctors and other medical professionals to speak to what it means to work in the medical field. They would share their experiences and help students get a better understanding of the lives healthcare officials live.

Layla Baker '28 remarked, “This is such an exciting club, and I am so grateful for the opportunity!” Students are looking forward to this incoming club, with many who have already signed up at the club fair. Their first meeting will take place within the next month or two.

This new Seattle Prep activity is one more incredible form of bringing the Prep community together. Through learning about Health and Pre-med, students can bond while preparing for their future. This amazing opportunity is a blessing to have at Prep and will truly benefit the students and community.

Inside the Kitchen with Chef Carter

CHARLIE PETERSON '28
CAM WELD '26
Staff Writer & Social Media Editor

Long before the first bell rings, and the commotion of the school day ensues, the campus is quiet and still -- with one exception. Step into the kitchen and you'll find a bright and bustling scene of energy. By 5 a.m., Prep's talented kitchen staff, led by Chef Kenyetta Carter, are already hard at work, pouring their heart and soul into the lunchtime favorites we know and love.

It's a known fact that a day for a chef starts early in the morning. But for Ms. Carter and the lunch staff, they like to get things moving hours before students come rushing through the doors. "I get here around 4:00 am...do a quick hour workout, and then actually start work around 5:00" says Carter. Even still, she's not the earliest member of the lunch staff, "The kitchen manager is also here, Violette" said Carter. "She's the baker, and she usually beats me by maybe 15 minutes".

Running a school kitchen is not a simple task, and Carter described it as a careful balancing act. "The hardest part is trying to predict what people are going to buy," she explains. "One week something is super popular, and the next week nobody wants it. And every day is different—early lunches, late lunches, early dismissals. There's a lot to keep track of."

Despite all the challenges and hard work, Carter loves being a chef, and said one of the most rewarding parts of her job

is the students. "They're great," she said. "I'm so happy when people say thank you or please, or are conscious of others. I think this is usually the best part of most students' day, because I ask nothing of them."

When it comes to favorites, Carter said that fried chicken is the runaway favorite, but she also sees other more consistently served lunches like burgers and baked ziti get a lot of love as well. She also encourages students to branch out, like trying new dishes such as chicken adobo, a Filipino dish she loves. As for herself, Carter said she's more of a salad fan, but admits, with a smile, that fried chicken and fish and chips are some of her guilty pleasures as well.

Twelve years at Prep have given her plenty of memorable moments. One favorite: the Connect Four tournament from her first year at Prep held at the cafeteria tables, with cookies for the winners. "If that came back, I wouldn't be sad," she laughs.

Carter didn't start out planning to be a lead chef. After years at the legendary Capitol Hill restaurant, Kingfish Cafe, she sought a position with better hours and work-life balance. "I love the food service business, but I never thought I'd be in charge," she said. "I just love the business so much, and this felt like the right next chapter."

From 4 a.m. workouts to balancing student tastes, Carter and her team bring dedication, creativity and heart to every school lunch! For someone who once swore she'd never run a kitchen, Carter ended up shaping the heart of ours.

Blisters, Beauty, and Big Feelings: Seniors take a Hike

LAUREN RANEY '26
Staff Writer

“Communal, grounding, and nostalgic” are the three words senior pilgrimage rector Kay-li Tran '26 used to describe the seniors' packed weekend retreat. “unique, hopeful, fun” were the words senior pilgrim Clara Schneider chose.

This year's pilgrimage was especially meaningful because it took place during the Jubilee Year, a tradition rooted in the Bible that originally occurred every 50 years but is now observed every 25 years. The Jubilee is a sacred time to renew and strengthen one's relationship with God, with one another, and with creation itself.

Alongside the Jubilee, this season is also recognized as the Season of Creation, an annual observance in early fall that invites us to appreciate and care for the natural world around us. So, the seniors took a 7-mile hike in the Gig-Harbor area.

A long hike can be uncomfortable and draining, but it forms community, strengthens faith, and promotes gratitude and self-discovery. On senior pilgrim, Leilua Kitiona, explained her experience: “I was

hesitant at first because I knew it would be long and tiring. My legs did hurt, but it was so rewarding and memorable, completing the hike and getting to connect with both my classmates and nature along the way.”

Despite hesitant feelings, the seniors showed up and showed out with their walking shoes and positive mindsets. Ms. Laskey, director of the weekend and senior Faith In Action teacher, explained what stood out to her from the retreat: “This was my first Senior Pilgrimage at Prep, and what really stood out to me was seeing the sheer number of seniors who participated. Seeing the class stretch out along the path from the back of the line emphasized the unity and accompaniment we strive for.”

Enjoying the beauty of the Pacific Northwest, connecting with creation in terms of nature and the surrounding people, is what the experience is all about. Despite not being a senior or being to participate in an official pilgrimage, this season still offers the opportunity to step outside, breathe in the fresh air, and reconnect with the world . Reflect on possible ways to take a pause and appreciate the “creation” in life? From the flowers and the trees to the surrounding people.



Photo: PEYTON REMINGTON '26

New Direct Admissions Program at Seattle U Open to All Prep Students

TUCKER PUNKE '27
Staff Writer

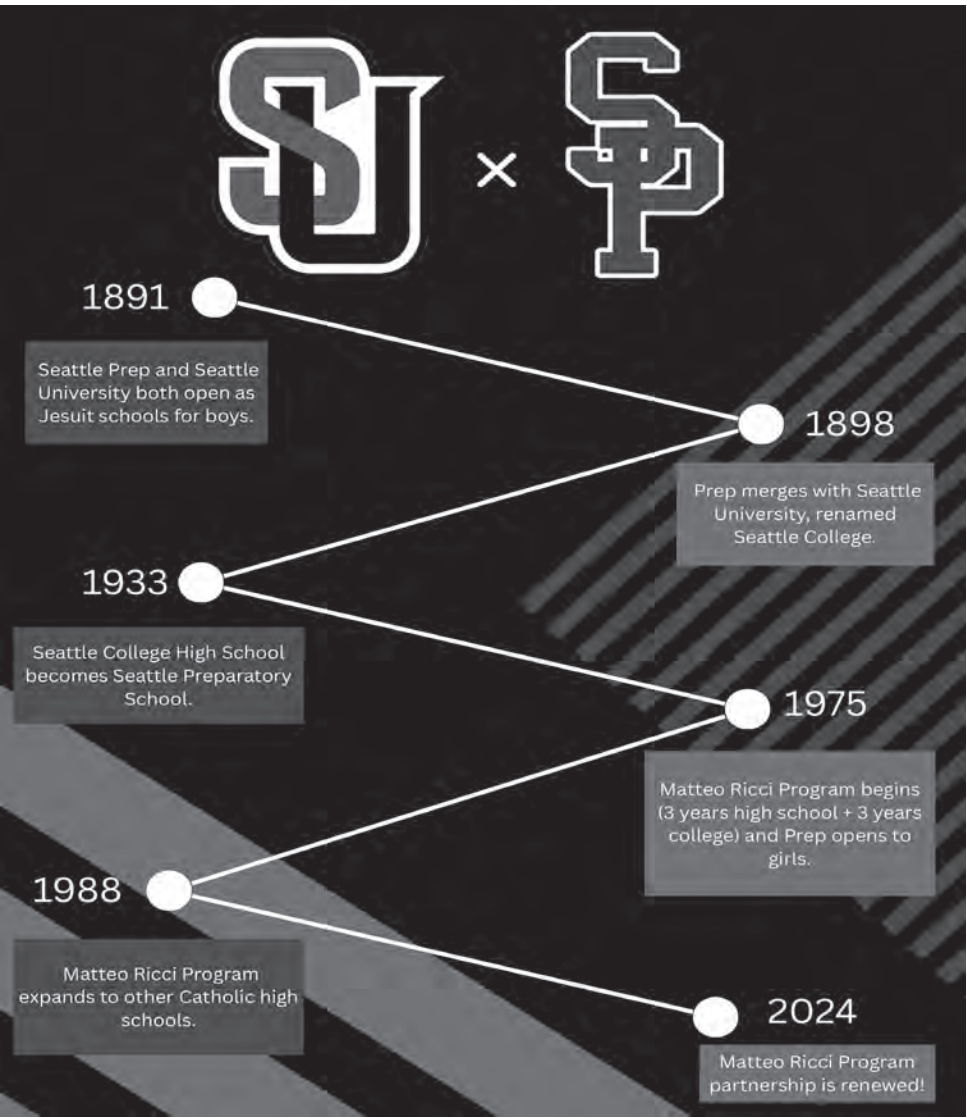
In 1891, two historic Jesuit institutions, Seattle Preparatory School and Seattle University, opened their doors. More than a century later, the two schools have reached an agreement to create a landmark direct admissions program.

Beginning this academic year, Seattle Prep students with a GPA of 3.5 will automatically be admitted to Seattle U. Additionally, students will receive no less than a 48% reduction in tuition cost, with more available for merit and need-based scholarships. Seattle U will also offer a single point of contact for Prep students and resources tailored to students and their families.

Seattle U President Eduardo Peñalver was an instrumental figure in constructing the deal to create a direct admissions program. He spoke to the long-standing partnership between the new schools and exciting opportunities the new program offers:

“Seattle University has a relationship with Seattle Prep that goes back to the very beginning of both institutions in 1891,” said Peñalver. “For over 130 years, we have shared the work of Jesuit education in the Pacific Northwest. Through this new partnership, Seattle University looks forward to helping Prep students continue their journey towards the knowledge, wisdom and spiritual depth that Jesuit education aims to cultivate.”

Seattle Prep President Robert Jordan was another key figure behind the agreement, collaborating with Peñalver. He explained the key ideas surrounding the Seattle U partnership:



GRAPHIC: FAITH ADAMS '27

“Part of our own strategic plan is greater partnership and collaboration with colleges and universities,” said Jordan. “And it makes sense that one of the first collaborations we would do would be Seattle University, given our shared history as well as both

being Jesuit institutions.”

The Jesuit link mutually beneficial for both schools. Seattle U is eager to admit more students from Jesuit school backgrounds, particularly in the Seattle area. Through further Jesuit education and access to a larger network of Jesuit schools, Prep students will become more well-rounded and connected to their communities.

“We try to do a good job of grounding students in the mission that is unique to Jesuit schools” said Jordan, speaking to how life at Seattle Prep prepares students for Seattle U. “We also teach students how to think, not what to think. So I think that is why Jesuit universities like to receive Jesuit students from our Jesuit high schools, because it's a continuation of that great exploration of ideas and dialogue that they're already used to.”

Seattle Prep and Seattle U actually have a long history of dialogue and discussion. In fact, in 1898, the schools temporarily adopted the same name, Seattle College. More recently however, the two schools shared the Matteo Ricci program, which offered Prep students the opportunity to earn a Bachelor of Arts in Humanities after only three years of high school and college.

In the future, Jordan said Seattle Prep is hoping to expand this program to other Jesuit colleges. There are only two Jesuit universities in the State of Washington (Seattle U and Gonzaga University), but there are 27 across the United States. This partnership is just the beginning of a new and exciting era at Prep of more collaboration with Jesuit colleges across Seattle, Washington, and potentially the nation.

“Leave it Better than You Found it” Prep’s New Interim Principal’s Philosophy

BEN SCHWARZ '27
Staff Writer

Mr. Dale Cote is a man of many titles. A quarterback, father, teacher, superintendent, and now Seattle Prep’s new interim principal. Throughout every job, however, one thing has stayed the same: relationships. Building connections with students, teammates, and colleagues is something he takes pride in, and it is fundamental to a strong community. This idea has driven him throughout his nearly four-decade career, and what brought him to Prep. “That’s what I love about being here,” Cote said, “getting to know students, and the connection with young people. My hope is to be in place to help support them and their growth and wherever life takes them.”

Cote grew up playing football and played at Central Washington University, before finding his passion in education. Throughout his career, football remained with him, as he reflected, “I liked the coaching and teaching aspect of it, and that drew me towards teaching. That’s kind of how I entered in, because I always wanted to be a teacher, largely because I had great teachers when I was in high school that impacted me.”

Prep wasn’t a certainty for him, as after 38 years working, he was ready to retire, recalling that he “tried to say no to coming here. I say that tongue in cheek, because I really did intend on retiring—maybe teaching a course, volunteering, or doing some consulting. Then Seattle Prep reached out. I wasn’t interested at first, but at this stage of my career I felt I still had some gas left.”

Throughout his career, Cote has worked all around the greater Seattle area, from Lynnwood to more recently in the Lake Washington School District. Seattle Prep differs from those as he went from around 2,000 to 2,500 students to now just about 800. However, this was one of the main reasons why he came to Prep. “When I got on campus—the size of the school, its reputation, and being with students again—it pulled me in. At Lake Washington, I loved my job, but I didn’t have direct contact with students. That’s what ultimately drew me here.”

In addition to this, the motivation of the students and the will to learn enticed him. Lastly, he says, “the Jesuit pillars stand out—forming well-rounded students, encouraging service, seeing God in all things, and striving for the Grad at Grad. Those values make the experience distinct.”

As the interim principal, it is hard to leave your mark. After all, it is likely a one-year job without a lot of long-term impact. With that being said, he believes that he can create progress and build on things Prep is already doing. “I don’t have a set list of “big goals” this year, because the systems are running well. But if I can look back and feel Seattle Prep is a little bit better because I was here, I’d be proud. That’s what leadership is about: helping, serving, and strengthening the community you are part of.”

Prep Students Get a Taste of China (and Hotpot)

CHLOE HORNER '26
LUCIE RUETTIGERS '27

In June, 32 Prep students and 5 teachers embarked on a 10-day trip to Chongqing and Chengdu, China, and immersed themselves in Chinese culture. This was a unique experience for Prep students as it was not a prerequisite to take Mandarin, and many students walked into the trip with very limited experience with the culture and language. Despite the language barrier, Prep students had a transformational experience.

Prep participants were only responsible for their airfare, otherwise, the trip was covered by the Chinese government. The Chinese YES program, Young Envoys Scholarship, is an effort to foster acceptance and friendliness between young Chinese and American students. YES connected Prep with several Jesuit schools in China, allowing a full exchange to take place.

Some highlights of the trip included a visit to a Panda breeding sanctuary, observing a UNESCO heritage rock carving site, and learning and performing songs for Chinese students. Prep students got to try

authentic Chinese hotpot, a famous Sichuan cuisine, and were even featured on national news to display a bridge between two cultures.

When asked what she hoped students learned from the trip, Seattle Prep Mandarin teacher Xiaofeng Foster, Laoshi to her students, responded, “China is different from what the media and general population would think, and being there gave [students] a sense of what the people and modern culture is like.” Laoshi chaperoned the trip to the Sichuan Province and got to see firsthand the unique and transformative experiences the Prep students were having on the trip. Previously, she has traveled with other groups of students to Hong Kong and hopes to continue traveling with students in the future.

As the trip progressed, Laoshi saw her students realize this; Senior Audrey Trinen shared that the students in China “aren’t that different from us and have many of the same interests.”

Over the course of the trip, students got to visit several high schools and

universities, including Chongqing Jiaotong University, Yucai Secondary School in Chongqing, and Pidu No.4 Secondary School in Chengdu. The Chinese students at these institutions spoke English very well and played a large role in shaping the experience for the Prep group. When asked about her favorite part of the trip, Bella Huynh '26 noted, “forming close relationships with students at these schools who led them around the city, introducing them to the pop culture, and even shopping with them.”

Each of these 32 students were out of their comfort zones on this international excursion and connected with Chinese students who ultimately had much more in common with them than they initially expected. More, the trip brought together a group of Prep students who didn’t know each other beforehand, described Joe Lauinger '28.

Seattle Prep impresses the Catholic Social Teaching of Human Dignity for every person on its students through service and theology classes. The Chinese exchange trip was an extension of this, as Prep students uniquely saw how education and community are similar even on the other side of the world. In the future, Prep hopes to offer more exchange opportunities for students. To address this, Frau Khouri recently took the role of Global Programs Coordinator. Her goal is to establish more educational and service trips for Prep students. She explained that, through these excursions, “Students will get a broader outlook into the world, be better citizens in general, not only as men and women for others, but also gain more perspective by going outside of the country, coming back and understanding your own life better.”

As for the Chinese program, Laoshi hopes to embark on another trip to Taiwan this upcoming June. This too, will be an opportunity for all Prep students to explore how other cultures are not so different from their own.



Photo: MS. FOSTER

32 Prep students and 5 teachers traveled to the Sichaun Province of China in June. Here, they pose outside of Chongqing Yucai Secondary School.

Building Community Across Borders

PAIGE REMINGTON '27
Staff Writer

This summer a group of 10 Seattle Prep students traveled to the Dominican Republic. They embarked on a 12-day trip with Education Across Borders, an organization dedicated to service and cultural exchange. The trip started by taking the group to Santiago, the heart to the Dominican Republic, and then to Franco Bidó, which is a small mountain community, where they group of students and teachers worked alongside local families to build homes, plant trees, and immerse themselves in the daily life of those living in the small village.

When talking to Marleigh Durie '26 and Clara Schneider '26 they both said they wanted to go on the trip “to gain a better perspective on global issues and to build community in a new environment.” Not only were they there to “gain a better perspective” but they both wanted to “grow spiritually and get out of comfort zone.”

The first days of the trip in Santiago were spent learning about the city, its culture, and its history. Soon after, the group traveled up into the mountains of Franco Bidó, where they stayed with host families. Living in the homestays gave all the students an authentic experience of the Dominican Republic. Durie explained how this was her favorite part of the whole trip. She said, “I stayed up until midnight playing card games and learning how to dance bachata.”



Photo: MARLEIGH DURIE '26

Prep students pose with Dominican families in Franco Bidó, where they helped build houses and plant trees.

Service was at the heart of the trip. In Franco Bidó, students worked with locals to build homes, and later in Santiago, they spent time at Batey Libertad, which is a Haitian refugee camp, running children’s camps and building relationships. Durie explains how this was the most impactful part of the trip for her. “Even though I was there to support them, they were the ones making sure I felt comfortable.”

In all, the trip had so many purposes. Building homes, planting trees, teaching camps, and gaining a deeper understanding of the global education issue. Above all, Durie told me that the strength of community was what stood out to her the most. “Everywhere we went, community was at the cen-

ter.” For Schneider what stood out to her “was how everyone welcomed and wanted to give me things when they didn’t have a lot themselves.” In all the community was very welcoming and loving to all the students who traveled and spent time doing service in the DR.

For future participants of the trip, the advice Durie and Schneider shared, “It’s a chance to step out of your comfort zone, grow as a leader, and immerse yourself in a welcoming community.”

The trip was more than service: it was all about growth, connection, and discovering the true power of community across borders.

Fall Sports Preview- Everything you need to know for the upcoming fall sports season

CHARLOTTE FLYNN '26 &
JOE LAUINGER '28
Online Editor & Staff Writer

Girls XC: Coming off of a strong 8th place finish at State last year, Girls Cross Country is primed for another strong year with sky-high expectations.

“Being ranked 1st in the 3a preseason poll (by the WashRunner)... coach (Aimee Corr) hopes that the team can live up to those expectations, and possibly go even further and qualify for NXN(Nike Cross Nationals),” said Captain Emiline Beliard '26, “which no team in Prep history has done.”

Even with Cross Country having such a competitive nature, the team is especially tight-knit. “Even with 75 runners on the team this year, everyone manages to become really close with one another... as a whole I feel like this is a very supportive team,” said Beliard.

Boys XC: After winning the teams 3rd straight metro championship last year, cross country captain Jack Wise '26 hopes that they can have a great year, both individually and as a team.

With multiple of their top 5 runners returning, Wise hopes that they can make a run for a top 5 finish at state this year. Besides that he wants to foster a great community amongst the team and have everyone

PB this season.
Volleyball: After winning the metro league last year, Volleyball hopes to bounce back from a slow start and make another run at state this year

Captain Leilua Kitona '26, said that, “A big goal for us would definitely be to win metros again and make a run at state.” Aside from the on the court success. Kitona said that the community of the team is very fun and goofy, saying the two words she would use to describe the team are “brainrot” and “giggles”.

Girls Swim: After back to back 5th place finishes at the state championship meet girl’s swim’s future is bright.

Captain Megan Lauinger '26 said that, “along with being intently focused on our success as a team and building off of our last successes, we want to build a culture where everyone feels comfortable going outside of their comfort zone.” She said that she also want to roster a, “supporting environment, where everyone is cheering behind the lanes.”

Girls Golf: Girls golf looks to build on a good outing in the metro league last year and foster friendship and kindness and become a tightly-knit team this year, while also striving for success on the course.

Captain Elle Holley '26 said, “The team is very humorous... but we also have lots of competition within the team.” Along with

the girls improving as a team, other captain Brooke Nowak '26 said that the boys and girls golf is thought of as one. She said the team slogan, “which Coach Quitlong came up with”, was, “If the girls win, we all win, if the boys win, we all win, if the team wins we all win.” Has gone a long way into building a good culture among the team.

Boys Golf: Boys Golf looks to build on an 8th place finish from last year with all of the members of the state team returning.

“The main goal for this season is to win the metro league and keep to keep building on their 18 match win streak,” said captain Frank Dixon '26. After beating defending state champs Mercer Island, the team’s sights are set higher than ever, and Dixon says he hopes the team can be the “underdog that comes out of nowhere to win it all.”

Football: For this years football team it is all about getting better on and off the field. While also looking to build on a semifinal finish in state last year.

Captain Callum Skillestad '26, said that “this is the most united a team has ever been, the brotherhood in our team is really significant this year and plays a big part in our performance.” Along with this amazing off the field bonding, Skillestad said that, “as a team we hope our work in the weight-room and the offseason really pays off on the field this year.”

Go see the team in action against East-

side Catholic at home at West Seattle Stadium on 10/17!

Girls Soccer: After winning state last year, the girls soccer team and Coach Hendricks hope to go for another championship this year!

Along with hoping to continue the championship caliber of the team, “girls soccer also hopes to have fun, while still pushing each other.” Said senior Kate Cannon '26. Cannon said, “even though we have lots of fun, everyone is still really focused on the success of the team, and we hope this can push us to become better as a team and build off of last years success.”

Crew: Competitive is the word that Joe McDonald '26 used to describe the Crew team. Not just against other teams but within their own squad.

McDonald said, “Crew is very unique, everyone is a team, but we are all competing to be the best and be on the best boats.” Even though the team is very competitive it is very much a brotherhood and a family. Along with this intersquad competition, their main goal this year is to beat their main rival, Oregon Rowing, in all of their regattas this year, said McDonald.

Good Luck to all of the fall sports on their seasons!

Panther Pack, Prep’s Personal Spirit Squad

PEYTON REMINGTON '26
Social Media Editor

On a fall Friday night, the stands of West Seattle Stadium feel full of energy. Loud students and faculty along with proud parents and alumni make up the crowd to cheer for our football team. Only when looking across the field to the opposing team’s cheer and band will the home team’s lack of spirit become clear. Prep has now gone several decades without these traditional spirit squads, but are we really missing out?

Prep’s community at sports games surely does not lack in spirit, attendance, and volume with the help of Panther Pack. Panther Pack is Prep’s version of a cheer team and band ensemble combined into one. While it has gone through many different iterations throughout the years, this year’s group is led by seven seniors along with moderator, Kalu Stricklin. These seniors are granted access to lead the student section at West Seattle Stadium home games, blasting music, starting chants, and offering merch giveaways during halftime breaks. Athletic Director Sam Reed shared, “People go to games to watch their friends and family or a really good team. Panther Pack bridges the gap for another reason to go.”

This group goes above and beyond to make the sports game experience intriguing

and enjoyable. Balin Meza '26 was selected to be a part of this years Panther Pack and reported that, “We try to make games enticing for the community to go to by creating hype on social media and with fun themes.” Throughout the week leading up to football and volleyball games, Panther Pack creates anticipation with social media posts and reminders throughout campus. They pick the themes, rally the teams, and much more to increase spirit.

Since the informal creation of Panther Pack, that predates the Covid years, Prep has invested a lot of resources and time



Photo: PANTHER PACK
Panther Pack leaders hyping up the crowd at a football game

into forming the group into what it is today. Reed stated, “Though there may be stereotypical high school events we are missing out on, we’ve moved on from missing what we don’t have, to improving what we do have.” This includes the

purchase of a high-quality speaker, megaphones, merch, and other gadgets to make sporting events more fun for the ones in the stands.

While Prep may not have the traditional cheerleaders or marching band, Panther Pack proves that spirit doesn’t depend on tradition: it depends on energy and community. And when at West Seattle Stadium, that’s something Prep has in abundance.

Prep Weighs In: Could this be the Mariners year?

JACKSON DIERKS '28 & ANDRE MATHEW '27
Staff Writers

From an Etsy witch to a historic season from Cal Raleigh, Mariners fans across Seattle Prep and the city are starting to rally behind the team. The Mariners clinched a trip to the 2025 MLB Postseason on September 12th with a 4-3 victory over the Colorado Rockies followed by clinching their first AL West title in 24 years the next night. With the team’s long history of underperforming come postseason, three members of the Prep community offer their perspective on the question we’ve all been asking: can the Mariners make it to the World Series and win?

Calvin Bobek '27, a lifelong baseball fan whose favorite Mariner is Ben Williamson, believes the Mariners’ strengths lie in that “talent wise, they are the best team in the American League.”

Sam Mounir '28 agreed with Bobek on the Mariners’ ability talent wise, saying: “our starting rotation, when it’s all healthy and good, is arguably the best in the league. Our offense is the best in the American League, though our bullpen has struggled in past. For the last month it too has also been the best in the league.”

Baseball coach Mr. Behrman adds to the Mariners offense’s positive sentiment saying “the biggest reason we go all the way will be our pitching, that’s been our most key thing for how we overpower teams. The lineup improvement has been huge, but I think that the pitching is still our main strength.”

Despite some optimistic views for the Mariners’ chances at the World Series, doubts still remain. “The biggest weakness

will be consistency. We can’t play our peak for more than a couple games,” said Bobek. For this reason, Bobek does not think the team has what it takes this year. He predicts “the Mariners win the division series. But I think we’re going to come up short in the ALCS.”

Behrman echoes similar concerns: “the Mariners biggest weakness is probably the bullpen because it’s just a little bit less steady than it has been with some of the starters.”

Though the Mariners’ fate is still up in the air, their run to the AL West title has already left an indelible mark on Seattle and Prep alike. Reflecting on his own high school years, Behrman shared, “I was a junior when the Seahawks won the Super Bowl. We got off school to go to the parade and I have some really good memories from that.” Now, he hopes the Mariners can spark the same Seattle pride that the Seahawks created a decade ago.

Cal Raleigh and the Mariners start their playoff run in the American League Division Series against Tarik Skubal and the Detroit Tigers. The Mariners path to the World Series in the American League would likely have to go through one of either the New York Yankees or the Toronto Blue Jays who have been the top teams in baseball all year. It has been a fun year for the Mariners but now is the time to seize the moment.

**“Talent wise, they are the best team in the American League”
-Calvin Bobek '27**

EDITORS: EMILINE BELIARD '26, AUDREY POPP '26, MARGUERITE BINDEL '26 & ANNABELLE BOWMAN '27

THE PANTHER | OCTOBER 15, 2025

Beyond the Roll: What to Order at Omaki

ANNABELLE BOWMAN '27
Staff Writer

Omaki Sushi and Teriyaki i one of the most popular spots near school, but a lot of people think of it only for sushi. The truth is, their menu goes way beyond seafood, and there are plenty of great choices if you want to try something different. Here are a few favorites.

For drinks, the Passion Fruit Tea with strawberry popping boba is a must-try. It's fruity, refreshing, and the popping boba makes it fun to sip. The Lychee Fruit Tea is a lighter option if you don't want too much sugar, and the Peach Slush is basically frozen candy for anyone with a sweet tooth.

When it comes to snacks, the Gyoza are my go-to — perfectly pan-fried, with a crisp outside and soft filling inside, and easy to share with friends.

The Chicken Karaage is another strong contender: crispy on the outside, juicy inside, and full of flavor. If you're in the mood to try something new, the Takoyaki (octopus balls) brings that Japanese street food vibe you don't usually find.

For mains, the Orange Chicken is

hands-down my favorite — sweet, tangy, and crunchy, it's always a crowd-pleaser. The Chicken Teriyaki is another solid pick if you want something filling and simple.

Last, if you're looking for dessert, the Chocolate Frozen Wafer Sandwich is a fun little treat to wrap things up.

So next time you stop by Omaki, don't just stick to the sushi section — there's a lot more to explore. My go-to combo has to be Passion Fruit Tea, Gyoza, and Orange Chicken.

FALL DRINKS

at
Coppertree Coffee House

Made by Class of '25
Snickerdoodle Latte
vanilla, caramel, & cinnamon

ESPRESSO DRINKS

T's Pumpkin Pie Latte with Teresa's special pumpkin brew	Autumn Morning cardamom & maple
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CIDER DRINKS

Mulled Apple Cider - Market Spice mulling spices
Chaider - mulled cider with chai & cinnamon
Cinnamon Rose Apple Tea Latte - rose tea with
cinnamon and apple

**ADD T'S PUMPKIN PIE MAGIC
SAUCE TO ANY DRINK**

Graphic: VICTORIA RODRIGO DERMODY

A Walk in the Arboretum

Benefits!

- Fresh air + movement = mood boost!
- A short walk can reduce stress and sharpen focus

Essentials

- Coat
- Water bottle
- Comfy shoes
- A friend!

Wildlife Sightings

- Squirrels
- Deer
- Hawks
- Bald Eagles

Fun Fact!

- The arboretum opened in 1934 and was designed by the Olmsted brothers!

Fall Walk Playlist

- Fade Into You by Mazzy Star
- There She Goes by The La's
- Dreams by Fleetwood Mac

Graphic: GRACIE HARKINS

Trees: The Ignored Campus Heroes

ANDREW ARNOLD '27
Staff Writer

As fall quickly approaches, the familiar beauty of autumn foliage once again takes center stage among the many trees on Seattle Prep's campus. Cozy sweaters, Halloween festivities, and the pumpkin spice latte, likely the reason behind many student tardies, join the changing leaves in capturing the essence of seasonal perfection. For Prep students overwhelmed by college applications, athletics, and homework, these trees offer a quiet and steady presence that is often overlooked despite being rooted in every corner of campus.

These trees, often seen but rarely appreciated, are more than just background scenery as they are quite literally the life of campus. The very air inhaled by the student walking to move their illegally parked car or taking stairs two at a time to the basement of Adelphia during a five-minute passing period is filtered through the same Japanese Maple that offers shade during lunch on warm days. It is the same European Birches that form the backdrop for sophomore Othello skits in Collegio.

When life moves too fast, it's worth pausing to notice what has always been there. In a season defined by change, the trees' beauty and wood which was used in ancient construction and shipbuilding. Today, Atlas Cedars are common in parks and large landscapes, and highly desired for their size and beauty. What the atlas cedar provides for Prep students, however, expands far beyond external qualities but

trees on campus serve as a quiet reminder to slow down and reconnect with the environment that is often forgotten.

The White Poplar (*Populus alba*) is native to southern and central Europe, Asia, and the Seattle Prep Plaza. The White Poplar can be found in the center of the plaza near the entrance to McDonnell Hall and Ignatius. It is known for its distinctive leaves which are green on top and silvery-white underneath, giving the tree a shimmering look when they catch the wind. Historically associated with Hercules in Greek mythology and often planted near temples and sacred sites, the White Poplar now "guards" a different kind of sacred spot at Prep: the spikeball nets that come out onto the plaza during free periods. Along with most of the trees surrounding the Ignatius building, the White Poplar was planted in 1999. It serves both as a gathering spot where students chat after school while waiting for rides and as a shady place for those enjoying lunch outdoors. Being one of the most seen trees on campus, it is easy for it to blend into the background during the school day.

The Atlas Cedar (*Cedrus atlantica*) is native to the Atlas Mountains of Morocco and Algeria as well as outside the Merlino Center where it thrives in cool, high-altitude forests. Known for its blueish-green needles and broad structure, this majestic Cedar has created an impression of being a beautiful ornamental tree. Historically, it's valued for both its beauty and wood which was used in ancient construction and shipbuilding. Today, Atlas Cedars are common in parks and large landscapes, and highly desired for their size and beauty. What the atlas cedar provides for Prep students, however, expands far beyond external qualities but

rather a mental and personal one. For many student athletes, the walk from the doors of The Merlino Center to the stairs leading up to the plaza provide a chance to cool down and find some peace after a tough workout in Coach Middleton's weight room. The walk under these tall Cedars is often the first moment of silence for athletes after their workouts and a mental reset as the day winds down, making the tree a symbol of something beyond simply nature.

Near the heart of campus near the stairs down to the Merlino Center also stands a Japanese Maple that holds special significance beyond its vibrant red and green leaves. This tree serves as a living memorial to Bimal Sanduh, a member of the Seattle Prep Class of 2014. Planted in his memory, the tree symbolizes the lasting impact an individual can have in their community. Prep is often known to be a second home for its students before and after graduation, with the tree dedicated to Sanduh serves as a representation of that message. As the seasons change, the Japanese Maple's presence honors Sanduh's memory while continuing to enrich the campus environment he once called home.

While Seattle Prep is arguably one of the most thoughtfully designed campuses, it is important to recognize what truly adds beauty and makes it the place that graduates look back on as a second home, the trees. When finding a way to reconnect with anything other than academics, there lies something more meaningful and capable of being seen by simply looking up.

New Prep Spaces: Where and Why

AMELIE LAPORTE-MANAHAN '27
Staff Writer

As we start a new school year, you may have noticed that many offices at school have moved around. This year, Prep is placing a greater focus on expanding academic learning space. One notable development among several is the new "Brick House" purchased by Prep in the spring of 2025. The building is located across from Prep, south of E Miller St. The new building will house Advancement and Communications Offices.

The main purpose of reshuffling locations of several different offices is to increase academic learning spaces for students. Other major changes include a new freshmen collegio located in A423, next to the Flex Room, and President Jordan's office being

moved to McDonnell Hall.

Another reason for these new developments is an increase in student body. Mr. Liu says, "Prep is increasing in size. With more students on campus, new learning space will be needed". Adding more classrooms will help maintain a good student to teacher ratio.

The school also owns the building next to the "Brick House", commonly known as the "White House". In the past, the "White House" was used as a living space for members of the Alumni Service Corp (ASC). The building will now be used for the Human Resources and Business Offices. With offices being moved from on-campus to off-campus, this helps manage the increase in learning space for Prep students. Although these changes may be difficult or confusing to adjust to in the beginning, it will prove beneficial for students.

The Summer I Turned Pretty Love Triangle Sparks Heated Debate Among Fans

MARGUERITE BINDEL '26 & AUDREY POPP '26
Visual Editor & Staff Writer

The Summer I Turned Pretty has captured the hearts and souls of millions of viewers, particularly when it comes to the Fisher brothers: Conrad and Jeremiah Fisher. The classic love triangle plot, a beloved story arc has divided fans of all ages. Some viewers have taken their opinions a step further, analyzing love languages and projecting future relationships onto “teams.”

Though raised under the same roof, the brothers could not be more different, except for one thing: their enduring love for their childhood friend Belly Conklin. Conrad, the elder, is reserved and often distant, yet deeply loyal. He tends to keep his emotions to himself, expressing affection through acts of service rather than words. Jeremiah, by contrast, is bright, outgoing, and quick to laugh, and even quicker to profess his love. While Conrad exudes a protective, brooding persona, Jer-

emiah embodies the dependable best friend, promising constant fun.

Audiences have spent three seasons debating the merits of each brother. Emery McGee '28 and Sydney Wagner '26 have emerged as die-hard Conrad fans this season, while Audrey Trinen '26 remains steadfastly Team Jeremiah.

McGee, a viewer whose perspective has evolved over time, described her change of heart: “Belly was going through a lot in seasons 1 and 2, and Jeremiah was better for her in that moment because he was emotionally present when she needed support. Conrad, on the other hand, was struggling with his own issues. But over the years, Conrad really matured.”

Even as Conrad wrestled with his emotions, it became clear to viewers that he experienced a more significant transformation, highlighting the differences in character maturity. McGee elaborated: “Jeremiah is fun for college, but for marriage, Conrad is more stable and supportive. She is going to love him longer.”

Wagner echoed that sentiment, framing the debate in terms of selflessness: “I am Team Conrad because Conrad loves Belly for Belly, but Jeremiah loves loving Belly.” McGee added that Jeremiah often comes across as a manchild, filled with jealousy and envy toward his older brother.

Not everyone agrees. Trinen, firmly on the other side, believes Jeremiah offers something Conrad cannot. “Jeremiah is better for a healthy relationship,” she said. “Conrad is inconsistent. Jenny Han completely changed his character just to keep the Conrad fan base happy.” For her, Conrad’s reserved nature can feel cold and troubling, creating a potentially toxic dynamic between him and Belly.

Even among Team Conrad supporters, there is acknowledgment that Belly needed time apart from both brothers. McGee admitted, “I didn’t want her to choose herself, but I think it was good she took the time in Paris. She was a mess and needed to be alone.” Trinen agreed, though her perspective differs: “My advice to Belly would

be to leave them alone and spend time healing away from all the drama the love triangle caused.”

For some viewers, the debate reflects personal values about relationships. McGee suggested, “If you go for Conrad, you want true love. If you go for Jeremiah, you just want to date your best friend.” Trinen, however, was more critical: “If you are rooting for Conrad, you want a toxic, manipulative man.” She added, “It’s less about who’s right or wrong and more about what kind of relationship you value.”

What remains undeniable is the impact of the story. A young adult novel written over five years ago has become a streaming phenomenon, sparking passionate discussion far beyond the fictional beach house where it all began. Whether fans see Conrad as steadfast and selfless or Jeremiah as joyful and loyal, the argument is unlikely to fade anytime soon.

Sounds of the Seasons: A Look Back to Summer, and Heading into Fall Concerts

CAROLINE AULT '28 & GEORGIA LIMBAUGH '26
Staff Writer & Copy Editor

Over the summer, there were plenty of elite artists who came to Seattle, but that certainly does not stop this fall. The city has a various number of concerts coming up and the list is impressive, but before we get too far ahead, let’s look back to the sounds of the summer. Over break, several Prep students attended concerts in Washington, with some of the most popular being Morgan Wallen, Lady Gaga and the Watershed music festival. In addition to hearing feedback from summer concert attendees, students also talked about concerts they have been to so far this fall.

Many were excited to see Morgan Wallen’s, “I’m the Problem” tour at Lumen Field in late July. Freshmen, Luke Walley, shared how amazing Wallen’s performance was.

“My favorite song was ‘I’m The Problem,’ and a song I didn’t really know before that I really enjoyed was ‘Love Somebody,’ which soon became my favorite song of his after the concert. I also thought that the opener, Miranda Lambert, had decent songs,” Walley replied.

This concert seemed to be a main attraction for country and pop music, and it is clear several Prep students were able to see the country heartthrob perform live.

In August, Lady Gaga graced Seattle with her tour, “The Mayhem Ball.” Although she has been around a while, the pop star is still working on singing, songwriting and performing, and no end has been put to her extravagant performances.

“Her song ‘Abracadabra’ was literally insane, and the song ‘Disease’ was so cool because she performed it in a sand pit, but I wished she played ‘The Edge of Glory,’” said sophomore, Mariana Schneider.

Gaga did not forget to sing the songs that grew her fame. It’s great that she was able to fit in some of her original songs like “Paparazzi” and “Bad Romance,” while still prioritizing the share of her most recent

work.

At Watershed music festival, seniors shared they had fun singing along and spending quality time with friends at the Gorge. There were a lot of country artists that performed at the festival, some of the biggest being Bailey Zimmerman, Zack Top, Dierks Bentley and Jason Aldean.

“Jason Aldean was my favorite,” said senior, Mae Overbey. Watershed is always a festive event to wrap up summer and head into fall.

Starting off fall strong and certainly thrilling, the DJ duo, Disclosure, came to WAMU Theatre, bringing lots of energy.

“The concert was really fun, and my favorite song was ‘Latch’ because I knew all the words. A new song I liked was the last song they performed called ‘You and Me’. I had a really good time dancing around and listening with my friends,” said sophomore, Francesca Coleman.

You may have heard the viral songs “Latch” or “You and Me” on the radio, at a social or sporting event, or maybe in a warm-up playlist, but Disclosure was sure to bring all they had to Seattle!

In late September, Megan Moroney made a stop at WAMU Theatre as well to perform her “Am I Okay” tour. Many concert-goers shared how fabulous her performance was, although the fight for a good spot to watch was brutal with the open-seating style. She played most of her songs from the album and even made room to sing “Wonder”, which was the very first song she had ever written.

“The concert was so much fun, and she was such a good performer! My favorite song that she sang was ‘Tennessee Orange,’ but I was sad she didn’t sing ‘You Had to Be There,’ shared sophomore, Vivian Murray. “She showed so much emotion when singing her sad songs, which made people in the crowd teary,” Murray continued.

And that’s a wrap for summer and early fall concerts. Next up, Tate McRae, Benson Boone, and Dua Lipa are scheduled to play, bringing additional talent to our city.



Graphic: FAITH ADAMS '27

TS12 – Prep’s Thoughts on a New Era of Taylor Swift

PEYTON REMINGTON ‘26
KIKI PUNKE ‘29

From a curly-haired country star to a global pop sensation, Taylor Swift’s music has been a hit throughout the ages. Her influence has spread all over the world, and her music has inspired people everywhere. Her latest update? TS12 – “The Life of a Showgirl”.

In August of 2025, Taylor Swift announced the upcoming release of her newest album, The Life of a Showgirl. Premiering on October 3, 2025, this album reflects Swift’s experience during the Eras Tour, her two-year tour combining all her albums into one three and a half hour show. It will highlight the excitement of her life on and off the stage, including her relationship with Kansas City Chief’s tight end Travis Kelce.

Swift had been planning her 12th album long before anyone imagined. Dedicated Swifties uncovered the hidden easter eggs Swift planted throughout her last show on the Eras Tour, December 8, 2024. These easter eggs included things like Swift wearing orange in her last show, the color representing The Life of a Showgirl. Or exiting though an orange door at the end of her final night, symbolizing her leaving that era and going on to the next. Taylor Swift gave subtle clues hinting at her next era, this album. Adelaide Williams ‘26 expressed that, “The easter eggs Taylor shares on social media builds excitement for her upcoming projects while emphasizing their importance.”

After all the hidden clues, anticipation is running high for this album. Gabby Bianchi ‘29, a fanatic Taylor Swift fan, said, “My expectation for this album is that it’s going to be a lot more upbeat than her recent albums. I’m excited for it to be more in the pop genre, even if it doesn’t have as much lyrical depth as her last album.”

But how will this album compare to her last album, “The Tortured Poets Department”? Swifties received this album with mixed reviews, with some noting that they resonated with the emotional depth, while others found it overly complicated and lacking originality. However, Swift notes how this album will be a “180 degree turn” from her previous album, with more upbeat and positive songs. Many new fans of Swift resonate more with this upbeat, pop style of her music. Ms. Slack started listening during the pandemic and shared, “I’ve followed along since then with her more recent albums. I’m less into country music, I’m definitely more into pop, so I’m excited for a more banger album.”

Whether students are counting down the hours until a new album releases or simply curious about Swift’s next move in the industry, the anticipation across Prep highlights just how far her influence reaches. Overall, “The Life of a Showgirl” promises not just exciting music, but a momentous moment as Taylor Swift releases her twelfth studio album.

Seattle Prep’s Very Own Twisted Tale: Amanda Knox

KATE CANNON ‘26
KATE SMITH ‘2?

Seattle Prep alumna Amanda Knox who graduated in 2005 is once again the focus of international attention with Hulu’s new series “The Twisted Tale of Amanda Knox”. The eight-episode docu-drama, which Knox helped produce, re-examines the case that made her a household name — and gives her the chance to tell her story in her own way.

In 2007, Knox was a 20-year-old exchange student in Perugia, Italy, when she was accused of murdering her roommate, Meredith Kercher. The case turned into a media firestorm, marked by years of trials, reversals, and speculation. Knox was eventually acquitted, but not before her life was turned upside down. Her story was previously told in the 2016 Netflix documentary “Amanda Knox”, but Hulu’s series takes a different approach: dramatization.

Starring Grace Van Patten as Knox, the show combines scripted scenes with Knox’s own reflections. It covers her interrogation, the court battles, and her return home, while also exploring the pressures of media sensationalism. Knox has praised Van Patten’s performance, saying it allowed her to “finally grieve the person that I was” and even reclaim her “sparkle,” something she felt the case had stolen.

Critics have called the show gripping and emotional, though some note it can feel repetitive for those who already know the story. Still, its impact is undeniable: in its first week, “The Twisted Tale of Amanda Knox” shot to No. 2 on Hulu’s streaming chart and trended worldwide.

But for Seattle Prep, the series hits differently — because Knox wasn’t just a headline. She was a classmate, a student, and a familiar face on campus.

To understand that side of her, I spoke with Mr. Mack, who formerly taught sophomore Collegio and had Knox as a student. He remembers her vividly: “She was always very much herself and true to who she was. Compared to most teenagers, she was incredibly independent and thoughtful.” In class discussions, he said she never blended into the crowd. “When we read books and talked in class, she always had her own

point of view, and she was never afraid to express it. She was mature, creative, and always thinking outside the box.”

When news of her arrest first broke, Prep was stunned. “We couldn’t believe it,” Mack said. “She was only about three weeks into her semester abroad. There was just no way someone from Prep — someone like Amanda — would make headlines like that.” Teachers who knew her immediately felt something was off. “It was totally out of character for her, and the press was some of the worst. They twisted the story into this evil, awful American girl narrative.”

Mack recalled how misleading the coverage was, even when facts didn’t support it. “They had already found the actual killer within 24 hours — his DNA was there, he was known to police — but the media still pushed this wild version of events.” The lead prosecutor, Mack said, didn’t help. “He made up this story about satanic rituals involving Amanda and her boyfriend. He was known for writing bizarre crime novels, and it felt like he was using this case to make himself famous.”

As the media frenzy escalated, journalists started showing up at Seattle Prep. “Reporters were coming to the school, looking for reactions and soundbites. They were sent to the president, and Prep decided to go all in on protecting her. They gathered every fact they could, listened to the people who knew her, and only shared what was true.”

The community didn’t stop at statements. Faculty wrote letters to Knox while she was in prison and sent care packages. “She felt very alone,” Mack said, “and it meant a lot to her. She started playing guitar, helped with music ministry there, even taught herself Italian.”

For Seattle Prep, the series is a reminder that Knox’s story isn’t just a global headline — she was in the same classes, clubs, and teams many of us are in, a familiar part of campus life, and someone whose life changed in ways few could imagine. It’s a reminder of how quickly a life can shift from ordinary to extraordinary. From her classrooms at Prep to the world stage, Knox’s journey reminds students that courage and perseverance can define who we are — no matter how ordinary our beginnings may seem.

Alvarez Shines Light on the Past

SOPHIE WALTERS ‘26
Staff Writer

While other Prep students were busy with summer jobs, trips, and camps, senior Louie Alvarez took the opportunity to volunteer at the annual “From Hiroshima to Hope” ceremony at Green Lake. In honor of the 80th anniversary of the atomic bombings of Hiroshima and Nagasaki, this ceremony brought together the community through lantern preparation, musical performances, dances, and survivor testimonies.

For Alvarez, the chance to participate came unexpectedly. “It was really last minute actually, my friend Marina invited me like two hours before we had to leave!” she said. Despite the short notice, the event left a lasting impression on her.

Though Alvarez does not have a personal family connection to Hiroshima, she feels deeply connected to the community through her Japanese friends. “I like to help out or participate when and where I can,” she explained. That openness to showing up and supporting others allowed her to see firsthand how remembrance can inspire hope for the future.

When asked what “hope” meant in the context of the memorial, Alvarez didn’t hesitate. “It means working to change the world for good, be rid of nuclear weapons that do nothing but destroy. One bomb is enough to destroy a whole city, so imagine the damage that thousands of them can do. They could probably wipe civilization out.”

Part of what struck her most was how

the event brought people of all ages together. She described listening to survivors’ stories, watching performances, and helping light lanterns across the lake. “Honestly though, my favorite part was pushing the lanterns out. They weren’t floating in the right direction, so my friend and I volunteered to get absolutely soaked and swim out to push them further. I had so much fun getting to be part of this memorial, especially because it was very important to my friend Marina; It felt like helping out my friend but also supporting her community.”

Alvarez hopes that younger generations, including her peers at Prep, can learn to see history as more than dates and facts. “It’s important to give the younger generation the whole picture, not just the story I was told when I was young. Telling kids that the reason Japan was bombed was because they were ‘bad’ or ‘evil’ is misleading. The situation is much more morally gray.”

Looking forward, Alvarez believes schools could play a role in keeping the lessons of Hiroshima alive. “We should dedicate a few days to maybe invite a guest speaker or have a Remembrance Day, and even just doing a little more in-depth studying of the bombings of Hiroshima and Nagasaki would be spectacular progress.”

For Alvarez, the message is clear: remembrance is about responsibility. “What happened at Hiroshima and Nagasaki is something to never be repeated. The last generation to experience the bombings is disappearing, and it is our job to remember the past and carry on the message of peace.”

“It’s important to give the younger generation the whole picture, not just the story I was told when I was young.”
-Louie Alvarez ‘26



Photo: Courtesy of Louie Alvarez
Louie Alvarez (right) guides the lanterns into the water at Greenlake.

Freshman Dance Cancelled Due to Logistical Reasons

EMILINE BELIARD ‘26
Editor in Chief

There have been many whispers amongst the students – especially the upperclassmen – regarding a back-to-school tradition that did not take place this year: the freshmen dance.

For those who do not know, every year at the back-to-school assembly the freshmen class perform a dance choreographed by the seniors in front of the entire school. To many, it is the highlight of the assembly and when it failed to happen this year many students were disappointed and confused by this sudden change – as no students had been consulted regarding the possibility of a change in tradition.

Megan Lauinger ‘26 stated, “When I learned that Prep was no longer doing the freshmen dance, I was devastated because for the past several decades, the dance has been an essential experience every freshman has had to go through, and removing it made it seem like the abrupt end of an era”.

Which it was.
After the assembly there was much speculation amongst the students as to why the dance was removed, many students going so far as to say it was due the school administration considering it as “hazing” – which turned out to not be the case.

When discussing with Mr. Liu, the Assistant Principal for Community and Belonging, regarding why the administration

decided to remove this long-lasting tradition he explained, “It was more of a practical decision more than anything”.

Expanding on this he discussed how the change from the previous Peer Mentor program to Link Crew was the biggest reason for the change. In previous years the students that led the Peer Mentor program for the incoming freshmen choreographed the dance and taught the freshmen during Panther Day in June – which used to last all day. But this year Prep embraced a new model called Link Crew, which was adopted from an organization where specific games and activities were pre-planned, and instead of a full day with the freshmen there was only half a day – completely removing the previously allotted time to teach the freshmen the dance.

A scheduling conflict is all it took to eliminate this tradition. But this isn’t what aggravates the students, it’s that it could have been easily resolved if only the students had been consulted in the decision making in the first place.

And to this Mr. Liu agreed, “The Office of Student Life, Admissions, and school administration were the ultimate decision makers, but I wish we had gotten more student voice, particularly from ASB” – but then this raises the question: why didn’t they?

Even freshmen, who did not know about the freshmen dance before student



Photo: MR. DANIELSON

Class of 2028 brought energy and excitement to the gym during their freshman dance at last year’s back-to-school assembly. Their enthusiasm and school spirit set the tone for an unforgettable start to the school year.

speculation arose, explained that they were bummed that it was eliminated from the back-to-school assembly schedule.

Ena Sparling ‘29 mentioned, “I am disappointed that we are not doing the freshman dance, I heard a lot about it from some upperclassmen, and it sounded fun”.

Even though Sparling also stated that the dance might have been awkward to do, she also realizes that it would have been a fond memory to look back on.

The sudden removal of the freshmen dance does not just erase a fun event, it steals a vital moment of growth, awkward-

ness, and connection that every freshman deserves. By eliminating this tradition without warning, the school took away more than just a dance; it removed a key experience that binds and creates the first full-class memory for the freshmen.

The fact that the dance was removed for logistical reasons means it doesn’t have to be the end of the long-standing tradition and if students push for it to be reinstated, there is no reason this tradition can’t come back. And it absolutely should. Waiting around will not bring about change, but student voices and action just might.

Free Hidden Gems to Assist Seniors on their College Journey

GEORGIA LIMBAUGH ‘26
Copy Editor

In almost every aspect, colleges require applicants to spend money. Taking the SAT costs money, touring certain colleges costs money, even submitting applications costs money. On top of this, many people choose to seek out third party resources that help them to enhance their SAT score, and further develop their college applications. These resources can cost thousands.

Embarking on the journey of college applications can be overwhelming, and it can feel necessary to spend this money on obtaining some kind of helping hand. However, there are resources out there that can help you through this grueling process that do not cost money.

Schoolhouse is a non-profit that offers a variety of free college related resources. For SAT help, Schoolhouse offers both reading help and math help. To access this, students are able to make an account and input their previous SAT/PSAT scores to determine the level of help needed in each module. You are then able to find a bootcamp that fits your schedule. Bootcamps are specific to your preferred module, level of expertise, and schedule. Two sessions occur per week via Zoom for four weeks and are led by student volunteers that have been deemed experts in their field. The work is specialized, and students are able to get individual help as well as help in groups.

Schoolhouse also offers college application help. They offer three separate bootcamps that operate on a similar schedule to their SAT bootcamps with two Zoom meetings a week for four weeks. One bootcamp offers direct help with your personal statement, guiding students through the for-

matting and writing process. Another bootcamp helps students with the application as a whole. Students are able to get help with a better understanding of how to go about the planning and nitty gritty details of the application. A third bootcamp offers students help with navigating financial aid.

Khan Academy is a non-profit that has partnered with College Board in order to offer free SAT and college application help for seniors. Their programs associated with the SAT entail an in depth walk through of each topic covered on both the math and reading portion of the test. They offer videos, written explanations, and practice problems. They offer tips that help to better understand the formatting of the test in general as well.

Khan Academy’s program regarding the application process guides seniors through the very beginning stages of deciding to go to college all the way through, discovering colleges, optimizing your senior year, the application process, and paying for college. They offer video and written explanations that help students grasp a better understanding of the process as a whole.

It is important for students to understand that there is opportunity for students to navigate the application and pre-application process without help from thousand-dollar programs. While these expensive programs have their benefits, these benefits can be sought out through various other less expensive programs as well.

Private College Counseling: Is It Necessary?

PEYTON LYSEN ‘26
Staff Writer

College, the big, looming, and cumulative end to four years of high school education. It’s a hot topic on all students’ minds, whether it is the first few weeks of high school or senior year, where college is right around the corner.

Whatever it may be, the bottom line is that college is always imminent, and the stress of choosing where to go and what to study is constant. Stress is a powerful motivator, and it often drives students and families towards outside help, often in the form of a private college counselor.

Private college counselors are professionals in all things college, and their services include helping students build a college list, focus on college and academic prep, submit financial aid applications, edit and brainstorming essay topics, and help guide clients towards a major they will be productive. Private college counselors help to ease the stress of college applications and provide an educated resource who is fluent in the language of college applications.

But are private college counselors necessary? Based on my personal experience, I don’t think so. While they can be helpful — especially early on when figuring out where to apply or what to study — that was really the extent of what I needed. For me, once I had a general direction, I was able to navigate the rest of the process on my own.

Private college counseling is an expensive investment. Most private counselors charge, on average, \$10,000 for packages. Granted each counselor is unique in what they offer, but this is a fairly accurate estimate. This number comes from the average rate of several counseling services, which typically charge between \$200 - \$500 per

hour or offer packages ranging from \$5,000 to \$10,000 per hour. Given this high cost, it is important to consider whether the value they provide justifies the expense; especially when many students can find success using Seattle Prep’s free college counseling services.

Looking inwards, Seattle Prep is unique in terms of college counseling. Mrs. O’Neil, Mrs. Covert, Ms. Foy, and Mrs. Powers offer incredible support throughout the school year. Students can request and drop in for meetings anytime they need and are constantly supported through mandatory check-ins at key checkpoints during college application season. With decades of experience, Prep’s counselors “speak” the language of college applications, helping students navigate the college admissions process with clarity and confidence. Their commitment and accessibility make the need for private college counseling far less necessary.

Wherever students are in their process, there are numerous resources available to assist in applications, many of which can be found in “Free Hidden Gems”, an article featured in this issue of the Panther enlightening students to numerous of free resources to help with college applications. All of these things are free to use and will provide the same if not similar information as a private college counselor. Students just have to be willing to use it and take the time to have those college conversations with yourself and family rather than with a counselor.

So, do you need a private college counselor? Ultimately, the decision is up to you and your family, but coming from someone who doesn’t have one, trust me when I say you do not need one to be successful and find colleges that are perfect.

Forging the Fight Against Fake News

CHARLOTTE FLYNN '26
Online Editor

If you listen closely in the halls, during the transition in Collegio, in the back of a lit study, or to a group of friends on the plaza, there is political discussion between Prep students. Although where the conversation takes place, who is speaking, and what is being said differ, most conversations have something in common. Misinformation. Whether it is just one fact or the whole conversation, misinformation is present in most Prep students' political discussions. In order to tackle the fake news epidemic, we must go to the source.

We need more education on current events and how to sift through fake news. Most students are not getting their ideas about politics from peer-reviewed pieces like they used for the Junior Research Paper. Students are going on social media. Apps like TikTok and Instagram use an algorithm that shows you what you want to see. No matter where you stand politically,

social media can display lies based on whatever you want to believe that day. The lack of education in school, combined with an avalanche of fake news, has led to students with misinformed opinions.

Collegio and theology should not only teach about the past, but they should also educate students on the history happening now. Away from the bias of social media, students should be given information about current events. National and local elections, wars, tariffs, and the shutdown of the government should be covered in class. Five minutes a day covering current events easily prevents misinformed opinions, bias, political disputes, and ignorance.

Additionally, students should be given

tools to sort through fake news themselves. Prep students will not always have someone to spoon-feed them the truth. Especially as AI advances, it is critical that students can

differentiate facts from lies. In addition to the media literacy class for freshmen, Prep should provide more education to students on how to sort through fake news.

Seattle Prep is not only supposed to prepare us for college, it

is supposed to prepare us for life. Students will not be successful if they have opinions formed on misinformation. Students will not be successful if they cannot discern the truth from lies. Seattle Prep has a duty to help us form factual political opinions that we are confident sharing.

“No matter where you stand politically, social media can display lies based on whatever you want to believe that day”

Student Outrage at Seattle Public Schools: Why Two Lunches is a Threat

SOLIANA FISHATSION '26
Staff Writer

October 6th. The day set by the Seattle Public Schools Board when all public high schools will split their lunch period into two. For public school high schoolers not only is the change inconvenient, but is a threat to club participation, teacher office hours, and student happiness.

But why is a single lunch so important? Many schools in nearby districts have already implemented two lunch policies, but according to the @onelunchsps, the

main Instagram account for the student response, by taking away one lunch, the Seattle Public School district is “dismantling the communities and opportunities that make our schools strong.”

According to the SPS website, this change “reduces long lines, makes it easier to find a place to sit, and ensures all students

have a healthy amount of time to eat.” But for students, this isn't a good enough reason. Lunch periods are only thirty minutes, so many wonder instead of splitting it up, if a longer single lunch period could be added.

A senior from Garfield High School, Abigail Martin Paes, highlighted the importance of the protests, saying for her “I am separated from my friend group, and I think it will get harder to participate in clubs and events that happen during lunch”.

The “No More Schedule Changes” petition on change.org has close to six thousand signatures, and ASB support from many high

schools in the district. A district wide walk-out was started by the account, and happened on September 15 led mainly by @onelunchsps and Ingraham ASB with hundreds of students gathering outside Seattle Public Schools' John Stanford Center for Educational Excellence on 2445 3rd Ave S.

For the students affected, this level of

“Dismantling the communities and opportunities that make our schools strong.”

@onelunchsps



Listen to the latest episode of the Pawdcast!
Ben Schwartz '27 and Dhani Widodo '27 get the low-down from new Alumni Service Corps members Margaret Green, Camille Hardie, and Adora Pham.

A Voter's Guide to the 2025 Seattle Election

KATELYN FREDETTE '27
Managing Editor

The last Seattle and King County election cycle was a big one. The 2024 general election had huge races for the offices of president and governor. This encouraged 81.10% of eligible voters in King County to fill out their ballots and place their votes. Presidential elections are a big attention grabber and encourage people to look at a ballot and the other issues at hand.

However, on the years when there is not a presidential election or a midterm election, eligible voter turnout in King County is disappointingly low. The voter turnout in the November 2023 general election was 37.86%, an almost 40% difference from the 2024 general election.

What does this say about King County at large? From the numbers, there appears to be a lack of excitement to vote on more local issues. Less on the ballot usually means less voters. In the most recent primary back in August about only 8% of younger voters from the ages of 18-24 voted. In comparison, over 36% of voters 65 and older voted.

So, what is on the ballot this year? This year is a particularly important year for Seattle because of the multiple city council seats up for grab and the city attorney and mayoral races.

Two of the three city council seats in the election this year are at-large positions. This means that two of the seats is decided by the entire city and not just one district. The other seat belongs to district two, located in South Seattle.

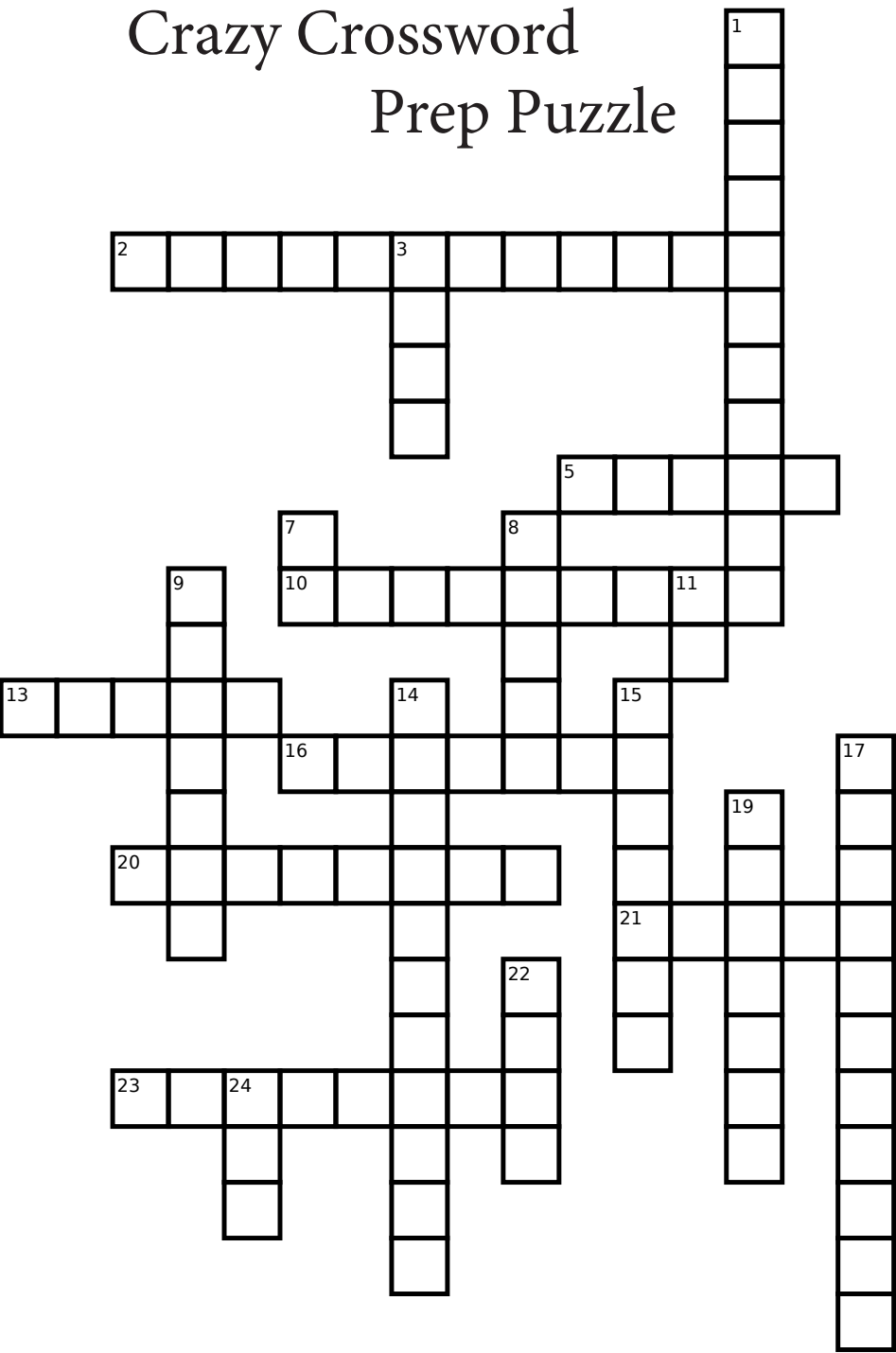
This year, Seattle's mayor Bruce Harrell will be competing for his office against newcomer Katie Wilson. Both mayoral candidates are running with a big emphasis on housing. Both want to develop better and more affordable housing to support those who need it. The current city attorney, Ann Davison, will be running against former assistant U.S. attorney Erika Evans. Both the mayor and city attorney will be fighting for their offices this year against strong opponents.

These races are so important for voters to vote for because they not only determine who the city's next leaders are, but what they want the city to look like in two or three years. Voters are not only voting for a person, but they are also voting for what they stand for. This election will determine what the future of the city will be.

THE SEATTLE PREP PANTHER

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- Down:
1. Prep's first year of co-ed

3. Last year's fall play

4. Mr. Meyer and Mr. Arthur teach this collegio

7. A country where Prep service immersions happen

8. Central square

9. Mascot of Prep

11. Sophomore project

14. Service Immersion in downtown Seattle

15. Prep's newest building

17. Where the football team plays

18. Where rollcall happens

19. They always win Olympic Week

22. School yearbook

24. Pasta
- Across:
2. Popular cafeteria food

5. "The More"

6. Burrito

10. Prep's official color

12. "Greater Glory of God"

13. Ms. O'Meara and Ms. Healy teach this collegio

16. Has a scenic outdoor view of the UW

18. The "Ask Me" guy who wears roller skates

20. Mr. Hogan and Mr. Kiehn teach this collegio

21. Founder of the Jesuits

23. Famous baseball player who visited Prep

Rainy Days 101

by: chiana hochstein

Seattle is known for having rainy weather conditions. Fortunately, the locals know exactly how to combat the seemingly endless drizzle. Here are some of the best ideas:

- Visit a museum!
 - Seattle has a lot of museums showcasing the brilliance and diversity of the community. My favorites include MoPOP (Museum of Pop Culture, Chihuly Garden and Glass, and the Museum of Illusions
- Play a game with friends or family
- Read a book
 - Ways to read: curl up by a fireplace, open the window (listen to the rain), lay in bed, sit in a comfy chair, etc.
- Go downtown
 - Downtown is largely built for withstanding the constant downpour of rain, if you stay on the sidewalks. If you're looking for a quick bite, check out Westlake Center, Uwajimaya, or Post Alley (the side closer to Pike Place).
- Take a walk (yes, in the rain, it's not that horrible)
- Listen to chill music (Scan the QR code for a curated playlist)
- Create:
 - Spend time crafting, writing, making art, and building.
- Watch something!
 - Netflix doesn't watch itself. Grab some snacks and settle down to watch your favorite movie or show.

FROSH ASB

Meet The Team

Carter Hermitage
ASB PRESIDENT

Ruthie Nelson
CLASS OFFICER

Liam Howell
CLASS OFFICER