

PCA POST



Edition 3, November 21, 2025

News of the Nest



Women's Soccer Championship Game

By Izzy Stevens

On November 11th, PCA women's soccer took on Profile High School in the soccer state championship game. PCA had a strong crowd, which took over the stadium with their drums and chants. Starting the game, many shots were taken by both teams, and both had great lock down defense. Profile held us for a while, but PCA stayed strong. Brie Mullins wove through Profile's defense with the help of a teammate and scored the first goal nine minutes into the game! At the end of the first half, the school was 1-0, PCA up. Going into the second half, both teams played excellent defense once again and held each other to a one-point game...until Sylvie Wamberg scored a goal for PCA with 23 minutes left in the half. The game continued, and PCA held the ball for most of the half. Sylvie took another opportunity and scored another goal with 12 minutes left. At this point, PCA was up 3-0, but Profile tried battling back. PCA had great ball movement, kept it from Profile, and ended up winning the championship game with a score of 3-0.



Senior Spotlight - Lauren Westlake

By Abby Hammer

This week, I had the pleasure of interviewing Lauren Westlake about her role on the soccer team this year. She played center back as one of two seniors, eventually helping to lead the team to the championships. She was awarded the “True Grit” award for her determination on the field. One of the main things that Lauren has taken away from her years on our soccer team is the importance of community. She has seen firsthand how, whether the team wins or loses, or whatever they face, they face it as a team. Lauren commented on how this sense of community isn’t just specific to the soccer team. She transferred here from a public school and found that the PCA community is one that she can happily be a part of and cherish as she remembers not to take it for granted, and as she finishes off her senior season, that is exactly her message to her teammates: “Don’t take anything for granted. Every loss you face on the field, every game you win, every team dinner, don't take it for granted. I blinked and my senior season is already over, and I would redo it in a heartbeat.”





Student Life

Veterans Day Chapel

By Anna Tolley

After Veteran's Day Chapel, students and veterans were invited to stay after and spend lunch in fellowship together. This was an opportunity for students to hear more about the veterans and receive their wisdom. Here are some of their responses and advice to you.

What Were Some Surprising or Hard Aspects of the Military That You Didn't Fully Know Ahead of Time?

Even after hearing about the level of comradery beforehand, most veterans claimed it was nothing like the experience of actually being a part of it. There was such a connection between them and their fellow soldiers that there was no doubt in their minds that they would give their lives for their comrades and that their comrades would do the same for them. They were not fully prepared for that intense loyalty and strong respect. One aspect that they acknowledged was hard about joining is how fast they had to grow up and how much they missed out on. If they joined out of high school, or even out of college, much of their youth was missed, and they suddenly had to see things and be part of things that matured them very fast. "It changes people," one veteran said, "It changes the way you talk, even the way you joke." He shared that he was much more laid back and unserious before he joined and came out a somber and quiet man. Veterans also miss out on many other things, including being with/starting a family and later, monumental moments in their kids' lives.



What Advice Do You Have for Kids Interested in Joining the Army?

When asked to give advice for people considering joining the army, one word that stuck out was *research*. They encouraged students not only to research branches and units but also benefits and college funds. They shared that there are many scholarships and much college aid that you can receive before you join and also many benefits for after you serve. Also, they said, go after the opportunities you are presented with and don't wait until it's too late. They also emphasized that you must also be prepared to work as a team and trust your comrades, not just yourself. They revealed that one of the biggest problems the military is facing today is society's trust in the individual. One veteran said that if you trust only yourself, you are sure to fail. You must prepare yourself to serve loyally and humbly. You must also prepare yourself to serve in other ways than combat and know that every role is important. Each type of service is keeping our country prepared in case we need protection (Continued on next page).



How Can We Honor Our Veterans?

Many veterans agreed that it was things like group discussions or students asking questions that made them feel honored. One veteran acknowledged that, although some veterans may not want to discuss their experiences, many would love to share and feel respected when they are asked to. She also emphasized the importance of taking your hat off during the national anthem. It may seem like a small thing, but it shows respect, both to our country and for those who fought to keep it safe.

Worship Night

An Interview with Cat and Christian

By Linnie Ngamcharoenthana and Maeve Bowden

Coming up right before Thanksgiving break is Upper School Night of Worship, planned by this year's Spiritual Life Prefects, Caterina Hutt and Christian Barnes. We asked them about why worship night is important, and Caterina said that "the purpose of Night of Worship is to come together as a community of faculty and students to worship Jesus" with a vision of fostering a faithful and unified school culture. When asked about any challenges with the planning process, Christian told us that they both had trouble with the rehearsal aspect because they "were not musically inclined" and would like to thank Chloe Tan for her collaboration.

Their hope is that, through this event, people will leave feeling their faith strengthened and their spirits renewed. As Caterina put it, "We don't care about numbers, we just want people to deepen their faith." They hope that this event will impact the student body and inspire the Upper School community to continue growing faithfully. Finally, we asked them what their favorite part of planning this event was, and they both agreed that getting to listen in on the worship rehearsals was a really nice experience for them. Christian said that he particularly liked sending out communications because it was fulfilling to see their work come together.



"We can't wait to see our Christ-centered community come together in worship!"

- Caterina and Christian



PCA's First Thanksgiving Feast

By Sophia Workman

An extremely special opportunity that Upper School students have is the time set apart each week to meet in a small group of their peers. During these meetings, groups have prayer, discussion, and play games to enjoy fellowship. Besides these weekly times set after chapels, small groups seemed to lack time for connection and an intentionally set-apart event. This was how the idea for the feast was born, an idea held very close to my heart. It's a time to have each small group engage in fellowship around the table. This time also served to recognize and foster the developing servant leadership abilities of small group leaders.



Unlike many other events hosted during the school year, the feast provided a pressure-free environment for students across all grade levels to converse and feast together in a festively-decorated Troiano Hall. Thanks to many generous parent volunteers, a traditional thanksgiving meal was provided for students and faculty. Additionally, small groups provided desserts for the event. The feast included prayer, a liturgy reading, a meal, and fun holiday trivia. The 18 small groups engaged in conversation and had time for a reflection of their gratitude. This Thanksgiving Feast brought students from all grade levels together and marked the start of what will hopefully be a new PCA tradition.



Teacher Feature

Mrs. G

By Bianca Wibowo

With the Thanksgiving season approaching, I got the chance to interview Mrs. G, a lovely asset to PCA's science department. When asked who she was grateful for, she replied by saying she was grateful for Mrs. Shevenell, a former chemistry teacher at PCA. Mrs. G appreciated her patience while learning the ropes, her organization (many have been able to benefit from her material), and her positivity. Mrs. Shevenell encouraged Mrs. G, and was always available to assist her, even to this day. When asked about a happy Thanksgiving memory, she recalled a time when she went with her husband and little kids went to their grandmother's cabin and made lasagna. "There was no stress for perfection," she recalled. Lastly, her favorite Thanksgiving food is venison meatloaf and she jokingly stated, "Anyone who doesn't like venison is a suspect in my book."



Mr. Dunphy

By Sienna Littlefield

This past month, I had the pleasure of interviewing Mr. Dunphy, the head of the Bible department who has been teaching for 4 years. When I asked Mr. Dunphy who he was grateful for, he thought for a moment before answering that he was very thankful for his pastor, Michael John. He explained that Pastor John was his mentor as he was stepping up to become a pastor himself. Additionally, Mr. Dunphy said that his pastor counseled him whenever he had hard questions. Then, Mr. Dunphy described his favorite childhood Thanksgiving memory, which was going to New York to watch the Macy's Day Parade with his family in place of the more typical Thanksgiving he used to spend in Stanford, Connecticut. Lastly, Mr. Dunphy confidently answered that his favorite Thanksgiving food was chestnut stuffing... who would've thought?



Devotional

By Viola Fillion

We're all restlessly counting down the days to Thanksgiving break, and to honor this time of thankfulness, I wanted to look at gratitude. It's so easy to look around and wonder what on earth there is to be grateful for. Every day, it seems that some new tragedy is on the news, and it makes us wonder if there's even anything to be thankful for. I know that when things around us seem to be falling apart, it can be really hard to focus on the good, but this is exactly when we need to praise and thank God the most.

1 Thessalonians 5:18 says, "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." When nothing seems to be going our way, many of us tend to spiral into feelings of hopelessness. I have found that these feelings are often a result of looking inward at ourselves and the rest of our broken world. In order to fix or change anything, we need to change our focus. We should stop hanging our head and looking down and start looking up at the only One who can truly help us. It's almost as if we were in a cage. When we look at the bars that trap us, we feel discouraged. However, we can still look through the bars to see the beauty that still exists around us. When we give thanks, as 1 Thessalonians says, we thank God that even in dark times, He is still good, and He always will be.



Fine Arts

This past weekend, the theater department put on the Fall Show, “It’s a Wonderful Life: A Live Radio Show.” The show was a smashing success with at least two sold out shows. It was great to see all of their hard work come together!



Interview with Viola

By Lucy Arico

Viola Fillion was a key member of PCA’s productions of *It’s a Wonderful Life*. She played Sally Applewhite (who played Mary Hatch in the show). Viola really liked this character for her “optimism and empathy,” and she says that she learned a lot from playing this part. Since Sally Applewhite wasn’t written with much personality, Viola got to make creative decisions for her character.

Viola says that the hardest part of the show was tech week, as the cast was at the school until 9:30 every night! This was draining for Viola, but, ultimately, she got so much closer to the people in the cast, both old friends and new members.

Overall, Viola loved getting to play Sally in *It’s a Wonderful Life* and enjoyed the community that this show fostered.

It’s a Wonderful Life Overview

By Viola Fillion

It’s a Wonderful Life is about a man named George Bailey who is struggling with financial and relational issues. After wishing that he was never born, George is visited by an angel named Clarence who makes his wish come true. George gets to see what the lives of his friends would look like if he had never been in them. This show explores themes of community, compassion, and the impact that people have on each other.





Katts with a Zee

By Catherine Scolamiero





Eagle Eyes

Dylan Anderson

By Linnie Ngamcharoenthana

Dylan Anderson has been attending PCA for four years and is currently a Junior. A teacher she is grateful for is Mrs. Henker, for always being encouraging and supportive, even when Dylan feels that she has messed up. I asked Dylan to share a helpful piece of advice she's received, and she said that she always appreciated it when people said, "Just go and do it—don't be scared to be outgoing." She is thankful for her mom for always being there for her and for all of the loving sacrifices she makes for her family's happiness. Dylan's favorite Thanksgiving traditions are enjoying her mom's cinnamon rolls and hot chocolate in the morning and watching the Turkey Trot and football with her family.

Eli Hasty

By Maeve Bowden

I got the opportunity this week to talk with freshman Eli Hasty. He has been coming to PCA since 8th grade, so this is his second year here. As the theme of this edition is thankfulness, in preparation for Thanksgiving, I asked him various questions surrounding this topic. First, I asked who a teacher was that he was grateful for and why. To this, he responded that he was grateful for Dr. Gamble. He enjoys learning many new things in his class each day and finds it increasingly interesting as the year goes on. Next, I asked what some advice for the start of high school he received which he has found helpful. He said, "A friend told me to put 100% effort into everything I do this year because it sets a strong baseline for the rest of my time in high school." He said that he has seen this play out well, even in the beginning of his time at the Upper School. I also asked him what family member he is appreciative of and why. He told me that his mom came to mind because she does so much for him. She cooks for his whole family at Thanksgiving, she takes care of him, and she is very supportive of him. Lastly, I asked Eli what his favorite Thanksgiving tradition is, and he told me that he and his family watch Elf every year to transition into Christmas time.

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