

What's your favorite dog breed and why?

"Probably the samoyed because I think they look cool and they have a lot of fun in the snow and stuff."



FINN RUTKOWSKI ('26)

"Cavapoo because they're really cute and they don't shed and they're super tiny and cuddly."



AVNI SHAH ('24)

"My family wanted to get papillons, but we ended up with two chihuahuas the shelter told us we're papillons. Despite their bad rep, chihuahuas are definitely my favorite."



MAYA MUKHERJEE ('23)

Story & design by Chloe Amos

PETS, no stress

Every Wednesday tranquility and happiness appears: therapy dogs.



As soon as the lunch bell rings, students rush out of class to enjoy their short period of break. On their way to T&C, many pass by the corner of the music and art building and fall upon a scene that makes their faces break into smiles. Two therapy dogs, Bailey and Corky, sit with their owners, waiting for some love from joyful students.

"Something about dogs, they just love you for whoever you are."

KATHERINE ZANER ('26)

"Both of our dogs are certified through an organization called Pet Partners, and the owner has to pass a test, and we as a team have to pass an evaluation to demonstrate that the dogs are calm around people and around other dogs basically," Corky's owner, Julia Tomz, said.

Joanna Erlich, owner of Bailey, said she was motivated to bring her dog to school because of how much of an impact having a therapy dog has on her family.

"It was suggested by a dog trainer that I got when Bailey was a puppy that she's a perfect dog for pet therapy," Erlich said. "I know what she does for my kids, and I can spend an hour once a week to spread that around for you guys."

Erlich said it is a very rewarding experience bringing her dog to campus and seeing the effect it has on students.

"It's amazing to see the kids come over and whatever stress they're holding, they see the dogs and they light up and they smile and forget about their troubles for a little bit," Erlich said.

Additionally, students appreciate the dogs as much as the dog owners observe it. Freshman Katherine Zaner ('26) love to stop by because of how the dogs love her unconditionally and distract her from the stress of daily

life.

"I love the therapy dogs because I feel like they just provide such a good break in the day," Zaner said. "Something about dogs is they just love you for whoever you are. They don't care about what you look like, who you are or anything and they're just adorable."

Studies have also shown the benefits therapy dogs and petting animals have on mental health, and sophomore Sarina Grewal ('25)

agreed that it has perks.

"I always feel better after I hang out with them, so I'd say that's probably true of other people too," Grewal said.



(far left) **CHILLING WITH BAILEY**, freshman Katherine Zaner ('26) gives the happy dog some chin scratches. "You know that the dogs won't judge you and that they'll be there waiting for you," Zaner said. "They always put a smile on your face."

(left) **PETTING A THERAPY** dog, Sarina Grewal ('25) relaxes while reading a book. "It really helps me to get back in the groove when I can just chill with the dogs instead of doing homework or focusing too much on school stuff," Grewal said. *Photos by Zora Wakelee*
(right) **RECEIVING INTEREST** FROM Corky, sophomore Avi Kataria ('25) holds out her arm for to sniff with a smile on her face. "I feel like the dogs definitely bring a lot of peace (to the Paly community)," Kataria said. *Photo by Hannah Huang*

starting off STRONG

Photos by Tate Hardy

Track & Field hosts their first meet of the season against Homestead High School.



(left) **THROWING THE SHOT** put, sophomore Liam Giffen ('25) launches himself forward into his throw. "This is my first year doing track so I guess it was kind of daunting, going up against another team but I think the competitive spirit definitely helped me and the other throwers," Giffen said.

(above) **LEAPING OVER A** hurdle, junior Lili Wakenshaw ('24) keeps her eyes on the prize. "It was my first time running the hurdles race all the way through and I did way better than I expected," Wakenshaw said.

serving up a STORM

Despite the windy conditions, the Boys Varsity Tennis team performed well in their match against Sacred Heart.

(far left) **REACHING TO HIT** the ball, senior Joshua Kaplan ('23) extends his racket. "The most important thing I learned from this match was the importance of a supportive team ... I would have lost without the support of my teammates," Kaplan said.
(left) **PREPARING TO SERVE**, Beckett Annes ('24) tosses the ball up into the air. "Moving forward I think the team hopes to improve on closing out the matches, we played SHP very tight and winning a few key points would've made the difference," Annes said.

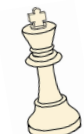


time to **PLAY!** Students discuss their current computer games.
Photos by Lucy Zheng Illustrations by Tali Lehr

What game are you playing?

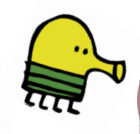


Online chess



MAIA LIN ('26)

Doodle jump



MIRIAM PULIDO ('24)

Why are you playing this game?

It's a good way to kill time, and it's easy. **MIRIAM PULIDO ('24)** It's fun and intellectually challenging. If you play chess it shows you're 'smart' to other people. **MAIA LIN ('26)**

Do you think it serves more as a distractor or a reliever for stress?

More of a distraction, it's a mindless game. **MIRIAM PULIDO ('24)** I think if you're done with all your work, it's stress relief. But a lot of people play it and it ends up using a lot of time. **MAIA LIN ('26)**