



Princess Bio

Name: Sophie Lafrenz

School: Ida B. Wells High School

Year in school: Senior

Future education plans: 4-year University to study Education or Liberal Arts

Career plans: Elementary School Teacher

High School Activities & Honors:

- Varsity Lacrosse Captain
- Varsity Swimming Captain
- Positive Charge Club President
- Athletic Leadership Council Member
- Model UN delegate and Committee Chair
- Rising Educators Club co-founder and co-president
- Social Media Manager (IBW Band and IBW Swimming)
- Rising Educators Pathway Completer
- Local Elementary School Intern
- Foreign Language Pathway Completer (French)
- Student-Athlete of the Month
- Athlete of the Week
- Team Spirit and Academic All-Star Awards (junior year lacrosse)
- National Honor Society
- Marie Curie Science Experimentation Award

Hobbies and special interest:

In my spare time I love to be outdoors, whether that's camping, swimming, birding, or playing sports like lacrosse and pickleball. I work part-time for the Portland Parks and Rec Aquatics department as a lifeguard, swim instructor, and swim team coach. I enjoy spending time with friends and family, especially when gathering to share food through cooking and baking. I also love crafts and love to collage, watercolor, and read.

What is your favorite place to visit in Portland and why?

My favorite place to visit in Portland is Washington Park, a beautiful location which showcases one of the most incredible ranges of activities Portland has to offer. One of my favorite spots includes the Oregon Zoo, which I have adored visiting since I was little, and which holds fond memories of times with friends and loved ones at events such as the annual Zoo Lights. The Japanese Gardens are another one of my favorite spots, offering gorgeous architecture, a stunning natural landscape, and a serene atmosphere.

What are you most proud of during your high school career?

I am most proud of the many different ways that I have worked to step out of my comfort zone and try new things. Whether it has been in striving to meet new people, testing out brand new activities like water polo and birdwatching, or pushing myself in challenging coursework, my high school career has allowed me to expand my worldview and skill set through new experiences.

What is your favorite Rose Festival event and why?

My favorite Rose Festival event is the Starlight Parade! Throughout high school I've had the wonderful privilege to perform in the Starlight Parade multiple times as a member of the Ida B. Wells band, and the parade is always a highlight of the beginning of summer. Each year I've witnessed how countless organizations and individuals come together in a night of joy and community to bring music, memories, and togetherness to people across Portland.