



THE INQUISITOR

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Seton's Traditional Fall Play Takes a Cinematic Twist

By: Matthew Kelly

Seton is putting on a fall show as it has been doing for many years, but this year, however, there's a twist. Seton theater is making the first live-action movie ever made in Seton's history. The producer, Matthew Moore, said that Seton has been putting on awesome plays for years, each one more amazing than the last. He said it was always, "How do we top the last show? We don't." The only thing that could possibly top Cyrano was a live-action film.

After reading the book Calapanta, Mr. Moore wondered how he could adapt it into a play. He realized it wasn't possible due to the special effects needed and certain characters that would look silly onstage. After some consideration, it was concurred that Seton would produce a movie rather than the usual play. "Students, teachers, and parents in the Seton community work together like nothing I've ever seen, and the theater program is no different," says Mr. Moore. "I have no doubt in my mind that this is going to be a phenomenal production." Author and Seton teacher Timothy Heisler, writer of the Calapanta novel, declared that, "Having Seton turn it into a movie is more meaningful to me than if Hollywood did it." Everything that happens in the book and movie is straight from Mr. Heisler's imagination. "The part I like most," he said, "is that I get to act in the movie with my daughter."

The movie starts out with Jim, a young boy, having to gain courage and awaken

his powerful protector to save another dimension. He goes on a journey assisted by newfound friends to defeat a huge, evil dragon, and an army of undead soldiers.

The Calapanta movie will be acted out by students, filmed by students, and even edited by students. It will be one of the toughest undertakings Seton has done with over eighty students and adults taking part. Kids will not only have fun, but they will get a taste of real-life cinematic careers. The powerful lesson the viewer will take away from the movie is to love courageously and fearlessly.

Calapanta is scheduled for release, with a fabulous red-carpet premier, in November at the PAC at All Saints.



Image: Audition Night: from right to left: Talent Director Francine Orr, Director Matthew Moore, and Seton students JP Moore and Ethan Cook, respectively.

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From The Editor...

By: Amanda Bishop

Hello Seton students and families!! The Inquisitor is back and better than ever. I am Amanda Bishop, the current Editor-in-Chief of The Inquisitor. I am a Senior here at Seton, and I'm looking forward to the upcoming year and everything it has in store. I am also looking forward to serving the newspaper well and publishing all the exciting stories that will interest all our readers

My goal is to get into one of my top colleges and finish out senior year with new friends and great Seton connections. In college I hope to study business or hotel, restaurant management and later work in the hospitality industry. Through working on The Inquisitor, I look forward to learning new skills which I will take with me on my next steps. I also hope to affirm my faith, before I graduate, while I have the great opportunities Seton provides like mass twice a week, confessions, and Holy Hours. I cannot wait to see what the next year will teach me in all my classes but especially as the Editor-In-Chief of the newspaper.

The newspaper is prepared to work hard to provide the best possible stories for you and the entire Seton community. What do you want to hear about in future issues? Do you have funny stories to share, questions you want answered, or a piece of art you are proud of and want to share? The Inquisitor is ready and willing to report them.

In the next few months, the Writing for Publication class will be working hard to report newsworthy events, including sports events, canonizations, major Seton events, an anonymous advice column, and much more. Our mission is to report to you, our Seton family, on issues you find important. The Inquisitor would like to see any suggestions you have. Please do not hesitate to communicate with any of the newspaper staff or email the Inquisitor at inquisitor@setonschool.net.



Back to School Tips and Tricks By: Dominic Smith

Going back to school after a long and relaxing summer can be tough, but here are a few key things to consider when heading back to school. It is a nerve-racking experience to prepare yourself for school regardless of whether you are a new or returning student in any grade. On the topic of entering the new school year, Seton School's counselor Mrs. Montavon states, "the more organized you are the more successful you will be." Anne Carroll, the principal of Seton School goes on to stress that it is very important "to make a visit to the chapel every day and dedicate each day to God." This shows that prayer and spiritual preparation are just as important as buying school materials or getting the best class schedule.



"Give everyone the benefit of the doubt"

One of the biggest aspects of going back to school is meeting new people. Whether you are a new or returning student, you will always be meeting new people, especially at the beginning of the year. As Senior John Pennefather says, "You just have to be open to people coming in." As Senior class president, Paulina Prevoznik further emphasizes, "Be yourself. Don't let other people's pre-conceived notions get to you. Give everyone the benefit of the doubt." The atmosphere and community at Seton School is certainly a special one full of great friendships and acceptance. Even the simplest of things can make it that much easier to get to know other people. This is displayed by the great piece of advice teacher, Mrs. Jill Pogue, gives to all students when it comes to meeting new people: "Look them in the eye when you talk to them."

Preparation and organization are two of the biggest things to focus on when it comes time for a new school year. Your preparation is essential to how well you do, whether it is in the classroom or outside of the classroom, and organization will determine how prepared you will be. As Dan Vander Woude, religion teacher and athletic director of the school states, "The planner is a fantastic tool to help you as a student." Many people recommend using the planner and most seniors and teachers will have the same opinion. The planner keeps all your school and out-of-school assignments and activities in one place that is easy to access. As Mary Krynitisky, Vice President of the National Honor Society emphasizes, "Have your supplies ahead of time. It's better to not wait until the first day of school to get stuff." Much of preparation and being organized does not even require writing or studying, it simply entails going out and getting materials and, especially with all the online shopping nowadays, it is easier than ever to get school supplies early. Since school has already started, get supplies and materials early when it comes to more specific things that you know are coming up in the future such as big creative projects or presentations.

"The planner is a fantastic tool to help you as a student"

Although going back to school can be a harrowing experience, in the end, there are three main tips that are exceptionally helpful. First: get supplies earlier than required. Second: use the planner! Third: don't be afraid to meet and talk to new people and have a great school year!

Proud to Be a Pilgrim in Poland

By: Amanda Bishop

On July 2nd a group of high school students left the United States, in order to grow in their faith and knowledge of St. John Paul II. With open minds and wide eyes, a group of strangers climbed on a plane and took an all-night flight to Poland where they made new friends and lifelong connections.

One of the pilgrims from Seton, Marcie Van de Voorde, 11th grade, said "When I was first starting the trip I was tired, timid, and missing home," but at the end of the ten days she changed her mind, and said she was, "not ready to leave her new favorite place."



The pilgrims began their journey at a monastery founded by St. Maximillian Kolbe. On a bus the thirteen high schoolers traveled around to places like Krakow, Auschwitz, Wieliczka salt mines, Warsaw, and much more. Many were greatly affected by the pain and suffering the Polish people suffered during the Nazi regime. Patrick Wood, also in 11th grade, said, "The row after row of solemn chimneys at Auschwitz really struck me to what evil and hatred can do. It has inspired me... to live out the faith each day."

Standing in front of the Tomb of The Unknown Soldier in Warsaw, Joe the John Paul II Project team leader, told the group of students how the city had been blown to pieces during WWII. He continued to explain that the Polish people banded together in Catholic pride to rebuild their city from ruin. Afterwards the students visited museums dedicated to movements and events during the time of WWII. Many students were affected by the pride of the Polish people and how they fought the evil of the Communists through resistances like the Solidarity Movement.

St. John Paul II was also a major topic the students learned about while in Poland. This journey brought them to Wadowice, Poland to the place where Karol Józef Wojtyła was born. This location now hosts a museum dedicated to his life. There the small group of curious pilgrims had the chance to see many pictures from his life, the gun used in his assassination attempt, vestments he wore, and many other souvenirs from his life. Marcie also commented, "I realized that I'm called to be like John Paul was, in every aspect of my life."

Not only did the pilgrims learn about history and John Paul II, but also learned other important skills, especially travel skills. The pilgrims learned to take the Tram which is the form of public transportation used in Poland. Having to go ten days without phones and only one backpack taught the students the importance of detachment.

The experience of traveling to Europe with a group of friends was unique and should not be taken for granted. The students who attended definitely soaked up everything they could and grew with every moment spent in Poland. Even though this trip challenged the students intellectually, physically, and spiritually, the students answered with a resounding "YES" when asked if they would want to return to Poland and do it all again.



New Teacher Feature



Mrs. Hall

By: Kathleen O'Malley

What/Who inspired you to come teach at Seton?

I asked God to provide for me a part-time teaching position. I was very detailed in my request: I wanted to be in a truly Catholic environment where I knew people and I wanted to teach high school biology. I had not laid out a plan, I just simply prayed about it. I had been asking for His guidance and sharing my heart and desires with Mother Seton. Then a good friend of mine shared that there was a part-time Biology position open at Seton... I was reminded that God is in the details and there is nothing He can't do! He can do amazing and beautiful things with our lives, if we let Him.

Are you related to anyone here at Seton?

No, even though I am asked quite a bit if I am related to the Hall family already at Seton.

Have you taught before, and if so, how was your experience teaching at Seton different from teaching at other schools?

I have twelve years of teaching experience at schools in Florida, Washington, and Virginia and I feel very welcome here during these first few weeks of school. I have taught fourth grade to several students who attend Seton and I feel immensely privileged to teach these same students again. It's not very often that a teacher gets to spend a second year with the same students. I remember the stories they used to tell, the surprise birthday party they threw, and the games they used to play. There is a feeling of connectedness and community that I feel at Seton, not only with my students, but with their families, and with the faculty, as well.

How did you hear about Seton?

Former students and their families.

What classes do you teach at Seton?

General Biology.

What is something nobody knows about you?

I talked incessantly in second grade! Almost every day I was asked to sit in the hallway for excessive talking. They even had a special desk for me.



Mrs. Halisky

By: Matthew Kelly

This is your first year teaching at Seton: how do you feel about the general community?

It is a fine and loving community where everyone is very welcoming.

Do you have any fun facts?

Nothing. I'm as boring as they come.

Do you have any hobbies?

I like photography and reading. I also enjoy hiking, and I really love summer swim."

Where did you go to college?

I graduated from Christendom college.

Anything special planned for your students?

Nothing right now, but I'm open to any suggestions.



Mrs. Rousell

By: Bethany Johnson

What made you decide to teach here at Seton School?

I have been a part of the Seton community for two years now, ever since I enrolled my daughter, Alexa, in the seventh grade. I always thought about possibly teaching at Seton and was very happy when the right job came up.

What is your overall impression of the school?

I love Seton School. I am very impressed with the way everything Seton does is focused on the Catholic Faith. I truly believe that Seton School is doing God's will.

How many children do you currently have attending Seton School?

Just my daughter, Alexa, who is a freshman this year. I have an older son attending Osbourn Park High School as a senior. It's interesting; Alexa could have gotten me as her teacher this year, but I didn't end up getting her!

When and where did you discover your passion for English and Literature?

I went to the University of Miami to take graduate school courses. It was there that I fell in love with American Literature.

What are some fun facts about yourself?

I love watching baseball (at both college and professional levels), especially when I can go to the games with my husband. I enjoy the writings of Edgar Allan Poe. When I was in high school, I wrote for the newspaper. I also loved singing and was involved in my high school's musicals and productions.



Mrs. Hoffman

By: Lizzy H

Did you have any previous teaching experience?

For the past five years I've been working as an immigrant English teacher at a volunteer institute in my spare time.

Why did you decide to teach at Seton?

My children have attended Seton, and my husband has been a teacher at Seton School for seven years now.

Could you explain how you like it so far at Seton School. I enjoy the Catholic environment, and the interaction with the students. I hope to share my love of my faith with everyone at Seton School and help in any way I can.

Do you only help teach Physical Science?

Yes. I am currently helping teach 8th grade Physical Science and can be found in Savio during 1st, 2nd and 3rd period.

Could you tell me something fun about yourself?

My favorite thing to do is to teach and I hope to show that love to my students through my teaching.



Mrs. K (Mrs. Kammerdeiner)

By: Reagan Kammerdeiner

What inspired you to come teach at Seton?

Well, when I saw that Seton was looking for a Journalism teacher with also a creative writing component, it struck me as "That's me!" Having gone to college (West Virginia University) for Journalism and having a strong appreciation for good literature and writing in general, it just seemed like a perfect fit.

What class do you teach?

I teach Writing for Publication.

Are you related to anyone at Seton?

Well yes! I happen to be the mom of Reagan and Addie-Quinn Kammerdeiner!

How did you hear about Seton?

We have some very dear friends that send their children here and we came to visit and fell in love with it and knew it was the perfect place for our kids.

Have you taught before, if so, how is it different from teaching at Seton?

Yes, in my previous life before being a stay-at-home mom, I was a corporate training manager which required training adults and curriculum development. I then took up a job as a first-grade instructional assistant at St. Veronica's for five years. Only being two weeks into teaching at Seton, it is very different teaching this age group but so far, I'm loving it. It's nice that they are so self-motivated and independent and they're a fun bunch.

What is something about you that most people don't know?

I worked at the West Virginia University radio station, U92, as a remote reporter in college. It was fun reporting in from events at the Mountain Lair (student union), concerts, festivals, meeting and interviewing a variety of different people.

What do you love about Seton?

I love how Christ-centered it is; and while Jesus is the focus of our every day, there is also a very challenging curriculum that prepares the students for college.

Mrs. Pennefather

By: JP Moore

Do you have any experience as a teacher?

My previous teaching experience includes teaching in both Fairfax County and Prince William County for a total of five years. I graduated from George Mason University with a Bachelor of Arts in Psychology, then continued my studies earning a Master's in Special Education degree also from George Mason University.

Why do you teach at Seton?

I decided to teach at Seton at Seton because I have never taught at a Catholic school before and I thought I would enjoy the experience of teaching in an environment that encourages the full mental, spiritual, and the physical development of each student.

What experience do you have with the subject you are teaching?

I have been speaking Spanish since I was a child. My parents and grandparents bravely fled Cuba in the early 1960's when the island fell into Communist leadership.

What connection do you have to the Seton community?

I have been involved in Seton for almost twenty-five years since I was lucky enough to marry Mr. Bob Pennefather. Three of our five children have graduated from Seton, two are currently enrolled and one is a Conquistador in training.

How do you intend to affect your students?

The most important thing for my students to learn is that the most important thing for them to focus on is getting to Heaven. The path to Heaven requires prayer and discipline.

6. Why do you think Seton is a good school?

I think Seton is a good school because it aims to form the whole person. The staff and teachers genuinely care for the students. This community is unlike any other school community I have experienced. We are a family. The academic standards are high and there is true moral support to help students discover themselves and Him during these important teenage years.

Tasty Tidbits

One Minute Coconut Chocolate Cake in a Mug

By: Grace Vestermark



SERVES: 1

PREP TIME: 5-10 min

COOK TIME: 1 min

INGREDIENTS

1/4 cup of flour
2 tbsp. sugar
2 1/2 tsp. of cocoa powder
1/8 tsp. of baking soda
A pinch of salt
3 tbsp. water
2 1/2 tbsp. of coconut oil
A dash of vanilla (less than 1/4 tsp.)
2 tsp. of semi-sweet chocolate chips

INSTRUCTIONS

STEP 1: Get a microwavable mug out.

STEP 2: Add all the dry ingredients and mix them together until fully combined.

STEP 3: Add the water and mix it in until the mixture sets, like a cake batter.

STEP 4: Melt the coconut oil in the microwave for about 20 seconds. Once melted, mix it into the cake mixture.

STEP 5: Add the vanilla. Stir it all together and add your chocolate chips.

STEP 6: place the mug in the microwave and cook for 1 minute.

NOTES: You can definitely add more chocolate chips if you're craving some gooey melted chocolate. If the cake does not come out as moist as you would have liked, add more coconut oil the next time you try out this recipe.

ENJOY!!!!

Discover the Saints The Saint Stories You Never Knew

By: **Bethany Johnson**

St. Hermione of Ephesus

Who wouldn't want the gifts of prophesy, healing and an extra helping of spunk? The little-known heroine of the Christian faith, St. Hermione of Ephesus, had it all. St. Hermione was one of the four daughters of St. Philip the Deacon (not to be confused with St. Philip the Apostle), all of whom were virgins and prophetesses. St. Hermione and her sister, Eutyches, had a shared desire to learn from Christ's beloved apostle, St. John the Evangelist, who was the only one remaining of the original twelve.



The two sisters traveled from their homeland to the city of Ephesus in Asia Minor in order to see him. Unfortunately, St. John was called home to heaven before the sisters arrived. They met instead a close disciple of St. John named Petronius, who became St. Hermione's mentor and spiritual guide. St. Hermione practiced the art of medicine, healing not only the body, but also the soul. St. Hermione became famous throughout almost the whole of Asia

Minor, because of her miraculous cures. She was arrested by fanatical pagans and brought before Emperor Trajan, who was passing through Ephesus on a war campaign. When St. Hermione boldly declared her unwavering faith in Christ, Trajan ordered that the saint be beaten about the face. St. Hermione faced this trial with incredible joy and courage. In disgust, Trajan finally let her go. St. Hermione was once again arrested for her faith under Trajan's successor, Hadrian. He had her beaten and then pierced through the feet with nails. Next, St. Hermione was thrown into a vat of boiling pitch, sulfur, asphalt and lead. She emerged completely unharmed. St. Hermione had a surprise in mind for her tormentors. She pretended that she wanted to worship the idols at the pagan temple, and they brought her to one. The temple statues of the false gods were completely destroyed through the saint's prayers. Two executioners, Theodoulus and Theotimos, then hastily attempted to behead the courageous saint, but their hands became suddenly paralyzed. They immediately converted to Christianity and their hands were miraculously healed. At last, St. Hermione surrendered her soul to God. Her festival day (feast day) is celebrated on September 4th.

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Image of St. Hermione:

"Saint Hermione", [Saints and Angels, Catholic Online](https://www.catholic.org/saints/saint.php?saint_id=3744), https://www.catholic.org/saints/saint.php?saint_id=3744

Yours Truly, Julie

I wanted to get to know the girls in my class better this year, but whenever I try to talk to them after school they're always only hanging out with other girls in their friend group. I feel like it would be awkward to randomly walk up to a big group of girls, only being one guy. Any advice?
~ *Awkward Seton Guy*

Dear Awkward Seton Guy, you aren't alone! I know of a lot of guys who have been in a similar situation. A lot of the time, bringing a few of your fellow guy friends with you when you go to talk to the girls minimizes the awkwardness. Being a girl, I can assure you that we don't find it uncomfortable when boys randomly walk up and talk to us. Sometimes, 20 seconds of courage is all you need to break the ice! Good luck!

Yours truly,
Julie

How do I know for sure if someone is my friend?
~*Sincerely, Confused*

Dear Confused, there are a lot of things that go into being a true friend. They should be encouraging you to be the best version of yourself, while continuously leading you closer to God. If someone is constantly excluding you, tearing you down, or talking about you behind your back, then that is not a healthy friendship. A few qualities that a true friend exemplifies are trustworthiness, loyalty, and dependability. A friend is someone who should bring out the very best in you, and make you strive for holiness. True friendships are important to have, and I hope you find a few to help you through your years at Seton!

Yours truly,
Julie

I like a boy. What do I do?? I'm not sure if he likes me.
Help! ~From, A Broken Heart

Dear Broken Heart, at a young age, things like this take time. The best relationships stem from great friendships; try talking and spending time with him, and by being his friend before you attempt to be anything more than that. Never forget that God always wants to know what's on your heart and praying to Him may give you a sense of peace about your difficult situation. Be yourself, and your true inner beauty will shine through! I hope everything works out for you, don't lose hope!

Yours truly,
Julie

Back-to-School Social

By: Reagan Kammerdeiner



Hurricane Florence did not stop Seton from putting on a spectacular back-to-school event! This year, the High School Social had a boardwalk carnival theme, and many students and teachers spent hours putting it together. Driving up to Seton, you could see tents where people were playing root beer pong or simply hanging out under the shade; going inside was like walking into a real carnival! There were lights strung from the ceiling; the sound of music and people's laughter echoed through the gym, and the smell of popcorn filled the air. On one side, there were rows and rows of students participating in an intense cornhole tournament and on the other side, many students were found playing poker, boardgames, mini-golf, and enjoying the many treats provided, such as hot dogs, popcorn, snow cones, and cotton candy. Mary Ostrich, a senior, said that she "loved getting to bond with her class and all the lower classmen, and enjoyed the different games and food". Eleventh grader, Jack Borneman, also put on a very intriguing magic show and wowed the audience with his magic tricks. The students ended the incredible night with a Seton tradition, getting together with their classmates, singing and dancing to "Sweet Caroline". The Back-To-School Social is an event many Seton students look forward to, especially the ninth graders because it is their first experience as high schoolers. Ninth grader, Caroline Pechie, said that she "had a ton of fun and liked how carefree it was because there were other things to do than just dance". The Back-To-School Social was an amazing way to kick off the 2018-2019 school year, and was a night to remember.



UPPERCLASSMEN NEWS! By: Sean Hilbert

Christendom College Gives Seton Students a Weeklong College Experience

Over this past summer, a number of Seton students, all current Seniors, were given the chance to spend a week at Christendom College. They were to find out how Christendom students live, meet many of the professors, learn about the advantages of a Christendom education, and meet fellow high school students who had also taken an interest in Christendom. The week is frequently referred to by participants as “The Best Week Ever”, and for good reason. “...I knew it was going to be fun, but I didn’t expect it to be as amazing as it was,” says Dominic Smith.

The most popular aspect of ECSP for most of the students that attended was the amazing community of Catholics. “... Everyone was so open, even though we were only there for six days...I created some friendships that I think will last way beyond college,” said Joey Dotson, when asked what he enjoyed most about ECSP. Many friendships were forged over the course of this week-long program. In addition to finding new friends, the participants also found out what it was like to live like a Christendom student in a different way. Christendom College often has fun and lively events on weekends which the whole student body attends, such as swing dances and Irish themed sing-alongs. “I actually really enjoyed the swing-dancing, because I never expected to enjoy it, and I actually thoroughly enjoyed it,” said Sophia Pogue, when asked which activity stuck with her the most. Finally, for one of the days, all of the participants went down to the Shenandoah River, which is on the Christendom campus, and had a blast.



Above left: The camp counselors, all current Christendom students.



Above right: The participants of Session 2.

The participants also found out the numerous advantages of a Christendom liberal arts education. Christendom is well-known and renowned by prestigious colleges because it frequently sends its students to difficult schools, such as Harvard and Oxford. Christendom teaches its students how to think, rather than giving them specialized job training like many modern colleges, which is why Christendom students are so successful. Christendom students have ventured into almost every field imaginable, from business to entertainment to even astrophysics!



Left and right: Dr. Timothy O'Donnell and Dr. Mark Wunsch (respectively), two of Christendom College's esteemed professors, who taught at the Experience Christendom Summer Program.

To The Fallen

By: JP Moore

At 8:40 AM, on the morning of September 11, 2001 a tragedy struck the nation. A violent act of aggression was committed against America by a religious dictator and tyrant, Sedan Hassan, who had pledged the destruction of our country and home. His vile act of hatred led to the deaths of 2996 men and woman, and the wounding of a great nation. This assault was the first major attack on mainland America in nearly three hundred years. Our retaliation was swift, yet even after the justice earned within Desert Storm, men came home to grieving and broken households. The deaths were not just in the direct attacks or the immediate aftermath, they also occurred due to disease and pollution. Some believed this attack broke America; they are wrong. Grievous though it was, the attack fused our land. For years we remained connected, and though we appear to have separated again, men will

remember that day. We have faced a great tragedy, but we came out of it stronger. America will not be broken by external darkness; only our own hands can break us. God let it never be so.

**For those who died in Nine-Eleven,
God rest your souls.**

**For those who lost those they loved,
God heal you.**



Women's Fall Sports

By: Grace Vestermark

Have you seen blue sports uniforms around Seton lately?

Yes, it is that time of the year again! The Lady Conquistadors are back at it, full of school spirit, and ready to win. They have made it through rigorous tryouts and challenging practices, and now they are ready to take on the competition. This fall our women's sports teams consist of volleyball, tennis, and cross country(co-ed). Each sport is different, but one thing all Seton athletic teams have in common is that we play for the greater honor and glory of God.

Women's Volleyball

Mrs. Jill Vander Woude (Junior High Volleyball Coach)

Coach Vander Woude has graciously given up her time to coach the Junior High volleyball team. She has had experience as a volleyball coach before, coaching at Christendom College for one year; as well as coaching at a school in Kentucky for a year. Coach Vander Woude also helped out with the Girls' Varsity Volleyball Team last year. This year will be her first year coaching junior high. When asked about her favorite part of coaching she answered, "I love seeing girls improve; I love the excitement on their faces when they go from not knowing skills to learning them throughout the year."

FUN FACT: Coach Vander Woude started playing volleyball at clinics from 3rd to 6th grade. Vander Woude began playing on a team in Nebraska while in Junior High school; later, she played in high school. Coach Vander Woude played a year at Nebraska Westland before she transferred to Christendom.

Mrs. Vestermark (JV Volleyball Coach)

Coach Vestermark has been coaching for five seasons throughout the years her daughters have attended Seton. As well as being a volleyball coach at Seton, Coach Vestermark has coached CYO and Boys and Girls Club volleyball teams. In her spare time, Coach Vestermark played on a women's intramural volleyball league for a number of years. Coach Vestermark stated, "I love coaching because I like to see the girls use their talents for something special, something that can give glory to God."

FUN FACT: Coach Vestermark played volleyball in junior high and her freshman year of high school in New York, but she gave it up so she could do musicals. Later in life, she began to play again on a women's intramural league.

Mrs. DeWolf (JV Volleyball Assistant Coach)

Coach DeWolf has coached at Seton for six years; during this time, her daughter Sarah has played volleyball. This year she does not have a daughter on the Junior Varsity team but was willing to step up and volunteer as assistant coach. When asked what her favorite part of coaching was she replied, "Being with the Seton kids, they're inspiring, and I also love to see them conquer something that was challenging."

FUN FACT: She played throughout junior high and high school in Texas and later played intramurals at Franciscan.

Miss Mooney (Varsity Volleyball Coach)

Coach Mooney has three years of coaching experience in the sport of volleyball. In the 2017-2018 school year, she was the assistant coach of the volleyball team. This year she is the head coach of the varsity team. Coach Mooney is a Seton-alumna and has come back to her old high school to coach the sport she had once played. When asked about her favorite part of coaching she responded, "Seeing the growth in the young ladies, and watching them become better women."

FUN FACT: Coach Mooney played volleyball at Seton High School for 6 years.

Women's Tennis

Mrs. Heim (Tennis Coach)

Mrs. Heim, coach of the Seton tennis team, started out as an assistant coach in 2012 and later took over as head coach in 2014. She has led the tennis team to three conference championship wins at the DACs within the four seasons she has coached. All five of Mrs. Heim's daughters have played on the tennis team. Mrs. Heim stated, "Mary will be the last and it's a bittersweet season." When asked what her favorite thing about coaching was, she said, "I love to just watch the girls play and be there with them as they realize their true potential. Often, they begin with self-doubt, but we help them build up confidence and just encourage them all through the season."

FUN FACT: Mrs. Heim learned to play tennis in India with her husband from 1986-1989. They also played tennis in Saudi Arabia.

Mrs. Atkinson (Tennis Assistant Coach)

In her 7th season as an assistant coach of Girls' Varsity Tennis, Mrs. Atkinson has seen "girls turn into solid skilled tennis players." While winning is nice, she doesn't think it's everything. "It's not about a particular win or loss, but how they [the team] develop with hard work and perseverance over time." She is extremely proud of the effort of her girls and hopes for a winning season.

FUN FACT: "My roommate and I won doubles intramurals in 1996 at VT."

Women's Cross Country

Mrs. DaRe (Cross Country Coach)

Mrs. DaRe has given up her time to volunteer as the new cross country coach. This is her first year coaching cross country, but she has been a team parent for the last two years. She coaches both male and female cross country runners during the fall season. When asked about her favorite part of coaching she replied, "My favorite part of coaching is watching the enthusiasm of the runners and witnessing their willingness to work hard, especially on hill repeats."

FUN FACT: "I've been running for over forty years, starting when I was in middle school and living in a suburb of Pittsburgh, Pennsylvania."

A Player's Coach By: Joe Dotson

The Seton Athletic Department has added Matthew Nguyen, older brother of Christian and Andrew Nguyen, as an assistant coach of the Varsity Boys Soccer Team. Coach Nguyen played soccer at a very high level in high school, playing goalie for Annandale F. C. He led his team to a national tournament, as well as winning a very prestigious tournament at the ESPN Wide World of Sports Complex in Orlando. Due to Nguyen's experience at goalkeeping, he primarily works with the goalies, John Pennefather, Shane Koehr, and Dominic Olszewski. Senior John Pennefather has been working with Matthew since tryouts began, and has made some very great strides at goalkeeping. He says, "Through Coach Matt's past experience playing goalie, he has given me the proper training necessary to play keeper at the varsity level." When asked about Coach Nguyen's coaching style, he says "Coach Matt not only tells me what I have to do and how to do it, but he also shows me the proper way to do it and the positioning necessary. This helps me a lot, because I am a visual learner."

Despite being only 20 years of age, this is not Coach Nguyen's first experience as a coach. He also coaches basketball for the Virginia Playmakers, a local travel basketball organization based out of Western Prince William County, where he coaches players from middle school through early high school. This is, however, Coach Nguyen's first experience coaching a soccer team. This is seen as a strength in the eyes of the players, however, as senior forward Mike Francis said, "Because he is younger, he knows where we are coming from as players in this day and age. This also helps because he can also relate to any problems we are having as players."

Coach Nguyen himself is very thrilled to have this opportunity to coach at Seton. Before accepting this job at Seton, Coach Nguyen turned down a coaching offer at another local high school, saying "I love everything this school stands for. Everything done here is centered around our faith, dedicating everything to the greater honor and glory of God." Athletic Director Dan Vander Woude is enthusiastic about this addition to the soccer coaching staff, saying "I am excited to have Coach Nguyen assisting the Men's Varsity soccer team, having competed himself at a very high level in soccer, and having a great way of working with players. I know that he will be a tremendous addition to the coaching staff." This soccer season will be very exciting to watch especially with the addition of Coach Nguyen to the already great coaching staff.



Canonization of Archbishop Oscar Romero

By: Brooke Stidham

As many are already aware, Blessed Pope Paul VI will be canonized on October 14th of this year. While he will be featured in next month's edition of the Inquisitor in greater detail, this month's issue will focus on Blessed Oscar Romero, who will also be canonized in October. He served as archbishop of San Salvador, El Salvador for three years before being fatally shot while celebrating Mass on March 24th, 1980. Tensions had been high in the country, as the poor in El Salvador were fighting for their rights in a war of counter-insurgency and the government responded by killing them. One month before his death, Romero wrote to President Carter of the United States and implored him not to supply El Salvador with military aid, as he feared that it would be used to oppress the people even further. In a sermon on March 23rd, Romero said, "In the name of God, and in the name of this suffering people whose cries rise to heaven more loudly each day, I beg you, I implore you, I order you, in the name of God, stop the repression!" Major Roberto D'Aubuisson ordered for Romero's death, and Romero was martyred during Mass on the 24th. Thousands mourned Romero's death at his funeral, where the army killed 30 and injured hundreds in the crowd. The war in El Salvador finally ended in 1992. Romero was beatified in 2015 for his martyrdom, and earlier this year a 35-year-old woman's miraculous recovery from illness was ascribed to Romero's intercession, qualifying Romero for sainthood. Be sure to tune in next month for a feature on Pope Paul VI!



Pope Paul VI with Archbishop Romero

Sources: <https://libcom.org/history/1970-1990-the-war-of-counter-insurgency-in-el-salvador>

<https://cafod.org.uk/News/International-news/Oscar-Romero-life-timeline>

Creative Corner

Compiled By: Brooke Stidham

"Nothing Gold Can Stay"

By: Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf,
So Eden sank to grief,
So dawn goes down to day,
Nothing gold can stay.

"Hope is the Thing with Feathers"

By: Emily Dickinson

"Hope" is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all

And sweetest in the Gale is heard
And sore must be the storm —
That could abash the little Bird
That kept so many warm —

I've heard it in the chilliest land —
And on the strangest Sea —
Yet, never, in Extremity,
It asked a crumb — of Me.

"I am Bound..."

By: Henry David Thoreau

I am bound, I am bound, for a distant shore,
By a lonely isle, by a far Azore,
There it is, there it is, the treasure I seek,
On the barren sands of a desolate creek.

The Joker and the Riddler

Jokes

A recent scientific study showed that out of 2,293,618,367 people, 94% are too lazy to actually read that number. A boy breaks an old vase at a rich uncle's house. The uncle gets extremely angry and yells: "Do you even know how old the vase was? It was from the 17th century!" The boy sagged in relief: "Oh, good then it wasn't new."

The cat this is
The cat is
The cat how is that
The cat you is
Mom is keep how
Cat how an who
Cat is idiot is
Fat is busy too
Love cat for mom
Cat mom forty how
The cat minutes who
Now go back and read the
third word in every row.



Riddles

Until I am measured I am not known.
Yet how you miss me when I have
flown.

Time.

I can run but I can't walk, a mouth but
I can't talk, a head but I can't think, a
bed but I can't sleep. Who am I?

A river.

A certain five letter word becomes
shorter when you add two letters to it.
What is the word?

Short.

If you drop me I'm sure to crack,
but give me a smile and I'll always
smile back.

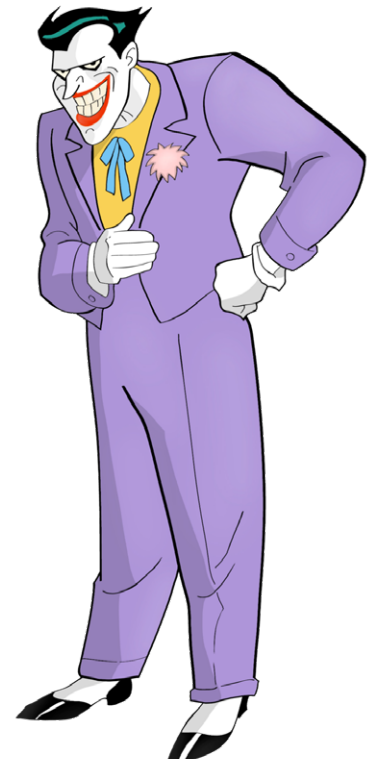
Mirror.

The Riddler has a riddle for you

Do you want to win?! Well slip your
answer to this riddle in the box in
the front of both offices, and hurry
for you could be the very first
winner of the year! But please don't
forget your grade Your 8th Period
class period class.

*(if we have multiple winners we will raffle
the names.)*

From the beginning of eternity to
the end of time and space to the
beginning of every end and the end
of every place. What am I?



Embarrassing Seton Stories

By: Lauren Volk

Ever fallen down the stairs or banged your head on an open locker? These students have shared their stories to let you know, you're not alone!



"When I was in 9th grade, I was very self-conscious and worried about embarrassing myself. I was in Mr. P's 3rd period English class. We were talking about something and I really had to go to the bathroom. I politely asked him if I could go. He replied, telling me to go quickly, so I awkwardly started speed walking to the bathroom by the front office. I made it to the bathroom and joyfully jumped into the big stall and I literally jumped in on a teacher... it was mortifying! She didn't make a big deal about me jumping into her stall, but I was red as a cherry! I tearfully made my way back to class. When I got back to English, everyone kept asking me why I was so upset. I had to awkwardly tell my entire English class that I had just walked in on a teacher in the bathroom." -Anonymous

"One time, I was walking down the blue door stairs and I tripped on the small step, but I didn't just fall down the stairs, I rolled. I rolled all the way down the step. When I got to the bottom, I slowly stood up and saw that a group of seniors were standing around me." -Anonymous

"It was the CF dance, sophomore year and this guy asked me to dance with him and I said yes. Typically, just in

general, when you slow dance, the girl's hand is on his shoulder and his hand is on your hip and you are holding hands. Well.. he had both his arms out, so I gave him a hug, but, in reality, he was just going to put both hands on my hips... yeah I wanted to die." -Anonymous

"When I was just starting to drive, my dad would always let me drive home from school. One time, I got in the driver's seat and was completely unaware of the fact that my brother was not in the car yet. He was right next to the car as I started driving and basically, I almost ran over his toe. The reason this was so embarrassing was because everyone standing outside of the high school building, near my car saw, and to make matters worse, my dad started yelling at me from the passenger's seat... with his window open. As I drove out of the parking lot, I proceeded to drive over the curb..." -Anonymous

"I fell asleep during eighth period and slept through the spirit week meeting we were having in that classroom. Somehow, I ended up on the floor and people were seeing if they could jump over me. I woke up to someone leaping over me and my friends making the weirdest faces." -Anonymous

"During eighth grade graduation, we were taking photos on the stage in the gym with the whole class. I tripped on the hem of my dress and the whole front row of people fell over with me as I failed at trying to grab onto something to stop my descent." -Katie Dealey



The front row reacts to Katie's fall

Seton Scenes

