



THE INQUISITOR

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We've Got Spirit Yes We Do We've Got Spirit How Bout You!!

By: Dominic Smith

Spirit Week 2018 was once again a great success! Spirit week gives the students a chance to grow closer to their classmates and everyone at Seton, as well as show their spirit throughout the school. The point of Spirit Week is to bring the school together and provide some good-natured competition to determine which class has the most school spirit. As Vice President of the school, Bridget Atkinson states, "We have a lot of passion during Spirit Week because every single class is trying to get points and is trying to win and beat each other. But the passion we have in that, we should translate into our daily lives." This goes to show that Spirit Week and all its activities are meant to go beyond the classroom, and that is really another staple of why we do Spirit Week: to help us take the lessons we learn in the classroom and apply them to our everyday life.

We've Got Spirit How Bout You?

By: Matthew Kelly

Monday

The first day of Spirit Week was Jersey Day. What's that, you may say? On Jersey Day, all the students come to school with their favorite sports team jerseys over their uniforms. A sea of football, baseball, hockey, college, pro and even local teams could be seen. There's always the usual friendly banter over what team is better, or about the guy wearing the uniform of a despised team. But for the most part, one sees kids in Cowboys jerseys getting along nicely with kids going for the Redskins. It was a day for all the kids to come together and promote their favorite teams.

Tuesday

The best day of Spirit Week was surely Tacky Tuesday. There are several reasons why it is the favorite of all the students. First of all, no one had to be in uniform! All the students dressed up in the wackiest things they could find around the house; sandals

with socks, huge ties, animal suits, clashing colors, the list goes on. Some kids claimed that "this is what I usually wear when I'm out of uniform," and others dressed in something comfortable, enjoying the chance to get out of uniform. And seriously, who doesn't want to get tacky? No comments needed here.



Senior Joshua Bridon is photobombed by fellow seniors Ben Atkinson and Peter Myers

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We've Got Spirit How Bout You? *Continued*

Wednesday

Wednesday was a different day than it had been in past years. Usually it was Patriotic Day or something low-key. This year, the Spirit Week coordinators decided to add a Beach Day to the mix. Students still had to come in their uniforms, so trying to get in beach attire required creativity and some before-hand thinking. The students appeared at school wearing sunglasses, towels, lifeguard accessories, and beach hats. Seton goers managed to go to the beach in their uniforms!



7th Period ALS class takes a much needed rest on Jersey Day.

Thursday

School on Thursday of Spirit week was cancelled due to snow. The theme that the students were going to follow was Generation Day. Grades seven through nine would dress up as babies and toddlers while tenth through twelfth grade would dress up as elderly people. This shows that there are people of all ages who play a big role in our lives and in the success of the Seton community. Students are looking forward to actually being able to have fun on Generation Day next year!

Friday

Friday was the last day of Spirit Week, themed as Class Color Day. Every class could wear clothing items or accessories that corresponded to their class color. The Christ The King Procession took place at the end of Friday Mass which was an amazing experience, and a great way for the students to show their faith publicly. After everyone had re-entered the gym and Mass concluded, all the classes proceeded to sing their class song and show off why their class had the most school spirit. After a hard-fought battle, the Seniors ended up taking home the win for Spirit Week 2018. Congratulations to our Seniors! Overall Spirit Week was a huge success in boosting the faith, confidence, and friendship of all the students!



Sophomore Evan Wilson, Teacher Vincent Terreri, Christian Godeaux, and Daniel Byers pose for picture on Tacky Tuesday.



The 9th graders prepare for a day at the beach on Beach Day.

A Call to Thankfulness

By: Brooke Stidham

This November, let us call to mind the meaning of thankfulness. Thankfulness reminds us that pain is redemptive. Thankfulness requires our awareness of evils and sufferings in the world, because without such awareness, what we experience would not be thankfulness, but consumerism and false optimism. It is sickness that inspires our thankfulness for health, division that inspires our thankfulness for peace and unity, and death that reminds us to be thankful for the precious gift of life. An online survey asked just under 5,000 people to rate their own sense of aspects such as hope and kindness in their lives. Conductors of the study compared the responses before September 11th, 2001, and two months after and found that gratitude, hope, kindness, leadership, love, spirituality, and group collaboration had increased. Pain draws us closer to one another and offers us the chance to make reparation for wrongdoing. Even in our individual and communal sufferings, we have so much for which to be thankful, including pain. Our greatest gift, salvation, was won for us by Jesus' pain. Let us remember to be thankful for it. As we gather with our loved ones for Thanksgiving,

let us express due thankfulness for the gifts of family and friendship, and let us remind ourselves to find one thing for which to be thankful in every moment of our lives. Let us resolve to say "thank you" more. One small way we can do this is by remembering to say "thank you" after every time we apologize. Instead of saying, "I'm sorry I keep making mistakes," let us say, "I'm sorry. Thank you for your patience and forgiveness-- I'm working on breaking my bad habits for all the good people in my life like you." Apologizing for wrongdoings is important but expressing gratitude for the ones who support us as we grow is equally important. Another way to express thankfulness is by setting aside a few minutes to mentally list and thank God for ten good things about our day after we examine our consciences. Thankfulness requires no impressive talent, just a firm purpose of making the effort to appreciate our many gifts.

Source:

LFerrucci, Piero, and Vivien Ferrucci. *The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life*. TarcherPerigee, an Imprint of Penguin Random House LLC, 2016.



The Church Triumphant

By: Brooke Stidham

All Saints' Day is a feast observed to celebrate those in heaven, canonized and non-canonized, also known as the Church Triumphant. The feast of the Church Triumphant originated with Pope Boniface IV, who consecrated Rome's Pantheon to the Virgin Mary and all the Martyrs on May 13th in 609 A.D. In the mid-eighth century, Pope Gregory III established All Saints' Day as a holy day for saints and their relics, and he decided to change its annual date of observance from May 13th to November 1st. Both the May 13th and the November 1st dates are significant in that they were respectively chosen to replace the pagan Feast of Lemures and the pagan harvest festival of Samhain. Following Charlemagne's reign that ended in 814 A.D., by decree of Pope Gregory IV and Louis the Pious the feast's status was elevated to a holy day of obligation. Catholics everywhere on November 1st attend Mass and celebrate all who are experiencing the Beatific Vision, the canonized and non-canonized saints. Catholics ask the Church Triumphant to champion the Church Suffering in Purgatory and the Church Militant here on earth, that the Suffering and Militant might also join the Triumphant.



For All Souls of the Faithful Departed

By: Brooke Stidham

November 2nd marks the Feast of All Souls—its official name being “The Commemoration of All the Faithful Departed.” As the name suggests, All Souls’ Day is observed to commemorate all who have died in a state of grace. Though a soul can die free of mortal sin, reparation must be made for venial sins before the soul is fit to enter Heaven. This place of reparation is Purgatory. Scriptural basis for belief in Purgatory can be found throughout the Old and New Testaments of the Bible, namely in 2 Maccabees, Zechariah, Sirach, and the Gospel of Matthew. Belief that souls must be cleansed before entering Heaven pre-dates the Church itself. Those souls being cleansed in Purgatory comprise the Church Suffering. The Church Militant have a special responsibility to pray and make sacrifices on behalf of the Church Suffering, and this responsibility is the reason for All Souls’ Day. Though All Souls’ Day is not a holy day of obligation, on November 2nd Catholics worldwide visit cemeteries, light candles, place flowers around graves of loved ones, and offer extra prayers and sacrifices in hopes of gaining indulgences that could benefit souls in Purgatory and help lessen their time suffering. It is commonly believed that when someone’s prayers help a soul in Purgatory get to Heaven, the soul repays the favor by interceding on his or her behalf. In other words, when the Church Suffering becomes the Church Triumphant, they help the Church Militant advance on their way to Heaven as well. Prayers are never wasted. If one in a state of grace prays with firm intention of helping the faithful departed, the faithful departed are helped.

Source:

<https://www.catholic.org/saints/allSouls/>

A Night at the Ritz

By: Amanda Bishop

The annual Enthronement Dance has come and gone once again. Months of planning went into this year's celebration of Christ the King. The seniors of 2019 came up with the theme, A Night at The Ritz, over the summer and planned this classy night for months.

Red carpets, velvet ropes, and a New York City skyline made the guests really feel as if they were at a New York event. Many of the high school students packed into the Seton gym full of excitement dressed to the nines. Before the dance Paulina Prevoznik, 12th grade, said, "I'm excited for a classy night with my friends at our last Enthronement Dance." The evening was just as she hoped, full of great

music and dancing. The ceremonial last dance, "Sweet Caroline," was full of emotions for the senior class, and they were blessed to have Father Noah join them for one last Enthronement Dance.

Some of the highlights included a milkshake bar, grilled New York strip steak, elegant black, white, and red decorations, and obviously great music and fun with friends. The decorations were fantastic, and everyone had a memorable night. Students felt truly blessed by this spectacular night of bonding, dancing, singing, and great food. Under the stars of New York City, the Seton gym filled with excitement in celebration of Christ the King.



Picture by Ana Reyes of "Champagne" display.



Picture taken by Ana Reyes of NYC sign.

An ‘Army of Youth’

By: Reagan Kammerdeiner

Every year, Seton School dedicates a week in the month of November in preparation for the feast of Christ the King. Throughout the week, the students have the opportunity to celebrate themed days in order to win “spirit” points for their class in hopes of winning Spirit Week.

While the students look forward to the friendly competition and change of pace, the highlight of the week is when Seton students, faculty and staff, and families come together to celebrate the feast of Christ the King. Seton begins the commemoration by attending mass, which was celebrated this year by Father Mark Moretti of Christ the Redeemer Church. The priest then takes the Blessed Sacrament and slowly makes his way out of the school as the altar boys hold a canopy above him and the school band plays the hymn, “Lift High The Cross”. The student body then follows in a solemn procession around the block in silent prayer. Once the students make their way back into the building, the school makes a consecration to the Sacred Heart: the priest celebrates Benediction and leads in the Divine Praises. Father Moretti then takes the Blessed Sacrament to the chapel as the entire student body stands and, with one voice, belts out the hymn, “An Army of Youth”. The final event of the week is The Enthronement Dance on Saturday evening, where the students come together for a festive night of dancing and celebrating in honor of Christ the King. The theme of the dance may change from year to year, but one thing that remains constant is the beautifully decorated chapel, lit with candles to welcome anyone who seeks peace and time with Our Lord in the midst of the celebration. Many blessings and graces come from this special week dedicated to Christ. It allows Seton students to become united as An Army of Youth while fixing their hearts on the importance of “fighting for Christ, the Lord...on earth’s battlefield”.





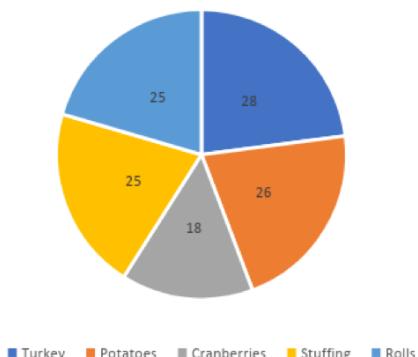
Thanksgiving Polls

By: Lauren Volk

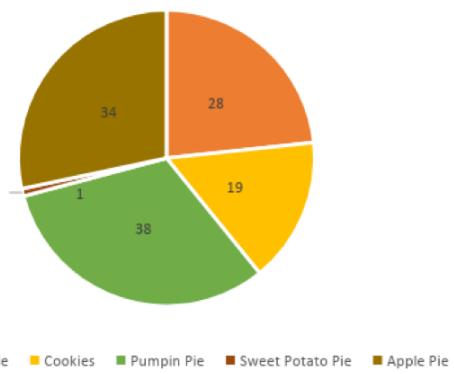
Out of the 120 students that were asked what their favorite Thanksgiving food is, the majority of 28 students said turkey, but it was closely followed by potatoes at 26. When asked what dessert everyone likes the best, pumpkin pie won with 38 votes.

More specifically, out of the 60 girls that were asked, the majority of 17 girls chose potatoes as their top choice. Rolls followed with 15 votes, then turkey with 10, cranberries with 9 and stuffing with 9. For desserts, apple pie beat out the other four options with 21 votes. Pumpkin pie came in second place with 16. Chocolate pie followed behind with 15, then cookies with 8. Sweet potato pie was not popular among the girls and had 0 votes. Out of the 60 boys asked, turkey was the main pick with 18 votes, but stuffing almost won with 16. Potatoes had 10, cranberries had 8, and rolls had 8. For desserts, pumpkin pie won by a long shot with 23 votes. The next most popular choice, cookies, had 13 votes. Apple pie almost beat cookies with 12 votes. Chocolate pie had 11 and sweet potato pie had 1.

Thanksgiving Food



Desserts



Tasty Tidbits

Mama V's Amazing Apple Crumble!

By: Grace Vestermark

Looking for the perfect autumn dessert? Here is a simple recipe that is guaranteed to be delicious!

FILLING

6 baking apples - peeled, cored, and cut into chunks
 1/4 cup white sugar
 1/2 teaspoon ground cinnamon
 1/2 cup brown sugar
 1/2 tsp lemon juice
 2 tbs butter, sliced (not melted)
 pinch of salt
 2 tbs. all-purpose flour

TOPPING

3/4 cup old-fashioned oats
 3/4 cup all-purpose flour
 1/4 cup brown sugar
 1 teaspoon ground cinnamon
 1/2 cup melted butter

DIRECTIONS

1. Preheat oven to 350° F
2. Toss apples with white sugar, 1/2 teaspoon cinnamon, 1/2 cup brown sugar, 1/2 tsp lemon juice, pinch of salt and 2 tbs. flour in a medium bowl to coat; pour into a 9-inch square baking dish and top evenly with sliced butter.
3. Mix topping ingredients: brown sugar, oats, flour, and 1 teaspoon cinnamon and 1/2 cup melted butter in a separate bowl. The mixture should come together; spread over the apples to the edges of the baking dish. Make sure topping is spread evenly.
4. Bake in preheated oven until golden brown and bubbling along the sides, about 50 minutes.

Calapanta Before and After: What Really Happened to the Seton Fall Film

By: Sean Hilbert

Calapanta, Seton's first ever Fall Film, had multiple showings over the course of this month. The first two showings could not possibly have been more different. The first showing, on November 10th, was a soft premiere – since Mr. Moore and the editing team did not have sufficient time to finish editing, rather than cancel the premiere, Mr. Moore opted to show the audience already gathered at the All Saints PAC what they had of the movie, and he also informed them that what they were seeing was not the finished product. The showing at Seton on the 18th was far different – in Mr. Moore's words, "Mrs. Carroll called it "mesmerizing". They (the audience) were on the edge of their seats during the battle scenes and some of the more emotional moments - especially those involving Jim, Luke, and Luntha." The movie was simply spectacular, boasting stunning cinematography, sensational acting, faultless music choice, etc. But what many do not know is just how much work and dedication went into the finished product.

The soft premiere was a difficult experience for the cast and crew of the movie, especially Mr. Heisler and Mr. Moore. Since the edit team only had six days to edit a feature film (in contrast, many Hollywood movies take over a year), they had to watch as the project that they had poured hundreds upon hundreds of hours' worth of love and effort into, result in massive disappointment, and even some backlash from the audience (although Mr. Moore heard three positive comments for every negative comment). Most of the audience saw that the movie had the potential to be spectacular and simply had not gone through enough editing yet, though there were still some naysayers. But the crew and cast, who continued to stand by the production despite what they saw on the 10th, learned the importance

of loving courageously better than they had ever imagined when they first signed up to be a part of Calapanta. They rallied around each other, encouraging each other and reminding each other that the showing on the 18th would be phenomenal, and doing everything in their power to make it so at the editing sessions. They truly loved the project, the project they had each promised to contribute to for God and His glory, and they loved it courageously.

The showing on the 18th was, as the team predicted, phenomenal. In the words of Mr. Heisler, the author of the book on which the movie was based, "The acting is unparalleled; the setting and coloring is spot on!" Mr. Moore said, "I saw people getting teary-eyed during the credits." The showing went over exceptionally well. The audience hugely enjoyed watching Mr. Heisler's story unfold on the silver screen. But for those who were part of the production itself, nothing will stand out more than the week between the soft premiere and the showing on the 18th. In the words of Mr. Moore, "You never realize what a tremendous community you've helped build until it faces some adversity. I think we all grew stronger, closer, and more capable because of the experience (the soft premiere). In a way, while I wouldn't have chosen this path, it's almost better because it gave us a chance to find out who we really are - what we are made of - and to truly live out the production vision of loving courageously - because in the end, that's what it took to get us to the finish line. Real sacrifice." Calapanta will be shown twice more between Thanksgiving and Christmas, and Blu-Ray and DVD copies will be available for sale. Come see it! It is a truly phenomenal film. The team poured hundreds of hours of love into this movie, and it shows.

Land of the Free Because of the Brave

By: Kathleen O'Malley

Every year we remember the brave people who have fought for our country. We are reminded to honor and thank our veterans for their service to the United States. On Veteran's Day, there are many parades and events. The American flag is hung at half-staff to honor the veterans, both living and deceased. This holiday falls on the anniversary of the signing of the Armistice that ended World War I, which was on November 11.

At the eleventh hour on the eleventh day of the eleventh month, fighting between the Allied Forces and Germany stopped, ending World War I with the terms of an armistice agreement which was signed in France on that same day. However, the war did not officially end until seven months later, with the signing of the Versailles Treaty. In November 1919, President Wilson proclaimed the first Armistice Day, which took place on November 11, 1919, so next year is the 100th anniversary of that first Armistice Day. In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day. It became a national holiday in 1938. This day not only honors veterans from World War I and II, but also all who are retired from service. We celebrate and honor America's brave veterans, for their patriotism, love for their country, and sacrifice. As Catholics, we should pray for our veterans and everyone who has served America, not just on Veterans Day, but every day. We are so blessed to have brave people who have fought for our freedom.



THANK YOU, VETERANS

THE INQUISITOR

Soccer Season Comes to an End in Richmond

By: Joe Dotson

On November 8, the Seton soccer team traveled down to Richmond to play Carlisle School in the semifinals of the Virginia Independent Schools Athletic Association (VISAA) Soccer Tournament. The game was played at City Stadium, home of the Richmond Kickers, a professional team in the second tier of the American soccer league system. The huge stadium had a capacity of over 20,000 people. Lots of people from the Seton community made the long drive to come watch this game, including one of last year's team captains, Matt Sprinkle. It was a fantastic turnout, and the energy coming from those cheering the team on could be felt very easily.

In the first half of the game, the game was very intense, with both teams giving everything they had. Carlisle broke out on a fast break late in the first half, and scored to take a 1-0 lead. In the second half, Seton came out with a burst of energy and got a number of opportunities that nearly resulted in goals. But in the 70th minute of the game out of 80, Andrew Nguyen received the ball at nearly half-field and went to work. He dribbled to about 5 yards behind the 18-yard box, made a move cutting to the left, and took on 4 Carlisle defenders on before firing a bullet to the top left corner of the net, tying the score at 1-1. Seton used the momentum of that goal in the remaining time of regulation, but could not convert another goal before time ran out. The game went into extra time, and Seton was on the attack again. Carlisle stopped it, though, and went on a

counterattack of their own. Seton's back line was able to stop it and force a corner kick. Carlisle had a set play to get their best player the ball, and he took a shot from about 30 yards away. The ball redirected twice on its way to the net, and Seton lost the game 2-1. Despite the fact that this was a heartbreaking loss, Seton still congratulated the other team and wished them luck in the finals. Carlisle lost in the state finals to North Cross 2-1.

This Seton varsity soccer season was one for the ages. Five players from the team received All-Conference honors, with three of them getting put on first team All-Conference. Ben Volpert and Andrew Nguyen were selected to the VISAA All-State Team, with Nguyen getting first team All-State. Seton also defeated rival school Highland twice during the regular season, with scores of 5-0 and 3-1. This team did not lose a single home game the whole year as well. They had a record of 9-0 while playing at Valley View Park. Seton also beat a previously undefeated Wakefield team in very dramatic fashion to win the DAC Tournament. In the state tournament, Seton pulled off an incredible upset against the second-best team in the state, as Seton was the seven seed. This tournament run allowed Seton to go to their first final four in 10 years, the sixth in school history. This season was one for the record books, and hopefully in years following, future Seton teams will exceed what this one has done.



Conquistador Athletics is Back In Action!

Winter Sports Seasons Have Begun

By: Joe Dotson

Swim

The Seton Swimming Season is underway now, and Seton is very optimistic about their upcoming season. They hope to repeat as DAC Champions, with both the Men's and Women's teams winning the conference last year. Many athletes from last year's Seton Swim Team qualified to go to states, and this year's team hopes to do the same, if not exceed their work from last year. There are about 70 people on this year's team, with two returning seniors. They are led by coach Jim Koehr and captains Jacob Alsup, Mary Heim, Caroline Griffin, Katie Dealy, Christian Ceol, and Shane Koehr.

Women's Basketball

The Women's Varsity Basketball team is back in action and are ready for another fantastic season. After going to the VISAA Final Four for the past two years, these Lady Conquistadors look to continue that great tradition, with many returning key players including seniors Emma Clifton and Alana Compton and eighth-grader Mary Pennefather.

They also have a new addition, Julie Hill, a junior transfer from Maryland, who is 5' 11" and a very good, all-around player. The Lady Conquistadors are ranked fifth in Prince William County by novahoops.com, one of the best websites for information about high school basketball. They will be participating in The Forest Park Tip-Off Tournament in late November to kick off their season.

Men's Basketball

The Men's Varsity Basketball Team is geared up and the Conquistadors are looking to have another great season. After losing five seniors at the conclusion of last season, there are lots of new faces on this team with six players who were not on the varsity team the previous year. There are also several familiar faces, with five returning players; seniors Christian Nguyen, Joe Dotson, Dominic Smith, John Pennefather, and Ben Volpert. The Conquistadors kick off their season with a tough game against conference opponent Wakefield, which will be a very good test for this team. They were also invited to participate in the Manassas Park Tip-Off Tournament, which will be in late November.

Learn to Dance! By: Matt Kelly

Many students don't know, but there is a club devoted entirely to swing dancing. What exactly is swing dancing one may ask? Swing dancing started out in New York's Harlem district in the late 1920s. A new style was developed from dancers copying other dances of the time, including the Charleston and the Foxtrot. The new dance, called the 'Lindy Hop,' was fast and intricate, to match the music being produced by the big bands. But over time the bands got smaller and the dancing evolved with the music. Over the following 30 years, the dance was re-branded Jitterbug, Boogie-Woogie and Rock'n'Roll. In the 1980s, several groups of dancers from across the globe decided to revive

Lindy Hop, learning from the stars of the original era, such as Frankie Mannings. They recreated a fashion for dancing to swing music. This led to a huge revival in the USA during the 1990s. Some Seton students decided to give it a try, and the club was quickly up and running. The Seton Swing Dance club meets on every Wednesday after school from 3:30 to 4:15 under the direction of club president Shane Pio Koehr. Participants get to experience and learn all kinds of fun swing dances like the tornado, jitterbug, shag, and others. So, come on over and join in the dancing fun! Its something that you will never regret doing, and it sure makes you the star on the dance floor!

Discover the Saints The Saint Stories You Never Knew

By: Bethany Johnson

Saints Ewald the Dark and Ewald the Fair

These two saints had a lot in common: they both hailed from Northumbria, England; they both studied in Irish schools and became priests; and they were both well-known for their holy way of life. Intriguingly enough, the companions shared the same name as well, Ewald.



To distinguish between the two, they became known as "Ewald the Dark" (He is also called "Ewald the Black") and "Ewald the Fair". The names made reference to the priests' respective colors of hair; Ewald the Dark had a darker shade of hair, while Ewald the Fair was blond. These holy men, stirred by a shared zeal for their religion and intense love of Almighty God, chose to travel to Germany as missionaries to win souls for Christ around 690 AD. They stayed in the Westphalia region of Germany, lodging at

the home of the magistrate of a powerful lord whom both Ewalds were waiting to meet with. The two saints did not waste their time there, praying daily and celebrating the Mass. The native pagans grew suspicious of the priests, believing that they planned to convert their chieftain and replace their religion with Christianity. Consumed by jealousy and prejudice, the pagans rose up against the two missionaries and murdered them. Ewald the Fair was killed quickly with a sword, but Ewald the Dark, who was the more bold and outspoken of the two, was tortured; his limbs were torn from his body. Several miraculous occurrences were recorded by Christians following the Ewalds' martyrdom. This includes the story of the priests' corpses traveling against the current of the stream that they had been tossed into. While the bodies were being carried along the stream, a bright, supernatural light could be clearly seen shining above them. Not only that, but one of the new saints (which one is not known with certainty) appeared in a vision to Tilmon, a monk who had been one of his friends during life, and told him where the two bodies could be found. Tilmon was then able to give the two priests a burial with all the honors due to martyred saints. Furthermore, a water spring is said to have gushed forth from the place where they were killed. Their festival day is on October 3rd.

Source:

["Ss. Ewald the Black and the Fair."](http://aesaintsoftheday.blogspot.com/2010/10/ss-ewald-black-and-fair.html) *Saints of the Day and More*, 3 Oct. 2010, aesaintsoftheday.blogspot.com/2010/10/ss-ewald-black-and-fair.html.

Dollars for the Dominicans

By: Lizzy H.

Do you want to help with the greater glory of God? Well, the Dominican sisters in Linden Virginia need your assistance with collecting enough money to start the construction of their future chapel. The chapel at this moment is a small room with an alter and grate to see the sisters. It can only hold about twenty lay people. They are planning to make it large enough to have more room for laity and also for the sisters themselves. The monastery consists of eleven sisters, but many sisters from other monasteries come and visit. Each day they attend a holy schedule of prayer and work which they offer to God every day of their lives. This schedule is called horarium which starts at 3:00 in the morning and ends at 7:30 at night. During this time, they practice silence, prayer, growing in community with fellow sisters, and most importantly, growing closer to God, their beloved spouse. Three Seton alumnae, Sister Peter Marie (Maggie Horiuchi), Sister Mary Grace (Grace Van deVoorde), and Sister Mary Thomas (Gennie Knight), are also on the path of growing closer to God by praying for the world;

sacrificing and living in peace; and happiness in God's presence. The Laetare Benefit is a major way to help with supporting the Dominican Sisters. It is an annual event which will be held next year on Sunday, March 31, 2019 at the Country Club of Fairfax, Fairfax VA from 5:00 to 8:00 pm. For more information or how to volunteer for the event contact: friendsfstdominicsmonastery@gmail.com

The chapel is always open for visitors so stop by the monastery any time. We should always find time to visit God and this is a great way to do so. The sisters also hand-make beautiful rosaries which they sell outside the chapel. The money raised from the sale of the rosaries helps support the monastery. The sisters are not able to leave the monastery so they accept all food donations. To find directions to the monastery or to see their wish list go to <http://lindenopnuns.org> and click on Wish List. Please come support Seton alumnae and the greater glory of God by coming to the Laetare Benefit.



TIPS FOR AN “OZ”-SOME AUDITION

(From the Director, Mrs. Maryan Vander Woude)

By: Grace Vestermark

What genre of music would you suggest students pick their audition song from? “Singing from a musical is best. You can even pick songs from Wizard of Oz. Last year Greg Jackson sang “Sobbin’ Women” for his audition and hit it out of the park. And it was providential that he did, because he ended up getting laryngitis for the callback, but we remembered how well he did his audition version! However, people not familiar with musicals can sing a Christmas carol for their audition.”

How long should your audition be? “It doesn’t take long for the audition team to get a sense of someone’s voice in an audition, so we often will cut people off before they finish a song. I think it really ends up to be 1 -2 minutes of singing.”

If you are auditioning for a certain role, should you pick an audition song that embodies the character you’re trying out for? “Yes! Because there is limited time during Callbacks, the more chances that we can see you in that character helps. If you think another type song features your voice better, you can do that as well.”

What is the normal protocol for going into an audition? Should the students introduce themselves? “Great question! I love it when students come in and tells us their name and grade and then proceed to tell us what they are going to sing.”

Should students act during their audition song? “If it will enhance your audition, go ahead. If you have two left feet, just stand still. Do whatever it takes to put your best foot forward.”

What should a student do to keep a calm mindset during the audition? “Everyone makes the musical!! It is a treat to hear everyone sing... you don’t have to worry because there are not many people in the room. Doing something outside of your comfort zone is great practice for other bigger moments in life, so look at the whole audition process as just a great growth experience.”

Is it necessary to have piano accompaniment? “No. But we will have Miss Erwin and Mrs. Catabui there if you want piano accompaniment.”

What do you think is the hardest part for students in the audition, and what advice would you give them? “Hmm... I think the hardest thing about auditions is figuring out which role you should audition for. For example, you may

be the best actor/actress and the best singer, but sometimes a certain role just doesn’t fit your body or voice type. For example, if you are a tall seventh grader, you won’t be cast as Winthrop in the Music Man. But you might be able to be the high tenor of the quartet. If you are a high soprano and very short, you probably won’t be cast as Hello Dolly, but you might be suited for Minnie Fay. If you are a tenor, there is no way you are going to be signing the part of Old Man River in Showboat. Some shows just don’t have a role that is a good fit at all. So, trying to figure out what part would best fit your talents can be tricky. However, sometimes being in the chorus can be more fun than having a role, so that is a consolation. Some of my most favorite musicals that I was in were chorus roles.”

Would you recommend dressing casually for an audition or dressing semi-formal? “I am always impressed when people dress up for a part. It is not required, but it lets me know you are taking it seriously. If you don’t have anything that is in Seton’s dress code, then I would just stay in uniform.”

Is there going to be a dance audition? If so, how can you prepare? “Yes. Mrs. Dixon and Mrs. Seoh are going to run it again this year much like we did last year. We were actually going to film something on Thursday the 15th and put it on the Seton Musical website like we did last year, but the weather mucked things up. So, we will be recording and posting something AFTER the information meeting. But I *think* there will be some Jitterbug footwork for dancers interested in that number, an “off to see the wizard” step, and some tap dancing (that will be featured in Emerald City). The videos will be up for a few weeks before auditions, so people will be able to practice in the privacy of their own room. And there will be a time in the dance audition to show us your thing just like last year.”

SPECIAL PREVIEW – “2019 is the 80th anniversary of the 1939 Wizard of Oz movie, so we are doing the RSC version which is closest to that! Because it is so iconic, we will be casting with an eye to how those parts were cast in the movie. We will NOT be double casting Miss Gulch as the Witch or the Farm Hands as Scarecrow, Tinman, or Lion. But we will probably be double casting Uncle Henry and the Oz Gatekeeper and Professor Marvel and Oz. Another novel possibility is that the Wicked Witch *might* sing “The Jitterbug” if she is a singer, but we will be looking to cast that role as a believable Wicked Witch first and second as a singer because Dorothy could easily sing “The Jitterbug” by herself. Although the last time we did this musical (in 1998 at Seton), I did cast a girl for the role of the Scarecrow and she was fantastic! So, for that role, I will consider both guys and girls -- but the female really has to try to play a male.”



Keeping Christ in Christmas

By: Lauren Volk

During the month of December, everyone is getting ready for Christmas: we blast our Christmas music; put up the tree; and buy gifts for our friends and family. Some people start Christmas celebrations at the beginning of December, others right after Thanksgiving, or even at the beginning of November, but it is very common to not wait until the season of Advent is over. There is nothing wrong with buying Christmas gifts, playing music, and decorating the house, but we often get too caught up in all of it which leads us to forget what the month of December is truly about: a time of patiently waiting and preparing. Frequently, as soon as December starts, people are only thinking about Christmas and Santa Claus, but we also need to prepare our hearts for the coming of Christ. Advent begins on the second of December and goes on until Christmas Eve. It is a new year for the Church and it is important for us to remember that Christmas does not actually begin until the first Mass on Christmas Eve. This time of the year is different from Christmas and is its own season. God gave us this time to prepare for His Son's coming and we should use it wisely by practicing penance, prayer, or anything that can prepare our souls for the coming of our Savior.

The word "Advent," itself, comes from the Latin word, "coming." Many people call Advent, "a little lent." In fact, Advent used to be forty days, just like Lent. It is similar, but more joyful and hopeful. For example, on the Advent wreath, three of the candles are purple which represents penance, but on the third week of Advent, we light a rose candle which represents joy and celebration that Christ is coming soon.

Advent is a good time to find a balance between penance and celebration. On Sundays we should celebrate and rest, whereas the rest of the week we can focus on penance and waiting. It is a very common idea that the month of December is the only time for Christmas celebrations and on December 26th, all celebrations end. Many people take down their decorations right after Christmas day, instead of keeping them up for the entire Christmas season which goes until The Epiphany on January 6th. After Thanksgiving, everyone directs their focus only on Christmas and the holidays, but we need to remember that December is a time of waiting not only for Santa, but for Christ!



Music Created in Love to Give Hope

By: John Paul Vander Woude

On October 25, renowned composer and pianist Eric Genuis performed a short concert at Seton in preparation for his major performance that night at the Manassas Park Community Center.

Eric Genuis is a professional classical music composer who travels around the world with other musicians to play his music for people of all ages, race, and class. He has played for audiences ranging from Dallas to Toronto, and even to Slovakia, and performs at about one hundred concerts per year ("About Eric"). Eric has played at concert halls, community centers, schools, churches, nursing homes, and prisons. He has made four albums with the Slovak National Symphony and Maestro Allen Wilson over the course of his many years as a composer ("About Eric").

Eric Genuis came to Seton to play at a morning assembly. He was accompanied by a violinist, a cellist, and a vocalist. Eric wanted to impress upon the students the importance of music, and how it can influence a person's behavior. He played five of his pieces. All of them required piano, cello, and violin, but only two of the pieces encompassed the vocalist. Of the two vocal pieces, only one was a song with lyrics. Between each of his compositions Eric gave short talks. He conveyed that the main reason he composed and performed music was because he saw it as his own special way to bring people closer to happiness and to God. In his engaging and humorous manner, he emphasized

the importance of what one listens to, he shared feedback he had gotten from past concerts, and told stories of his family life. Eric had a story behind each song, and in his instrumental compositions, the instruments told the story. For instance, in one of his pieces he said that the cello represented his dying baby crying, while the duet he sang with the vocalist was a love song he had written to his newborn baby girl who has Down syndrome. The Seton students thoroughly enjoyed the mini concert and at the conclusion of their performance, he received a standing ovation and was asked to play an encore, which he did joyfully. Afterwards, he was swarmed by students who were complimenting him, meeting him, asking him questions, and even asking for autographs. He met all of them with his constant smile and encouraged them to come see the concert that night at the Manassas Park Community Center. The Eric Genuis assembly was an enjoyable time for students to experience exceptional classical music created to move and inspire their hearts and souls.

Eric Genuis' albums can be purchased on his website: ericgenuis.com, and he can be contacted by phone: 502-303-7744 or by email: eric@ericgenuis.com.

Source:

"About Eric." Web. November 18, 2018.
<https://www.ericgenuis.com/>

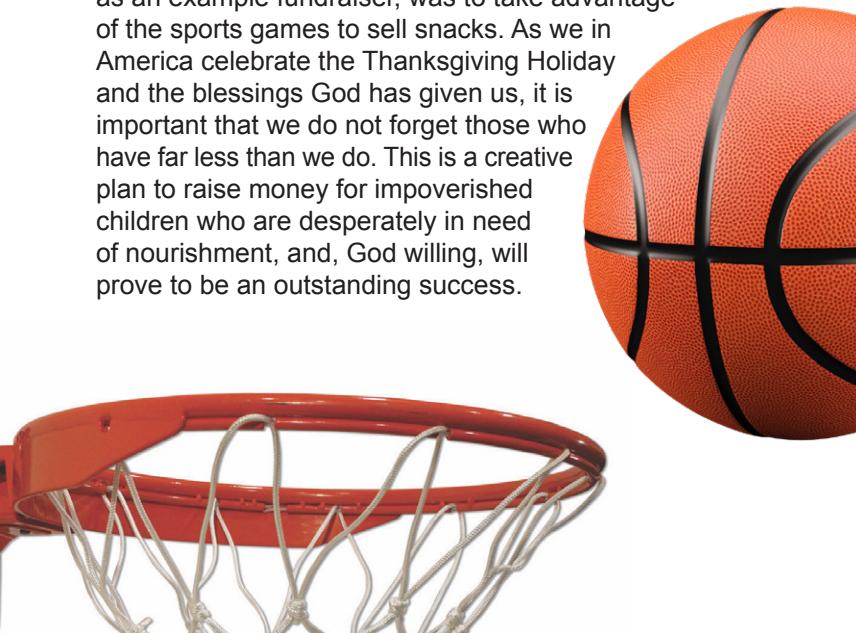


Hoops for Haiti

By: Bethany Johnson

November is the month when Seton School remembers all the people suffering in Haiti. The traditional 3-on-3 basketball tournament that takes place this month is the one of the main money makers. The 3-on-3 basketball tournament is a Wednesday before Thanksgiving tradition for Seton. Since it began, Seton has never missed the tournament. The tradition of the tournament might have begun around the same time that the John Paul II Center was completed, 1994. Teams of three or four players form up and compete against other teams at their own level in basketball. So, there is a junior high division and a high school division with separate games for boys and girls—except when there is an unequal number of boys and girls. Usually there are a number of Seton alumni who return to play. Some teachers and dads also participate. Generally, Mr. Scheetz makes up the brackets, and Mr. Vander Woude and Mr. P do the refereeing. “All the proceeds go to Haiti,” said Seton teacher, Mr. Peter Westhoff.

The school assembly held on Wednesday, November 7, 2018, contained quite a fun surprise for Seton students. In addition to the three on three tournament, students were asked to come up with fundraiser ideas of their own. Mr. Westhoff explained to the student body that each gender in each of the six grade levels would have access to \$100. Students would be allowed to work together in a group or by themselves to come up with an effective way to raise money. They could then ask for the amount of money that they determine they will need. All the money earned would be used to pay for lunches for the kids attending Seton’s sister school in Haiti. One idea given to the students as an example fundraiser, was to take advantage of the sports games to sell snacks. As we in America celebrate the Thanksgiving Holiday and the blessings God has given us, it is important that we do not forget those who have far less than we do. This is a creative plan to raise money for impoverished children who are desperately in need of nourishment, and, God willing, will prove to be an outstanding success.



Creative Corner

Compiled By: Dominic Smith

“Twenty bucks”

By: Darren Sardelli

When I asked dad for twenty bucks,
he said, “Let’s make a deal.
I’ll give you money only if
you eat a healthy meal.”
I found him sitting on the couch
before I went to bed.
I looked into his tired eyes
and this is what I said:
“I finished all my vegetables.
The carrots tasted great!
I ate the piece of celery
that mom put on my plate.
The eggplant was delicious
and the string beans were divine.
The peppers were fantastic
and the broccoli was fine.
The giant baked potato
was the highlight of my night.
The juicy red tomato
filled my belly with delight.”

“Fire of Advent”

By: Edward Hays, A Pilgrim’s Almanac, p. 187

“Advent, like its cousin Lent, is a season for prayer and reformation of our hearts. Since it comes at winter time, fire is a fitting sign to help us celebrate Advent...If Christ is to come more fully into our lives this Christmas, if God is to become really incarnate for us, then fire will have to be present in our prayer. Our worship and devotion will have to stoke the kind of fire in our souls that can truly change our hearts. Ours is a great responsibility not to waste this Advent time.”

“Butterball Warning”

By: Ericka L. Shields

The farmer is coming
The table is set
It's Thanksgiving Day
I dare to regret
So run, run, Turkey
As fast as you can
Before you end up
In a baking pan

Yours Truly, Julie

What do I do if my best friend is saying things about people I like and am friends with?

~Anonymous

Dear Anonymous, communication is an important characteristic in a good and wholesome friendship, so I recommend that you confront your friend about how you feel. Tell her, kindly, that her words offend you and the people she is talking about. Speaking poorly about others, especially behind their backs, doesn't benefit anyone and is extremely toxic to the people and environment around you. If your friend doesn't change her ways though, I want you to know that it's okay to separate yourself from the friendship. You should always surround yourself with people who care about you and support you, but I hope it doesn't have to come to that for you. Don't be afraid to talk to her, because if she is a true friend, she will understand! I hope this helped and I wish you the best!

Yours truly,
Julie

How many cookies can you eat without it being gluttony?!
~Cookie Monster

Dear Cookie Monster, according to Bethany Doerfler, RD, LDN and a clinical research dietician at Northwestern Medicine in Chicago, "The calorie consequence of eating one cookie is fairly minimal; most are approximately 150 calories a piece." When you eat a lot of cookies, you get a huge amount of calories, fat, and sugar that your body does not need. This takes a lot of insulin to deal with all of that sugar, and it tries to store all that fat. The fat is stored in your muscles, belly, and liver which can lead to some healthproblems, and could ultimately lead to a risk of heart disease and diabetes. My mother always tells me, "Everything in moderation"; a few cookies every now and again isn't going to hurt you and would not be considered gluttonous.

Yours truly,
Julie

**My temper is uncontrollable sometimes. I get off track.
How can I change it little by little? ~Anonymous**

Dear Anonymous, when you feel you are about to lash out at someone, take a deep breath, count to 10, and collect your thoughts. Taking a moment to pray and ask God to calm your mind may bring you the peace you need to control your temper. Visualizing a calm place, real or imaginary, can also help. If you feel angry over a disagreement with someone, the best way to express it is by sharing your feelings in a respectful way, and always try to put yourself in the other person's shoes. I hope a few of these tips helped and I wish you the best of luck!

Yours truly,
Julie

Election Day Fun Facts

By: Amanda Bishop

1. We vote on a Tuesday because the founding fathers would not travel on the weekend.
2. It is illegal to reward people for voting with food.
3. People have voted everywhere including barbershops, restaurants, and even garages.
4. The midterms take place half-way through the President's term.
5. We vote to elect Senate and House seats.
6. The Constitution states that it is up to the voters to choose when to vote.
7. The midterm traditionally took place in November because the harvest was over and the farmers could travel to vote.

The Joker and the Riddler

Jokes

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

A teacher asked her students to use the word “beans” in a sentence. “My father grows beans,” said one girl. “My mother cooks beans,” said a boy. A third student spoke up, “We are all human beans.”

Riddles

What can point in every direction but can't reach the destination by itself.

Your finger.

There was a man who was born before his father, killed his mother, and married his sister. Yet, there was nothing wrong with what he had done. Why?

His father was in front of him when he was born, therefore he was born before him. His mother died while giving birth to him. Finally, he grew up to be a minister and married his sister at her ceremony.

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.)

I always follow you around, everywhere you go at night. I look very bright to people, but I can make the sun dark. I can be in many different forms and shapes. What am I?

What number squared = 12345678987654321?

111,111,111



Seton Scenes



Seton Scenes

