



# THE INQUISITOR

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## The Scientists of Seton Convene!

By: Matthew Kelly

Every year the science fair occurs in mid-January. Students had labored and struggled for months, experimenting and collecting data on their experiments to be ready for the big day. The students then prepared explanations of their projects which they presented to all the judges who came to see their projects. Some amazing projects that won first place this year were: "Why Ride Your Bike When You Could Hover on Air" by Zach Moore, "Pen to Paper" by Emma Brox, and "Essential Oils vs Bacteria" by Nick Vander Woude. When told he was going to regionals, seventh grader Zach Moore said: "Wow! Thanks so much," and hugged his sister who was nearby. All of these and a surprising number of other young scientists were advanced to the regional science fair which takes place during the weekend of March 15-17. Across the board, every project was truly impressive due to the effort put in by the young scientists. While some students may brush off the science fair as an assignment that just needs to get done, it really is a learning experience, especially for students looking at going into STEM careers.



*The science fair this January*

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# Coping with Anxiety

By: Brooke Stidham

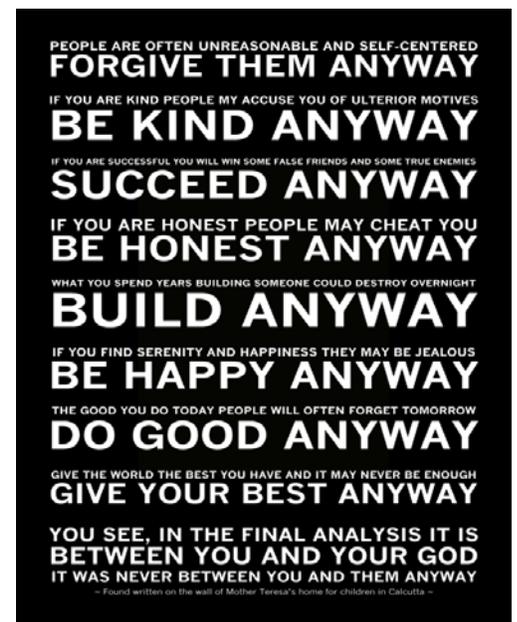
According to the National Institute of Mental Health, approximately 25% of 13- to 18-year-olds have an anxiety disorder, and just under 6% have a severe anxiety disorder. If around 350 students are enrolled at Seton each year, it's possible that nearly 90 students have an anxiety disorder and 20 students have a severe anxiety disorder. In this fast-paced, competitive world, feelings of inadequacy and discouraging thoughts are almost sure to arise, and for those with an anxiety disorder, coping with these thoughts and feelings proves to be no easy task. What can help keep fears at bay is changing one's perspective. We often neglect to recognize how much of a choice worrying really is-- how habitual our thoughts are, and how addicted we are to negative patterns of thought. We must remind ourselves that worrying is counterproductive, and that we do have the ability to refuse to entertain worries in our minds. If a bad situation can be changed or an intimidating situation can be prepared for, worrying won't help us, changing and preparing will help us. Why worry? We can change and prepare and leave the rest to God. And if something cannot be changed or prepared for, worrying can only make things worse, as it occupies thoughts that would be better spent creatively and constructively. Entertaining negative hypotheticals is neither creative nor constructive. There are a million "what ifs", and what God plans on allowing to happen will happen either way. Saint Mother Teresa once said, "People are often unreasonable, irrational, and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway. If you are honest and sincere people may deceive you. Be honest and sincere anyway. What you spend years creating, others could destroy overnight. Create anyway. If you find serenity and happiness, some may be jealous. Be happy anyway. The good you do today will often be forgotten. Do good anyway. Give the best you have, and it will never be enough. Give your best anyway. In the final analysis, it is between you and God. It was never between you and them anyway." As we live in this material world, a world where silence is hard to come by, it is easy for us to forget our spiritual nature, our spiritual goals, and our spiritual destination. But we must try to detach from our obsessions with earthly and shallow pursuits in favor of virtuous ones that will sustain us more than material goods ever could. We must constantly assess our own personal integrity. We cannot worry what others

think of us and neglect to wonder what God might think of us. It is better to be a good person and be thought of as a bad person than to be a bad person and be thought of as a good one. John Wooden is credited with having said, "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." We can't control what others will think, do, or say, but we can control what we think, do, and say, and we can pray for the strength we might need to accept the words and actions of others. We need not let our anxiety have full reign over us-- we cannot let it have power over us. Instead, let us remind ourselves of our worthy goals, our priorities, and how best to achieve our worthy goals. Above us, let us remind ourselves of God's will. God can see the value of our failures and sufferings and will bring goodness out of even the worst situations. We must trustfully surrender to Him and intend to cooperate with Him. Nothing will ever happen that we cannot handle with God's help. We end this edition's editorial with the words of Brad Meltzer, "Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

**Source:**

(<https://www.psychom.net/hidden-signs-teen-anxiety/>)

(<https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>)





## Living Lent in Faith

By: Reagan Kammerdeiner

Lent is a season in which Catholics strive to be led to a deeper conversion of heart and a closer identification in Christ. The season consists of 40 days of fasting, special prayer, and almsgiving in preparation for the resurrection of Jesus. Many people begin Lent with the best intentions, but as the weeks continue on, they lose their motivation and productive mindset. Our Lenten practices are an amazing opportunity for us to work on abandoning our natural, sinful ways. If you find yourself struggling with coming up with ways to have a meaningful Lent, here are some suggestions of small acts that go beyond fasting and other common things: apologize to someone. Swallowing your pride is never an easy task, but taking the time to apologize to someone during this season of repentance will help you on your path to holiness. Another suggestion is to tell others you love them. Many people believe that they can show their love without ever having to say it, or they find it difficult to say those three words in fear of rejection. Fight through that fear and remind your friends and family how much they mean to you! Spend time in silence. The world today is filled with constant noise that can drown out God's voice. Taking time to spend in silence gives you the opportunity to hear what God may be trying to tell you. When talking about Lent, Mrs. Carroll stated that, "When you fast and pray during the Lenten season, you are fighting your battle against the devil and his temptations, just as Jesus did when he spent 40 days of prayer and fasting in the desert when Satan came and tempted Him." Practicing prayer and penance throughout Lent gives you the beautiful opportunity to re-center yourself in your faith and will help lead you into a deeper relationship with Christ.

### Sources:

<http://www.umc.org/what-we-believe/beyond-fasting-ten-tips-for-a-more-meaningful-lent>

<https://www.catholicireland.net/wp-content/uploads/2014/02/lent-symbols.jpg>

## The CF Dance

By: Amanda Bishop

On January 19th of 2019 Seton students came together to raise money for cystic fibrosis and have fun. The Seton gym was decorated with streamers and balloons, making Seton look like a Candy Land. There were numerous different kinds of candies and treats to eat as well as a root beer float bar, which was very popular with the seventh and eighth graders. The NHS put in a lot of hard work and time in order to make this night come together. Not only did they decorate the gym and DJ the dance, they also raffled off a Kindle Fire. Bridget Atkinson, senior, commented, "Katie Pacheco won the raffle, a Kindle Fire, for the second year in a row which was really interesting."

The CF dance is the only Seton dance that all grades can attend and for seventh graders it was their first Seton dance ever. They had an enjoyable time dancing to music and talking with their friends. They not only had a great time but learned what its like to go to a Seton dance. The 7th graders learned the traditions and little quirks that come with every Seton dance. They learned what the Sadie Hawkins dance is, how to dance the Cupid Shuffle, and the famous Sweet Caroline traditional dance. Bridget Atkinson also said, "I loved to see the seventh graders dancing and having fun with each other." Patrick Curran, senior, commented, "It was really great to see Seton students dancing and having fun to raise money for a worthy cause like CF." The underclassmen joined the upperclassmen in dancing, singing, and raising money for CF at the annual cystic fibrosis dance. The night was a great opportunity for all students to have a care-free night with friends and raise money in the process.



# Educating Through Robotics: Seton Teacher Challenges Students to Do Their Best

By: Bethany Johnson

Seton School's VEX Robotics Club has been very busy this year, recently hosting its own tournament for the first time. VEX Robotics is a program that is intended to encourage students to get involved in STEM (science, technology, engineering, and math) and to consider related fields for their future careers. In VEX Robotics, students come together, working to design, build, program, and drive robots which are entered into competitions with other schools.

VEX Robotics first came to Seton School in 2011 when students Brendan Jackson and Manuel Barbara decided they wanted a bigger challenge than the one presented by the "SeaPerch" Club (underwater robots), already at Seton. VEX robots were more complex, more competitive, and had computer programming. Over the years, the VEX Club became firmly established at Seton with as many as 20 students in the 2016-2017 school year. Several home-schooled and Holy Family Academy students have also participated.

Seton's VEX Club has had quite a few triumphs over the last seven years, winning the Virginia State Championship Tournament three times and the runner-up once. They have advanced to the VEX World Championship five times, giving Seton students the opportunity to compete with teams from all over the globe.

This year, on January 5, 2019, Seton School hosted a VEX Robotics Tournament for the first time. Twenty-four teams from Virginia attended, including teams from Prince William County, Loudoun County, and as far away as Richmond.

Science teacher Mr. Mark Hoffman, the VEX Robotics adviser and mentor at Seton School, said "I received very positive feedback from participants at the tournament and we raised over \$1200 that will benefit the VEX Club in the near term." Mr. Hoffman also stated that he hopes to be able to host two VEX tournaments at Seton next school year, possibly co-hosting a third event with All Saints Catholic School (also in Manassas).

When asked whether or not students benefit as a result of participating in the VEX Club, Mr. Hoffman said, "Students who participate in VEX greatly benefit from the experience. In our club the goal is to advance to the World Championship. Learning in high school how to apply yourself to be able to compete against the world's best provides a great foundation for preparing to be a professional in the 21st century. I feel that the successes my students experience now will facilitate them to be great providers for their future families. In Seton's Club students work together in a nearly year-long process to build a world-class robot. Competition drives students to use all of their God-given talents to the max. Learning about gears, motors, pulleys, structure, sensors, and programming enables students to develop leading-edge technical skills that can earn them invitations to the best universities in the country and challenging jobs in their future."

Mr. Hoffman enjoys working with bright young men and women thinking about entering STEM fields in the future. If you are interested in getting involved in VEX robotics, contact Mr. Hoffman at [Mhoffman@setonschool.net](mailto:Mhoffman@setonschool.net).



# The Seton Sub Club

By: Sean Hilbert

Every Junior High student here at Seton has heard about the Sea Perch Project, and many of them participate in it. However, many people who have not participated in Sea Perch may only have a hazy, vague idea of what it is. Sea Perch is a club in which the younger members of Seton work together to build a robot to perform a specific action or have specific attributes. These robots are then entered into Sea Perch competitions with competitors from other schools. In the past, Seton has had quite a bit of success with its entries - in fact, the school has had multiple winners at the National Competition!

Mr. Hoffman mentors the club, which he has done since the club started in 2009. He and Mr. Maher are in charge of recruiting new students, which they do by talking to middle school students and spreading the word. This current year, one of Seton's teams, made up of Matt Hugo, Chris Wood, and Madelyn Zadnik, has advanced to Nationals. The students who participate are learning how to work as a team, a very important skill, but this is not the only benefit to participating in the program. Learning about robotics is obviously a great thing to learn early on for students who wish to go into STEM careers, including engineering, among others. Finally, even if the participants have no intention of going into STEM, they are still broadening their horizons by acquiring analytical and teamwork-related skills, and, while this may not be an immediate concern for some of the participants, colleges like to see students who are well-rounded and have participated in multiple extracurriculars, such as the Sea Perch Project.

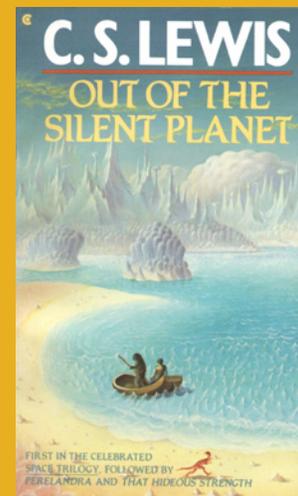


Photo Source: <https://www.seaperch.org/photos>

# Out of the Silent Planet: A Book Review

By: JP Moore

Of all the nonrequired books that Seton offers, C.S Lewis' *Out of the Silent Planet* is perhaps one of the greatest. The story is the tale of a man who travels to another world, one without the fall of man, and is forced to make decisions that could affect the course of a whole world, and indeed they do. It tells the story of how man can fall, and how he can rise again. The story of Dr. Elwin Ransom, his journey to Malacandra, and his meeting with the angels is a wonderful story. The choices and betrayals, the sacrifice and beauty are incredible. It weaves a plot that will keep you spellbound until its conclusion. This story has been called "surprising and shocking," by senior Sean Hilbert, and indeed, this is true. Lewis shows the choices of men, and the unforeseen consequences they can incur. The word choice is spectacular, and junior Bethany Johnson was "very impressed," by the detailed descriptions of the lands and characters. To avoid spoilers, I dare not tell you the ending, but I personally believe it to be one of the best endings to a fictional work, so far, especially when Lewis intervenes with the ending. In the end, Lewis shows men who they are and what they can be through this epic of science fiction. Written with all the same morals and beliefs that Lewis wrote in *The Screwtape Letters*, *Mere Christianity*, and *The Four Loves*, this work brings to the mind questions it had never contemplated. This work is one so many people forget, that so many people lose interest in because of the questions it inspires, but it is time it came out of silence and return to public appreciation. I challenge you to read this work; learn from its beauty and from the wisdom so many ignore.



# Voice for the Voiceless

By: Lauren Volk

On January 18th, the streets of Washington D.C. were filled for the 46th annual March for Life. Thousands of pro-life advocates, young and old, came from all over the nation to speak up for the children that do not have a voice of their own. This event began with a rally at the National Mall with well known speakers, including Ben Shapiro, Abby Johnson, and Vice President Mike Pence. After everyone rallied together, the immense crowd moved towards Constitution Avenue to start the march. People from different states, schools, and churches gathered together, preparing to march. Even though the streets of Washington D.C. were filled with people all day, the media completely ignored the March For Life and set their focus on the Women's March.

The March for Life was founded by Nellie Gray in 1974. She was the heart and soul of the march until she died in 2012, at the age of 88. The first march was held when some members of Congress announced their support

for the pro-life cause. It was originally meant to be a one time event, but 20,000 people showed up and Nellie Gray decided that this would be an annual event to take place each year until Roe v Wade is overturned. The March for Life was to be a non- profit and action oriented organization that always took place, no matter what trouble faced it. In the past, there have been terrible snow storms and more major events, such as a shooting at an abortion clinic in 1995. This incident made the March for Life look as if it was not a peaceful protest and it gained a lot of negative media attention for this. A few years in 2001, 9/11 happened. The March for Life went on a few months later, even though there was a common fear of another terrorist attack. This year, the march went on, even though it fell in the middle of a government shutdown. Every year since 1974, the pro-life community of America have gathered together to fight for the rights of all unborn children and will continue to do so until Roe v Wade is overturned.



# Yours Truly, Julie

**I am a boy and I want friends, but I'm really shy and don't have much in common with the boys in my grade. Please help!**

**~ Anonymous**

Dear Anonymous, I am so sorry you are struggling! Finding good and wholesome friends can be very difficult, especially if you're shy, but it is so rewarding when you finally do. I would really recommend joining a few clubs, trying out for a sport, or doing the play/musical! Whether you enjoy all those activities or maybe just one, putting yourself in a new situation allows you to meet people who share your interests. I understand that may seem a little daunting and going out of your comfort zone is easier said than done, but I promise you it's worth it in the end! Getting to know someone can take time and a lot of patience, but don't give up! I hope this helped you in some way and I wish you the best of luck!

Yours truly,  
Julie

**How passionate is it okay to be about your favorite sports team? ~ Purple People Eater**

Dear Purple People Eater, there is nothing wrong with loving a sports team! Everyone has things they're passionate about, and sports happen to be a very common interest among most people. I mean, what would a team be without its fans?! I think there comes a point, though, when you may be too invested in a team to where it starts to take over you and your emotions. If your team loses a game, it's natural to be upset/frustrated for a little while, but try to not let it affect your mood the rest of the day. Continue to support your favorite sports team - go to their games, wear their jerseys, cheer them on as loudly as you want; but remember that, at the end of the day, it's just a game!

Yours truly,  
Julie

**What are some good New Year's Resolutions that I can work on? ~ Anonymous**

The New Year is a great way to get back into good and healthy habits to make you a better version of yourself, whether it be physically, mentally, or spiritually. If you want to change your life or your lifestyle don't try to change the whole thing at once. It won't work. Instead, begin with choosing one area of your life to change. It's better to keep a simple resolution for the New Year, then to have a bunch of resolutions that only last the first week of January, at most. (We have all been there!) When you think about what resolutions you should make, try thinking about what would make you a better version of yourself, whether that means spending more time in prayer each day or going to the gym more often. It doesn't have to be this major change in your life, but it should be something that will create a good and healthy habit in your daily life.

Yours truly,  
Julie



## “Spider-Man: Into The Spider-Verse” Movie Review

**By: Lauren Volk**

**Rating: PG**

**Length: 1 Hour, 57 Minutes**

**Synopsis:** Miles Morales is bit by a spider and becomes spiderman. He meets different spider- people from other universes who help him figure out how to use his new powers and he tries to help them get home. He does this all while fighting a common threat.

**Ages Recommended: 10+**

I would recommend this movie to children specifically around the ages of 10-13 because it teaches kids that they can do something if they set their minds to it. There is nothing bad I can say about this movie, other than it does try to put the idea of multiple universes into your head. For the most part, the movie has a good message and it is an entertaining story. I did not think I would enjoy this movie, but it had a good story-line to keep me engaged, along with action and humor. Seton students are way older than the age of ten, and if I were to recommend a movie to any high school students, it would not be this one. “Spider-Man: Into the Spider-Verse” would definitely be more oriented toward junior high students, especially boys. I think they would really enjoy it. “Spider-Man: Into the Spider-Verse” nominated for “Best Animated Feature” at The Oscars this year!

# Seniors, Scalpels, and Science

By: Amanda Bishop

The seniors have begun the annual pig dissections in the AMS class. For most of the students, dissections are nothing new to Seton students because they had the opportunity in freshman year to dissect a frog and an earth worm. But dissecting pigs is a whole different story.

The adventure began with what seniors call the pig births. The students are assigned a pig; they then pull them out of the plastic bag; the students name them; and tuck them away in the lockers. Some of the names include Millie, Harry, Hubert Cumberlande, and Clithzbee. After a couple classes filled with learning a little more about the anatomy of the pigs, the students complete numerous worksheets. Then the real fun begins. Each student must complete an oral where they point out the important anatomical features of a fetal pig in front of their teacher Mrs. Salas.

Both Mary Ostrich and Sarah Flynn, who are seniors, had all good things to say about the dissections. When asked what they were most excited for before the dissections began Sarah said, "I am thinking about doing work in the medical field so being able to see what's inside the pig is awesome because I'm curious about the human body and how things work." According to Mrs. Salas, they do these annual dissections because the body of the pig is similar to the body of a human. Mary Ostrich commented, "It's fun, interesting, and a good learning experience."

When asked about dissections Mrs. Salas said, "It's an art form. The students are going system by system, looking at the texture and color, and looking inside the pig." She continued to explain that we do these dissections not only to learn about the anatomy of the pig but also the anatomy of the human body. AMS gives students the opportunity to learn about the different systems which make the body run so smoothly.



Seventh Period AMS

# Discover the Saints The Saint Stories You Never Knew

By: Bethany Johnson

## St. Achatius of Byzantine

St. Achatius (also spelled Agathius, Acathius, or Acacius) lived during the reign of the Roman Emperor Hadrian and was born in Cappadocia. While still in his youth, he joined the Roman army and was promoted to the rank of Captain. It was amid a military campaign that the soldier heard a heavenly voice which commanded Achatius, "Call on the God of the Christians!" Achatius immediately sought to learn about Christianity and asked for baptism.



After his baptism, the convert was driven by a great passion for his new religion. He strove to convert the soldiers in his army to Christianity. When news of this reached Hadrian, the emperor ordered that Achatius be thrown into prison. Achatius refused to sacrifice to the pagan gods and as a result of this, was tortured on a rack and then scourged.

He was afterward taken before Bibianus, a Roman tribune. Achatius was asked to state his name and native country. He replied "My name is Christian, because I am a follower of Christ; men call me Achatius. My country is Cappadocia. There my parents lived; there I was converted to the Christian faith, and was so inspired by the combats and

sufferings of the Christian Martyrs that I am resolved to shed my blood for Christ to attain heaven." Bibianus was filled with rage and gave orders that Achatius was to be beaten with leaden clubs.

Afterward, Achatius was thrown back into prison in chains. He spent seven long days in prison. At the end of that week, Bibianus was ordered to go to Byzantium. For his unknown reasons, the tribune issued the command that all of the prisoners under his charge be transported to Byzantium as well.

The journey was difficult. Achatius suffered immense pain, because his whole body was covered with bruises and injuries, the chains hurt him, his guards were brutal, and the roads were bad. Achatius felt as if he were dying and prayed for relief. A voice appeared to come from the clouds called down, "Achatius, be firm!" The guards were understandably terrified, while many of the prisoners were instantly converted.

The following day, some of the converts witnessed men in shining armor attending to Achatius' wounds and talking to him. When they vanished, not a single scar remained.

After the arrival in Byzantium, Achatius was brought before a judge. This judge tried to get Achatius to quaver in his purpose with both promises and punishments. These tactics ended in failure, and Achatius was beheaded in the year 311 AD.

Finally, St. Achatius is numbered among the "Fourteen Holy Helpers." They are fourteen saints who were often called upon during the time of the Black Death. St. Achatius is the patron saint of headaches at the time of death. His feast day is celebrated on May 8.

**Source:**

<http://www.catholictradition.org/Saints/achatus.htm>

<https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=886>

**Source for Picture:**

<https://catholicsaints.info/saint-acacius-of-byzantium/>

# Historical Holidays

By: Kathleen O'Malley

Martin Luther King Jr. is an important historical figure who made great advancements in the civil rights movement. He envisioned a world where people would not be judged by the color of their skin, but by the content of their character. This year, we celebrated Martin Luther King Day on January 21st. It is a day to reflect back on his life and the impact he made on society, which was to promote equal rights for all Americans, regardless of their background. Martin Luther King was a very important civil rights activist and the leader of a movement to end racial segregation in America. His famous speech beginning with, "I have a dream," is widely known by almost all Americans today. In 1955, he accepted the leadership position of the first great nonviolent demonstration, concerning his movement, called the Bus Boycott, which lasted 382 days. Martin Luther King was also the youngest man to receive the Nobel Peace Prize. He took a nonviolent approach and used words to put new ideas into the minds of men instead of violence. Luther brought attention to a huge controversial topic during that time, and was not afraid to speak his mind and share what he believed was right. His example can help us in our goal of standing up for what we believe in today's world. For example, abortion is the great civil rights issue in today's society and we should follow Martin Luther King's example and speak what we believe to try to change the hearts of others.



The federal holiday that we celebrated in the month of February is Presidents' Day. Presidents' Day is celebrated on February 18th. It is a federal holiday where we reflect back on the lives of the presidents who shaped our country into what it is today. These men made bountiful sacrifices so that we might live in a free nation. The origin of Presidents' Day dates back to the 1880s, when Washington's birthday was made a federal holiday. In 1963, the Uniform Monday Holiday bill was passed by Congress, which moved some of the federal holidays to Mondays, so that workers could receive a number of longer weekends throughout the year. Many people did not like this bill because they thought that these holidays should be celebrated on the exact day that they commemorate. The idea of renaming Washington's birthday to "Presidents' Day" was brought up in a debate because people thought that since the holiday was not actually on his birthday, the holiday should celebrate both Washington and Lincoln, because their birthdays are about a week apart and the great impact that they both made on America. Now, on this federal holiday, it gives us a chance to think about our presidents, both present and past, who make and have made significant contributions to make our country what it is today.

# Origin of St. Valentine's Day

By: Lizzy H.



When we think of St. Valentine's Day we tend to think of flowers, hearts, and cupid; including that special person proclaiming his or her love to you. People always relate St. Valentine with the origin of the popular holiday and all the flowers and hearts that come with it. But he had nothing to do with the romantic notion of the holiday. "Ancient sources reveal that there were several St. Valentines who died on February 14" ([www.smithsonianmag.com](http://www.smithsonianmag.com)). All this information about the St. Valentines was collected by an order of ancient monks, that spent all their time preserving history. The first of the three Valentines was said to have died in Africa but there was a small amount information on him, and he was in no way related to Valentine's Day. The next two are said to be the same person and that there was a slight mistranslation when the information traveled from country to country. "Valentine was a Roman priest who was arrested during the reign of Emperor Gothicus and put into the custody of an aristocrat named Asterius" ([www.smithsonianmag.com](http://www.smithsonianmag.com)). Like any story Asterius was curious about what Valentine had to say about his Faith. The more Valentine talked and showed his love of Christ, the more Arsterius was led to the true faith. "Asterius made a bargain with Valentinus: if the Christian could cure Asterius' foster-daughter of blindness, he would convert" ([www.smithsonianmag.com](http://www.smithsonianmag.com)). The child was cured, and the aristocrat let Father Valentinus go. The evil emperor

got word of this and ordered Valentine to be beheaded. "A pious woman made off with his body and had it buried at the site of his martyrdom on the Via Flaminia" ([www.smithsonianmag.com](http://www.smithsonianmag.com)). Soon after, a chapel was built on top of his burial site. The third Valentine, who had slightly a different story, was said to have cured a boy and not a girl but was also killed by Emperor Gothicus and later buried by the Via Flaminia. Even though the story of St. Valentine had nothing to do with romance, medieval legends had Valentine performing Christian marriage rituals or passing notes between Christian lovers jailed by Gothicus ([www.smithsonianmag.com](http://www.smithsonianmag.com)). The reason St. Valentine's Day is a major holiday was because Pope Gelasius attempted to stop the pagan tradition Lupercalia in February. The romantic aspect of lovers sending each other a valentine was brought about by Geoffrey Chaucer. "In his book *The Canterbury Tales* he decreed the February Feast of St. Valentine to the mating of birds" ([www.smithsonianmag.com](http://www.smithsonianmag.com)). Not long after the publishing of the book, nobles started sending each other love letters and signing with "valentine". For example, the French Duke of Orleans, who spent time in prison, wrote his wife in February saying he was "lovesick" and called her "his gently valentine" ([www.smithsonianmag.com](http://www.smithsonianmag.com)). As the years have gone by the popular holiday has evolved into a day of romance, flowers, hearts. "Despite all this, St. Valentine and his reputation as the patron saint of love are not matters of verifiable history, but faith." ([www.smithsonianmag.com](http://www.smithsonianmag.com)).





# Funny Bizarre National Holidays!

By: Dominic Smith

## JANUARY

**Jan 6: Bean Day:** unofficial holiday, actually believed to honor Gregor Mendel who experimented on peas.

**Jan 21: Squirrel Appreciation Day:** a day encouraging people to give out food to squirrels because we appreciate the immense joy they bring to our lives.

Jan 25: THE Opposite Day: ladies and gentlemen this is THE opposite day!

## FEBRUARY

**Feb 10: Umbrella Day:** where would we be without umbrellas? Probably sitting somewhere very wet or sunburned. Use this day to appreciate all the happiness and convenience umbrellas bring us.

**Feb 23: International Dog Biscuit Appreciation Day:** give your dog a dog biscuit today to show him he's a good boy and you appreciate him. Dogs love biscuits and you love your dog, so it all works out!

**Feb 26: Pistachio Day:** in China, the pistachio is called "the happy nut" and they are indigenous to Asia and the Middle East. Take time to appreciate pistachios because of their awesomeness.

## MARCH

**Mar 1: World Compliment Day:** give a compliment to anyone and anything today!

**Mar 4: March Forth And Do Something Day:** today is your day, go get something done but make sure to valiantly march forth to do it first.

**Mar 11: Napping Day:** zzzzz

## APRIL

**Apr 3: World Party Day:** this epic day was brought about by the book Flight, by Vanna Bonta, where there is actually a countdown to April third where there is a huge party (in the book). The very first April third party was thrown in 1996.

**Apr 11: Barbershop Quartet Day:** where people get together in a barbershop and sing songs. Super lit.

**Apr 14: International Moment of Laughter Day:** ha ha.

## MAY

**May 1: Batman Day:** it is essential that we take at least one day of the year (if not more) to appreciate one of the world's coolest super heroes: Batman. His biggest fear when he was a kid was bats, they were kind of his kryptonite.

**May 20: Be a Millionaire Day:** not already a millionaire? Well keep two things in mind, 1. Money can't buy happiness (theoretically), and 2. Use today to plan for the future and get your work, school, social, and spiritual calendars sorted out and organized to increase efficiency.

**May 29: Put a Pillow Under Your Fridge Day:** this is kind of along the lines of the old tradition of putting linen in the pantry so that you will get luck. Just do the same with the pillow, but put it under the fridge. Luck increase x2.

## JUNE

**Jun 7: National Doughnut Day:** because who doesn't like doughnuts??

**Jun 8: Best Friends' Day:** a day to remember that person in your life whom you laugh with, cry with, have long life talks with, tell all your secrets to, could never give up on, and would defend with your life.

**Jun 26: Chocolate Pudding Day:** this is not a cheat day, its legit. Just go have some chocolate pudding and enjoy it.

## July

**Jul 1: International Joke Day:** Did you hear about the singer's computer that was thrown into the ocean? Well now there's a Dell rolling in the deep.

**Jul 3: Compliment Your Mirror Day:** your mirror really does a lot for you. Without mirrors how would you know that your hair was out of place or that you forgot to put a tie on? Take some time today to compliment your mirror and the person it reflects!

**Jul 27: Take Your Pants For a Walk Day:** walking is good for you especially with pants on because pants keep your legs warm. Wake up, put some pants on, and go for a walk with them!

## AUGUST

**Aug 2: International Beer Day: 2007.** San Francisco, California. Jesse Avshalomov, Evan Hamilton, Aaron Araki, Richard Hernandez created possibly the greatest holiday known to man: international beer day. This holiday brings friends and family together. Celebrate by trying a new flavor or different kind of beer and enjoy yourself! (If you're over 21 of course!)

**Aug 12: Middle Child Day:** it is said that sometimes middle children don't get much of the parents' attention as they are focused on the oldest or the youngest. Parents, take time today to recognize the middle child in the family today and appreciate everything they do!

**Aug 26: Dog Appreciation Day:** Man's best friend. They are constantly loyal and want nothing more than to show us how much they love us and want our attention. Let's make sure we let all the dogs know how much we love them and appreciate them today.

## SEPTEMBER

**Sept 16: Collect Rocks Day:** personally, I think we should replace Christmas with this holiday.

**Sept 19: International Talk Like a Pirate Day:** this was a holiday thought up by John Baur and Mark Summers. It's a fun holiday often used to raise money for charities while recognizing the history of those who once ruled the high seas.

**Sept 28: Ask a Stupid Question Day:** What day is September 28th on again?

## OCTOBER

**Oct 1: International Coffee Day:** coffee is amazing. Take some time today to drink a ton of coffee, no matter what kind.

**Oct 4: Taco Day:** Contrary to popular opinion this is not on a Tuesday, it's a Friday. Humanity has not crashed and burned thus far in history because of tacos. They are our ride or die, our rock. We can't appreciate them enough. Eat a taco.

**Oct 11: It's My Party Day:** today is made for partying, you don't need a reason. Just throw a super epic awesome wild party and you don't need any excuse whatsoever except that it's October 11th.

## NOVEMBER

**Nov 4: Common Sense Day:** self-explanatory.

**Nov 9: Chaos Never Dies Day:** although it sounds gloomy and depressing it's actually quite the opposite. Chaos will always be a part of our lives; no one lives a life of serenity and absolute perfect peace of mind. Learn to not just deal with it, but embrace it and conquer it.

**Nov 26: Cake Day:** Birthdays, holidays, weekdays, days, cake is perfect for every occasion. Whoever invented cake deserves a parade like honestly.

## DECEMBER

**Dec 5: Day of the Ninja:** Japanese spies, professionals in their fields. Interestingly enough, they were not considered the upper class or the higher order of society as those ranks were reserved for samurais. Ninjas had to do the dirty work like espionage and assassin missions.

**Dec 11: Noodle Ring Day:** this is actually a food that was in style around the 1950's. It's basically just noodles baked into a ring or more like a bowl type shape. Really cool and definitely deserves its own day.

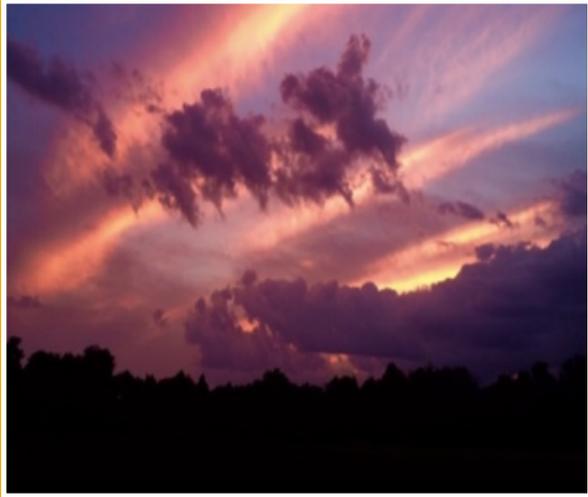
**Dec 30: Bicarbonate of Soda Day:** This is actually referring to baking soda and its many uses in everyday life. Not sure that it deserves it's own holiday but maybe its most commonly used on December 30th or something. Who knows.

Information provided by: <https://www.timeanddate.com/holidays/fun/>

# Creative Corner

## Featuring Seton Students' Creativity

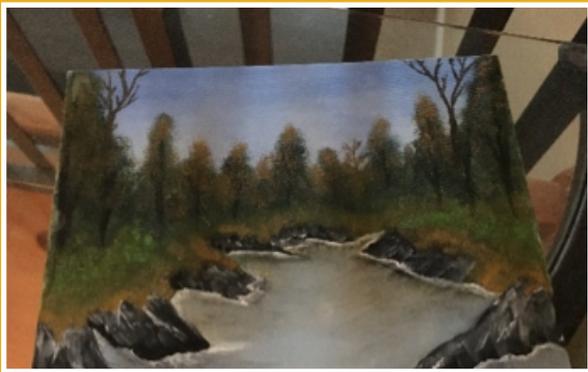
Compiled By: Grace Vestermark



Anton Murray, 11th grade – a beautiful sunset



A photo by Anton Murray, 11th grade



Bob Ross inspired painting - anonymous Seton student

### STUDENT POETRY

## A Gift from the Heart

By: Juliana Terreri

A banister robust ascendeth she.  
 Her downy silks trace marble steps below.  
 Around her neck rests priceless links aglow.  
 A ruby robed in deepest ebony.  
 Her quarters speak of lower pedigree.  
 The necklace held by her so close will show  
 No matter state of wealth one has. Just so  
 Intrinsic worth knows no infirmity.  
 Remove the jewelry and see that wood  
 Was marble; aprons: silks. The baroness  
 Of naught to naked eye, within lies good.  
 A greatness tapped with each communion made.  
 She finds this inner gem now framed, with love  
 From Him, her queenship now to her displayed.

# URTM's Winter Production

By: Sean Hilbert

In its 18th year, Upper Room Theatre Ministry, a Catholic theatre program run by Rob Tessier at All Saints, held its annual Winter Cabaret. This Cabaret, a theatrical event which was composed of a 1-Act play called "How to Succeed in Medicine Without Really Trying," which was directed by Marie Tessier, a Broadway Music Revue featuring some of Upper Room's finest voices, including Seton student Marcie Van de Voorde, a short film directed and filmed by Jack Tessier, and a performance by FOOLS! - a comedy improv troupe run by Seton parent Mr. Matt Moore. This year's Cabaret was the most well-attended yet (the staff needed to add more seating in order to accommodate the large number of people who attended), and ticket sales alone, not including the revenue which was brought in by the optional food service, surpassed \$5000. This money went to support teen summer missions, annual retreats, and other projects of the All Saints Youth Ministry.

"How to Succeed in Medicine Without Really Trying", this year's award-winning 1-Act play, is, as Jack Tessier put it, "a silly, fast-paced, satirical comedy about a woodcutter who is forced to pretend that he is a doctor...There is no moral to the story, just a lot of confusion and laughter." The show is notable for its fast pacing, comical characters, excellent writing, a phenomenal cast across the board (Sean Hilbert won Outstanding Supporting Actor for his performance as Geronte), and an additional special treat. At the show's seeming conclusion, the Stage Manager (played by Michael Albrigo) asks the audience if they would like an encore, and the actors perform the whole show a second time - in two minutes' time. This final burst of madcap humor had the audience in stitches, and Jack Tessier adds, "I think that type of fast-paced, improvisational comedy is where our cast really excelled."

Jack also directed and edited a short film based on the 1-Act, called "How to Succeed in Filmmaking Without Really Trying", which was entered into the Diocesan Short Film Festival. It won Outstanding Acting and Outstanding Cinematography in a Short Film. The film was meant to be a satire of various movie cliches, from fight scenes to love triangles, and also a parody of the PSAs that are frequently entered into the Short Film Festival. Peter Tessier, who played the Protagonist, explains, "We had the idea of a parody short film for a long time, first thought up by my brother. Originally, we were going to include about a hundred different cliches from many films, but when this was compiled into a script, it went over ten minutes...we decided we were going to scratch all that done previously and create a script that...still kept that theme." Even though the script was shortened drastically, filming took four hours and editing close to thirty, all of it accomplished by Jack alone. However, in his eyes, and in the eyes of the team that put it together, it was worth it.

The Music Revue consisted of some of URTM's regular performers, (including Seton student Marcie Van de Voorde, Seton alumna Jeannie Myers, and Nick Villacorte, who was also the lead in the 1-Act) performing various songs chosen by Chris Zavadowski, who directed the Revue. FOOLS! performed as well, as previously mentioned. Both acts were loved by the audience, and received standing ovations. The Cabaret was a spectacular success which was loved by its audience - but perhaps the performers loved it even more. Perhaps Erica White put it best, when describing her experience with the 1-Act: "Since we all know each other...The cast is like a family... It's really special and I'm so glad I have the chance to be a part of it."



# In Service to One, in Service to All

By: Matthew Kelly

Many times, students have heard of the Knights of Columbus. For some people, all they know about them is that they show up sometimes during Masses and have neat swords. That is one thing they do, but who are they really? The Knights were started by Fr. Michael McGivney in 1881 in Connecticut. Originally, the Knights were there to be a mutual benefit society, a society that provides aid and benefit to people who need help. In the 20th century, the Knights supported the war effort in both World Wars. Immediately afterwards, they became involved in education and employment programs for returning soldiers. Throughout the 20th century, the Knights fought against the animus directed at minorities and religious. They were key fighters against several Supreme Court cases dealing with civil rights. Currently, the Knights are supporting the Church and its efforts more than ever. 2017 was a record year for the Knights with \$185.6 million in donations worldwide. One such donation was an ultrasound machine to our very own Mother of Mercy Clinic in Manassas. In fact, this specific machine was the 1000th one donated by the Knights to similar clinics. Supreme Knight Carl Anderson said, "We are answering Pope Francis' call to go to the peripheries. We can reach half way around the globe to help those in need and we can reach to our neighbor next door. And we do that every day. That makes us witnesses to the Faith."



The Knights of Columbus from Holy Trinity Catholic Church



## Tasty Tidbits

### A Splendid Strawberry Shortcake Recipe

By: Grace Vestermark

#### INGREDIENTS

##### Easy Sponge Cake

- 3 eggs
- 1/2 cup granulated sugar
- 2/3 cup self-rising flour

##### Strawberries

- 6 cups of fresh strawberries (sliced)
- 1/2 cup granulated sugar

##### Whipped Cream

- 2 cups of heavy whipping cream
- 1/2 tsp Vanilla extract
- 1/4 cup confectioners sugar

#### DIRECTIONS

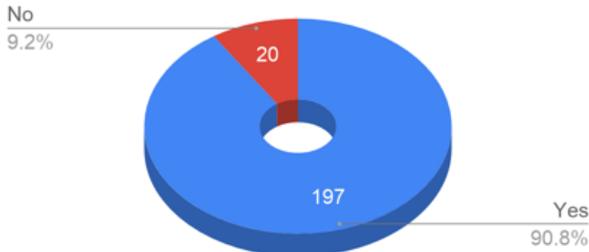
1. Mix sliced strawberries and 1/2 cup of granulated sugar. Place them in refrigerator for about 30 min.
2. Preheat oven to 375° F. Prepare 8 inch round pan (grease and flour).
3. In a medium bowl combine eggs and granulated sugar, beat until fluffy and thickened; about 3-4 min.
4. Fold in flour gently a little at a time making sure that the flour is completely incorporated without losing all the air in the egg/sugar mixture
5. Pour the batter into the prepared 8 inch round baking pan. Bake at 375° F for 15 to 20 minutes or until golden brown. Allow to cool in the pan for about 10 min. in pan on wire rack.
6. While the sponge is cooling, prepare the whipped cream. In a large, cold mixing bowl, add heavy whipping cream, vanilla extract and powdered sugar. Mix for about 3-4 min on high with whisk attachment until whipped cream becomes thick and holds its shape. (DO NOT OVERMIX or you will make butter!)
7. After 10 min. of cooling take cake out of pan and slice into two 8 inch rounds to make two layers. Put on a serving platter and add 1/2 the whipped cream and 1/2 the prepared strawberries on one layer. Place the rest of the whipped cream on the next layer and add the remaining strawberries on top. Serve and enjoy.

# When Should we Take our Midterms?

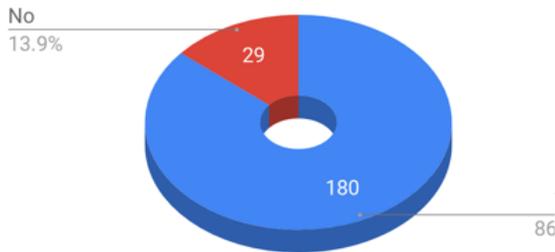
By: Joe Dotson

In December, Seton School students took their first ever midterm before Christmas break occurred. This served greatly as an experiment to see what it would be like to do this and to consider a similar schedule in the future. Many other schools in the area take their midterms before Christmas break, and the general consensus is that their Christmas break is very relaxing and stress-free without the dreaded midterms hanging over their head. So should Seton get in on this trend? Here is what you, the student body, said about that.

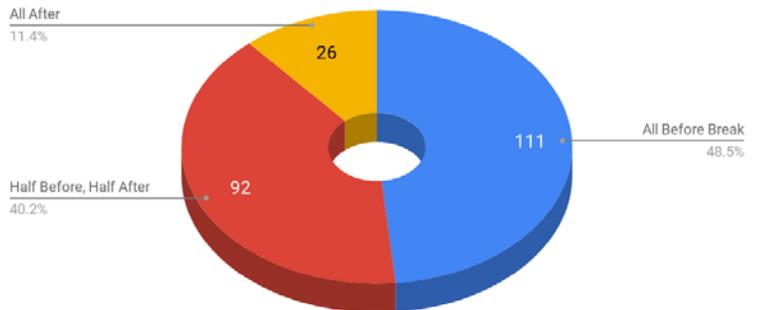
Did you like having a midterm before Christmas Break?



Would you like to keep doing this in the future?

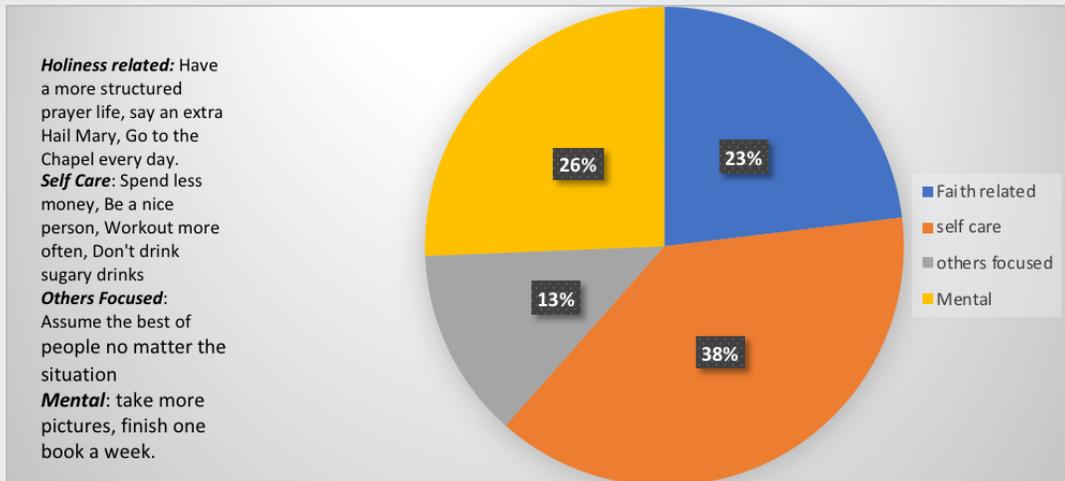


How would you like the midterms to be done?



## New Years Resolutions

The new year is always a popular time to take a good look in the mirror and address what could be going better. Below is a poll of thirty people of all ages and backgrounds giving examples of their resolutions for 2019.



# Winter Sports Teams Wrap Up a Very Successful Season

By: Joe Dotson

## Swim Team Finishes as DAC Champs Once Again

Our Seton Swim Team had another fantastic year, with both the Boys and Girls teams winning the DAC Championship Title. The girls have now won the DAC for an incredible 25th year in a row! That is a fantastic accomplishment showing the consistent greatness of Seton Swimming. The boys won the DAC meet quite handily, beating the runner-up Trinity Christian by 77 points. In the VISAA DII Swim Meet, the girls did very well, finishing in third place. Unfortunately, they just missed second place by 2 points! These swimmers had a very great year, and the future's looking good for Seton Swimming.



## Girls Basketball is in the VISAA State Tournament

The Varsity Girl's Basketball team is enjoying another very good year under Coach Dick Pennefather, as they were in the VISAA State Tournament once again. The Lady Conquistadors are currently ranked #3 in the VISAA State Rankings, and they faced the #6 ranked Nansemond-Suffolk Saints or the #11 ranked Virginia Episcopal Bishops. The Lady Conquistadors currently have an 18-8 record, defeating ranked teams 7 times throughout the course of the year. They just participated in the DAC Tournament, where they made it all the way to the championship game before falling to the #1 ranked team in the state, the Highland Hawks. Hopefully, the Lady Conquistadors can exact revenge on Highland in the state tournament. Come out and support the Lady Conquistadors in their quest for a state title!

## Boys Varsity Basketball Wraps Up a Great Season

The Seton Boy's Varsity Basketball team just completed one of the best seasons they have had in a long time. They played one of the toughest schedules in recent history, playing against VISAA State ranked teams 10 times. The boys finished with a 21-9 record, the first 20-win team since 2004! This year, two members of the team, Christian Nguyen and John Paul Vander Woude, hit their 1,000th point, a milestone that few high school players achieve. The last Seton player before these two to hit this milestone was Mark Munson back in 2006. The Conquistadors were included in the VISAA State Rankings for the first time since 2010. Unfortunately, they just fell short of making the State Tournament, but this was a great season with many impressive accomplishments.

And, finally, congratulations to the Seton first and second team DAC players! Christian Nguyen and John Paul Vander Woude made 1st team All Conference. John Pennefather and Andrew Nguyen made 2nd team All Conference!



# MythBusters: The Crusades

By: JP Moore

## Myth #1. Templars and Gold

The Knights Templar stole gold from beneath Jerusalem and formed the Freemasons to smuggle it to America.

### Reality

1. This entire idea comes from a fictional movie.
2. The Templars were formed as a crusading order to defend Jerusalem after it was taken in the 1st Crusade.
3. The Freemasons were formed as a gentleman's society and though they were merchants, they were completely law abiding, and often paid the taxes on importation / exportation of goods.
4. The gold accumulated during the Crusades was 87% accounted for over the course of the later years.

## Myth #2. Catholic Aggression

The Catholic Church, and its members, were the aggressors.

### Reality

In the words of historian Anne Carroll, the Crusades were, "A justified Christian counter-attack against Muslim aggression."

1. Muslims heavily taxed and abused the Jewish and Christian populations of the Holy Land.
2. The Muslims had conquered large portions of Byzantine land, and the western countries were called on, by the Byzantines, to retaliate and defend their ally.



### Sources:

Christ the King Lord of History -Anne Carroll

God's War: A New History of the Crusades -Christopher Tyerman

## Myth #3. The Crusaders Assembled Out of Desire For Wealth

They just wanted money.

### Reality

1. Many of them went into debt during the Crusades.
2. Very few gained any money from it.
3. The Crusader battle cry "Deus Hoc Vult" points to the entire theme, and in fact the name, the Crusades, "a fight for God."

## Myth #4. Death and Destruction

The Crusades incurred a severe amount of death and property damage.

### Reality

1. The total death count of the 176 years of the Crusades is estimated between 1-3 million, while the 37 years of the French Wars of Religion is 2-4 million, and the 13 years of the Napoleonic wars is 3.5-7 million.

## Why Do People Believe Such Falsehoods?

Simply put, the modern textbooks are predominantly anti-Catholic, and the standard view of academics is similar. By spreading such misnomers, the writers can decimate the Church's contributions to Western society and paint her in a negative light. Thus, by way of this aforementioned viewpoint they can indoctrinate the youth into resenting the Church, and accepting their propaganda as truth in other matters, such as politics.



# A Dance with Santa

By: Brooke Stidham

On December 15th, 2018, children with down syndrome sat on Santa's lap and confided in him their Christmas wishes at a party thrown specially for them called "A Dance with Santa." The children and their families danced to Christmas music, enjoyed dinner and desserts, opened Christmas presents, made festive arts and crafts, and even enjoyed a puppet show put on by The 11th Commandment Puppeteers. The party took place at Manassas Baptist Church and was hosted by Betsy Mooney, the president and founder of a non profit organization called New World Horizons. Betsy has wanted to organize an event like A Dance with Santa for a while now, and in December she finally had the opportunity to do so. Betsy, on behalf of New World Horizons, said, "Through the years we have come to realize that the families with special needs children do not get the opportunities to socialize and network as much as they should. We believe low key, fun social events are a great way to promote family time for them. We were pleasantly surprised by the number of people who donated to the Dance, and that is what made it all possible." Betsy Mooney is an alumna of Seton School, and she reached out to other alumni as well as current Seton students, inviting them to volunteer to serve food and drinks, assist with crafts, and dance with the children. Betsy said, "[The Seton students] added a great festive spirit." Betsy received positive feedback from the children's families and is excited for next December's party, as well as other fun activities for children with special needs.



Anna Gasser and Simon Radel

Photo courtesy of Maggie Vander Woude

# Dancing the Night Away

By: Lizzy H.

This year at Seton School a Valentines Dance was held for the students to have fun and to raise money for Haiti. The dance was run by Victoria Rogers, Lizzy Horiuchi, and a wonderful group of sophomores who helped to make it a fun night. All the money earned at the dance will be going to Haiti along with a generously filled box of Medical Missionary supplies. A goal of \$750 was set by Mrs. Carroll to have a sweat shirt day for all those who attended the dance. Thanks to all the generous people at Seton School the goal was met at \$789. A wall of hearts was also filled with all the teachers' names for the students to write a short compliment about. The hearts were bursting with gratitude and thank you's from all the students. The dance started, the bar opened, selfies were taken, and all had fun. A large thank you from Lizzy and Tor to all the students who came and supported the event for Haiti. "We are also very thankful for the teachers who spent the night as chaperones and we hope that this dance will become an annual event to support the poor in Haiti."



# The Joker and the Riddler

## Jokes

**Q.** What did the flame say to his buddies after he fell in love?

**A.** "I found the perfect match!"

**Q.** Why do skunks love Valentine's Day? **A.** Because they're scent-imental creatures!

**Q:** Why did the man send his wife's Valentine through twitter?

**A:** Because she is his tweetheart.

**Q:** What did Pilgrims give each other on Valentine's Day?

**A:** Mayflowers

## Riddles

The more you take, the more you leave behind. What am I?

**Footsteps.**

What has a head, a tail, is brown, and has no legs?

**A Penny**

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

**Yesterday, Today, and Tomorrow.**

What comes once in a minute, twice in a moment, but never in a thousand years?

**The letter "m".**



## 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.)*

**David's father has three sons: Snap, Crackle, and \_\_\_\_\_ ?**

