



THE INQUISITOR

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Sofie In the Saddle

By: Amanda Bishop

Sofie Harangozo, a sophomore attending Seton School, is a competitive rider at Morningside Training Farm in The Plains, Virginia. Her mother, Cornelia Harangozo, was trained in her twenties by Olympic show jumping coach, Bertalan de Nemethy. Her time learning under him inspired Cornelia to become a trainer herself, and Sofie, following in her mother's footsteps, has been riding since she was five years old.

After 11 years of practice and determination, Sofie has qualified to be selected for the Junior Olympics. She belongs to a group called Young Riders and being part of it gives her many opportunities to advance in her riding career. She is starting her season and with that comes new, exciting opportunities. If her current season goes well, she will head to Rebecca Farm in Kalispell, Montana. While in Montana, she will represent Area II which

is a large portion of the East Coast. Going to the Junior Olympics is Sofie's big goal for this summer and if everything goes as planned, she hopes to attend at the next level in one of the following years.

Sofie's favorite part about eventing is the cross-country portion because it includes galloping and jumping large hurdles. She loves this part because it gives her a sense of freedom and flying. Her horse, Rainy, is a twelve-year-old grey Oldenburg. Sofie said that Rainy is, "a sassy horse but has a great personality and is awesome at what he does". Sofie has learned how to work with a Rainy because of the large amount of time they spend together. The time and effort both Sofie and Rainy put into their practices and shows has paid off. Sofie loves riding with Rainy and hopes to continue riding for years to come, if it is in God's will.



Sofie jumping at Morven Park in October of 2018



Sofie with Rainy at Morningside

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How to Survive High School

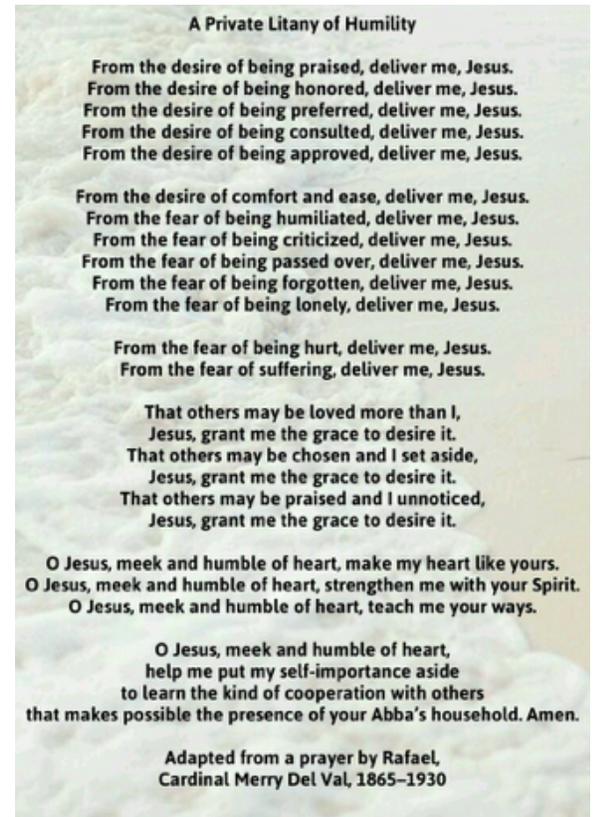
By: Brooke Stidham

Senioritis is the sensation experienced most profoundly by each year's graduating class, marked by jitters, anxieties, struggle to maintain motivation, and many other thoughts and feelings one associates with leaving behind a significant stage in one's life and progressing to the next level. A blessing in disguise, senioritis has taught the class of 2019 more deeply than ever before to recognize the value of true friendship, appreciating the present moment, and prayer. All three elements are essential to reap every benefit transitional periods such as senior year offer. In adolescence, many people are tempted to succumb to real or imagined peer pressures. Though teens already have values in place, these values are still being established and fortified, and the people with whom teens associate have the power to lead them either to strengthen or abandon their values. The traits contemporary culture encourage are not always virtuous or healthy. Teens are vulnerable to the temptation to mimic harmful behaviors they see glamorized in popular culture so that they can be widely accepted and liked, but they may not fully understand the short and long term consequences of their actions and the habits they are forming. Validation from popularity is tempting, but we must remember that man's empty praise will not fill the void inside us. Only God can truly fulfill us, and we should dare to have the courage to imitate Christ and say, "Not my will, but your will be done." Does God want us to be popular, or does God want us to be virtuous? We should seek friends who want to be saints, and who want to see us become saints too. We should seek friends whom we admire, who challenge us to grow in holiness and ascend in the spiritual life, not ones who allow us to be stagnant in unhealthy habits and inevitably descend spiritually, since there are no spiritual plateaus. If we are not improving, we are deteriorating. We should structure our identity around the unwavering love of Christ, not the fickle, ephemeral, and subjective standards that yield popularity. Another temptation to high schoolers (upperclassmen in particular) is complaining about current inconveniences and challenges and fantasizing about post-graduation life. While it is good to embrace the future with confidence and excitement, the present moment is of infinite value. There is so much goodness within this moment, but we are sure to miss it if we daydream about

next year rather than appreciate the opportunities and lessons this year is presenting us. To guide us in our navigation of friendships and to remind us to seize the present moment, God is our greatest ally. Constant communication with Him holds us accountable, fills us with grace, and helps show us where we need to be and how to stay there. A close relationship with God maintained through prayer is the foundation to everything we need to graduate high school and be prepared to live out our vocations in the next steps. We are truly blessed to be at Seton, an environment that encourages us to form that close relationship with God and grow ever deeper within it.

Source:

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Mardi Gras

By: Lauren Volk

Mardi Gras is a famous tradition and holiday more commonly known as Fat Tuesday. It is the day before Ash Wednesday, where for years, people have had parties and enjoyed the things they will be giving up for Lent, most commonly desserts and sweets. Mardi Gras began as a major celebration in New Orleans, and the first Mardi Gras event started on March 3, 1699. It began simply as parties in the streets, masks, and many colorful decorations. Not long after the first celebrations were held, the Spanish took over New Orleans and unfortunately banned Mardi Gras celebrations until New Orleans was officially deemed a part of the United States in 1812. At that time, Mardi Gras had only consisted of parties in the streets, but ten years later, the first official parade took place.

New Orleans is not the only place in the world to have large celebrations for Mardi Gras. Many cultures have different ways to celebrate the festive event. Brazil and Canada both host festivals and carnivals and Italy has extravagant masquerade balls. Germany has a costume parade and Denmark has a tradition where the children get to dress up in costumes, similar to Halloween. Balls are often held during Mardi Gras as well. In the old days, balls were very select and private, but nowadays, most balls are held for the public and are available to anyone that buys a ticket. Masquerade balls are a very big deal and they are especially fun because everyone is hidden. The purpose for masks are to hide your face so that nobody knows your race or social class and everyone can socialize with whomever they want. The masks are still used today because in some places if you ride on a float, you must have your face covered. People who organize these elaborate parades, festivals, and balls are in a "Krewe." This is an almost completely secret society that spends all year planning and preparing for Mardi Gras. These people work together to organize the entire event and they even get to choose a royal party to participate if they would like. The main colors of Mardi Gras are green, purple, and gold and they each symbolize something. The green represents faith, purple is justice, and gold is for power. These parties and balls are decked out in many decorations which includes these symbolic colors. Another well known Mardi Gras tradition is the king cake. This is an oval shaped cake that comes with a plastic baby inside. Traditionally, whoever cuts the piece of cake with the baby in it is king for the day and has to buy the king cake for the next year. This tradition still takes place today at many Mardi Gras parties. Mardi Gras is a time for people to enjoy what they have before Lent comes and fasting begins. This has been a tradition for many years and people all over the world look forward to it.

We're (Almost) Off to See the Wizard

By: Sean Hilbert

At the time of this writing, it is nearly tech week, and the Spring Musical is coming along splendidly. Every scene has been blocked, every song has been learned, and everyone is gearing up for the challenge of the week ahead. Excitement is running high in the musical's cast. Grace Vestermark, who plays Glinda the Good Witch, says "The show is going really well!...All the actors/actresses have been a joy to work with and that always helps improve the energy of the show...the girls chorus sounds like a big group of heavenly angels..." and Katie Dealey, who plays the Wicked Witch of the West, says "I'm really excited to see how the whole production is going to turn out. There are so many colors and set pieces and complex moving parts. The costumes alone are going to be amazing...We've spent 175 hours on painting alone so I hope that it will produce a magical experience." Favorite scenes among cast members include Shane's performance of "If I Were King of the Forest" and the dance number "Jitterbug".

Tech-wise, the crew is also doing excellent work. Many of the scene transitions are difficult and complicated, but the stage crew is handling them very well. More and more props and set pieces are being added - right now, the green head which will be used in the "Oz the Great and Powerful" scene is under construction. In the words of Mrs. Maryan Vander Woude herself, "I enjoy watching all of the volunteers share their gifts and talents for the sake of the students. As each week goes by, you discover how many talented and generous people are in the Seton community. The singing, the choreography, the sets, the props, the costumes and the technical features all involve some really creative and savvy folks! I am amazed at what they come up with." Overall, the musical is shaping up to be a truly spectacular show - you won't want to miss it!



Clovers and Leprechauns

By: J.P. Moore

St. Patrick's Day is an Irish holiday on March 17th, the Feast of the saint who converted Ireland. His famous story begins years before his conversion of Ireland. One day he had skipped school in order to visit the sea. While there, he was captured by Gallic raiders and taken to Ireland where he was forced to work for years as a shepherd and slave. These years of his youth changed him, and about them he later wrote, "The love of God and His fear grew in me more and more, as did the Faith, and my soul was roused." God then provided him the means of escaping and eventually returning home to England. He was then given dreams in the seminary which called him to a revisitiation of Ireland. He was granted permission to travel there with a group of priests, and went on to convert the entire country. He died in a monastery on March 17th. This holiday is a solemn affair in Ireland, with the communities receiving the day off for Mass and contemplation. Only in America is it celebrated as a jubilant occasion. In America the feast day is used as an excuse for drunken debauchery and other such misconduct—all during the middle of Lent. This holiday was not made so that people could commit such atrocities. A quieter day like the Irish observe would be prudent during Lent, but the celebration of festivals (if done morally) is wondrous as well, especially since the Church often offers dispensation from penances upon the feasts of Saints Patrick and Joseph. Furthermore, leprechauns are not real. The entire idea was actually devised as a fraudulent hope devised to keep fools and children busy, attempting to obtain something they cannot. Finally, just to clarify: skipping school does not automatically make you a saint.



Blood Flowing Green

By: JP Moore

The Irish were some of the first European populations to journey over to America, and some of the most dedicated to the formation of the country as an independent nation. Over half of George Washington's army, known as, the "Irish Brigades," included the famous Timothy Murphy, a renowned sharpshooter, and Irish or people of Irish decent. Oliver Pollack, an Irish merchant, raised three-hundred thousand dollars, (over eight-million with inflation), personally for the American War for Independence, and nine of those who signed the Declaration of Independence were Irish or Irish-American, including James Smith, Colonel George Taylor, and Matthew Thornton. After the Great Famine of 1845-49, the Irish immigrants began to come in extreme quantities. Upon their arrival, they dispensed primarily along the northern areas of the East Coast, from Philadelphia to Chicago, due to their limited amounts of money and the price of travel. This population boom was utilized in factories and coal mines, where the Irish endured inhumane conditions for minimal pay. It became such a problem that, in large cities, the police had specific trucks, called "Paddy Wagons," to carry off offending Irishmen. After the famine calmed down, the immigration lessened, and the Irish began to assimilate into the "melting pot" of American culture, only to be divided with the nation fifteen years later during the Civil War. Like most nationalities, the Irish were heavily divided during this war. However, they mostly favored the Union. Among them was the renowned Colonel James Mulligan, whose "Irish Brigade of the West" held the town of Lexington, Missouri for four days without food or water (although they lost after a heated onslaught). The Irish also changed American culture. Because of the Irish immigration, there are now many more Catholics in the United States. Also, they brought new styles of dance and music to benefit the society, as well as popular and delicious foods and drinks, such as soda bread and shepherd's pie. Their traditions and values effected the entire East Coast. In conclusion, the Irish heavily affected America, and melded into the culture, changing it for the better.



There's No America Without the Italians

By: Matthew Kelly

What have the Italians contributed to the success of America? Of course, the first things people tend to think of are spaghetti, pizza, and energetic chefs whipping up tons of food. Older people may think more along the lines of the "Godfather," the syndicated crime in New York City and Chicago in the early 1930s. These things are attributed to the Italians yes, but these are not the most important things. Maybe you already know this, (and maybe you don't), but Christopher Columbus was Italian. Many years later, several prominent Italians fought in the American Revolution, and a certain Philip Mazza once said, "All men are by nature equally free and independent," a quote which later found its way into the Declaration of Independence. From 1880 to 1915, well over 4 million Italians immigrated to the United States to escape from horrible economic problems in Italy. To help the immigrants, Pope Leo XIII sent the Missionaries of St. Charles of Borromeo. Among them was St. Francesca Cabrini, who founded schools, hospitals, and orphanages. St. Francesca was canonized

as the first American saint in 1946. Later that century, Attilio Piccirilli and his five brothers carved the Lincoln Memorial in Washington D.C. Some famous Italians around this time included Joe DiMaggio, Louis Zamperini, and Hank Luisetti. During World War Two, Enrico Fermi and Emilio Segre were instrumental in the development of the atomic bomb. After the war, America was graced by the presence of Frank Sinatra, and Frank Capra (Director of It's a Wonderful Life); both were very influential in the entertainment industry. In addition, Barnes and Noble, Subway, and ETWN were all Italian-American companies which got their start after the war. At the close of the 20th century, two great Italians, Antonin Scalia and Samuel Alito, served as Justices on the Supreme Court. Recently, we have seen famous Italians like Jimmy Kimmel, Rachael Ray, and Kelly Ripa host TV shows. Next time you hear someone say that pasta is the Italians biggest contribution to America, explain how they probably wouldn't be here if not for the Italians.



Feast of the Annunciation By: Brooke Stidham

How fitting it is that the Feast of the Annunciation falls during Lent, on March 25th. According to Saint Irenaeus, “the knot of Eve’s disobedience was untied by the obedience of Mary; what the virgin Eve bound by her unbelief, the Virgin Mary loosened by her faith.” For this reason, there is a special devotion to Mary, Undoer of Knots, of which Pope Francis is especially fond. It is fitting that the Annunciation Feast is during Lent because Lent is a season in which we work to undo the various knots in our life and strive for greater levels of obedience to God. Our greatest example of fulfillment of the calls to obedience and trust in God is Mary herself. What knots are we attempting to undo this Lent? Knots of bad habits? Knots in our relationships? Knots in school or at work? This Lent, let us remind ourselves that Mary’s “yes” to God at the Annunciation undid the knot of original sin. If we only say yes to God more often, how many knots might we undo? Saint Bernard of Clairvaux put it very poetically when he said that the angels held their breath as they anticipated Mary’s reply to Gabriel. They knew human redemption was contingent upon the Messiah, and Mary’s answer they anticipated was whether she was willing to

bear the Messiah. Mary is regarded by some to be the “link between Heaven and Earth”, as she was the instrument of the Incarnation, defined by the Church as “the act by which God elevated to Himself a human nature, formed in the womb of the Blessed Virgin Mother, in order to make it subsist in the Second Person of the Blessed Trinity.” The Incarnation was made possible by Mary’s obedience and trustful surrender to her role in the fulfillment of the will of God as announced to her by the angel, Gabriel. Mary’s role in God’s plan was to be the mother of Jesus, and she fulfilled it by cooperating with God, being obedient to His request, and trustfully surrendering to His will. Every Lent, we ask ourselves again, “What role am I called to fulfill in God’s plan? What questions are God asking me? How am I responding? How am I succeeding in imitating Mary’s good example? How might I have failed, and how can I improve?” Mary provides us with the model and inspiration we need to navigate the parts each of us play in God’s plan. This year’s Annunciation Feast, we meditate upon Mary’s experience of the Annunciation, and we ask her to help us be trusting and obedient to God the way she was.

Source:

<https://i.pinimg.com/originals/74/da/3a/74da3aa7dcf36d-89ba0bbd6ef98df225.jpg>

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Yours Truly, Julie

What do I do if someone I don't really like asks me to a dance?!

~ *Worried Prom Girl*

Dear Worried Prom Girl, take a second to breathe. It's not the end of the world; it's just one night! When a boy asks you to a dance, it's not like he's proposing or anything, it's because he thinks he would have a fun time with you! Keep in mind that it takes a lot of confidence for a guy to ask a girl to a dance, so it's important to be mindful of his feelings when he asks you. Also, remember that when you are at the dance, it will not just be the two of you the whole time. Typically, everyone hangs out and enjoys the night with a group of friends. It is also his night and he deserves to have a great time as well. So just have fun, be yourself, and enjoy the night!

Yours truly,
Julie

I'm going to be a 9th grader next year and my course schedule meeting is coming up soon but I don't know what classes to take. Help please!!

~ *Almost Highschooler*

Dear Almost Highschooler, choosing your classes for next year is a really important decision to make. When deciding courses for next year, you should really consider taking classes in subjects that you enjoy and would possibly consider studying later in life. However, don't feel like you have to know what you want to do with your life this soon! After all, you're only a freshman and your interests will most likely change throughout these next four years. Remember that everyone has his or her own path that they will take in life, so I don't recommend taking a specific class just to be with your friends. I also don't recommend only taking the "easy" classes. It's important to challenge yourself because it will help you grow as both a student and as a person. I hope this helped you in your decision making! Have a fantastic first year of high school and good luck!

Yours truly,
Julie

ALS-Getting to the Heart of the Matter

By: **Dominic Smith**

On March 28th and 29th, the Senior ALS class took a field trip to Inova Fairfax Hospital to watch an actual open-heart surgery. The surgery was performed by Dr. Ramesh Singh, who afterwards came up and spoke to all the students, personally. When we first arrived, we waited in the Inova Heart and Vascular Institute (a wing of the hospital) to be admitted to the briefing room. Once in the briefing room, we were given a run-down of the patient and what to expect once we were actually watching the surgery. We were also told about what kinds of things can cause one to need an open-heart surgery. Some reasons are smoking, eating a lot of fast food, little to no exercise, and most importantly, an extensive family history of heart disease. When the surgeon and all the supporting nurses were ready, the seniors and Mrs. Salas were admitted to the viewing room. The viewing room was directly above the surgery room with a large, glass, window-like structure looking down on the operating table and the patient. Dr. Singh proceeded to cut down layer by layer until the heart was exposed, and it was a truly amazing sight. Seeing a human heart in person was definitely one of the most fascinating sights I have ever seen. Following the procedure, one of the seniors asked Dr. Singh how he became so skilled and accomplished at performing this type of surgery. Dr. Singh replied by saying that "surgery is like playing a sport, it requires lots and lots of practice". Another student asked him if he had any "pregame" warmup routines, so-to-speak. He said that whenever he enters the surgical room he begins by saying "alright, alright, alright!" as well as saying a prayer. Overall, it was an incredible experience that none of us will soon forget!



Lent Well Spent By: Lizzy H.

This is the time of Lent and we have sacrifices and goals that we want to accomplish. Yet, as we all know, these goals usually do not last longer than one week; we get tired, bored, and then fall into temptation for our desire for that massive piece of cake on the counter. We tell ourselves that we will restart our goals next week, as we secretly wipe the evidence of cake crumbs into the trash. However, we find ourselves tactically making up excuses to eat another piece of chocolate cake on the counter. Our desires often times become so unbearable, that we shove the cake into our mouth and walk away as if nothing happened. Despite all of this, we should try to have a Lent well spent by being faithful to the sacrifices and goals that we set for ourselves. This can be very difficult for many people but do not fret, this Lent will be well spent by trying to follow this simple advice.

One of your Lenten goals is to go to the chapel every day. One day you find yourself in an interesting conversation with friends and you are tempted to neglect your visit to the chapel. What should you do?

Seton Sophomore: "I would finish my conversation and make a point to go to the chapel in the afternoon."



You wanted to pray the Rosary every day but then find yourself engrossed in an amazing computer game. What should you do?

Seton Sophomore: "I would set a timer or limit for myself on how much time I spend on the computer or set a specific time of day especially for when I would pray the rosary."

You have trouble with profanity, and you decided to cut back on the use of explicit words, but then someone awakes the dragon inside you and the desire to cuss them out comes upon you. What do you do?

Seton Sophomore: "I would distract myself with something else or walk away and go for a run to let the stress out."

There is a massive piece of cake on the counter and you gave up snacking, but you feel the low grumble of hunger come from the bottomless pit of your stomach, while the pain of hunger grabs at your mind. What should you do?

Seton Sophomore: "I would walk away, get as far from the kitchen as possible and wait for dinner and eat it as desert."



Students Serve the Homeless in Union Station, D.C.

By: Grace Vestermark

On March 9th, a mission trip to serve the homeless was arranged at Seton High School. The idea to have this trip came from two students who asked to have an opportunity to serve others. One student, Simon Kanazeh, informed the 10th grade religion teacher, Mrs. Duran, of upcoming mission trips to D.C. to feed the homeless. The trip was planned and put into effect after this, and all religion classes were encouraged to bring in hygienic products and snack bags to be handed out to the homeless on the streets of Union Station, D.C. At the end of the food collection, there were nearly 800 snack bags and care packages donated by current Seton students.

The trip began at 3 p.m. as students gathered in the St. John Paul II Center, preparing to depart. Each student was given fifteen care packages to put in their empty backpacks before they left for D.C. Eventually, the students were separated into cars and took the metro into Union Station. Upon arrival, the students were further separated into four groups of ten, so as not to overwhelm the homeless people they encountered with a large crowd of people. The students, eager to hand out their care packages and speak with the homeless, dispersed to pass them out. They did not simply pass out bags and say goodbye to those living on the streets, but they also talked to them and listened to the stories of joys and sufferings which some of the people living on the streets shared. The students let the homeless know that they cared about them spiritually and physically, not only by handing out care packages, but also by praying with them as well. Seton student, Simon Kanazeh, said



regarding the impact of the trip, “It has brought me to the realization that I must become more aware of others’ needs. I was so surprised to see how a simple idea and conversation with Mr. Duran could blossom into a beautiful mission which touched not only my fellow classmates, but also impacted the lives of those we encountered downtown.” Mrs. Duran said, “I can say with confidence, Seton students received far more from this adventure than they imagined. God’s generosity would not be out done.”

Eleventh grader, Simon Kanazeh and his group went to visit a homeless shelter, where he asked if they could talk to the homeless people waiting in line. The students began interacting with the people waiting in line and the atmosphere changed to that of joy. Shortly before the students left, Simon called everyone into a huddle around to pray with a few of the men at the shelter. It was an emotional moment not only for the students, but also for the men joining in prayer. Kanazeh said that “this was a powerful moment for [him], and for everyone.” As the homeless men were stating their prayer intentions, many of them were tearing up because they were so moved. The men put their arms around the students shoulders almost as a sign of brotherhood. After this, the men thanked the students for praying with them. According to Kanazeh, the trip was “a time to encounter Christ in the homeless and to love our neighbor as ourselves with a tender, authentic, and real love.”

After the trip concluded, the students arrived back at Seton to end their evening with dinner and prayer in the chapel. This trip allowed the students to truly see Christ in others, where instead of focusing on their own needs, those who attended the trip focused on the needs of others. Many students were enlivened with a new sense of understanding and sensitivity for the needs of others as many of them were enthusiastic about arranging another mission trip to serve the homeless.



Dominican Sister Leads Girls' Retreat at Seton School

By: Kathleen O'Malley



The annual Seton School student retreats were held on Friday, March 22. The girls' retreat was led by Sister Joseph Andrew Bogdanowicz, O.P., foundress of the Dominican Sisters of Mary, Mother of the Eucharist - an order she helped form in Ann Arbor, Mich., with nearly 140 sisters today.

Sister Joseph Andrew led three different meditation talks during the retreat, which included many profound and beautiful insights. In between the first two talks, the girls were split up into groups and attended break-out sessions that included adoration in the chapel, prayer journaling, Lectio Divina, how to keep your faith in college, and rosary making. Confessions were also made available throughout the entire day.

Sister Joseph Andrew's first meditation talk was about virtue. She spoke about how we can know our faith and fill in the blanks on a religion test, but we really need to live the Catholic faith in our everyday lives. She said, "If [the faith] does not become a part of your being, what's the point? That much more will I be accountable before God, that He spoiled me and gave me the Truth." Since Christ gave us the Truth, and spoiled us with the faith, we are held more accountable. The virtues are our way to holiness. She then discussed how various saints, including St. Agnes, St. Edith Stein (St. Teresa Benedicta of the Cross was her Carmelite name), and Blessed Anna Maria Taigi, lived out their virtues. She added that we should look to the saints and pray to them for us to grow deeper in virtue.

Sister also discussed the value in suffering. She noted that Saint Pope John Paul II refers to there being "such a blossoming of goodness in the midst of the suffering". She added that we are strong when we endure suffering well and we need to remind ourselves that God has a reason for our suffering, even though it might not be apparent at times. Sister then compared the idea of suffering to the mysteries of the rosary. She included that we all like the joyful, luminous, and the glorious mysteries of the rosary; however, she added, "If you're going to get to the glorious, to see God face to face in heaven, you have got to get through the sorrowful as well."

In her second talk, Sister Joseph Andrew spoke about the four personality temperaments of each person- Sanguine, Choleric, Melancholic, and Phlegmatic. She explained that the temperament God gave you is what makes you who you are. She related each temperament to a Saint who had that same temperament, and how they used it to praise God in their lives.

Following the first two talks, the girls had Adoration for one hour, followed by a lunch break. After lunch, Sister Joseph Andrew gave her final talk, answering questions that the Seton girls had written a day earlier. Most of the Q&A's were related to vocations and how to discern what God is calling each person to be. Sister's greatest piece of advice is to pray for your vocation unceasingly. The retreat concluded with Mass, celebrated by Father James Searby.

Seton Junior Grace Vestermark enjoyed the retreat, saying, "I liked the retreat because it offered many different stations for people to be able to go and develop their faith better in areas that they think they need to improve. I really enjoyed the talks from Sister because I thought it expanded upon things that will help deepen our Catholic Faith and prepare us for going out into the world, understanding ourselves better, and becoming closer to Christ."



Discover the Saints

By: Bethany Johnson

St. Joseph

St. Joseph, the earthly father of Jesus Christ, is extremely important; he is the protector and Patron of the Universal Church. In fact, there are two feasts of Saint Joseph on the Church's liturgical calendar. The first is celebrated on March 19th, the Feast of Joseph, the Husband of Mary. The second is celebrated on May 1st, the Feast of Joseph the Worker. There are also several beautiful devotions and prayers dedicated to St. Joseph, including the Seven Sorrows and Joys of Joseph, a seven Sundays devotion, novenas, a litany, and various prayers. St. Joseph is an invaluable example to Christians of how to live a truly holy life. The two feast days of St. Joseph provide an excellent illustration of this truth.



The first feast day of St. Joseph on March 19th honors his role as the Patron of the Universal Church. Joseph was called by God to be the protector and provider for the Holy Family. He worked as a humble carpenter to earn a living for the family, and dedicated his time to being with Mary and Jesus. Christian fathers can learn much from the life of St. Joseph. Men should focus on putting the well being of their wife and children above their own comfort.

Spending time with one's family, rather than choosing to be a workaholic, is essential for building a healthy and holy relationship.

May 1st, is St. Joseph's second feast day, which honors Joseph as protector and provider for his family. In today's society, the family and marriage are under heavy assault. One essential ingredient of any marriage has been forgotten: the virtue of chastity. Although married men and women are not called to live as virgins as Mary and Joseph lived, they are still meant to be chaste. People can easily get confused about the differences between chastity and celibacy. Celibacy is the perpetual renunciation of the married life for the sake of God's kingdom, while chastity is the virtue that governs the proper purpose of human sexuality. Everyone is called to be pure in their thoughts at all times. One of the beatitudes is: "Blessed are the clean of heart: for they shall see God" (Matthew 5: 8). In this post-Christian era of objectification, it is vital that Christians follow the example of St. Joseph in keeping both body and soul pure.

As this season of Lent continues, let us work together to be more pure in our everyday lives, whether this be through regulation of the movies we watch, or even of the books that we choose to read. Most of us still have quite a ways to go in our journey towards sainthood. St. Joseph is one of our greatest allies in the path to perfection; let us not neglect to seek his aid.

Source:

<https://www.catholicnewsagency.com/saint/feast-of-st-joseph-the-worker-471>

<https://stjosemaria.org/seven-sundays-devotion-st-joseph/>

Source for Picture:

<https://taylormarshall.com/2011/03/sinlessness-and-assumption-of-joseph.html>

We are Real Men

By: Matthew Kelly

“We want to be men!” This was Father Searby’s opening to the men’s retreat at Seton this year. He went on to say that men these days try not to be men and “just don’t want to grow up!” Father then told the students about his recent trip to the Galapagos Islands and the amazing testimony given by one of the islanders they met. “He saw our love and wanted to be part of it,” said Father Searby. Father then asked all the men assembled what their fears and hopes were, and explained how we need to know these in order to love Jesus more fully. After a few breaks, Father then gave his personal testimony. The main point of his testimony was that the greatest adventure of all time was following Jesus. Then he talked about the hero story in everyone’s life. We start with our calling, then we meet a mentor, visit our “inner cave,” go through an ordeal, gain a reward, and take the road back. Afterwards, he expressed our need and desire for a “squad” of men to help us on our adventure. Finally, he had four young men step up to the front to give their personal testimonies they had been preparing since the start of the retreat. All four were fantastic, and many students were heard to say, “I’ll never forget that,” and “that was amazing.”



Tasty Tidbits

Mimi O’Shaughnessy’s Irish Soda Bread

By: Grace Vestermark

If you enjoy traditional Irish food, this recipe is the one for you! Irish soda bread is a delicious addition to any Irish meal.

FUN FACT

Irish soda bread comes in different shapes and sizes depending on what region of Ireland it is prepared in. In the Northern regions, the bread is flat, shaped like a round disc, and cut into four equally sized triangular shapes. In the south, the bread is baked in the shape of a round loaf with a cross marked on the top (Abigail’s 1).

INGREDIENTS

- 5 cups of flour
- ¾ cup sugar
- 3 tsp baking powder
- 1 tsp of salt
- 1 tsp baking soda
- 3 eggs
- ¾ stick of butter
- 2 cups raisins or currants
- 1 ¼ cup buttermilk, start with ¾ cup and work up

DIRECTIONS

Pre-heat oven to 350°.

Grease a 2 ½ Qt. cast iron skillet.

Mix first 5 ingredients, cut in butter with a pastry blender until coarse crumble. Add in raisins. In a separate bowl, beat eggs slightly with fork. Save about 1 tbsp to brush on the bread. Stir buttermilk into eggs and add to flour and mix until dough forms. Turn onto a floured surface and knead 10 times or until mixed. Do not overwork the dough or it will be dense and dry. Shape into a ball, put into skillet and flatten down slightly. With a sharp knife bless the bread by making a cross on top about 1-inch deep in the name of the Father, Son, and Holy Spirit. Brush with egg. Bake 1hr. 10min. I use a long skewer and test the center of the bread to make sure it’s not gummy. Let cool for 10 min. before removing from skillet.

Creative Corner

Compiled By: Lauren Volk | Photos By: Mrs. K.



Rock of Cashel



Galway



Cliffs of Moher



The Burren

 A graphic featuring a poem on a scroll. The scroll is set against a green background with a pattern of small white flowers. A green glass is visible at the bottom left of the scroll.

I'll Wear a Shamrock

*St. Patrick's Day is with us,
The day when all that's seen
To right and left and everywhere
Is green, green, green!*

*And Irish tunes they whistle,
And Irish songs they sing,
To-day each Irish lad walks out
As proud as any king.*

*I'll wear a four-leaf shamrock
In my coat, the glad day through,
For my father and mother are Irish
And I am Irish too!*

~ Mary Carolyn Davies

Conquistador Athletics is Back In Action! Spring Sports Seasons Have Begun

By: Joe Dotson

Girls Soccer

Girls Varsity Soccer is back in action and is ready for another fantastic season. After going to the VISAA Division II Final Four for the past two years, these Lady Conquistadors look to continue that great tradition, with lots of returning key players, including returning all-conference players Jordan Karcher, Caeli McGraw, and Brigid Burgess. They have a very solid core group, with 7 seniors playing this year, Paulina Prevoznik, Gianna Gonzales, Bridget Atkinson, Ana Reyes, Julie Hill, Collette Waldron, and Sophia Pogue. The Lady Conquistadors will be facing some very tough teams in John Paul the Great, Highland, and St. Anne's Belfield.

Lacrosse

The Seton Varsity Lacrosse season is here, and the Conquistadors are looking to have another good season. After losing eleven seniors after last season, there are many new faces on this team, with several who were not on the varsity team the previous year. They have a strong core group this year, with another heavy senior class. Those seniors are Peter Myers, Dominic Rohan, Dominic Smith, Ben Atkinson, John Lebron, Patrick Curran, Michael Francis, and Brendan Hall. The Conquistadors kick off their season with some tough games against Osbourn Park and conference opponent Highland, which will be a great test for this team. The Conquistadors will be facing some talented teams in Covenant, Highland, and Trinity Christian.

Baseball

The Varsity Baseball season is upon us, and the Conquistadors are ready to begin another good season. After losing seven starters from last year's squad, the team

is very young this year, consisting primarily of players in their sophomore year or lower. There are only three upperclassmen playing this season, including two juniors, Conrad Guyant and Jacob Alsup, and one senior, John Pennefather. The Conquistadors will play some talented teams under Coach Forman in his first year, competing against Highland, Fredericksburg Christian, and John Paul the Great.

Boys Tennis

The Seton Boys Tennis Season is underway now, and Seton is very optimistic about their upcoming season. They hope to repeat as DAC Champions, having gone undefeated in DAC play last year. Unfortunately, the Conquistadors lost four of their starting five from last season, primarily due to graduation of seniors from last year. But with four returning players, the Conquistadors still have a very solid and young core group. There are three seniors on this team in Will Griffin, Sebastian O'Keefe, and Joe Dotson. The Conquistadors will be facing some strong teams in Covenant, Bishop Ireton, Highland, and Randolph-Macon this upcoming season.

Softball

The Seton softball team kicked off their season with a huge opening win over Holy Family (22-7), and is looking forward to another impressive season under Coach Jennifer Lalli. After qualifying for the VISAA State Tournament last year, the Lady Conquistadors hope to do it again, despite losing five seniors from last year. They still have a very good core group, with seven returning players from last year's squad. Led by seniors Bella Supples and Sofia Garcia, this softball team will be going up against teams like Episcopal, John Paul the Great, and Highland.



Catholic Traditions and Treasures

By Bethany Johnson

It is easy for a cradle Catholic to take his or her faith for granted. The aim of this feature is to dive deeper into some of the great teachings of the one, true Faith.

Many young Catholic children are taught in the Baltimore Catechism that the Holy Sacraments are outward signs instituted by Christ to give grace. Protestants are generally considered to practice two of the seven sacraments that Catholics observe. These are the sacraments of Baptism and Holy Matrimony. The exclusively Catholic sacraments are Confession (also called the Sacrament of Penance, or Reconciliation), the Holy Eucharist (Holy Communion), Confirmation, Holy Orders, and Last Rites (or Extreme Unction).

The sacraments listed above are all worth dwelling upon, but the one this article is going to focus on is the Sacrament of the Eucharist. The word "Eucharist" comes from the Greek word "eucharistia" which means "to give thanks" or "thanksgiving." This sacrament is the greatest treasure of the Church; it is the source and summit of the Christian Faith. When we go to Mass, it is easy for us to become distracted and therefore be unprepared to receive Jesus. In preparation for Holy Communion, we should keep in mind that the Eucharist is alive. Catholics take into themselves a living person, that of Jesus Christ.

The Catholic Church also promotes frequent visits to the sacrament of Reconciliation, which is not something every Christian denomination does. It is actually one of the greatest and most necessary gifts ever given to mankind. One may ask, why do I have to confess my sins to a priest? What if I just tell Jesus my sins in my private prayer? It is perfectly acceptable to confess your sins privately to Jesus, and Catholics are encouraged encouraged to do so. However, Confession is necessary because, unless humans are made to make a thorough examination of conscience, many sins will go unnoticed or ignored. In addition, the sacrament itself, with a real conversation with a priest acting in the person of Christ, gives a feeling of a real and direct response from God, not to mention the amazing outpouring of grace.

Catholics have a much more exalted understanding of the Blessed Virgin Mary than many Protestant Christians do. Mary, as the spouse of the Holy Spirit, is the mediatrix of all graces. She is the Queen of Angels and Heaven. Mary is the Mother of Jesus. Jesus cannot refuse anything Mary asks of Him. Having a strong relationship with Mary will bring you so many graces and gifts that you would not otherwise have. Our Lady deserves all the honor the Church gives her as the Mother of God.

March Madness: Irish Dance Edition

By Reagan Kammerdeiner

The month of March is a very busy time of the year for an Irish dancer, especially for those who attend the Boyle School of Irish Dance, which many Seton students do. This year, Boyle School dancers performed at a total of 47 various events all over Northern Virginia and Washington D.C. on St. Patrick's Day. This March, the students were seen dancing at many Irish pubs and restaurants, nursing homes, both the Manassas and Alexandria St. Patrick's Day parades, and had the opportunity to dance at both Ireland on the Wharf in Washington D.C. and the Inn at Little Washington. Seton junior and Boyle School dancer, Kathleen O'Malley, said, "I really enjoy performing at shows because I can share my love of dance with others and spread some St. Patrick's Day spirit! It's so fun traveling to multiple shows with my friends and we make the best memories." The dancers truly love having the chance to do what they love for others in honor of St. Patrick's Day!



Seton students, Maggie Gibbons and Emma Catabui, at a nursing home.



Jason Evert's Chastity Project

By: Sean Hilbert

On March 19, 2019, nationally recognized pro-chastity speaker, Jason Evert, made an appearance in Seton's gym, to speak to its students about the value of chastity. His talk lasted roughly an hour and a half, including the Q-and-A session at the end. Jason's talk covered a wide variety of issues which related to chastity. He began by explaining why pornography is so lethal to marriages. Porn, like many forms of lust, reduces a woman's body to a commodity. In porn, pleasure will only last for so long before a man moves on to a different woman to lust after; when said man gets married, if he has internalized the idea that he can simply switch between women when he gets bored of one, he will be completely unable to stay faithful to his wife. In addition, Jason also shared a strategy he uses for avoiding sins of lust. When he is tempted, he makes a discreet Sign of the Cross and reminds himself of the four kinds of prayer as outlined in the Catechism. For Thanksgiving, he thanks God for the gift of the woman's beauty; for Contrition, he asks God's forgiveness for not treating His daughters as well as he should have in the past; for Supplication, he prays for the woman, for her vocation if she is unmarried, and for her family if she is; for Adoration, he reminds himself of where the woman's beauty comes from. It is a reflection of the beauty of Heaven.

Jason often brought up the virtue of saving oneself for one's future spouse. The marital act is not something to be taken lightly, because it should be an act of complete self-gift, and also results in the procreation of children. Yet when it is trivialized and men and women forget its purpose and begin using it for pleasure alone, many terrible consequences result. Men often abandon their partners, and the women often have increased rates of depression and suicide and frequently live below the poverty line, among numerous other consequences. These were only a few of the points which Jason brought up during his talk. However, plenty of his writings and much of his advice can be found on Chastity.com.

Overall, student responses to the speech were overwhelmingly positive. Dominic Smith, for instance, appreciated "...the positivity he presented it with...and how he said that, especially from a man's perspective, in this school, we don't see women as 300 temptations to sin, we see them as 300 graces and gifts from God". Amanda Bishop "...thought it was really smart that he started off the talk with something funny...it was a way to kind of break the ice with the students he was giving a really important speech to", and according to Grace Vestermark, the most memorable part of Jason's talk was his discussion of "...how important friendships are, and how they grow, and that you don't need to rush into anything". Since all sophomores, in their Religion classes, are required to read his book *Theology of Her/His Body*, much of what Jason had to say was a reinforcement of what the upperclassmen had already learned, but it was certainly welcome and appreciated. As Dominic Smith put it, when asked whether or not the talk gave him a new insight as to the nature of chastity, "It definitely did...maybe not a new insight, but it gave me a new...reason to be chaste".



Jason Evert, a Catholic public speaker who has spoken about the virtue of chastity to over one million people.

Seniors Skip to Seek Spirituality

By: Amanda Bishop

On March 5, 2019, the senior class had an incredible opportunity to learn and grow. They traveled to the George Mason University Campus Ministry in order to learn how to bring Christ to college with them. The retreat began with the senior class playing a game of Jenga to learn the importance of having a strong foundation. The seniors then split up into two groups, each receiving a different talk on important topics for the future. One group received a talk called “Off to College/ Work in 180 Days”, and the other talk was on “Overcoming Obstacles”.

Danielle, the speaker for the first group, works for a nonprofit prolife organization and attended the University of Mary Washington in Fredericksburg. In her talk, she gave the seniors “9 Mechanics for the Future”. It included things like making decisions, prioritizing, getting to know God, being grateful, and many other helpful guidelines. These tips pertain to what the seniors should be doing in the next few months before they leave for college. The second talk was “Overcoming Obstacles”. Josh, the group leader for this talk, shared a list of podcasts with the students in order to assist them with more specific obstacles. He also shared personal testaments of obstacles he had experienced within his own life, what he did, and how he could have overcome them better.

Matt is a current college student and spoke to the senior boys. Erin is a graduated college student who was very open and honest with the senior girls about what their futures had in store. Matt and Erin both continued the retreat by separating the boys and girls to give a talk on “Navigating Virtuous Relationships”. Erin spoke to the girls about staying virtuous while in a relationship as well as finding friends who will lift you up, rather than bring you down. She stressed that young women and men should “find your bridesmaids/groomsmen before meeting your spouse,” and the importance of having people close by while you sprint towards Christ. Matt talked to the senior boys about similar subjects. He stressed the importance of finding good companions and becoming friends with someone before starting a relationship. A major theme in both talks was to focus on one’s relationship with Christ, then to build healthy relationships with others.

When asked what they thought about this retreat day, the seniors responded that they appreciated that the speakers were relatable, and were going through the situation which the seniors will soon face. The girls loved their speaker, Erin. Bridget Atkinson even said that “Erin Black made the retreat meaningful.” The seniors enjoyed this day filled with fun and preparation for bringing and growing their faith in college.

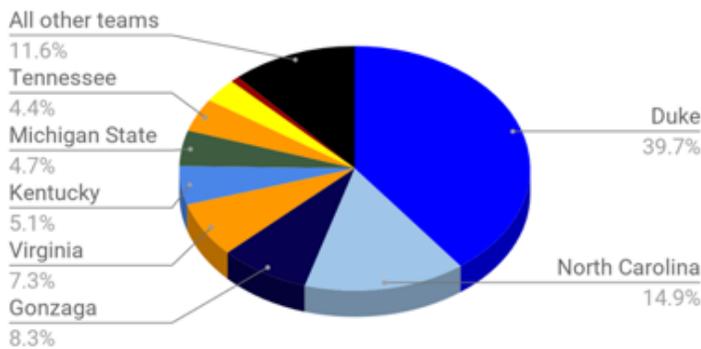


A March To Madness

By: Joe Dotson

March is a time of year that is looked forward to by all sports fans, especially basketball fans. March is when the NCAA Basketball Tournament occurs, in which 68 Division I basketball teams vie for the national championship. This tournament is a second season for each of these talented teams, where nothing these squads did in the regular season matters. One loss will send them home, ending their season. There are 68 teams which participate in the first round, after which the field shrinks to 32, then 16, then 8, until one team remains, which will be crowned national champion. One thing that fans love to do before the start of the tournament is to try to predict what will happen in the tournament by filling out tournament brackets. These brackets show your prediction for each round, all the way until you choose a national champion. According to CNN, the odds of getting a perfect bracket are one in 9.2 quintillion. You are more likely to bowl over 100 perfect games before you get one bracket completely perfect. Warren Buffett, the third-richest man on Earth, is very confident that people will not choose a perfect bracket. He created a challenge where he will pay whoever gets a perfect bracket 1 million dollars per year for the rest of their lives! No one has ever won. That being said, it is still a lot of fun to try and predict what will happen in the tournament. The pie chart below shows who America believes have the best chance of winning the NCAA Basketball Tournament.

Who has the best chance at winning it all?



<https://www.cnn.com/2018/03/07/us/applenews-march-madness-perfect-bracket/index.html>

Movie Review: UP!

By: Dominic Smith

Up is a classic Disney movie that has been seen and loved by many people. It is funny, has a good and interesting plot, and does an amazing job of tying in sadness, humor, and all the ups and downs of life into an animated film. It includes the struggles of everyday life and teaches lessons throughout the movie on how to cope with a bad situation and always push on in the face of adversity and hardship. Two of the main themes we can learn from the movie are: don't judge a book by its cover, and faith and perseverance can get you through the toughest situations in life. The main character, Mr. Fredrickson, is depicted through most of the movie as a grumpy old man that does not want to be a part of society. Early on, Wilderness Explorer Russell enters the movie and tries to assist the elderly Mr. Fredrickson, in order to get his wilderness explorer assisting the elderly badge. Mr. Fredrickson quickly turns him down and closes the door in his face. This is the first lesson the movie teaches us: don't judge a book by its cover. Although Mr. Fredrickson may have acted as a grumpy old man, the movie also shows us that he was going through an incredibly hard time with his wife having died, and his once peaceful house now surrounded by a bustling city. The second lesson the movie tells us is that faith and perseverance can get you through the toughest situations in life. As Mr. Fredrickson and Russell embark on their great quest to get away from society, they end up finding an exotic bird and must protect it from Mr. Fredrickson's childhood hero, who is actually on the hunt for the bird. Russell and the old man constantly do their best to protect the bird and keep it safe. In the end, their faith and perseverance pays off and the bird is saved. Up is a great movie for all ages and I highly recommend it for everyone.



The Joker and the Riddler

Jokes

David: Mom, I met an Irish boy on St. Patrick's Day.

Mom: Oh, really?

David: No, O'Reilly!

Joe: Why shouldn't you iron a four-leaf clover?

Bob: Tell me.

Joe: You might press your luck!

Why did St. Patrick drive the snakes out of Ireland? He couldn't afford the plane fare.

Riddles

What do you call a fake stone in Ireland?

A sham rock.

Why can't you borrow money from a leprechaun?

Because they're always a little short.

What does it mean when you find a horseshoe?

Some poor horse is going barefoot!

Why do people wear shamrocks on St. Patrick's Day?

Regular rocks are too heavy.



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.)

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