



THE INQUISITOR

IN THIS ISSUE

- Christmas in Connecticut
- From the Editor
- Girls Lock-In
- Hamlet Night
- Mid-Term Study Tips
- Improv
- Seton Musical Update
- Christmas Concert
- The Christmas Octave
- Hidden Angels

Seton's Class of 2020 Brings Connecticut to the Stage

By: Theresa Dwane

Christmas is quickly approaching. Amidst the excitement of this beloved holiday's arrival, Seton seniors worked together to put on a production for the friends and family of the Seton community. Every year, the senior class has the option of producing a show as a class, with some adult volunteers, as a way to bond in their last months together. This year, Seton's class of 2020 performed *Christmas in Connecticut*, which was directed by senior Marcie Van de Voorde. Marcie was assisted by seniors Juliette Orr and Jeremy Kleb. The play tells the story of a young woman named Elizabeth Lane who writes for a magazine about cooking and housekeeping. From her articles, her readers perceive her as a wife and mother who lives on a farm and is an excellent cook. But when she spends Christmas on the farm of architect John Sloan, to whom she becomes engaged, everyone finds out that what she wrote about was all fabricated to boost the magazine's circulation. She has no husband, baby, or farm, nor does she know how to cook. When businessman Alexander Yardley and sailor Jefferson Jones also come to the house to spend Christmas, Elizabeth tries to continue her act until the truth slowly unravels. In the end, Elizabeth breaks up with Sloan and almost loses her job, but she falls in love with Jones and learns the importance of telling the truth.

Auditions for the play were held near the end of October, which left the cast a little more than a month to prepare. Nevertheless, the cast of about 15 seniors worked hard in practice and produced an amazing show which brought charm and talent to the stage. Every senior participating was able to showcase their talent through their roles. The main actors were Meg Ashton as Elizabeth Lane, Justin Fioramonti as Jefferson Jones, Ethan Cook as John Sloan, and Jeremy Kleb as Alexander Yardley. According to Meg Ashton, she loved how the "cast was so diverse and had a lot of people who were new to acting which

was such a cool experience." Not only was the show enjoyable for the actors during the performance, but it also brought the cast together as a family, especially since the cast was small. Senior Juliette Orr, assistant director, stated that she enjoyed "getting to work with my fellow seniors, especially those people I don't normally get to hang out with, and just seeing the amazing talent our class has!" The experience of organizing a production with solely seniors in a short amount of time brought the class closer together, as they supported each other through the ups and downs of preparation. As shown through the laughter and smiles from the audience of both performances, December 6 and 7, the hard work of every individual actor paid off. Afterwards, senior director Marcie Van de Voorde proudly said about everyone involved, "I am thankful for [the cast], the crew, lights, costumes, my parents, my assistants Jeremy and Juliette, and to God for wrapping it all up in a nice clean bow. We made some Christmas magic."



Are You an Instagram Zombie?

By: Jillian Riley

EDITOR-IN-CHIEF

Jillian Riley

COPY EDITORS

Andrea Borneman
Theresa Dwane

PHOTO EDITOR

Lainie Vestermark

LAYOUT EDITORS

Luke Weidenkopf
Aaron Forman

BEATS

Academic

Luke Weidenkopf

Arts/Creative

Jillian Riley
Lainie Vestermark

Clubs/Activities

Rose Sladky

Social Events/Dances

Theresa Dwane
Andrea Borneman

Spiritual/Religious

Emily Flynn

Sports

Aaron Forman

FACULTY ADVISOR

Mrs. K

Instagram, the world's largest photo sharing website, was founded by Kevin Systrom and Mike Krieger and was launched on October 6, 2010. In 2018, there were more than 100 million active Instagram users in the United States. This figure was projected to surpass 111 million in 2019, which it did. Mark Zuckerberg, founder of Facebook, had the foresight to acquire Instagram in 2012 for nearly \$1 billion, when it had just 30 million users.

Instagram is used by many people, ranging in age from 13-65 and older in countries as far west as the U.S. to as far east as Japan. One thing that Instagram has in common with all other social networking apps is that many people become addicted to it. A common term for an Instagram addict is an "Instagram Zombie." When asked if she knew what an "Instagram Zombie" was, Senior Callie Couture responded, "An Instagram Zombie is somebody who obsesses over the number of likes, views, comments they receive." Callie is correct. An "Instagram Zombie" spends all their time on Instagram and lives by "pleasing" their followers.

There are several ways to become an "Instagram Zombie." When asked what these causes might be, Senior Dominick Tolentino said, "I think it starts off as an innocent account, just wanting to share their life with the world. But then the account owner gets addicted to the attention given to the things they post." There are five main signs to tell if you have an Instagram addiction and are becoming an "Instagram Zombie" as told by uleap.com. These signs are as follows:

1. Posting Stresses You Out (And Not Posting Stresses You Out Even More).

The pressure to post the perfect picture is so real. Some people might think it's just about taking a good photo, but we know there's so much more to Instagram. Once you have the right pic, you still need to spend time editing, selecting the right filter and writing a thoughtful caption. On the other hand, there's the pressure of not posting and potentially losing followers. We know many of you are using Instagram to build your personal and business brands, but if posting is stressing you out, there's a good chance you're addicted to Instagram.

2. Taking It Personally When Someone Doesn't Follow You Back, Like or Comment.

There's no denying how real our online lives feel. And, that's because they are real! Social media allows us to make connections and form relationships that often crossover into the "real world." But, not everything that happens online translates to our actual lives. If you're taking follows, likes and comments personally, it might be because your Instagram addiction has caused you to lose perspective. Just because someone doesn't like your picture don't mean they don't like you.

3. Constantly Checking the Profiles Of People You Hate.

You never like their pictures. You never comment. You probably don't even follow them! But, every day—without fail—you scroll through the profile of someone who makes you miserable. Why? Why do we do this to ourselves?! Logically, you know life is too short to look at posts that make you feel awful. But, if you're still checking the profiles that get you down, it's a sign you're addicted to Instagram.

4. Deleting Posts That Don't Get "Enough" Likes.

You go through all the stress of putting together a post only to experience even more stress when it goes live. We understand the pressure to reach your audience since many personal and business brands depend on effective social media strategy. However, we're also not too old to remember when posting on Instagram was just for fun. Your self-worth isn't determined by the number of likes you get. Every post is not going to be a home run, and if you're not okay with that, you might be addicted to Instagram.

5. Completing Any Task Without Scrolling Breaks Is Impossible.

It could be watching a show on Netflix or cooking dinner. Maybe it's having a conversation with your mom. If the fear of missing out (FOMO) means you can't make it through a single task without stopping to check Instagram, you could have an Instagram addiction. Similarly, you're probably addicted to Instagram if you can't eat a meal or workout without posting about it. You're not posting because you want to. You're posting because you have to. Even if there aren't pics, we promise it still happened.

There are ways to avoid becoming an "Instagram Zombie." Here is some advice from some people in our Seton community.

Mr. Heisler- "Set a realistic limit on how much time you spend on Instagram."

Mrs. Kammerdeiner- "Be structured with your time. Budget your social media time. Many phones now have an option to build in an allotted time per social media app. It has become very challenging for people to not need others' validation. It takes a lot to unplug yourself, but you can do it!"

Callie Couture- "If you naturally obsess over comparing yourself to others and tear others down in your mind to build yourself up, don't get on social media. Social media can be used for good, but it is usually the source of insecurities, depression, and bullying."

Dominick Tolentino- "Make sure to realize that the numbers mean nothing in reality. There are better things to do than be on Instagram all day."

Lock-in with Christ

By: Lainie Vestermark

On the night of December 8th to the morning of the 9th, Seton held its first ever lock-in. Beforehand, girls from grades 10 – 12 packed their bags and prepared for a night of fun and worship. Many activities were planned for the night by the teachers who attended. Junior Cece Pogue came up with the idea, and it was organized by the teachers Mrs. Maureen Duran and Mrs. Maria Cackett. More than 50 young ladies participated. Since this was the very first time Seton has hosted a lock-in, many girls were eager to be a part of what they hope will be a long lasting tradition.

Upon the attendees arrival, the lock in began with a pizza party, where everyone could unpack and talk with one another. Then everyone was divided into groups. Each group was led by an upper classman and consisted of around five to six girls per group. There were several games and activities and each group filtered through each one. Some of the games included “Crisis”, a game created by the girls Religion 10 teacher, Mrs. Maureen Duran, as well as Cornhole, “Battling Beauties” which is a spinoff of Family Feud, and even bracelet making.

After games, dessert was served for the girls, as well as some much-needed coffee. Then everyone was given the opportunity to share why they believed in God and their own personal stories, if they were comfortable. Next, Seton alumna, Hailey Cackett, talked about the importance of a good relationship and dating in high school and answered questions the girls had. As midnight

approached, everyone filed into the chapel for midnight Mass, which was celebrated by Father Bresnahan. Father also stayed afterward to provide confession until 4:30 in the morning. “It was such an enlightening experience for me,” said sophomore Maggie Kleb. It’s clear that this lock in was an inspirational event for everyone who came.

As Mass ended, there were more “why I believe talks” from whoever volunteered, and Eucharistic Adoration available until 6:00 am. Many of the girls enjoyed face masks and rom-com movies. It took a while before anyone slept, but when they did, they were either in the gym, other classrooms, or in the chapel. Amazingly, some girls even stayed up all night. Once it was 6:30am the teachers woke everyone up with donuts and had classical music, which eased the painful process of waking up early.

“I really hope that this becomes a yearly tradition [...] I’m just so happy that people enjoyed it,” said junior Cece Pogue, the student who made the lock in possible. “It was not my idea. It was God’s, and I just carried it out,” she continued. Overall, everyone who participated had a great experience and would love to see this new event become a tradition. This lock-in gained such positive feedback that it would be hard to believe that it would not be a new Seton tradition from now on.



Hamlet Unmasked: The Class of 2020 Presents Hamlet Night

By: Rose Sladky

Hamlet Night was a stressful but exciting night, as seniors had been preparing to act out their scenes from Shakespeare's *Hamlet* for weeks before. This year, seniors did an excellent job and there were many outstanding performances from the class of 2020.

Senior Grace Vestermark shares her own personal experience from this year's Hamlet Night saying, "I am happy with my performance because I know I put my best effort into it and that's what counts! I loved seeing all of my fellow classmates onstage; they all did so well! This is such a satisfying thing to do senior year because you hear about Hamlet Night every year you attend Seton. My seventh-grade self saw this as a legendary thing that seniors did. Now, having participated in it, I can say that it is an amazing confidence-building opportunity and a chance to see the many talents of the senior class."

Mrs. Mirus, the twelfth grade English teacher also shares her feedback on why she feels Hamlet Night is important for every senior to experience before they graduate, and on the class of 2020's performance by saying, "Hamlet is, above all, a play! It can only be experienced fully on stage. When students themselves understand the lines and the feeling behind them and perform them for an audience, they get the fullest experience. And it turns out that this experience is also lots of fun and a bonding experience for seniors. Seniors began acting the scenes for each other in 1994, my first year teaching seniors at Seton. But we did those during the day. I'm not

sure when we changed to night performances." [On the class of 2020] "It was wonderful! There were many exciting, high quality performances. Some were expected, since we have seen many of the Class of 2020 on stage before, but some were surprises. I especially appreciated seeing quiet seniors give brilliant performances. Seniors also enacted charity that night. They were unfailingly kind and supportive of their classmates, no matter how their scenes went. I am so proud and grateful. Some seniors like it so much that they go out for the spring musical for the very first time."

Juniors, you can look forward to Hamlet Night next year! Congratulations to the Class of 2020 on their Hamlet Night performances!



Midterm Study Tips

By: Luke Weidenkopf

Midterms are coming up and it is time to start studying. Some Seton students are starting to get stressed out over their exams and don't know where to begin studying. Here are some study tips that could help you:

1. Time Management

Having good time management is always helpful when studying for anything especially with the introduction of having two exams a day. Having an organized study time is one of the best ways to ensure success on an exam. Keeping a strict schedule will help you know when to study and when to take a break.

2. Making Study Guides

When a teacher hands out a study guide don't glance at it and then stash it in the void of your bag never to be seen again. You should put it away in a folder or binder. When you have some free time work on the study guide. If you do a few questions each night it will not feel that it took you a long time to complete the guide. If you do that then you will be done and ready way before you even have to start studying for the exam.

3. Organization

Staying organized is very beneficial when studying or doing anything at all. If you keep things organized and orderly then it will be easier for you to succeed. Don't over-organize things. Over-organizing can lead to procrastination and stress. Organizing your day will reduce stress and help you focus on doing well and studying for your exams. Color coding your study materials can be greatly beneficial. If you keep your quizzes and tests then they will help you study.

4. Asking Question/Study Groups

If you have any questions about the study guide or the exam in general, then ask your teacher. Teachers want you to do well. If you ask them for help they will surely help you. Another way to do well on your exam is to organize a study group. Getting a group of your classmates together, who all want to do well, provides the opportunity to the study material and quiz each other. You should pick the people who you know are going to do well, regardless of the study group.

5. Sleeping and Getting a Good Breakfast

Getting enough sleep before an exam is crucial to your doing well. Don't study past midnight. Almost everything you study past midnight will be forgotten. It's better to wake up early and continue studying than to burn the midnight oil. And lastly, eating a good breakfast is very underestimated. You need to make sure that you have enough energy in order to do well on your exam.

Jolly Good Music

By: Andrea Borneman

On Wednesday, December 11, Seton held its annual Christmas Concert. After the 8th period, all the students gathered in the gym for an assembly where they would catch a glimpse of what the real show had to offer, which was at 7 pm that night. The Beginner Band, Concert Band, and Chorus were directed by Miss Erwin, and the Chamber Choir by Miss Vicente. At the performance each participating group played or sang a few of their best songs to encourage the students to come to the show that night. "This year's class has been my biggest with over 80 students," said Miss Erwin at the concert. Senior Bianca Misterio, who is in her third year of Concert Band, has been playing the flute since 4th grade. She was very pleased with the overall performance, as she stated, "The beginner band sounds really good right now and I have high hopes for them." The concert began with the lights off in the gym and the Concert Band using bucket drums with glowing drum sticks. The crowd was mesmerized by the new addition, and it was definitely a memorable part of the show. Miss Erwin explained how this year was a lot of fun, especially with the addition of the use of the xylophone in the band and the guest violinist who joined the chorus. After a vote was taken of the bands and chorus's favorite song from the concert, everyone agreed that "Sleigh Ride" was the best. Above all, Miss Erwin said that everyone who performed exceeded her expectations and did their best, and she hopes that everyone will come to the next concert in spring!



The Semper Ridiculum Comedy Show By: Aaron Forman

Get ready to laugh, because the Semper Ridiculum comedy show is here! Semper Ridiculum is Seton School's improv comedy troupe. This is their tenth year of performing and they have done more than 35 shows and performed in front of over 1,500 people. The troupe's leader, Mr. Matt Moore said, "In any given year we have between 10-20 aspiring performers grades 7-12. But this year we have 18 total performers." Mr. Moore himself has been a performer on the regional and national scale for 25 years, so this made him the perfect choice when it came time to pick a coach for Seton School's improv team. Mr. Moore said, "Seton decided it would be a fun and exciting addition to the performing arts here at the school, so I agreed to begin coaching and directing the team."

On Saturday, Dec 14, the nationally known Catholic Improv Comedy Troupe Fools! came to Seton to perform with Seton's team, Semper Ridiculum. One part of the comedy competition involved a random prop selected from the audience; each team had to do something funny with the item. One particularly funny skit involved a roll of Christmas wrapping paper which the Fools used as a flag to wave while another member sang an opera selection. These funny antics had the audience laughing out loud. Some of the skits involved physical comedy, forcing the improv actors to stretch their abilities to entertain the crowd. The audience appreciated each and every performance and cheered loudly at the end of each act. Mr. Moore promised that Semper Ridiculum would have two more shows coming this spring. He is also very welcoming to anyone who might want to join the troupe, "If you'd like to join, we have a grueling audition process... just... show up! The first Monday of every month we meet at 6:00pm in Faustina. We will teach you everything you need to know and make you a comedic star!" After enjoying such a hilarious evening of fun, how could anyone resist such a great invitation?



A Look into the Spring Musical

By: Jillian Riley

On September 26, the theme for this year's Seton spring musical was announced. After a week of clues placed around the school, the theme was revealed to be *Fiddler on the Roof*. On November 12, the information meeting for the musical was held in Faustina after school. During the meeting, Mrs. Maryan Vander Woude, the director of the musical, along with Mrs. Erin Vander Woude, the producer of the musical, talked about *Fiddler on the Roof* and how to audition for it. The following is an interview with both of them.

How long have you been directing/producing the spring musical?

Mrs. Maryan Vander Woude: "I assisted in the first *Fiddler* in 1993, directed from '94-'01, and then returned to directing in 2017."

Mrs. Erin Vander Woude: "I have been producing the spring musical for six years."

How was the musical chosen?

Mrs. Maryan Vander Woude: "I wanted a musical with a lot of female roles that we hadn't done recently, and it fit our requirements. I also wanted a musical I was familiar with."

Mrs. Erin Vander Woude: "The director, Mrs. VW, was looking for a show that had many female roles and lots of opportunities for individuals to shine."

If somebody who didn't know the musical approached you and asked you what *Fiddler on the Roof* was, how would you summarize it?

Mrs. Maryan Vander Woude: "*Fiddler on the Roof* is an amazing tale of Tevye and his family living in Russia where he experiences the highs and lows of Jewish farm living in the midst of persecution by the government."

Mrs. Erin Vander Woude: "It is about a strong, Jewish community struggling to hold onto their traditions in a tumultuous time."

What advice would you give a student auditioning for the first time?

Mrs. Maryan Vander Woude: "Do not worry! Everyone makes the musical, and we are very smiley."

Mrs. Erin Vander Woude: "Don't be afraid or nervous! We are very friendly, and we want everyone to do well. We try to make everyone feel comfortable, and it is always a joy to 'discover' the amazingly talented students!"

Is there anything else you would like to add?

Mrs. Maryan Vander Woude: "My high school also performed this musical and the Dream Scene was my favorite scene to be in."

Mrs. Erin Vander Woude: "I love that anyone can be in the Seton Musical. No matter what your talent or singing ability, we will find a fun role for you. The musical is a wonderful way to meet friends and have a great time."

With the cast list published and Christmas break underway, we are looking forward to a busy, fun-filled musical season to kick off after mid-terms!

The Christmas Octave

By: Emily Flynn

During the heavily commercialized hustle and bustle leading up to Christmas it can be hard to keep the season's true meaning in mind. The Christmas Octave is the perfect time to reflect on the miracle of Christmas. Sometimes we forget that Christmas is more than a day and it is actually a season. The Christmas octave consists of the eight days directly after Christmas day. The eight days comes from the Jewish tradition that the number eight represents perfection and rest.

The Christmas Octave is arranged as follows:

- Sunday within the octave: feast of the Holy Family; celebrated on Friday, December 30 when Christmas is a Sunday
- 26 December: feast of Saint Stephen
- 27 December: feast of John the Apostle
- 28 December: feast of the Holy Innocents
- 29-31 December: days within the octave, with assigned readings and prayers, on which the celebration of optional memorials is permitted according to special rubrics (but as noted above, when Christmas is a Sunday, the feast of the Holy Family is celebrated on December 30)
- 1 January, octave day of the Nativity; solemnity of Mary, Mother of God

During this period of eight days we are called to rest with family and friends and continue celebrating Christ's birth. It is recommended to try and attend daily mass during this period, but family prayer is the next best thing. During this Christmas Octave don't be afraid to keep the tree up a few more days and keep the Christmas spirit going strong.



The Hidden Angels of Seton School By: Jillian Riley

As the decade comes to an end and Christmas approaches, the staff of the Inquisitor would like to thank all of the “Hidden Angels” that make Seton such an amazing community in which to be involved. These “Angels” are the people in and around the Seton community that appreciate, aid in, and tolerate the many Seton activities and antics. These “Angels” consist of the teachers, neighbors, and parents of Seton. There are also the worker “Angels” that support Seton, such as the postmen, firemen, and policemen. These people make Seton what it is, and to thank them every year Seton presents them with Good Neighbor Baskets. These baskets include things such as fruit, baked goods, tea, hot chocolate, and a chocolate Advent calendar. Seton makes these baskets to thank those who are so dear to our hearts. In this season of giving and receiving, don’t forget to thank the “Hidden Angels” in your life.



Seton Scenes

