



THE INQUISITOR

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A Nightmare on Maple Street

By: Charlotte Yelvington

The student government threw a Halloween dance for the high schoolers on Saturday, October 24th. To begin the night students could participate in going through the Haunted Hallway. Filled with lights, spider webs, and actors, the hallway was definitely an attraction to remember. One thrill seeker remarked that, "The haunted hallway was really creepy and the strobe lights added an eerie vibe! This year's hallway was one of the best I've seen yet!" The hallway seems to be a spooky way to start off the dance!

After going through the Haunted Hallway, high schoolers danced the night away in the gym. "We all danced until our feet fell off and it was an experience I'll never forget! We were having so much fun the night just flew by!" one student recalls. With the playlist provided by Cece Pogue

many of the students' favorite songs were enjoyed. To end the night the winners of the costume contest were announced; Jimmy Remington, John Krynsky, and Joey Curran won as bananas along with Brian Pascoe who had the winning costume of Mr. Terreri. Congratulations to the costume contest winners on their amazing outfits!

The junior high students had their own All Hallow's Eve celebration on October 31st. During eighth period all seventh and eighth graders went to the gym to celebrate. The students dressed in their costumes to go and dance with their friends. "It was such an exciting experience! It's great to hang out with my friends like this!" one eighth grader mentioned. Organized by the SGSC, the junior high had a great way to celebrate Halloween!



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Students vs. Stress

By: Elizabeth Moore

Stress is something that each individual goes through for the majority of his or her lives. However, if we do not learn to handle and recognize stress in ourselves and others, our health, both mental and physical, is prone to declining.

Stress can affect the body in multiple ways, producing ailments such as headaches, insomnia, changes in blood sugar levels, heartburn, cramps, heart palpitations, tense muscles, and weakened immune system. If one doesn't learn to handle their stress, they are prone to all of these physical effects, in addition to heightened emotional consequences. Your personality may be subjected to drastic changes when under extreme pressure, and your devotion to God and those around you declines.

Some causes of stress may include a heavy workload, being around people who tend to express their negative emotions at any time, gossip, feelings of guilt, and many more.

Pressure can be felt by a person due to many things, and nothing is wrong with getting upset about the things you can't control. However, it may be easier to simply begin thinking and practicing ways to compartmentalize all the stressful things in your own life--as well as making sure to not be a leading cause of distress in others'. There are different ways to deal with different kinds of stress. For example, your body may be feeling emotional stress when there is

nothing for you to outwardly stress over. This is more often than not a sign that your body itself is under duress, which can easily be solved by doing healthier activities. Eat nutritious foods, stay hydrated and get plenty of exercise and sleep. Taking care of your body also has many benefits for your mental and emotional health.

If your stress is caused by something you can't control, such as homework or gossip, take an occasional break to do something therapeutic to keep yourself from breaking down. Read a book for pleasure, take a walk outside, listen to music, draw or paint, keep a prayer journal, spend time with the Blessed Sacrament. Try to balance your responsibilities with a hobby or activity that you enjoy.

A way to combat social stress is to spend time with people you enjoy being around. Although there is rarely a situation where cutting a friend completely out of your life is acceptable, it is more than alright to take a step back from drama in order to make sure that you are staying true to the person you actually are instead of the person you are with others.

If you are under extreme stress, please talk to your parents or another trusted adult and also seek the help of a professional who can help you to fully understand where the stress is coming from and give you the tools you need to live a healthy emotional life.



Back to School Fun

By: Jenna Novecosky

Although the Back to School Tailgate Party was held outdoors this year due to COVID-19, students and chaperones alike enjoyed the evening. After a long summer, high schoolers had the chance to reunite with cornhole, candy, and games. One student says she had a “really enjoyable night hanging out with [her] friends.” Abby Ramos, a sophomore at Seton, adds how she “liked the variety of snacks and games”. With chips, candy, drinks, and other various snacks, there really was something for everyone. There were also several games, including spike ball, KanJam, and of course, cornhole. With more than 15 teams, competition was fierce. After a long game, the final winners were Lucy Ciskanik and Andrew Angsten. Shout out to all the organizers for their time and effort planning this social!



Seton Sports Update!

By: Charlotte Yelvington

Volleyball

This year's fall season was very different for Seton's volleyball team. Without the DAC tournament, the season was mostly scrimmage plays. Even though the schedule was not up to its regular standards, Coach Vestermark says that "The girls played with a ton of heart and wanted it to be as close and as challenging as a regular season." Well done Conquistadors!

Cross Country

Seton's co-ed cross country team had a very successful season this year. With four official meets and one intramural meet, Seton placed first in almost everyone. The cross country team competed against five different schools including: Chelsea Academy, John Paul the Great, Fredericksburg Christian, Trinity Christian, and Oakcrest. Overall, the team had a great fall season.

Girls Tennis

At the start of the season, the tennis team only had three matches scheduled. Mid-way through the season the team was able to

schedule more matches. The girl's tennis team had a total of eight matches this season. They played against teams such as: Bishop Ireton, John Paul the Great, Oakcrest, and Trinity Christian. Along with the additional matches added to the season, the tennis team had another intramural match. Well done to the girls' tennis team!

Boys Soccer

The boys' varsity soccer team had a unique fall season. Without the tournament the boys had a limited number of games, but by the end of October the team had 5 wins, 2 losses and 1 tie. Lots of fans came to support the team in their final game of the season. They were down a point after John Paul the Great scored off a deflection, but the Conquistadors never gave up hope! Seton caught up with one last goal, ending the game in a tie. To end the night, Coach Fioramonti gave a speech to congratulate the seniors on their last game. Throughout the season, Seton competed against teams such as: Chelsea Academy, John Paul the Great, Fredericksburg Christian, Heights School, and North Cross School. Congratulations to the boys' soccer team for a successful season!



Swinging Into Action

By: Jenna Novecosky

110 golfers took part in the 20th anniversary of the Colonel P. Memorial Golf Tournament on Oct. 13. Thanks to the generosity of our sponsors, the event raised over \$20,000. Mr. VanderWoude, Seton's Athletic Director, explained that, "proceeds cover a variety of operational expenses in the athletics department along with rental fees for the Grizzly Sports Complex in Bristow and the Col. P Memorial Scholarship of \$500 to one graduating male and female student athlete who best represent and live out their Catholic faith through participation in sports." Golfers enjoyed a catered outdoor grilled lunch under a sunny sky at the Piedmont Club in Haymarket. The annual event drew golfers from several Northern Virginia counties. Students and faculty alike are grateful to the golfers and sponsors for their generosity.

Tournament Results

1st Place

John Halisky / Tim Halisky / Scott Halisky / Stephen Halisky – Score: 54

2nd Place

Wes Huppenthal / Brad Huppenthal / Brian Shillman / Doug Burns – Score: 57

3rd Place

Phil Daniel / Joe Daniel / Josh Daniel / Jake Daniel – Score: 59
*Won in a scorecard playoff

Contest Winners

Par 3 Closest to the Hole

#4: John Greenwell 7'9"
#6: Stan Grimberg 4'4"
#13 Tim Smith
#16: Joe Grinder: 12'1"

Longest Drive

#10: Rob Hersch

Chipping Contest Winner

David Miller

Putting Contest Winner

Mark O'Keefe

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Yours Truly Julie

Hey Julie!

I've been having some friendship problems. My friends have been leaving me out, but I don't think they're doing it on purpose. How can I tell them to stop? Thanks Julie! -Anonymous

This question hits really close to home. I, too, have felt left out and abandoned by my friends and I think a lot of people can relate, as well. Bringing it up to them is probably the most scary, nerve wracking part of this whole situation, but is a step that really needs to happen. Keeping your feelings bottled up inside ends up hurting more than letting them know what is going on. My first suggestion is to write down what you want to say. You don't need to rehearse a long speech like you would for a school report, but at least get your ideas and thoughts in place. It's good to have a firm understanding of what is really important to you and what you want to bring up like specific situations where you have felt left out or excluded. My second suggestion is to talk to only one of your friends first. Trying to express your feelings to a large group of friends, even if you're really close to them, is super scary, so don't stress yourself out and talk to the one friend in the group who you trust the most! Next, listen! I know that you feel that you're the one who has to be listened to because you're the one being excluded, but you need to also let them explain. There could be a very good explanation as to why you might have not been invited or included and listening is just as important as sharing. Once you talk to that one friend, you'll then have someone that has your back and can help you feel supported when talking to the rest of your friends. After you're done talking to all of your friends, no matter how it goes, remember that you did what you could and that your feelings are valid! Even if your friends didn't mean to make you feel that way, your emotions have value and if they are real friends, they will see and understand that. My last piece of advice is to include yourself and host sleepovers and hangouts, too! Don't be on the sidelines if you're feeling left out, let them know what is going on and include them in your own activities.

Dear Yours Truly Julie,

I'm having a boy problem. I like this guy but he doesn't know I exist. How do I get his attention? HELP! -Anonymous

These questions placed in my box this month are very relatable for me, especially this one! Liking a guy and feeling like the other person doesn't even acknowledge your existence is really hard and can make you really self-conscious or feel like something is wrong with you and you need to change. Let me just say, you do not need to change to get this boy to like you! If you want to get his attention, simply just start having little conversations with him. If he is in one of your classes, you can ask him what the date is or what the homework assignment was. After you start breaking the ice and becoming acquaintances, you will naturally begin to have more meaningful conversations about things that interest the both of you. This is how friendships start. You can also talk to some of his friends and get to know them as well. Now, as you're doing this, please do not lose sight of who you are or who your friends are. Don't ditch your girlfriends or your responsibilities as a student just to get a boy's attention! Having that boy's friendship, whether they like you back or not, is so much more rewarding than not knowing him at all.

The Show Must Go On: Fall Play

By: Elizabeth Dwane

Fall is in the air at Seton School! The leaves are turning red, the cool autumn breeze is blowing, and even more activities are occurring. Fall holds many events for the Seton community to look forward to and enjoy: the Halloween Dance, Oktoberfest, and Spirit Week, for example. But one might wonder, what is happening in theatre? Once again, the annual fall play will indeed proceed this year. The performance will be on November 15th, directed by Matt Moore.. Auditions occurred on October 1st in the Corpus Christi building. The auditionees, consisting of students from many different grades, participated in the tryout process. Cast member Alexa Roussel recalled the event, saying, "First we did monologues, then we did read-throughs, and after that we did improv," showing that the auditions cover several different skills in order to determine which people fit best in which roles. Rehearsals have already begun and the cast members are working hard to put together a production like no other.

According to Mr. Moore, "Seton's 'The Show Must Go On' is a full length, original comedy written by a local playwright specifically for the Seton stage." The characters consist of "a technical director with a critical sandwich malfunction, a teacher with a flair for the dramatic, and an unctuous seventh grader bent on ending the show," promising an entertaining performance for the audience. However, since only half capacity is allowed to attend in person, the show will also be livestreamed. This obstacle has been taken advantage of and given a creative twist. Mr. Moore explained that those who attend in person will actually participate in the show in a special way stating, "If you plan on attending in person, be ready to be on camera!" The livestreamed audience will also be involved with the opportunity to give input through the screen. This year's performance is guaranteed to be different, unique, and fun--be sure to check it out!



Obscure Saints: The Scroll of Song

By: Elizabeth Dwane

St. Romanus the Melodist, patron saint of church singers, was born in Syria in the year 490 A.D. His family was originally Jewish, but as a young boy, he was baptized into the Catholic Church and developed a devout love for God. Continuing his pious lifestyle, Romanus decided to become a monk. He became a sacristan at a church called St. Sophia and maintained a fervent and faithful prayer life, along with diligently performing his duties at the church. His dedication earned him favor in the eyes of the Patriarch of Constantinople, which unfortunately invoked jealousy amongst some members of the lesser clergy, more specifically the church readers and singers. They decided to take advantage of one of his weaknesses and ridiculed him for it. Romanus was not gifted with the talent of singing and had trouble with literacy.

On Christmas Eve, Romanus was given the job of reading aloud and singing at Mass. He performed poorly since he was not a good singer, let alone the fact that he was hardly literate. Due to this performance, Romanus was ridiculed and humiliated. The monk was devastated and went to bed miserable that night.

As he slept, Romanus had a vision of the Virgin Mary, who held a scroll in her hand. Holding it out to him, she instructed the monk to eat it, and he obeyed. When he awoke, Romanus was able to read and write perfectly. He also found that he had been gifted with a beautiful singing voice, causing all around him--including the ones who had ridiculed him--to become awestruck. From that point on, St. Romanus composed a multitude of hymns and kontakias--a type of hymn that resembles a poetical sermon, containing a series of verses and is also an acrostic. In total, the saint composed thousands of songs up until his death and a number of them have still survived until today.



Organization 101

By: Abby Ramos

In an average lifetime, 150 days are wasted looking for lost items. Here are some organization and productivity tips to get those 150 days back!

1. Make lists/Plan ahead and prioritize: As simple as this sounds, it can really help you remember things that you probably forgot during your hectic day. Check items off as you do them. You'll feel so accomplished after you finish all of your tasks and see all of those check marks!

2. Use a calendar: A calendar is so helpful for remembering important events or tests because you look at it every day and it can help you plan for more free time.

3. When doing work, 'silence' and keep your phone away from you (toss it away from you if you have to- I do this a lot!): I'm sure this has happened to everyone, one moment we're replying to a text and the next we're on Instagram, so just keeping your phone away from you can help keep you focused.

4. Work as soon as possible: As awful as this sounds, coming home from a long day of school only to do more work at home, but doing your work right away can help you have free time without feeling worried about homework.

5. Reward yourself every time you've worked hard on something: Work is hard, so reward your brain so it will want to do more work knowing that there's a reward at the end.



6. Have routines and prep the night before: Getting your lunch pre packed in the fridge, having a packed backpack near the front door, and setting your uniform and accessories out on your bed can help your morning move more efficiently.

7. Take neat notes: Neater notes are better to look at, which makes it easier to make a good study guide. Even though this sounds like a lot of work, doing something as simple as highlighting words and having a title that's highlighted can easily make your notes easier to look at.

8. Have a neat workspace: Working on a clean desk with organized pencils and pens is much easier to work on than a desk with papers and pencils scattered all over. Being behind the neat desk can help you feel more productive and organized so you can finish your work faster and more accurately.

9. Make your bed in the morning: Making your bed in the morning already gives you a productive start to the day. Also, if you have a bad day, you come home to a neat bed.

10. Don't forget to have time to relax and sleep, resting can help you focus: This is definitely the most important step for us students because sleeping helps our health and our growth. Taking a break also gives your brain a break, so it won't be overloaded with work and you'll have a better time focusing.

BONUS TIP!

11. How to memorize things more easily:

- Chewing gum increases your long-term memory recall by 35%
- Clenching your fist for 45 seconds increases memory retention



“Clueless” on Your Style? As If!

By: Abby Ramos

Finding your perfect style is so hard because there are so many to choose from! Trust me, I've been there and I still haven't nailed mine down yet. The following are some popular styles. Is there one that really speaks to you? Do you mix and match styles depending on your mood? Do you have your own style that might take elements from various eras or looks? Check out these trends and be creative when pulling together your next outfit!

1. Vintage (60s and 70s): This style is perfect for the mix of trendy and classic. Bell bottoms/big jeans, graphic tees, turtlenecks, chunky heels and boots, denim/corduroy skirts, flowy/bell-sleeved blouses, and flowy dresses are all essentials for this fashion trend. Places to shop for this style are Francesca's, Old Navy, Urban Outfitters, Free People, Target, Walmart, and any thrift store.



Vintage

2. Retro (80s and 90s): This style is super trendy right now and looks stunning on anyone. This style's staples are baggy, cuffed jeans, Converse, Vans, big shirts, graphic tees, belts, striped sweaters, vibrant colors, turtlenecks, Doc Martens, and layered clothes. Places to shop for the retro style are Rue 21, Forever 21, Urban Outfitters, Hollister, American Eagle, Walmart, Old Navy, and Target.



Boho

3. Trendy: The trending styles right now are mixes of all the decades and girly chic. The elements are baggy, high-waisted jeans, skinny jeans, bucket hats, dainty shirts, maxi skirts, turtlenecks, any sneakers, ankle boots, big graphic tees, belts, wrap skirts. Places to shop for the trendy style are Brandy Melville, Forever 21, Rue 21, H&M, Abercrombie & Fitch, American Eagle, Hollister, Urban Outfitters.

4. Boho: This style is so cute because it is flowy and carefree. The essence of the boho style are flowy dresses/skirts, boots, sandals, kimonos, flowy shirts, baggy pants, boater hats, and bell bottoms. Places to shop are Francesca's, Walmart, any thrift store, Forever 21, Free People, American Eagle, and Hollister.



Retro

5. Chic/Minimalist: This style is a modern take on looking professional while still looking girly. The essentials of this style are solid colors, blazers, turtlenecks, heels, jeans, knee-high skirts, bags, and button-down long-sleeves. Places to shop are TopShop, Abercrombie & Fitch, H&M, Forever 21, Rainbow, and Plato's Closet.

6. Grunge: This style is perfect for a mix of a boyish style while still being girly! It's such a cute, modern take on this punk rock style. The musts are black graphic tees, chunky belts, skirts, baggy pants, Doc Martens, sneakers, and layered clothes. Places to shop for this style are Hot Topic, Rue 21, Urban Outfitters, Zumeiz, Vans, and any thrift store.

Marvelously Modest Christ the King Dance Shops

By: Noelle Peters

You might be stressing about where to find the perfect dress for Seton's Christ the King dance. Here are some ideas on how to find the best modest formal dresses for the dance.

Some conservative formal neckline dresses that have a jewel (close neckline that encircles the base of the neck, crew (close around the neck), or bateau/boat (closely follows the collarbone) neckline do meet Seton standards of modesty even though they are generally sleeveless. Any dress without sleeves must have a neckline at or above the collar bone and it must go to the shoulder. These style dresses that are sleeveless can be worn at the dance BUT THEY MUST BE PRE-APPROVED by Mrs. Uebel, Mrs. Duran or Mrs. Pogue. They will be pre-approving dresses at lunch and after school. Go to their classrooms.

Is the dress too short?

Either sew matching fabric or lace to the bottom inside the rim of the dress or wear a matching pencil skirt or slip to add some extra length.

Is the neckline too low?

Again, try wearing a camisole under the dress or sew lace or matching fabric to the neckline

Where to find modest formal dresses:

Note: if ordering online do so as soon as possible and be willing to send the dress back if it's not as you hoped!

Online:

- Cutedressy
- Jessakae
- Onelovedbabe
- Called to Surf

Stores:

- Macy's
- JCPenney
- Lord and Taylor
- Target



Behind Halloween

By: Elizabeth Moore

Halloween has been celebrated in the United States since the 1840's and has remained one of America's most favored holidays since. Originating in Ireland, Halloween was originally called Samhain, which, when translated from modern Gaelic, literally means "Summer's End". This festival was the most important of the four Celtic fire celebrations and was used as a way to ward off spirits, remember lost relatives, and to celebrate the fall harvest. The Celts also believed on that day that the barrier between the physical and spiritual worlds converged, so they left appeasement gifts outside their villages for the beings that were expected to wander past the border of the other world. This is where the tradition of dressing up as monsters and asking for treats is believed to have originated.

The title for the holiday was coined by a Robert Burns poem. The word itself is simply two words put together-- hallow, an old English term for holy person, and een, which simply means "eve". The term Halloween is meant to describe the day before All Hallowsday, more commonly known as All Souls Day.

All Souls Day, much like Samhain, is a day to celebrate those who have departed from this world. Unlike Samhain, All Hallows Day is a Christian holiday that originated with Pope Boniface IV around 609 A.D. It is meant to celebrate the Virgin Mary, as well as all the saints, particularly martyrs, and loved ones who have died. Traditionally, a feast is held the night before a Catholic holiday, hence All Hallows' Eve, wherein families spend time and feast together. Halloween is still celebrated with sweet treats and joyous times all around the world.



Giggles & Grins

Seton's Silly Corner

By: Noelle Peters

