



THE INQUISITOR

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Meet the Inquisitor Staff

Clara Luetkemeyer

This year's school newspaper is full of new faces. Meet them here!!

Clara Luetkemeyer

Clara is a 10th grader who loves hanging with her family, drinking Starbucks, and going shopping! She joined the Inquisitor for the fun experience with her friends. Her beat is Social.

Faith Godeaux

Faith is a 10th grader who enjoys watching TV, dancing, and reading. She joined the newspaper for the experience. Her beat is Health.

Mary Curran

Mary is a 10th grader who spends her time reading, playing sports, and watching TV. She joined the Inquisitor because it seemed like a fun and easy class to take with her friends. Her beat is Sports.

Catherine DeWolf

Catherine is a 10th grader who loves playing soccer, eating Taco Bell, and hanging with her friends. She joined the newspaper because there are no exams and it sounded fun. Her beat is Fashion.

Anabel Clune

Bella is a 10th grader who enjoys softball and Honest Kids Juice Boxes. She joined the newspaper to write and her beat is Religion/ Spiritual.

Ava Hudson

Ava is in 10th grade and she enjoys playing soccer, volleyball, and swimming. She joined the Inquisitor to have fun in 8th period with her friends. Her beat is Sports.

Annalise Dean

Annalise is a 10th grader whose hobbies include playing video games, playing with her little sister, drawing, and watching anime. She joined the Inquisitor because she thinks she's good at writing and thought Writing for Publication sounded fun. Her beat is Academic.

Maggie Gibbons

Maggie is in 10th grade. She loves to play tennis, swim, and listen to music. She joined the Inquisitor because she loves writing and wanted to explore the different writing styles. Her beat is Entertainment.

Madelyn Zadnik

Maddie is in 10th grade and she enjoys writing, dancing, talking to friends, and playing the piano. She joined the newspaper because she loves writing stories and she wants to learn how to write better. Her beat is Seton Arts and Entertainment.

Alexa Roussel

Alexa is the only senior on the newspaper. Her hobbies include drawing, reading, and acting. Alexa joined the Inquisitor because she loves stories, and her beat is Academic.



Spirituality From a Teen's Perspective

Anabel Clune

EDITOR-IN-CHIEF

Maggie Gibbons

COPY EDITOR

Alexa Roussel

LAYOUT EDITORS

Clara Luetkemeyer
Faith Godeaux

FACULTY ADVISOR

Mrs. K.

BEATS

Seton Arts and Entertainment
Maddie Zadnick

Entertainment

Maggie Gibbons

Sports

Ava Hudson/Mary Curran

Health

Faith Godeaux

Religion/Spiritual

Anabel Clune

Academic

Alexa Roussel/Annalise Dean

Fashion

Catherine DeWolf

Social

Clara Luetkemeyer

Do you ever feel like you don't know God and that your relationship with Him is not a strong one? Many of us have been there, or are there, and we all understand the hardship. This is a common struggle, especially among teens. You've probably gone all your life going to Sunday Mass, saying your family rosary, and saying your prayers before bed. But are you doing that because you love God deeply and long for Heaven? Or do you do that because it's what your parents tell you or it's simply become a mindless habit? God wants you to choose Him on your own. If your faith is simply doing what your parents tell you to do, where's the choice in that? Where's the love? Being a good Catholic can especially be a struggle for teens for many reasons. Sometimes you are raised Catholic and never truly chose our Lord for yourself, you simply grew up with Him. He's always been there and you don't notice anymore. He isn't your top priority. This is especially prominent today because you have so many other worldly things to choose over God. Your phone, your newest crush, school, sports etc. We need to open up our eyes and see that God is waiting for each of us individually to choose Him. The first step to loving the Catholic faith and everything involved is loving God Himself.

Do you truly desire to be in Heaven and long to be with God? If not, now is the time to fix that. You can get closer to God in so many different ways, whether that is attending daily Mass or simply having conversations with Him everyday. When you find yourself giving up on our Lord just because you don't feel anything and you're doubting, have faith. It's not going to be easy until you find a way to get to Him that works for you. For some, it might be attending three hour adorations and for others it might be simply reading a piece of scripture and reflecting on it. The Lord speaks to each and everyone's soul in a different and unique way. Do not be discouraged when you see others growing in their faith faster than you or have found the way that's for them. Saint Teresa of Calcutta did not feel our Lord's presence for years, and she's one of the most famous saints today. It took her time to get perspective, to see that God was in front of her the whole time. She just needed to take a step back and see. She found our Lord in others and by serving others. Follow her example and expand your faith to broader horizons. Loving God doesn't mean you only do what you're told, go to Sunday mass, say the

rosary with no feeling, and so on. That's only a part of it. Find the way that appeals to you and our Lord. Find the way that brings you closer to Him, the way that helps you feel His presence. If you find your heart opening up and letting God in through untraditional ways, that's perfectly fine! Remember, not all saints were traditional. They didn't all get to Heaven in the same way. It's time for you to find Christ on your own.

Ways that can help strengthen your faith in a way that appeals to you.

- Music- a lot of great Christian artists exist and have some amazing songs that can help you feel and become closer to God. Music is a great way to worship our Lord.
- Getting together with friends to read your Bibles, spiritual books, listen to praise and worship- this is a great way to get your daily prayers and readings in while being with friends. "For where two or three are gathered together in my name, there am I in the midst of them." Matthew 18:20
- Bible journaling- this is a great way to read your scripture and reflect on it, writing out your thoughts.
- Homilies, talks, and podcasts:
 - Bible in a Year with Father Mike Schmitz- you can also listen to his homilies and the homilies of other priests on many platforms like youtube, spotify etc. Here are some good priests to listen to: Father Mike Schmitt, Father Hudgins, and Fulton Sheen.
 - Talks given by Jason Evert
 - The Father Mike Schmitz Catholic Podcast
 - Poco a Poco Podcast with the Franciscan Friars of the Renewal
 - What in the Dang Heck
 - Let Love: A Podcast with Sisters of Life
 - Whoa That's Good Podcast by Sadie Robertson
- Apps: Hallow, Lighthouse Catholic Media Bible, Confession, Magnificat

Daughters of the King Returns! Catherine DeWolf

Daughters of the King is an annual retreat hosted at Seton for sixth through twelfth grade girls. The day is full of fun activities that help draw each woman closer to God. This year, the day included friendship building, two talks, the “3 Wise Women and Men” panel, music, dinner, and a fashion show. Everyone had an amazing time and their relationships with Christ grew even stronger. Maggie Gibbons stated, “I have attended Daughters of the King every year they have had it since sixth grade. I come out of it every year learning more about myself and my faith. I totally recommend everyone go at least once. The fashion show is super funny and entertaining to watch, and it gives you cute, modest outfits for all occasions.”

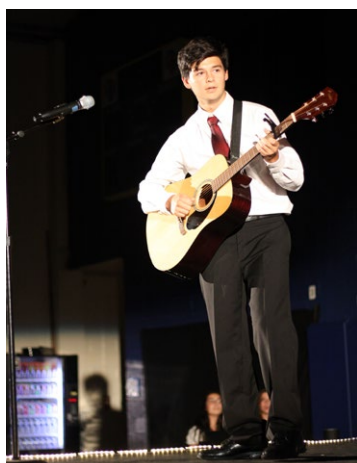
Daughters of the King was created by Kimberly Dalrymple, the mother of 3 Seton graduates. She shared her experience with Daughters of the King and explained when, why, and how it all got started:

1. How did Daughters of the King get started? “The first event, like Daughters of the King, happened at Holy Trinity with American Heritage Girls for a badge, called “Best Me I Can Be” which is about teaching young ladies about fashion, modesty, beauty, healthy habits, and things like that. We had a fashion show and every girl who came got to be in it! Well, it was a LONG fashion show, but a lot of fun. Holy Trinity was too small for an event like this so Mrs. Carroll allowed us to host a similar event at Seton - our First Daughters of the King (another AHG badge) with talks, activities and a fashion show.”
2. Who started it? “I guess I did. But only with a tremendous amount of help every time. We have hosted the event 5 times now, spring of 2015, 2016, 2018 and then we switched to fall of 2019 and now 2021.”
3. What is the purpose of Daughters of the King? “This day is meant to celebrate girls! It is hoped that girls who attend are enriched in a fun way with friends along -- spiritually, socially,

emotionally, and physically. We want to help young ladies grow in self-confidence (such as the self-defense sessions), to believe they are truly loved by God (from the talks and 3 Wise Men and Women panels- Men: Seton dads Mr Joe Volk, Mr Jerry Zadnik, and Seton grad- Tommy Vander Woude. Women: Megan Mohan, Kelly Marcumand, and Seton grad Bridget Vander Woude) and to see the whole picture of true beauty, humility and femininity that is part of being a woman who is worthy and loved and a child of God.”

5. Were there any religious people at the event this year? “This year we did not have any religious sisters, but we did get to start our day celebrating Mass with Father Vander Woude who gave a great talk based on John Paul II and the “feminine genius.””
6. Which speakers came? “We had two great speakers – Camille Karcher, Seton mom and a licensed practicing counselor, who gave a talk about “How to Handle the Unpredictable” showing practical ways to recognize and deal with stress, fear, discouragement, - basically the unpredictable. Her talk was recorded and should be available soon for Seton girls and families to watch. Our second speaker was Megan Mohan who is a Franciscan grad, young mother, former EWTN and World Youth Day speaker, who talked about the miracle of our existence, the way the culture is making it hard for girls to know the Truth, and inspiring girls to live as a princess because God is our Father. Her great talk was recorded and will be available soon as well.”

Thanks to Mrs. Dalrymple, along with lots of other help, Seton has been able to put on the Daughters of the King retreat five times now! Each retreat, girls from our community have learned how to love themselves, and others, a little more. The Daughters of the King retreats will hopefully continue for many years to come!



Seton Clubs and Activities

Faith Godeaux

Art Club

The art club, which is run by Miss Pennefather and President Andrea Borneman, meets the second and fourth Wednesdays of the month to have fun and inspire creativity in everyone. Sign up and come prepared with your own sketchbook, watercolors, and other supplies.

Blue Crab Bowl Team

This club's mentors include Mr. Konstanty and Mrs. Kellogg. The team meets weekly and competes at the regional competition of National Ocean Sciences Bowl.

Choir

Join the choir to strengthen your voice and participate in Seton Masses on Mondays and Fridays! See Miss Vicente for more details.

Creative Writing Club

The president of the Creative Writing Club is Addie-Quinn Kammerdeiner. This club meets once a month to expand writing skills and focus on character development.

Data Science Club

This science data club is run by Mr. Hoffman and Mr. Linton. Join the club and meet every other Saturday to learn how to program and train Deep Neural Networks. This club is great to make your college application stand out! Only requirement is a \$100 fee.

Frassati Fellowship

This club meets on weekends for hikes and outdoor activities. See Moira Haggerty for more details.

Haiti Club

The Haiti club, whose President is Maria Pennefather, is in charge of raising money for our sister school in Haiti. They usually meet once a month.

Improv

This improv comedy troupe meets on the third Wednesday of the month and has three shows per school year. Contact Mr. Moore at m@ttmoore.com for more details.

Literary Arts

The Literary Arts Club meets on Thursdays to collect writing for the LAC Journal. This club is run by Miss Pennefather and also hosts the Mystery Dinner Theatre.

Mythology

The Mythology Club meets weekly to discuss and learn about a wide range of Mythology.

Sacred Life

The president of this club is Sophia Kanazeh. The Sacred Life Club prays outside abortion clinics and raises money for mothers in need.

Sea Perch

This club is run by Mr. Maher and Mr. Hoffman. They meet every Wednesday to design, operate, and build Remotely Operated Vehicles. Each team must pay \$200 and consist of two to three members.

Seton Theatre Art Seminar

This is a class that takes place once a month to learn theatre history, production management, and writing. Contact Mr. Moore at m@ttmoore.com if you are interested.

Spanish Club

The Spanish Club is run by Senora Martella. This club promotes Spanish culture and language learning at Seton. All are welcome!

National Honor Society

The National Honor Society is run by Mrs. Duran and Mrs. Lucas. It is a student run service organization that meets the first Monday of every month. This club has many requirements including having a GPA of 92.5%

Sociedad Honoraria Hispánica

This National Honor Society is sponsored by the American Association of Teachers of Spanish and Portuguese. Members are students that demonstrate excellence in Spanish (3.5 GPA) and an overall GPA of 3.0.

Sons of the Most High

This club, run by Mr. Terreri, is for 10-12 grade young men. They meet every Wednesday after school to talk about good life and more.

Swing Dance

This club meets to practice swing steps and it is run by Mr. Heisler. Look for more information about this club in the morning announcements.

Vex

This club works in teams to build land robots. They meet Mondays and Wednesdays year-round to prepare for a competition in April. See Mr. Hoffman for more details.

Mass of the Ages

Clara Luetkemeyer

Pope Francis' July 16 Motu Proprio, *Traditiones Custodes*, set restrictions on the Latin Mass, and many are left wondering why. Why would the Holy Father feel the need to ban a particular form of the Mass? Finding the answer is intriguing to say the least, which is why *Mass of the Ages* is so important. This perfectly timed documentary about the Latin Mass was released on August 15, almost exactly a month after the Motu Proprio. The project, directed by Cameron O'Hearn, was originally developed because of the heartbreaking statistic that 69% of Catholics do not believe in Christ's True Presence in the Eucharist. Especially moving is the love in the eyes of the priests featured in the film as they celebrate the traditional Latin Mass, as well as the participants' stories.

The producers and writers of the film were hoping to reach around 100,000 people, but the film has nearly 600,000 views to date. This level of interest shows how many people are desperate for a deeper connection with Our Lord or who feel the Church is in crisis. Jacob Tate, Head of Communications and a writer on the film, attested to its impact: "We have had dozens of people reach out and tell us that they went to the Latin Mass for the first time after watching the film or that their relatives who hadn't been to Mass in years said they wanted to try again." This testimony is a huge accomplishment and is only the beginning of the momentum that has been building. The documentary has not only brought people back to the faith, but many Catholics who have only gone to the Novus Ordo their whole lives are beginning to explore the traditions of Catholicism.

Not everyone fell in love with the film, though. One person even went so far as to say it was propaganda and that the Latin Mass is purely nostalgia for the older generations. While this is harsh language, it is not totally inaccurate. Many of those who grew up pre-Vatican II long for the way the Mass was celebrated before the changes were made. Jimmy Fallon, who was an altar server at the Latin Mass during his childhood, says he misses "Mass Mass." The film shows a clip of his voice saying that he wanted to be a priest as a child, but when he went back to Mass as an adult, he found it almost unrecognizable to the one he knew and loved. This shows that the Latin Mass is never changing.

The profound relevance and providential timing of the release of the first episode of *Mass of the Ages* is undeniable. Hopefully it will spur people on to further research and discovery of the beauty of the traditional Latin Mass. You can watch it for yourself at theliturgy.org.

Mass
Of the
Ages



Back To School Tips on Organization, Time Management, and Being an Advocate for Yourself

Annalise Dean

Are you sick and tired of falling into the same bad habits from last school year? Are you striving to be a better student overall but don't know where to start? You're in luck, because I've been obsessing over those questions since seventh grade! After many years of experimenting I've compiled a list of some tips that have helped me, and might help you, too!

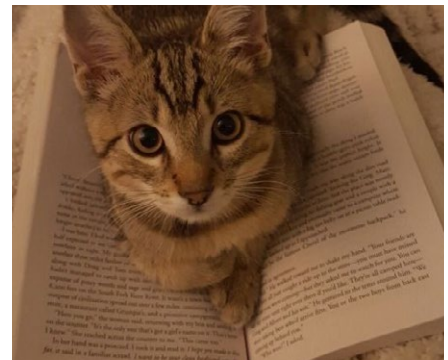
The most important thing to understand when finding study methods that work for you is, well, you! Everybody's brain is different and different people learn better with different strategies. Nonetheless, here are some pretty universal tips to make school easier. To start off, find a place and time to study, personalized to you. This will make it easier to manage your time and study. You want to find a place where you can focus that's comfortable and clean. To make it more welcoming, you can throw in some scented candles and bring refreshments. I don't recommend doing homework and studying in your room, since your room is where you're meant to relax- and it can be very distracting. I like to do my work at the kitchen table, since my parents are around if I need help and I appreciate the background noise.

As for time management, figure out when is the optimal time for you to study. Consistently having an hour or so everyday around the same time to review things, study, and do homework will prove efficient in the long run. Typically the most common time to do homework is right when you get home or even in the car, but if you work better in the morning or evening, both are important to note. Don't force yourself to work at times when you know your brain isn't functioning at it's best. Once you've picked your time, allow for no distractions and include breaks. Study in 25 minute intervals with 5-10 minute breaks, or experiment with longer study times personalized to you. Turn off notifications on your phone and when you do take a break, consider stretching, chatting with a family member, or playing with your pet- don't opt immediately for social media.

Take advantage of your free time during the weekend to see what next week will look like. Schedule a "grace period" for yourself to catch up on schoolwork you might've fallen behind on, or get ahead in schoolwork if you know that next week will be hectic. Look over your planners often to prioritize which assignments are more important than others so that you don't waste any of your precious time doing things that aren't as important.

Nextup is organization! Being organized helps us to focus better and can make it way easier to handle stress. It's important to have easy-to-access binder and notebook setups for finding things with ease. Using subject dividers with labels and folders are especially good things to take advantage of. One of the best ways of staying organized are planners. Having a monthly planner is good for managing time for upcoming projects or papers. A weekly schedule is good for keeping track of tests and quizzes. I like to also use a memo pad for my daily to-do's and homework assignments. They're small enough to fit in your pocket and whip it out if you need to write something down real quick! If you're not the biggest fan of physical planners or you're just forgetful like me, JupiterEd's calendar is very good also!

To wrap it all up, asking for help when you need it and having a strong support system will be the core key to your academic life. The teachers are here to teach, so don't be intimidated to ask questions- it's their job to answer them! And if you're particularly struggling in a subject there are many tutors around to help you. Don't forget to take time for rest, family, and friends. Striving to find a balance between your academic, social, and spiritual lives are the way to go!



New Teachers Feature

Annalise Dean

Welcome to the new and returning teachers this year! Let's learn a little bit about them:

Mrs. Cobos went to JMU and got her major in Kinesiology with a concentration in sports management and a minor in business. She teaches biology and often substitutes world culture for the eighth grade boys. She loves honey badgers and her favorite title of God is Father. She loves reading about the saints, and her favorite part of working at Seton is getting to know everybody and bringing a little laughter.

When asked what motivates her to work hard, Mrs. Cobos talked about being a good example to her kids and using God's gifts in the right way to change other's lives in the daily stuff. She believes in living every day like a prayer. The proudest moments of her life are seeing her own kids put themselves aside to help others. The most valuable thing she's learned in her life is that, "God can take a grave and make it a garden."

For some fun facts, she has a dog named Moomoo that looks like a cow. She's the oldest of seven, NOT a morning person, and likes to play piano. She's had fifteen surgeries, and she's allergic to seafood, red dye, hatched chillies, and egg whites. Since her children also have allergies, Mrs. Cobos is an expert at cooking and could probably survive an apocalypse with her baking skills.

Mr. Frievald is the new geometry and computer teacher. He graduated Seton and got his bachelors at Christendom. He likes to make pizzas with ham, pineapple, and jalapenos (his favorite food) and his favorite thing in entertainment is interesting character development. He likes to listen to Gregorian chant and heavy metal, his favorite band is Iron Maiden.

His love of the material he teaches and love of the students is what motivates him to work hard. The happiest moment of his life is when he asked out his girlfriend for the first time and she said yes, and also when he saw his parents smiling at him after his first Holy Communion. When he was a child he wanted to be a policeman, then later in highschool he wanted to be a priest and do some sort of teaching, specifically apologetics.

Some fun facts about him is that he has dozens of cousins! His cat, Dante, is "adorably chonky." There's a cute story behind how he adopted Dante; he found a box of abandoned kittens after college one day, and after finding families for them (and going on the hunt for one that escaped) he welcomed one of those kittens to his own home.

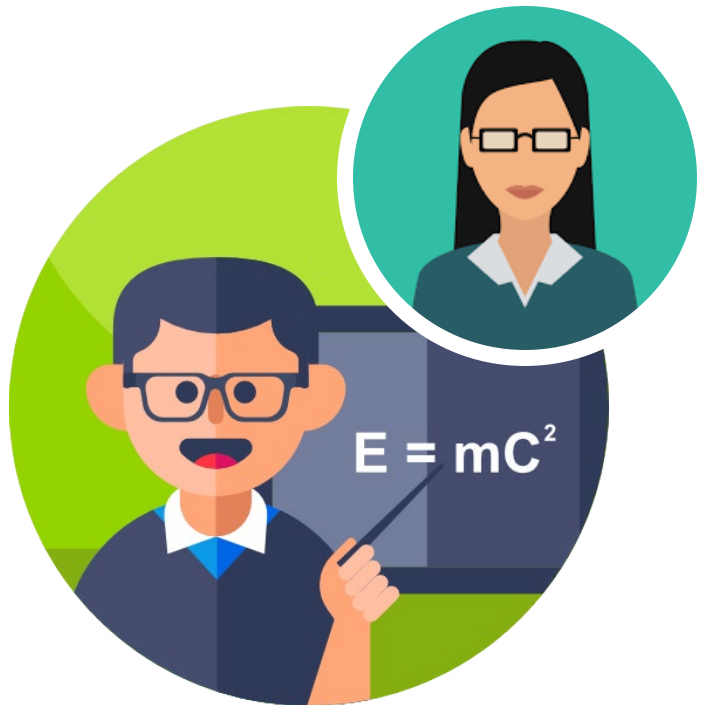
Mrs. Yeago is back after three years to be the new head of the English department and to teach English and grammar. She went to Steubenville, where she earned her bachelors in Theology and English, and later earned her masters in English from the Catholic University of America in Washington. The best year in her life was when she studied abroad in Oxford. She loves travelling and has been to twenty-three countries in Europe!

Mrs. Yeago enjoys local foods from all around the world. Some of her favorites are pan au chocolate and Italian pasta dishes. Her favorite color is tiffany blue and her prized season is autumn. Horses, owls, and peacocks are her favored animals, and her most loved title of God is Prince of Peace. She loves the mystery genre.

Her favorite childhood memory is when she was four-years-old and got a raisin stuck in her nose at a Toys R' Us. She was recently married, which she says was the happiest moment of her life, and she especially enjoyed the teacher week at Folger Shakespear Library. Mrs. Yeago teaches horseback riding lessons, and when she was a child she wanted to own a horse farm and be a riding instructor. The most valuable thing she's learned in her life is to strive for excellence, but not perfection, and to always trust God and seek His grace.

Some fun facts about Mrs. Yeago is that she loves dancing! She and her husband, who's also an English teacher, love to read books out loud with each other. She goes fox hunting on the weekends and would also love to mention that Kraig and Poe are glad to be back ;).

Miss Vicente is the head of the choir and is now teaching Spanish 2! She is very passionate about language and music and is looking forward to getting her dual master's degree in Education and Spanish. She grew up surrounded by Spanish, having parents who fled communism in Cuba, and then being raised in the bilingual city of Miami. Miss Vicente is very excited to be able to engage more in the Seton community.





Meet the Middles Catherine DeWolf

Do you feel like you don't know anyone in the junior high? It seems like just yesterday you were sitting in world culture learning everything from the Fatima Apparitions to maple syrup. Whether it's being lively during first period, sprinting to their classes, or knocking you over with their gigantic backpack, the middle schoolers continually put smiles on our faces! Get to know some middle schoolers and their opinions!

Girls

Therese Sayani (7th) – “My favorite part about Seton so far is the chapel and the teachers.”

Claire Rowitz (7th) – “I'm really excited for the creative writing club this year!”

Gabriella Russo (7th) – “I went to Holy Family Academy. It's different because it's a lot smaller.”

Gabriella Pogue (8th) – “I'm glad that this year we have normal lunches and not every day is a long Wednesday.”

Mary Munsell (8th) – “This year I'm looking forward to lunch and the end bell!”

Allison Quispe (8th) – “My favorite part about my summer was going to Kings Dominion with my family.”

Boys

Jacob DeWolf (7th) – “My favorite part about Seton so far is definitely dodgeball. Especially when we play the older classes.”

Matthew Luetkemeyer (7th) – “Last year I went to Renaissance. It was a Montessori school so there were no tests, lockers, or backpacks.”

John Fleisig (8th) – “I like the regular masses this year.”

Gabriel Gaulden (8th) – “I like playing video games and my favorite part of my summer was no school.”

No name (8th) – “I'm looking forward to playing soccer and getting free chick-fil-a this year!”

And that's it! All of the middle schoolers seem to agree that this year will be the best year yet! Everyone is looking forward to a more 'normal' school year. Seton's junior high is especially ready to start up activities again. Now you know some middle schoolers a little better!

Autumn Athletics PART 1

Mary Curran

Seton sports are back in full swing! With the strain of Covid, the restrictions, and online learning of last year, it was difficult to have a real sports season. But this year, athletes can look forward to everything, from real games to just hanging out with the team.

How is Covid Affecting the Sports' Seasons?

Covid can't stop the Seton Conquistadors! Masks are required for all spectators, coaches, refs, and players who are sitting the bench for indoor sports. However, for all outdoor sports, masks are not required.

Volleyball

Coaches: Mrs. Jill Vander Woude and Mr. Reese. Shoutout to seniors, Maggie Kleb, Maria Pennefather, and Clare Witter! The team captains are Maggie Kleb and Clare Witter, longtime volleyball players.

Thoughts from players:

How is Covid Affecting the Team?

"Covid has affected our team. Not having fans there has brought the spirit down a little bit but we have worked hard and we're ready to roll." – volleyball player

What is your favorite about playing this sport?

"I love that I can play this amazing sport with family and friends. Volleyball is a really fun sport that my older sisters have played too. I grew up watching the game. I love this sport and I hope I continue to grow as a player." – anonymous

Tennis

Coached by Miss Ann Pennefather, led by Captains, Jordan Kach and Mary Pennefather, this year's tennis team is off to a great start! Shoutout to seniors Jordan Kach, Caroline Pechie, and Andrea Bomeman!

Here are some insights from the players:

When asked what she thought of the team, one player said, "Very excited! The team this year is pretty solid. I think we are going to states! We are pretty close so that's nice (makes practice more fun.) But ya I really like the team this year together." – Anonymous

How is Covid affecting the team?

One player stated that, "I think some of the time we get inside our own heads while we play. When that happens, I try to say a prayer to the Holy Spirit to help. Also, it's nice that we pray right before and after our matches. This year I think we all just want to have fun and leave the stress with God."

PART 2

Ava Hudson

Seton Sports are back in full swing! Take a look at how the sports teams are handling the covid restrictions this year, the teams they are up against, and how well our teams have been playing.

Boys Varsity Soccer

This year's seniors for our boys varsity soccer team are Dan McGraw, Andrew Ngueyn, Kevin Orellana, Jack VanderWoude, and Bobby VanderWoude. After interviewing Dan McGraw, here are his opinions on this season:

What do you think of the soccer team this year?

Dan says, "We have good players this year, but we don't always play well, but we still have a lot to learn as a team."

What is your favorite part of playing on the varsity soccer team?

His favorite part of playing this year is competitive playing and scoring the winning goals.

How is covid affecting your playing this year?

"Since soccer is an outdoor sport, we don't have many restrictions."

Cross Country

The seniors for this year's cross country team are Johnny Chavarria, Sam Kramer, John Konstanty, Lucy Garvey, Ceili Koehr, Isabelle Luevano. Let's see how their season is going so far! Here is Lucy Garvey's insight on being on the cross country team.

What do you think of the cross country team this year?

"It's hard but I really enjoy it. I used to run when I was younger, and you forget how easy it is to get out of shape. So I'm glad I'm doing this again." Says Lucy.

What is your favorite part of being on the cross country team?

She says the multiple traditions that they practice everyday is personally her favorite part.

How is covid affecting the sport for your team?

"Cross country is an outdoor sport, so we don't have any restrictions this year."



October Sports Update Catherine DeWolf

Cross Country

CoEd Varsity – The cross country team finished their season. They had 6 seniors- Johnny Chavarria, Lucy Garvey, Ceili Koehr, John Konstany, Sam Kramer, and Isabelle Luevano



Soccer

Boys Varsity – The boys varsity soccer team had an amazing year with a record of 12-1-3! They also made it to the semi-finals of the VISAA tournament!

Boys Junior Varsity – Thank you to all the fans who supported the boys JV soccer team. They had an amazing season!

Boys Junior High – With 8 wins and only 2 ties, the junior high soccer team dominated this season.



Volleyball

Girls Varsity – The varsity volleyball team won their senior night on 10/28.

Congrats to our seniors – Maggie Kleb, Clare Witter, and Maria Pennefather.

Girls Junior Varsity – The JV girls won 10 out of their 17 games this season!

Girls Junior High – Coached by Lynn Heller, the JH volleyball team won 8 games and only lost 3!



Tennis

Girls Varsity – The tennis team had a great year with a record of 8-5, finished first in the conference and sixth in the state!

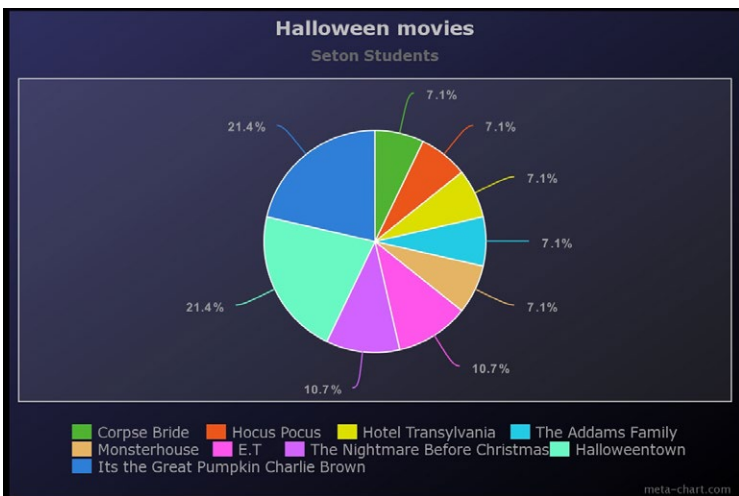
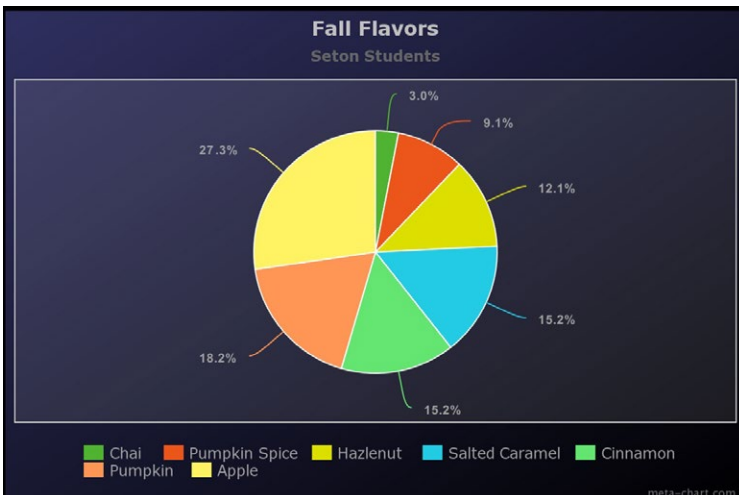
For schedules, updated records, and more pictures visit setonsports.com



Pumpkin Spice and Everything Nice

Margaret Gibbons

Everyone has that one movie or certain flavor that reminds them of fall. Whether it's pumpkin spice or chai, everyone has a favorite. Seton students filled out a survey on their favorite movies and flavors of the fall season. Out of all 30 movies and 13 fall flavor options to choose from these are the top favorites at Seton!



The Spookiest Seton Event Ever Held

Annalise Dean

This Halloween, many very creepy events happened at Seton's annual Halloween Dance! The dance was held Saturday, October 30th from 7-9:30 at Seton School. It had a \$5.00 admission cost, which included the Haunted Hallway- and everybody dressed up in their spooky and creative attire. There were tables of snacks and candy and a couple of the teachers and Mr. Pogue served "Witch Punch" and other drinks. Many of the students were shaking in their boots after going through the Haunted Hallway! It included strobe lights, smoke machines, cobwebs, scary screaming people, and much more. Michael Hassan, a senior, won the best Boy Halloween costume contest as Spiderman. The Supers won the best Boy Group costume. For the Girls singles costume, senior Maggie Kleb won as a gumball machine! And The Fairies won the group costume for the girls. Overall, it was a fun and spooky dance!



Pizza, Pepsi, Polaroid Party

Faith Godeaux

The Pizza, Pepsi, Polaroid party was held for the junior high students in early October. The social included a scavenger hunt, mud and whipped cream fight, and pizza. Seventh and eighth graders had fun running around trying to find specific things. Afterwards, they ran around the school which concluded in a mud fight. Then they enjoyed a delicious pizza dinner with soda. Multiple upperclassmen attended to chaperone and help out that day. Out of ten junior high students who attended the event, one hundred percent said they would attend again and half said their favorite part was the mud fight. Emma Reynolds and Kateri Mantooth's 7th grade girl's team won the scavenger hunt.



Remembering Col. P.

Alexa Roussel

After serving in the Air Force, Colonel Michael Pennefather, or Col. P. as he came to be known, taught Grammar as a teacher at Seton, and coached the Seton basketball team. Two of his sons, his daughter -in-law, and his granddaughter still teach at Seton. A number of his grandchildren are still students here as well. As a firm, but understanding teacher, everyone in the Seton community truly admired Col. P. 's loving example.

One day Mrs. Carroll received an unexpected call from Col. P. He had called to tell her that he had just been diagnosed with cancer and only had a short time to live. Colonel Pennefather decided against the chemotherapy he had been offered because it would only have given him a short extension of his life for the cost of spending large amounts of that precious time in and out of the hospital. Instead, he chose to spend that time dedicating his suffering for others. He would come to the school on Fridays to talk to the students about death and accepting God's will. When he was too sick to leave his house, he received many visitors who talked with him about things ranging from basketball to the joys of life.

Col. Pennefather was a true Catholic model and a beautiful example of giving yourself completely over to the providence of God. Coach Vander Woude dedicated the Col. P Memorial Golf Tournament in memory of his life. The school also created the Colonel P. Memorial College Scholarship for athletes. The golf tournament is the annual fundraiser for Seton's sports department. This year the annual Colonel P. Memorial Golf Tournament was held in October at Piedmont Golf Club. There were 120 golfers in total. The winning team included Tim Halisky, Scott Halisky, John Halisky, and Adam Irving.

In Memory

Rent-A-Teacher Day Anabel Clune

Rent-A-Teacher day is a fun tradition at Seton that helps raise money for our sister school in Haiti. Each year teachers will do something fun, or different, for the day for a price they come up with. If the students in that teacher's class raise the amount of money needed, the teacher will do something exciting like watch a movie in their class or dress up for the day. This year we successfully raised nearly \$1,000. This year's Rent-A-Teacher day was full of fun teachers doing things like dressing up in funny costumes and planning activities for their students. Here are a few of the teachers who participated!

Mrs. Yeago had four prices to meet for her English 12 class and two prices for her Grammar 9 class:

English 12:

- Level 1: Mrs. Yeago wears full foxhunting attire including helmet: \$30
- Level 2: Level 1 + breakfast potluck + coffee & no classwork for the day: \$75
- Level 3: Levels 1&2 + Brit Lit-related movie + Mrs. Yeago bakes for the class: \$100
- Level 4: Levels 1, 2, & 3 + Mrs. Yeago plans a field trip for Quarter 3 : \$150

Grammar 9:

- Level 1: New inanimate creature added to the classroom friends collection - \$10
- Level 2: Level 1 + soda provided by Mrs. Yeago - \$20

Her English 12 met all four levels, raising one hundred-fifty dollars!

She dressed in her full foxhunting attire for the day and her students enjoyed a delicious breakfast and baked goods, watched a movie, and had no classwork for the day. Her Grammar 9 class raised enough for a soda day and they earned a new classroom creature: Baby Yoda.

Mrs. Duran lined up a fun class full of activity for her Religion 10 girls. In order to attend you individually had to bring five dollars in, so technically there was no set goal- but a good amount of money was raised. First the 10th grade girls had Mrs. Duran dress in a bat costume and would have her squeak as a bat does everytime one of the girls said "mosquito". Mrs. Duran then took the Seton bus to the All Saints Catholic Church where the girls and Mrs. Duran collectively sang Ave Maria and Holy Spirit in front of the tabernacle. To top it all off, they went to 7-11 where Mrs. Duran treated them all to delicious Slurpees.

Mrs. Cobos had two goals her biology students had to meet:

- \$50- She would dress up as a science nerd.
- \$100- She would make a spinning wheel with prizes.

Her biology students reached the goal of fifty dollars. Mrs. Cobos dressed up as a science nerd and had a science themed day. They enjoyed nerd candies while watching a science video. She read them a book called Goodnight Lab and for the students who donated money she allowed them to use the spinning wheel and win prizes.

This year's Rent-A-Teacher day was a huge success with many teachers participating in fun activities. We raised a handsome amount of money through the donations that will be an amazing help for our sister school in Haiti.



Junior High Halloween Party:

Mary Curran

Happy Halloween! The Junior High students all had so much fun at this year's Halloween Party during 8th period on Friday, the 29th. Each student dressed up as a character from history, a literary work, or a saint. Playing Musical Chairs, limbo, singing to Sweet Caroline, eating candy, dancing, talking with friends, and more! This year's Junior High Halloween Party was a blast!

What did the students think of it?

One student said, "My favorite part was that we got to dress up at lunch and go to our next classes in costumes! It was fun that we got to miss a class to go, and I loved all the games and candy! My favorite game that we played was limbo with my friends. There was lots of candy and I liked looking at all the costumes. If I could, I would definitely go again!"

Another Junior High student said, "It was a great way to let the Junior High students celebrate Halloween! My favorite part was getting to see what all my friends dressed up as. I really like hanging out with my friends and singing Sweet Caroline with them! If I could go again, I would!"

The students loved the Junior High Halloween Party this year and are excited to go next year!



Silly Seton Stories

Ava Hudson

"One day when I was coming in for work and I had just walked into my classroom, I guess a student had come in earlier than me and set up all of my desks around one mattress. And off in the corner of the room was a small swimming pool. I was a bit confused and frustrated that I'd have to be the one cleaning it up, but it was ultimately a funny prank" -Mr. D

"I was teaching my Religion 10 girls class a few years ago, and like always, I was very energetic and I was moving so fast and I didn't see the black cord that was used for my projector, when I tripped and face planted. The whole class burst out laughing, but I just popped back up like nothing happened" -Mrs. Duran

"When I was in 7th grade, I had a crush on a senior boy. And one day, we were eating lunch at one of the picnic tables outside when he was walking by. My friends then shouted as loud as they could 'Look! It's your boyfriend!' and he clearly heard because he looked over. They then continued to say 'Look! He's blushing, he must like you back!' and he obviously didn't because I was a sevie and he was a senior." -Anonymous

"In 9th grade during quarantine in a zoom class, I was singing at the top of my lungs, "Replay" by Zendaya when my teacher told me to turn off my mic because I forgot to mute." -Anonymous

"In the beginning of the year, I was running across the street. I didn't realize it, but every time I'd take a step, my backpack would pull my skirt up a little bit. So by the time I got to the door my skirt was pulled all the way up and you could see my shorts." -Anonymous



Sons of The Most High

Margaret Gibbons

Sons of The Most High is led by Mr. Terrieri, who talks about how the first rule of philosophy is to know thyself. The club meets to talk about the good life and possibly get closer to answering that question for yourself. They meet weekly on Wednesday from 3:10 - 4:00 in Stein. The Membership requirements to join: Open to 10th - 12th-grade young men.

Sons of the Most High was a large all-day, all-boys event hosted by none other than Mr. Koehr at Koehr Manor, on October 2, 2021. With over 100 boys at the event, they needed to be split into about 8 separate groups so that everyone could enjoy every activity. Mr. Terrieri, with the help of Mrs. Dalrymple and Mr. Koehr, made the event happen. Without them, the event wouldn't have happened. Some activities included a property run, a game called VIP, a slip and slide, arm wrestling, hammer toss, scenes from Second Hand Lions, Q&A with the three wise men and three wise women, laser tag, Roast and Toast, and finally dinner from The Bone.

After several attendees were interviewed it was clear what the favorite events were. Several people enjoyed listening to the advice given by the wise men and women because the questions asked were relatable to everyone. Another popular activity was the slip and slide; horror stories were told about boys sliding down and cutting themselves on rocks, then flying into the air and rolling down the hill drenched in mud. The most popular event out of all of the events was the Roast and Toast. The Roast and Toast is a time for the boys to stand up and say "A roast to-" and say something kindly critical for some laughs. An example of a roast was "Here's to the junior high soccer team whose record is better than the junior varsity's."

Sons of the Most High is an event looked forward to by every boy at Seton School, and is appreciated by all who participate in making the event happen.



For Long Forgotten Pride

Madelyn Zadnik

King Theomar IV sat alone in his office staring absentmindedly at the huge stack of papers and documents on his desk. He was tired and stressed. The Queen and his 2nd oldest daughter were dangerously sick. He himself had started to cough and feel a pain in his chest a couple of days ago and it was steadily growing worse. His first daughter and his son were away on a trip to the countryside to visit a small town by the border. He sighed and got up out of his chair to open the window behind him. "Maybe some fresh air might do some good," he thought.

A warm gust of wind blew through his brown wavy hair as he threw back the shutters of the window. Dark clouds spotted the horizon, and the king's usually smiling mouth turned to a frown and his golden eyes hardened. A storm was not what he needed right now; it would only make his life and the lives of his subjects worse, wrecking the crops and scaring the animals in the valley at the base of the city of Nuago. He looked up towards the cloud covered peak of Mount Tulivouri, the mountain that Nuago was built upon, and looked pleadingly towards the sky, "Ancients help me," he said as he turned his gaze to the capital city stretched out on the mountainside below him. The six sectors gleamed in the midmorning sun.

Theomar took a huge breath of fresh air and immediately collapsed in a fit of coughing. He buckled over in pain as something seemed to squeeze his chest and lungs until finally, he was able to control himself and get a drink from the pitcher on his desk. Sitting back down at his desk with a heavy sigh and a small extra cough, he began to sort out the many papers in front of him. Almost as soon as he had gotten comfortable a loud knocking sounded on the door as a tall, skinny boy stepped through the threshold. He was so lanky and thin that one might think he would collapse with a strong gust of wind. He had a large flop of curly reddish hair and freckles dotted all over his nose. "The Lord Saogorn of the noble House of Dui has requested an audience with your royal personage!" the boy announced in a very loud and rather shrill voice.

"Thank you Kahen, you may send him in." King Theomar answered, massaging his ears.

Kahen gave a rigid bow and stiffly marched out of the room, moving his knees and elbows much more than necessary, making him look like a gangling grasshopper. "And Kahen," the King called, the boy rushed back into the doorway, clicked his heels together and scrunched up his face to stand at a very strict attention.

"As my new herald you are still allowed to walk normally."

"Yes yo- oh, uh, yes, your Majesty," he said rather sheepishly. He tried to follow the King's directions, but ended up looking like he was suffering from severe knee pain.

The King sighed and put his head in his hands with the ghost of his old smile playing around his mouth. Kahen will loosen up eventually. He straightened up the papers on his desk and folded his hands,

waiting for Lord Saogorn. The Family of Dui was known for its skill as hunters. Their people were big and burly with the stamina and determination to outrun a wolf pack or track a stag for weeks. Their mind was sharp and their eyes like an eagle's, though most of them kept to themselves and were not remarkably known for their knowledge outside of woodcraft.

The Lord Saogorn had been an old friend of Theomar's from early childhood and had helped him through many tough situations throughout his kingship. Soon he heard the knocking on his door again and Kahen came back in. "The Lord Saogorn!" he piped, looking nervously behind him. A large bearlike figure slid past the boy (who promptly scuttled back down the hall) and filled the doorway. The figure's curly black hair flowed over his broad shoulders and down almost to his elbows, blending in with the fur cape draped over his back. His arms were bare and muscles, as strong and thick as an iron rod, could be seen stretching down to his big, calloused hands. His skin was olive brown and his eyes almost black. There was an aura of strength and quiet danger about his person, but Theomar knew he had the ability to be as gentle as a dove when he wished. The Lord Saogorn crossed the room in three strides and caught Theomar in a bear hug.

"Theor!" He boomed.

"Sango!" The king breathlessly replied while trying to massage his ribs. "What can I do for you?"

"Well, that's the thing," Saogorn said as he sat down heavily in the visitor's chair on the other side of Theomar's desk. The King noticed a hint of sorrow in his voice and his usually fierce eyes looked tired and careworn.

"It's my son Hispen," he explained. "Our doctors have no idea what's wrong with him, and he has been bedridden for days. He keeps complaining about a tightness in his chest, he's had a terrible cough, and he refuses to eat anything. His skin is turning BLUE, Theomar! I don't know what to do."

Theomar grimly responded, "Queen Ketrana and my daughter Deozara have the same sickness by the sounds of it. The royal physician has no idea what it is either, so I'm afraid I am in the same boat as you."

Saogorn leaned back in his chair and stared out the window. Neither of them spoke for quite some time.

Saogorn finally broke the silence. "There's a storm brewing," he murmured.

"I know, and I'm not happy about it," the king replied. They both looked at the grey clouds on the horizon until a sharp knock on the door roused them.

"Come in," Theomar said.

It was Kahen.

"The Grand Chancellor Dugho Frenhu, Major Doctor Advanced of the great Geroinian Hospital in the Ancient's Sector, has asked for an audience with your royal person!"

"Let him in," the King replied with a sigh.

Kahen clicked his heels together and left the room.

"Does he always yell that much?" Saogorn asked.

"More usually," the king chuckled.

Saogorn got up out of the chair and waited by Theomar's side.

Kahen was back within minutes and gave another loud knock on the door before entering.

"The Grand Chancellor Dugho Frenhu!"

A frail old man bustled into the room. He was short and his shoulders were hunched. He wore the ivory and grey uniform of all the hospital workers, but a silver unicorn's head was embroidered on the top of his left sleeve. He reminded Theomar of a small old mouse, and if he had been carrying anything he most certainly would have been dropping it everywhere.

"Pardon the intrusion your Royal Highness," the little man mumbled. He nervously hopped from one foot to the other and his eyes looked everywhere around the room but at the King. "I have come to inform you and to seek counsel with you about the proceedings of the hospital."

"I am listening." Theomar answered in his most soothing voice, though it didn't seem to have an effect on the jumpy little doctor.

"Many people have been seeking our aid, much more than usual, and our beds are almost full, your Majesty. We have very little room left and our doctors and nurses are working to their limit, and..and.." the doctor trailed off.

"What have they been seeking your help for?" asked Theomar.

"Well, you see, it is a very odd occurrence. Not in a very long time has something like this been seen in Nuago or in the surrounding area. It is a puzzle, and the best scientists and doctors of the Ancient's sector are working on identifying the solution to this vastly overwhelming problem."

"What is the problem?" The king demanded, starting to get impatient with this little man. The Doctor cringed and Theomar immediately regretted it.

"I am sorry, please go on and tell us the specifics of this problem you are facing."

"Well," the doctor started a little tentatively, "almost every person - I say almost because we still have the few who did some idiotic thing and broke a bone or two - almost every person who has been coming to us has a very similar set of symptoms."

"Go on."

"Well, for one, it seems to be a pulmonary disease, for most of our current patients have a cough of some sort and complain of a tightness of the thoracic region. Fatigue, fever, and a major loss of appetite is also seen in many of the patients - and in some highly advanced cases; cyanosis beginning in the fingertips and toes."

Saogorn gripped Theomar's shoulder.

"Do you think you could explain those symptoms again but as if you were talking to a five-year-old?"

The little man gave Saogorn a look of mild disdain and continued.

"If I must. The sickness mostly affects the lungs and chest area. Many complain of pain in that general region of the body. People are getting too hot and too tired, and don't want to eat. If people have had the sickness for a long time, their fingers and toes start turning blue. Is that better Dui?" He spit out the last word as if it were some rotten piece of fruit. The Lord was gripping Theomar's shoulder so hard the King began to lose feeling in his arm.

"Have you been able to find a cure?" the Lord asked anxiously.

"No, I told you we have all of our best scientists and doctors working on it. If we had it done, they wouldn't be working so hard. We still have not found the cause of this sickness yet," he addressed the last part to the King, who was looking very worried.

"Has anyone died yet of this sickness?" he asked.

"Yes," the doctor answered, "but they had been diagnosed with tuberculosis before catching the disease, so their lungs were already weak. The other was a very old member of our society reaching well into her 110s, so her body was already crumbling. Though it was a loss for the society, up till then she had kept the life inside of her by sheer willpower alone."

"Please let go of my shoulder, Lord Saogorn- the circulation to my arm seems to be stifled."

Saogorn quickly let go and looked innocently around the room.

"How do you recommend we deal with this problem your Majesty?" the doctor inquired. But before Theomar could open his mouth, a loud rap sounded on the door and a slightly harassed looking Kahen marched in. "The Grand Chancellor Ferdond Grigh of the Merchants district, Grand Chancellor Pelkir Kehid of the south district," Kahen paused to catch his breath, "And Lady Doniah of the noble House of Moringu have all requested an audience with your royal personage."

"Well, you might as well bring them all in," the King sighed.

It only took a few seconds for Kahen to be back with the three visitors, a very rotund and richly clad man with a rapidly receding hairline bumbled into the room first, followed by a tall, dangerous looking woman dressed in a functional black and dark red dress with an empty knife belt around her waist. Her weapons would have been confiscated at the main gate. And finally, a very huffy lady

dressed head-to-toe in the latest fashion trends wobbled in on her 4-inch heels. They all began talking at once and it grew so loud that the room seemed to get very small and crowded indeed.

“QUIET!!” Lord Saogorn bellowed, and everything fell deathly still.

“Are you all here about the mysterious coughing sickness?” King Theomar asked. They all nodded.

“And have a large amount of the population of people that you watch over contracted this sickness?” Again, they all nodded.

Theomar pulled out a piece of paper and a pen. “Write down the estimated number of sick people in your sectors or households.” Each person, including Saogorn and the Doctor, came up and wrote down a number. The King’s eyes grew wide as he calculated the final number. The King looked up from the paper and met the eyes of each person in the room. We have a rampant disease that has already gotten to a little bit more than a third of our population.” The people in the room were all looking at him expectantly. “I have never dealt with something like this before and nor did my father or his father before him. Doctor Frenhu tells me that we have no idea what it is we are fighting against yet, but I . . .”

At that exact moment the ground began to quiver, then shake more and more violently. Lady Doniah shrieked and the doctor started babbling incoherently. The room was moving, and the papers were flying off the desk, chairs were sliding, and everyone grabbed onto the nearest thing they could reach. The shaking seemed to last forever, then it stopped. The room was a mess, but no one took notice, as they were all too shocked at what just happened to care.

The King regained his composure first, and he started picking up the papers around the room. Slowly, the rest of the guests began to help him. A loud banging sounded on the door and a frazzled and very incoherent Kahen opened it. “The Great Sarazor . . . Johnah Yekoli . . . of . . . the tower of . . . prophecies . . . requests . . .” Before he could finish what he was saying, a pale man of about 30 rushed into the room. His glasses were askew, and his clothes were covered in dust, with a few stains of various colors. His wild green eyes darted across the room until they landed on Theomar. “YOUR MAJESTY!!!!” He shouted. “THE PROPHECY!! IT’S GLOWING!!!”

“What Prophecy?” Theomar asked, “there are quite a few inscribed in the walls of the tower of prophecy.”

“THE PROPHECY YOUR MAJESTY, THE PROPHECY!!!!”

Four shall travel, three come back.
Six ancient’s diadems, they must track.
One from the royalty, cased in gold.
One from the giant’s mouth, dark and cold.
One from the traveler, none can find.
One from the citadel left behind.
One from the labyrinth’s core, buried deep.
One from the pathway home, arduous to keep.

The four who travel shall be these:
A prince who knows not what he needs,
A mage who’s heart’s as hard as stone,
A dexterous thief who walks alone,
A fairy who’s by want controlled.
These four, no more, have been foretold.
heed this warning now addressed
If you choose not to take this quest,
Then death shall come to all you see
And cloaked in ash and rock you’ll be.

To be continued . . .