



THE INQUISITOR

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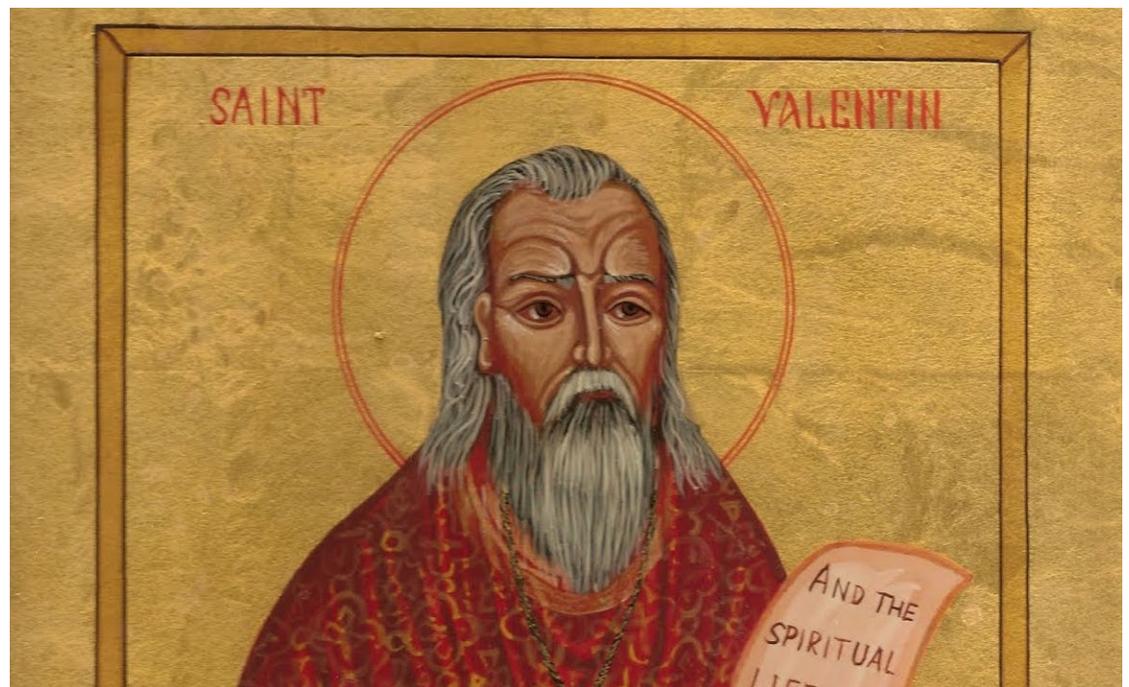
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The History of St. Valentine

Ava Hudson

Have you ever wondered what the origin of St. Valentine's Day is? The history of St. Valentine's Day dates back to the third century when St. Valentine was born. He was brought to Judge Asterius and asked to heal his blind daughter, because he had heard of his healing miracles. Judge Asterius then obeyed Valentine's requests and converted to Christianity along with the other 44 members of his household. Later, Claudius Gothicus, the Roman emperor, arrested him for secretly marrying couples and attending to those

Christians who suffered under persecution by Claudius. Valentine and Claudius grew to become friends until Valentine tried to introduce Christianity to Claudius. He then sentenced Valentine to death. He told Valentine to either reject Christianity or he would be beaten with clubs and beheaded. Valentine refused and was later martyred on February 14, 270. We celebrate him to this day because he married couples in secret so that the husbands wouldn't have to go to war and leave their wives behind.



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Home Away From Home Addie-Quinn Kammerdeiner

In 2019, Seton School partnered with Inspired Gateways to have Catholic French students come to America and live with Catholic host families during the Spring of 2020. The goal of Inspired Gateways is for French students to experience high school life in the U.S., learn servant leadership, share Catholic values, learn English, and form American friendships. My family was one of the families that volunteered to have a student stay with us. However, due to COVID-19 breaking out in March of 2020, just weeks before my student was supposed to come, the program got put on hold. However, this did not stop Héloïse and I from forming a strong friendship. We communicated online for two years until finally, in December of 2021, she was able to come to America.

Héloïse was here to spend Christmas with my family, but she also got to experience a week at Seton School where she joined me in most of my classes. She met my classmates and spent time with my friends, including a fun girls' movie night at a friend's house. We formed a bucket list together so that we could do everything that she wanted to do here in the United States while also getting to experience the life of a normal, Catholic American teenager. We went to the movies, baked cookies, went to the beach, went ice skating, played and made up games together, wrapped Christmas presents, and stayed up late talking and getting to know each other even better than before.

It was a joy to be able to share my family's Christmas traditions with Héloïse like decorating the house, having Chinese food on Christmas Eve, Christmas Mass at our parish, and also going to the Basilica of the Shrine of the Immaculate Conception in DC the next week to celebrate Mass and relish the beautiful decorations. We were also able to share American history with Héloïse by taking her to visit Mount Vernon and the Manassas Battlefield.

Héloïse said, "My stay in the United States was very instructive! Obviously the unknown is always a bit frightening, and being away from your family, especially for Christmas time, can seem a bit depressing at first. However, the Kammerdeiners were wonderful hosts! They did everything to make me feel welcome and comfortable. I was able to discover new gastronomy, new people, and new places and spots in town. Everything was so different from France, not only the language, but also the American habits and the culture in general! I found it exciting because I was constantly stimulated, my English was improving day-by-day, and, because I'm curious by nature, I loved to learn more about Manassas and its people. This trip was unforgettable and my encounters are everlasting."

Inspired Gateways has been partnering with Virginia area high schools for the past several years. "This program is truly unique," commented Nancy Briggs, one of the local coordinators for IG. "There are many high school exchange programs out there, but Inspired Gateways is intentional in forming friendships between Catholic families in France and America, providing enrichment and encouragement through the shared experience of our Catholic culture. These visits have inspired subsequent travel among a growing network of connections between these two countries, and are building lifelong friendships."

IG also has summer exchange programs for families who may be homeschooling or attending schools outside of the IG partnerships. For more information on these programs, please contact Virginia Coordinator Mary Brand at 540-270-9650 or at info@inspiredgateways.com, or visit the website at www.inspiredgateways.us



Swim Team goes to States!

Mary Curran

Seton's varsity swim team had the great honor of going to states on February 18th and 19th. The competition took place at Cub Run Recreation Center in Chantilly. The girls competed on February 18, 2022 at 1 pm, and the guys' competition took place on February 19, at 2 pm.

Coached by Coach Koehr, the athletes that went to states were:

Theresa Bingham, Elodie Brox, Lily Byers, Emma Catabui, Clara Condon, Emily Flynn, Lucy Garvey, Maggie Gibbons, Ceili Koehr, Isabelle Luevano, Mary O'Malley, Mary Pennefather, Angie Testani, Mary Clare Waldron, Rose Waldron, Jj Brox, Michael Brox, Joey Dealey, Josh Fioramonti, Mick Fioramonti, David Hudson, Connor Koehr, Peter Konstany, Michael McGrath, Drew Nguyen, Joseph Rowzy, Joe Wilson, and Max Wilson.

Two high school freshmen, Clara Condon and Angie Testani, both broke Seton records for Girls 100 Breaststroke! Clara Condon with a time of 1:07.53, and Angie Testani with a time of 1:05.77.

When asked what she thought of the event, one swimmer said, "I thought our team did amazing! One of the best parts is just cheering for my teammates, and I also loved the cone-signing tradition, where we all sign our names on a cone and use it to cheer for the team! I did think that the mask mandates got annoying, but I loved the experience!"

Seton did very well this year, and all the athletes look forward to swimming next year!



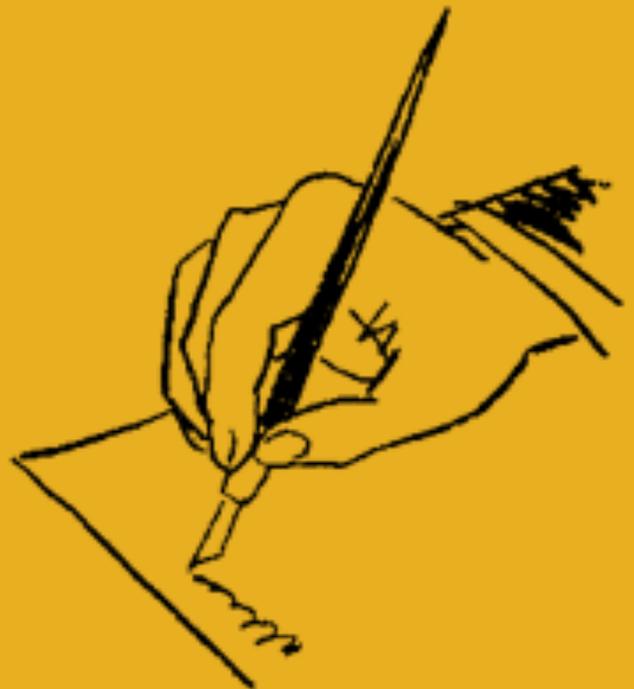
Your's Truly Julie

What do I do if I feel left out?

I would recommend trying to make friends with other people as well. There's no problem branching out and getting to know other people, who might even be a better fit for you. You could also let that group of friends know how you feel, because they might not even realize they're making you feel that way. If they didn't realize, they'll most likely try to fix the problem. If it was on purpose for some reason, then you deserve better friends!

I think my friend has mental problems and I don't know what to do.

You should let that person know that you are there for her/him and that it is never a bad thing to ask for help. Mental health issues are not solved overnight, so you must be patient with them. If it gets serious and concerning, then talk to a trusted adult about it.



Fourth Quarter: How to Stay Motivated Annalise Dean

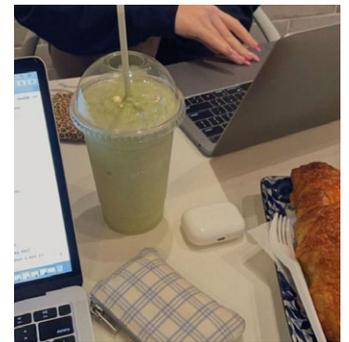
If you're a student right now, there's a pretty good chance that you've gotten pretty tired throughout the school year. It's already been three quarters of papers, projects, tests and all those pleasantries, and now there's another quarter ahead of those same things! It's easy to get stressed out thinking of the work ahead, but don't worry; I have a few tips that have helped me and hopefully will also help you get your motivation back.

First off, you're tired and unmotivated for a reason. And, assuming you're human, you may find it hard to expend a lot of energy being productive when you simply don't have the energy to do so. Always be sure to take account of your physical, emotional, and spiritual needs, and understand that you need to take a break occasionally. Regularly do wholesome activities and spend quality time with family and friends (or yourself) to help you recharge. Also, be aware of your energy drainers! Like the name, these typically are bad habits that drain your energy. For instance, if you've realized that drinking coffee in the evening and staying up late makes you tired, maybe don't do it so often. Pay attention to how you rest, because you might spend two days doing nothing and then wonder why you're even more tired than you were before. This is because the more demand there is for energy, the more energy your body will get used to providing. This is also the reason why super active athletes are typically very energetic; because they're very active! So, while it is good to rest, keep your life balanced by making sure you're exercising regularly and giving your body the good, nourishing food it so dearly needs. Staying healthy will positively affect every area in your life, including your mental clarity!

My second tip, which I will never be able to stress enough, is making to-do lists! So many people, often myself included, overstress and think they have so many more things they have to do than they actually do. Making clear lists of what you really must do helps put things back in perspective. It helps to use not only daily to-do lists, but also weekly, monthly, and yearly to-do lists to stay organized. Especially if you can wisely prioritize which tasks are more important than others, I can almost guarantee that you will feel more confident in how you use your time.

Concerning procrastination. I don't encourage it. When you procrastinate, it's typically because you don't want to do it, or that you dread doing that task; and that only spurs more overwhelmed feelings. It's not a pleasant cycle to get stuck in, and speaking from personal experience, you probably won't be the happiest person alive if you dread everything you have to do. Just think of how relieved you'll feel when you finally get it done. Or think of how you'll be able to enjoy the things you like doing because you won't have homework hovering over your head.

Lastly, it's okay to not be motivated all the time. Everybody goes through slumps. It might be a good idea to have friends or family members to hold you accountable, or even help you with your tasks. Remember to take care of yourself and God's life within you, because even if you don't have the motivation to work or study, every act can be sanctified if done for God.



An All-Inclusive Valentine's Day

Margaret Gibbons

As kids, we were all excited to get boxes full of candies and cards from our fellow family members, friends, and classmates. As we got older, Valentine's Day boxes stopped, and Valentine's Day became a holiday for only romantic love. Why would we take the holiday of love and restrict it to only romantic love?

In scripture, love wasn't restricted to only romantic love but love was known as eros, storge, agape, and phileo. Eros is "a love particularly within a body, it is shown by deep and procreative urges." Storge is "the natural love that family members feel for one another." Agape means "to take pleasure in the thing, prize it above all other things, be unwilling to abandon it or do without it." And phileo is "the friendship you feel towards people like you, with the same interests, social graces, and style." According to Jason Kane, by definition Valentine's Day is "a holiday for expressing love, affection, and care for your loved ones." Nowhere in that definition does it restrict it to just romantic love, so why do most people? With the many different types of love, we should change the face of Valentine's Day, and encourage it as a holiday for all of them.

Another reason we should make Valentine's Day about all kinds of love is because not everyone is in love romantically with someone. We should change the stereotype of Valentine's Day because it is important for our society today to acknowledge all kinds of love, not just romance. Every Valentine's Day, typically single people are lonely and sad, and that needn't be the case. Valentine's Day is a day to show love and affection to everyone that we love and not just who we love romantically. Every person has a love language, whether it be words of affirmation, acts of service, receiving gifts, quality time, or physical touch, everyone has one. The best way to show your love and affection is to find out the other person's love language and use that knowledge to show that you care about them. You could tell them how much you love them, give them a personal gift, help them with anything they need help with (cooking, cleaning, working, etc.), you could hang out with them, or you could just hug them!

No matter who the person is, everyone likes to feel loved, so as a community we should take the holiday of romantic love and turn it into an all-inclusive Valentines Day.



Leading America

Catherine DeWolf

Have you ever wondered why we celebrate President's Day and why it's on the day that it is? The history of President's Day is quite interesting, and everyone should know why the day is dedicated to two specific presidents because they are very important to our country.

In 1885, Congress designated February 22, which is George Washington's birthday, as a holiday for all federal workers. Later, the date was changed to the third Monday in February because of the Uniform Monday Holiday Bill, which changed many federal holidays to the nearest Monday to allow federal employees a few three-day weekends throughout the year. President's Day is commonly seen as a celebration of George Washington and Abraham Lincoln since their birthdays are both in February. But why is it important to have a whole day dedicated to our presidents? Well, they all have impacted each of our lives greatly, many times for the better, so as a country we commemorate their lives.

George Washington greatly impacted our country and set an excellent example for his successors. Being the first president of the United States, he experienced a lot of pressure to be successful. One of the things Washington is known for was having great character. He was known for being an exemplary leader and supporter of equal rights. Washington was a leader when he led the Americans to victory in the Revolutionary War. Everything George Washington did as the first president of the United States was being done for the first time, and he paved the way for a brighter future through his leadership.

Abraham Lincoln was president at the time of the Civil War, which was the war over the issue of slavery in America. He stood up for everyone being discriminated against and his work for the Union army helped bring equality to the United States. During the war, Lincoln issued the Emancipation Proclamation, freeing all the slaves in the confederate states. He is famous for giving The Gettysburg Address where he spoke about unifying America. To this day, Abraham Lincoln is seen as one of America's greatest and most impactful presidents.

For these reasons and many more George Washington and Abraham Lincoln were exemplary presidents. They had such an impact that all of America celebrates them with a day off work and school.



Father Capodanno

Anabel Clune

Father Vincent Capodanno was a courageous Navy chaplain in the 1960's that inspired many men during the Vietnam War and led them to Christ even during turmoil. Recently at Seton the president of the Father Capodanno Guild, Admiral Stanley, came and spoke about Father Capodanno's life, mission, and canonization cause. He came to inspire and educate the Seton students and faculty on the courageous life of Father Vincent Capodanno.

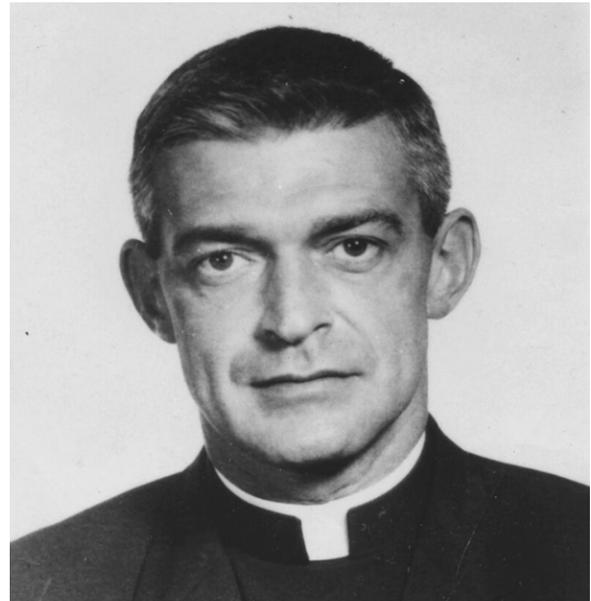
Mrs. Rebecca Irving is the Events/ Speaker coordinator at Seton. Her task is to find speakers that will inspire and educate students, faculty, and parents of Seton. When asked what brought her to know about Father Capodanno and his cause she responded with, "A fellow board member, Dana Marm, introduced me to her father-in-law, Joseph Marm, an actual Medal of Honor recipient, and who then led us to the Father Capodanno Guild. We thought it was such an incredible story that we asked him to address the students and the Seton community at large. Fr. Capodanno's life is an inspiration to all. His desire to serve our Lord as well as his country is something that young and old can admire. Father Capodanno represents a man of virtue, love, loyalty, and most importantly bravery. As a Catholic priest on the actual battlefield during the Vietnam War he accomplished the greatest of feats, tending to the souls of soldiers on the verge of death and, in turn, offering his life for his men."

The talk was given by Admiral Stanley on February 2 of this year. He told us about Father Capodanno's youth, adulthood, and death and how he answered God's calling for him. He was an Italian American born in 1929. He grew up in difficult circumstances. His father died when he was ten and his mother raised ten children on her own. He was a devout Catholic, even as a young boy, and he felt that God was calling him to the priesthood. He was interested in becoming an evangelist. He liked the idea of spreading the Word of God to people everywhere. His first assignment as a deployed priest was in Taiwan, where he spent seven years. He was very liked; people were drawn to his reverent nature. Later he was assigned to Hong Kong where he had his first encounter with the military. He spent time thinking about other paths in the priesthood and decided he wanted to be a military chaplain. After he received approval from the bishop, he began serving the men in Vietnam.

During his time in Vietnam his one desire was to save souls. He worked hard even on the battlefield to save the souls of the men in combat. During combat as he was giving last rights to fallen soldiers, he was shot and lost the fingers on his right hand. This did not stop him from his mission. His second injury was caused by an explosion nearby and his right arm and side was damaged severely. Again, this did not stop him. At sunset he was killed while comforting a marine. His death was courageous as he sacrificed his life for his fellow men in combat.

There was a rule during the Vietnam war that said when someone received three purple hearts, they were sent home. Father Capodanno received two purple hearts from the shot and explosion, and when he received his third purple heart he was sent home to his true home in Heaven. His story is one of bravery, determination, and self-sacrifice. His cause for canonization is still underway. Father Capodanno answered his call from God with bravery. Just as Christ did on the cross, Father Capodanno committed the ultimate act of love in dying for others.

To support his cause financially or for more information visit www.capodannoguild.org.



Seton Says Hello to “Hello Dolly!”

Madelyn Zadnik

This year, Seton will be presenting “Hello Dolly!” as their spring musical! The Seton Spring Musical is a huge part of Seton School’s annual traditions. The cast this year has over 120 people, with even more volunteers and stage crew than previous years. The show, “Hello Dolly!” is set in New York City in the 1890s. It is about an outgoing matchmaker named Dolly Levi who is set on a match for the “well known half-a-millionaire from Yonkers, New York”, Horace Vandergelder. Her schemes also rope in Ambrose, a young painter, and Ermengarde, Horace Vandergelder’s niece, Barnaby and Cornelius, Horace’s store clerks, and Irene and Minnie, two hat shop owners in New York City. There is something for all ages in this classic story of adventure, mix-ups, romance, and absurdity! This year’s main cast is:

- Dolly Levi (socialite matchmaker):** Paulina Gomez
- Horace Vandergelder (well known half-a-millionaire):** Bobby VanderWoude
- Cornelius Hackl (Horace’s head clerk):** Justin Orr
- Barnaby Tucker (Horace’s second clerk):** Michael Allen
- Irene Malloy (hat shop owner in NYC):** Clare Witter
- Minnie Faye (Irene’s assistant):** Lucy Garvey
- Ambrose Kemper (young artist in love with Ermengarde):** Greg Miller
- Ermengarde (niece of Horace):** Katharine Reyes
- Ernestina Money (eccentric possible match for Horace):** Maddie Zadnik
- Rudolph (head waiter at the Harmonia Gardens restaurant):** Danny Albusu

Congratulations to everyone who got a lead role and all the supporting cast and choruses! And good luck to the entire cast and crew of “Hello Dolly!” Break a leg!



Lent: Body, Soul, and Home

Clara Luetkemeyer

Can you believe Lent is here already? It can feel daunting to look at what should be the most spiritual time of the year with no ideas on how to make the most of it. Here are a few ways to prepare your body, soul, and home for and during the Lenten season!

1. Read New Books

Since many give up or cut back on technology during Lent, it is a good time to read new books! It is important to read books that are good for the soul, especially during Lent. Some of these include: In Conversation with God Volume II, a book of reflections for the Gospel readings during Lent, Holy Week, and Eastertide; Sermons on Lent, by St. Francis de Sales is an excellent resource during Lent; and Toward Easter, by Patrick Troadec is a book of daily readings and meditations that you can do alone or as a family.

2. Have the Right Perspective

Lent is not a time to take away so many things that we are miserable. It is a time to strengthen your relationship with God and remove the things that are keeping us attached to worldly things. This does not just mean giving up sweets or social media, but also adding in a rosary or trying to get to daily Mass every day. It can also mean being more disciplined about dressing modestly, or letting others go in front of you in line, or doing a household chore without complaint.

3. Strengthen Your Prayer Life

As mentioned above, Lent is a time to strengthen your relationship with God. Some of the best ways to do that include saying the Morning Offering as soon as you wake up, saying the Angelus at Noon, and ending your day with an examination of conscience and Act of Contrition. This centers your day around God, and you keep returning to Him instead of only saying prayers before meals and maybe a rosary at night.

4. Decorate Your Home

Many only decorate their homes during Christmas and Easter, but it is just as important to have a visible reminder that it is Lent. Catholic All Year is a great resource to use to prepare your home for Lent! Some of their ideas for Lent are using purple and burlap fabric with accents of desert items such as river rocks