



THE INQUISITOR

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Rome Sweet Home By: Emma Fox

Jason Torres and Bill Powell's petition, "We Are Catholic," did not stay hidden in the Seton community. It spread out and when it reached Front Royal, VA, it made an impact. Human Life International (HLI), a pro-life organization, read their petition and their founder, Father Paul Marx wanted to finance a trip to Rome. HLI staff member, Mrs. Sherri McGrath, in her own words tells of their support, "I had the great privilege of organizing the trip to Rome for the students, Father Richard Welch, Helen Garrity, Mrs. Anne Carroll and their chaperones." She explains, "Twenty-five years ago, I was a manager at HLI working under Helen Garrity. She spoke to me about the petition and how HLI wanted to take some Seton students to Rome and present the petition to the future Pope Saint John Paul the Great. I doubt if these young students knew just how much support they were receiving. I was overjoyed that some Seton high school students would have the opportunity to go to Rome and have an audience with the Holy Father."

Back at Seton, towards the end of the 1997 school year and through the summer, plans were being made. At the class of '97's graduation, Father Paul Marx, the guest speaker, announced that HLI would be sponsoring the pilgrimage to Rome. Everyone was extremely excited; Bill Power's father was so proud of his son that right there and then he rushed up to Bill and hugged him.

Mrs. Carroll announced that HLI would be sponsoring the trip to Rome. Mrs. Maryan Vander

Woude, then Miss Lee, when asked about her reaction when she found out she was going to Rome, said, "I was very excited because I had never been. In the teacher's meeting, Mrs. Carroll announced that HLI was taking the seniors who wrote the pledge (and a few extras) and was paying for chaperones to Rome and Mrs. Carroll said, "Well I guess we should start with who has never been to Rome before.' and Mr. Scheetz and I both raised our hands!"

Along with writers Jason Torres and Bill Powell, seniors Paul Haggerty, salutatorian; Leah Acosta, valedictorian; Brenda Gabriel and Chrissie Quinn, high ranking students in Religion 12, came along. Jason also brought along his friend Bobby Delong. With them went Mrs. Maryan Vander Woude, then Miss Lee, Mr. Scheetz, Father Welch, Father Marx, Father Chuck, Mrs. Garrity, Mrs. McGrath, Mrs. Schiavone and her two daughters, Mrs. Supples, and seven Canadian students with their chaperones. Mrs. Carroll was able to join them after Mr. Westhoff lovingly led a fundraiser so she could go.

This group of students, chaperones, and their supporters left for Rome in November of 1997. It was Tuesday, November 18th, when they boarded the plane for Rome. On Wednesday was the papal audience with Pope John Paul II. Both Mrs. Vander Woude and Mrs. McGrath talked about the audience; they remember it as being deeply touching. Mrs. Vander Woude said, "The papal audience where the Pope mentioned the student's petition was also VERY moving.

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Rome Sweet Home *continued*

I cried." Mrs. McGrath also said, "You asked what I loved the most. For me, it was always the audience with the Pope who would later become our beloved Pope Saint John Paul the Great. I loved his writings and I pondered the things he thought were so important to the church, including his Theology of the Body, his love for Our Lady, his teaching on mercy, the Gospel of Life, the church's mission and social concerns."

After the papal audience, they spent the rest of the days touring Rome. Mrs. McGrath took care of all the planning for the week. She said, "As I organized the various tours, I remember pondering that this might be the only opportunity some in the group would ever have to visit Rome. Thus, I made sure our daily bus tours included as many stops as humanly possible - jam-packed was my goal! During the pre-paid scheduled daily tours, I remember my Italian bus driver insisted on cutting a couple of my important stops. Feeling like a mama bear, that was a big no, no for me —so onward we went! I wanted the students to experience their church and Rome's history, visit holy places and have fun! Gelato and pizza were a must have!"

Each morning the group went to 7am Mass at Saint Peter's. They visited St. Peter's Basilica and experienced the Scavi Tour, found underneath the Basilica where the bones of St. Peter are kept. According to Mr. Scheetz, Mrs. Vander Woude, Jason, and Mrs. McGrath, the Scavi Tour and the Basilica were the highlights of the exploration of Rome.

They all arrived back in the USA on November 26th. The arrival was perfect timing for the travelers because they only had 1 ½ days left of school before Thanksgiving break began.

The experience was life-changing for all involved and has proven to be a long-lasting, meaningful legacy for Seton School.

We Are Catholic!

Below are a few insights on the spiritual gains reaped from this experience:

MR. SCHEETZ

What was the most important thing you took from this experience?

"Being right there where St. Peter and the other apostles, as well as many other Saints, walked and worked and gave their lives and where there is the richest history of the Catholic Church made me appreciate much more deeply the gift Jesus gave us in the Church, which He will never allow to stray."

MRS. VANDER WOUDE

What was the most important thing you took from this experience?

"Mt 16:18: 'Thou art Peter and upon this rock I will build my Church and the gates of hell shall not prevail against it.'"

Is there anything else you would like to share?

"Mrs. Carroll is an amazing traveler. We were roommates and I learned a lot of great travel tips from her, including, take the stairs over the elevator when possible - better exercise."

"We stayed right near St. Peter's and were able to go to Mass there almost every day that we were there."

"And I don't like gelato, not a popular opinion - most people do, but I am firmly in the ice cream column."



When is it too early to begin decorating for Christmas?

By: Matthew Baldwin

Christmas time is right around the corner, but some people have already decorated their houses for the season weeks ago. Does that mean they have decorated too early, or that we are decorating too late? Personally, I think you should not decorate your house for any major holiday before another one, like decorating your house for Christmas before Thanksgiving. Consumerism has been a big reason why early decorating is so prevalent recently, and it is because of this early decorating that we begin to infringe on other holidays like Thanksgiving. I understand some people like to prepare for the Christmas season early, but I feel as if it really takes away from the Thanksgiving celebration if you have your Christmas decorations already set up. It might become a little hard to be thankful for what you have when you are looking at the Christmas tree and wondering what Santa will bring you for Christmas this year. That defeats the whole purpose of being thankful and then Thanksgiving just becomes another day on the calendar. You have plenty of time to decorate your house after Thanksgiving, too, and you might even get sick of your Christmas decorations if you decorate too early. Thanksgiving is an important holiday for Americans, but with people already focused on celebrating Christmas, we begin to forget why Thanksgiving is important. When you put up your Christmas decorations in November, it is as if we are already moving past and forgetting about the Thanksgiving season and looking forward to Christmas. Thanksgiving is meant to be about getting together with your family to celebrate what you are thankful for together. Thanksgiving arguably becomes one of the most important holidays to celebrate when you think about it like that, which is why you should not just merge Thanksgiving with Christmas by decorating early. Whether or not you decorate early, we should not forget the real reason for Thanksgiving, coming together with your family and being thankful for all the things you have. That is the true meaning behind celebrating Thanksgiving, and we should never forget that.



Pre-Spirit Week Volleyball Games

By: Shannon O'Malley

Prior to Spirit Week, it is a Seton tradition for students to play in volleyball games to earn points for their class. On November 9, 2022, Seton students piled into the gym after a long day of learning to show their school spirit and kick off this exciting time of year. The volleyball players were dressed in their class colors: white, green, gray, purple, blue and black. Each game consisted of the girls from each grade playing until 15 points and then the boys finishing it off to 30 points. Let's dive into more details about the final scores of the games:

To start off the assembly, the seventh graders were up against the eighth graders in an exciting match. It resulted in an eighth-grade victory of 30-14. Next, the freshmen played against the sophomores. The sophomores won with a final score of 30-16, entertaining the audience with several exciting plays. Lastly, the juniors battled it out with the seniors in a super close game. After many rallies, the juniors took the win with a score of 32-30. They had to win by two points to secure their victory, after having such a close game. During this match, the rest of the students chose either the senior or junior side to cheer from, which is another Seton Spirit Week tradition.

The pre-Spirit Week volleyball games are a Seton tradition that never fails to excite the students and faculty for spirit week. It is a way to bring people together, as well as serve as a little friendly competition among the grades!



Let's talk about SPIRIT

By: Briana Shillingburg

Spirit Week is always eagerly anticipated by the students at Seton School. This year spirit week started off with the pre-Spirit Week volleyball game on Wednesday, November 9th and then the actual week started on Monday, November 14. Each year Seton holds the Christ the King dance on that Saturday. Each day has a different theme, and each student can spice up their uniform or completely dress out. Let's dive into each day of this year's Spirit Week.

MONDAY NOVEMBER 14

The first day of Spirit Week was Jersey Day. This was an in-uniform day as there was Mass at All Saints in the morning. Many students had on jerseys of their favorite sports teams including baseball teams, football teams, hockey teams and many others.

TUESDAY NOVEMBER 15

The second day of spirit week was Tacky Tuesday. This was an out-of-uniform day, and many went all out. Some wore things like pajamas, tutus, and mis-matched shoes. This is always a fun day during Spirit Week!

WEDNESDAY NOVEMBER 16

On Wednesday, we had Generation Day. Seventh through ninth grade had to dress up as old people and tenth through twelfth grade had to dress as babies. This was an in-uniform day as we had a holy hour.

THURSDAY NOVEMBER 17

Thursday was Alter Ego Day. Many people dressed as movie characters, book characters and people that they think would be their alter ego. This was an out-of-uniform day so it was interesting to see what everyone believed their alter ego was.

FRIDAY NOVEMBER 18

The last day of spirit week is a Seton tradition and one of the highlights of the week, Class Color Day. This was an in-uniform day as we had our normal Friday Mass. Everyone had their class shirts on and other accessories that were their class's color. At the end of the day, there was a big assembly where each class sang their class song and they announced who had won Spirit Week.

Spirit Week is always a fun change to the usual day-to-day routine, builds class camaraderie and anticipation for the winning class, and is the perfect lead-up to the crowning event, the Christ the King dance.



A Surprising End to Spirit Week

By: Matthew Baldwin

This year's annual Spirit Week finale ends a long tradition for Seton seniors. Almost every year, Seton Spirit Week has always ended with the senior classes taking first place, but this year something unusual happened. To start off this year's assembly, the faculty and staff of Seton came together to sing their own song before the seventh grade opened with their class song. Grade by grade, the students began to sing their class's songs until it was the seniors' turn. Suddenly, the gym grew dark, and through a puff of smoke, the seniors came running in. Their spectacular entrance was not the only trick they had up their sleeves. In the middle of their song, there was a burst of static and the song unexpectedly changed to the senior's class song when they were in seventh grade. This same thing happened again and again, with the seniors even bringing out their old class banners to accompany the songs. It really was a creative choice for their class song, and it paid off in the end when the seniors won first place for class song. When the seniors had finished, the traditional face-off between the junior and senior classes began. But the seniors' class song turned out to be only the start of the surprises this year's Spirit Week had when the sophomore class suddenly ran to the corner of the gym and started their own rally. The other classes began to pick which class they wanted to win before the chanting started. Back and forth, the classes cheered themselves on, trying their hardest to be the loudest class in the gym. After a long and hard-fought fight for first place between the sophomore, junior, and senior classes, the results came in and the junior class of 2024 took first place. The juniors were ecstatic and began cheering and chanting before the whole school came together to end this year's Spirit Week in prayer. Whether you were voting for the juniors or seniors to win, the real reason behind Spirit Week is for the whole school to come together in a week of fun for Seton School.



Advantageous Advent Actions

By: Josiah Albin

The Advent season is a time of preparation for Christmas. The major focus of Advent is the two comings of Christ, past and future. During this time, we may need to be reminded of the origins of Advent, why we celebrate it, and how to properly celebrate it.

Advent began sometime after the 4th century as a time of fasting and preparation for the Epiphany, rather than in anticipation of Christmas. In the 16th century, St. Gregory the Great was the first to associate this season of Advent with the coming of Christ. By the Middle Ages, four Sundays had become the standard length of the Advent season, with fasting and repentance during that time. The Church also extended the meaning of Advent to include the coming of Christ through his birth in Bethlehem, his future coming at the end of time, and his presence among us through the promised Holy Spirit.

Advent is a period of spiritual preparation in which many Christians make themselves ready for the coming, or birth, of the Lord, Jesus Christ. Traditionally, Advent readings on the four Sundays are accompanied by the lighting of candles set in an Advent wreath. This goes back to the 16th Century in Europe.

Lighting a candle in an Advent wreath is a special way to begin the Advent season and teaches the meaning of Advent through symbols. For instance, the liturgical color for Advent is purple, which represents the royalty of Christ our King (in ancient times purple dye was costly and rare).

The symbols of Advent express the meaning of Advent by exploring themes related to the coming of Christ. Celebrating Advent typically involves a season of prayer, fasting, and repentance, followed by anticipation, hope, and joy. Advent not only thanks God for Christ's first coming to Earth, but also for his presence among us today through the Holy Spirit, and in preparation and anticipation of his final coming at the end of the age.

The best way to appreciate and enjoy the meaning of Advent is to share experiences with your family, friends, and church community. Advent is best celebrated when

you have a plan to stay in the proper mindset and view it all as getting closer with God. Select Scriptures for the four Sundays in Advent. Make an Advent wreath with Advent colored candles. Select Advent music and prayers for the four Sundays in Advent. Advent is a time of preparation and excitement for the birth of our Lord.



Christ the King Procession

By: Henry Knight

On the last Sunday of the liturgical year, Catholics around the world celebrate Christ the King Day. Seton celebrates Christ the King Day on the Friday before the actual day, which is also the last day of Spirit Week. Seton celebrates with a beautiful Mass in the gym, followed by their traditional Christ the King procession. The procession happens at the end of mass right before Benediction. The altar boys lead the priest, who carries the monstrance around Maple Street, followed by all those who were attending mass. The school band sits outside and plays while those who are processing pray and walk two by two. Once the procession is over, everyone goes back to the gym to finish mass, and sing "An Army of Youth".



All Souls Day Funeral Walk

By: Titus Stanton

On Monday, Nov 8th, Seton students and teachers joined together to participate in the All Souls Day funeral walk. This event of prayer and remembrance began after Monday Mass, when the entirety of Seton School ambled in a prayerful fashion to the Manassas Cemetery. There, they offered prayers and petitions to the souls in Purgatory. The event is held in solemn remembrance of all the deceased whose souls are enduring bitter-sweet agony in Purgatory. We offer prayers for them in order that they may be accepted into Heaven so that they can pray for their petitioners in Paradise. But why does the Church hold this day of prayer, and from where did this solemn Solemnity originate?

The first recorded celebration of All Souls Day was in the sixth century, when a group of Benedictine monasteries decided that they should honor their faithfully departed brothers with a day of memorial. Even though the celebration was the first recorded mention of it, there are multiple inscriptions on catacomb walls containing prayers for dead souls trapped in Purgatory that date back to the second century. This practice of honoring deceased Christians spread throughout Europe until the thirteenth century, when the Diocese of Liege officially adopted the practice and gave the holiday the official date of November 2nd. As the Protestant Reformation emerged in the 16th century, multiple Christian denominations adopted the practice of All Souls Day, conveying their own beliefs into the Catholic holiday.

In modern day, millions of Christians around the globe unite on All Souls Day to remember and pray for the souls of their deceased friends and family. To Christians, it is not only a day of sorrow, but a day of hope. It reminds us that our departed loved ones may be in Purgatory, and that our prayers for their souls could be the deed that sets them free. It prompts us to remember that when we pray for the dead, the dead will pray for us.



St. Andrew Novena By: Josiah Albin

The St. Andrew novena, also known as the Christmas novena, is a novena that Catholics pray during the time of Advent and Christmas. Oftentimes we pray novenas not knowing where they came from, why we celebrate it, or what special graces we even get from them. With the St. Andrews novena, you won't have to wonder for long. Beginning on St. Andrew's feast day, November 30th, the prayer is recited 15 times a day, every day until Christmas Eve. This prayer helps us focus and meditate on the true meaning of Christmas and prepares our hearts for His coming.

St. Andrew was one of Jesus' twelve Apostles. Scripture tells us that he was the brother of St. Peter, and it is thought that he was one of the Apostles who was closest to Jesus. According to the Gospel of St. Matthew, Jesus called Andrew and Simon Peter when He saw them fishing as He walked along the Sea of Galilee. He asked them to follow Him and to become "fishers of men." When St. Andrew eventually died, he was crucified just like other apostles. Like his brother, he requested that he be crucified in a different way from our Lord. He was crucified with an "x" shaped cross, now commonly known as the St. Andrew cross. He also was bound, not nailed, to the cross.

St. Andrew is the patron saint of Scotland, Romania, Russia, Ukraine, and Patras. Citizens of these countries pray the St. Andrew Novena for his protection and intercession for their country. He is also a patron saint of fishermen. As Jesus told St. Andrew that he could be a fisher of men, you could also ask for St. Andrew's intercession for your efforts in evangelization, or in following Jesus in your everyday life. St. Andrew is also a patron saint of singers. You can pray for his help if you are trying to establish a career as a singer, or for help if you are nervous about singing. You can pray the St. Andrew Novena for any intention! It also serves as a reminder to be prepared for the birth of our Lord, Jesus Christ.



A Night at The Sea-ton Dance

By: Titus Stanton

On November 19th, a multitude of Seton students gathered in the gym to celebrate The Feast of Christ the King in the much-anticipated tradition of the annual dance. There, the students enjoyed a variety of exceptionally selected music, a succulent selection of food, and radiant decorations fit for such a distinguished event. As custom, the Seton Student Government chooses a theme to be assigned to the dance. This year, the theme chosen was "A Magical Night Under the Sea." With skillful planning, strong leadership, and school spirit, the Student Government produced an enchanting night that no student will forget.

As you entered the dance, you were greeted with the sight of delightful decorations such as jellyfish seemingly floating in the air, multitudes of streamers covering the ceiling like kelp, and real goldfish in glass bowls at each table. The decorations truly gave off the aura of an under-the-sea homecoming. This year, the Student Government made great strides when it came to the music selection, mixing classics such as "Party in the USA" by Miley Cyrus with fresh songs like "As it Was" by Harry Styles. Executed by the dynamic DJ Cece Pogue, the dance was balanced with the perfect amount of hype tunes and slow dance melodies. Before the dance started, when asked about their expectations for the music, an anonymous Seton student replied "It (the music) is going to be awesome because the Student Government has great music choices." But with dancing comes an appetite. Cooked by Mr. Pogue, the dance included a sizable buffet of savory and succulent seafood. Some of the dishes included were salmon, swordfish, and shrimp. Also lending a hand was Mr. Heisler, serving blue, student-friendly, pina colada slushies and Sangria. "The food far exceeded my expectations and was extremely good," said Seton student Gabe Callaghan. A highlight of the evening was the traditional swing dance contest, won by Maggie and Walter Saffian, with Gabe Callaghan and Maddie Zadnik finishing second. With excellent food and rocking music, the mood of the dance was one of joy and excitement. As Seton student Theresa Kelly said, "When it came to the mood, everyone was extremely positive and joyous."

This year's Christ the King Celebration was one of happiness and jubilation. And as the dance ended with the now infamous "Sweet Caroline", Seton students left the gym with delight and enthusiasm for the next Seton event. With amazing decorations, stupendous music, and incredible food, the Christ the King Dance was one that will float in our memory for many years to come.



Seton Basketball is Back

By: Henry Knight

Winter is here, and for the athletics department at Seton, that means basketball season is underway. Seton offers a basketball team for every level of play and for every student, both boys and girls, as they have both boys and girls teams for junior high, junior varsity, and varsity.

The junior high boys team is an option for boys in seventh and eighth grade to get some playing time, and to learn more about the game. Kevin Fox is the head coach of the team and they kicked off their season with their first game on December 6th.

The boys junior varsity is an option for students in eighth grade to eleventh grade. This is a more fast paced, and higher level of basketball than junior high, and focuses on fundamentals. The team is led by head coach Pat Geary, and with Philip Ashton as assistant coach. The team kicked off their season with a win, and they look forward to continuing a winning record.

The highest level of boys basketball is varsity. The varsity team is led by coach Vander Woude, who is working hard to set up his team for success. The varsity team practices 3-4 times a week and plays games each week as well. They also started their season with a win, and can't wait to win more.

The junior high girls squad is for girls in seventh and eighth grade, and is led by head coach Eileen Heiny, and assistant coach Mary Kate Smith. These girls practice each week to improve their skills in order to win their upcoming games this season which they are looking forward to.

The girls junior varsity team is for girls from eighth to eleventh grade. The team is coached by Nancy Bauer, and they faced off against Meridian high school in their first game.

The girls varsity team is a very competitive group of girls, led by coaches Dick Pennefather, and Jenn Lalli. This team may be state contenders as they have been in years past, as they have a lot of talent and excellent coaching.



Hoops for Hope

By: Anneliese Orr

The 3v3 Tournament was a huge success, with approximately 60 people showing up to rival each other in basketball. The day before Thanksgiving break, anyone with a little bit of money and a desire to be the King of the Court could form teams of three or four to match up with the other teams. Students were not the only ones to take up this challenge; the graduates from other classes, including '22 and '20, showed up for this pre-Thanksgiving gathering. "It's a great way to see people you haven't seen in a while," one participant stated. Many people bond through sports, so it's a blessing that the Hope Club puts this on so that graduates and students can meet up and play with each other. The Hope Club especially blesses impoverished schools overseas. This year, through the 3v3 Tournament and pizza sales, the Hope Club raised \$937.50. This money will be sent to Italy, Honduras, Nicaragua, and Belize. Families, teachers, and students alike are all looking forward to next year's 3v3 Tournament. Go Seton!



Creative Corner November: Part 1

By: Emma Fox

A Song for Merry Harvest

Bring forth the harp, and let us sweep its fullest, loudest string.
The bee below, the bird above, are teaching us to sing
A song for merry harvest; and the one who will not bear
His grateful part partakes a boon he ill deserves to share.
The grasshopper is pouring forth his quick and trembling notes;
The laughter of the gleaner's child, the heart's own music floats.
Up! up! I say, a roundelay from every voice that lives
Should welcome merry harvest, and bless the God that gives.

— Eliza Cook

Home Full of Joy

May our home be full of joy,
May our hearts be knit with love,
As we give our grateful thanks
For Thy blessings from above.

—Unknown

Let Us Be Thankful

Let us be thankful for the loyal hand
That love held out in welcome to our own,
When love and only love could understand
The need of touches we had never known.

Let us be thankful for the longing eyes
That gave their secret to us as they wept,
Yet in return found, with a sweet surprise,
Love's touch upon their lids, and, smiling, slept.

—From "Thanksgiving," by James Whitcomb Riley

Make Us Worthy, Lord

Make us worthy, Lord, to serve our fellow men throughout the
world who live and die in poverty and hunger. Give them through
our hands this day their daily bread, and by our understanding
love, give peace and joy.

—Mother Teresa

Abundant Blessing

We thank you for the turkey, the gravy, and the dressing.
Dear Lord, this table overflows with Thy abundant blessing.
Let us always be aware that all gifts come from You,
and may we serve Your heavenly will in everything we do. Amen.

— Joanna Fuchs

I sit beside the fire and think
of all that I have seen,
of meadow-flowers and butterflies
in summers that have been;

Of yellow leaves and gossamer
In autumns that there were,
with morning mist and silver sun
and wind upon my hair

I sit beside the fire and think
of how the world will be
when winter comes without spring
that I shall ever see.

For still there are so many things
that I have never seen:
in every wood in every spring
There is a different green.

I sit beside the fire and think
of people long ago,
and people who will see a world
that I shall never know.

—J. R. R. Tolkien



Creative Corner November: Part 2

By: Emma Fox

Pumpkin Smoothie

by Ree Drummond

Total Time: 5 mins

Servings: 4 - 6

Ingredients:

- 1 can (15 oz. size) pumpkin pie filling
- 3 c. whole milk (more if needed)
- 1/2 c. vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 4 cinnamon graham crackers, crushed

Directions:

1. Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid.
2. To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get it the consistency you'd like.
3. Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

White Chocolate Covered Pretzels

by Patty Vadinsky

Total Time: 55 mins

Servings: 16

Ingredients:

- 6 (1 ounce) squares white chocolate
- 1 (15 ounce) package mini twist pretzels
- 1/4 cup of red or green sprinkles (optional)

Directions:

1. Melt white chocolate on the top of a double boiler, stirring constantly.
2. Dip pretzel halfway into the white chocolate, completely covering half of the pretzel. Roll in topping if desired and lay on wax paper.
3. Continue the process until all the white chocolate is finished. Place in refrigerator for 15 minutes to harden. Store in airtight container.

(Note: dark chocolate and semi-sweet/milk chocolate also taste delicious too.)

Mashed Potato Puffs

by The Cooking Jar

Total Time: 40 mins

Servings: 12 (about)

Ingredients:

- 2 cups mashed potatoes
- 3 large eggs, beaten
- 1 cup cheddar cheese, shredded
- 1/4 cup bacon bits
- 1/4 cup chives, chopped
- Pepper to taste
- 1/4 cup Parmesan cheese, shredded

Directions:

1. Combine mashed potatoes, eggs, cheddar cheese, bacon bits and chives.
2. Season with pepper if needed.
3. Grease a muffin pan and mound a heaping spoonful into each cup.
4. Sprinkle each cup with Parmesan cheese.
5. Bake for 30-35 minutes at 400°F or until golden brown.
6. Cool for 5 minutes and dish and serve warm with sour cream.
7. Enjoy!



Yours Truly, Julie

Swimming is starting back up and I really love my sleep! How can I make waking up super early easier for me?
- Sleepy Swimmer

Dear Sleepy Swimmer,

As a fellow swimmer myself, I totally understand the struggle of waking early for practice. Going to bed early the night before will make the next morning a whole lot easier but that isn't always very realistic or doable. Sometimes you'll have a lot of homework to do the night before so you won't be able to get to bed early, but just try your best. Time management is a very important skill and will help you navigate through the evening so you can get all your work done and go to bed at a reasonable time. To save a couple of precious minutes of sleep in the morning, pack your bags, make your lunch, set your clothes out, and do anything else that will make the early mornings a bit easier to handle the night before. If you do these things, you will definitely thank yourself! Go Seton swimmers!

Yours Truly,
 Julie

Winner Winner Turkey not for Dinner

By: Anneliese Orr

This year's lucky turkey pair stood obliviously in front of the press, unaware of the fate they had avoided. Each year, a pair of turkeys is chosen exclusively by the President to be spared from the Thanksgiving menu. This year's lucky turkeys are Chocolate and Chip. But several questions surround this renowned tradition, such as how did it start? Who started it? What happens to the turkeys after their pardon? The origin of this tradition is hard to accurately determine, but we know that the first unofficial turkey pardon was made by President Lincoln. His son had grown attached to a bird bought for the President and Lincoln instructed the White House to save the bird from the dinner table. After Lincoln, there were a few presidents scattered throughout history who spared their poultry, but it wasn't until John F. Kennedy that it became a public event. He had received a turkey as a gift to The White House with the sign "Good Eatin' Mr. President". Kennedy spared the turkey three days before his assassination. Presidents after Kennedy followed his example, but it wasn't until George W. Bush took office that the tradition was

made official. After their pardon, the turkeys are sent to universities of high education, such as Virginia Tech and Iowa State University. There, they are cared for by the veterinarian students and staff and allowed to roam the shaded grassy areas. Unfortunately, though, the turkeys often die soon after this because of their breeding with most dying well within two years of their pardon. Despite this, the tradition lives on and gives a pair of turkeys a second chance each year.

