

October 2023



THE INQUISITOR

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Columbus Day

by Gabriel Marm

Columbus Day is perhaps one of the most controversial American holidays. For many, it marks the discovery of the Americas by civilized Europeans. Others claim that it celebrates the memory of a man who committed “genocide” and deliberately abused the native peoples in the Caribbean. Today we will discuss some of the most common claims against the man who discovered the Americas, and how the true facts prove them wrong.

The most common claim that is thrown against Columbus is that he was directly responsible for the genocide of the natives. First, let’s look at the definition of genocide. Genocide is defined as the “deliberate systematic and widespread extermination of a national, racial, religious, or ethnic group.” A perfect example of genocide was the Holocaust of the Jews by the Nazis in WWII. It is true that many natives died from diseases brought from Europe, but it is unfair to call that genocide. The Europeans also encountered diseases which they were never exposed to in the New World, and they did damage to them as well.

Another claim is the natives lived in peace and harmony with each other, until Columbus stirred them to war against each other. The natives were constantly at war with each other. They were brutal in warfare and they were cannibals. It is untrue to say that they were peaceful until Columbus came. In fact, they were more peaceful and civilized with Columbus than they were with other tribes.

The Last major claim against Christopher Columbus is that he maltreated and enslaved the native peoples in the New World. First of all, the native tribes of the Caribbean and surrounding areas practiced slavery long before Columbus arrived. The abduction and importation of Africans did not begin until 1619, more than 120 years after Columbus. In the new world, Columbus built hospitals, brought priests to educate the natives, and civilized them.

Even though Columbus did make mistakes, he was not a genocidal maniac like Hitler or Xi Jinping. Without Columbus, it might have been centuries before someone was crazy enough to sail west into unknown waters. He paved the way for Europe’s exploration and colonization of the Americas.



Christ's Infinite Love

by Christina Curran

The Sacred Heart Of Jesus is a beautiful devotion that all people should know about. The Sacred Heart was known even in the Middle Ages as a symbol of Christ's infinite love. However, the devotion was not a universal one. In 1673, Jesus appeared to Saint Margaret Mary Aloque. He showed her His heart surrounded by the fire of His love. He said to her, *"My Heart is so full of love for men that It can no longer contain the flames of Its burning love. I must discover to men the treasures of My Heart and save them from perdition."* He gave St. Margaret Mary the special mission of



spreading the devotion to His Sacred Heart worldwide. He asked that He have a feast day especially to honor His Sacred Heart. Christ said, *"I demand that the First Friday after the octave of Corpus Christi be set apart for a special feast to honor My Heart; and I promise that My Heart will expand to pour out in abundance the treasures of Divine love on those who render It this honor."* Years later, on June 11, 1899, by order of Pope Leo XIII, all people were consecrated to the Sacred Heart of Jesus. Pope Leo XIII called the consecration "the great act" of his pontificate. The first feast of the Sacred Heart was celebrated in 1670 in France. The first time the feast of the Sacred Heart was honored throughout the universal church was in 1856.

Jesus promised, *"I will bless the home in which the image of my Sacred Heart shall be exposed and honored."* Seton school takes full advantage of God's promise. Due to Mrs. Carroll's request, there is an image of the Sacred Heart of Jesus in each classroom of the school. Seton also dedicates itself as a school to the Sacred Heart each year. When asked why this was important to Mrs. Carroll, she said that it was important to show our love for Christ publicly so that He can be at the center of every Seton event. Everyone is encouraged to practice a devotion to the Sacred Heart and to spread the story of His apparition to anyone who needs to hear it. Sacred Heart of Jesus, have mercy on us!

[The History of the Sacred Heart of Jesus Devotion, Part One - The Catholic Company®](#)

[What You Didn't Know About the Sacred Heart of Jesus: Part 2 - The Catholic Company®](#)

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A Walk to the Cemetery

by Luke Griffin

On November 6th, Seton students processed their way to the Manassas Cemetery after Monday's Mass. All students met up with their first-period teachers and prayed a decade of the rosary. The prayers were offered up for the departed souls on their road to paradise. We pray for the departed to speed them on their journey. But it's not just a one-day thing. From November 1st to November 8th is the week of the Solemnity of All Souls, when Catholics are invited to go to any cemetery and pray for the souls in need. This is one of the steps in being granted a plenary indulgence.

A plenary indulgence is a grace given to you by God to remove all temporal punishment due to sin. It makes it so you don't have to make up, in Purgatory, for the sins you have committed on earth.

To receive a plenary indulgence you must go to confession, participate in Mass and receive Holy Communion, pray for the Holy Father's intentions, have detachment from all sin, and within eight days of confession, and preferably on the same day as receiving Communion, either pray at in a cemetery during the month of all souls day, receive communion on the feast day of a church's patron saint, pray a family rosary, or going to church on Divine Mercy Sunday. If you fail to keep detachment from all sin, then you are given a partial indulgence, saying that not all, but some temporal punishment for your past sins is removed, but after all sins after the indulgence, you still have to make up for in Purgatory.

Obscure October Saints

by Colette Kramer

When thinking of feast days in October, saints such as St. Francis, St. Therese, St. Teresa of Avila, and Pope St. John Paul II come readily to mind. However, besides all of these well-known and cherished saints, there are a few that the average Catholic doesn't know much about at all. Among these more obscure holy men and women, a few are highlighted here.

1.) Saint Justus of Beauvais

This saint lived during one of the hardest times in history for Catholics, the Christian persecution of Diocletian. At the young age of nine, he was martyred for his faith. According to a legend, St. Justus stood up after his beheading and picked up his own head, scaring the soldiers who killed him so much that they ran away.



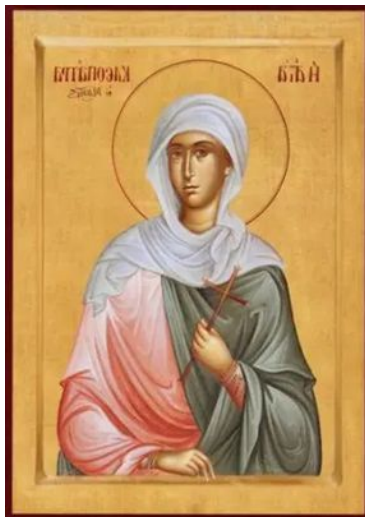
2.) St. Hilarion

St. Hilarion was a hermit who was born in Palestine and was a disciple of St. Anthony the Great. He lived in the desert of Israel for many years as a hermit before returning to society. However, he soon went to Sicily because his fame as a holy man had spread and he wanted to live in anonymity. However, he was soon known there as well because of the miracles he performed. He spent his whole life trying to hide from his own fame.



3.) St. Thecla of Kitzingen

Originally a nun in England, Thecla was sent to help St. Boniface in Germany with his missionary work. Boniface named her as the first abbess of Ochsenfurt, and she lived there for many years. She is known in some places as "Heilga".



4.) St. Cleopatra

Not connected in any way to the famous Egyptian Cleopatra, St. Cleopatra was actually a widow from Palestine. She rescued the remains of St. Varus and kept them safe in her house. A church was soon dedicated to him, and shortly afterwards her son died. Varus is supposed to have appeared to her and comforted her after this great loss.

All these saints deserve to be acknowledged and revered just like the much more well-known saints whose feasts are this month.

Soccer Showdown

by Victor Henry

Seton's varsity soccer team had an amazing season with a record of 15-4-3 as they headed into states under Coach Fioramonti and Coach Vander Woude. The team worked exceptionally well within the competitive VISAA Division 2 conference. Philip VanderWoude led the team in goals, averaging 1.4 goals per game and scored a whopping 28 goals across the season. Luke Vander Woude has totaled 12 goals and an impressive 15 assists, while Gabe Orellana has also had a good season, with 9 goals and 9 assists. Senior night was a hit, as our 10 seniors and rest of the team whooped Immanuel Christian 4-0. A few weeks later, our boys put up an incredible performance in the state championship tournament. They made it to the finals and traveled to Richmond to play against Trinity Christian School, but suffered a tragic 0-1 loss from an own goal. We will have to say goodbye to 10 of our seniors this year, and will have to look to the current sophomore and freshman classes to fill the big shoes they have left.



The JV and JH soccer teams just finished their seasons recently, and JV had a pretty strong showing this season thanks to Coach Bauer and Coach Hassan . They finished with a decent 3-5-1, partially because of star player Daniel Sokban's devastating leg injury halfway through the season. Players like Joe Benin , Joe Geary, and Tadhg Gibbons had to step up to fill his spot. Overall, they had a good building season, and Seton is looking forward to next year when some promising 8th graders will be able to join the team.

The JH team's final record was a very solid 6-4-2, and were well coached by Coach Cooley. Jack Herwick and John Cooley continued to lead the team into the VCAC tournament, in which they won their first game but unfortunately lost in the second round, 0-3 against Immanuel Christian. Congratulations to all of our soccer teams who performed very well this season, and I'm sure we are all looking forward to next year

Cross Country

by Victor Henry

Cross Country recently had their 3rd and final VCAC meet, and our team had a flood of personal bests from the first meet to the third. Star runner Michael Brand finished 9th overall with an outstanding time of 17:39. Jerome Kramer got an 18:05, and Max Wilson got an 18:35, which was more than a minute faster than his previous personal record.

Rose Waldron ran a PR of 21:50 and finished 12th overall. Lily Griffin ran a season best at 22:58, and Monica Hartung and Penny Kramer both had good sub 24 finishes. The team had to overcome many challenges throughout this season, like ankle injuries, wasp attacks, asthma attacks, achilles tendonitis, and shin splints. However, the team pushed through, and had a very successful season. The team will definitely be able to improve come next season, and they will be able to perform better than ever.



BONUS FEATURE: NFL Midseason Update

by Victor Henry

Curious why the Bills didn't easily clinch their division, or how the Ravens came to be the top team in the AFC? Maybe you're curious why the Panthers are so bad, or who people thought would make it to the Super Bowl 10 weeks ago. Well you have come to the right place, because we break down and answer all these questions right here on the NFL Update, presented by your Seton Sports Editor, Victor Henry!

[CLICK HERE](#)



Daughters of the King

by Allison Quispe

This year's daughter of the king took place on Oct. 7th 2023. At the start of the event all the girls who attended received a talk from the keynote speaker Catherine Hadro. She talked about how she converted to Catholicism, and her life with her family. After that we had a group talk with the three "wise women." They talked about what they are going to talk about with us individually. We were all divided into different groups so it was the Seniors-Sophomore, Freshman-8th graders, and the 7th-6th graders. One of the talks was given by Kately Javier, she talked about how beauty defines women but what is inside of us is our personality, and that whenever people judge or make fun of you, none of that matters, because God made you in His image and likeness. The second talk was given to us by Regina Bethencourt. She talked to us about how to take who you are as a person, and how you can share that with the world. She basically explained that you should take the good that's inside of you and share it with the world so that it could become a better place. The last speaker was a photographer named Renée Higdon. She talked about how photoshop works on social media, and how it affects girls point of view in themselves. She also talked about how most girls compare themselves to models and how they should be as pretty as them, which is not the right thing to do. At the end of the event, everyone had a delicious dinner thanks to many Seton moms and The Bone in Manassas. After that all the girls had a wonderful time watching Marie Miller sing many beautiful songs and had an awesome and thrilling fashion show with Mrs. Carroll going down the runway for the big finale. A big thank you to Mrs. Dalrymple, Mrs. Duran, and Mrs. Mantooth for another successful Daughters of the King and to many of the Seton moms who helped and volunteered.



A Night to Remember

by Luke Griffin

Sons of the Most High is a wildly popular, annual, all-day event for the Seton's boys. At the event, there is mass, talks, games, and then "toast, roast, and boast" with dinner. The event started on October 1st with mass and the Holy Eucharist, said by Father Christensen. After that, the "Wise Men" and "Wise Women" gave talks about their lives and morality, and answered student questions. Soon after that, the 97 Seton boys meditated with Mr. Terreri before starting the games.

This year, the games were Bodyguard, 9 Square, Capture the Flag (in the lake), Slip and Slide Race, and Woodland Laser Tag. Bodyguard was the fan favorite, in which the offense had to get their runner to the other side of the field without the defense tackling him. The boys were split into 8 different colored groups with a different senior captain. Each game your team won would be a point, and the team with the most points won. Mick Firamonti's team came out with the win, after an insane final match of Bodyguard. After the games was dinner, and "Roast, Toast, and Boast," where you would have the opportunity to either roast someone or toast them. If you were roasted, you would respond, "Who are you to roast me?" The person doing the roasting would then have to give a boast. The "Roast, Toast, and Boast" started off normal, but as the night went on, things started to get heated, with several sumo fights to end the night.

Special thanks to Jessica Morales, Pablo Gomez, and Vincent Terreri for setting up the event, and to "The Wise Men and Women" Jonathan Mundell, Adam Irving, Fr. Christopher Christiansen, Catherine Cobos, Maesa Vicente, and Lisa Dunham. Also thanks to the dads Jeff Ghering, John Haliski, Ara Maranian, Bob Stanton, John Saffian, Eric Alderman, Dante DeFazio, Paul Fifield, John Herwick, Matt Jordan, Michael Bookwalter, and alumni Tim Blanchette for helping out.



Black Hawk Down

by Gabriel Marm

During the early 1990's, the African country of Somalia was locked in an extremely bloody fight between the Islamic warlords who committed atrocities in order to gain control of the country. In 1993, the United Nations (UN) initiated an operation to provide humanitarian support to the citizens of Somalia. The United States launched Operation Restore Hope to aid the situation by sending troops and supplies to the country. Mohamed Farrah Aidid, a warlord in control of the city of Mogadishu, seized this opportunity to hoard the incoming food supplies. He also provoked violence, killed UN officers, and committed crimes against humanity. The population of the country suffered drastically due to the situation. Disease and starvation spread rapidly because the various warlords had fighters who patrolled the streets and felt free to commit atrocities.

Finally, the United States had enough. On October 3, 1993, Task Force Ranger was deployed in a tactical raid to capture Aidid and two of his lieutenants. Dubbed "Operation Gothic Serpent," the US Army Rangers, soldiers from the 10th Mountain Division, Delta Force operators and other service members deployed to the center of the city in a combined land and air assault. The operation was initially a success, but soon into the conflict, things took a turn for the worst. At 4:30 in the afternoon, an American MH-60 Black Hawk with the callsign "Super 61" was shot down by a rocket propelled grenade. Operation Gothic Serpent was immediately re-missioned to secure the crash site and recover the Americans in the helicopter. 20 minutes later, as the American forces neared the crash site, MH-60 Super 64, which was on its way to support the crash site of Super 61, was also shot down. It crashed a half mile from Super 61. Over the next 14 hours, the US forces fought in the most intense urban combat since the Vietnam War.

The 100 American soldiers held off a force of more than 1,000 fighters for 15 hours. By the end of October 4, 18 Americans were dead and 73 were wounded. The bodies of the fallen Americans were mutilated and dragged through the streets by violent mobs. By March of the following year, President Bill Clinton ordered the complete US withdrawal from Somalia. The country would remain in a state of turmoil for the rest of the century. Mohamed Aidid was killed during the fighting in 1996, which threw the country further into chaos and killed millions of people. Despite the US casualties, the battle taught us a lesson on how to use helicopters. The Battle of Mogadishu forever changed the way the US military deployed air support in urban combat.



[The Legacy of Black Hawk Down | History | Smithsonian Magazine](#)

[The Battle of Mogadishu 25 years later: How the fateful fight changed combat operations \(armytimes.com\)](#)

[For your safety this page has been restricted \(army.mil\)](#)

Girls Sports

by Monica Smith

Girls Varsity Volleyball season is sadly coming to an end soon. Their current record is 11-8. Their senior night was this past Friday, celebrating their three amazing seniors; Mary Curran, Lilly Vander Woude, and Elizabeth Reese. This senior night was a pink out, which brought in a ton of fans, to fill the gym. The seniors were recognized by their coach, and the athletic director. The varsity semifinal conference championship was on wednesday, november 1st, where the team faced Trinity Christian. Seton took them to 5 sets, each set point for point, with an outcome of a Trinity Christian winning. The Seton varsity team did not make it to states, ending the season as number 9. At the end of the season they had a record of 12-8.

Junior Varsity volleyball season recently ended with their last game, which was on Tuesday, against covenant. They ended their season with an incredible win, ending with a record of 8-8!

Junior High volleyball has ended their season as runner ups for the conference. Their final record was 10-5.



Varsity Girls Tennis recently had their senior night last monday, celebrating their only senior Julia Atkinson. The team has ended their regular season with a record of 6-8. They will play in our conference championship, and hopefully get to states! To end there season with a record of 6-9.



Thanksgiving History and Traditions

by Colette Kramer

As everyone knows, the first Thanksgiving was celebrated by the pilgrims in Massachusetts, shortly after they landed in Plymouth. They celebrated to give thanks that they had survived their trip to the new world and that they now had Native American allies to help them. However, it is less widely known that Thanksgiving was established as a national holiday in 1860 by Abraham Lincoln during the Civil War. Lincoln was also the first president to pardon a turkey.

Thanksgiving is a day on which we nationally give thanks for our blessings and gather with our families. Many families have traditions and traditional foods that they celebrate Thanksgiving with every year. Below are some suggestions of things to do on Thanksgiving. You might start a tradition of your own.

- Watch football on TV or play it with your family.
- Help make Thanksgiving dinner.
- Play a board or card game.
- Go on a walk.
- Go to Mass and thank God for all of your blessings (Eucharist means thanksgiving!)

Food has always played a huge role in Thanksgiving, ever since the pilgrims. Many foods, such as pumpkin pie, stuffing, and turkey are eaten by almost everyone, and some families have unique dishes that they make every year. Twenty-four students were polled on their favorite Thanksgiving foods. Of all the many foods you could eat on Thanksgiving, stuffing is the most popular.

- 1.) Stuffing: 10
- 2.) Turkey: 6
- 3.) Mashed potatoes: 4
- 4.) Pumpkin Pie: 4



Fall Fun

by Monica Smith

It's Fall! Fall is the perfect time to take out your comfy coats, put a hat on your head, and do something fun with the whole family. Spend some quality time with your family and friends, and get outdoors!

[Click here!](#)

Our Lady of October

by Teresa Curran

October is the month of the Rosary, in which we honor Our Blessed Mother especially by praying the rosary daily. The following is a list of the feasts of Our Lady in October that can be used to ask for Mary's intercession every day of the month.

1. Our Lady of Protection
2. Our Lady of the Assumption- Naples
3. Our Lady of the Place
4. Our Lady of Vaussiviers
5. Our Lady of Buch
6. Our Lady of Good Remedy
7. Our Lady of the Rosary
8. Our Lady of Grace
9. Our Lady of Ephesus
10. Our Lady of the Cloister
11. Maternity of Our lady
12. Our Lady of Zapopan
13. Our Lady of Clairvaux
14. Our Lady of Larochele
15. Our Lady of Schools
16. Mother most pure
17. Our Lady of Chartres
18. Our Lady of Rheims
19. Our Lady of Valencia
20. Mother Most Admirable
21. Our Lady of Gifts
22. Our Lady of the Rock
23. Our Lady of Comfort
24. Our Lady of Hermits
25. Our Lady of Toledo
26. Queen of All Saints
27. Our Lady of the Basilica
28. Our Lady of Vivonne
29. Our Lady of Oropa
30. Our Lady of Mondevi
31. Madonna of the World



Although every feast day of Our Lady is important, the feast of Our Lady of the Rosary, on October 7th, is one of the greatest feast days historically. On this day, Pope Pius V asked Christians to pray the Rosary for Mary's intercession, to help the Holy League defeat the Turkish navy. The Muslims were threatening to take over Christian Europe, and had a superior fighting force. The Christian fleet prevailed with Mary's intercession, and to honor her, Pope Pius V declared October 7th the feast of Our Lady of Victory. In 1573, Pope Gregory XIII changed the feast to Our Lady of the Rosary, which is still celebrated today.

Another historically significant feast of Our Lady, not listed above, is October 13th, "The Day the Sun Danced." On this day in 1917, Our Lady of Fatima appeared to the three shepherd children, Lucia, Jacinta, and Francisco for the last time. On a previous visit, Our Lady promised a miracle, saying, "In October, I will perform a miracle so that all may believe." The sun spun and seemed to dance, and many of the witnesses thought they were going to be killed. Hundreds of people witnessed this miracle, and there were several conversions on that day. Mary identified herself to the shepherd children as, "Our Lady of the Rosary." Throughout the time of her visits, Mary stressed the importance of praying the rosary. Mary even told Francisco, the young shepherd boy, that he would have to say many rosaries in order to get to Heaven.

Although Mary has shown herself in many different ways throughout history, her request stays the same: say the rosary. In our holy hour at the end of October, it was said that holding a rosary is like holding Our Mother's hand. Take advantage of her gift of the rosary, and allow her to lead you closer to her Son, especially during the month of October.

[The Rosary and the Battle of Lepanto | Simply Catholic](#)

[Fatima's October 13 Apparition: More Than Meets the Eye | National Catholic Register \(ncregister.com\)](#)

Halloween's Haunted History

by Teresa Curran

When someone says “Halloween,” most people think of pumpkins, trick or treating, and dressing up in fun, spooky costumes. Many people don’t know where or when the holiday even began. The origins of the holiday are almost as spooky as the Halloween movies of today.

Originally, October 31st was the Celtic feast of Samhain. They believed that the ghosts of their ancestors would return on this night, destroying crops and causing chaos. The ghosts were also supposed to help their priests tell the future. The people would light fires and dress up in costumes, trying to ward off ghosts. The feast was later adopted into a Roman holiday to remember the dead.

In 1609, Pope Boniface made Nov. 1st, “All Saints’ Day”, and the night before, October 31st, became known as “All-hallows Eve”, and eventually, “Halloween”.

In America, before the 1800’s, the holiday became a day for pulling pranks and even witchcraft. Women believed that they could learn the name or appearance of their future husband by doing witchcraft on this night.

In an effort to erase witchcraft from the holiday, Halloween became a day for parties in the community. The tradition of giving out candy to children originally began as an effort to bribe them not to play tricks on their neighbors’ houses.

Fun facts about Halloween:

1. Of all the candy bought annually in America, one fourth is purchased for Halloween.
2. In 2021, people spent almost \$500 million on costumes for pets.
3. In Dublin, Georgia, any costume that covers your face is illegal.
4. In Alabama, dressing as a nun or a priest is illegal.



JMJ

Spectacular Senior Retreats

by Zach Moore

The senior retreats this year went off without a hitch! Father Vacarro came in and gave the seniors a great talk about not leaving for tomorrow what can be done today, both when it comes to virtue, and when it comes to daily life. Mr. Pennefather summed it up well: “You need to focus on holiness now. We ask Mary to pray for us now and at the hour of our death, but we often fail to remember that at some point those two coincide, and now becomes the hour of our death. Never put off virtue.” Because of this we should never put off virtue until the next day, as tomorrow isn’t promised. Mr. Pennefather also went on to summarize Father Vaccaro's point about senioritis being just like deaconitis. Meaning, once we feel as though no one can hold us to doing our work anymore, we often don’t even do it at all.

In an interview with senior Nick Fucci, he said that “the senior retreat made me realize that you can never be too close to God, and you grow closer to God the sooner you start working on your faith life and praying daily.” Father Vacarro stressed the importance of daily prayer and fasting, which Nick Fucci found very profound. Nick said during that interview that “The senior retreat was a wake up call that I, and many other seniors, really took to heart.” In all, the senior retreat was a great time.

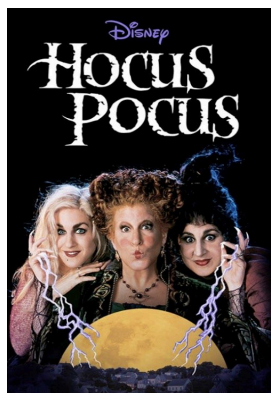
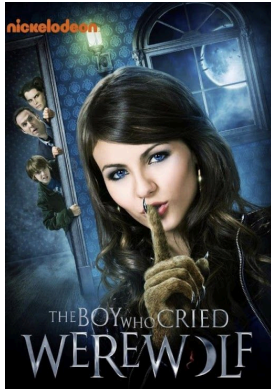
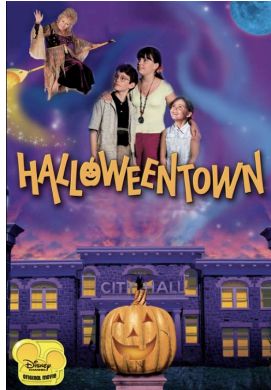




Spooky Movie Recaps

By: Emily Coreas

HALLOWEEN MOVIES



The Nightmare Before Christmas:

The film follows Jack Skellington, the pumpkin king of Halloweentown, who becomes tired of scaring people in the real world. He discovers Christmas Town and decides to take over Christmas by kidnapping Santa Claus. However, Jack soon realizes that even the best-laid plans can go horribly wrong.

Hocus Pocus:

Max Dennison, a teenager, goes on a trip with his sister Dani and their new friend, Allison After Moving to Salem, Massachusetts. Allison tells Max a spooky story while visiting an abandoned house, which Max rejects at first. However, his activities unintentionally free a group of malicious witches who used to live in the house. Max, Dani, and Allison have to depend on a magical cat to help them obtain the witches' book of spells in order to keep the witches from obtaining immortality. PG-13

The Boy Who Cried Werewolf:

David Sands and his two children, Hunter and Jordan, face financial difficulties. They receive an unexpected inheritance from their long-lost relative, Dragomir Ducovic. The inherited property is Wolfsberg Manor, a gothic castle in Romania. Madame Varcolac, the mysterious ruler of the castle, adds to the intrigue.

PUMPKIN BREAD RECIPE

BY: EMILY COREAS

Ingredients:

- 1 can (15 ounces) pumpkin (not pumpkin pie mix)
- 1 $\frac{2}{3}$ cups sugar
- $\frac{2}{3}$ cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 3 cups Gold Medal™ all-purpose or whole wheat flour
- $\frac{1}{2}$ cup coarsely chopped nuts
- $\frac{1}{2}$ cup raisins, if desired
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon ground cloves



- 1.) Lower the oven rack so that the tops of the pans are in the center of the oven. Preheat the oven to 350°F. Only grease the bottoms of two loaf pans (8 1/2x4 1/2 x 2 1/2 inches) or one loaf pan (9x5x3 inches) with shortening.
- 2.) In a large mixing basin, combine pumpkin, sugar, oil, vanilla, and eggs. Mix in the remaining ingredients. Pour into the pans.
- 3.) 8-inch loaf pans 50–60 minutes, 9-inch loaf 1 hour 10–1 hour 20 minutes, or until a toothpick inserted into the center comes out clean. Allow 10 minutes to cool. Loosen loaf sides from pans; remove loaves from pans and lay top side up on a wire rack. Allow it cool completely (approximately 2 hours) before slicing. Wrap tightly in plastic wrap and store at room temperature for up to 4 days, or refrigerate up to 10 days.

Oktoberfest

by Gabriel Marm

Oktoberfest is a traditional German festival that has grown in popularity worldwide. Despite being called Oktoberfest, the 16-day celebration is usually held during the last weeks of September and ends on the first Sunday of October. It was founded in 1810 as a celebration of the wedding of Bavarian crown prince Ludwig and Princess Therese of Saxony-Hildburghausen. Since then, it has become Germany’s most famous tradition, and an event where men and women, dressed in traditional Dirndls and Lederhosen, can enjoy plentiful food and unlimited beer.



Frau McCaa and her German classes hold our very own Oktoberfest here at Seton. Seton’s Oktoberfest is held in October. “I have been doing Oktoberfest since 2011 when I took over the German classes,” she said. “Since I took over the German classes, I have made it available to the entire school.” Putting on Oktoberfest at Seton takes lots of preparation and practice. “My German I students have to learn all of the *trinkend lieder*, or drinking songs, as well as the authentic dances that go with those songs.”



Every year Oktoberfest starts with a parade around the gym, followed by a brief history of the event given by a German historian. This year’s historian was JJ Pogue. Then the German students perform the traditional songs and dances, including the song *Oh du lieber Augustin*, and *Sieben Schritte*, or the “Seven Steps” dance. During the dances, the audience has the opportunity to participate in the songs that accompany them. Frau McCaa wants to make sure that the audience feels free to participate in the celebration, especially this year’s new Crazy Hat Contest. Once the festivities are over, the attendees can enjoy authentic German food for the rest of the period. Oktoberfest is a great way to experience a bit of the German culture here at Seton and a good experience to have each year.

[What is Oktoberfest—and why is it actually in September? \(nationalgeographic.com\)](http://nationalgeographic.com)

Jr. High Boo Bash

by Christina Curran

On Halloween, the students from seventh and eighth grade attended the junior high All Hallow's Eve party. The party took place during the students' eighth period class in the gym. They all dressed in a variety of costumes and enjoyed some Halloween games. This was a great opportunity for the junior high students to celebrate Halloween together, especially because they were unable to attend the high school Halloween dance. The party started with every group telling what they were dressed as and then a game of limbo. There were four limbo winners, a boy and girl from both seventh and eighth grade. The students then did some line dances, including the "Cupid Shuffle." There was also a costume contest. The winners of the costume contest were given first choice of the snacks at the party. As snacks, the students were given nachos, candy, and juice boxes. When asked what her favorite part of the party was, a seventh grade girl said, "I liked the nachos and that we got to leave class early!"

Take a look at some of the creative costumes and games!



Sophia, Clare, and Katie dressed as Alvin and the Chipmunks. A group of seventh grade girls dressed as crayons.



John Paul plays limbo. Thomas and Jackson dressed as Jedis.



Students doing a line dance.



Wild Halloween Wonders

by Zach Moore

Seton's Halloween dance was filled with wild and spectacular costumes! These kooky costumes could only have been thought up by Seton students. JJ Pogue, Micky Fioramonti, and Peter Hassan won the certainly interesting costume contest this year dressed as Israelis. The haunted hallway was especially terrifying and mysterious this year. The food this year was delicious nachos and rice krispy treats, and the drinks were tasty lemonade and Tang. This year's dance had the best turnout I've seen in years, with no shortage of attendees. The music choices this year were spectacular and really got everyone into the dancing mood. Without further adieu, here are some of the best costumes from this year's Halloween dance:

Modesty Magic: Where to Find

a Modest Christ the King Dance

Dress! by: Emily Coreas

Advice for Next Year

You might be worried about finding the appropriate dress for Seton's Christ the King dance. Here are some suggestions for finding the most modest formal gowns for the dance.

Some conservative formal neckline gowns with a jewel (close

crew (close around the neck), neckline that encircles the base of the neck

Neckline: bateau/boat (closely follows the collarbone)

fulfill Seton modesty requirements despite the fact that they are generally

sleeveless. Any dress without sleeves must have a neckline that is at or above the bust.

It must pass through the collarbone and reach the shoulder. These kinds of dresses



that have no sleeves can be worn to the dance

YOU HAVE TO MAKE YOUR DRESS APPROVED!

Make sure to show Mrs. Duran or Mrs. Pogue your dress during both lunch periods and get it approved. You could also get them approved after school.

It is very important to show your dress a few weeks prior to the dance. Then, if it does not get approved, you can either fix it or get another dress in time.

WHERE TO FIND A GOOD DRESS

- MACY'S
- TARGET
- JCPENNEY
- MARSHALS
- TJ MAXX
- AMAZON



The right outfit has the power to boost confidence and transform how you feel about yourself. It's no coincidence that people often dress up for important events, job interviews, or first dates. The right ensemble can make you feel poised, powerful, and ready to conquer the world. Fashion empowers individuals to embrace their unique qualities and feel more confident in their own skin. Fashion transcends borders and languages. It's a universal language that connects people worldwide. The global appeal of fashion is evident in the way trends from one part of the world can quickly influence and inspire fashion choices in another. Fashion weeks in cities like Paris, Milan, New York, and Tokyo draw fashion enthusiasts from all corners of the globe, creating a platform for creativity and cultural exchange.

Dia De Los Muertos

by Allison Quispe

Dia de los Muertos, also known as the Day of the Dead, is a Mexican holiday that is celebrated on November 1st and 2nd. It is a time for people to honor and remember their deceased loved ones. The holiday has indigenous roots, with elements of Aztec and other Mesoamerican traditions, and it has also been influenced by Catholicism brought by Spanish colonizers.

Here are some traditions for Dia de los Muertos:

1. **Altars (Ofrendas):** Families create altars in their homes to honor the deceased. These altars are decorated with marigolds, candles, incense, and a variety of offerings, including the favorite foods and beverages of the departed. Photographs of the deceased are often displayed on the altar.
2. **Sugar Skulls (Calaveras de Azúcar):** Intricately decorated sugar skulls are a common symbol of Dia de los Muertos. They are often engraved with the names of the deceased and used as offerings on the altars.
3. **Marigolds (Cempasúchil):** Marigold flowers are believed to guide the spirits of the dead back to the world of the living. They are used to create colorful paths leading to the altars and graves.
4. **Pan de Muerto:** "Bread of the Dead" is a sweet, round bread often decorated with bone-shaped patterns. It is a traditional food for Dia de los Muertos and is placed on altars as an offering.
5. **Calacas and Catrinas:** These are skeleton and skull figurines and images, often dressed in fancy attire. They are a whimsical and common representation of death in Mexican culture.
6. **Processions and Parades:** Some regions, especially in Mexico, hold processions and parades to celebrate Dia de los Muertos. People dress in traditional or skeleton-themed attire, and there may be music, dancing, and other festivities.



7. **Personal Celebrations:** Some families gather to share stories and memories of their loved ones, creating a joyful atmosphere despite the occasion. It is seen as a way to keep the spirits of the deceased alive in their hearts and minds.

Dia de los Muertos is a vibrant and meaningful holiday that celebrates the cycle of life and death while paying tribute to those who have passed away. It is not a sad occasion but rather a festive and colorful way of remembering and honoring the deceased.

Pan de muertos [Five facts about Día de los Muertos \(The Day of the Dead\) | Smithsonian Institution \(si.edu\)](https://www.si.edu/5-facts-about-dia-de-los-muertos)