



THE INQUISITOR

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Night to Shine

by Teresa Curran

Seton students from all grades volunteered to participate in this year's "Night to Shine." Night to Shine is a dance held annually for people with special needs, and was hosted by All Saints Church. The Night to Shine is a wonderful way of showing support and love to people who can be looked on as a burden. Those with special needs are a gift from God, and The Night to Shine was an opportunity for the volunteers to follow in Jesus' footsteps in serving others. Throughout his life, Jesus went out to those with disabilities and treated them with love.

This night offered fun and dancing for both the volunteers and the guests of honor. Before the dance, volunteers helped the ladies with their hair and makeup, while the men had their shoes shined. A Seton student who helped with hair and make up said, "I really liked doing hair and makeup because it felt so great to see our guests become so happy after we made them feel beautiful."

The guests entered on a red carpet, surrounded by cheering volunteers. Many people also volunteered as "buddies". The buddy's role was to make their assigned guest have as much fun as possible throughout the night. A Seton student had this to say about her time as a volunteer, "It was really fun! My buddy was a little nervous at the start, but she warmed up to me. The guests liked being kept busy, and they LOVED dancing. My favorite part was seeing how much fun my buddy had dancing. I would definitely do this again. I can't wait for next year!"



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Citizenship

by Zach Moore

As a citizen of the United States over the age of 18 it is your obligation to your country to vote, to pay taxes, and to follow all of the just laws of your country. Some additional duties that come with citizenship are jury duty, supporting and defending the Constitution, and staying informed. We have these and many other duties to our country as citizens, but what does citizenship even mean? According to Dr. DiVietri, citizenship is “Sharing in both the responsibilities and benefits of being a United States citizen”. Mrs. Kammerdeiner noted “Citizenship used to be taught in school, but nowadays there appears to be more of an emphasis on teaching activism rather than on what it means to be a good citizen.”

The Boy Scouts has long considered Citizenship to be so essential that they had three required Eagle Merit badges to teach scouts about being a good citizen in your community, nation, and the world. However, in late 2021, Scouts BSA added the Citizenship in Society badge, which is more about being an activist than about being a citizen in your society.

It’s very worrying to me that we have an entire generation growing up without being told the importance of citizenship. It has gotten to the point that some young people living in the U.S. hate this country and all that it stands for. Citizenship needs to be taught in schools.



National Catholic Swim Meet

by Allison Quispe

This year, the National Catholic High School Championship meet took place at Loyola University of Baltimore, on Saturday, January 13 and Sunday, January 14, 2024. In this event there were 28 swimmers including Ariana Aldeguer (FR) Elodie Brox (JR) Clara Condon (JR) Haley Fifield (JR) Kyleigh Fifield (FR) Anastasia Garvey (SO) Maggie Gibbons (SR) Giselle Hill (SO) Philomena Kay (FR) Stella Paradise (SR) Rose Waldron (JR) Joseph Borneman (JR) Michael Brox (JR) Liam Halisky (JR) Connor Koehr (JR) Luke Mantooth (SR) Lionel Martinez (SR) Thiago Martinez (FR) Andrew Nguyen (JR) Max Wilson (JR) and our divers Connor Koehr (JR) Mick Fioramonti (SR) Jacob Oswald (JR) Max Gonzalez (JR) Gus Kohlhaas (JR) Philip Gomez (JR) Rose Waldron (JR) Maria Miller (SO) Meghan Condon (8) Elizabeth Francis (JR). These swimmers worked really hard. They stayed in a mansion owned by Dr. Paul Rhodes. Connor Koehr scored very high in his diving and got a silver medal. Make sure to check the Seton Swimming website for all updates on meet date and score and other stuff too! Here's the link: [Seton Swimming](#)



March for Life

by Monica Smith

What is the March for Life? The March for Life is a peaceful protest against abortion in the United States of America. People travel from all 50 states to our nation's capital, Washington DC, to participate in the March for Life. The first March for Life was on January 22, 1974, and was organized by Nellie Gray. She started the peaceful protest with only 20,000 people, and today there are hundreds of thousands of marchers who participate every year. The March For Life was originally going to be a one time thing, in hopes that Roe v. Wade would be overturned. When it wasn't, the March for Life became a yearly event, proving itself to be a powerful witness for the most vulnerable members of our society, the unborn. No United States president, even a president who claimed to be pro-life, had appeared at the March for Life until President Donald Trump attended and spoke at the March in 2022. In 2022, Roe v. Wade was overturned. This year people were wondering if the March for Life was still going to be held, since abortion is now illegal depending on the state's decision. But despite the weather and other obstacles, tens of thousands of people still made a huge effort to come to the March for Life because they realize our work isn't done. Until abortion is eradicated from all states, the March for Life is unfortunately still needed to stop abortion throughout the United States of America. This year Michael Johnson, who is the Speaker of the House in our United States Congress, gave a speech at the March for Life.



Bright Minds, Bold Ideas

by Allison Quispe and Colette Kramer

Every student at Seton School is required to participate in at least one year of Science Fair to graduate. Most students will fulfill this requirement while they are enrolled in Biology class freshman year. This year the high school Science Fair took place on January 24th and was run by Mr. Charles Chalkley, the new Biology teacher at Seton School. He assisted the students with any questions they had and gave them guidance on project ideas and implementation. After months of work, the students finally presented their projects to the judges. There were nine categories of projects with winners in each, and then an overall winner. Some of this year's categories were Medicine & Health, Biochemistry, and Microbiology. The students work very hard and take pride in their projects, so the competition was fierce. The award ceremony at the end of the day had the student body eagerly awaiting the results. The overall 1st place winner was freshman Nicholas Moore. His project was in the Engineering category in which he designed and built a controlled hydropneumatic piston. Moore explained further, "I designed a group of pneumatic pistons forcing diffusion through a hydraulic system. The result was a vast increase in the rate of the hydraulic system."

In speaking with Mr. Chalkley about the process of preparing for the Science Fair he said, "From the beginning, I'm helping them to choose a topic that interests them and to understand that topic to a greater depth. I'm guiding them through the background research, and the underlying scientific ideas that make up the concepts they are working with while helping them to flesh out their idea into an actual experimental design and to carry it out, and to analyze their results." When asked what he hoped the students would take away from their experience, he stated, "I hope they take away that science is something that they are capable of doing and that while it can be challenging it can be learned and hopefully enjoyed. I hope they view science as something useful to them in their daily lives and that they have a new appreciation for the work of scientists as well." Chalkley added, "I think the students' participation in the Science Fair gives them a good understanding of how to look at a problem or a question, logically and scientifically, to break it down into testable concepts and steps. I think it also helps them to look at scientific results that you hear about in the news in a more critical way."

On January 31, 7th grade students from Seton took part in the annual Junior High Science Fair. Seton Science Department head, Dr. Beth Carpenter said, "The Science Fair helps our students learn to think logically through a problem. It also helps build self-confidence as it teaches perseverance and resilience. In short, grounding the students in the scientific method lays the foundation for critical thinking skills Seton students need to succeed in high school." The Science Fair is all about applying the scientific method to everyday life.

This year's Science Fair was just as outstanding as previous years. Junior high students presented projects from various fields and types of science, from Animal Sciences to Microbiology. Among the most impressive of the projects was 7th grader Clare Judge's project in the Plant Sciences category. In her experiment, she tested the effect of different colored lights on the growth of plants.

Clare not only won first prize in her category but also was awarded the grand prize of the junior high fair. In addition, fifteen other seventh graders received awards. Judges and teachers alike agreed that the students had done an excellent job. Throughout the fair, the judges remarked to the teachers how well the students were prepared. Despite the success of every one of the students, many of them were nervous about their presentation. As 7th-grade student Chiara Ghering said, "It was nerve-wracking to watch all my classmates presenting before it was my turn." The Science Fair is a great opportunity for every student to experience the scientific method. Even though many of their hypotheses were disproven, each one learned from their mistakes. As Albert Einstein said, "The only source of knowledge is experience." At the end of the day at the Award Ceremony, it was impressive to see the numerous hard-working students recognized for their achievements.

As always, it's the unsung heroes of the Science Fair such as the many diligent volunteers, judges, and coordinators, who made this event possible. And of course, the dedicated science staff who tirelessly worked to help the students to do their very best.



Medical Missionaries Dance



by Colette Kramer

This year's Medical Missionaries Dance was a fun event for all grades to enjoy. On January 27, students from 7th to 12th grade turned out in the Seton gym for a Fiesta-themed dance. As always, the profits went to supporting the Medical Missionaries. When asked what her favorite part of the night was, a seventh grade girl said, "I really enjoyed dancing with my friends." An eighth grader added, "I will definitely come again next year." The NHS members helping out provided churros, slushies, and cookies for the event, as well as organizing the raffles. Everyone received a ticket as they entered the dance, to be put into the raffle for Chick-Fil-A gift cards or a pair of earbuds. After some dancing, the music was stopped, and the winners of the first raffle were announced. The two winners, Christina Poisson and Isaac Fox, swung at the piñatas while everyone in the gym watched. After they burst open, students scrambled on their hands and knees to reach the candy. Later, the winners of more than fifteen gift cards and the earbuds were announced. Throughout the night the students danced to fun music and did two line dances, Cotton Eye Joe and the Church Clap. Even Mrs. Carroll joined in the fun. A sophomore said, "This event is super fun every year... I love seeing all the junior high students get to go to a dance."



A Very White Christmas

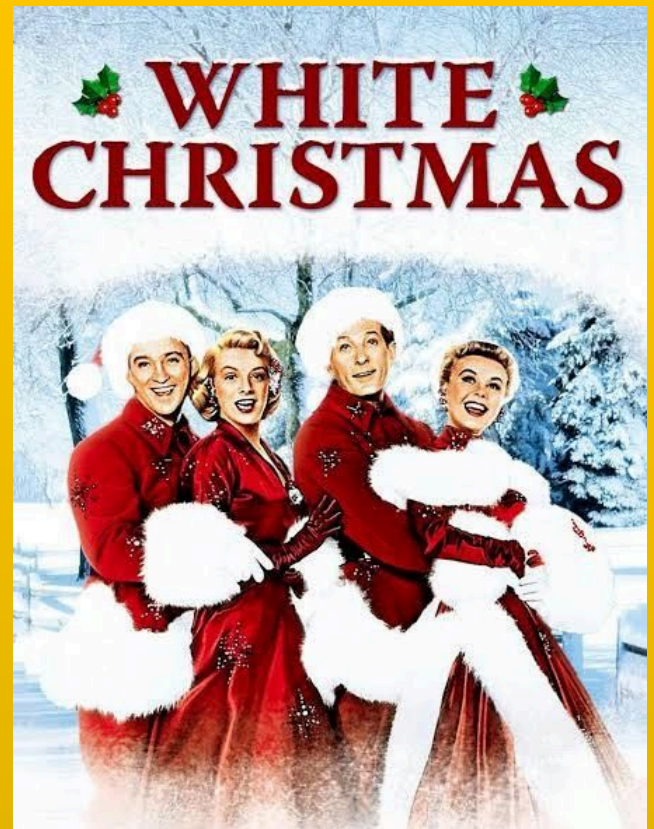
by Luke Griffin

The spring musical is here! Led by Miss Mary Kate Vander Woude, who ironically chose "A White Christmas," as this year's "spring" musical. This is Miss Vander Woude's first year directing the musical, previously helping out as assistant director. The play has reached a record this year, with 180 students participating.

The main characters are Bob Wallace (Blaise O'Keefe), Phil Davis (Gus Kohlhaas), Betty Haynes (Madelyn Zadnik), Judy Haynes (Lizzie Rohan), and General Waverly (Andrew Baltrinic). Other major characters include Martha Watson (Orla Haggerty), Susan Waverly (Bella Chau), and Ralph Sheldrake (Kieran Kelly). There are 2 acts and 21 scenes.

The producer is Mrs. Erin Vander Woude. The Musical Director is Mrs. Shannon Catabui, along with Mr. Dan Arnold, Miss Michaela Catabui, Mr. David Catabui, and Mr. Michael Allen helping out. Mr. Haggerty is the Technical Director. In charge of choreography is Miss Ann Pennefather. The costume attendants are Mrs. Lynn Morrison, Mrs. Christi Brox, and Mrs. Heather Allen. The set designer is Mr. Thomas.

Big thanks to all parents and teachers who are helping out with the play and watching over the kids, and thanks to the Seton students for participating in Seton School's, "A White Christmas."



Stay Warm Next Winter With These Style Tips

by Emily Coreas

Everyone wants to stay warm in the winter, but in a fashionable way. If you want to look chic next winter, keep reading and find out how. Winter is characterized by colder temperatures and longer nights. It's also a great opportunity to look sharp while remaining modest. There are several ways for ladies and guys to seem trendy and modest during winter.

There are specific colors associated with winter. This color scheme is suitable for several outfits: cool shades such as true white, light gray, dark gray, and cool blue.

Wardrobe Suggestions:

- *Boots are a statement piece this winter, especially ugg boots. But bearpaw boots are a more affordable option and are very similar.
- *Scarves can also add style to your outfit. Some can be found on online websites like Amazon and also at stores like H&M, Macy's or T.J. Maxx.
- *Leg warmers are a pretty option to add personality into your outfit. They help you stay cozy and very cute.
- *A turtleneck underneath crewnecks often make your outfit look more stylish. It is also another option to keep warm if you're not a big fan of scarves.
- *Puffer jackets are also very fashionable. North Face puffers are trendy this winter, but Colombia has some more affordable options.
- *Accessories add a lot of personality to any outfit. Some current options are beanies, bows in your hair, ear muffs, bracelets, and bags.

With Spring coming around the corner, there are usually closeout sales at some stores. There is a possibility of clearances on winter clothes. It is recommended to go and save on winter clothes for the next winter season!



The Epiphany

by Christina Curran

The Feast of the Epiphany marks the end of the Christmas season, which begins December 25, Christmas Day. The word “epiphany” means “revelation of God”. In the early church, Christians celebrated The Nativity, The Wedding Feast at Cana, The Baptism of the Lord, and The Visitation of the Magi, known as the Feast of the Epiphany, all on one day. The Visitation of the Magi and Christmas Day were separated into their own feasts at the Council of Tours in 567. Now the term “Epiphany” usually means just the celebration remembering The Visitation of the Magi. The 12 days between Christmas Day and the Epiphany mark the 12 days of Christmas.

The Feast of the Epiphany is celebrated differently depending on the country. Italy started the tradition of children not being given gifts on Christmas, but rather on the Feast of the Epiphany. This follows the 3 wise men’s example of giving gifts to the Christ Child. Originally started in Poland, people sometimes take chalk to church to be blessed. This chalk is then used to write the letters C+M+B and the year above each doorway of the house. The letters stand for the names of the 3 wise men, Caspar, Melchior, and Balthazar. The letters also stand for the Latin words “Christus mansionem benedicat”, meaning “Christ, bless this house.”

While the church celebrates the Feast of the Epiphany 12 days after Christ’s birth in Bethlehem, The Wise men probably arrived much later to honor the Christ child. The Bible isn’t clear about how long the wise men’s journey to the holy family was, but it is estimated that it took under 2 years. The Bible refers to Jesus as a “child” at the time of the wise men’s arrival.

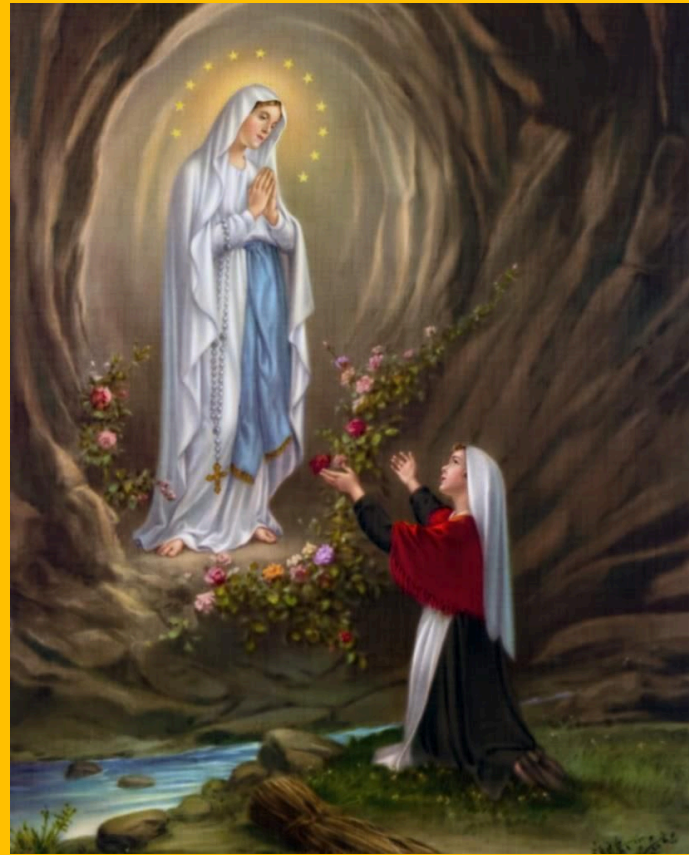
The 3 wise men worshiped the Christ child and presented the holy family with gifts of gold, frankincense, and myrrh. These gifts were very expensive, so the men were assumed to be kings; however, the bible refers to them as “wise men.” By giving these gifts The wise men were acknowledging the Christ child as God and humbling themselves before him. The gifts are also very symbolic as well. The gift of gold is worthy for a king, which shows that the men believed Christ to be the King of the universe. Frankincense was a symbol of prayer, which recognized the Christ child’s divinity. Finally, myrrh was used to bury the dead. This foreshadowed Christ’s suffering and death, which redeemed all mankind. May the wise men’s example remind all the world to honor Christ as their King.



Our Lady of Lourdes

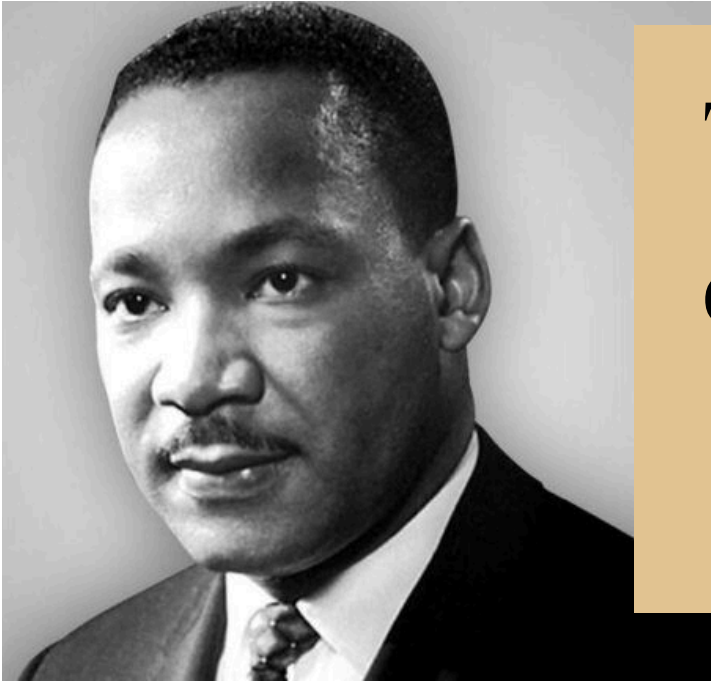
by Gabriel Marm

Every year on February 11, Catholics celebrate the feast day of Our Lady of Lourdes. Lourdes is a small mountain town in France and was home to the poor Soubirous family in 1844. Bernadette Soubirous was 13 years old when our Blessed Mother first appeared to her. She appeared in a small grotto, called Massabielle, on February 11, 1858. Over the course of the next few months, Our Lady appeared to Bernadette 18 times in that same grotto. Bernadette did not know that the heavenly woman whom she was seeing was the Blessed Mother. On March 25, the feast of the Annunciation, Our Lady said to Bernadette, “I am the Immaculate Conception,” affirming to Bernadette that she was in fact the Mother of God. Mary appeared to Bernadette for the last time on July 16, 1858. Bernadette went on to live until 1879. She died at the age of 34, and was buried at a convent in Nevers, France. When her body was exhumed in 1909 as a prerequisite for canonization, she was found to be completely incorrupt. She was canonized on the feast of the Immaculate Conception, December 8, 1933.



Perhaps the most significant time that Mary appeared to Bernadette was the February 25 apparition. With 300 people present and watching Bernadette, Our Lady told her to “drink from the spring.” But the only water present was a small, muddy pool. She dug a small hole with her hands, and out of it sprung water, just as Our Lady had said. The spring’s water was soon discovered to have miraculous healing properties. Today, the holy waters of the spring have been diverted to a bath house where people can go and bathe in the waters to seek healing and intercession from our Blessed Mother. Now, millions of pilgrims visit the Shrine at Lourdes annually, seeking to visit one of the few places where Mary came to visit us on Earth.





The Dream That Changed America

Keep reading if you want to find out how Martin Luther King Jr. impacted America, and how we should celebrate his holiday.

by Emily Coreas

Martin Luther King Jr. lived a significant life and did multiple things in his lifetime to help his people. It all began with Martin Luther King Jr's father, who led a march of African Americans for equal voting rights. He was very influenced by his father, and all of the Important things he did. In 1955, he was a part of the bus boycott. This basically was the civil rights movement helping to boycott segregated buses due to Rosa Parks' stand, and putting an end to racism. In 1963, he gave his famous "I have a dream speech" in dc, at the march for jobs for civil rights and freedom. In 1964, he won the Nobel peace prize. In 1965, the voting act was passed, so that everyone could vote. This was very significant.

We celebrate Martin Luther King Jr. Day on the third Monday of January every year to honor everything he has done and accomplished. We also celebrate what he did for equal rights for everyone.

Fun fact

He was the only non-president to have his own holiday.

Valentine's Day Traditions Throughout the World

by Zach Moore

Every year on February 14th the world celebrates Valentine's Day. Around the world they have many different traditions surrounding this special day. By learning about these traditions we obtain a new lens that we can use to peer into that country's culture.

Valentine's Day in Asia

In Japan women give chocolate to men to express their feelings. In the Philippines, thousands of weddings are held Feb. 14th.

Valentine's Day in Europe

In Germany people give each other chocolate pigs and gingerbread to express their love and to wish good luck. Walentynki means Valentine's Day in Polish. In Poland many visit the city of Chelmnno for Walentynki as it boasts many relics of St. Valentine in its museums, and is known as "The City of Lovers". In Norfolk, England, Jack Valentine leaves gifts at people's doors.

Valentine's Day in Russia and Scandinavia

In Denmark people exchange pressed white flowers, felt hearts, and joke letters. Valentine's Day is relatively new in Russia, as they only began celebrating it in the 1990's. In Russian schools they hold special events or parties.



Japanese Chocolates

German Chocolate Pigs



Danish Felt Hearts



Jack Valentine from England



Saint Valentine's Remains in Poland



Philipino Wedding on Valentine's Day



Russian Parties

The Presentation of Our Lord

by Christina Curran

The Feast of the Presentation of Jesus in the Temple has been celebrated for centuries. Now, this feast is celebrated by the Catholic Church on February 2, but this was not the feast's original date. The Presentation was originally celebrated 40 days after the Epiphany, which was February 14. At that time, The Nativity, Epiphany, Christ's Baptism and the Wedding Feast at Cana were all celebrated on the same day, January 6. Later, the church wanted the Nativity to have its own feast day. When the Catholic Church began to celebrate the Feast of the Nativity on December 25, the Feast of the Presentation was moved to February 2, 40 days later. This was to allow there to be 40 days between the feast of Christ's birth and His presentation.

The Feast of the Presentation of the Lord celebrates when the Blessed Mother and Saint Joseph brought the Infant Jesus to the temple 40 days after his birth in recognition that he was a gift from God. According to Jewish tradition, the first male son belonged to God, and the parents had to "purchase" him back with an offering. The offering was a pair of turtledoves or two pigeons. When the child was presented the mother was also purified. The Feast of the Presentation is also known as the feast of the Purification of the Virgin because the Blessed Mother was also purified in order to follow the Jewish tradition. The Blessed Mother humbled herself by following the Jewish tradition, though she conceived and bore Jesus miraculously, by the power of the Holy Spirit. When the Christ Child was presented to the Temple, Simeon, a righteous man, recognized Jesus as God. He thanked and praised God for allowing him to see the Messiah. He also warned the Blessed Mother that "a sword will pierce her heart."

The Feast of the Presentation is also known as "Candlemas." A tradition was started in the 11th century that candles would be blessed on the Feast of the Presentation. A procession then would take place through the dark church with the lit candles. The Canticle of Simeon was then sung. This beautiful tradition was based upon Simeon's words at the presentation about the Christ Child, "a light to the revelation of the Gentiles." Candlemas is still an important feast in Europe.



A Season of Sacrifice

by Teresa Curran

This year Ash Wednesday fell on February 14th. Ash Wednesday marks the beginning of Lent, the time of preparation for the Easter season. Lent is the time in which people fast and give alms to prepare their hearts, minds, and souls for the Resurrection of Jesus Christ.

During this time, many people make sacrifices or give up certain pleasures to help mortify themselves. The purpose behind giving things up is it helps people to become detached from the things of the world. Genesis 3:19, which says, “With dust you were made, and to dust you shall return”, is a reminder to us that we were born with nothing and we will die with nothing. In becoming more detached from material things, we become more like we will be in Heaven.

Several students were questioned about what kinds of sacrifices students can apply to their daily lives. Below are the most common replies:

1. Sweets/ Desserts
2. Television
3. Social Media
4. Music



Many students struggle with their sacrifices becoming tedious chores, rather than joyful sacrifices to our Lord. Some ways to avoid this attitude are to try giving up something that has not become a routine sacrifice every year. Rather than cutting that thing or pastime out of your day and then spending your time thinking about it or wishing you were doing it, replace that time with prayer. Sacrifices and mortifying our bodies is a major part of the season of Lent, but preparing our souls should also be a focus. This Lent, consider making a conscious effort in your prayer life in addition to or instead of making sacrifices. If you already pray for fifteen minutes every day, try praying for twenty. You also might consider adding devotional prayers to your day, such as the Rosary and the Chaplet of Divine Mercy. Many people also make a greater effort to go to confession during the time leading up to Easter.

You can sacrifice your time in other ways besides prayer. Students can offer their time to classmates who are in need of help. Visiting the nursing home or helping at a charity event is also a fruitful way to spend your time. Even at home, you can sacrifice your time by helping your siblings with homework or helping around the house.

This Lent, ask yourself what you can do to help bring yourself closer to God and Heaven. Approach every situation as a possibility to sacrifice to Our Lord. Remember the words of the angel to the Children of Fatima, "Make of everything you can a sacrifice and offer it to God as an act of reparation for the sins by which He is offended, and in supplication for the conversion of sinners."

President's Day

by Gabriel Marm

Every year in America, we celebrate President's Day. This year, it fell on Monday, February 19. Originally established in 1885, President's Day commemorated the birthday of George Washington, which is on February 22. In 1971, under the Uniform Monday Holiday Act, President's Day was moved to the Monday nearest to Washington's birthday, to provide a 3-day weekend for the working people of the Country. It was then combined with Abraham Lincoln's birthday, which fell on February 12. This eventually led to the inclusion of all US Presidents, past and present, in the celebration of the holiday. Since its foundation, President's Day has been looked forward to as a day free from work and school. It is also a time to snag great deals at your favorite stores! This President's Day, enjoy yourself and the company of your family on one of the few long weekends in the year!



[Presidents' Day 2024 - Date & Holiday | HISTORY](#)

Winter Activities and Recipes

by Monica Smith

We are winding down the winter of 2023-24, and you're probably running out of ideas for things to do and make. Some fun winter activities to do even if it's chilly outside are:

1. Go ice skating. The Harris Pavilion, which is located 9201 Center St. Manassas, VA, is a great place for outdoor ice skating. It is a cheap way to get the whole family together to do something everyone will enjoy. Adults are \$10 per adult, and children are \$8 per child. They are closed Monday and Tuesday, but their hours Wednesday through Friday are 4:00-9:30 pm. For the weekend, their hours are 12:00-9:30 pm.
2. Another fun activity is skiing or snowboarding. The Bryce Resort, which is located in Basye VA, is a ski resort the whole family will love. They give out lessons (with sign up) for all ages! If you're up for learning a new trick this winter, try skiing.
3. Watching a new movie or reading a new book is always great! A book recommendation is *The Boys in the Boat*. This is a classic book, written by Daniel James Brown, telling the true story about "Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics." The movie *The Boys in the Boat* recently came out, and is in theaters now. If you have already read the book, you can watch this new film in theaters, and watch the words come to life.

4. Last but not least, try new recipes. Cinnamon rolls are great breakfast treats. See link to the recipe: [Best Cinnamon Rolls Recipe: How to Make It \(tasteofhome.com\)](#)
For lunch, try Chicken Enchilada Soup. This is yummy soup to warm you up on a cold winter day. See recipe link: [Chicken Enchilada Soup \(eatingwell.com\)](#)
And lastly, for dinner, try so many different things. From lasagna to lemon garlic chicken, they are all amazing. See links to recipe links: [Ravioli Lasagna Recipe: How to Make It \(tasteofhome.com\)](#)

[Turkey Biscuit Stew Recipe: How to Make It \(tasteofhome.com\)](#)
[Sheet-Pan Lemon Garlic Chicken Recipe: How to Make It \(tasteofhome.com\)](#)
[Potato and Pepper Sausage Bake Recipe: How to Make It \(tasteofhome.com\)](#)
[Asparagus Ham Dinner Recipe: How to Make It \(tasteofhome.com\)](#)
[Blue Cheese-Crusted Sirloin Steaks Recipe: How to Make It \(tasteofhome.com\)](#)



Boys Winter Sports

by Victor Henry

Varsity Basketball

Varsity continues to crush their competition, standing at a record of 21 wins and only 2 losses. Coach Dan Vander Woude, assisted by his army of trainers, continues to lead this team to excellence. The team has grown exceptionally well in raw skill and in team chemistry, as 10 of the 11 players have played together before. Brothers Dominic Nguyen and Patrick Nguyen lead this team in points, and even made it into an Inside NOVA article headline. Patrick and Dominic Nguyen hit 1000 career points in the recent Steward Invitations tournament and the recent blowout victory against Immanuel Christian respectively, which is a huge milestone for him and the team. The 3 Vander Woude brothers make an excellent 3 point shooting core, while Stephen Barber controls the game from the paint to form the current #6 ranked basketball team in the VISAA Division II.

Coach Vander Woude continues to be impressed by his team's performance, especially their "great chemistry" and "unselfish play". Following their nail-biting loss at Fairfax Christian, Coach Vander Woude praised his team, calling the game a "positive experience" and "their best game yet, regardless of the scoreboard". His goal for the team this season is to "do the best we can", and to not necessarily win the State Championship. He wants to focus on "limiting turnovers and defending extremely well" leading to the end of the season. Coach Vander Woude also pointed out that "you can only control how much you practice and improve", and not what games you win. The team went on to win every game following Fairfax Christian. Coach VanderWoude's Varsity team went on to be the VCAC Division Champions, before losing at Norfolk Collegiate in the State Quarter Finals.



JV Boys Basketball

The Junior Varsity Boys team led by Coach Kevin Fox performed very well, finishing at 15-5. Coach Fox encouraged his team throughout the season to focus on growing not just in basketball, but in gratitude. Guard Joe Geary continued to lead the team in points, and forwards Matt Leukenmeyer and Justin Saffian led the team in 3 pointers and rebounds respectively. The 5 benchwarmer Sophomores did a great job encouraging the Freshmen starters, since they didn't get the same number of opportunities to play as they did. Together they won 9 of their last 10 games, with that loss being to the very athletic and formidable Fredericksburg Christian school. They also finished the season strong with a 30 point win over Holy Family Academy. Mr. VanderWoude will definitely have some great replacements for the graduating varsity seniors next season.

SPORTS COLUMN

JH Boys Basketball

The Junior High boys had a rocky season this year, finishing at 4-10. Starting point guard Tom Waldron and forward Will Luckey led the team in scoring. They seemed to struggle with having so many new players who didn't make the team last year. Kudos to Coach Garvey and Coach Waldron, who managed the massive 16 man team very well, allowing all of the players to play in almost every game. That sadly lost in the first round of their VCAC Tournament to the #1 seeded Fredericksburg Christian school. Next year, with many current 7th graders gaining experience on the court, they may be able to have a better season depending on the talent of next year's incoming 7th graders.



Boys Varsity Swim

Our boys varsity swim team took a 15-man team to states at Virginia Tech a few weeks ago. The team enjoyed the 4 day trip to Christiansburg, where they stayed in a large river house. Seton's boys placed 3rd in Division II, besting out our rival Trinity Christian. Although the boys swim team didn't place as high as they had hoped, 2 members of the dive team received very impressive awards. Connor Koehr won 1st place in diving with a score of 362.45, making him the best D2 diver in Virginia and the Diver of the Meet honor! Diving Coach Ashley Keapproth also won VISAA Boys Diving Coach of the Year, mainly because of how she turned a group

of relatively inexperienced divers into a group that took 5 of the top 15 placements, including 1st place. I am sure Coach Koehr is very pleased with his exceptional team. Here is a link to Coach Koehr's blog about the VISAA States Tournament. <https://setonswimming.org/beautiful-bookends-for-a-grateful-old-coach-at-visaa-states>

Our Female Conquistadors

by Luke Griffin

Girls Junior High Basketball

The Junior High girls have finished a hard fought year. Their record is 7-12. Their excellent coach is Mrs. Nancy Bauer. Seton's 7 Junior High starters are; Katherine Bauer, Charlotte Smith, Clare Heiny, Maeve Burgess, Annelise Chau, Marion Vander Woude, and Kathryn Blanchette.

Girls Junior Varsity Basketball

Junior Varsity have won 14 out of their 17 games, with an exceptional record of 14-3. Monica Smith, Maddy Heiny, Madeleine Smith, and Ella Pogue are some of the starters. Their coaches are Mrs. Mary Cate Smith and Mrs. Eileen Heiney.

Girls Varsity Basketball

The girls Varsity basketball team has an incredible record of 21-6. Coached by Mr. Dick Pennefather and Mrs. Lalli, this team has finished off a great season. Starting for Varsity girls is; Lucy Pennefather, Lily Vander Woude, Jacqueline Hugo, Isabella Chau, and Catherine Witter.

Girls Swimming

Our Seton swimmers had an exceptional year. They have had four meets; the National Catholics, the D-2 Invitational, the VCAC Champions, and States, and have placed well in all four. The star female swimmers are; Ariana Aldeguer, Stella Paradise, Elodie Brox, Clara Condon, Maggie Gibbons, Haley Field, and Lucia Bingham. Congratulations to our female swimmers for their exceptional hard work.

Junior High



Junior Varsity



Varsity

