The Future is in Our Genes?

On Wednesday, February 25th, Mr. Dennis Holm and his Biology II students traveled to Nathan Hale High School near Milwaukee, Wisconsin, in order to attend Mr. Sam Rhine's Genetics Update Conference. At the annual conference, the students were able to learn about the newest discoveries in modern science and what is yet to come. From finding out possible cures for cancer to about how adult stem cells are the key to the future, students were able to see what the future of science holds in store. Mr. Holm said, “It was a good time. I learned about different types of mitosis, asymmetric and symmetric. He [Sam Rhine] spent most of the time, what 3 hours and 15 minutes, talking about cancer.”

Senior Edem Tagbor’s stated his biggest take away from the conference, “New cures and treatments may be coming soon to help fight against diseases that were once thought untreatable.” Senior Rodrigo Ramirez, meanwhile, found it interesting that smoking only really contributes a 33% chance to one’s probability of getting cancer. Otherwise, he said, “The rest of it really is just up to chance and how the mutations take place.” Whether one was looking into a career in medicine and wanted to see what he was getting into, or if he was just letting his curiosity take hold and wanted to see something new, students and teacher alike were able to come away from the conference with a new understanding of science and the possibilities yet to come. T

Latin Scholars

By: Adolfo Mora

Before leaving for winter break, 25 Latin students took the National Latin Exam on Wednesday, March 4th. About 141,000 students from throughout all 50 states and from 15 different countries take the exam each year. The exam requires students to answer 40 multiple-choice questions in a time span of 45 minutes. The questions cover a range of Latin topics from grammar to literature. As Senior Kevin Draftz, a former Latin student who took the exam last year, said, “The National Latin Exam is a test of grammatical skill and understanding of the language's background and mythology.”

Mr. David Gritt, SLS's Latin teacher, did all he could to prepare the Latin students for the test. National Latin Exams from previous years were available, so Mr. Gritt had his students take them to practice for the real thing. Mr. Gritt has been teaching at St. Lawrence for 17 years now and has had his students take the test every year. Awards are presented in three levels: cum laude (honors), magna cum laude (high honors), and summa cum laude (highest honors). Taking the test allows Latin students to see how they compare in ability to other Latin students across the county and world and to see their efforts honored by a national organization. Congratulations to all of the Latin scholars! T

Biology II students at the Genetics Update Conference.

Latin students work diligently on the test.
The Year of the Goat
By: Christian Osornio

Each year, SLS students celebrate Tet, and this year’s Tet celebration was exciting for many of them. Tet is a holiday celebrated in many Asian cultures, sometimes referred to by other names, such as Seollal, which marks the lunar calendar’s New Year. With the large number of students who come from Asian backgrounds at SLS, this event is one that many really enjoy for many reasons. Students can look forward to a banquet of specialty Asian foods, a unique prayer service, a dragon dance performance, and fireworks.

Tet is a time on the Hill where many people engage in different parts of the celebration. The Vietnamese students help to organize the food and dragon dance, while the Korean students typically help with the food and organize the fireworks for the end of evening prayer. Some students, and their families who come to assist, spend all morning and the night before making all the different types of exquisite food for Sunday night dinner. Others help out with the choreography for the Chinese Dragon Dance. This year’s celebration marked the beginning of the “Year of the Goat.” Senior Brian Tran said, “Everything went very well, especially because parents came from their own homes in Chicago and Milwaukee. I was the one who led the evening prayer. I didn’t get to help out with the food, but it sure was amazing.”

Rising Once Again From Ashes
By: Edem Tagbor

When walking around campus at this time of the year, it is very likely that one would notice that there are many changes taking place on the Hill of Happiness. Coinciding with the renovation of St. Mary Hall is the reconstruction of St. Joseph Hall, which was lost to a fire just over one year ago. The latter housed the band room, Development Office, offices of spiritual directors, Business Office, and the student bank. The groundbreaking ceremony for St. Joseph Hall was held on Friday, March 6th, the day students left for winter break. The ceremony blessed the ground where the new building would be constructed. Classes were shortened to 25 minutes in length to accommodate the ceremony which took place at 10:55 a.m.

Father John Holly, Rector of SLS, presided over the ceremony, which was attended by students, staff, and guests. He began by invoking God’s blessings on the site and recalling the many uses of the building. Mrs. Margie Buelow, the Liturgical Minister, led the community in a sung litany. The community gathered for the blessing was separated into four sections at the site, and each section was separated by a large cross. Then several seniors poured holy oil on the cross and holy water was sprinkled outside the perimeter of the area. The area stood ready for the construction crews to begin work in the next few weeks.

Friday, March 6th, also marked the last day of use of the refectory, as the renovation of St. Mary Hall, which contained the refectory, went into full gear. Under the new dining arrangement, food is served in Maximilian’s, a banquet hall in the village of Mt. Calvary. Classes are dismissed separately for lunch during 5th period to accommodate the travel and avoid overcrowding in the new dining area. Prior to the move, senior Andrew Nguyen said, “The new arrangement will be a fun experience, but it is going to be a difficult challenge for us to adapt to the arrangement.” Spring saw many changes on the Hill and the fulfilment of the scripture, “rising once again from the ashes.”
A Great Honor  
By: Tyler McFadzen

On Friday, February 27th, three seniors and eleven juniors were accepted into the exclusive National Honor Society (NHS). To apply, a student must obtain at least a 3.3 G.P.A., be actively involved in their community, volunteer their time for the greater good and show leadership qualities. The NHS was officially recognized in 1921 by the NASSP or the National Association of Secondary School Principals. The society grew under Dr. Edward Rynearson from 1 to 1,000 chapters in just 9 years. With their French motto noblesse oblige (whoever claims to be noble must conduct himself nobly), the National Honor Society has created enthusiasm for scholarship, stimulated a desire to render service, promoted leadership, and developed character in the students of secondary schools.

St. Lawrence Seminary works to raise these standards. Just because a student might meet these qualifications does not mean instant acceptance. A confidential board of faculty and staff members decides whether these select students go beyond the bar set by normal high schools. An NHS member at SLS must give up precious study hall time to tutor students who are in need of the help. They are also required to remain in good academic and behavioral standing, or risk not being invited or being kicked out. “Being accepted into the NHS means that I have done well in school and others see me as a good member of the community. I hope to contribute guidance to others and help all those who need it, spreading the good values that others see in me,” said junior Jacob Prado, who was recently inducted into the National Honor Society.

During the induction ceremony, current outstanding members of the society gave short speeches on the qualifications and qualities of members of the NHS. These speeches included topics such as the pursuit of knowledge and sacrificing of one’s self for the good of others. Then, current members escorted new initiates onto the auditorium stage to sign the SLS register of the NHS. When all new members were added, the ceremony had achieved its point the students being inducted were found worthy of the honor and received public acknowledgement.

Senior Kevin Draftz explained the responsibilities and duties of National Honor Society member, “Being a member of the NHS means being a good academic example to my younger peers and sacrificing my time for others. During study halls, I teach underclassmen who may not have a grasp of certain concepts taught in class, especially sophomores in Biology and juniors in Advanced Algebra.” As one can tell, being a member of the National Honor Society means more on the Hill of Happiness: it means being the SLS super-student mentioned every day in the announcements. It also means fulfilling the profile of a student stated in the handbook and aiding the school in its six-part mission of spirituality, safe community, social skills, humble commitment, knowledge, and diversity. The members of the Saint Lawrence Seminary chapter of the NHS will truly follow the school’s motto of Celsitudo ex humilitate: to the heavens out of humility.
The Rector’s View
By: Fr. John Holly

Remember “THANK GOD AHEAD OF TIME?” That was our theme from last year and it comes from Fr. Solanus, a Capuchin who has been declared venerable and is now being considered for sainthood.

Solanus was always aware of God’s presence, action and goodness in life around him. He tried to animate people to realize that same presence and care by God for them and those who were important to them. To this end, when folks would ask for prayers or healing for a loved one, he would assure them that things would go well and they should Thank God in ADVANCE! In other words, their attitude should be one of gratitude, acknowledging that God is always doing good things for us.

As I look around the Hill these days, there are so many good things going on. Yes, the construction is obvious, “in our faces,” if you will. But beyond construction, there’s the extra work being done by so many of our staff members in order for us to have three meals a day, whether in the village or the canteen or wherever we find ourselves. In many cases, these staff members are doing these EXTRA things for us in the midst of already full-time jobs.

There are supervisors and teachers who, day-in and day-out, encourage us to aim higher with regard to our studies. Coaches in forensics, band and choir competition, the upcoming musical, and sports who put in extra time so we can excel.

There are students whose attitude is always upbeat, positive and helpful to us especially when we need that extra boost.

Yes, God is present, God is active all around us so...THANK GOD....AHEAD OF TIME! T

Surviving the Fourth Quarter
By: Charles Luke

February is referred to by many students and staff as the hardest month to make it through on the Hill. The weather is dismal, it is deep in the heart of the academic year, and the space between breaks seems like an eternity. The good news is that February is now a thing of the past. The fourth quarter of each school year moves faster than any other quarter and with all the changes on campus, time will move quickly. Spring is the busiest season on the Hill. It not only has the most sports, but is also an important time for academics. To survive and succeed in the fourth quarter, it is necessary for a student to be involved, be patient, and to know (their=his) limits.

Some sort of community involvement is a requirement of all SLS students. Being actively involved helps the time to move quickly throughout the year. Having a tight schedule teaches time management skills, one of the most important life skills. Involvement is good but over-involvement can also exist. Over-involvement occurs when a student takes on more extracurricular activities than he can handle and he ends up sacrificing the quality of involvement for the quantity. This is a situation to avoid because it can lead to undue anxiety, stress, and overall unhappiness. Some students can naturally handle a heavier workload than others can so everyone needs to be able to judge for himself if he is attempting to do more than he is able.

The spring schedule at SLS is highly subject to change partly due to the unpredictable spring weather. Every year, athletic events are postponed, rescheduled, or cancelled because of rain or even snow. Dealing with the schedule requires a great deal of patience and flexibility because no weekly planner can tell how a week will play out in reality. Patience will also be necessary throughout spring because of the changes in student dining. Many of these changes will be addressed through trial and error. There will be a need for patience if these changes are to take place smoothly. Time moves quickly during the fourth quarter and it can be either an amazing experience or a disaster. Involved students who can be patient will make the fourth quarter the best quarter they have had this year. T
With the joy of Christmas and the New Year behind, and with the freezing temperatures accompanied by snowstorms, the first couple months of every year are often enough to make anyone look forward to the advent of spring. By this time, the sight of snow on the ground is no longer a rare novelty but rather a reminder of the stark weather. However, Catholics view this period as a time for a complete renewal and reevaluation of their faith through the 40-day season of Lent, which started this year on Wednesday, February 18th, otherwise known as Ash Wednesday. It is a day when Catholics receive ashes on their foreheads in reminiscence that life on Earth is temporary. The day before Ash Wednesday is known as Mardi Gras, or “Fat Tuesday,” because of the tradition around the world to party and eat before Lent – and thus fasting – begins. During the season of Lent, Catholics focus on fasting, almsgiving, and repentance for 40 days before the Holy Triduum, in relation to the 40 days Jesus Christ spent in the desert being tempted by the devil.

The arrival of this holy season was also celebrated with great importance at St. Lawrence Seminary. It formed, in more depth, an atmosphere of reverence, fasting, and prayer on campus. Fat Tuesday was celebrated during the evening meal, when the students received King Cakes for dessert, some of which had a figurine of baby Jesus hidden within. It is said whoever receives the baby Jesus is blessed by the Holy Spirit. The next day, the phrase “repent and believe in the Gospel” (MK 1:15) echoed through the Chapel, when the students, faculty, and staff gathered for the celebration of the Eucharist during the school day to receive ashes on their foreheads. The celebration also included a very special reflection by Mr. Dennis Holm, who offered a very personal view on faith. Mr. William Mattes, who teaches religion to the sophomores and juniors, said, “The optional Masses that we have and the [positive] peer pressure among the students are what makes the season of Lent so unique at St. Lawrence.” With the dawn of the season of Lent, everyone at St. Lawrence, as junior John O’Neill put it, was given “a chance to express [his] spirituality and grow stronger in [his] faith.”

On Tuesday, February 10th, SLS students encountered a new way to worship Jesus Christ. Referred to on the Hill as a praise and worship service, this was an evening prayer idea first introduced and discussed in the Student Spiritual Life Committee when Campus Minister Fr. Zoy Garibay proposed it. At first, the students were a bit hesitant about it, but as Fr. Zoy explained his idea further to the committee members, they realized it was a unique way to pray. The praise and worship service was an evening prayer with a live rock band comprised of students as well as more energetic student participation and responses.

Fr. Zoy explained, “Some of us are not exposed to this type of prayer.” He was hoping that this new worship would bring more energy to the students. And based on the first experience, it turned out to be a big success. Freshman Wilson Burge, for one, exclaimed, “It was awesome, and I cannot wait until the next one.” According to several students, they enjoyed it more than the usual evening prayer. The electric guitarist, junior John O’Neill, claimed, “It was exhilarating to be a part of the praise and worship band.” He enjoyed playing “riffs” for the Lord. Out of all the songs that he and the band played, John's favorite was “Your Grace is Enough.” Freshman Fernando Flores said, “This was a new experience of prayer to me, and it was exciting, unique, and different. I cannot wait until the next one.”

Another idea the Student Spiritual Life Committee recently instituted was Eucharistic Adoration, where the students were able to sit and experience the presence of God in their lives. Fr. Zoy and the committee hope that these new types of prayers will help students develop more personal prayer with God, deepen their love for God, and help them to become disciples of Jesus.
Bored With Baseball?
By: Michael Ko

Fans of American baseball didn’t have much to hold their attention in February and early March, but fans of baseball could look to an international sport to fill that void until the start of spring training. That sport was cricket. Cricket has much in common with baseball but also has many differences. It is played between 2 teams of 11 members each. There is a 22-yard-long rectangular field down which the pitcher throws. The offensive team attempts to hit the ball to score, while the defensive team is on a larger, circular field trying to prevent the other team from scoring by catching the balls with their bare hands. The game starts when a pitcher bowls the ball and it bounces once before the batsman hits. The batsman uses a flat bat to hit the ball, after which he needs to run the 22-yard field forward and back to score. Several SLS students like seniors Hub Bradley and John Noel Santiago have played cricket.

This year, the Cricket World Cup was held in Australia and New Zealand from February 14th to March 29th. This is the second time those countries have hosted the Cup, as it was held there in the Cup’s inaugural event in 1992. In 2015, 14 teams were in competition for the title of King of Cricket throughout 49 matches. Australia and India were favored to win the championship this year. As cricket fans around the world awaited the results in eager expectation, baseball fans may have recognized many familiar elements of their own beloved sport and perhaps picked up a new sporting interest.
Winter Sports Wrap Up  
By: Kamsi Nwanebo

At the close of the winter sports season, congratulations were in order for both the wrestling and basketball teams as both had performed to the best of their abilities, warranting not only praise but commendation for their efforts. At nearly every home basketball game and wrestling tournament, the mighty Hilltoppers, backed by a very supportive crowd and energetic pep band, played hard and with good sportsmanship, earning the respect of both the opposing teams and their coaches.

Throughout February, as the basketball season wound down, the JV and varsity teams didn’t have a whole lot to celebrate except for their dedication and unwillingness to give up. The teams had several exciting and close games that they ended up just shy of winning, including the varsity game against Stockbridge, which ended 54-52, and a JV game against North Fond du Lac, which ended in double overtime with a score of 69-66. An exciting win for varsity came against Wayland Academy, with SLS coming out on top 52-35. (This also happened to be a game that many alumni witnessed as an alumni 3-on-3 tournament followed the varsity game.) The JV had two exciting wins in February as well, including a 31-24 victory over Markesan and a 43-31 win over Wayland. Despite such an energetic season, however, the varsity team’s season ended at the regional game against Laconia, where, despite suffering a 79-36 loss, the team played their hearts out, earning them not a win, but rather a feeling of satisfaction at having played to the best of their abilities.

February also saw the end of the wrestling season. With the pep band breaking away from the norm of only playing for the basketball games, the wrestling team had all the encouragement it needed to take on their opponents. The conference wrestling meet took place at Winnebago Lutheran Academy on Saturday, February 7th, where the team placed 7th. Individuals who wrestled well included freshman Kelly Paulsen and junior Joe Mortell, each earning 5th, senior Connor McCabe, earning 4th, and senior Christian Osornio, earning 2nd team all-conference honors. At the regional meet on Saturday, February 14th, Connor McCabe and junior Josue Mota each won 3rd place, while Christian Osornio won 2nd and a chance to wrestle at the sectional meet. That was held on Saturday, February 21st, and though Christian lost both of his matches they were to worthy opponents who were both state qualifiers. Although neither the basketball team nor individual wrestlers went on to compete at state, both teams had success-filled and spirited seasons worthy of pride.

Scoreboard

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<thead>
<tr>
<th>Basketball Results</th>
<th>Wrestling Results</th>
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<tr>
<td>SLS JV 57</td>
<td>SLS Varsity 36</td>
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<td>Hope JV 72</td>
<td>Laconia 79</td>
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<td></td>
<td>(Regionals)</td>
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<td>SLS JV 49</td>
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<td>Random Lake 56</td>
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<td>SLS 33</td>
<td>Conference: Team place-7th</td>
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<td>Hope 56</td>
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<td>Regionals:</td>
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<td>2nd Place—Christian Osornio</td>
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<td>3rd Place—Josue Mota, Connor McCabe</td>
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<td>Random Lake 62</td>
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Bowling with the Stars  
By: John O’Neill

For any St. Lawrence Student, the third quarter seems to last forever. It could be because of the lack of breaks, or it might be due to the cold, often dry Wisconsin February. In an attempt to spice up students’ lives a bit, the Student Council hosted a Cosmic Bowling and Games Night on Friday, February 20th. This event was a great hit among students of all classes who enjoyed features like price cuts in the Canteen, an open-mic night, videogame tournaments, and of course, Cosmic Bowling (in which the alley was decorated with black lights, strobe lights, and dark paper). While all of this occurred, a marathon of the original Star Wars trilogy played in Tony’s Place. Junior Philap Nguyen said, “The lights were cool and everyone had fun. Even though people seemed scared to go up to the [open mic], they went up and had fun.” Freshman Eric Howard agreed and said, “It was a blast!” Certainly the vast majority of students greatly enjoyed the night, making their time on the Hill even better and making the third quarter move just a little faster! 

A Musical Spirit  
By: Anthony Coompson

Each spring, musically-inclined students have the opportunity to demonstrate their skills in the Solo/Ensemble Festival. This is an event where students are eager to show off their musical talents to others and get scored on their performances. This event is held every year for any student who wishes to participate in it, whether he is in choir, band, or neither. A student chooses what piece he wants to perform. Each piece falls under one of two levels of difficulty. The hardest are Class A pieces and the easier ones are Class B. Scores are scaled from 1-5 with 1 meaning that the student performed the piece excellently.

Solo/Ensemble was held on Saturday, February 27th, at Hilbert High School. To prepare for this event, students had around eight weeks to practice. Mr. John Ahlstrom, the band and choir director, spent numerous hours of his time to help the students achieve the best possible results. Before the event, when asked about his excitement for Solo/Ensemble, senior Christian Tango-an said, “I’m calm. I know that my hard work will pay off, and I am going to let it show.” He and the other participants did just that. On that day, 19 of 21 performances qualified for the State Solo/Ensemble Festival, which will be held in late April. Mr. Ahlstrom said, “I could not be more pleased with the results or more proud of my guys.”
SPOTLIGHT

Faculty and Staff

SPOTLIGHT

By: Zeb Boos

DR. GEREON WELHOUSE

Q: Where are you from?
A: I am originally from Green Bay, and I currently live in a tiny town called Soldier’s Grove, Wisconsin.

Q: How long have you worked at SLS?
A: This year will be my 16th year teaching. I started in 2000.

Q: What is your job here?

Q: What brought you here?
A: My oldest son came here as a student, and I became a teacher when he was a senior.

Q: What is your favorite part of SLS?
A: Boy, that’s a tough question. I love so many things about this school. I like it more every year; the leadership, the behavior, and the students are definitely some of my favorites.

Q: What is your favorite hobby?
A: My favorite hobby is cutting wood, firewood specifically.

Q: What is your favorite food?
A: My favorite food is definitely Thai food with any kind of peanut sauce.

Q: What was the hardest part for you after the fire?
A: The hardest part for me was having to adjust to the new place where I had to teach. Then, I had to get a new routine and had to accommodate for all the changes that took place following that week. I especially miss the teacher’s lounge that we had. It was a very nice lounge.

Q: It’s known throughout the school that you have a pushup contest with anyone who dares to challenge you. Has anyone ever beaten you?
A: Well, back in the days of my prime, my record was 102. So far only three people have beaten me: Andrew Gumieny (current junior), Princeton Luong (Class of ’14) and Ricardo de Sousa Costa (Class of ’05).

MRS. SHIRLEY HORN

Q: Where are you from?
A: I am originally from Mt. Calvary, and I currently live in St. Cloud.

Q: How long have you worked here?
A: I have worked here for almost 49 years now and have loved every day.

Q: What is your job here?
A: Well, I do an extensive variety of different odd jobs. Basically, I pay the bills, deposit money, help Mr. Schroeder with finances, and I am a notary public, so I sign a lot of different applications and papers.

Q: What brought you here?
A: I was recruited for vocations at St. Lawrence and worked for Fr. Jerry Higgins. I started in 1974 in the Business Office. Also, my nephews attended school here.

Q: What is your favorite part of SLS?
A: This is a great place to work. St. Lawrence has become a family for me and has helped me through many hard times. I love working here.

Q: What is your favorite hobby?
A: My favorite hobby is playing the piano. It is very relaxing for me.

Q: What is your favorite food?
A: Chocolate! Chocolate is by far my favorite food.

Q: What was the hardest part for you after the fire?
A: I had a lot of strong connections to that building. Watching it fall was as heartbreaking for me as it was for many people. But, the hardest part has been trying to keep going every day. The fire destroyed everything so afterwards my job was to get things back in order. I just focused on the daily routine and kept going.
Q. How did you find out about St. Lawrence?
A. My friends like Timmy Le and Richard Van told me about this place.

Q. How do you like it here so far?
A. It’s fun; I have met and made new friends. I also feel safe in this community. I also have really nice teachers who always help me with difficulties I have.

Q. Where are you from?
A. I'm From Virginia.

Q. What is your favorite sport?
A. I think it’s basketball.

Q. What are your hobbies?
A. I like to play my clarinet or hang out with my friends.

Q. What is your favorite food?
A. I really like noodles.

Q. Who is your role model?
A. No one at the moment.

Q. How do you find your new dormitory?
A. It’s very comfortable and it almost feels like home.

Q. What has been your best experience so far?
A. I’d say it was when I went swimming with my classmates.

Q. What has been your worst experience so far?
A. I do not have one yet.

Q. Which subject do you find most interesting?
A. It’s hard to choose because most of them are interesting.

Q. What is your favorite game?
A. League of Legends.

Q. Which future career are you considering?
A. I would like to do something in the medical field.

Q. What is your favorite dish?
A. My mom’s arroz con frijoles (rice and beans).

Q. What is your favorite movie?
A. Gol: The Dream Begins which is about a poor Mexican kid who crosses the border to follow his dreams and becomes a star soccer player.

Q. What are your hobbies?
A. Playing soccer and studying how cars run, especially my favorite car the Nissan Skyline GTR.

Q. Who are your role models?
A. Domenico Berardi a soccer player for Sassuolo, an Italian team, and Ricardo Kaka, a former AC Milan soccer player.

Q. How did you find out about St. Lawrence?
A. I learned about it through a teacher at my previous school, St. Raphael in Milwaukee.

Q. Where do you see yourself in five years?
A. I’ll be in my senior year of college, perhaps in an engineering program at UWM, MSOE, or Marquette.

Q. How do you picture the new St. Mary’s Hall?
A. Very futuristic looking.

Q. What is your best memory on the Hill so far?
A. The soccer seasons that our team shared.
Dates to Remember

By: Charles Luke

First baseball game: April 13th
First tennis match: April 21st
First track meet: April 21st
Confirmation: April 26th
Musical: May 1st, 2nd, 3rd
Graduation: May 17th

Dates for athletic events subject to change.