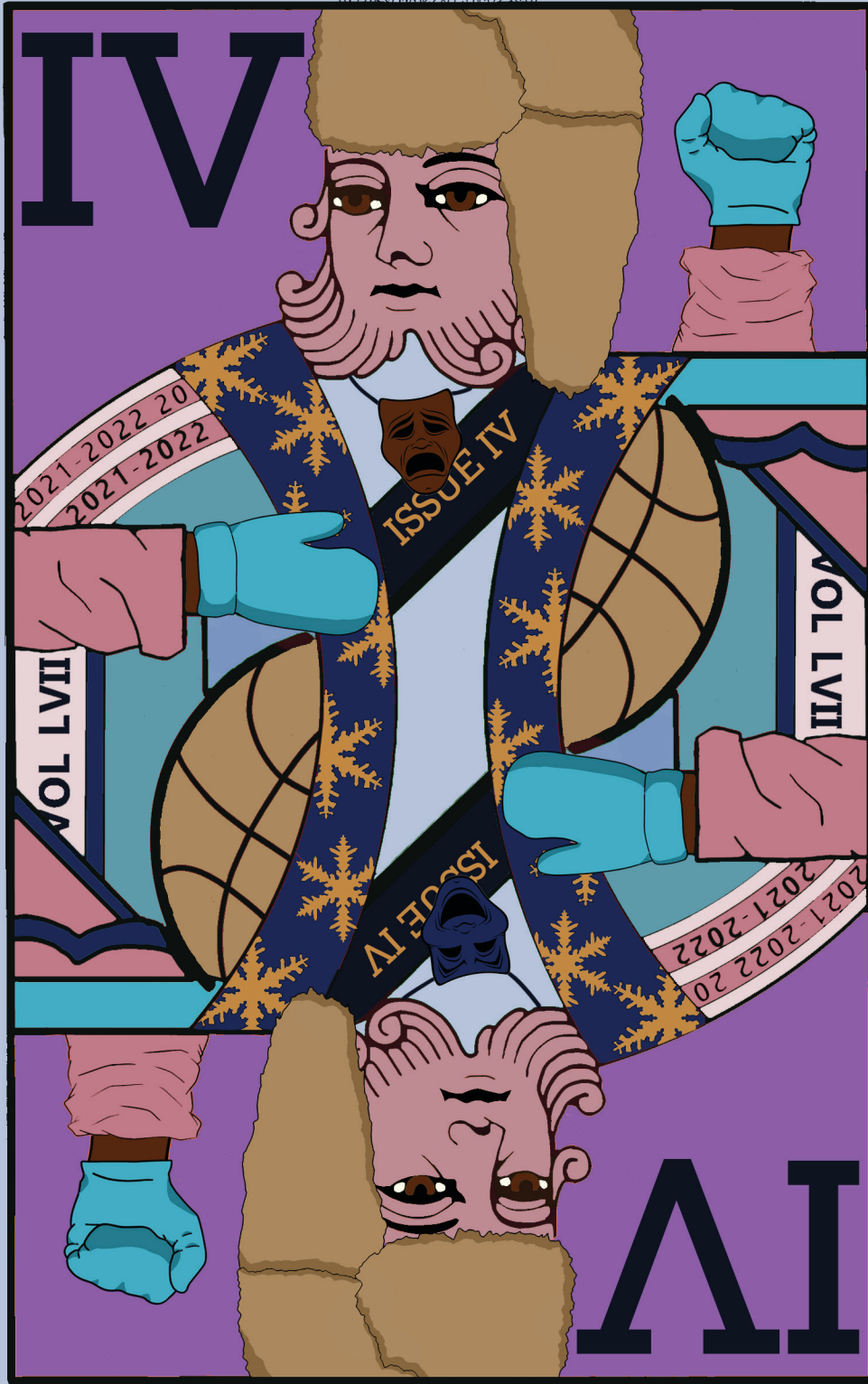


HILLTOPICS

VOLUME LVII - KINGS OF THE HILL

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VOLUME LVII - KINGS OF THE HILL

HILLTOPICS

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ADVICE CORNER

Kiet Do ('22)

At SLS, students don't have their parents around at all hours of the day to make sure they're making sensible decisions about things like health, nutrition, and exercise. Because of this, some students take advantage of the lack of supervision and fail to look after their health. Staying up late? Sure! Skipping breakfast? Yes! Unfortunately, these choices can lead to frequent illnesses thanks to a weakened immune system, and students become more likely to experience problems like obesity and fatigue. For this reason, Issue IV's Advice Corner has suggestions for staying healthy!



- **Start with Good Nutrition**

Nutrition (or food) is how you get your energy to stay fit and focused. Without the right nutrition, you could end up suffering with symptoms like bloating, lethargy, and a general sensation of not feeling well. Choosing healthy foods like fruits and veggies help fuel the body.

- **Get Active**

When you're at a boarding school, it can be easy to fall into a rut that involves a lot of sleeping, a lot of late-night studying or video gaming, and, as is sometimes the case, not much time remaining for exercising and staying active. Fortunately, SLS is well-equipped with extracurricular activities designed to get you moving. Students at SLS are required to play a sport each season or participate in intramurals, specifically to ensure regular activity, as well as building their self-confidence and community spirit.

If you continue to struggle when using the tips provided above, you could always consider teaming up with another friend who is suffering from their own unhealthy lifestyle choices. Working with a friend can ensure accountability and can remind you to choose healthier options.

Rector's Corner

One of the movies I enjoyed watching when I was growing up was *The Wizard of Oz*.

It is a story of a girl named, Dorothy, who was swept away by a tornado from her hometown in Kansas into a magical land called, Oz. There, Dorothy met Hunk, the "Scarecrow," Zeke, the "Cowardly Lion," and Hickory, the "Tin Man." Together, they embark on a quest, walking on the yellow brick road that led to the Emerald City in order to see the Wizard.



The film is notable for its use of Technicolor, the memorable characters, and famous musical numbers. In the beginning of the film, Dorothy tries to tell her Aunt Em, her Uncle Henry, and others about an unhappy incident that involved her dog, Toto, and their neighbor, Miss Gulch. Aunt Em tells Dorothy to find a place, where she won't get into any trouble. This prompts Dorothy to walk off by herself. Dorothy then asks Toto if there is such a place where there isn't any trouble. She believes that there is one. At which point, Dorothy sings the film's signature song, "Over the Rainbow."

A rainbow is truly a beautiful phenomenon. We see it often in the sky after the rain. For Dorothy, the rainbow is a sign that points to a place where one finds no trouble—a place where one's dreams come true. The rainbow also brings to mind the story of Noah and great flood in the Book of Genesis. At the end of the storm, God set a rainbow in the clouds as a sign of the covenant he established with humankind.

A rainbow could be a good symbol for us to reflect upon during this season of Lent. A rainbow can remind us that in spite of the storms we face in life or despite our most grievous faults, God's mercy can be trusted. God has made a covenant with us, and God never fails on his promise. A covenant, however, is not a one-way street. It is mutual, reciprocal, and synergetic. Therefore, we have a part to fulfill in it as well. As God is faithful to us, so must we be faithful to him. Lent reminds us of our binding duty in that covenant.

If, for Dorothy, the rainbow points to the land of her dreams, the rainbow for us points to the promised land—the heavenly Jerusalem—a place where there is no trouble, no storm, no sadness, but salvation, peace, and joy. The yellow brick road for us is Jesus, who is the way, the truth, and the life. If we strive to follow Jesus and to walk in his ways, then surely, one day, we will reach the heavenly Jerusalem and behold the face of God.

So during this season of Lent, let's be mindful of the rainbow. Together with loved ones and friends, let's walk in the footsteps of Jesus and remain faithful throughout the journey. May the Holy Spirit propel us to our celestial destination.

SHARING THE SPOTLIGHT

Christopher Lor ('23)

Born in ShanDong, QuingDao, China, junior Yinuo “Frank” Guo dedicates his time hanging out with friends and enjoying the free time given to him. Finding SLS through the internet, Frank hoped to study in the United States and wants to attend college at the University of California--Berkeley with a business major. Frank enjoys playing basketball, piano, and golf. Although he misses some aspects of China, like the food, Frank tries to remain active to keep himself busy. He plans to try out for tennis in the spring. Taking photos is a big part of Frank’s life. Frank stated about his photography, “I can’t stop time, but the moment I capture is eternal.” Whenever he can, Frank will capture images of school events like basketball. Frank hopes to finish the year strong.



Frank Guo ('23)



Patrick Donohue ('25)

Freshman Patrick Donohue became the fourth Donohue to attend SLS. His brothers Joseph, William, and Matthew told Patrick to remain active in the SLS community. Patrick played soccer in the fall, is wrestling in the winter, and plans to try out for baseball in the spring. He is also a part of the school band playing percussion. Patrick loves playing video games like Pokémon and Fortnite. His favorite class is World History. “Mr. Krieg is an amazing teacher; he is funny,” Patrick said. Although he is a freshman, Patrick looks forward to learning U.S. history with Mr. Krieg during junior year. Patrick’s goals include to make the Rector’s List and to improve his running form. Patrick enjoys the SLS community saying, “It’s hard to get bored here. There is no such thing as being bored at SLS.” This Donohue’s journey is just starting at SLS.

Sophomore Aidan Nguyen is one of the newest members of the SLS family. Having heard about St. Lawrence from Max Trinh ('25), Aidan looks forward to partaking in the SLS brotherhood. Growing up in Johns Creek, Georgia, Aidan enjoys playing RPGs (role-playing games) and watching movies and anime. Something unique about Aidan is his participation in martial arts. Returning to martial arts last February, Aidan wants to work out more to improve his strength and skills. He commented, “I plan on doing tennis for the spring season.” He is also looking forward to Field Day. Over Christmas break, Aidan traveled to California to visit his family. He went to Universal Studios, stating how much fun that was. Aidan is ready to tackle any challenges he faces throughout the rest of the year.



Aidan Nguyen ('24)

From JAPAN, with Love

Nathan Fernandes ('22)



Despite an already airtight schedule on the Hill, SLS continues to build on its long-standing tradition of brotherhood. The creation of school clubs is just one way the SLS students connect with others based on their personal interests. One of the most popular clubs is the Anime Club. Operating for more than a decade, the Anime Club has built a wide fanbase on campus. Led this year by upperclassmen Ekin Her and Nedum Osuala, the club gathers weekly to watch their favorite anime shows or discuss other anime-related topics. Ekin stated, "I joined the Anime Club in 2018, and it's helped me meet other people at school. The thing I like the most is I get to watch anime with others and discuss anime stuff."

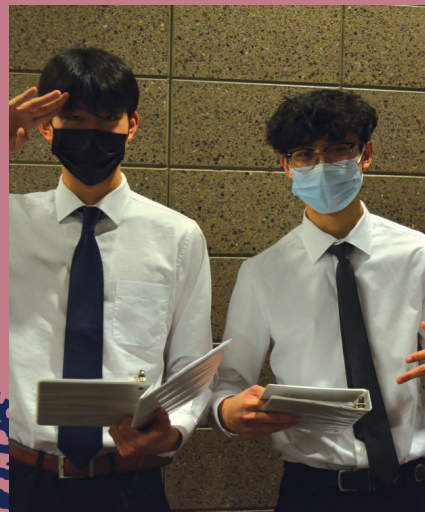
Unlike other clubs at SLS, the Amine Club is student-run. One of the most anticipated outings planned by the Anime Club, and held yearly in February, is the Anime Con. The Anime Con showcases creators of anime, cosplay artists, and featured Q&A sessions. Ekin said, "The last time I went to an Anime Con was freshman year. I loved taking pictures with other creators and asking them questions about my anime." Though Ekin knows that due to the coronavirus taking SLS students to a festival this year may not be possible, he stated, "Nedum and I plan to hold a Mini-Anime Con here at school. Hopefully it works out." With that said, the Anime Club hopes to continue in its popularity.

Talking a BIG Game

Hung Dao ('23)

Deep into the winter season, the basketball and wrestling teams are going strong, but they aren't the only winter activities. Also going strong is the SLS forensics team. Forensics is "competitive public speaking." Competitors practice their pieces and perform them for judges, who will score them from 1 to 5, with 1 being the best. This year, the team is once again coached by Mr. Martin Vu. He came back several years ago to coach after participating in the program as a student. He expects the team to be responsible with their practices and to put in their best effort all the way to conference meet. "We have been Conference Champions the past few years, and I don't intend for this year to be different," he stated.

Members of the team have spent the past few weeks carefully practicing their pieces. Students practice reciting poetry or prose, or mentally prepare themselves to deliver an impromptu speech at the competition; the categories are varied. A few juniors have banded together to perform a group interpretive piece. Junior Angel Hernandez explained why he joined the group, "I wanted to improve my speaking skills and confidence, and I'm also spending good times with my friends." It is certain that the SLS forensics team will put their best foot forward to be successful this winter season.



PROGRESSING UNTIL THE END

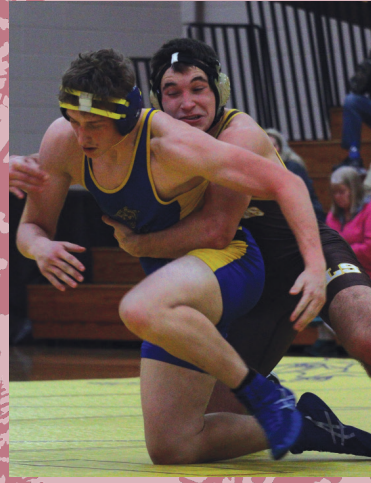
Rem Quintin David ('22)

As it gets warmer, the winter sports season is coming to an end. The esports season has already ended with the team placing third at state. When asked about the season, Coach Logan Burge commented, "It went well for a good year of Smash. I think the team had fun. I'm excited for next year already."

Meanwhile, the wrestling and basketball seasons are still ongoing. Every year, Coach Phil McCabe receives wrestlers with a wide variety of experience. "The new wrestlers have learned the basics and what to do in certain situations. Now, they just need to ingrain it into muscle memory," Coach McCabe explained.

On the basketball court, Coach Dave Bartel has also experienced some small setbacks because of the virus, but the team worked around it. When asked about the team's progress, Mr. Bartel stated, "As the season progresses, we keep getting better. We've been learning to work as a team and to slow things down. The defense has been strong, but our offense needs some more work. If we keep progressing, the rest of the season will be all right."

The SLS students have showed their spirit at every home basketball game or wrestling meet. There were many chants, clapping, and yelling. Mr. John Ahlstrom and the pep band also played some tunes to excite the spectators. The Hilltoppers have enjoyed cheering on their fellow schoolmates.



LOYAL SONS OF CALVARY

Rem Quintin David ('22)

After a successful basketball game on Saturday, February 12th, St. Lawrence Seminary hosted the annual Alumni Basketball Tournament. Mr. Francisco Saucedo planned the event, inviting all alumni to participate. The alumni created teams, typically with members of their own graduating class, and they played three-on-three games. Teams from back to the Class of 2003 played in the tournament, and some alumni came to just watch and socialize.

The Class of 2017 won the tournament beating out the Class of 2021. Isidro Vargas, from the Class of 2021, explaining why he participated, said, "My old classmates and I wanted to meet up and see some of the other alumni too. It was a lot of fun." After the games, there was a social event in the canteen. They served pizza and provided drinks; it was an opportunity to rest, eat, and talk with each other. Current students and teachers were welcome to watch the tournament and attend the social. They enjoyed each other's company and had the opportunity to catch up or reminisce. Charles Brennan, Class of 2014, shared, "I've been doing well. SLS has helped me with my work ethic and time management. I think the work crews really helped." Even though the alumni are no longer on the Hill, what they've experienced has made a mark on their lives and visiting their alma mater for the tournament only reinforced the connection to SLS.



Q and A with Quality Alumni

Ricky Conlin ('22)



Doctors schedule appointments with their patients annually, if not more frequently, to make sure the patients' treatments are going as expected. In the same way, Saint Lawrence Seminary tries to keep in contact with its alumni to make sure the education they provide fulfills the mission and values statement of SLS. Hilltopics interviewed alumni from a variety of recently graduated classes to see what the Sons of Calvary had to say after some experience away from their Alma Mater.

The first question the alumni were asked was; What was the hardest part about adjusting from SLS to college? Alumni gave a variety of answers. Raynier Hurtado ('19) stated, "I found adjusting to the free time I had difficult as there was always something to do at SLS." Raynier, along with many other alumni, found himself with far fewer responsibilities after graduating from SLS. However, this was not the only answer given. Kevin Miranda ('18) said, "For me, the hardest part, was having to start again without knowing anyone." These two ideas were repeated throughout many of the alumni's answers.

The second question the alumni were asked was; "What was something that surprised you about college?" Benedict Wood ('21) replied, "I distinctly remember the first time I left campus on my own. It was jarring... it was honestly difficult to believe that I have... complete independence in terms of bedtime, mobility, rising time, and a whole slew of other things that I was used to having managed for me at SLS." While no two alumni had the same answer, the idea of finding independence surprisingly came up several times.

The final question the alumni answered was, "What is a piece of advice you would give to a senior at SLS right now?" This question received the biggest range of answers. Raynier Hurtado said, "Take your time and enjoy your last year with your brothers in school." Kevin Miranda responded with, "Keep in mind what you want to do with your career because sometimes what you want can change, and that is all right, but don't stick with the first thing you came up with if you aren't happy with it." Former Hilltopics editor Khang Chau ('20) replied with, "Break out of your shell. Find at least two hobbies that you absolutely love and can talk about for days... Also, maintain a healthy sleep schedule —you cannot do anything when you feel unrested." Finally, Hyeonyu Kim ('20) advised, "Senior English really helps a lot through college... The more short-cuts you take in Mr. Lous's class now, the more you lose."

With these interviews, these alumni have shown that a Hilltopper has a lot to adjust to in college, but Hilltoppers have a toolbox of skills available to them that students from other high schools do not have. There are a lot of snags to trip over along the path of college, but these alumni's responses can help current Hilltoppers avoid the big mistakes.

FUN *in the* SNOW

Joseph Hall ('22)



No one can deny that Saint Lawrence Seminary has a foundation of strong traditions. But there are few traditions that can compare with Winter Carnival. For over 50 years, students have competed with each other in the snow and the cold with a spirit of healthy competition.

On Saturday, January 29th, the students awoke and went to breakfast. Amid the regular chatter, one could hear each fraternity discussing the plan for the day, each trying to optimize their chance of winning the competition. After breakfast the students gathered in the chapel for prayer then headed outside to begin the snow-filled events. The students participated in a series of games consisting of football, soccer, ultimate Frisbee, broom ball, and bean bag toss; fraternities won points based on how well they did in each event. "It was fun and interesting to play sports in the snow when normally we only play in the warmer weather," said senior Harvey Nguyen.

The afternoon events moved indoors where the students participated in a plethora of athletic and non-athletic events. There was a three-on-three basketball tournament (a favorite of the students), a ping-pong tournament, a Super Smash Brothers event, and numerous other activities including the rat race. After the events students were given a snack and discussed the events of the day, trying to predict what fraternity would win. They then completed an intellectual scavenger hunt consisting of facts about the school and its history. Many students were seen running all around campus to find the answers to the riddles.

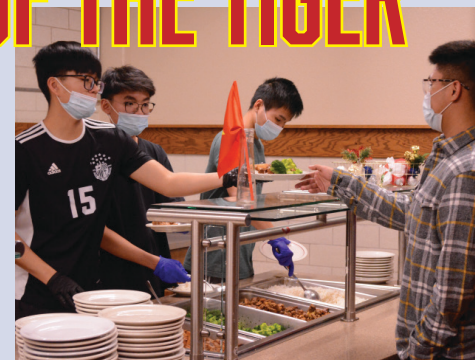
Due to a large number of sick students who had been quarantined, this year's Winter Carnival featured some new events for those who could not be there for the day. One of the favorites was a snowball throwing contest. Some other events included ping pong toss and a Kahoot competition. The points scored by the students in quarantine counted toward their fraternities final score, so they were able to help their fraternity even if they couldn't compete like in a normal year.

That night the students gathered once again in the gym for the evening's events, starting with prayer and followed by the much-anticipated staff vs. student volleyball game. In a change from last year, despite a strong start for the students, the staff team came back to beat the students by a significant amount. Finally, the moment everyone had waited for arrived: the announcement of the Winter Carnival champions. With shouts of joy (and some of disappointment), it was announced that Fraternity 8 had won first prize.

As always, the Winter Carnival proved to be one of the most memorable events of the year. Whether they won or lost, each student had a blast playing with their friends and brothers. With thanks to Our Lady of the Snows, everyone was glad to have a day to play and make memories that will last a lifetime, memories of winter on the Hill.



YEAR OF THE TIGER



On February 1st, many Asian countries celebrated the Lunar New Year. Since SLS includes a large number of Asian students, some of the Asian students organized and celebrated this special event in a rather simple but creative way. On Sunday, February 6th, a group of Asian seniors and juniors got together, under the supervision of Mr. Quan Nguyen, to prepare a special meal for the celebration of Tết (in Vietnamese) and Seollal (in Korean). Usually, some Asian parents come to the Hill to help, but, with the ongoing pandemic, the parents did not participate this year. Mr. Nguyen and the group of students decided to take on a greater challenge by preparing the meal by themselves. The meal consisted of a main course of caramelized pork and eggs and Korean pancakes, with a dessert of Vietnamese fruit cocktail. The process of preparing the meal was very time consuming,

which took the group of 12 students more than 5 hours to prepare. However, the result was a very happy atmosphere where students and staff enjoyed the good food and great conversations.

All of the special events at Saint Lawrence Seminary are often followed by a prayer. This prayer was a bit more unique, though, with a dragon dance performed by some of the Asian juniors and sophomores. These celebrations are not only a chance for students to celebrate their cultures but also an opportunity to strengthen the social and cultural bonds among students at SLS. Senior Joseph Hall commented, "I probably would have never experienced the Lunar New Year if I hadn't come to SLS." Celebrating these cultural events is an opportunity for everyone to learn a little more about other cultures.



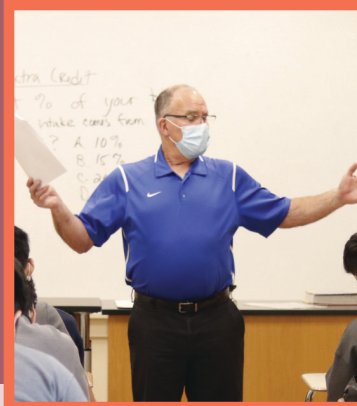
Each student at SLS has their favorites, favorite teacher, favorite sport, favorite event, favorite friend, just to name a few. However, for this article, it comes down to two questions: Who is your favorite teacher and what is your favorite winter carnival event? With the assistance of the Hilltopics miscellaneous workers and I, we were able to survey the students.

Who is your favorite teacher? This is the question that is asked most often amongst the students. When asked, 52 students submitted their favorite teacher, and Mr. Krieg came in 1st place with 18 votes, which is roughly 35%. This is not that surprising since Mr. Krieg has taught every class and, with his sense of humor, gained students' hearts. The runners-up tied: Mr. Bartel, Mr. Lefeber and Mr. McCabe all had seven votes each, which is about 13%. It was astonishing that although Mr. Bartel only teaches 10% of the student body, he placed second with 13% of the votes. Oscar Lazaro ('23) said, "My favorite teacher is Mr. Lefeber because I love the way he teaches, yells and gestures to us."

Another question that is asked frequently is, what is your favorite winter carnival event? The most popular event chosen by the students was broom ball, with 31 votes out of 74, which is 42%. Clive Moras ('23) said, "The game was intense and our fraternity was able to win 1-to-0 with my assist. What can I say?" One reason broom ball might have been voted first is because there are really no skills needed to play. Most love playing on the ice, slipping and sliding, until they are about to hit the ice. Coming in second was football with 16 votes, which is about 22%. However, the surveys did not include 100% of the student body, the students enjoy other teachers and have fun with many other Winter Carnival events.

NUMBERS *say it* ALL!

Noel Choi ('23)



WHO'S THE FAVORITE?



- MR. KRIEG
- OTHERS
- MR. BARTEL
- MR. LEFEBER
- MR. MCCABE



“Shiesty” SUPERBOWL UNDAY



The battle of the quarterbacks, Joe “Shiesty” Burrow and Matthew Stafford, seemed like household names in the build-up to the Super Bowl. Only in this case, the stakes were higher. One of America’s most anticipated sporting events, the Super Bowl took place at the Sofi Stadium in Inglewood, California, on Sunday, February 13th. Super Bowl LVI featured home favorites, the Los Angeles Rams, and the underdogs, the Cincinnati Bengals.

Like much of America, SLS students and faculty alike carried high expectations into the weekend. Various opinions such as Stafford versus Burrow, J’Marr Chase and Burrow’s run from Louisiana State University, and even the Pepsi Halftime Show ran through the hallways. Senior Jacob Lim said, “I think the Bengals have two really good players from LSU, but it’s sad they didn’t go all the way.” However, with two incredibly good teams, not everyone agreed with Jacob. Ciproquio Williams, set on the Rams said, “The moment they got OBJ, I knew they’d win it. Also, I didn’t think the Bengals were a worthy opponent. I think the Arizona Cardinals would have been a better match.”

The SLS Student Council, organized by Mr. Quan Nguyen, further fueled the conversation by distributing fast-food forms for students two weeks prior to game day. The forms contained various restaurants in Fond du Lac that the students could choose from and order food for the game. This year, the food options included: Taco Bell, Panda Express, Papa John’s, and Buffalo Wild Wings. In addition, the school refectory also featured a build-your-own subway station.

Fast-forward to Sunday, Los Angeles was star-studded, with Dwayne Johnson and Jhené Aiko opening the event. Soon after, the game kicked off, with the Rams leading 13-10 at the half. Dr. Dre, Snoop Dogg, 50 Cent, Mary J. Blige, Kendrick Lamar, and Eminem all pulled up to deliver a hip-hop halftime show for the ages. The second half opened with the Bengals taking a quick lead, but it was not enough as Los Angeles wrapped up 23-20 in a narrow win against Cincinnati. Super Bowl LVI certainly lived up to the hype and is one to remember.

NEW YEAR, NEW ME

What New Year’s resolutions are the Hilltoppers, faculty, and staff making?

Vladimir Perez-Medina (‘24) - “I want to be just like Joseph Hall.”

Ryan Do (‘23) - “To end world hunger.”

Christopher Lor (‘23) - “I want to get a 31 on the ACT.”

Ricky Conlin (‘22) - “I want to achieve sub-two-minutes in an 800m track event, and I want to do my best for the last few issues of Hilltopics.”

Mr. Anthony Van Asten - “I want to work on my organizational skills in different areas of life.”

Dr. Michael Donahou - “In general, I want to stay healthy, especially during the pandemic. To get healthier, I also want to lose weight. As a teacher, I want my students to be happy. And, I want to be a good husband and father to my family.”

Br. Mitchell Frantz - “I want to continue improving on my health.”

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SCAVENGER HUNT

Quang Pham ('24) found Issue III's prize taped underneath the table closest to the door in the Canteen!

The day this issue of Hilltopics was delivered to students' mailboxes, a note was hidden somewhere on campus, and this riddle will tell you where it is. Bring that note to either Kiet Do or Ricky Conlin, and you will receive a prize. Be quick, though, because only the first person to find the note gets the prize.

Good luck!

Yes, I know, we've talked about it before
But I like it, so we'll do it once more
But this time, it is not a German war
This time, it will be behind a locked door
But all you'll have to do is ask nicely
And answer this one question precisely:
What do you get when you take volume squared?
I'm sure you'll do better than others fared.
So go, be quick, be fast
For this prize will not last.