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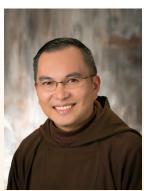
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Rector's Corner

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

By: Fr. Zoy Garibay



This is one of the most popular prayers in the repository of the Catholic Church. I remember as a child, my family would say this prayer at the end of the Rosary each night. As I matured in age and understanding, I have grown to appreciate the beauty and the power of this simple prayer. I began my note with this prayer because during the month of October, we celebrate the feast of one of the most beloved saints in the Church, and the figure by whom this prayer is inspired: **ST. FRANCIS OF ASSISI**.

Francis was born to a family of means. At a young age, he dreamed of becoming a knight but soon abandoned that dream after a harrowing experience in war. Illness and disillusionment, conversations with God and contact with the poor, have led him to realize that God may have a different plan for him. While praying inside a decrepit chapel, Francis heard a voice coming from the cross saying to him, "Francis, go and rebuild my Church which, as you can see, is falling into ruin." Francis may have taken these words literally at first, since he soon labored to repair the Church brick by brick. However, those words later took on a much deeper and broader meaning. Many were inspired by what they saw and followed Francis in his radical way of walking in the footsteps of Jesus Christ. That way—marked by complete self-emptying, altruism, and benevolence—would define the Franciscans for centuries to come.

At St. Lawrence Seminary, it is our mission to carry on that legacy and to teach that charism to a new generation of men, who are discerning God's call for them in life. Through our social skills and other programs, our students learn the importance of giving themselves generously in service to others for the good of the community. We do so because we believe that like Francis, we, too, are called to rebuild the Church. We believe that by following Christ more radically as Francis did—devoting ourselves totally to God, returning to the very roots of the Gospel, offering ourselves in service to our brothers and sisters and living more boldly the fundamental values of our faith (kindness and truth, justice and mercy, forgiveness and love, joy and peace)—we rebuild the Church and transform the face of this earth to reflect more the Kingdom of God.

Brothers, Once Again

By: Khang Chau

Ceaselessly living up to the Christian teachings, Saint Lawrence Seminary clearly fosters the formation of brotherhood between students, even after they graduate and pursue different careers. This perhaps inspired the idea of having an Alumni Reunion, an anticipated annual tradition of SLS. As alumni from numerous classes reunite in September each year, this year was anything but an exception.

Continuing the long-preserved tradition, September 15th was chosen as the date for the Alumni Weekend this year. The annual events were the famous Hilltopper Fun Run, the cozy picnic dinner, and the post-supper social, held in the Friary courtyard. A good number of alumni showed up for the day, especially the Class of 1978, which witnessed 25 members returning to relive their memories of SLS. The day could not be completed without Holy Mass for both the alumni and the SLS student body. For many of the alumni, holding the hymnals they were all too familiar with and harmonizing with the rest of the congregation to celebrate God's love was a familiar experience. Alumnus Phil Latimer, Class of 1978, shared the same feelings as he noted, "It was wonderful to be back here and see that so many things have changed, but not everything."



Alumni enjoy the picnic dinner in the refectory.

For the current students of SLS, the Alumni/ Student soccer game at 2:00 was undoubtedly the highlight of the day, not only for those who actively participated in the game, but



Alumnus Arturo Perez (2009) looks for a pass.

to the fans sitting on the sidelines. Junior Aaron Tarpinian commented after the game, "It was a fun experience to play and watch the alumni competing against us." After a number of risky attempts to shoot into the opponent's goal, the alumni claimed their victory with a score of 4-2. Simple as it may seem, their Alumni Weekend strengthens the love that the Hilltoppers have in their heart for their Alma Mater. Alumnus Dominic Dy, Class of 2018, confirmed this, "Everything felt so familiar, yet strange. I missed the Hill a lot, that's why I am happy to be here today." This longing of the alumni to see their brothers again was eased with this incredible weekend and the emotional moments not to be forgotten.

A Fresh Start

By: Benjamin Bartlett

August 18th marked the beginning of new life here at St. Lawrence Seminary High School. Most students arrived and registered that Saturday morning, setting up belongings and saying their last goodbyes to their families. As they all began to settle in, we got to meet the new students for the first time - from the freshman class to the new sophomores and juniors - and reconnected with the old ones. This summer the sophomores and juniors read books to prepare for their classes, taking tests upon returning and adjusting to their new classes pretty well. People are already using all the time they can to study, whether reading textbooks or studying vocabulary words. New students are finding out their favorite classes just after a week of living here, and showing that they are adapting well to their new home and school. "Mr. Schultz's government period is very exciting," said Kiet Tran, a new sophomore from Vietnam. All students have their own goals, setting them early to make sure the year goes well. As said by Julio Perea, a returning junior, he plans to "raise his GPA average." These first few weeks flew by and all went well, and we will do our best to make it the best year yet here on the Hill of Happiness!



Cookin' It Up With Chef Cindy

By: Dominic Nguyen

The St. Lawrence Hilltoppers are always intrigued to find out what is on the menu for breakfast, lunch, and dinner. The students receive three meals a day. Breakfast usually consists of eggs or pancakes, while lunch is a little heavier. Chef Cindy works hard every single day to get the students what they need. She wakes up early, every day, just to put together some delicious dishes for the students. Chef Cindy does indeed have a very dedicated work ethic which contributes to the nutrition and health of the students at SLS.

"I wake up at 5:30 A.M. every single day," stated Chef Cindy, "to prepare for work and make sure that everything is ready for the day." Chef Cindy explained how she decides what the Hilltoppers eat each day. First, she uses a program, somewhat similar to "MyPlate" to make sure that the food she purchases is healthy. Next she orders the food that is needed to prepare each meal. Chef Cindy elaborated on the food program saying, "Each meal must consist of a meat, a starch, and a vegetable." Jokingly, she also said, "Unfortunately, I can't feed you guys chicken wings every day."

Although you may not know it, Chef Cindy also spends much of her day doing paperwork. She said that she doesn't have too much free time during the day, but she enjoys the fact that she is doing what she loves. She enjoys cooking for the students and is excited to continue with her work. Students at SLS see Chef Cindy every day, along with other Sodexo staff members, especially during dinner. She works hard to create a meal that the students love, yet at the same time makes sure that it meets the required nutritional values. She makes sure that the students receive the correct portions of a meat, starch, and vegetable. The meat portion is typically chicken, pork, or sometimes beef. The vegetables vary from cauliflower, broccoli, green beans or carrots and the starch is either pasta, rice or potatoes. When dinner is over, Chef Cindy and her staff clean up the kitchen one last time before heading home. She usually leaves St. Lawrence around 7:00 P.M. finally calling her day complete.

Chef Cindy sacrifices many things for her culinary career to help provide for the students of St. Lawrence Seminary High School. She arrives to school early and leaves late on a daily basis. She makes sure that the students, faculty and staff are fed. She also makes sure that the students receive the proper nutrition that they need every day. Knowing that the students are still growing, she also makes sure that the food is not only healthy, but also appetizing. Chef Cindy has truly created a positive impact on the lives of St. Lawrence Seminary students.







Labor Day Leisure

By: Aaron Villegas

Every year, Saint Lawrence Seminary finds a way to make Labor Day a day to remember. This year Labor Day was on Monday, September 3rd. The school day started off super accelerated so students had a quick and easy school day. The afternoon gave them a break from all the school work of the first two weeks of school. To kick off the Labor Day fun, all students on campus participated in a variety of intense and exciting athletic and non-athletic competitions such as dodgeball, volleyball, select video games, and bowling. They competed in the gym, in lower Saint Anthony's, and the bowling alley: most of the school's recreational areas. Though there was much competition amongst the students and some were better than others, everyone was able to find something that they enjoyed. Later in the day, the freshmen and seniors participated in the famous SLS Labor Day tradition... the "dunk tank." Each and every freshman got a boxful of balls and an opportunity to knock their senior into a large tank filled with icy cold water. With skill and precise aim, almost every freshman threw their softballs at the red button. Once the button was hit, their senior went plummeting into icy water!



Senior Paohow Lor braces for impact in the dunk tank.

Afterwards, everyone on campus was invited to a picnic style dinner that was served in the refectory. Here both students and faculty were able to kick back, relax, and enjoy the freshly grilled food. Freshman Shue Yang said, "I thought the Labor Day activities we did were fun. I also liked the food because it was something different." Whether it was taking a break from school or simply having time off from everyday activities, everybody was able to have a great Labor Day celebration.



Sophomores compete in a game of dodgeball.

The First Experience

By: Claiemore Tango-an

Many students who are curious about joining Saint Lawrence Seminary for high school get to experience the life of an SLS student by attending one of the school's weekend visits. The Weekend Visit Experience allows $8^{th} - 10^{th}$ grade boys the opportunity to do just that. Visitors and students join together in various activities such as meals, classes, prayers and Mass. The Weekend Visit Experience begins with the visitors arriving on Thursday afternoon and lasts through Sunday morning. The visitors start the day off as a Saint Lawrence student would by waking up at 6:20 A.M. for breakfast. The visitors then join the SLS students at morning prayer and Friday morning Mass. They then follow the student class schedule and meet with teachers and staff. Parents are asked to join their sons on Saturday and Sunday, where the visitors share their personal understanding of the school. Weekend visit parent, Oscar Lazaro, expressed his impression of the school by saying, "The campus is very beautiful, and the people here are very friendly."



The visitors are able to get fully involved in the school's activities. They are able to take part in the school's basketball games, soccer games, tennis matches, and can even participate in school parties and celebrations. Parent, Oscar Lazaro, also said, "I loved the gym activities and all the activities we did." For example, the school might play movies during the weekend and the visitors can take part in these activities to really experience the life of an SLS student. Last year the weekend visitors were able to experience an enjoyable weekend during fall and participated in the Halloween activities including the haunted house, which the seniors host each year.

Taking part in the weekend visits at Saint Lawrence Seminary allows the visitors to experience what residential high school life is like for Catholic young men. They are able to explore the school, meet with the staff and students, and involve themselves in all the normal activities of the current students at SLS. With this experience to remember, we hope they might become future Hilltoppers.

A Step In The Right Direction

By: Nicholas Rodriguez

Whether you're interested in sports or not, SLS provides a variety of competitive athletic activities to choose from. In the fall, St. Lawrence competes in two interscholastic sports: cross country and soccer. In this article, you will hear from our head coaches and a few athletes about what their hopes and goals are for this year's fall sports season.

Soccer

Mr. Dave Bartel (Varsity Soccer Coach)

What is your mindset going into this season?

-There are many new faces. It is going to take time to gel. We also have to learn where to place the new players.

What are your goals going into this season?

-My goals for the team are to go after conference, double-digit wins, and then win regionals.

How do you plan to achieve your goals?

-To achieve these goals is like achieving any other goal: We need to learn from our mistakes, work hard on and off the field, and be willing to change.



What do you want the team to achieve this season?

-This year I would like the team to gain more chemistry and discipline. I feel that these qualities are needed for any team in order to do good. Also, I would like to win conference after we gain the chemistry and discipline.

What are your personal goals for this season?

-For me personally, I would like to set an example for the newer players on the varsity team. Also, I would like to score some goals and get some assists during the season.

How do you want to help make the team better?

-I feel that providing encouragement to the team, to do better, is essential to making the team better. Also, I would like the team to scrimmage with each other on the weekends. What is the mindset for this season?

-One step at a time.

Cross Country

Mr. Kevin Buelow (Cross Country Coach)

What are your goals for the team this season?

-I want to push the team to the best of their abilities and reach new heights.

How do you expect the team to do at the meets this season?

-I don't quite know how the team will do this year due to the team being smaller than normal; however, I see talent that will help us do well this season.

What do you want to accomplish as a team?

-I would like the team to place higher at the meets and to do well at the Hilltopper and sectionals.

Marcos Pedroza (Cross Country Runner)

What are your goals for the team?

-I want to prepare the varsity team to the best of my ability. I also feel that preparing the junior varsity as much as I can for the next season is very important for the future of the team.

What are your personal goals?

-I want to achieve below 21 minutes for the Hilltopper and consistently get around 20 minutes for other races.

How do you plan to help the team?

-I want to make sure that everyone does their best at practice by pushing them to their limits.









Shooting For The Stars

By: Aaron Tarpinian

After four years of waiting, people from all around the world settled down in homes, restaurants, and town squares to watch the world's most famous sporting event, the FIFA World Cup. This year's World Cup was the 21st tournament since it began in 1930. The tournament was hosted across 12 different stadiums in Russia. Two nations of the thirty-two who qualified made their World Cup debut: Iceland and Panama. During the qualification process, there were a few teams who surprisingly did not make it, such as Italy, Chile, the United States, and the Netherlands. Sophomore Christian Orozco expressed his enthusiasm about the tournament and said, "As the days were approaching, I got more excited and wanted to watch all the games." This year's opening match took place in Luzhniki Stadium, Moscow, in which Russia defeated Saudi Arabia in a memorable 5-0 win.

During the tournament, there were many unexpected moments such as Belgium's dramatic 3-2 comeback against Japan, Argentina's 1-1 tie against Iceland, and most memorable, Germany's disastrous World Cup run. The former 2014 World Cup Champions, Germany failed to get out of the group stage for the first time in 80 years. Of the previous five World Cups, four of the five winners were knocked out during the group stage. On July 15th, France and Croatia played against each other in the final. This was the third time France has reached the final, as Croatia made it to the finals for the first time in history. The World cup Final took place in Luzhniki Stadium, where France defeated Croatia 4 - 2 winning their second-ever World Cup. Junior Franklin Fisher stated his opinion about the finals, "France's triumphant win crushed my hopes of the Croatian underdog story." From 169 goals, to 64 games, to 1 winner, this was definitely a World Cup to remember.



The Hilltopper Pushes Hard And The Runners Push Harder! By: Andrew Tran

On September 15th, the St. Lawrence cross country team competed in the 41st Hilltopper, the annual home cross country meet. This year, SLS raced against 19 other schools. The race provides many memories of the long potato patch and the infamous hill, Big Bertha. The potato patch has long paths that seem like they never end. Bertha is big. The hill is like no other, and each runner had to push their way to the top. It is where many runners get passed. Big Bertha comes towards the end of a fierce race and tends to separate the runners. As friends and family cheered, they watched the runners merge towards the finish. The varsity Hilltoppers finished in 14th place, with top finishers Nick Rodriguez and Josh Prado, and the JV Hilltoppers finished in 9th place, with top finishers Phillip Nguyen and John Yoo.

A hard fought race for all the teams still brought smiles from all the runners after their sprint to the finish. As SLS varsity runner Nicholas Rodriguez described, "Although it is early in the season, I'm proud of how the team did and the effort we put in." As the meet concluded with the Fun Run, it seemed most had a great time. At the end of the day, awards were given out for the winning teams. At the varsity level, Watertown Lutheran boys and girls won the meet, and at the JV level, Watertown Lutheran girls and Fox Valley Lutheran boys won. The Hilltopper took all of the runners to their limits, as it does every year.





Sophomore Andrew Tran pushes through the race.



What Did You Do This Summer?

By: Isaac Villegas and Peter Hall

Mr. Krieg- "I went to Tennessee."

Julio Perea (11) - "I worked at a summer camp."

PIO FERNANDEZ (II) - "I VOLUNTEERED AT A
WORKCAMP IN ABU DIJABI."

NATHAN DELEON (12) - "I WENT TO THE PHILIPPINES AND SPENT TIME WITH FAMILY."

Charlie Willger (9) - "I hung out with friends at the park."

Dan Vu (12) - "I went to a wedding."

Michael Nguyen (12)- "I walked around New York at night."

MINH NGUYEN (11) - "I ATE PANCAKES AT IHOP."

ARMANDO PARRA (12) - "I WORKED WITH MY DAD IN CONSTRUCTION."

Brother Mitch- "I visited my family in Michigan."

James Chavez (10) - "I went to Mexico and Niagra Falls."

Khang Kieu (II) - "I played games all day."

The Seniors' Ark

By: Carlos Núñez

One of the greatest ways for a class to bond is through fun. What better way for a class to grow together and have fun than at an amusement park? At the beginning of every school year, the senior class gets the opportunity to leave campus on the second Saturday and take a trip off campus. On August 25, the senior class took a trip to Wisconsin Dells. This year was a little bit different because in years past classes have ventured to Great America. This senior class, however, chose instead to change things up a little bit. They decided to explore Noah's Ark in Wisconsin Dells. For those who do not know, Wisconsin Dells is a small town in Wisconsin that is home to multiple water parks and resorts. Noah's Ark is the world's largest water park.

The seniors enjoyed going to Noah's Ark as it helped strengthen some relationships and make fond memories in their last year together. This excursion allowed the class to relax and take a break from the busy schedule of being a senior, while getting to enjoy the sun. This is an opportunity for the seniors to really grow closer as a class and as brothers. Daniel Reyes said, "It was great to have time with my brothers (classmates) all while enjoying the fun slides and cool waters on such a beautiful day." This really reflects the whole senior class' opinion on how much of a success the trip was.



Serving God Through Ministry

By: Robert Little

This year St. Lawrence Seminary has elected new Eucharistic Ministers and Ministers of Hospitality. These two jobs are very important in the SLS community, as without them the church life wouldn't be the same. This year, on August 26th, the senior class took an oath to become Eucharistic Ministers. In becoming a Eucharistic Minister, the seniors take a serious part in Mass, as they will distribute the bread of life during every mass on the Hill. They prepared for becoming a minister a week prior and are now the main distributors of the Eucharist.

This year the members of the junior class took on the ministry of becoming Ministers of Hospitality. This holds a great deal of responsibility as the juniors, the first faces that guests will see coming into chapel, need to be welcoming and invite others to celebrate the liturgy of the Eucharist with the community on the Hill. Being a Minister of Hospitality carries a couple of duties. These duties are greeting and seating guests, taking collection, and handing out/collecting service guides. "This is a great responsibility," Franklin Fisher stated, "I feel like I have more responsibility through this new experience. I can't wait to serve the community."





Members of the junior class are installed as Ministers of Hospitality.

The Spirit's Direction

By: Dominic Soto

Spiritual Direction on the Hill is an opportunity used by many sophomores, juniors and seniors for spiritual and personal growth. It is guidance for the students on the Hill. At the beginning of the school year, students choose their own spiritual director. This year, many Capuchin friars and Dr. Rick Voell were eager to help the students truly find their place in their faith. Each counselor has their own unique way of helping the students. They may ask questions about the student's life in school, outside of school, and even at home. Each bit of information is crucial to helping and guiding the student.

Spiritual Direction is not only for the directors to gain personal knowledge on the students, but also to use the information to help the student to reflect on his life. The students are eager to choose their own spiritual director and learn how they can better themselves in their faith and in the community. Senior Ricardo Rodriguez said, "I feel it helps me relieve stress and get things off my chest." Which is very true for most students. But that's not all. Junior Julio Perea said, "I feel I can tell them anything, things that I can't tell others students."

The best part about every new year are the new additions of Spiritual Directors. For instance, Father Jerry Higgins was recently added to the list of spiritual directors, but was only given five students. Unfortunately, Brother Mark Romanowski was taken off the list. However, the list isn't made up of just priests and friars, Dr. Rick Voell is a layman himself, and he's excited for the next set of students. Dr. Voell stated, "This year is filled with new surprises and there are more yet to come."



Fr. Pushparaj meets with senior Matthew Tran for Spiritual Direction.



Mr. Cameron Miley

How did you end up working at St. Lawrence?

"I received an email that there was a position open and I applied for it."

What do you like about being back on the Hill?

"I enjoy the sense of community."

How are you adjusting to your new job?

"I feel it has been pretty weird, especially because I was once a student here—and now I am working here."

Mr. Martin Vu

How did you end up working at St. Lawrence? "The amazing presence of community really brought me

What do you like about being back on the Hill?

"I really like the kids here. I also love the activities that are offered here."

How are you adjusting to your new job?

"I am adjusting great here. It's pretty simple to go to school and work here at the same time."



Mr. David Trinh

How did you end up working at St. Lawrence? "My sister was friends with Timmy Le, and his mom asked me if I wanted to go work at St. Lawrence."

What do you like about being back on the Hill?

"I would say I love how this school helps young boys turn into men."

How are you adjusting to your new job?

"I'm adjusting great. It's pretty fun watching kids grow up!"



Mr. Logan Burge

How did you end up at St. Lawrence?

"Originally, I was going to work at Marian as a resident assistant, but I saw that there was a job opening at St. Lawrence so I applied about a month before school started. They quickly interviewed me and hired me. That's how I basically ended up here."

What do you like about being back on the Hill?

"All the friendships I made. Going to college, it was a lot different, so when I had the opportunity to come back, I was excited because even though I am not a student anymore, I still get to experience some parts of the community and help students experience it."

How are you adjusting to your new job?

"I'm really tired all the time. I don't get as much sleep as I want -I'm really busy all the time. The hardest part is having to come straight from school to work. I like napping a lot and now I can't do that. Other than that, it has been really fun. I have no complaints."



Student Spotlight

By: Ellison Juern



Noah Britto

Hometown: Dubai, UAE **Grade:** Sophomore

Age: 15

Hobbies: Soccer, Basketball and Ping Pong

Favorite Food: Pizza

What brought you to SLS?: "A friend, Dhruv Alphonso

(Class of 2016) told me about SLS."



Grek Guzman

Hometown: Whiting, IN

Grade: Sophomore

Age: 15

Hobbies: Soccer, Videogames, Bike Rides and Hanging out with friends

Favorite Food: Tacos and Pozole

What brought you to SLS?: "Pedro Fernandez recommended SLS to me."



John-Paul Allan

Hometown: Ave Maria, FL **Grade:** Junior

Age: 16

Hobbies: Football and Fortnite

Favorite Food: Chicken Caesar Wrap

What brought you to SLS?: "My parents wanted me to go here."



Derek Dang

Hometown: Wylie, TX

Grade: Junior

Age: 16

Hobbies: Track and Basketball

Favorite Food: Tacos de Asada and Spaghetti

What brought you to SLS?: "A good education

and spiritual life."







From The Editors

ISAAC

I am extremely excited to be an editor of Hilltopics this year! I always wondered what it was like to be one of the editors and here I am. For those of you who do not know me, I am a senior student from the suburbs



of Chicago. I play basketball, and I work in the Canteen. Senior year isn't always the easiest, but it definitely could be the most memorable. It is the beginning of the end, but for me, every moment will be cherished. I look forward to working with Peter and Mrs. Sippel on this volume of Hilltopics to make it the best one yet!

PETER

As I begin my senior year here at St. Lawrence, I'm finding it hard to believe that I have been on the Hill for over three years already! The time really does fly by here on the Hill, as do the memories made. I look

forward to making even more this year. I also look forward to working on Hilltopics with Isaac and our advisor Mrs. Sippel, who has already given so much of her time to help us complete this issue. Senior year for me will be busy, fun, and far too quick. Despite all this, I will be sure to enjoy and savor every moment.



Add us on