

30 YEARS

Fall 2019
Issue VIII

CATHOLIC EDUCATION

Seton

Roundtable: The Seton Alumni Magazine



INSIDE:

Anne-Marie Boulé Spear, MAI '83
Michael J. Boulé, MAI '89
Michael T. O'Connor, SJA '65
Seth Caldon, SCC '01
Colleen Lacombe-Senecal, SCC '06

Message from the Editor



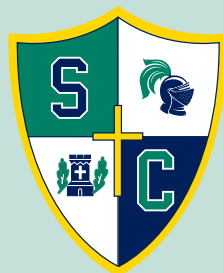
What a year this has been! In 2019 we celebrated both thirty years of Seton Catholic and the inaugural year of our united Pre-K – 12th grade campus. As you can see through the photos in the pages ahead, we are

truly BETTER TOGETHER! We wanted to give you an overview of some of the wonderful events that occurred this year inside and outside of our Seton walls. The merger of Seton Catholic Central and Seton Academy felt very natural and right. The older students enjoyed welcoming the younger grades to their building and the elementary students fit right into the rhythm of the school.

There are so many moving parts to any academic institution and Seton Catholic is no different. We are committed to providing the most nurturing, enriching, academically challenging educational experience available. It is what we do and what we strive to accomplish every day when we walk through the doors of 206 New York Road. As we celebrate 30 years of Seton Catholic we could not be more proud of the legacy we have built. We want our friends and alumni to know that we plan to be around for years to come. We are Seton Catholic and we are strong.

Please enjoy the photos of happy faces and rich accomplishments. Share our story with neighbors and friends and keep our message alive by referring us to families seeking to Discover the Difference in a Seton education. We also invite you to stop by and see our campus, speak with our students and see for yourself what drives us every day. It is a difference worth supporting and celebrating. Thank you always for your continued prayers and support.

Susan FitzPatrick Pellerin, SJA '77
Editor



Seton Catholic

Education Council 2019-20

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|----------------------|---------------------------------------|
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Seton Alumni Magazine (Fall 2019)

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Seton

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Colleen Lacombe-Senecal,
SCC '06



Knights' Joust

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It is hard to believe that we are beginning our second year as a Seton Catholic unified campus with grades Pre-K -12. What a year it has been! We learned how special it was to have the little ones in the hallways and how much the older students enjoyed getting to know them by name. We learned that having a gym full of cheering students of all ages makes homecoming that much more exciting. At every event, and at every turn, our collective student body made us proud to be together as one.

As we begin this second year we also celebrate the fact that Seton Catholic has been in existence for 30 years. It was 1989 when the MAI and St. John's Academy School Boards voted to consolidate and become Seton Catholic

Central. Through the years since we have continued to provide a strong academic and moral presence in the North Country. We are proud to be the representative of all the area Catholic schools from the past. Every day we strive to build the foundation that will keep our name in the news as a valuable educational alternative to public school that not only produces academically prepared students but also young men and women of outstanding character and moral conviction. We know what we have is special. We have known it for a very long time.

Seton Catholic strives to meet the ever-changing environment of educating our young people. We meet the challenge head on and are prepared to grow with the times. We invite you to take a closer look at Seton Catholic and Discover the Difference.

Our Mission Statement

Our Seton Catholic family of faith fosters academic excellence, nurtures personal responsibility, and encourages service to others in the spirit of Jesus.



Mary Forbes

mforbes@setonknights.org

Class Notes

In Memoriam

Gerald Garrand, benefactor, died October 4, 2018.

Robert "Red" Burnell, MAI '55 died November 2, 2018.

John "Jack" T. Ryan, SJA died November 2, 2018.

Loyal A. Canning OLVA '54 died November 11, 2018.

Anne Marie Smith, OLV Secretarial School, died November 15, 2018.

John Braun, benefactor, died November 16, 2018.

Arnie Pavone, SJA '44 died November 23, 2018.

Benjamin Russell Ransom, SJA, died November 25, 2018.

Yvonne Santimaw, dedicated volunteer at the SJA Shamrock Café (Clinton County Fairgrounds) died Nov. 26, 2018.

Mary Garrand, OLVA '53 died November 30, 2018.

Francis B. Perry, Sallaz Academy '47 died Dec. 5, 2018.

Patricia Davies, OLVA '64 died December 8, 2018.

Donald D. Miner, Sallaz Academy '39 died December 27, 2018.

Marie McGrath, SJA '38 died December 30, 2018.

Rita L. Kourofsky, Sallaz Academy '46 died Jan. 1, 2019.

Katherine Gagnier, mother of Stephen Gagnier, MAI '68, Seton Board Member, died February 9, 2019.

Sarah "Sallie" Fagan Bohlen, SJA '68 died March 13, 2019.

William H. "Bill" LePage, SJA '47, lifelong volunteer and member of the "chain gang" died April 20, 2019.

Helen Jarvis, benefactor, died April 22, 2019.

Joyce M. Pelkey, OLVA '54 died April 23, 2019.

Jeffrey J. Forkey, SCC '95 died May 4, 2019.

Rev. Peter R. Riani, former pastor of St. Agnes Church and St. Augustine's Church died May 16, 2019.

Lawrence Ewald, benefactor, died May 18, 2019.

James Dubrey, Sr., brother-in-law of Brother Raymond Fortin died October 31, 2019.

Joshua Walker, SCC '96 died June 5, 2019.

Sister Mary Cordata, SSJ died June 19, 2019.

Robert A. Douglas, MAI '62 died October 14, 2019.

Rita LaBarre, benefactor, died October 26, 2019.

Weddings

Wade Studley, SCC '04 and Dana Curle were married September 1, 2018.

Emilee Collins, SCC '12 and **Ethan Quantock**, SCC '11 were married Sept. 30, 2018.

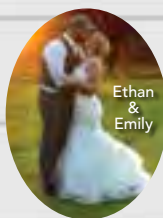
Hannah Menard, SCC '07 and Justin Relation were married Jan. 19, 2019.

Allyson Fregeau, SCC '04 and Chad Mead were married February 8, 2019.

Stevie-Jo Fessette, SCC '07 and Nick Downen were married June 29, 2019.

Amanda Sorrell, SCC '06 and Steven Vincent were married on October 4, 2019.

Zachary Eppler, SCC '06 and Becky Columbe were married October 26, 2019.



Ethan & Emily

Brendan Cannon, SCC '01 and Christina Savoie were married at St. John's Church.

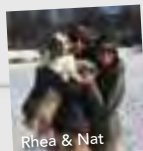
Engagements

Claire Deon, SCC '09 and Matt Rivers became engaged on November 19, 2017.

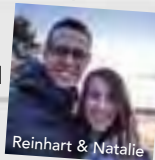
Shea Brannon, SCC '09 and Emily Raville became engaged on April 16, 2019.

Kate Schofield, SCC '12 and Jordan Barriere became engaged on July 26, 2019.

Rhea Breyette, SCC '11 and Nat Abernethy became engaged on March 10, 2019.



Reinhart Meisenheimer, SCC '08 and Natalie Elvidge became engaged on Oct. 10, 2019.



Accomplishments

Alexa Cosgro, SCC '10 received a Doctorate of Physical Therapy on December 7, 2018.

Gena Rosenbaum Trombley, SCC '02 was inducted into the Plattsburgh State University Athletic's Hall of Fame for Plattsburgh State Soccer.

Dr. Eliza Zalis, SCC '10 received her PhD in microbiology from Northeastern University.

Births

Rachelle DeCamp Roberts, SCC '03 and her husband Thomas welcomed a son, Carter Thomas Roberts, on August 7, 2018.



Gena

Brendan Cannon, SCC '01 and his wife Christina welcomed a son, Finley Brian Cannon on December 26, 2018.

Colleen Lacombe-Senecal, SCC '06 and her husband **Adam**, SCC '05 welcomed a daughter, Anna Grace on April 30, 2019.

Brynn Fessette O'Neill, SCC '04 and her husband Corey welcomed a daughter, Jovie Ray O'Neill on Feb. 21, 2019.

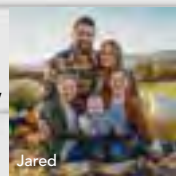
Loyal Dergham, SCC '05 and her wife Suzie welcomed twins, Romy Ryan Dergham and Aras Cash Dergham, on April 12, 2019.

Gena Rosenbaum Trombley, SCC '02 and her husband Galen welcomed a daughter, Oaklyn Marie Trombley, on May 21, 2019.

Kara Stark Elliott, SCC '08 and her husband Dan welcomed a son, Jameson Stark on May 27, 2019.

Beck Meisenheimer, SCC '05 and his wife Courtney welcomed a daughter, Roone Atwater Meisenheimer on March 2, 2019.

Jared Jabaut, SCC '98 and his wife Courtney welcomed a son, Justin Harris Jabaut, on June 9, 2019.



Jared

Katie Ketcham Rogers, SCC '04 and her husband, Paul, welcomed a daughter, Louise Bouyea Rogers on July 22, 2019.

Anna Meisenheimer Dickson, SCC '06 and her husband **Matt**, SCC '03 welcomed a daughter, Niyav Ambrose Dickson on September 1, 2019.

Elanie Lafountain Scholl, SCC '11 and her husband Derek welcomed a daughter, Katherine Parker Scholl, on September 10, 2019.

2019 Year in Review



BUILD



WORSHIP





INSPIRE



PERFORM



EXPLORE





COMPETE



SERVE



TEACH



Year in Review



GIVE BACK



CREATE



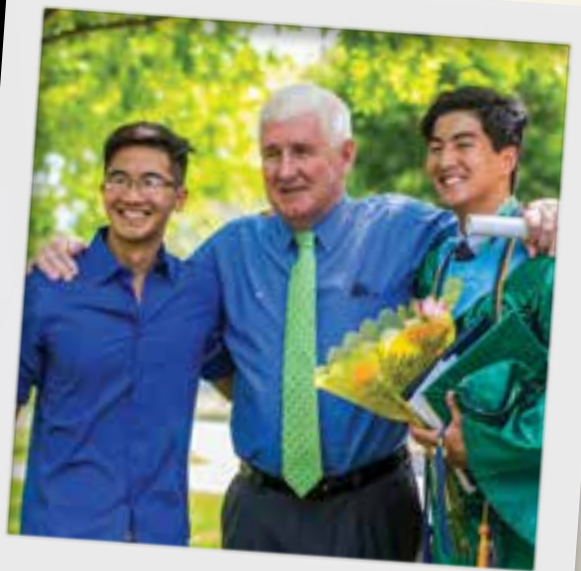
PLAY



Year in Review



CELEBRATE



MOVE ON



OPEN ARMS AND OPEN HEARTS

"I love how my host family is easy-going, responsible, and kind."

—Chris, 12th grade

"I love how a teacher has taken time to give me a private music class in her planning period."

—Augustine, 9th grade

"I love the gym and the basketball coach."

—Connor, 12th grade

"I love the small classes and the friendly classmates."

—George, 12th grade

"I love how nice my host mom is."

—Andy, 12th grade

"I love the international students and the community."

—Snow, 12th Grade



Rebecca VanDeMark recently joined the Seton Catholic family as the Director of International Students. She comes to us with 7 years' experience teaching high school AP US History, AP World History, AP European History, 20th Century World History, Middle East History, and a college and career prep class for senior students. With a love for different cultures, languages, and travel, Rebecca has been working as a travel writer for the last 6 years. She also worked with Lutheran Social Services in conjunction with the State Department with trafficking victims in their first 180 days in the United States in 2006-2007. Rebecca has a passion for high school students and is thrilled to be working at Seton Catholic with the International Program. Let's get to know Rebecca in her own words...

It is with great joy to have been hired as the new Director of International Students at Seton Catholic! I am following in a long line of wonderful directors and it

is truly an honor to be part of this program. Seton Catholic's International Student Program has some of its earliest roots from 115 years ago and has provided a foundation that is rich not just in our school community but in our community at large in Plattsburgh.

We are so grateful this year to have a thriving program and are thrilled to have wonderful host parents and students in grades 9, 10, and 12. Our international student body this year is comprised of students from China, South Korea, and the Philippines.

I am so delighted to connect more and dig deeply into this wonderful community at Seton and carry on a long and wonderful tradition of reaching the world one student at a time. Thank you for your support of our school and our program. In supporting our program, you have truly changed the course of students' lives here in Plattsburgh and around the world.



Reunions are the



best!



Once again, we had a successful reunion of alumni from St. John's Academy, Mount Assumption Institute, OLVA and Seton Catholic. We continue to celebrate our friendships and history on Memorial Day weekend, in keeping with the tradition Mount Assumption Institute began years ago. We gathered at Valcour Brewing Company on Friday night to begin the celebrations. It is always nice to support alumni and their businesses in Plattsburgh. Mary Theresa Pearl, SJA '75 is the owner of Valcour Brewing and the Pearl family has been faithful supporters of Catholic education in Plattsburgh. You can't beat the atmosphere of the Old Stone Barracks and the menu and beer selection are outstanding.

Saturday morning the party continued with our annual Carpenter Memorial Golf Tournament at Harmony Golf Course. This is also a time-honored tradition that began in memory of the Carpenter family, Harry, Earl, Larry and Peter, along with other members of their extended St. John's family.

Saturday evening we had a delicious meal and another opportunity to share special memories with classmates at the Westside Ballroom. A special thank you to Rob Buran who was the DJ and MC for the event.

We conclude the weekend with Mass at one of our local parishes and this year the Mass was held at St. John's Church.

We hope our alumni know that we set aside this time for a very special reason. Reconnecting with you reminds us where we have been and directs us toward our future. Please continue to keep us updated with your stories and make sure Memorial Day weekend stays on your yearly calendar as the perfect time to visit Plattsburgh, NY and your friends at Seton Catholic. †



Welcome to Waikiki

What a fabulous time we had on May 4, 2019. Flip flops, grass skirts and Hawaiian shirts were the attire and the Hawaiian Luau themed party was the rage. We transformed the Westside Ballroom into a colorful, festive space complete with tiki torches and palm trees. Once again our generous business sponsors supplied us with incredible donations for our silent and live auctions. In addition, each Seton grade level provided items for themed baskets and the results were outstanding. Our guests marveled at the beautiful presentation and variety of baskets displayed and available for auction. Our professional auctioneer, Richard, got the crowd buzzing with competitive bidding and laughter. We also introduced our first \$10,000 Seton Cash Raffle and had a St. John's parishioner win the \$10,000 prize. That is what is called keeping it in the family. The raffle was such a success we will repeat it again this year. You need not be present to win and only 500 tickets will be sold.

The 2019 Fund A Need project was to create a Middle School Quad for our students to have a space of their own for use after school. Because of generous donations from our guests we were able to provide a new walkway to the playground, tetherball poles which also will be used for volleyball in the spring, a basketball court and picnic table seating. In the spring we will complete the project with new plantings and additional recreational features.

The Gala has become our largest fundraiser and is something our Seton families and community look forward to every year. This year our theme is Mardi Gras. The date is April 25, 2020 and we invite our friends, family and alumni to join us. We plan to have something for everyone at our event. Please contact spellerin@setonknights.org for more information on the Gala and our \$10,000 raffle. We look forward to seeing many of you at Mardi Gras this year. †

Sofia DeJordy

Valedictorian 2019



Class of

Sofia DeJordy is currently attending Queen's University in Kingston Ontario Canada, majoring in Life Science. Here are some of her thoughts on moving on from Seton Catholic.

I would just like to start by thanking everyone who has supported the seniors throughout our entire high school journey. Our teachers have worked countless hours to help bring us to this point, and personally, I feel prepared for college next year. Our parents have also sacrificed a lot for us and have gone out of their way to support us. I will always be grateful for the sense of community and support that is present at Seton.

It's crazy to think that we're all sitting here in Hawkins Hall, ready to graduate high school and embark on one of the most exciting chapters of our lives- adulthood. I've known most of you since elementary school, back when we were all four feet tall. You all are motivated people with bright futures; you each have the potential to accomplish amazing goals.

If there is one lesson we can all learn from high school, it's to always be confident in who you are and not let little things get to you. Each person sitting here today is gifted in different ways, making our class very special. You each represent a piece to the puzzle that is our class; our full potential will be achieved when everyone fulfills their role.

I am so excited to see where we all go in life after we walk out those doors. College is a learning process; we will try different classes, discover our true passions, and start our careers. The most important thing to consider in this new journey is to find what truly makes you happy. I've also learned that in order to live your best and most successful life possible, you must find a balance between work and play. I encourage you to put yourselves out there and be true to who you are, regardless of how others view you. Finally, always accept failure as an opportunity to improve. It's human nature to make mistakes, but it's the ones who get up after being knocked down who will succeed in the end. You should never see challenges or difficulties in your life as your enemy, but rather as a motivator to encourage you to strive for your goals. That being said, I wish each and every one of you the best of luck in your future endeavors and a lifetime of health and happiness. Always cherish our memories together, as they can never be taken away from us. Congratulations class of 2019, we did it.

Pascale Lise Allen
University of Vermont

Abigail Catherine Boulé
Siena College

Georgia Marie Boulé
Siena College

Nathaniel Stuart Boulé
Union College

Nicole Imani Bullock
SUNY Potsdam

Sofia Maria DeJordy
Queens University

Thomas Patrick Deremiah
University at Buffalo

Sydney Elizabeth Falb
Sage College of Albany

Yuxin Gao
Fashion Institute of Design
and Merchandising

John Michael Glover
St. Lawrence University

Gabriella Rose Grant
SUNY Fredonia

Evelyn Lee Ann Gricoski
Hartwick College



Abby Boulé

Salutatorian 2019



Yuanji Han
University of Connecticut

Matthew James Ladieu-Reiblein
Clinton Community College

Kathryn Mackenzie Larson
Clinton Community College

Sophie Elizabeth Macner
St. Lawrence University

Aidan Michael Nicholas Masten
Clinton Community College

Sylas James Moran
Clinton Community College

Tobiah Wolf Osborne
Clinton Community College

Spencer Blaine Savage
SUNY Plattsburgh

PinnipaTrakarnsriskul
The College of St. Rose

Ariana Teresa Ventre
Binghamton University

Jiahong Wan
Arizona State University

Maifan Wan
University of Pittsburgh, Bradford

Neil Hao Yang
Bentley University

Abigail Boulé is currently attending Siena College and majoring in Biology with Pre-Dental/Pre-Orthodontic studies. Here are some of her words of remembrance and advice for her classmates.

Today we say goodbye to the past 13 years of our lives. Today when we walk out those doors, we prepare for what the next chapter holds. And today as we look at the 24 other caps and gowns in this room we can say we did it together.

For some of us, Seton has been all we've known. Others came along sporadically throughout the years, but quickly became part of our class; part of us. Throughout the years we have made new friends, watched the boys win every sock relay, shed numerous tears, destroyed in tug of war, stressed over countless tests, and most importantly, made endless memories.

Looking at my fellow classmates, it is with nothing but confidence that I can say that we will do great things and change the world. I am grateful to say that I am graduating with such a strong group of individuals and I cannot wait to see what the future has in store for all of us. It will be weird not seeing the same faces every day, especially leaving my twin brother for the first time, but I know that all of us have each other's backs.

Now as we get ready to celebrate this milestone with friends and family, we look to the new memories the future has in store for us. They say that college is the best years of one's life. If that's true, then they're going to be pretty great to beat the years we've had together. We did it guys, and now we get to prepare for our futures and build the rest of our lives. But one day we will meet someone who will ask us about our family. We will tell them about our parents, our siblings, our grandparents, and we will not hesitate to mention the 24 people who have become our family throughout these past years.

And no matter where we end up, no matter how far we go, we will know that we always have a home called Seton Catholic, and a permanent place in each other's hearts.

Smiles All Around Town



Anne-Marie Boulé Spear, MAI '83

What inspired you to pursue a career in Dentistry?

I was inspired to follow my Dad's career path. I was interested in working in the health sciences while being able to raise a family. Dentistry was a natural fit for me.

Did you have any inkling that this would be your path when you were attending high school?

I knew that Biology would be my major in college, but dentistry didn't enter my mind until my junior year in college.

Did you have any special teachers who inspired you to explore a career in the sciences?

The teacher who guided me the most was Dr. Carol Crafts at Providence College. She believed in my abilities and pushed me to excel as a student.

Did the fact that your family has a long history of Dental practices in Plattsburgh lead you along this path or did it make it more difficult to decide whether to take on the family business?

My family history of dentistry gave me the confidence that I could be successful in the dental business. I will always be grateful for the guidance my Dad gave me. I feel honored and blessed to continue the Boulé legacy of over 100 years of caring for our patients.

What is the most rewarding aspect of owning your own dental practice?

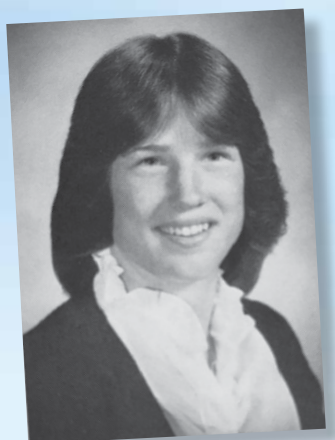
The most rewarding aspect of owning my own practice is the relationships I have with my patients. I love becoming partners with them in their oral health. I love getting to know them and their families. I feel fortunate to be called their dentist.

What is one of the overriding lessons you took away from your years at Catholic school?

Catholic school taught me to value education, spirituality, and to trust people with the respect everyone deserves. I learned that it is important to serve your community.

What advice would you give students pursuing careers in the science field and going out on their own in a business venture?

My advice is to be open minded as to the decisions in front of you. It is important to know that it is completely normal to have no idea of the exact profession you will enter. Try to take advantage of opportunities to shadow professionals. Seek the advice of people you trust. Treat people well and you will be successful! ■



Michael J. Boulé, MAI '89



What inspired you to pursue a career in Dentistry?

I went to Siena College with no certain area of study in mind. I actually declared my major as finance. It wasn't until the spring semester of my Senior year that I did a 180 degree and began to head down the path toward dentistry. I always liked the sciences, but with a sister in dental school and a brother well on his way, I wanted to try something different. It turned out I could not see myself enjoying a career in the financial world as much as I could in dentistry. I always felt my father enjoyed his profession. He was always the person who inspired me in all facets of life. I'm fortunate that I was able to return to Plattsburgh and practice with him for several years.

Did you have any inkling that this would be your path when you were attending high school?

I really didn't. I was really unsure as to what path of study I wanted to pursue.

Did the fact that your family has a long history of Dental practices in Plattsburgh lead you along this path or did it make it more difficult to decide whether to take on the family business?

It certainly was a factor. There is a sense of tremendous pride in our long family history.

What is the most rewarding aspect of owning your own dental practice?

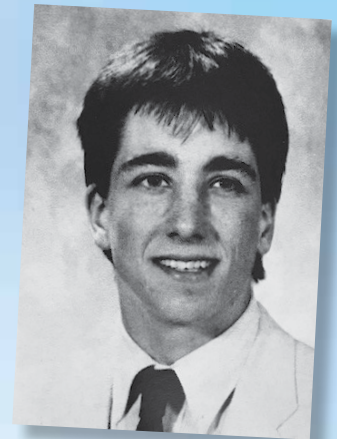
I would say that it's rewarding to continue on our family practice and practice in the place I grew up in and to provide a service to the families of the North Country. Many patients share some sort of history with the Boulés. We are often treating people we may have grown up with and their families.

What is one of the overriding lessons you took away from your years at Catholic school?

I was fortunate to have had the opportunity to attend both a Catholic elementary school and high school. Although while in school I didn't realize it, but it taught me the importance of faith and prayer in my life.

What advice would you give students pursuing careers in the science field and going out on their own in a business venture?

I would say to make sure that whatever path you choose, it is something you're passionate about and enjoy. If you are lucky enough to find that path, work hard until you achieve your goals. ■



Smiles All Around Town



Michael T. O'Connor, SJA '65

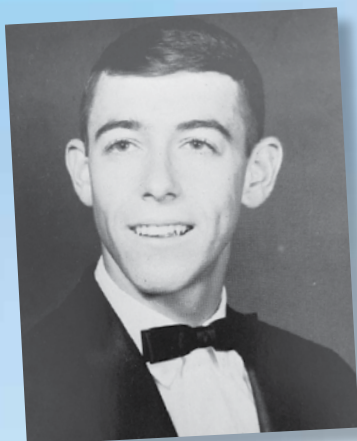


What inspired you to pursue a career in Dentistry?

In 8th grade I tried to stop a hockey puck with my front teeth. The puck won. The ensuing months of dental treatment to replace my two front teeth were very instrumental in my decision to pursue a career in Dentistry.

Did you have any inkling that this would be your path when you were attending high school?

I must admit that Dentistry was not the front runner of my high school career



thinking. However, one of the reasons I chose chemistry to study in college was a potential career in the health fields.

Did you have any special teachers who inspired you to explore a career in the sciences?

No particular teacher but my collective admiration for many of my science teachers from high school through dental school has continued to inspire me to keep learning.

Did you have any family history of dentistry?

No, I am the first dentist in my family.

What is the most rewarding aspect of owning your own dental practice?

Without a doubt, it is having the autonomy to treat people how I would want to be treated. I do not have to abide by the rules and philosophy of the corporate dental world where the bottom line often dictates how people are treated.

What is one of the overriding lessons you took away from your years at Catholic school?

St. John's Academy laid the foundation for balancing the priorities of my life. Those priorities being work, play, love and worship. That foundation was made stronger through my interactions with the many Jesuit mentors I had during my undergraduate years at LeMoyné College and dental education at Georgetown University.

What advice would you give students pursuing careers in the science field and going out on their own in a business venture?

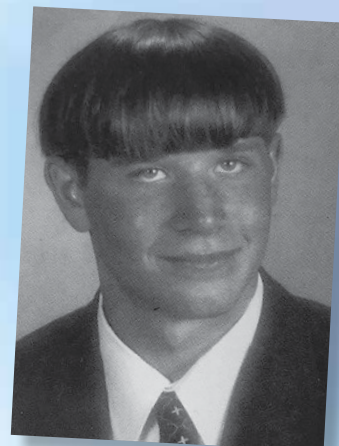
I would advise a young person to look very closely at all their associations. The right people will support your efforts and successes and the wrong people will retard or stop your progress. "You become who you associate with" is very prophetic. ■



Seth Caldon, SCC '01

After serving for 17 years in the Air Force, Seth Caldon, SCC '01 moved back to the area with his wife Kierstin and two sons in September 2019.

He is currently practicing with his father Dr. William Caldon, and Dr. Michael O'Connor at High Peaks Dental. He comes to the practice with new techniques and the ability to perform oral surgery and implants. He is currently expanding his education into orthodontic care and Sleep/TMD/TMJ.



Colleen Lacombe-Senecal, SCC '06



What inspired you to pursue a career in dentistry?

I initially looked at careers in the medical field for my love of the sciences and desire to help others. After Dr. John Boulé encouraged me to consider dentistry during my sophomore year of college, I shadowed a pediatric dentist and loved it. I like that dentistry, especially pediatric dentistry, has a large psychology component in addition to focusing on the basic sciences. I enjoy the hands-on aspect and tangible results I find in this profession as well. I naturally gravitated towards pediatric dentistry and have really liked the opportunities it gives me for education, prevention of disease and promotion of general health and wellbeing.

Did you have any inkling that this would be your path when you were attending high school?

If asked in high school if I would want to be a dentist, I would have absolutely said no!

Did you have any special teachers who inspired you to explore a career in the sciences?

I had many teachers that inspired me to work hard in school and explore a career in the sciences! Mr. Dilley was my high school

chemistry teacher and he absolutely helped me learn to love the subject! I went on to take two semesters of general chemistry and two semesters of organic chemistry in college and even became a TA in organic chemistry. I was fortunate to have a strong foundation in math from Mrs. Reynolds, Mrs. Lacroix and Miss Forbes. Though it wasn't always my favorite subject, the foundation I received in middle and high school certainly helped me in college calculus and statistics courses.

Did you have any family history of dentistry?

No, I am the first dentist in my family!

What is the most rewarding aspect of owning your own dental practice?

The most rewarding aspect of owning my own dental practice is having the autonomy to treat the families I see each day in the ways I see fit.

What is one of the overriding lessons you took from your years at Catholic school?

Fourteen years in Catholic school helped to develop my character, which guides me in making decisions each day. I like to think my experiences at St. Peter's and Seton Catholic taught me how to be a good person

and how to treat others the way I'd like to be treated. As a pediatric dentist, I live by the standard of treating my patients how I'd treat my own children.

What advice would you give students pursuing careers in the science field and going out on their own in a business venture?

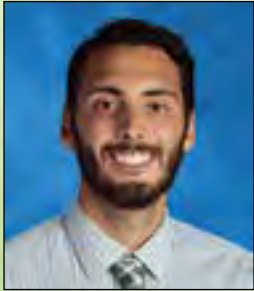
My advice to students pursuing careers in the science field and going out on their own in a business venture is to dream big and go for it! Unknowns and the thought of failing will always be scary, but squandering your time on endeavors you are not passionate about is scarier. Set goals, work hard for them and don't lose sight when the going gets tough. "Failure is nothing more than a chance to revise your strategy." ■



ON THE FIELD AGAIN

A View from Former Athletes

Keagen Briggs, SCC '14



Keagen teaches Middle and High School Social Studies at Seton Catholic. In addition, he is the Men's Head Soccer Coach at Clinton Community College, where he also manages their Athletics Website.

Tell us a little bit about your own Seton team experience.

At Seton Catholic I played four years of both Varsity Basketball and Varsity Soccer and two years of Varsity Tennis as well. I had a unique experience of helping rebuild both teams during my time at Seton Catholic. My only two winning seasons came during my senior year for both soccer and basketball. Developing and improving over the years as both an athlete and a team are very important at a small school. Coach Larry Converse always stressed the importance of being a tight unit in a small school like Seton Catholic. The best teams I played on were great "teams". It wasn't about individual accolades or performances. The only way we found success was working as a unit to accomplish one common goal. I feel like this has shaped a lot of the way I coach today.

What team do you coach and what inspired you to become involved in coaching a team at Seton Catholic?

Last year I coached Modified Soccer and was an assistant coach with the Boys Varsity Soccer team at Seton Catholic. Now I coach the Clinton Community Men's Soccer Team. I always wanted to go back and give back to Seton Catholic. Last year I knew the Boys Varsity team had a lot of potential to have a very successful year, so I wanted to help them in whatever way I could throughout their season.



How does it feel to be on the other side of the athletic field?

Honestly, I love it. Since I was very young, I always knew that coaching was a direction I wanted to go in after I was done playing. Throughout my time playing in high school and college, I always noted and tried to remember things I liked but also didn't like from a coach so that when I was in the position, I could do things in the way that I feel athletes enjoy and buy into.



What is the most rewarding thing about coaching student athletes at Seton?

Coaching at Seton was special for me. I know the place that some of the student athletes are in. By the time they are juniors or seniors, they probably spent some time on young teams that had trouble finding success. By the time they start to find success, it is really rewarding being a part of it. Seeing the attitudes the student athletes show, and their commitment to the school, is something that always makes me proud to be an alumnus.

What do you feel makes a Seton Catholic athlete stand out in a crowd, on the field and off?

Seton Catholic student athletes play with passion. Being a small school, you don't always find success due to age or lack of depth, or other reasons. What is consistent, no matter how successful the team, is the amount of passion that students play with for the school and for their teammates. †

Shannon Olsen, SCC '12



Shannon is the Director of Guidance at Seton Catholic, the Head Modified Boys' Soccer Coach and Assistance Varsity Tennis Coach.

Tell us a little bit about your own Seton team experience.

As a three-sport athlete, while in high school, Seton sports took up a lot of my time. Fall sports started in mid-August and Spring sports ended at the end of May. When I look back on high school, sports are some of the best memories I have. Not because we won every game, but because it felt like a family. My sophomore year of soccer we went all the way to States which as a sophomore was an awesome experience. We took the Seton buses to Cortland and the bus ride alone made the experience fun. We ended up losing in overtime 1-0, but it is something I will never forget. For my winter sports choice I always chose hockey, but my senior year I decided to also play basketball for Seton because they needed numbers. I had never really played basketball before, so I was not very good, but I still got plenty of playing time, including during sectionals, and I got to learn the game and be with my friends. The great thing I always saw about Seton sports was everyone plays, not because



we have to, but because the coaches cared more about the kids.

What team do you coach and what inspired you to become involved in coaching a team at Seton Catholic?

Now at Seton I am the assistant tennis coach and the head boys modified coach. I have always wanted to coach and being able to do that at Seton and give the place that gave me so many good sports memories made it so much better.



How does it feel to be on the other side of the athletic field?

Being a coach is not easy and I would love to see some of my old coaches and thank them and probably apologize to them. Trying to

get 11 players to do what you ask on a soccer field is not an easy feat, then add in the fact that they are 12 to 14-year olds that have an attention span of 10 seconds. On this side of the field I see all the things I didn't as a player, and how much harder it is to relay that information, so they understand. As a tennis coach it is so much harder because you can't yell at them and tell them what they are doing wrong. You have to wait and calmly explain when they turn, and I think that might be the hardest part. I think the hardest thing in both sports is watching a player deflate in front of you and give up, and there is nothing you can say or do to stop it.

What is the most rewarding thing about coaching student athletes at Seton?

The most rewarding part about coaching is getting to know and understand each player. You learn when to push them harder, when they need a break, and just when they need you to say, "get it together." You really form a bond with the kids, and they are your kids on your team after that.

What do you feel makes a Seton Catholic athlete stand out in a crowd, on the field and off?

Seton athletes stand out for a few reasons. One is the fact that everyone has a chance to play. Some kids need that; it makes them better and grows their confidence. Another thing is I feel like kids really grow close to their coaches here. They aren't just another name on a roster, but family. When I was playing, I never thought my coaches weren't on my side and I hope the kids I coach feel the same way. Kids can play sports at any school, but to be able to call your team a family and know your coach has got your back is a level that I think Seton reaches that no other school can compare to. †



Joey LaFranca, SCC '13



Joey was hired as a full-time Sports Writer at the Press-Republican in August 2016, and was recently promoted to Sports Editor at the paper in October 2019. He is Assistant Modified Boys' Soccer Coach and Assistant Boys'

Modified Basketball Coach at Seton.

Tell us a little bit about your own Seton team experience.

I played soccer, basketball and golf all four years of high school.

What team do you coach and what inspired you to become involved in coaching a team at Seton Catholic?

I have coached basketball with Jim Baker, Larry Converse and Tony Bucci for the past five seasons. This will be my sixth season (2013-2019). This was also my first year coaching modified soccer. (2019)

I got involved in coaching when Larry Converse and Jim Baker asked me to coach. I was asked to be Jim's assistant at the JV level at the time. When I played basketball for Larry and Jim during my time at Seton, they were some of the best coaches I had and even greater people. I looked up to them, and to be able to coach alongside them now means a lot to me.

How does it feel to be on the other side of the athletic field?

Being a coach instead of a player is truly a completely different experience. You see so much more as a coach and look at things from a completely different perspective. As a coach, you have to worry about a group of individuals as a whole and want to make sure your team is improving and excelling as one cohesive unit. Those are the top goals every day. You want to get better, and you have to stress to your team that there's no room for complacency.





What is the most rewarding thing about coaching student athletes at Seton?

For me, what I like about coaching at Seton is just being able to give back. I spent so much time involved in athletics, and I love still being involved now. It's really enjoyable to work with the student athletes. My favorite aspects to coaching are watching my players improve as individuals and also watching my teams improve as a season progresses.

What do you feel makes a Seton Catholic athlete stand out in a crowd, on the field and off?

Being involved in athletics at Seton is special. I believe all the coaches here give student athletes great opportunities to excel. What's unique about participating in athletics at Seton is it's more than just being on a team. You're part of a family. Even after you graduate, the connections you form with your coaches and teammates last well beyond high school. †

Ariel Masten, SCC '09



Ariel teaches Algebra 1, Algebra 2 and Geometry and Math in the Real World at Seton Catholic. She is also the Girls' Varsity Soccer Coach and the Director of the Musical at Seton.

Tell us a little bit about your own Seton team experience.

I was a three-sport athlete during my time at Seton, having participated in soccer, basketball, and softball/track. Going to States for soccer during my senior year is the most

exciting memory I have from playing sports at Seton. The bonds that I formed with my teammates during that season and during my entire playing career is something that I cherish to this very day. I also remember my coaches pushing my teammates and me to do the best we could possibly do on the field and be the best person we could be off the field.



What team do you coach and what inspired you to become involved in coaching a team at Seton Catholic?

I just finished my fourth year as the coach of the Varsity Girls' Soccer team. I wanted to coach because I wanted to be involved more with the students outside of the classroom and when the former coach left, I pursued the opportunity to become the head coach.

How does it feel to be on the other side of the athletic field?

Coaching is a lot more stressful and time consuming than people may think. But there is nothing more rewarding than coaching. Seeing the girls succeed on the field is very enjoyable and, even if we don't win the game, they are still developing and maturing as soccer players, but more importantly as young women. The bonds and friendships that the girls form during the season carry far beyond the sidelines.



What do you feel makes a Seton Catholic athlete stand out in a crowd, on the field and off?

At Seton, we hold our student athletes to a high standard. They are to practice and promote sportsmanship on and off the field but they also know that they are students first; academics come first and it is expected that student athletes dedicate as much time to their studies as they do to athletics. It is also very special to see classmates show up to games to watch their peers play. The support that they show for each other shows the strong bonds that they have as students and as friends. †



Testimonials



Our family is forever grateful for Seton Catholic and its staff. Our son was struggling academically in the public school system. We enrolled our son in Seton Academy when he was entering the third grade. The Seton staff had the tools, patience, and took the time to work with him so he could academically “catch up” to his classmates. The teaching staff provided continued communication with updates, challenges and successes of his progress. They continually involve parents in their child/children’s school life.

Seton Catholic offers far more than reading, writing and arithmetic. Seton Catholic teaches and practices respect, ethics, self-discipline and commitment. We witnessed our son transform into a well-educated, polite, giving, social, problem-solving young man. To our surprise our son became involved in the running/cross-country program. The coaching staff was second to none. They transformed our son into a runner who now competes in triathlons and half ironman races.

The transition from Seton Catholic to the college environment was flawless. He was prepared emotionally and academically for the college life. He is currently in his junior year in a wonderful college and has been on the Dean’s List throughout his tenure as well as participating in collegiate sports.

Our son’s college success is attributed to the sound, well-rounded education and foundation Seton Academy & Seton Catholic provided him.

Diann Snell



Our family is proud to support Seton Catholic for many reasons. Our four children have all benefitted from the strong academic curriculum and are in the process of pursuing college and post graduate programs in science. They were well-prepared for the rigor of college coursework and had learned the discipline required to succeed. The extracurricular activities at Seton offered them the chance to play sports each season, participate in Model UN, travel with the March for Life & Mission of Hope, and get involved in many types of community service. These opportunities helped our children learn more about themselves and engage with the world around them.

The environment at Seton provided a safe, structured place for them to grow and learn. The family-like atmosphere provides a comfortable place to be yourself, while moving through adolescence in a way that supports developing respect for self, others and authority. Our children all graduated with several college credits through the CAP program and AP coursework. We consider Seton the best investment we’ve made in our kids’ lives to date. We believe the strong foundation at Seton Catholic will continue to serve them well throughout their lives.

Sharon Pearl Zalis, SFA '80



In the spring of 2018, our son Seamus came home with his proposed public-school schedule for his Junior year. After we as parents reviewed it, we were concerned. Seamus had signed up to attend CVTECH. While we have no issue with technical education, due to the class offerings at the public school and the CVTECH schedule, Seamus would not be able to take the college preparatory classes that we expected.

At this point, we contacted the school guidance counselor and requested a meeting. While the three of us discussed the situation with the guidance counselor, she confirmed that no advanced science or math would work around CVTECH. We, as parents, asked Seamus if he was truly passionate about any of the coursework at CVTECH or was there another reason why he was choosing this path. His response was, “I just want out of the public school.” We were very aware of the underlying culture of mediocrity that existed with his classmates. Achievement was discouraged amongst his peer group. Those that did try to excel were mocked and excluded. In this academic environment, Seamus managed to do OK academically. It was a constant struggle to fit in with his peers and to appease his parent’s expectations.

One area of public school life that did appeal to Seamus was sports, particularly ice hockey which he had been playing since he was three years old. Soccer and baseball were also varsity sports he played in public school. While both were important to him, ice hockey was, and still is, his passion. The structure of sports also contributed to academic success as maintaining grades was a requirement and it limited the opportunity to procrastinate as the time requirements for sports required a certain level of organization in order to get work done.

The possibility to attend Seton was one that he embraced, quite honestly to our surprise. Attending private parochial school

Testimonials

was not something that we thought would interest him. A meeting was scheduled with Mrs. Pellerin and Ms. Forbes as well as a day of shadowing. Seamus immediately enjoyed his time at Seton and the faculty and students that he met. There was one catch however. He would not be able to participate in any varsity sport for one year he had previously played per New York State rules. Ms. Forbes made it clear that while there was an appeals process, the chances of winning that appeal was very slim. Furthermore, the appeal could not be filed until he was an enrolled student. It was a difficult decision for Seamus to make. While he wanted to attend Seton for the academic opportunity, not playing familiar sports, particularly hockey, was tough. We left the decision entirely to him.

Seamus made the decision to enroll at Seton in the late spring of 2018. Seamus received positive support from some of his former public-school peers, teachers, and coaches. Some were, quite honestly very negative and very disappointing to us as parents and more importantly disappointing to him. It was not easy for him, but the experience was a learning and character building opportunity for him. We are very proud of him for dealing with it in a positive way.

In September of 2018, Seamus enrolled and began classes at Seton. As the appeal could not be filed before soccer season began, he decided to try something new and run cross country. During that season, despite the herculean efforts of Ms. Forbes, his appeal was denied. Cross country was a success, he enjoyed it and made many new friends. Academically and socially, things were going very well. We as parents were very apprehensive about the upcoming hockey season as he did not want to play any other winter sport. We are very thankful to Jamie Ready and Robin Weeden, and the entire PHS hockey team for welcoming and allowing Seamus to be involved throughout the season. While it was not rainbows and unicorns through the hockey season, there were periods where his disappointment was obvious. The important aspect is that his academic performance and attitude throughout was excellent. Seamus followed up with an enjoyable lacrosse season in the spring and a very successful Junior year academically.

As we look forward to September and the start of his Senior year at Seton, we as parents are exited. He has enrolled in a more academically challenging schedule of his own volition. More challenging than he previously would have been willing to do with parental "encouragement." Seamus is performing higher academically and has become a better person for his time at Seton. We are grateful for the staff and students that have helped to make this transformation.

Mood swings, roller coaster academic achievement, sarcasm, deviance, and self absorption are all expected teenage traits, correct? Well, it seemed extreme with our son Seamus during his sophomore year of high school. Things changed when he came to Seton.

Kelly & Neil Andrew

Some people ask me why I send my kids to Seton as our technology may not be as fancy and our athletic fields aren't as big. Tonight's Varsity Girls Soccer win over Moriah in overtime was a great example of what happens at Seton.

With less resources our faculty, administration, students and athletes learn to do more. Every kid that shows interest in participating in music, theatre, sports and clubs has a place to participate, perform and perfect.

Our kids learn to dig deep and develop their sense of grit, teamwork, pride in themselves and their school.



In a challenging world of social media and peer pressures, I'm grateful for the opportunity Seton Catholic offers for healthy engagement and hard work both in the classroom and on the athletic fields.

Elizabeth Pearl, SFA '87



We have been part of the Seton family since 2008. Over the years we have seen our children, John (11th grade), Gabriella (8th grade) and Cristina (5th grade) grow into well-rounded individuals with the help of Seton Catholic.

My husband and I are also strong supporters of the arts at Seton Catholic. We are so proud of all the hard work and dedication of teachers, students and their families that have led to the success of both a thriving Music program and Drama club.

As involved parents, we contribute whenever we can as well as give our time to the school. For the past few years, I have been actively involved in the school musicals and in the annual Seton fundraiser gala.

What truly makes Seton Catholic unique is the sense of family and community that is shared by the faculty, students and parents. Our collaboration, dedication, devotion and resourcefulness allow our school to flourish and our children to succeed.

Anthony & Francesca Conti



Thank You

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Seton Catholic gratefully acknowledges the many alumni, family members and friends who have offered their support in our Fiscal Year 2018–2019. The success of our students, faculty, staff and schools is built upon the generosity of these individuals. Their financial support, whether to the Annual Fund, Adopt-A-Student, or, previously, in the form of designated gifts to Seton Academy or Seton Catholic Central, makes a positive difference in the lives of our students.

Seton Catholic’s students, faculty, staff and Education Council members humbly thank you for your continued support in helping fulfill our mission to provide an exceptional Catholic education in the North Country.

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Knights' Joust

On October 6, 2019 we held our first 5K and 1-mile race, The Knights' Joust. It was a fabulous success. Seton Catholic has such a long, successful history of a running program with very dedicated coaches, who have devoted so many years to our Cross Country, Indoor and Outdoor Track programs. Because of that history it seemed only fitting that we would host a run for our Seton family and our greater Plattsburgh community.

Our generous sponsors enabled us to enlist Adirondack Coast Events to oversee the run and assist us with advertising and registration. Thank you to Mike Lawliss for creating our own unique 3-D awards and our Seton families for providing water, snacks and foam swords which were a huge hit.

We encourage our students and families to stay fit and active and what better way than to provide an outlet for both. We hope that this run becomes another one of our Seton traditions and we anticipate that each year it will grow to include and encourage more people to join in the fun.





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