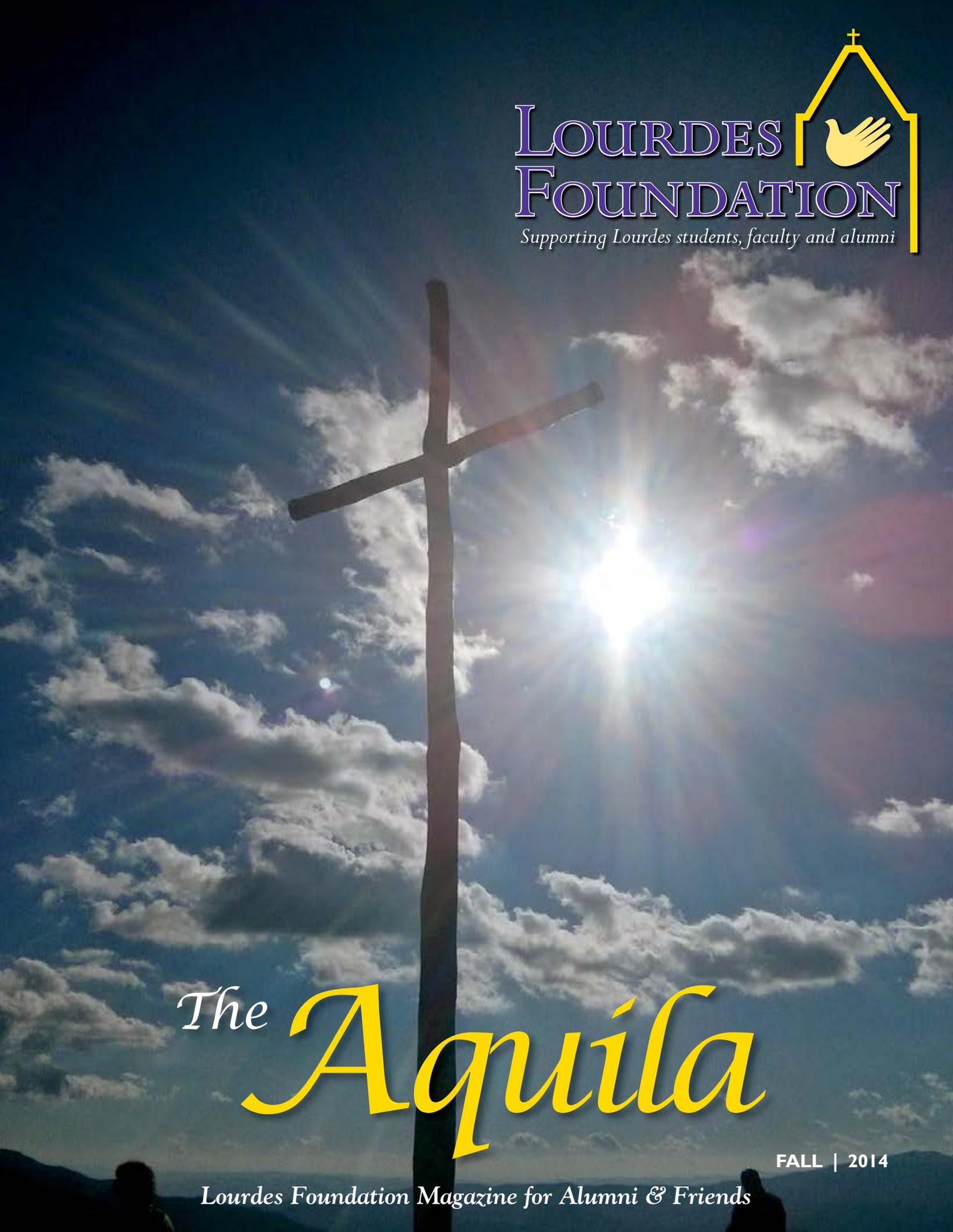




LOURDES  
FOUNDATION

*Supporting Lourdes students, faculty and alumni*



*The*  
**Aquila**

FALL | 2014

*Lourdes Foundation Magazine for Alumni & Friends*

ON THE COVER:

"Peace Within" by **Anne Kowal**,  
Administrative Assistant at  
Lourdes High School  
Taken at LaVerna Italy, during  
an Assisi pilgrimage

The *Aquila*

FALL 2014

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- Diana Nicolay
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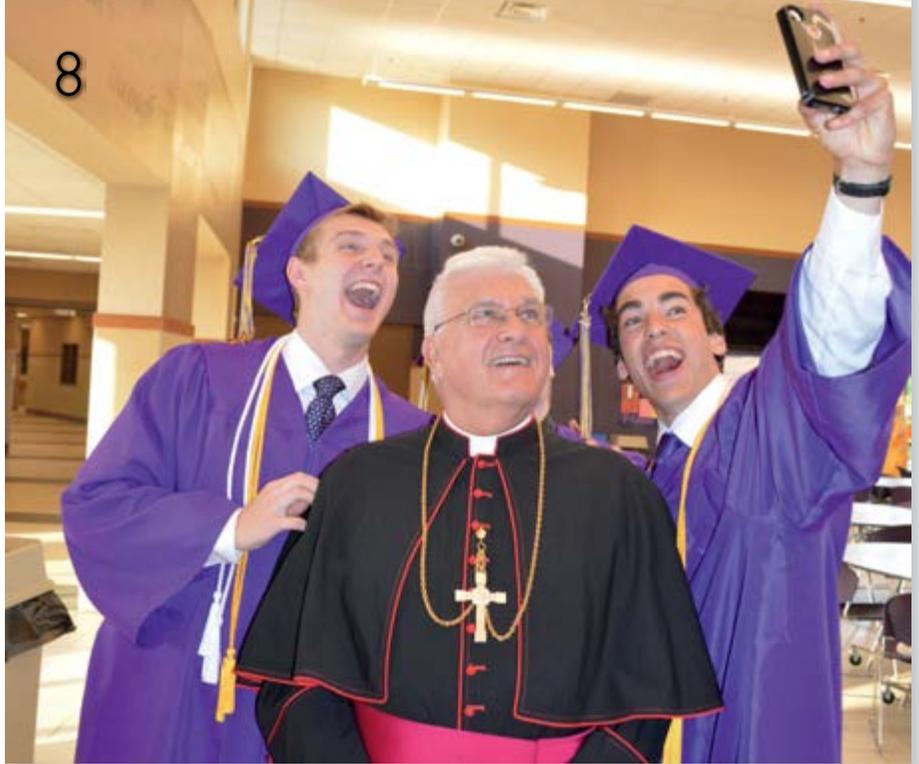
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The *Aquila* news magazine strives for  
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will attempt to make corrections in  
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# The Aquila

FALL 2014

## features

8 **The Class of 2014**  
First Graduation in the new school building

10 **Kairos**  
“God’s Time” for students at LHS

12 **Living our Faith**  
How Lourdes students give back

15 **“My Favorite Sister”**  
Find out how four members of the Lourdes alumni remember the Sisters who influenced them most

16 **A 21st Century Education**  
Bringing science, technology, engineering and math (STEM) curriculum to LHS

17 **Fine Arts Update**

18 **Sports Update**

## departments

4 Foundation News

8 Student News

19 Class Notes



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## Our Mission

“Lourdes Foundation attracts, manages and channels philanthropic resources to ensure a vital Catholic education at Lourdes High School.”

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## The impact of your support - 40 years strong

**L**ourdes Foundation is celebrating its 40th anniversary this year! In 1974, a group of parents and supporters with a lot of energy, vision, and faith incorporated the Foundation as an independent 501c3 non-profit to provide financial support to Lourdes High School and its students. Little did they know that over the years to come, tuition assistance from the Lourdes Foundation would enable thousands of students to receive a Lourdes education.

Lourdes recently welcomed students back for the 2014-15 school year, and the halls are filled with inquisitive and energetic young minds. While the new high school is only in its second year, the **Franciscan values** taught to students for decades carry on today. From the outstanding faculty (which includes the Sisters of St. Francis), to a challenging **faith-based curriculum**, Lourdes High School is a proud tradition in Rochester and **you are part of that tradition.**

This school year the Foundation awarded **\$170,000 in tuition assistance**, a result of many years of generous contributions like yours. Your faith in contributing to these scholarships has **made a real difference** in the lives of families who are struggling to afford a Lourdes education.

**Lourdes tuition for the 2014-2015 school year is \$8,100.** Every donation to the general scholarship fund, or a specific named scholarship, makes a Lourdes education more affordable for qualifying families. **I encourage you to consider making a contribution.**

Lourdes Foundation has been incredibly successful in financially assisting families who qualify for tuition assistance, but **we are still falling short.** This school year, there is \$230,000 of calculated need that could not be provided to families who qualify for financial aid. Your contribution can help close this gap.

It is a great feeling to **make a difference in the lives of others.** The Foundation thanks all of you for your generous support over the past 40 years.

Karen Petersen  
Lourdes Foundation Board President



## 8<sup>th</sup> Annual Lourdes High School Sports HALL OF FAME Sunday, December 7, 2014

**Rochester International Event Center**  
**5 p.m. Social Hour and Silent Auction • 6 p.m. Dinner**

### We Congratulate our 2014 Honorees:

Richard Miller '57 – Football – fall athlete • Katie Shea '95 – Basketball – winter athlete  
Monica Schliep '82 – Track – spring athlete • Myron Glass – coach

And honoring the 1978 Girls State Championship Tennis team

**Tickets \$30 each or Table of 8 for \$225**

**The proceeds from this event benefit Lourdes athletic programs.**

Tickets available from the following sources:

Lourdes Foundation Office • [www.lourdesfoundation.org](http://www.lourdesfoundation.org) • Lourdes High Athletic Office

If you are unable to attend, but would like to make a donation, please contact the Lourdes Foundation offices.

**Lourdes Foundation | 1710 Industrial Drive NW | 507-289-2584 | Rochester MN 55901**  
**[lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us)**

# YOUR SUPPORT MATTERS



**Your gifts to the Lourdes Foundation are an important part of keeping Catholic education affordable and accessible for generations of Lourdes High School students. Your generosity makes a great Catholic education possible for families in need.**



*Will Canan '16 Memorial Scholarship*



## MUSIC ENDOWMENT

Funds donated to the music endowment support the renowned marching band, concert band, choir and drumline programs at Lourdes High School.



## STAFF ENRICHMENT

Lourdes staff can apply to take a pilgrimage to Assisi, Italy, to visit the holy places where St. Francis heard the voice of Christ, calling him to restore and rejuvenate His church. Pilgrims are called to bring these Franciscan values back to their students at Lourdes High School.



*Class of '64 reunion*

## ALUMNI PROGRAMS

Lourdes Foundation serves as your alumni connection. Your donations help us support class reunions, publish the *Aquila* magazine, and organize events to keep Lourdes alumni connected to their alma mater.

## SCHOLARSHIP ENDOWMENT

Gifts to the scholarship endowment ensure that Lourdes students get the financial help they need. Last year Lourdes Foundation provided \$170,000 in tuition assistance for 144 students at Lourdes High School.

Please make a gift to Lourdes Foundation **today**.  
Visit [lourdesfoundation.org](http://lourdesfoundation.org), and click on 'Make a Gift'.



# Get to know JOE O'TOOLE



## Catch Phrase?

“COOL BEANS”

## Thumbs up?

“GOOD JAZZ”

## Thumbs down?

“PROUD MARY  
BY TINA TURNER”

## Star Wars or Star Trek?

“BOTH”

## What's in your lunchbox?

“SALAD, EGG AND A BANANA.  
EVERY DAY.”

## Peanut or plain M&M's?

“OH, PEANUT!”

## A Chat with Dr. O'Toole

Meet the new principal of Lourdes High School

The Latin phrase *curriculum vitae* can be translated as *course of life*. This is especially fitting as it regards the CV of the new Lourdes High School principal, Dr. Joe O'Toole. The course of his life winds through the fields of law enforcement, business, education, and church and school administration. He has spent time as a private forensics investigator; teacher; director of religious education, and author:

Although he delights in change, his path to Lourdes High School is anything but random. He and his wife of 20 years, Marie, made a conscious decision to spend the rest of their careers in service of Catholic education. “Faith was at the center of our lives, both as a married couple and as individuals.” They had spent a number of years as active parish volunteers but it was in teaching religious education classes that Dr. O'Toole found his calling. “I was having a blast,” he remembers, “I knew that it was exactly what I wanted to do.”

Joe and Marie moved to Rochester in 2008, to be closer to their daughter, Jess Swetz, who was a teacher at Holy Spirit School. Joe worked for 5 years as the parish administrator at Holy Spirit Church before being tapped to teach religion at Lourdes High School. Although he loved being back in the classroom, he was called back to administration when he filled the role of interim principal for the 2012-13 school year and was then asked to stay in the role as principal of Lourdes High School.

Dr. O'Toole is passionate about teaching. He wants to make an impression on his students, and he expects that they learn from the examples set for them. He is proud of the service work done by students at Lourdes, and he reminds us that it does not go unnoticed in the Rochester community. He stresses the Lourdes culture of volunteerism. “Service to community is a natural outgrowth of being at Lourdes High School. Why wouldn't the kids learn to give of themselves? It's been modeled for them.”

When asked about his hopes for his students, he is quick with his reply: “Be unafraid to live your Catholic faith as an engaged citizen of the world.”

*“While there are many achievements for which Lourdes can be proud, certainly one of our greater achievements is an ongoing commitment to the integration of faith into all that we do and all that we are. We are dedicated to teaching that faith is about not just what we believe, but especially about how we live those beliefs in real experience. Our Franciscan heritage abides as we attend, both academically and in real practice, to those who are marginalized.”*

*From Accreditation Executive Summary,  
written by Dr. O'Toole and the staff at LHS* 

# Q&A: Brian Mulligan '10

## Lourdes alumnus and Seminarian



**Q: When did you know you wanted to attend the seminary? Were you called?**

When I was a sophomore at Lourdes a friend of mine asked me to go to the National Catholic Youth Conference in Columbus, OH. Thoughts of the priesthood had entered my mind during elementary school, but the sacraments really seemed to come alive for me during my time at

the youth conference, making me once again consider the idea of becoming a priest. I believe God was gently nudging me to be His servant. I had excuses for God's idea, but I quickly learned those excuses would not hold water. Father Tony, a guest speaker at the Catholic Youth Conference told an awesome story of creation using a Bill Cosby story, adding his own twist. He successfully destroyed all lies and misconceptions I had regarding the priesthood. My excuses were completely exhausted and I started focusing on God's mission for me. During my junior year of high school I attended a "Come and See" weekend at the Immaculate Heart of Mary Seminary in Winona, MN. During that visit the Lord gifted me with a sense of peace I had never experienced before, and I knew after graduating from Lourdes I wanted to go back.

**Q: Did anyone influence this decision? Did you have any mentors that encouraged you?**

God mostly influenced my decision. My interview with Bishop Quinn and the Diocese of Winona certainly supported it. I have come in contact with many people, both good and bad, who have helped influence who I am and who God wants me to be. Those people with the biggest influence in my life certainly know who they are. I still remember Father Thompson telling his story in a homily at Mass. He told us that the Lord does not make or force us to do anything, but He invites and asks us to participate in His mission of bringing people to Him and experience true happiness. The invitation to the priesthood is an amazing gift.

**Q: What did your parents think?**

My parents have always been very supportive of all their children. They've always just wanted us to be happy.

**Q: What has been the hardest part of this journey?**

The hardest part has been getting on board with God's plan for my life. Once I accepted His plan, although it wasn't always roses, I had an inner peace that let things fall into place as God willed it for me.

**Q: What are you most looking forward to?**

I am looking forward to many things - holding Jesus Christ, our Savior in my hands in the Mass, having the faculties to administer the sacraments of the Church through my bishop, especially the Sacrament of Reconciliation. Bringing people back to communion with the Church and the Trinity is very exciting for me. I'm also looking forward to having the Blessed Sacrament reserved in the tabernacle in the rectory where I reside. It will be great following the joy of obedience and not worry about what will happen to me - just following the Bishop's assignments and carrying out his mission.

**Q: What is the process of ordination?**

The USCCB (United States Conference of Catholic Bishops) requires a certain amount of philosophy and formation years to be eligible for Holy Orders. The Vatican requires that a man hold a bachelor's degree and be 25 years old for Holy Orders. For a man right out of high school, it is an eight-year process. I have completed my bachelor's degree and one year of seminary. In June of 2017, I will be ordained to the transitional diaconate. During my fourth year in seminary I will serve as a deacon and in June of 2018 I will be ordained to the priesthood of Jesus Christ for the Diocese of Winona with my two classmates, The (Tay) Hoang and Daniel Ward.



Brian is the son of Patrick and Margaret Mulligan of Rochester. He and his siblings, **Kevin '07** and **Erin '12** attended Holy Spirit School, and the family members are parishioners at Holy Spirit Church. After graduating from Lourdes High School, Brian entered the Immaculate Heart of Mary Seminary in Winona, MN. He received his bachelor's degree from St. Mary's University in Winona in 2014. He is currently studying at Sacred Heart Major Seminary in Detroit, MI, with plans to complete a master's degree in Divinity. 

# LOURDES HIGH SCHOOL CLASS OF 2014



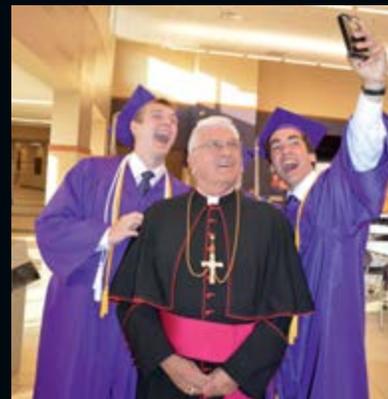
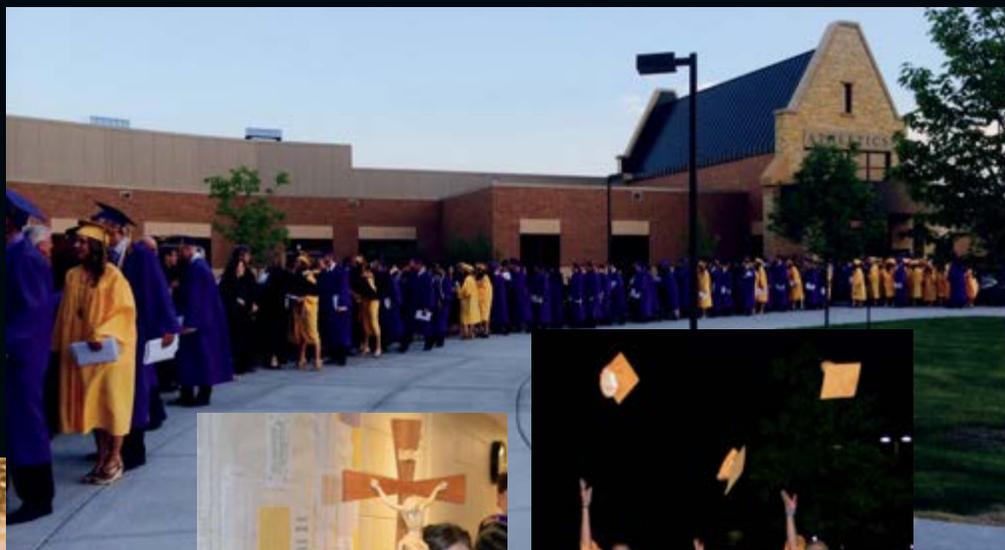
Augsburg College  
Augustana  
Central College  
College of St. Scholastica  
Concordia University – St. Paul  
Creighton University  
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International Student  
Iowa State University  
Loyola Marymount University  
Loyola University Chicago  
Luther College  
Marquette University  
Minnesota State University – Mankato  
Missouri University of Science and Technology

North Dakota University  
Northern Michigan University  
Northwestern University  
Rochester Community and Technical College  
Regis University  
St. Louis University  
St. Cloud State University  
St. John's University  
St. Mary's University  
St. Olaf College  
University of Arizona  
University of Chicago  
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University of Kansas  
University of Manitoba  
University of Minnesota – Duluth

University of Minnesota – Morris  
University of Minnesota – Twin Cities  
University of Missouri – Columbia  
University of North Dakota  
University of Northern Iowa  
University of Notre Dame  
University of St. Thomas  
University of Wisconsin – Eau Claire  
University of Wisconsin – La Crosse  
University of Wisconsin – Madison  
University of Wisconsin – Platteville  
University of Wisconsin – Stevens Point  
Viterbo University  
Western State Colorado University  
Winona State University

# Class of 2014

First Graduation in the new school



Photos courtesy of Rochester Catholic Schools Department of Advancement

# Kairos Celebrates Ten Years at Lourdes

**K**airos, meaning “God’s time”, has played a significant role in faith formation at LHS since 2004. The Aquila team spoke with Rita Hendrickson, head of Lourdes’ Campus Ministry, to learn about this optional retreat for Lourdes seniors.

In the early 2000s, Rita Hendrickson noticed students yearning to dig deeper into their faith and spirituality. Through conversations with Catholic high school principals and campus ministers across the country, Rita learned that many schools offered a retreat called “Kairos.” With encouragement from several colleagues, Rita attended a Kairos retreat at Providence High School in New Lenox, IL in the winter of 2003. Kairos was unlike anything Rita had ever experienced. Through the community, servant leadership among the student-faculty team, Christian character emphasis, faith sharing, witness talks, relationship building, recreation, and inspiring prayer experiences, Rita saw a new face of God. She knew Lourdes students would benefit from Kairos.

Kairos is intended to enrich one’s understanding of self, and one’s relationships with God and others. The roots of Kairos come from the Cursillo Movement that enriched the faith and spiritual lives of many Catholic adults in the 1960s and 1970s; it is still present in many dioceses today. A group of priests and members of the Catholic community modified the Cursillo retreat so it could reach young people and named it Kairos.

Rita realized that Kairos might be able to nourish LHS students’ hunger for spiritual growth. She approached Denny Nigon, Lourdes principal at the time, to discuss the possibility

of establishing a Kairos retreat for Lourdes juniors and seniors. Though tentative about the retreat at first, Denny acted as a sounding board, mentor, spiritual director, and practical manager to help Rita bring Kairos to LHS students. After finding the financial backing, Denny said, “let’s give it a try!”

In 2004, LHS sent a team of Lourdes faculty and students to experience Kairos at other schools. The first girls’ team consisted of faculty members Sarah Groven, Helen Restovich, and Tracy Kidd (Reilly), and students **Kari Seegmiller ’06**, **Andrea Simari ’06**, **Mary Kolars ’06**, and **Melissa Dilling ’06**. The girls’ team participated in Kairos at Providence High School. Faculty members Chris Englund and Father Bob Horihan and students **Steve Schreiber ’06**, David Dahlstrom, Kevin Johnson, Dan Watson, and **Charlie Wenner ’06**, the first boys team, participated in Kairos at St. Rita’s High School. The following year, Kairos was offered to Lourdes Seniors for the first time at the Villa Maria Retreat Center in Frontenac, MN, where LHS students still attend the three-day, three-night retreat.

At every Kairos retreat students discern, pray, and come together to share what they have discovered through personal reflection and group activities. Each year, five juniors (gender specific) are chosen to attend senior Kairos. These students experience Kairos as juniors and then pass the flame of servant leadership to their own class as the next Kairos student leaders. Rita says the student leaders pour out every ounce of compassion, love, and care as they prepare to lead their own peers in the Kairos retreat experience. 🏠



# Franciscan Friends

By **Grace Dearani '15**

Among the many clubs available to participate in at Lourdes High School is Franciscan Friends. Franciscan Friends is a club that spends time with the Sisters of Saint Francis at Assisi Heights on a quarterly basis. It was established in 2011 by **Olivia Galkowski '13**, with the help of her mother, Julie. Olivia says, "I wanted to start Franciscan Friends to give back to the Sisters for all their time and dedication they have given to the Lourdes Community. They still give us so much today and it is important that we thank them in any way that we can."

Julie Galkowski adds that, "It is a small way for the Lourdes Community to thank the Sisters for everything they have done for Rochester. Every time I go to Assisi Heights I feel a strong presence of God. You always leave in a more relaxed and peaceful state of mind."

Franciscan Friends is a fun and easy way for students at Lourdes High School to live out the Catholic faith while impacting the lives of the Sisters, but the true impact is what the Sisters do for us. Their wisdom and knowledge is so strong, making the time spent with them so rewarding. Spending a couple hours with them every few months means so much to both the Sisters and the students.

Students who are a part of Franciscan Friends gather to celebrate Halloween, Christmas, Valentine's Day, and May Day with the Sisters on a Sunday near these holidays. For a couple hours, we chat with the Sisters, make crafts revolving around the particular holiday, eat ice cream, and play several rounds of bingo. It is a very enjoyable and simple way to get involved and grow closer to God, with the Sisters, and with the other students in the club.

We would like to truly thank the Sisters of Saint Francis for their endless dedication to the Lourdes Community and to the city of



Rochester. Their gift of time and love is irreplaceable and has helped make Lourdes the successful and wonderful place it is today. It is with much gratitude and many thanks that we are able to spend time with the Sisters.



"I chose to be a part of Franciscan Friends to take advantage of the opportunity to connect with an entirely different generation. Regardless of religious affiliation, the student volunteers all sincerely enjoy the Sisters of St. Francis and the many stories and advice they gave us over a bowl of ice cream and some crafts. The Sisters are not only insightful and hilarious, but they also told us how long they'd been looking forward to our visits and how overjoyed they were to have us with them, making the experience all more gratifying. I would recommend the club to anyone looking for a fun couple hours with the cutest, sweetest ladies you will likely ever meet." – **Gracie Caraballo '14**

With a successful first year of Franciscan Friends, Gracie Caraballo took over as the leader during the 2013-14 school year. The club is continuing to meet this year, led by **Grace Dearani '15**, **Catherine Cunningham '15**, and Julie Galkowski. Anyone is welcome to join Franciscan Friends. Please feel free to contact any of us if you have any questions, comments, or ideas.

*"God does not command that we do great things,  
only little things with great love."*

~ Mother Theresa



**Moms in Prayer** is a group of women who pray together on a regular basis for our students, teachers and staff at Lourdes High School. We follow the prayer form of Moms in Prayer

International, which includes praise, silent confession, thanksgiving, and intercession. We meet each Monday morning at 8:00 am in the Lourdes Chapel. All Moms are welcome to join us. If you have questions you can contact Carol Fishbune at **cfishbune@charter.net**. We also welcome prayer requests. They can be sent to the email address above or written in the intention book which is located outside of the chapel.

# FAITH in Action:

Many Lourdes students spent their summer months in service to others. From local community service at Dorothy Day House and Habitat for Humanity to week-long Appalachian mission trips, Lourdes students are encouraged to live their Franciscan values.



Lord God,  
You have called your servants  
To ventures of which we cannot see the ending,  
By paths as yet untrodden,  
Through perils unknown.  
Give us faith to go out with good courage,  
Not knowing where we go,  
But only that your hand is leading us  
And your love supporting us;  
Through Jesus Christ our Lord. AMEN.





# Donor Spotlight



## Q&A with Corey Heimer, President and CEO of Premier Bank Rochester

Premier Bank Rochester recently endowed a substantial scholarship to benefit students at Lourdes High School. In recognition of their amazing generosity, the Lourdes Foundation awarded Premier Banks the President's Award at the Foundation's annual meeting in October. The Aquila asked Corey Heimer a few questions about Premier's generosity towards Lourdes students.



Don Regan, Founder and  
Chairman of Premier Banks

### **Q. How did the special relationship develop between Premier Banks and Catholic schools in general and specifically, Rochester Catholic Schools?**

The founder and Chairman of Premier Banks, Don Regan, has been a lifelong supporter of Catholic Schools and other faith-based organizations. The Bank has developed a strong relationship with Catholic Schools within all of our markets. We believe that faith-based organizations, like Lourdes, are excellent channels to better the lives of the people in the communities that we serve. Because of that belief, we took an active role in the development of the new Lourdes High School by leading a group of three local banks that provided the bridge loan to supplement funding during the capital campaign.

### **Q. What does Premier Banks value about Catholic schools?**

Social responsibility is a priority for Premier Banks and our employees. Catholic schools incorporate a sense of social responsibility into their curriculum, making the decision to support them an easy one for our organization. We also see that Catholic schools provide an opportunity for kids to excel who may not have had that chance in the public arena.

### **Q. Tell us about the choice to so generously support students at Lourdes; is there something specific that led Premier to make that choice?**

We consider it an investment in our community. Kids are the finest investment we can make. They will be the drivers for the future of our community and beyond. As an organization, we look forward to growing in the Rochester community and trust that Lourdes and other faith-based and non-profit organizations will grow with us.

### **Q. What do you hope to see the Premier Banks scholarship doing for students at Lourdes High School?**

Our hope is that the scholarship will open the door to a great educational opportunity for students that may not have the financial means to attend Lourdes. Lourdes builds leaders and we will all benefit from those efforts.

### **Q. It seems that part of your job is to implement the founder's vision for corporate philanthropy. How does that work?**

Premier Banks as an organization believes that part of our mission as a community bank is to support the community through involvement and giving. Our founder and Chairman, Don Regan, has lived this mission throughout his life as an entrepreneur. Through his leadership the Bank and our employees take an active role in supporting a number of faith-based and non-profit organizations in the community. We are privileged to partner with organizations such as Lourdes that are doing important work and doing it well.

**Thank you, Premier Banks, for making a Lourdes education possible for more students and families!**

# My Favorite Sister

Lourdes High School is grateful for the loving support and daily prayers of the Franciscan community in Rochester. They bless us with their presence as staff members, volunteers, mentors and friends.



**“Sister Brigetta** towered over me with her tall, slender body clad in the Franciscan brown habit with white coif and collar. She frequently glared at me and others in class. She was very stern. When I stayed after school to wash her chalk boards, I found out she had a wonderful, warm smile and a twinkle in her eyes.”

**Dolores (Dee) Pintaudi Libera '53**



**“Sister Jutta Gleichauf** was the overseer and the gatekeeper of the front office at Lourdes for many years. She was there when I was a student, and then I worked with her for 25 of the 39 years I was at Lourdes High School. She really is an amazing woman. Not only was she incredibly competent in her work but she has a great sense of humor. It’s kind of corny but she is very funny. She was always very kind to everyone but she has the strong backbone of a Franciscan sister.”

“I also have fond memories of **Sr. Leocadia**. She ruled the library at Lourdes for many years. She had a great sign in her office, which read, ‘If you have nothing to do, don’t do it in here.’”

**Denny Nigon '64**



“As I recall, there were three Sisters during my time at LHS: **Sr. Jutta** in administration, who is no doubt still well known to the LHS community, and just a terrific person; **Sr. Marlene Pinzka** in the Math Department, who was an outstanding educator but left after my freshman year, as I recall; and **Sr. Leocadia**, the librarian. Sr. Leocadia was the closest connection we had to the “old school (sisters)”. She wore the traditional full habit and tolerated no misbehavior: She ruled the library with an iron fist. You could always hear a pin drop and anyone out of line was quickly and firmly escorted out, often left to explain to Mr. Mayer or Fr. Tupper why they were wandering the halls mid-mod. Upperclassmen took great pleasure in watching freshmen experience her approach for the first time at the start of school each year.”

**Kevin Hennessey '81**



**“Sister Marie Fink** taught Math at Lourdes while I attended in the early 1970s. Her classes were some of the most challenging classes I ever took, and I learned a great deal from her: I found that my classmates were well-behaved in her classroom, not because they were afraid of Sr. Marie, but rather because they respected her for her dignified manner and considerable knowledge of the subject. Thanks Sr. Marie.”

**Tom Wentz '74**



## Nuns v. Sisters?

*“Many folks think that the Sisters of Saint Francis are nuns,” said Barb DeCramer, Director of Development for the Sisters. “Actually, they are not nuns. They are Sisters. There is a difference. Nuns live a cloistered life, not interacting with the outside world. The Sisters from Assisi Heights are certainly not cloistered.”*



# A 21st Century Education

by **Kirsten Petersen '07**

Lourdes has seen exciting changes in recent years, in particular the move to the new building last year. Academics at Lourdes have also seen developments. In 2013, Rochester Catholic Schools hired **Emily Felton Pearson** as Director of Curriculum and Instruction for the three elementary schools and Lourdes High School.

Emily is a Lourdes alumna and former junior high English teacher. After teaching in public schools, she was excited to return to the Rochester Catholic Schools where faith is a part of each student's education. In addition to her teaching experience, Emily brings knowledge gained from her graduate studies in Teaching and Learning and Educational Administration to the position. Emily says she is "trying to make sure we have [the] best academics possible and that each kid gets exactly what they need to succeed."

To achieve these goals, Lourdes has placed a greater emphasis in recent years on increasing professional development opportunities for teachers and further incorporating technology in classrooms. However, perhaps the most significant academic initiative entered Lourdes classrooms this September.

This school year, Lourdes joins more than 5,000 schools across the nation with the integration of curriculum from Project Lead the Way (PLTW), a STEM (science, technology, engineering and math) program. Project Lead the Way is a leading provider of rigorous STEM programs across the nation. With the integration of the Project Lead the Way curriculum, Lourdes students have the opportunity to take science classes never before taught at Lourdes, including Engineering and Principles of Biomedical Science.

The new courses focus on project-based learning and offer students plenty of opportunities to learn through hands-on work. All freshmen have engineering curriculum and instruction embedded into their Principles of Science class. Sophomores, juniors and seniors can choose to take Biomedical Science or Introduction to Engineering Design. Principles of Biomedical Science is a prerequisite for AP Biology.

In order to integrate these new courses into Lourdes course offerings, three science teachers—Paul Bachman, David Jenson, and Angela White—spent two weeks this past summer at either the University

of Minnesota or Mankato State University, learning the curriculum for the new courses offered this fall. In addition, eight K-5 RCS teachers attended a similar training.

Mr. Jenson traveled to Mankato State University in July for two weeks of training with PLTW. He is teaching Principles of Biomedical Science, or Honors Biomedical Sciences, as it is referred to at Lourdes. Mr. Jenson explained that his training consisted of 10-hour sessions each day with six other teachers who would be teaching PLTW's Biomedical Science course for the first time this school year. The teachers worked through the entire year's curriculum during the two week training. Mr. Jenson said the training "was a lot of work, but it really got me excited to teach the course because I knew that my students would find it engaging and fun while still learning important biomedical concepts and skills." Just a few weeks into the school year, Mr. Jenson has "noticed an increased engagement in our student population with the PLTW courses. While the PLTW courses are not meant to replace the LHS science curriculum, it is a fantastic supplement to the students' learning, and provides them the opportunity to build critical thinking and problem solving skills."

In addition to introducing STEM courses, Lourdes has taken steps to bring technology into classrooms. Emily points out that technology enables learning to be more tailored to each student. To ensure teachers have the tools to incorporate technology into their classrooms, Lourdes offered free trainings to any interested teachers this past summer on how to utilize various Google apps, Moodle (an online learning platform), and project-based learning resources.

Lourdes' BYOD (Bring Your Own Device) program also ensures students are using technology as a learning tool. The 2013-2014 school year was a pilot year for the BYOD program. This school year, all students in grades 9-11 are expected to bring a laptop or tablet to class. Loaner computers are available for students, if needed.

In regards to future plans for Lourdes academics, Emily tells us that Lourdes will soon offer an AP Spanish course and is looking into ways for students to attain college credits in Lourdes classrooms. By combining curriculum and instruction advancements with strong teaching and careful use of technology, Lourdes has created a school prepared to offer students a lively 21st century education.

# Fine Arts Update



## CHOIR:

The LHS Concert Choir has their fall concert on Sunday, November 2 at 2:30 pm, under the direction of Brynn Llewellyn-Boyd, the newest member of the Fine Arts Faculty. The Concert Choir will also perform at the U.S. Capitol Christmas Tree Ceremony at Mayo Clinic on Friday, November 7 at 12 pm.

Center Street Singers are hard at work getting ready for multiple school and community performances this fall.

They will be highlighted in the SE A Cappella Festival

held at Lourdes High School this year on Saturday, November 1. Center Street Singers will also make an appearance at the Fall Choir Concert and will be doing a number of pieces at the Advent Program on December 6 and 7.

## THEATRE:

The LHS Fall Play, *Sherlock Holmes and the Spinsters of Blackmead*, will be presented November 13-16. The comedy-mystery will be directed by Zoe Malinchoc, our new maven of lights and sound at LHS.

LHS will present the Second Annual Fine Arts Advent Program—a prayerful experience of Art, Music, and Spoken Word—offered in recognition of the Advent Season. All aspects of the Fine Arts join together in this presentation, held at Lourdes the weekend of December 6-7. Visit [www.rochestercatholicschools.org](http://www.rochestercatholicschools.org) for more details.

## ART:

The students in AP Studio Arts have been making ornaments for the U.S. Capitol Christmas Tree project. The Christmas tree was selected from the Chippewa National Forest this year and will travel around Minnesota before heading to Washington, D.C. The students are using recycled materials to create ornaments that reflect Minnesota and National Forest themes, including lakes and wetlands, wildlife, heritage and ecosystems.

To view the tree's progress, visit the U.S. Capitol Christmas tree website: <http://www.capitolchristmastree.com>



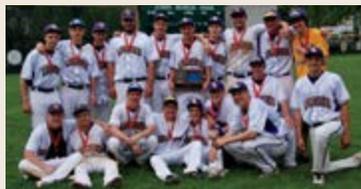
## BAND:

The LHS Marching Band is nearing the end of their season with the show, "Around the World in Jazz," exploring music from jazz greats Dizzy Gillespie and Antonio Carlos Jobim. After a heavy storm briefly knocked out power and cancelled this year's Waseca Marching Classic, the LHS drumline had an opportunity to battle Waseca's drumline in the Lourdes gym. After a furious exchange of musical phrases, both lines showed their respect for each other with handshakes and smiles. The band recently celebrated a 1st place finish in Class AA at the Rosemount Marching Band Festival, receiving caption awards for Outstanding Drum Majors and Outstanding Drumline.



# Sports Update

## BOYS' BASEBALL



The 2014 Lourdes Eagles had another outstanding year going 20-5. The Eagles lost in Section finals against Kasson-Mantorville to receive the runner-up trophy. The Eagles won the HVL Gold

Division title in 2014 and were given the GOLD award for the top All-Academic State AA TEAM. We are so proud!

The Eagles were led by captains **Michael Brandt '14**, **Chris Wasz '14**, and **Zach Hillman '15**. The Eagles had 4 graduating seniors that will be sorely missed in the upcoming seasons: Michael Brandt, Chris Wasz, Alex Boeve, and Andrew Stanek.

HVL All Conference players from the Eagles in 2014 were:

**Zach Hillman '15**  
**Henry Wittren '15**

**Nick Hanson '15**  
**Daniel Burriss '15**

## THE GIRLS' GOLF TEAM



had a great season! It kicked off with an outdoor team-pickup at Soldiers Field in Rochester. The team was led by a great group of seven seniors. Some of the season accomplishments included finishing with an

overall record of 24-8, winning the All-City Championship by over 30 strokes, placing fourth in the HVL Conference, and advancing five individuals to the Section Championship. Section qualifiers were seniors **Jessica Alexander '14**, **Anna Becker '14**, and **Anna Hennessey '14**, junior **Madeline Pagel '15**, and eighth-grader **Wynter Bergner**. The team would like to thank Coach Weinmann for his seventeen years of coaching and wish him the best!

## THE 2014 BOYS' GOLF TEAM

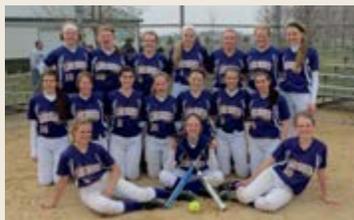


had a very successful spring season. The boys were undefeated in dual match play for the HVL season going 17-0. This included the Eagle Boys taking 1st place in the season-ending HVL Conference tourney held at Frontenac golf course. The team

also made it to the Section finals and ended up placing 4th in the Section meet. One player qualified for the State Tournament: **Josh Fritzjunker '16** placed 69th at the State Meet held in Jordan. This year's most-valuable player was senior **Robert Simari '14**. Our most-improved players were 10th grader Josh Fritzjunker and 7th grader Luke Alexander. We are looking forward to the 2015 season with most of the team returning from last year.

**THE 2014 EAGLES SOFTBALL** completed the season 10-11 and finished 4th in the very tough HVL Conference. We hosted eight teams in the 5th Annual Eagle Invitational and traveled to Maple River where we finished 3rd in the tournament.

**The team was MSHSCA All-Academic boasting a 3.908 GPA.**



**Karrie Virgin '14** broke the **school record** for strikes in a season and was all named to All-Conference and All-Section teams. **Rachel Sobiesk '14** was also voted All-Conference. Both Virgin and Sobiesk were

team captains. The Eagles graduated six seniors: **Karrie Virgin '14**, **Georgi Younger '14**, **Maya Santosuosso '14**, **Rachel Sobiesk '14**, **Taylor Fogarty '14** and **Christina Devorak '14**.

## 2014 TRACK & FIELD SEASON

The boys' team won the Hayfield Lions Meet, Triton Invitational, Chuck Ramthum Invitational in Byron and for the first time were the winners of the HVL Conference. The Eagles finished second at the Section 1A meet and 4th place at the MN State Track and Field Meet.



The girls won the Cannon Falls Invitational and finished third at the HVL Conference meet.

**Riley Dison '14** broke the **school record** in the pole vault with an effort of 8'0".



The boys' 4 x 400 meter relay team of **Nick Steinmetz '15**, **Dakota Streit '15**, **Kane Carstens '14** and **McKay Carstens '14**, qualified for the Nike Elite Meet held at Hamline University. They finished second to Wayzata who won the AA

state championship. They set the school record of 3:23.60 for the first time this season.

State Meet Qualifiers included **Mallory Adamson '15** (400m), the Boys 4x100m relay team which set a school record of 43.80 (**Luke Shelerud '14**, **Adam Hannan '15**, **Kane Carstens '14** and **McKay Carstens '14**), and the Boys 4x800m (**Noah Hillman '17**, **Colin Ryan '14**, **Montana Streit '16** and **Dakota Streit '15**).

**Ian Torchia '14** placed 4th in the 1600m and 3rd in the 3200m. Nick Steinmetz placed 6th in the 400m. **Nick Steinmetz '15**, **Dakota Streit '15**, **Kane Carstens '14** and **McKay Carstens '14** were **STATE CHAMPIONS** in the 4x200m relay (school record of 1:29.77) and the 4x400m relay (school record of 3:21.41 which is the second fastest time in Class A history).

The following athletes were awarded **ALL-CONFERENCE**:

**Angela Patel '14**  
**Mallory Adamson '15**  
**Claire Ziller '16**  
**Dakota Streit '15**  
**Noah Hillman '17**

**Ian Torchia '14**  
**McKay Carstens '14**  
**Kane Carstens '14**  
**Nick Steinmetz '15**

## 1950's



**The LHS Class of 1954** celebrated their 60 year reunion on Saturday, June 28. The fifty classmates and their spouses started their afternoon with a tour of the new school building, followed by a mass in chapel, celebrated by **Msgr. Gerald Mahon '63**. They ended their evening with a dinner at Rochester Golf & Country Club.



**Margaret (Burton) '53** and Joe Walsh celebrated their 60th wedding anniversary on May 8, 2014 with family and friends. The couple has 9 children, 11 grandchildren and 4 great-grandchildren.

## 1960's



**The Class of 1964** celebrated their 50th reunion with a tour of the new school building.



**The Class of 1969** celebrated their 45th year reunion on the weekend of July 25-26, 2014. They started with weekend with a gathering at Steve & Sharon Nigon's farm. They toured Rochester on a trolley car; viewed the new LHS school building, and ended the night with dinner at the Soldiers Field Golf Course clubhouse.

## 1990's

**Tom Ernste '94** completed his PhD at the University of Minnesota, in the field Journalism and Mass Electronic Communications. Congratulations, Tom!

## 2000's

**Joe Beatty '03**

graduated from University of Illinois at Chicago Chicago Dental School and will return to Rochester with his wife, Megan. He will be joining the Apollo Dental Group in Rochester. Joe's mentor at Apollo is Dr. Ray Murray, a long-time friend and the father of **Jessica Murray '03**. Joe's father Dr. Charles Beatty had the honor of being a part of the hooding ceremony, as his son's degree was conferred. Mom Ann Beatty remarked, "It was certainly an exciting day for us all and we're thrilled they chose to return to Rochester."



**Jenna Sand '08** married Dylan Fritz on July 19, 2014 in Hastings, MN. Jenna graduated from Winona State University in May with a Bachelor of Science Degree in Composite Materials Engineering and is currently working as a Materials Engineer at PlastiComp, Inc. in Winona, MN. Dylan is also a WSU graduate in Composite Materials Engineering and is a Senior Manufacturing Engineer at Miken Sports in Caledonia, MN.



Senior Eagle Scouts show us their school pride! From left, **Michael Medlyn '14, Matthew Walther '14, Ian McMeeking '14, Chris O'Connell '14, Jonathan Thalmann '14** and **Jonathan Huhn '14.**

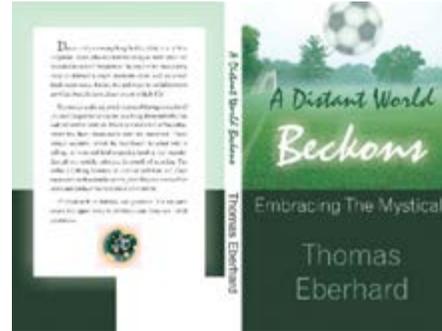


Bon Voyage! **Michael Brennan**, Director of Rochester Catholic Schools, shows off the Lourdes Traveling Eagle at the Eiffel Tower, Paris.

**Katie Miller '11**, currently a student at St. Mary's University of Winona, was chosen for a competitive fellowship at Gunderson Clinic in LaCrosse, WI. Katie's research is focused on hairy cell leukemia (HCL), a rare, slow-growing cancer of the blood.

To read more about her fellowship, visit the St. Mary's University of Winona website.

<http://www.smumn.edu/newsblog/5904/miller-chosen-for-competitive-fellowship/>



Thomas Eberhard, father of **Andrea Eberhard '10** and **Tonya Eberhard '12** recently published a book entitled "A Distant World Beckons." The book contains a number of

inspirational stories, including "Dandelion Soccer", which relates the story of the 2008 Lourdes girls' soccer team's trip to the MN State Tournament. Books are available locally at the Christian Book Store or Hy-Vee South, from Amazon.com, or through arrangements with the author at [tomeberhard76@aol.com](mailto:tomeberhard76@aol.com).



## *In Memory*

**Tom Murphy '69**  
**May 5, 1951 – May 27, 2014**



Lourdes alumnus Tom Murphy coached the Lourdes High School boys' golf team for 29 years. During his legendary career, the Lourdes golf teams had 17 state tournament appearances and won 21 sub-section titles, 19 HVL conference championships, 7 Don Bosco conference titles, and an astonishing 6 state championships. During that time, Tom coached four of the members of his team to individual state championships.

Tom was inducted into the Minnesota Golf Coaches Hall of Fame in 2004 and into the Rochester Quarterbacks Club in 2008. In 2007, he was named the Rochester Amateur Sports Commission Coach of the Year. Tom was honored by the Lourdes Foundation as Outstanding Coach of 2008, when he was inducted into the Lourdes High School Sports Hall of Fame.

Tom is survived by four brothers and two sisters. He was preceded in death by his parents and four brothers.

A funeral Mass was held at 10:30 am at St John the Evangelist Church on Tuesday, June 3, 2014.

A scholarship has been started in memory of Tom Murphy, by the Lourdes High School Athletic Office. Funds from the Tom Murphy Memorial Golf Tournament, held on September 29, 2014, in addition to memorial gifts given to the Athletic Office, were used to establish the scholarship. To contribute to the **Tom Murphy '69 Memorial Scholarship** visit our website at [www.lourdesfoundation.org](http://www.lourdesfoundation.org) or contact the Lourdes Foundation by calling 507-289-2584.

*Lourdes High School's own **Gene Eiden** will be inducted into the Minnesota Music Hall of Fame on November 7, 2014, in New Ulm, MN.*

Mr. Eiden was a long-time Band Director for Lourdes High School and is beloved and respected by all. He is known for his musical service around the city of Rochester and surrounding communities. Gene Eiden is the quintessential "Music Man." He plays at military funerals, leads jazz ensembles and combos, helps new band members choose instruments, teaches lessons, and volunteers as an instructor for the LHS Marching Band. The Hall of Fame was established in 1962 to honor musicians, both past and present, who have contributed significantly to the Minnesota music scene. The RCS community recognizes Mr. Eiden's Hall of Fame Award and wishes to thank him for generously sharing his musical gifts with us.

**Congratulations, Gene!**

Check out the MN Music Hall of Fame website:  
<http://mnmusicalloffame.org/Inductees.html>

Photo courtesy of Rochester Catholic Schools Department of Advancement



## Fall 2014- Winter 2015 Calendar

### NOVEMBER 2014

Thursday, November 13-Sunday, November 16, 2014  
**Lourdes High School Fall Play:** *Sherlock Holmes and the Spinsters of Blackmead,*

### DECEMBER 2014

Saturday, December 6 and Sunday, December 7, 2014  
**Second Annual Advent Fine Arts Program**

Sunday, December 7, 2014  
**8th Annual Sports Hall of Fame Dinner**  
benefitting Lourdes athletic programs  
For tickets contact Lourdes Foundation 507-289-2584  
or go to [www.lourdesfoundation.org](http://www.lourdesfoundation.org)

### MARCH 2015

Friday, March 20, 2015  
**Gary Vanselow Memorial Scholarship Fish Fry**  
Rochester International Event Center  
For tickets call 507-289-2584 or go to  
[www.lourdesfoundation.org](http://www.lourdesfoundation.org)

### APRIL 2015

Saturday, April 25, 2015  
**Hearts of Gold, A Purple Tie Affair**  
benefitting Lourdes High School  
Rochester International Event Center  
For tickets call 507-424-1817 or go to  
[www.rochestercatholicschools.org](http://www.rochestercatholicschools.org)

*If your class is having reunion, please contact the Lourdes Foundation office so we can add the information to our website.*

## Where are you, Missing LHS Alumni?

The Lourdes Foundation would like your help in locating the following Lourdes graduates so we can keep in touch about alumni news. If you have contact info for any of the listed alumni, please contact Lourdes Foundation: email: [lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us) street address: Lourdes Foundation, 1710 Industrial Drive NW, Rochester MN 55901, phone: 507-289-2584. Thank you for your assistance!

### LHS Class of 1950

Margaret Ann Boler, OSF  
Alice (Chevalier) Fox  
Jeanine (Fordham) Kern  
Lionel Torrebarite

### LHS Class of 1955

Mary E. O'Brien  
Eleanor (Durand) Parry  
Marlene (Waters) Piens  
Nicholas R. Stevens

### LHS Class of 1960

Charles G. Krause  
Edward J. Kujawa  
Richard F. Nelson  
Luis Noriega  
Marjorie Schleck  
Sharon (Neill) Smith  
Mary F. (Welhaven) Sullivan

### LHS Class of 1965

William Anders  
Fern Biber  
Richard Date  
Maria Espenoza  
Ann (Fitzgerald) Rasmussen  
Patricia (Drummond) Rindels  
Richard Schad  
Roger Siskoff  
Karen (Gadient) Sky  
Jean (Vang) Whitney  
Dennis L. Wilson

### LHS Class of 1970

Christine (Stern) Blackwood  
Terence Blackwood  
Terrance L. Bowe  
Margo M. Briese  
Peggy I. Cassidy  
Thomas R. Delaney  
Rebecca (Zincke) Drewes  
Elizabeth (Hamm) Franks  
Colleen T. Fritsch  
Sue Ann (Sweeney) Griffith  
Mary Ann (Riley) Gunderson  
Sally (Kearns) Knoll  
Robert Edward Lee

### LHS Class of 1975

James Bantley  
Bernard Blee  
Christie (Belgarde) Brown  
Theresa (Fenske) Crowson  
Derene Durgin-Dobson-  
Mark Friederichs  
Kerry (Lewis) Gehrke  
Anne Elizabeth Herdina  
Major John D. Holt  
Nancy Kirckof

### LHS Class of 1980

David G. Battey  
Margaret (Anderson) Boettiger  
Michael David Collins  
Karl Titus Covert  
Terence Patrick Daly  
Carrie T. Farrow  
Tamara J. (Geisinger) Field

Helen (Trusty) Guthrie  
Nicholas M. Hennessey  
Sarah (Boler) James  
Todd Miller  
Caron Nargan  
Eleanor Theresa Palumbo  
Cynthia Piotrowski

### LHS Class of 1985

Ruth Coller  
Lynn (Lutterman) Dewall  
Thomas Gonnella  
John Kauphusman, Jr.  
Teresa (Marek) Kube  
Julie McCaffrey  
Michael Mueller  
Stephen A. Muller  
John Palumbo  
John Michael Sheehan  
Sara (Muehlenbein) Vinkemeier  
Le Vo

### LHS Class of 1990

Timothy Beaudette  
Arthur Diaz Carandell  
Alfonso Carvajal  
Nika Stacy Chum  
Lawrence Connoy  
Sara Donohue  
Brian Driscoll  
Sally Jo (Dahl) Ebler  
Amber Marie (Infante) Fiedler  
Trey Fitzgerald  
Heather Anne Flynn  
Erin Lee (Wright) Gurney

Selina Thu Ha Hoang  
Denisse (Urteaga) Ike  
Sitha Kuch

### LHS Class of 1995

Daniel Brummer  
Fabiana Campos  
Courtney Cartney  
Philip Cheng  
Vonna Chum  
Bridget Ishizaki  
Haley (Waxland) Kantor  
Paul W. King  
Michael Miller  
Laura Rogness  
Kelly Lynn Schwanke  
Garrett Tomzak  
Nicole Leigh (Gaulrapp) Zwart

### LHS Class of 2000

David Atkinson  
Emilie Balboa  
Elizabeth Bechtel  
Nicholas Bushaw  
Mariah Carlini  
Marcus Christopherson  
Mithouna Chum  
Emerson Clark  
Stephanie Delaney  
Jeffrey Devlin  
Jennifer Gaulrapp  
Patrick Godsill  
Jeremy Graham

## Peace & Sympathy



## We Will Remember

*Our sympathy and prayers are offered to the families and friends of those who have lost loved ones. Please remember them in your prayers.*

Sister Guillaume Ryan  
Catherine Clemens Wofford '48  
Glenn Amundsen  
Sharon Stoos '66  
Rosella O'Connell Jech '55  
David Ferguson '55  
Tom Murphy '69  
Janet Gores '85

Frederic N. Brown '49  
James J. Drexler '47  
Susan Starkson '69  
Elizabeth Lawler Bowman '41  
Ruth Fischer  
Deborah Sehl '71  
Mary K. (Ryan) Pofahl '60  
Nicholas Miner '93

If you would like to inform the Aquila of a loved one's death, please contact the Lourdes Foundation and we will include the information in our next issue. We make every effort to publish accurate memorial information. Please accept our apology for any unintentional omissions. To update our records, please contact us at Lourdes Foundation Office, 1710 Industrial Drive NW, Rochester, MN 55901 or by phone at 507-289-2584 or by email at [lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us)

# The Class of 2014

## Wyatt Currie Memorial Scholarship



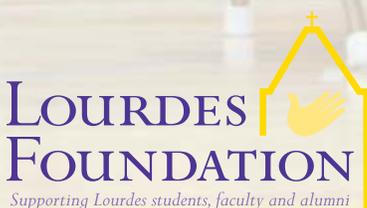
Photo by Mike Young '71

The members of the Class of 2014 want to ensure that their classmate, **Wyatt Currie '14**, is well remembered. To honor his memory, they raised money for a fully-funded Lourdes High School scholarship before their graduation day, an accomplishment unique to their graduating class.

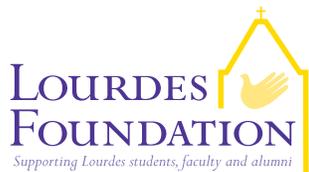
The Class of 2014 Wyatt Currie Memorial Scholarship was the brainchild of **Hannah Kvaternik '14** (left), who asked her classmate **Briattney Thomas '14** for help. After receiving the Currie family's enthusiastic support, they spread the word to their classmates and other LHS families. Hannah recalls, "I wanted to do something that was long-lasting. I was so happy when we were at \$500, I would not have believed at the time that we would raise \$14,000."

Hannah and Briattney hope that future recipients of the scholarship know how special Wyatt was to them and to the Lourdes community. "He made everything around him positive and upbeat. He was an amazing athlete and an even better friend", says Hannah. Briattney adds, "I am proud of the accomplishment. To be a part of Wyatt's remembrance is something that crosses my mind every day and it will always bring me great joy."

*The Class of 2014 Wyatt Currie Memorial Scholarship will be awarded each year to a student in need of financial assistance to attend Lourdes High School.*



*To start a Lourdes Foundation scholarship, or to contribute to an existing scholarship, please contact our office: 507-289-2584 or by email at [lourdesfoundation@rochestercatholic.org](mailto:lourdesfoundation@rochestercatholic.org).*



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Read previous issues of the Aquila at:  
[www.lourdesfoundation.org](http://www.lourdesfoundation.org)

Your User ID to register for the Alumni Online Directory is located above your name and address.

**Need a prayer for yourself or a loved one?** Visit our website at [lourdesfoundation.org](http://lourdesfoundation.org) to submit a prayer request.

[E-Prayer Request](#)



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[Facebook.com/Lourdes Foundation Alumni Connection](https://www.facebook.com/Lourdes-Foundation-Alumni-Connection/)

***"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."***

~ Franklin D. Roosevelt



Mission Trip, Summer 2014-Lourdes students building a new set of steps and entryway for a house in Martin, Kentucky.

Front: Mitch Brandhagen '15,  
McKay Carstens '14, Kathryn Heimer '15  
Back: Isaac Plager '16, Peter Alexander '16,  
Patrick Simonson '16