

*Lourdes Foundation Magazine for Alumni & Friends ~ Connecting Generations*



# Aquila



**SPRING/SUMMER | 2010**

**ROCHESTER LOURDES HIGH SCHOOL**

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**On the Cover:**

Tim Carroll, Lourdes Class of 2003, 59.40 miles into his 2,658 mile trek (see pages 9-11). Tim is standing at Kwaamii Point, CA.

*The AQUILA news magazine strives for accuracy & clarity. Content is determined by the editorial staff. We apologize for any inaccuracies that may occur and will attempt to make corrections in future issues.*

*Aquila* is an official publication of Lourdes Foundation, Inc.

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## Our Vision

*“Lourdes Foundation is a catalyst for the growth and expansion of Lourdes High School through excellence in education.”*

## Our Mission

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



## Message from Executive Director ~ Tim Sitzer

**Generosity** is a force of change.  
A creator of hope and possibility.  
It embraces the real needs of real  
People at the same time it celebrates their individual  
Humanity. So what does it take to give?

Compassion. Initiative. Purpose.  
But to travel far, and to reach its full potential,  
Generosity also needs integrity and guidance.  
Deliberate and responsible supervision.  
When people decide to give, and then focus  
Their ideas and energies intelligently,  
Excellence in society begins to shine.  
Person by person. Community by community.

*Anonymous*

Lourdes Foundation is blessed by many generous benefactors, such as you. We are blessed by individuals who have that sense of *Compassion, Initiative and Purpose*, and we are so very grateful to all of you. Thank you.

We have recently completed our 2009-2010 Annual Appeal with some astounding numbers that we would like to share with you. Because of you, because of your *Generosity, Integrity and Guidance*, Lourdes Foundation reached and then surpassed our goal of \$100,000, by \$80,000! (\$180,000 was achieved for this year's appeal).

A second goal of increasing the number of donors from our 2008-2009 appeal, which was 400 donors, to an increase of 450 (an increase of 50 donors) was also reached and surpassed. To date, 590 donors contributed to our 2009-2010 Annual Appeal (131% of our goal).

So what do these numbers mean and how does this money help our students at Lourdes High School?

Of the \$180,000 that was contributed to our 2009-2010 Annual Appeal, approximately \$65,000 was **unrestricted dollars** (money that is used for the greatest need of the Foundation). These dollars pay salaries, printing costs, office supplies, postage, rent, utilities, our website, events, etc.

As an example of what those dollars help pay for this issue of the *Aquila*, which costs right around \$15,000 to print and mail to over 8000 alumni and friends. We try to produce two issues annually.

Unrestricted funds are traditionally the hardest funds to raise. Why? It's difficult to say to a donor "help us pay



for office supplies, or, "help us pay for utilities, postage and printing". The reality is, those needs must be paid for and the unrestricted dollars that come to us through our appeal do just that. They help us pay for the essentials of running an office. They are so important because they allow us to reach and help the students and families in need at Lourdes High School.

The **restricted dollars** are dollars that go directly towards an endowed scholarship (the earned interest on those funds is what is awarded to the student) and cannot be spent in any other fashion, (they are restricted). We received approximately \$115,000 in restricted dollars in this year's appeal. What do they do? As a scholarship grows in value, so grows the interest earned. Those interest earned dollars are the dollars that are awarded to the student. The principal amount of a scholarship is never spent, only the interest earned is what is awarded. Again, as the scholarship grows, so grows the award given to a student for tuition assistance.

Lourdes Foundation policy states that 5% of the total amount of a scholarship is gifted for tuition assistance. Therefore, a scholarship with a value of \$10,000 (which is the minimum amount a scholarship must have before it can be awarded) would create a \$500 gift (5% of \$10,000).

To date, Lourdes Foundation has 79 scholarships (many scholarships, because of their value and the interest that is earned from them, help multiple students). Over the 36 year history of the Lourdes



# FOUNDATION NEWS

Foundation and as of June 2010, Lourdes Foundation has helped over 1000 students at LHS with over \$1,000,000 in tuition aid.

As for the increase of donors to the Annual Appeal? There are so many variables. We would like to think that it has to do with the quality of our events and communications. Some examples would be our Homecoming activities after the big game! Our Annual Meeting, our Round Table Event (which this year we will be combined with our Annual Meeting in October 2010). Our Hall of Fame, which will be our 4th annual this coming December, the issues of the *Aquila* and certainly the Vanselow Fish Fry during Lent, are just some reasons we think attract more people to the

Foundation. Last but not least, certainly the quality of our Board members, (listed on the inside cover of this issue) who give so much of their time and energy to ensure a Catholic education at LHS, is made available and affordable through our scholarship program.

What we do, we do for the children and it is made possible by your *Generosity*. You are the *Excellence*, you are the *Person*, you are the *Community* that allows us to do our work, and we are very appreciative. On behalf of the Lourdes Foundations staff and our Board of Directors - **We Thank You So Much.**

*Tom Sitzgi*

## We need your help!

- **Did you move?** Are you out of your parent's house? Did your parent's move? We need your new address to send your *Aquila* and for your classmates to contact you about class reunions.
- **Would you rather have your *Aquila* in your inbox** online rather than in your mailbox at home? Send us a quick email and your next *Aquila* will be electronic.
- **Did you know if you lose your *Aquila* or want to share** one of the articles with other classmates, you can check [www.lourdesfoundation.org](http://www.lourdesfoundation.org) for past issues?
- **Wonder what other grads are up to? Become a Face book fan of Lourdes Foundation Alumni Connection** and be the first in your class to know the news
- **Do you have pictures of your new child/grandchild or wedding pictures or any other events?**
- **Do you have some not so new pictures of you and your classmates** while in school or out of school? We would love to scan them in to preserve pictures for future reunions, Hall of Fame inductees, or just for fun. We will scan them in and return them to you for safekeeping.

**If this is you, please contact us at the Lourdes Foundation at 507-289-2584 or at [lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us)**

## What Will Your Legacy Say About You?

*Ten Things You can Do to Leave a Legacy Gift to Lourdes Foundation – and Become A Round Table Member...*

1. Prepare your will. Only 50% of people who pass away have one! Without a will, you lose control of the assets you have worked a lifetime to build.
2. Leave a gift in your will for Lourdes Foundation and other organizations that have made a difference in your life. Fewer than 6% of U.S. households have included nonprofit organizations in their estate plans.
3. In your will consider leaving a percentage of your assets to Lourdes Foundation.
4. We invite you to consider using assets as your charitable gift. These can be stocks, bonds, certificates of deposit, real estate. Gifts like these can provide tax savings.
5. You can name Lourdes Foundation as the beneficiary of your individual retirement account or pension plan.
6. If you own a life insurance policy, we invite you to consider renaming Lourdes Foundation as a partial or sole beneficiary.
7. Purchase a new life insurance policy naming Lourdes Foundation as the beneficiary.
8. Encourage your family members and friends to leave gift to Lourdes Foundation in their wills and help your children establish a relationship with a qualified estate planner.
9. Ask your professional advisor to include information about Lourdes Foundation in his or her counsel to others.
10. To learn more about leaving your legacy with Lourdes Foundation and about becoming a member of **Lourdes Foundation's Round Table** call the Foundation office at (507) 289-2584.



## What's new at [lourdesfoundation.org](http://lourdesfoundation.org) website?

Lourdes Foundation is not just tuition assistance for Lourdes students to enable students to attend Lourdes; we are also the Alumni Association that enables alumni to stay connected after leaving Lourdes. Our website is for you to help you stay connected.

One way to find your past classmates is through the Alumni tab at [www.lourdesfoundation.org](http://www.lourdesfoundation.org). Once you have set up your profile by logging in with your User ID number, you can search for other alumni by typing in their name, and you can find the address we have listed in our database. If you were moving to a different state, for example, and wanted to know if there were any fellow Lourdes grads in that state, you can search by the state (under advanced search) and find a familiar face in a far off city or state. If you do not know your "User ID" number, look on the back of this *Aquila* and your ID number is above your mailing address or send a note to our webmaster and she will get you started at [LFIwebmaster@rochestercatholic.k12.mn.us](mailto:LFIwebmaster@rochestercatholic.k12.mn.us)



Annie Riley Otto '64

Luanne Koshire '65

Another way to keep in contact is through **Facebook**. You can "sync" up your Lourdes Alumni Connection account with your Facebook account while setting up your profile above. And you can become a "fan" of **Lourdes Foundation Alumni Connection** in **Facebook**. If we have any alumni, news (such as Tim Carroll's Trek updates) we can notify you or if you have any news to share you can let us know as well. What do we do with your information? Be assured we do not sell your information to other parties so



Mike Kesler '91

Bridget Sitzer '04

you will not get a mailer for a Chia pet because you shared your address or electronic addresses with us.

An example of what we can do together is on May 13, 2010, the Lourdes Foundation sponsored an Alumni Event at "The Loop" Bar & Restaurant in Minneapolis, MN. The ultimate purpose was to get Alumni in the Twins Cities area together for some fun and we succeeded! The secondary purpose was to send out invitations all electronically through email, alumni emails, and Facebook connections with RSVP's through the LFI website. No postage or printing was used for this event. We are thrilled to report it worked great! All Alumni in attendance were given a free gift, free appetizers and free fun! We plan to have other similar events in the future so let us know your email address and we will make sure you are included in our next event!

You can also check out any upcoming reunion plans by going to The Foundation Menu/ Foundation Events. When you saw your *Aquila* in your mailbox, did you wonder if your class was planning a reunion and you may not have heard anything yet? Many of the reunions are listed in the "Class Notes" section of this issue, but you can also check out any plans on our website as well.

If you have news to share, thoughts or suggestions for our website, please contact us at [lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us) or by calling the Foundation office at: 507-289-2584.



## Message from Lourdes Foundation Board President ~ Bob Gander



It is half way through my term as president and I have learned a lot about what I call the *Lourdes family*. I have given it a definition-the *Lourdes family* is a wonderful group of individuals made up of alums, parents, grandparents, and friends who are making an effort to increase the well-being of all Lourdes students both present and future.

The graduating class of 2010 will soon be leaving and going on to future studies or will be going into the work force. Because of your generous gifts, almost 20 percent of the graduating class have received tuition assistance to help them through their four years of Lourdes. Some of those students may not have been Lourdes students if not for the Lourdes Foundation and our benefactors. I have been on the board almost four years now and I have seen these students grow from freshman to seniors.

I want to personally thank the people who had the forethought to start the foundation. If not for this group, I wonder how many students would not have experienced the great Catholic education at Lourdes.

### **Lourdes Foundation Founders**

*The founding members of Lourdes Foundation are deserving of recognition for their generosity, their vision and their love of Lourdes*

Henry J. Bromelkamp*	Charles F. Gray '46
Richard J. Reitemeier, MD*	Vincent E. Cashman*
Madonna M. Hanf*	Richard J. Smith*
John D. Chisholm*	Edgar G. Harrison, Jr., MD*
Thomas Wolf '47*	Joseph R. Daly, Jr.
Owen J. Korsmo	James F. Woodruff, Sr.*
Virgil M. Elliott*	Raymond F. Zeman

I really encourage each of you to start a scholarship in your family name. We started ours when I joined the Foundation Board. A fully funded scholarship is \$10,000 and ours is now 70% fulfilled with the help of my family. I know our family will have a great feeling of satisfaction when this is complete. This has been an effort by all of us to build this tuition assistance fund for Lourdes Students. In addition, a great way to help future students is to join the Lourdes Foundation's Round Table program. Round Table members are individuals that have left Lourdes Foundation in their estate plans (please refer to "10 Things you can do to leave your legacy at Lourdes High School" on page 4). If you have any questions, please call or email our office or myself.

Thank you,

Bob Gander

Lourdes Foundation, Inc.

Board President, 2009-2010

## **Did you know: Talking to Bea Raygor – Class of 1938**



Bea Raygor & daughter, Roseanne

Out the front window of The Foundation offices are the 25 acres that will be the future new Lourdes High school. Someday someone new to Rochester will say "what was there before Lourdes?" Have you ever wondered what was there before the 1941 Lourdes building?

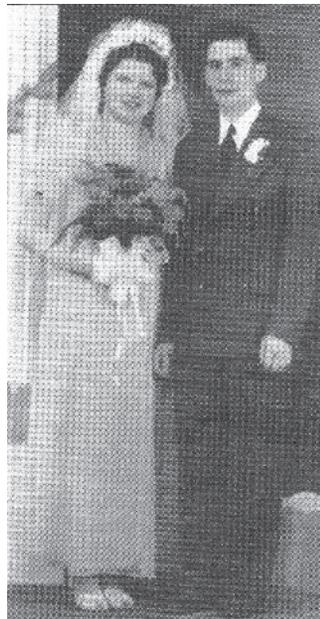
Beatrice Colvin Raygor, a graduate of the "old" St John's class of 1938 can tell you. "Bea" used to play on that grassy knoll before it was a school. Many can remember that there were houses all around the original property (including where the existing LHS parking lot is now) so the grassy area was a nice park area before the school was there.

Bea's childhood was not without obstacles. The 1930's were difficult economic times and were challenging, not unlike our current times. Bea and her mother lived with Bea's grandparents. Her mother was determined



that Bea would have a Catholic education. She brought Bea to the then “new” St. John’s\* as a second grader ready to go into third grade. Bea was small for her age, so one of the older Sister’s sent for a 3rd Grade reading book and told her to read to prove that she was indeed ready for 3rd Grade. Bea says she “read for all I was worth” and started 3rd Grade shortly afterwards. There were no hot lunches, just peanut butter sandwiches for lunch. No uniforms or class rings because no one could afford them. As a school field trip, they would walk downtown to the *Chateau* theatre (now Barnes & Noble bookstore) to watch movies such as the “King of Kings – Life of Jesus” and “Last Days of Pompeii”. The *Chateau* theatre, built in 1927, was one of the first to have air conditioning and was designed to look like a French Chateau with its red velvet seats, 40 balconies and 20 ft. high turrets.

Every year the junior class would put on a play to raise money for the senior class prom and senior banquet (“Continental” breakfast). Seniors were also invited to the Hotel Martin (then across from the now Mayo Hilton Building) to become part of the Alumni Association. In 1937, Bea was going to her junior prom and her family pulled together the \$10 for her dress. They went to a downtown Rochester store called E.A. Nolton’s, a three story building (where Red Lobster is today, formerly Dayton’s). In the basement, in later years would be a fabric store where Lourdes families would buy material for uniforms. E.A. Nolton’s was considered one of the fancier dress shops of its time and where Bea bought a blue lace dress with a matching blue silk under-dress. Bea wore this dress for her junior prom, senior prom, graduation and as her wedding dress in 1941 (see picture).



After graduation, Bea went to work at the Rochester State Hospital as a nursing assistant (now part of the

Federal Medical Prison Complex) where she met her husband, Mearle. In 1941, Bea & Mearle married. At that time, Mearle was “flipping” houses. He would buy “fixer-uppers”, repair them and sell them. He later went to work at Mayo Clinic. Bea & Mearle had eight children.

Bea never lost her thirst for knowledge and education that the Sisters had ingrained in her at an early age at St. John’s. While working at the State Hospital as a nursing assistant, she became a licensed practical nurse (LPN), and then went back to school to get her teaching degree while she and Mearle raised their eight children and two grandchildren. In recent years, Bea has lost her eyesight, but not her “spunk”. As quoted in a November 2009 article about Bea, her family and her accomplishments “her faith is real and alive”. I couldn’t agree more.

While the world around us has changed in many ways, other things have not changed at all since a 17 year – old Beatrice Colvin Raygor and her 16 classmates graduated 72 years ago. From a mother’s determination that her child have a Catholic education, to the student that develops a lifelong thirst to learn because of her educators, Lourdes High School being built on a grassy knoll in difficult economic times and a “faith that is real and alive”, Bea’s story and that of so many others is timeless. We are too often conditioned to think that our lives revolve around a few great moments. But great moments often catch us unaware-beautifully wrapped in what others may consider a small one. There are few people that can bring a smile to your heart just meeting them. Bea Raygor is one of those very unique people that I consider meeting a great moment. Thank you Bea and God Bless.

\*The “new” St. John’s building had opened in 1913 as an all girl’s elementary school and high school, replacing the former St. John’s elementary school and the former “Academy of our Lady of Lourdes”. Also in 1913, Heffron High school (named after Most Rev. Patrick R. Heffron, Bishop of Winona, MN) was opened as an all boys school with the Brothers of the Christian Schools as teachers for many years. The cost of both buildings was \$29,000. Classes from both St. John’s and Heffron High School were combined into Lourdes High School when it was opened in 1941.



## *New Scholarships Announced*

### **Class of 1959**

On the occasion of their 50th reunion, the Class of 1959 became the fourth class in Lourdes history to fully fund a Scholarship (\$10,000). The classes of '53, '54 and '55 all have LHS scholarships. The Class of '59 scholarship was awarded for the first time this spring to a student in need at Lourdes High School.

Your class too, can start a scholarship with any amount by simply contacting the Lourdes Foundation office. Once fully funded your gifts go to work right away for LHS students in need. The classes of '64, '65, '68 & '98 have all started funding a class scholarship. Lourdes Foundation invites you to consider starting and donating to your class scholarship. You can inspire and encourage other classmates, parents, grandparents and friends to do so as well.

Congratulations to the Class of 1959 - your scholarship will last for as long as Lourdes High School exists!

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### **Hank Doran/Kenan Memorial Scholarship funded in 2009**

The Doran/Kenan Memorial Scholarship was established in honor of Henry "Hank" Doran - LHS '54 after his death in January of 1997 by his wife Mary Clare (Kenan) LHS '54 and by many members of Hank's family. The Lourdes Foundation is so grateful to you.

This scholarship was first awarded in May of 2010 to a student in need so he/she could attend this Christ centered community of Lourdes High School. Thank you again to the Doran & Kenan families for remembering the students in need at Lourdes High School.

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### **Charles "Chuck" & Margaret Gray Scholarship**

This scholarship was established in 2010 to honor Charles & Margaret Gray for their avid support of Lourdes High School. Charles "Chuck" Gray - LHS '46 and his wife Margaret were among the founders of the Lourdes Development Fund (now the Lourdes Foundation) . Their four children, Barb '70, Pat '73, Kate '76 and son Dan, '81 are all LHS alums.

The Lourdes Foundation awarded this scholarship for the first time this May to a deserving student in need. It is with a heart felt thanks to the Gray family when we say thank you so much for thinking of the students at LHS.

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### **Anonymous Scholarship**

Lourdes Foundation is so appreciative to a LHS alum who we have been in contact with for many months. The decision to fully fund this anonymous scholarship is an act of great philanthropy and we are so grateful for such generosity.

This scholarship was also awarded for the first time this spring to a student in need.



## Tim Carroll – In his own words



Dear Friends and Family,

I hope life is treating you well. For some of you it's been some time since we've seen each other or even talked. Let me take this opportunity to reconnect. I've decided to take time this year to write down what I have been up to and to make an effort to shed some light on where life is taking me. Some of this may be old news, some of it is new even as I sit here writing. What I really want from writing a letter like this is the chance to stay in touch, and get the most out of my friendships, family, and life.

During the past several years I've had the opportunity to work in places like the Boundary Waters in northern Minnesota, California's Sierra Nevada Mountains, Kentucky's Red River Gorge, the Blue Ridge Mountains of Virginia, Lake Tahoe's Desolation Wilderness, and currently in the Gila mountains of New Mexico. If there's one thing I've learned in all that time in all those places, it's that snow makes the best toilet paper.

Life is good outdoors, and in the past 6 months there's been a steady flow of jobs in my line of work. Trail construction and maintenance to be specific. I currently live in Silver City New Mexico and work as a Crew Leader for high school Americorps crews doing trail work in the National Forest. We camp and work in the back country for 8 days at a time cleaning up trails. Building structures, cutting downed logs, hiking and clearing brush, cooking meals, and staying warm are all tasks of a typical day. Out of the last six months, I've spent 30 days sleeping indoors. I think I can count on my hands and feet the number of showers I've had in that time as well.

It's not a glamorous lifestyle, but trail work is truly a lifestyle that suits me, and I love it. The challenges are

so unique. Physically, mentally, and socially, it demands a lot. The needs of 8 high school students, or seeing the same faces all day, every day, can be tough (especially after burrito night). There is no greater satisfaction in my mind than throwing yourself at a trail for days and then getting to walk on the results. I visited places this summer where I worked over 2 years ago and found the waterbars, signs, bridges, and steps just as we placed them, like it was yesterday.

I've been fortunate to have these opportunities mostly because of the support of my parents, who gave me the education, inspiration, and love that I needed to be successful. My dad, who may not always like the random and far from home places that I work, has always told me to do the things that I love and not settle for any less. In honor of that advice, I will make my attempt in 2010 to hike the entire 2,663 mile Pacific Crest National Scenic Hiking Trail.

The Pacific Crest Trail (PCT)([www.PCTA.org](http://www.PCTA.org)) stretches from the border of Mexico in southern California through the National Parks and Forests of California, Oregon, and Washington to the Canadian border. The journey will last about 5 months and cover some of the most beautiful and awe inspiring areas of the west. Because my dad is the main inspiration for most of my adventures, I will make this trip in conjunction with the creation of the **Mike Carroll Tribute Scholarship** for Lourdes High School student tuition assistance through the Lourdes Foundation. ***For every mile that I walk, I will donate 10 cents to this fund. I'm asking friends and family, or anyone for that matter, who has had support in the pursuit of their own dreams from my dad to join in their support.***

I hope to hear from you all very soon with feedback, comments, or just to talk and hang out. The journey will begin near the end of April and if you feel like hiking with me for a week or two, I've included a draft itinerary for you to look at. Also, if you'd like to send a letter of encouragement, the postal addresses for each leg of my trip will be posted on my itinerary page.

I came up with a quote earlier this year when I said "The journey is the destination." Two weeks later I saw that phrase on a t-shirt in Wal-Mart. Even though someone said it before me, I strongly believe and live by those words.

All the best,  
Tim Carroll



## Quick Facts about Tim's Trek:



There is an old saying that says a trip of a thousand miles begins with the first step. In Tim Carroll's case, it was three steps. On April 20, 2010, Tim Carroll started a trek of 2,658 miles (Tim pictured at the Mexican border monument at the start of the Pacific Crest Trail). In his blog, Tim writes that he took three steps and realized his shoe was untied, then walked one mile and realized he his tent had fallen off his backpack and he had to retrace his steps to find his tent. Not the start he was hoping for! He has since travelled 703 miles and the pictures are breathtaking!

### Here are some quick facts about Tim's trek:

- When he flew out of Rochester on Sunday, April 18 to start his trek, the visit counter on his daily blog read 6,000 visits. At 49 days of his trek, his visitor counter reads 33,000 and growing every day.
- Tim and the Carroll family prepared for almost a year for the trek. As of this printing he has accomplished 49 days and 703 miles with 102 days and 1,956 miles remaining until he finishes. There is plenty of time to catch up on "where in the world is Tim Carroll?" and sign in on his guestbook to wish him well!
- On his trek, Tim will walk through:
  - 26 National Forests
  - 8 National Parks
  - 4 State Parks
  - 2 Bureau of Land Management Offices
  - 3 National Monuments
  - 1 State Recreation Area
  - 33 Federally Mandated Wilderness areas
  - County Parks and Indian Lands
  - Congressional Districts - 13 in California, 4 in Oregon, 5 in Washington

- Highest Elevation: 13,180 feet at Forester Pass, CA
- Lowest Point: 100 feet at the Columbia River, Oregon/Washington Border

- More people have climbed Mt. Everest than have completed the entire Pacific Crest Trail. In a typical summer, 300 hikers will attempt portions of the PCT (Pacific Crest Trail), but only 40% will finish.
- Tim's backpack weighs about 17-20 pounds without food or water. With supplies, it will weigh 40 pounds. Tim planned for a pair of shoes to last about 500 miles.
- Every 4-5 days, Tim's family & friends will send dehydrated foods such as jerky, fruit, veggies, granola, and goats milk to 29 mail drops (7 completed) at Post Offices along the PCT for restocking.
- Tim plans to average walking 20 miles per day to accomplish the 2,658 miles in 151 days. He hopes to walk for six days and rest on the seventh day, weather permitting.



View from Mt. Baden-Powell. CA on the Pacific Crest Trail

- Tim, a 2003 graduate of LHS, a Luther College graduate with a major in geology, an Eagle Scout and current employee of AmeriCorps is establishing a Tribute Scholarship in his father's name. **The Mike Carroll Tribute Scholarship** will help students in need at LHS with tuition assistance.
- Through the Lourdes Foundation web site, you can trek with Tim, (Where's Tim?) learn about his journey on his blog, view his photos and even write to him as he hikes the PCT.
- "Trail Angels" are people from towns around the trail that leave water, food and shelter on the trail for PCT hikers.



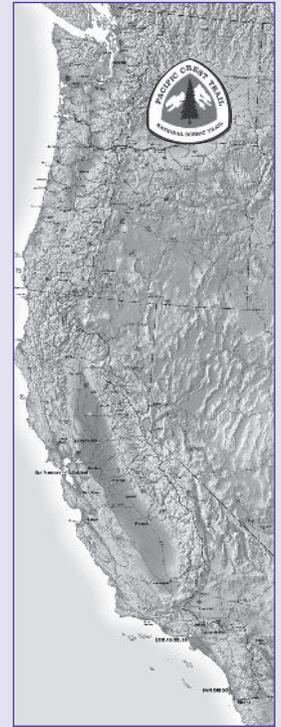
There are just a few moments in our lives when generosity, compassion, initiative and purpose come together all at once. This is one of those times and the Lourdes Foundation is so proud and thrilled to be a part of Tim's Trek. I have the honor of introducing you to Tim Carroll's Trek, an astounding and physically demanding 2600 + mile trek on the Pacific Crest Trail (starting in southern California at the Mexican border up to the USA/Canadian border).

**You can support him with your financial gifts, perhaps with a single gift or pledging an amount for every mile that Tim hikes. All gifts are tax deductible and will help fund The Mike Carroll Tribute Scholarship. Please support and join Tim and the Lourdes Foundation in this exciting adventure.**

Tim Sitzer  
Executive Director  
Lourdes Foundation, Inc.

## Follow Tim

Through the Lourdes Foundation web site, you can trek with Tim, (Where's Tim?) learn about his journey on his blog, view his photos and even write to him as he hikes the PCT.



## Mike Carroll '69 Tribute Scholarship

Tim Carroll – Feb 7, 2010  
*"I'm hiking the PCT because hiking is what I love and I've learned that you've got to take these opportunities when they present themselves. I can't wait to see my Dad's face when I cross the border in Canada."*

Tim Carroll's trek is dedicated to his father, Mike Carroll '69, in recognition of Mike's 27 years of service to the athletes and students of the Rochester Catholic Schools community.

For 15 years, Mike taught Religion, History, Civics, Geography, Physical Education and Business Law and affected the lives of each student that entered his classroom. He coached for more than 27 years as a freshman and B-Squad Football coach, Girls B-Squad Basketball coach and freshman and B-Squad baseball coach. It is because of Mike's dedication to his students and athletes that his family, Kathy, John-Howard ('01), Fae ('02) and Tim ('03) have started this scholarship in Mike's name. Mike has always believed that any student wishing to continue their education at Lourdes High School should not be denied that right due to financial restrictions.

Born to Howard and Freda Carroll in 1951, Mike was a student of Rochester Catholic Schools attending St. Pius Elementary School and graduating from Lourdes High School in 1969. As a student at Lourdes, Mike participated in a variety of activities including football,

basketball, track and field as well as participating in school plays and singing in the choir.

Upon graduation from Lourdes, Mike attended Rochester State Community College and the University of St. Thomas, pursuing a degree in business and graduating in 1973. Directly out of college Mike took nine months of Montessori training and then he, with his wife Kathy, moved back to Rochester and opened an in-home family childcare business. In fact, Mike was the first male to be a licensed childcare provider in the State of Minnesota. In the mid 1980's, Mike returned to Saint Mary's College in Winona to pursue his teaching certification in political science. In 1993, Mike began teaching for the Rochester Catholic Schools as a junior high History, Civics, Geography and Religion teacher at Saint John the Evangelist Catholic School. He continued teaching and coaching all three sports at Lourdes until his retirement in January 2008.

Tim says his Dad taught him, "make sure you always do the things you love to do, then it won't matter what you're doing, because you'll always be having fun." To read more about what Tim says about his Dad (Feb. 7, 2010 blog entry) visit the Lourdes Foundation website to track Tim's progress, see the incredible scenery of the Pacific Crest Trail, leave Tim a note or make a pledge/donation to the **Mike Carroll Tribute Scholarship Fund**. All scholarship funds go to help LHS students with tuition assistance.



## Save the date for 2010 LHS Sports Hall of Fame – Sunday, December 5, 2010

The 2009 Lourdes Sports Hall of Fame, December 6 2009 was a rousing success with over 300 in attendance. Checks were presented to Lourdes Athletics from 2008 event proceeds for such items as five football concussion helmets, golf swing speed indicator, baseball pitcher protector screens, basketball statistic software, vertical leaper benefits all sports. The Lourdes Foundation would like to thank and congratulate the four recipients, **Donna Mueller, Jerry Fogarty, Dick Galuska and Dick Sherman** for their presence. All four were able to attend, which made it the first time in the three-year history of the event that all four awardees were able to accept their award in person. A very special thank you to Dick Galuska, coming all the way from Everett, WA. Thank you all so much, Lourdes Foundation is honored to have you as part of the Lourdes Sports Hall of Fame. Also honored was the 1979 Lourdes Football Team on the 30th anniversary of their State Championship win. What a great turnout!

The 2010 Lourdes Sports Hall of Fame event is in the planning stages. The event will be held on **Sunday, December 5 at the Rochester International Event Center**. The Lourdes championship track teams from 1955 to 1960 will be the honored teams at this year's event.

*If you have any sports pictures or stories you would like to share of Lourdes athletes, coaches or sports in general especially from the 1950's, please contact the Lourdes Foundation office. We would be thrilled to scan the original pictures to retain and return them to you.*

## LHS 2008 Grad wins "Marine of the Year"



Corporal John "Jack" Carr, a 2008 graduate of LHS, won his battalion's "Marine of the Year" Award. The 1st Marine Logistics Group consists of 10,000 Marines.

Carr, newly deployed, is stationed at Camp Leatherneck, Afghanistan. He was recently meritoriously promoted to the rank of Corporal.

"Winning "Marine of the Year" Award definitely helped out with that promotion", said Carr. Putting in regular 12-14 hour days, living in twenty man tents and sleeping on cots makes for long days. "The weather is windy, hot and getting hotter", said Cpl. Carr. "The food isn't that bad and I get three meals a day, every single day.

Thank you for serving Cpl. Carr. We wish you health, safety and happiness while you proudly serve our country.

Son of Patrick and Kelly Carr, Jack is one of five Carr children who have all graduated from Lourdes.



*Pictured are Back Row: Tom '10, Jack '08, Patrick '06.  
Front Row: Caroline '05, Katilin '03 and Father, Pat Sr.*



## 1992 Lourdes Grad, Dr. Kevin Ernste, Dedicates Original Composition to Former Music Teacher, Gene Eiden



On May 6 2010, Lourdes alum Dr. Kevin Ernste premiered an original composition entitled "Seiend" for brass quintet and electronics at Barnes Hall on the Cornell University

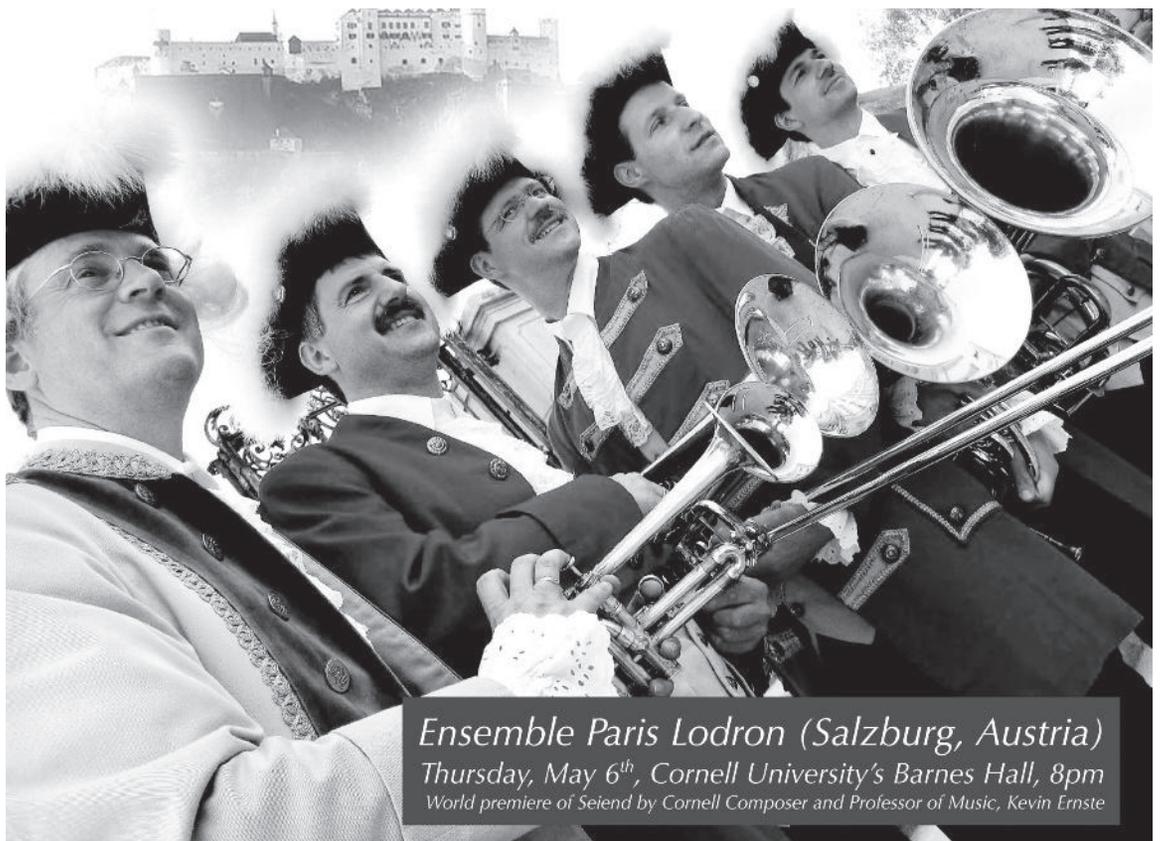
campus in Ithaca NY. The piece was performed by Austrian brass quintet Ensemble Paris Lodron of Salzburg who commissioned the work. "Seiend" is dedicated to former Lourdes director of music Gene Eiden, Professor Ernste's teacher from 1988 to 1992. Mr. Eiden was a true inspiration for the career in music that Kevin has chosen. Perhaps fittingly for Mr. Eiden, the premiere performance was given in full lederhosen!

The title, "Seiend" ("being") is a somewhat unused German participle found primarily in philosophical writings, referring to the "true and honest self"; a life lived without pretenses or embellishments. It is also an anagram for "Eidens" and is dedicated to Gene Eiden, and through Gene, to his wife Francis. Her support made Gene's seemingly unending generosity possible.

The staged performance also contains several symbolic references to Mr. Eiden. An isolated trumpet soloist appears front-of-stage throughout the work. The soloist turns, at times, to play with the quartet and even sits facing them at one point, acting as

their "director". The music echoes J.S. Bach's "Bist du Bei Mir" (Be Thou With Me": original melody by Gottfried Heinrich Stölzel), a piece that the Lourdes Concert band performed when Kevin was in it, memorable as it was the work that inspired Kevin to ask Gene about learning to write music. In the final coda of "Seiend", the soloist stands once again facing the audience and performs "Taps" within a swirling fanfare of electronically generated trumpets, a humble tribute to Mr. Eiden, whose ongoing performances with bands big and small as well as for Rochester parades, funerals, and other city ceremonies remind us that music making is, at its best, a supreme act of human generosity.

Dr. Kevin Ernste did his undergraduate studies at the University of Wisconsin - Madison. He received his Masters (2004) and Doctorate (2006) in Music Composition from the Eastman School of Music in Rochester, NY. He is currently an Assistant Professor of Music Composition at Cornell where he is Director of the Cornell Electro acoustic Music Center. Kevin may be reached at: kevinernste@cornell.edu. He would enjoy hearing from his former Lourdes classmates, teachers, and friends.



*Ensemble Paris Lodron (Salzburg, Austria)  
Thursday, May 6<sup>th</sup>, Cornell University's Barnes Hall, 8pm  
World premiere of Seiend by Cornell Composer and Professor of Music, Kevin Ernste*



## Chad Silker '98 runs 114th Boston Marathon in honor of his friend, J.J. Giebel

### Editor's Note:

*The following story is from Chad Silker LHS ('98) on his experiences of running in his third Boston Marathon. When we first contacted Chad, we were interested in just his statistics and a brief note on what he experienced. We didn't know about the inspiring twist...read on.*

I had the pleasure of running in the 114th Boston Marathon on Monday, April 19th. It was my third Boston and tenth marathon overall. On race day, I and most of the approximately 26,000 runners made our way west from Boston in a caravan of school buses to the tiny New England borough of Hopkinton. Even though it wasn't my first trip out there, it still was intimidating to think that I'd be running that nearly hour's drive back to the finish line. After spending a few hours waiting in Athletes' Village at the local school, we were called to walk the half mile to the starting line. As I stood there waiting for the race to start, I couldn't help but notice that it was a great day to race, with sunshine adding warmth to the low-40s temperatures.

I paid little attention to my wristwatch after the starting gun was fired. Instead, I soaked up the experience being surrounded by other runners and the crowds that lined the course, shoulder to shoulder, through the towns along the way: Ashland, Framingham, Natick, Wellesley, Newton, Brookline, and Boston. Course highlights include the "Wellesley Scream Tunnel", where the young women of that historic college can be heard in a high-pitched scream from a half mile away, and the top of Heartbreak Hill, where the ascent of the

final of four large hills late in the race found me boosted in spirit by partying Boston College students who chanted my name from my shirt like I was leading the race.

I ran a fairly even pace in the first half of the race, fearing the hills would cause me to "hit the wall" late in the race. On a few occasions through the hills, I had to dig deep to keep my pace, but I felt pretty good as I made my way toward the famous CITGO sign that serves as a beacon to runners on the course from miles away. I picked up the pace, running just over six minute miles in the final six miles, passing hundreds of runners without a single runner passing me. My eyes filled with tears as I made a left turn onto Boylston Street with only a quarter mile straightaway to the finish line. I raised my hands for the finishing photo, revealing my greatest inspiration on this 26-mile journey: the letter "J" was written on each hand in honor of my Lourdes classmate J.J. Giebel, whose brave battle with cancer would end one day later. I dedicated this race to him. I would run my fastest marathon ever, by almost six minutes, on what some say is one of the toughest courses in all of marathon racing, and J.J. had been there with me...every step of the way.

*J.J. Giebel passed away Tuesday, April 20 after a battle with brain cancer. Chad finished with a personal best of 2:48:50 coming in 479th out of 26,735 runners. He was the top finisher from the State of Missouri.*



JJ Geibel

## David Dahlstrom 2006 LHS Grad is awarded SMU Outstanding Senior



St. Mary's University accounting and human resource management major David Dahlstrom, son of Bill and Roseanne Dahlstrom, received the university's Outstanding Senior Award.

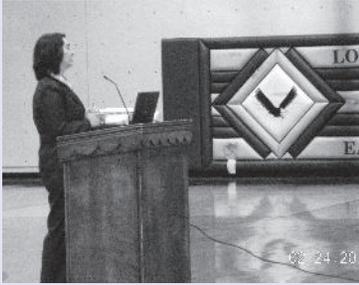
For the past 45 years, SMU has honored a male and female senior who have demonstrated the ideals of scholarship, character, leadership service to colleagues and the university community, as well as genuine concern for the needs of others.

Dahlstrom has demonstrated these qualities through his involvement with the Lasallian Honors Program, KSMR radio, Delta Mu Delta (the international honor society in business) and Delta Epsilon Sigma (the national scholastic honor society). He also has played on the baseball team, competed in intramural athletics and volunteered at the ITA Literacy Clinic. In the future, he will move to Fremont, Neb., to be a staff accountant at Hormel Foods.

Congratulations to David and his family!



## 2010 Distinguished Alumni Speaker Event – Jill (Keidl) Mickelson – Class of 1990 “What happened after the I-35W Bridge Collapsed”



The I-35W bridge collapse is infamous and will always be part of Minnesota history. However, the story of what happened after the collapse and what it took to rebuild, was

the story that Lourdes Foundation's 2010 Distinguished Speaker and 1990 LHS alumnae Jill Mickelson spoke of during her afternoon presentation in front of the Lourdes student body. Jill spoke again at an evening event on February 24, 2010 at the Rochester International Event Center where she was presented with a certificate of appreciation as the 2010 Distinguished Alumni Speaker.

Jill is an environmental engineer with the engineering and architecture firm Short Elliot Hendrickson. On August 1 2007, the I-35W Bridge over the Mississippi River failed and collapsed resulting in the loss of thirteen lives, and severely injuring hundreds more. The bridge failure severed a major transportation artery in the heart of the Twin Cities and over the next

year, the effort to rebuild the bridge required hundreds of engineers and construction workers. Like many others involved with the rebuild, Jill's personal and professional life was consumed by the effort. Jill shared her perspective with us on this great public works project.

Jill has been the recipient of the Minnesota Society of Professional Engineers Public Service Award for community service. After graduating from Lourdes in 1990, she

received her B.A. in environmental engineering from the prestigious Massachusetts Institute of Technology (MIT). She and her husband



*Jill with her proud parents, Gail & Steve Keidl.*

David, have two daughters. She is currently serving as a member of the City of Rochester's newly formed Sustainable Energy Commission.

## Dave Mueller - LHS Grad ('77) - Announces Candidacy for Olmsted County Sheriff



1977 Lourdes High School graduate, Dave Mueller, has announced his bid to run for Sheriff of Olmsted County. Growing up in a law enforcement family (Dave's dad Arthur, was a detective on the Rochester police force) it has

always been a long-standing dream of Dave's to serve as Sheriff.

After earning his Law Enforcement degree, Dave was hired as an Olmsted County Deputy Sheriff in 1981. In 1988 he was promoted to Sergeant. Three years after that, under Sheriff Steve Borchardt, he was promoted to the position of Detective Captain.

In 1996, Dave accepted a unique and expansive invitation to serve as Olmsted County's Human Resources Director.

"Serving as a Public Servant at the senior leadership level has allowed me to build on my capabilities, learn about the diverse nature of our community and strengthen my resolve to seek the position of Sheriff of Olmsted County."

### Team Mueller

Dave and his wife Donna (nee Gathje '78 - who was recently installed as a member of the Lourdes High School Sports Hall of Fame) have four children all of whom are graduates of LHS - Peter, Katie, Tim and Kristie.

"I recognize my decision to run for public office affects my family members' lives, too," said Dave, "With their whole-hearted encouragement, *Team Mueller* has been established and is preparing to enter the race."



## LHS Alumnae, Dr. Susan Chrysler '82, in National Geographic Magazine



Dr. Susan Chrysler, PH.D. – U of M and Lourdes High School alum '82 is a Senior Research Scientist for Transportation Safety and the Manager of the Human Factors Program at the Texas Transportation Institute located at Texas A&M University, College Station, TX. The TTI is the largest transportation

research institute in the world and Sue has been there since 2001.

Dr. Chrysler is mentioned in the Geography section of National Geographic's December 2009 issue, with a

very interesting article about *Sign Language*. (Look for "Geography" in the first few pages).

As the article states, "The perfect sign would have no words and be easy to grasp." "The rational thing is to create standard symbols everybody understands."

Several pictures of *Sign Language*, (some are pretty humorous) from all over the world, are used as examples of what many cultures use to, as Sue states, "decode certain images."

Sue is an active volunteer, a patent holder (Patent No.6312132) and is cited in many selected publications involving traffic guidelines. Congratulations to Sue.

## Chris Riederer '06 - Gains First Place in Microsoft Corp. Competition



Henry Corrigan-Gibbs, (left) and Chris Riederer (right) also known as the "Coffee-Powered Altruism" team.

2010 Yale University graduate, Chris Riederer and fellow Yale student, Henry Corrigan-Gibbs, gained first place in the *U.S. Imagine Cup Competition* hosted by Microsoft Corp.

Now in its eighth year, the competition is dedicated to encouraging young people to apply their imagination to bring to life technological innovation. The theme of this year's competition was "imagine how software can change the world."

Starting last September and consisting of several categories ranging from Software Design to Digital

Media to an IT Challenge Competition, Chris and his fellow student advanced in the Game Design category, which challenges competitors to create an interactive program. All teams, (14,000 students from across the U.S.) were tasked with using technology to solve the world's biggest problems.

Chris and his teammate created "Alterra," which is a strategy game that seeks to show the power of applying humanitarian intervention by challenging participants with tackling development issues of a country or region.

"It shows how intervention can work in real life," says Riederer.

Among the judges for the competition, was filmmaker James Cameron, who spoke to the winning groups and emphasized the great need for engineers and innovation to address the world's problems.

Always interested in science, Riederer considered majoring in biomedical engineering when he first arrived at Yale, but changed his mind after learning how to create a computer program one summer. He will be working for a software company in Boston after graduating this spring.

Lourdes Foundation congratulates Chris on this wonderful achievement, great job!



## Sarah Groven Inducted Into Minnesota State High School Soccer Coaches Association Hall of Fame



Sarah Groven, LHS Dean of Academics and girls soccer coach, was inducted into the MN State High School Soccer Associations Hall of Fame

in October 2009. While this is an honor in itself, Sarah is the first woman to be named to the Hall of Fame.

Sarah has been a part of LHS soccer since its beginning as a club sport in 1995 and subsequent development into a JV/Varsity program in 1996. In the playoffs last fall, the Eagles brought home her 200th win. Sarah has achieved great success as a coach in a relatively short amount of time, leading LHS to the state tournament seven times in thirteen years. Throughout the years, Sarah comments on the evolving role of the coach, serving as a role model and mentor, as well as teaching players how to handle success and disappointment.

In the 2010 season, Sarah is looking forward to her fourteenth year as girls' soccer coach. What does she like best? "Teaching the girls the game and how to

enjoy it," Sarah comments, "The seniors are always stepping forward to provide leadership for their younger team-mates." She loves watching the players grow and mature as they improve their soccer skills.

A motivated and enthusiastic woman, Sarah balances her roles as Dean of Academics at Lourdes and soccer coach with finesse. Sarah finds continual inspiration as a coach in the excitement of teaching the game of soccer. Best of Luck to Sarah and the Eagles as they kick off their 2010 season!



*Dave Halgren, Executive Secretary of the MN Soccer Coaches Association, Sarah Groven and Pat Malicki, 2009 President of the MN Soccer Coaches Association*

## Off-Ice Q&A - 17 Questions for LHS Hockey Coach Josh Spaniol



*LHS Head Coach Josh Spaniol (left) leading team practice before the state tournament, with his "assistant for the day", fellow Rochester native and former NHL player, Shjon Podein.*

The Lourdes hockey team made the trip to the Excel Energy Center again this year, to play in the 2010 MN State Hockey Tournament. But this time, there was a new head coach leading the way, and carrying the skate sharpener. Rochester native, Josh Spaniol has been involved in the Lourdes hockey program for 5 years, and accompanied the Lourdes team to the tournament in 2009 as an assistant coach. This year his view of the kick-off banquet was a bit different. He was a first-year head coach with a seat at the head table, and as the leader of the Section 1A champions, was first to introduce his team. The Lourdes team went on to win the consolation bracket for the second year in a row, after a rough start to the tournament with a loss to state powerhouse, Warroad.

Despite the challenge of building his own program and the hubbub of a successful season, Spaniol doesn't



# FACULTY & STAFF

seem overly impressed with the wins and presents an unflappable demeanor when asked about his team's success. He is all about teamwork. He believes in teaching his team to play hard and to play for each other, and he reminds them of that at every practice. His dedication to his players and to building a cohesive team seems to be his defining characteristic. It is clear that he loves his job as the team's head coach, and he is sure to give us plenty of exciting hockey as he looks to make his own mark on the Lourdes hockey tradition.

In honor of one of Coach Spaniol's favorite locker room themes— playing hard for the full 17 minutes of a period— we decided to ask the coach 17 questions about himself and his program.

Born and raised in? **Rochester, MN**

Attended school? **Mayo High School, Hibbing Community College (Honors: All-American), St. Cloud State.**

What position did you play? **I played forward in high school and played forward in college.**

What kind of player were you? Were you a lover or a fighter?  
**I worked hard on the ice and played with a lot of heart. You have to know when to be aggressive in the game of hockey.**

Did you always want to be a hockey coach?  
**I wanted to get into coaching when I moved back home from college. I loved the idea of giving back to the community.**

At what age did you start skating?  
**My mom had me skating at the age of 3.**

How many kids do you have? Do they skate?  
**I have two beautiful children: Kaden is 6 and just finished his 3rd year of hockey. Carley is 8 and is our biggest fan. She loves to be at the rink any day of the week to watch!**

Have you coached any of your son's teams? Is it harder to coach your own kids? **Yes, I coached my son's termite team for the last 2 years and let me tell you, it is very hard to coach your own kids but it is worth every minute.**

Best part of the job as Lourdes head coach?  
**Watching these young players become young**

**adults by maturing on and off the ice. I enjoy going to the rink everyday for practice, just to see the smiles on the players' faces. They work hard everyday to make Lourdes a great program.**

Worst part?

**To be honest there is not really a bad part about being Head Coach at Lourdes. I like pressure and all of the challenges that come with the job. Time away from my family was the hardest part, but my kids make it to every Home game.**

What's the hardest thing to teach young players?  
**That there is life after Hockey and that school is VERY important. If you lose sight of that, then you could lose opportunities that life has to offer.**

People always talk about how much they learn from great role models, but sometimes our inadvertently bad role models teach us more. Have you had any bad role models who taught you how NOT to coach hockey?  
**To be honest I have had some GREAT coaches that have made me a better person and have made me respect the game the way it should be respected. I can't even remember having a bad coach.**

How great was the state hockey tournament?  
**To see the looks on the players' faces as we hit the bus and the arena is priceless. It makes everything we do as a program worth every minute. Those are DREAMS and experiences that they will cherish for the rest of their lives.**

How did you feel about making it to the state tournament as a first-year head coach?  
**Without the 21 players and our GREAT staff we would have never gotten there. It took all of us to make it to the State Tournament.**

What was the biggest surprise of your first year as the LHS coach?  
**The way the players came together and the close bonds that were formed between all 21 players. The players stuck together through the good and the bad. They became one impressive unit.**

Exactly how good was that Warroad team?  
**Warroad was a very sound team. They had some big, strong players that we just couldn't match. We did our best.**

Anything else you'd like to say? **Thanks for all your help.**



## LOURDES HIGH SCHOOL CLASS OF 2010



The Class of 2010 has 109 Graduates (picture on back cover) who will be attending 42 different colleges & universities listed below. Congratulations one and all!

Bemidji State University (2)	Marquette University (2)	St. Olaf College (2)	University of Wisconsin, La Crosse (3)
Boston College (1)	Minnesota State University Mankato (5)	Stanford University (2)	University of Wisconsin, Madison (8)
College of Saint Benedict (4)	North Dakota State University (1)	United States Military Academy at West Point (1)	University of Wisconsin, Milwaukee (1)
Cornell University (1)	Ohio State University, Columbus (1)	University of California, Berkeley (1)	University of Wisconsin, Stout (1)
Creighton University (4)	Pace University, New York (1)	University of Iowa (4)	Valparaiso University (1)
De Pauw University (1)	Purdue University (1)	University of Minnesota, Twin Cities (10)	Vanderbilt University (1)
Gustavus Adolphus College (1)	Rochester Community and Technical College (6)	University of North Dakota (1)	Villanova University (1)
International Academy of Design and Technology, Chicago (1)	School of the Art Institute of Chicago (1)	University of Notre Dame (1)	Winona State University (2)
Iowa State University (3)	Saint Catherine University (2)	University of St. Thomas (6)	Armed Services – Air Force (1)
Loras College (1)	Saint John's University (6)	University of Wisconsin, Eau Claire (5)	Foreign Exchange Students
Loyola University, Chicago (1)	Saint Mary's University of Minnesota, Winona (5)		
Macalester College (1)			



## LHS Girls Back to 2010 State Basketball Tournament

The LHS Eagles (29-3) girl's basketball team earned a state berth by defeating Chatfield for the right to compete in the 2010 State Girls Basketball Tournament, their first trip since 2005.

The fourth ranked Eagles faced 2AA section champs St. Peter (who defeated Blue Earth) in the first round of the tournament.

Relying on their strong defense, and a big second half, the Eagles were lead by senior Laura Melquist (Division 1 University of Wisconsin-Milwaukee) and star junior center, Shelby Hanssen. The Eagles out hustled St. Peter in the end for a 49-42 victory.

The Eagles were not as fortunate in their semi-final game loosing 65-50 to the Minnehaha Academy Redhawks. Making their first of four, three point shots, the Redhawks never looked back and led the game from start to finish.

The Eagles finished their outstanding season with a third place finish in the State Tournament defeating Pipestone Area by a score of 59-52.

Congratulations to Lourdes Coach Myron Glass and the LHS Girls Basketball team for another great season, Onward Lourdes!

## 5th Year LHS Starting Quarterback, Tyler Greguson, graduates 2010



*Editor's note:  
The Aquila took a few moments and asked five-year starting quarterback, Tyler Greguson, to reflect on an outstanding football career at LHS:*

1. Starting as an eighth-grader and expected to be a leader, what was it like being surrounded by upper classman, both on and off the field? ***"At first, it was a little scary, but the upper classmen and coaches were extremely receptive and supportive right away, which helped me so much and made everything so much easier."***
2. What did you consider your biggest or proudest achievement on the field? ***"When we made it to the Dome (State Tournament) in 2006 that was outstanding."***
3. What do you take with you from your five-year LHS career as you start a new career at St. John's University? ***"Our football teams have been just like a family. This is the number one thing Coach Kesler and our coaches teach- being together. In fact that is what we say when we break the huddle - "Together." "Being there for your teammates on and off the field, you're***

***there for them, we're brothers, that's the thing I'll take from all this."***

4. What was your favorite team moment? ***"Our victory celebrations in the locker rooms, music blasting, guys yelling, it was great." "A big win was really fun!"***
5. Obviously, your time at Lourdes involved so much more than football. Can you tell us about a teacher that inspired you? ***"I would say Mrs. Brown (Karinn)." "She understands that it's more than the academics." "It's about making you a better person, she was always available, open, and she would put things aside to make room for you."***

*A one-word spontaneous response/answer to the following:*

- Coach Kesler - ***Enthusiastic!***
- South Dakota summer camps - ***Smelly***
- Teammates - ***Together***
- Getting your front tooth knocked out - ***Painful***
- And finally (and we know this won't be easy) - Mom & Dad ***Can I have two? :) Loving and supportive***





Dear Lourdes Alumni,

Thank you to the Lourdes Foundation for the opportunity in this edition of the alumni magazine, *Aquila*, to share a very important message concerning the **Lourdes Building Our Future** campaign.

The **Lourdes Building Our Future** campaign is at a critical juncture. I am told constantly, by Lourdes graduates of all ages, how Lourdes has touched your lives and has played a major role in the success you enjoy. Many of you have expressed verbal support for the campaign for a new Lourdes High School facility. To date, approximately 5% of the alumni have become involved. In order for Lourdes High School to touch the lives of generations to come, **we need your support today.**

In order for the **Lourdes Building Our Future** campaign to move forward, it is vital that you, the Lourdes Alumni, show your support in a tangible way. If you have already made a gift or pledge to the campaign, we are so very grateful. If you have not yet made a gift or a pledge, please know that your gift of any size is more than a contribution – it is a statement of your support for Lourdes students for years to come.

Please make a gift to **Lourdes Building Our Future** today! Enclosed in this *Aquila* is a pledge card and envelope to assist you in making your pledge. God bless you for your generosity.

Sincerely,

Dennis L. Nigon  
President, Rochester Catholic Schools  
Class of 1964



## 2010 "Night of Jazz"



The "Joint was Jumpin," on March 6, 2010 in Alumni Hall. The Night of Jazz is one of the premier events each year in the music department. It is an evening filled with student talent that wows audience members and excites all music lovers. The setting included beverages and some of the best homemade desserts in town. The 2010 Night of Jazz was unforgettable featuring RCS students from the RCS Jr. High Jazz Band to the Lourdes High School senior class.

The LHS music department is made up of several jazz performing groups including the Center Street Singers vocal jazz group, the LHS Hi-Lighters jazz band, the LHS Jazz Combo, and the Jazz Tech class. The LHS Center Street Singers and Hi-Lighters recently participated in the North Texas Jazz Festival in Addison, TX. All of these wonderful jazz groups took part in the Night of Jazz event.

The evening opened with a set from the Jr. High Jazz Band directed by Mark Scheitel. The first soloist was Emma Tschann singing the tune "Don't Get Around Much Anymore," music written by Duke Ellington and lyrics by Bob Russell. The night continued with several impressive acts including Jon Pyfferoen and Brian Mulligan singing "Minnie the Moocher" from The Blues Brothers and Danielle Freetly and Minh Nguyen singing "A Whole New World."

The Center Street Singers sang songs such as "I Wish" by Stevie Wonder and "Butterfly" as performed by the

internationally acclaimed vocal jazz music sensation Rajaton. The Hi-Lighters performed tunes such as Sonny Rollins "Tenor Madness" and "Georgia on My Mind" featuring Sam Weigel on Alto Saxophone.

With the help of the LHS Music Boosters, the Night of Jazz was a huge success. Volunteers from the music boosters helped with setup, take-down, provided the food, and facilitated much of the event.

According to the Thelonious Monk Institute of Jazz, jazz is considered the only true American originated musical art form. It is not only a part of our musical heritage, but it is also part of our American Heritage. Jazz is a celebration!

*Submitted by Michael Mangan, Instrumental Music Director, Lourdes High School*



*Gene Eiden, former LHS Music Director, with granddaughter, Hannah Stortz '10 after their performance of "Smile"*



## 1950's



**Gretchen (Dale)'56** and Jim Anderson celebrated their 50th wedding anniversary

with their family. They were married Nov. 7 1959 at St. Francis Catholic Church.



**Richard '57** and Martha Campbell celebrated their 50th anniversary with a family dinner. Their children are: Mary Rezac of Fremont; Jim Campbell of Summerville, S.C.; Steve (Charlene) Campbell of Elk Point, S.D, a grandson Jeremiah Rezac, a step granddaughter Timaree (Dylan) Henneman and step great granddaughters Claire and Leah Henneman. Richard and Martha (Farnsworth) Campbell of Fremont, Neb., were married Feb. 27, 1960, at St. Pius X in Rochester.

**Class of 1950 reunion Sept 17 and 18, 2010-** Plans are underway for a 60th year reunion! Tentative plans are a gathering on Friday, Sept. 17 with Mass and a possible LHS school tour on Saturday, Sept 18 followed by an evening dinner gathering. For more information, contact Gerry (Kennedy) Lunzer, Joe Weis or Bill Fitzgerald.

## 1960's

**James Marren '66** writes that he has been named Campaign Director of the Krause for Iowa Senate campaign and has also served on the state rules committee for the Iowa Democratic Party, has been active in numerous campaigns for local issues and candidates and did advance work in the 2008 presidential campaign.



**LHS Class of 1965 Reunion July 30th and 31st, 2010** for further information visit their website at <http://www.lhs65.org/>

Their plans are:

- **Friday, July 30, 2010 - John Marshall and**

**Lourdes Class of 1965 Reunion** -6:00 pm at the Doubletree Hotel Ballroom, 150 South Broadway. Cash Bar, Hors d'oeuvres, Live Music 8:30 - \$30.00 per person

- **Saturday, July 31, 2010- Lourdes Class of 1965 Gathering** at Meadow Lakes Golf Club, 70 - 45th Ave SW. Cash Bar, Dinner served at 6:00 (Contact clubhouse for golf information). \$40.00 per person (Includes dinner, mailings, web site support) See you there!

**LHS Class of 1960 Reunion August 6th, 7th and 8th, 2010.** Mark your Calendars!! August 6, 7, 8, 2010 - 50th year reunion! Make plans to visit Rochester, renew friendships. **Friday, August 6** Social gathering; **Saturday, August 7** Optional daytime activities and afternoon Mass at St. Johns. Evening social hour and dinner at Mayo Civic Center, **Sunday, August 8** Brunch at LHS at 10 am. For more details, contact Ann at: [christiansen1495@comcast.net](mailto:christiansen1495@comcast.net)

## 1970's



**Psst....Psst...Mark Your Calendar! LHS Class of 1970 • 40 YR Reunion • Saturday, August 21, 2010.** Golf in the morning, Mass and tour at Lourdes High School in the late afternoon, and then head over to Studio 324/Fagan Studios <http://www.studio324.org> where we will spend an evening catching up with classmates and their guests, sharing stories, viewing photos, memorabilia and listening to music that will make you think that all of your earthly possessions still fit in a VW bug! Evening reception catered by Canadian Honker.



# CLASS NOTES

**RSVP** - Registration - \$ 45 per person (*does not include golf*) • Check is made payable to **"LHS Class of 1970"** with the following information (**Name of Classmate, Address, Telephone No. and E-mail address, and if applicable, Name of Guest.**) can be mailed to: LHS Class of 1970 c/o Deb Giere Grimsrud, 808 Jefferson Drive, Zumbrota, MN 55992. Questions - call Deb Grimsrud at (507) 319-4446 or e-mail grimsrud@hcinet.net. Send by June 30, 2010 to help us plan and guarantee plenty of goodies for our evening reception! See you on August 21! All this information is also at [www.lourdesfoundation.org/FoundationEvents](http://www.lourdesfoundation.org/FoundationEvents).

If you have the address and/or telephone number for the following classmates, please send to grimsrud@hcinet.net. Thank you!

Terence Blackwood	Barbara (Gray) Meyer
Peggy Cassidy	Kathleen (Kathy) Murphy
Theresa (Thompson) Churchill	Sandra Naylor
Rebecca (Zincke) Drewes	John Nelson
Colleen Fritsch	Christopher Olive
Kevin Gallegher	William (Bill) Renner
Richard Hesby	Cynthia (Cindy Brown) Scott
Dan Huey	Michelle (Rice) Stewart
Robert (Bob) E. Lee	Tom Truax
Cathy (Sturgiss) Little	Cynthia (Benson) Wachtler
Mary Lynn (Lawler) Marshall	

## 1980's



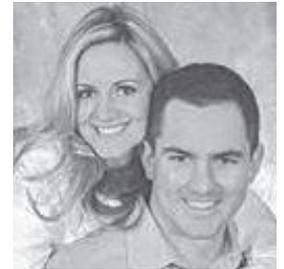
**Donald McKinnon '88** married Emily Wittman on May 23, 2009, at Old St. Mary's Church in Milwaukee, Wis. The groom is a securities attorney with Stark Investments of Milwaukee, and the bride is a fashion buyer for BonTon stores in Milwaukee.

**LHS Class of 1980 Reunion July 16th, 17th and 18th, 2010** - Friday, July 16: LHS only gathering; Saturday, July 17 5:30 p.m. at Rochester International Event Center for a combined reunion with John Marshal & Mayo High Schools. For more information, contact the Co-coordinators: John and Patti Cierzan [cierzans@charter.net](mailto:cierzans@charter.net) or Pat Reitemeier at [rlhs1980@hotmail.com](mailto:rlhs1980@hotmail.com)

**LHS Class of 1985 Reunion August 28-29, 2010** - **Saturday, August 28** - Causal drinks/get-together at a yet-to-be-determined bar/grill. **Sunday, August 29** - Mass and a picnic on Sunday morning. More details to follow. For more information, please contact Gretchen Otto at [granolagopher@gmail.com](mailto:granolagopher@gmail.com) or Peter Skiko [pskiko@smbtrials.com](mailto:pskiko@smbtrials.com)

## 1990's

**Mike Zirbes '98** married Bobbi Bauerfeld on May 8, 2010, in Playa del Carmen, Mexico with a reception to follow in June at Mayowood Stone Barn. Bobbi is a Benefits Consultant for Wells Fargo in Minneapolis. Mike is a Director of Corporate Services for Donnelly Development in Edina



**Georgette N. Jones '99** received a Ph.D. in Molecular, Cellular, and Developmental Biology from Ohio State University on December 10, 2009. She is going on to do a post-doctorate at the National Cancer Institute in Frederick, MD.

**LHS Class of 1990 Reunion June 25th and 26th 2010.** The plans to date are:

- **Friday June 25 @ 8pm** - Meet at Chester's for drinks (optional). 111 South Broadway.
- **Saturday June 26**
  - Golf outing in a.m
  - 3 p.m. - LHS School Tour hosted by Jerry Hrabe
  - 7 pm - Reunion dinner at Sontes, 4 3rd Street SW

For more information on dinner tickets or hotel reservations, please contact Erin Gurney at [egurney@gmail.com](mailto:egurney@gmail.com)

## 2000's



**Matthew Warner '03** and Nafisseh Baradaran Sirjani were married Feb. 14, 2010, in Chandler, AZ. Matt has a bachelor's degree in Environmental Science from the University of Minnesota and is currently a student at Mayo Medical School. Nafisseh received a bachelor's degree in Molecular and Cell Biology from the University of Arizona and a master's degree in Biochemistry from Johns Hopkins University. She is currently a student at Mayo Medical School. Nafisseh and Matt are currently living in Dallas, Texas, and completing a clinical research program. They will be moving back to Minnesota in July to resume their medical school education.



**Colin Stuart '03** married Clara Bradley on Aug. 1, 2009, at the Cordillera Mountain Resort in Edwards, CO. The bride and groom are both graduates of Colorado College. Clara is a second-year graduate student at Northwestern University in Chicago. Colin is a professional hockey player currently with the Abbotsford (British Columbia) Heat, an American Hockey League affiliate of the AHL's Calgary Flames.



**Heather Hatzenbihler '03** will marry Corey Busch on July 10, 2010, at Resurrection Catholic Church in Rochester, MN. Heather and Corey are both English teachers at YES Prep Public Schools in Houston, TX. The couple met in their education classes in college at the College of St. Benedict/ St. John's University.



**Madeline Majka '08** will marry Joshua Diles. on June 19, 2010, at St. John the Evangelist Catholic Church in Rochester. Reception will be at the International Event Center. Maddy is a graduate of the Aveda Institute of Hair Design and works as a hair designer

for City Looks. Josh is a graduate of Rochester Community & Technical College and works as a sanitation engineer for Waste Management.

**Devon Kozera '01 married** Joshua Yocom on May 29, 2010, at St. John the Evangelist Catholic Church in Rochester. Devon is a Certified Wedding Planner and Catering Manager at the Kahler Grand and Marriott Hotels in Rochester. Joshua is a Lawn Specialist with TruGreen in Rochester.



**Anna DiCecco '09** and Beth Mundell '09 Century High School graduate have helped established a lacrosse team as an official Luther club sport at Luther College. Since recruitment began in early March, the Luther team has already grown to include 30 players. Both were captains of their high school lacrosse teams. "Once we realized we were both coming to Luther, we knew we wanted to start a team." As with all Luther club sport teams, there is no formal coach on the lacrosse club. Instead, the team is led by its captains, who are responsible for scheduling games, scrimmages and practices. "Being a captain now versus in high school is a completely different experience" said DiCecco. "We have suddenly gone from being the links to the coaches to being the people selecting the drills, running practices and making the decisions." LaCrosse is a 12 player game played on a 100-yard field that has elements of field hockey, soccer and rugby with a ball and stick. LaCrosse is one of the fastest growing collegiate sports.



**Angela Berg '02** married Nathan Carpenter on May 15, 2010, at the Church of the Resurrection in Rochester, MN. Angela is a pharmacist at Park Nicollet Methodist Hospital in St. Louis Park, MN. Nathan is a Certified Public Accountant with

the Department of the Treasury in Bloomington, MN. They are honeymooning in Maui, Hawaii.

**We want to hear from you!**

Send class notes to:  
Sheila Rainey at Lourdes Foundation  
srainey@rochestercatholic.k12.mn.us  
or (507) 289-2584

Need a prayer offered for you or a loved one?  
Go to: [www.lourdesfoundation.org/e-prayer.php](http://www.lourdesfoundation.org/e-prayer.php)



## Where are you, Missing LHS Alums?

The Lourdes Foundation/Alumni Association is asking for your help to locate our lost alums from past LHS graduating classes. We use your addresses to keep in contact with alumni for Aquila mailings, class reunions, etc. If you know the address, telephone number and/or email for any of the following graduates, we would appreciate hearing from you. Please contact Sheila Rainey at 507-289-2584, email at [srainey@rochestercatholic.k12.mn.us](mailto:srainey@rochestercatholic.k12.mn.us) or by mail at Lourdes Foundation, 621 West Center Street, Rochester MN 55902. Thank you for your assistance!

### LHS Class of 1951

Noreen (McCarthy) Skogen  
Mayo Priebe  
Alice (Schneider) Howe  
David Dube

### LHS Class of 1956

Val Stevens  
Mary Rossman  
Ann (McBean) Rosslisen  
Cecelia Rodriguez  
Gerald Prow

### LHS Class of 1961

Paul Jack  
Dorothy (Sweeney) Fick  
Mary Coyle  
Carol Coggins  
Patricia (Kliment) Barsanti

### LHS Class of 1966

Michael Wolter  
Mary (Kunzweiler) Weber  
Paula Waskewicz  
Joseph Tierney  
Jeanette Sobania

### LHS Class of 1971

Mary (Piepho)  
Kenneth Norrie  
Peggy (Nolden) Munro  
Jenny (Quade) McCormick  
Dennis Larrison  
Patrick Larrison

### LHS Class of 1976

Michael Gilles  
Kathleen (Heyer) Froh  
Anne (Galuska) Freagon  
Paula (Flicker)Fisher  
Jane Chisholm

### LHS Class of 1981

Deborah ((Heyer)) Williams  
John Williams  
Tami (VanHook) White  
Paula (Veneziale) Veneziale  
Gary Vehrenkamp

### LHS Class of 1986

John Molloy  
Andrew Micek  
Paul Loegering  
Patricia DeFrang  
Mary Byrne

### LHS Class of 1991

Tylor Vu  
Jorge Vargera  
Jason Semerad  
Michelle (Ourada) Scoular  
Mary Schwieters

### LHS Class of 1996

Laura Wear  
Angela (Peterson) Nash  
Crystal (Williams) Hill  
Emily (Delaney) Ehnes  
Molly Ballmann  
Bryan Baker

### LHS Class of 2001

Katherine Kisabeth  
Mallory Graham  
Steven Gaines  
Katharine Erickson  
Mark Bendel

## 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.

If you would like to let the Aquila know of a loved one's death, please contact the Lourdes Foundation and we will include the information in future issues. 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, 621 West Center Street, Rochester, MN 55902 or by phone at 507-289-2584 or by email at [lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us)

Maryanne (McCabe) Smach '41  
Regina (Stelpflug) Raring '45  
Marion (Joyce) Kennedy '47  
Mary M. (Dee) Maxon '47  
Robert F. Clark '48  
James Nelson '48  
Robert M. Lonergan '51

Eugene E. Dunagan '54  
Joan (Krahn) Gallagher '56  
Mark B. Steffes '59  
Michael Kennedy '60  
Kathy (Margota) Gunderson '71  
Michael J. Ryan '74  
Alan Baker '79

Nick Kroska '68  
Sydney Lee '93  
Jeanette A. Carlson  
Margaret Ellen "Marge" Connelly  
JJ Giebel  
Craig E. Johnson  
Dorothy Nigon



# History Mystery



## ◀ Who might those two Lourdes Players be?

An extra credit question for you as well – where and when was this game played? Be the first to contact us at 507-289-2584 or by email at [srainey@rochester catholic.k12.mn.us](mailto:srainey@rochester catholic.k12.mn.us) and win your choice of prizes: a Lourdes t-shirt, baseball cap, sun visor or gold LFI hankie.



## In "Arm's" Way

Last issue's photo was Emily Nigon Allen – LHS Class of 1999. Did you get it right? Thanks to all who called or wrote!

# Summer/Fall Calendar

\*More detailed Class Reunion information is also listed in Class Notes section as well as at [www.lourdesfoundation.org](http://www.lourdesfoundation.org)

## June 2010

**Class of 1990 Reunion - June 25 & 26** – For more information -please contact Erin Gurney at [egurney@gmail.com](mailto:egurney@gmail.com)

## July 2010

**Class of 1980 Reunion - July 16, 17 & 18, 2010** – for more information contact Pat Reitemeier at [rlhs1980@hotmail.com](mailto:rlhs1980@hotmail.com) or John & Patty Cierzan at [cierzans@charter.net](mailto:cierzans@charter.net)

**Class of 1965 Reunion - July 30 (with John Marshall) & July 31, 2010 Lourdes Class of 1965 Gathering** - Contact: Website: <http://www.lhs65.org/> Face book: Lourdes High School Class of 1965 Or Email: Dee Schemmel [mnbirdee@charter.net](mailto:mnbirdee@charter.net)

## August 2010

**Class of 1960 Reunion - August 6, 7, & 8** - Contact: Ann at [christiansen1495@comcast.net](mailto:christiansen1495@comcast.net) – Website: <http://lhs60.blogspot.com/>

**Class of 1970 Reunion - August 21** - Contact: Deb Giere Grimsrud email: [grimsrud@hcinet.net](mailto:grimsrud@hcinet.net), Jerry Pestka at [gpestka@aol.com](mailto:gpestka@aol.com), or Joan Kneeskern at [jkneeskern@joanrossi.com](mailto:jkneeskern@joanrossi.com)

## September 2010

**Class of 1950 -September 17 & 18** – Contact Gerri Lunzer and Joe Weis for more information.

## September 17 2010 - Lourdes Homecoming 2010

Football game against Kasson/Mantorville. Post Homecoming Game party in LHS Upper Gym. Watch replay of game with your friends and fellow students. Prizes, cash bar, adults only.

## October 2010

**October 6, 2010 - Lourdes Foundation Annual Meeting -more details to be announced.**

## December 2010

## December 5 - LHS 4th Annual Lourdes Sports Hall of Fame

Social hour/Silent Auction at 5p.m; Dinner at 6p.m.; Awards program to follow To order tickets, contact Lourdes Foundation for more information (507) 289-2584 All Proceeds to go to Lourdes Athletics





**Lourdes Foundation**  
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[lourdesfoundation@rochestercatholic.k12.mn.us](mailto:lourdesfoundation@rochestercatholic.k12.mn.us)

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[www.lourdesfoundation.org](http://www.lourdesfoundation.org)

## LOURDES HIGH SCHOOL CLASS OF 2010

