

# ROANOKE CATHOLIC SCHOOL CELTIC NEWSLETTER SPRING 2017



**INSIDE: RCS junior A.J. Bennett turned a devastating football injury into a chance to shine on stage**







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*The Celtic Newsletter* is produced by the  
Roanoke Catholic School Development Office:  
Michael Hemphill  
*Director of Marketing & the Annual Fund*  
Debbie Stump  
*Director of Major Gifts &  
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## OUR VISION

Roanoke Catholic School is dedicated to excellence in education and to the spiritual development of youth within the framework of the Gospel and the tradition of the Catholic Church. Welcoming all faiths, we strive to instill in our students a lifelong commitment to learning, to Christian values, and to community service. We are dedicated to achieving these goals in a supportive Christian community.

## OUR MISSION

The fundamental task of Roanoke Catholic School is the education of the whole person, blending learning with faith and faith with daily life.

## Stay connected & follow us anywhere!



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# Roanoke Catholic School

SINCE 1889

*Blending learning with faith and faith with daily life*

Dear Roanoke  
Catholic Alumni, Parents, Students and Friends,

Throughout the tenure of a school teacher, administrator, counselor and coach, we have an opportunity to make a positive impact on the lives of our students. In turn we often find that the students have made a tremendous impact on us as well. It may take years to recognize this, but it always comes full circle.

Last month we welcomed home our former football coach, John Cooke. Coach Cooke was a beloved member of our school community for years and was the first to bring home a state football championship in 1994. During his visit to campus — after a 17-year absence — Coach Cooke was able to see that our 127-year-old school was still doing great things, creating faith-filled students and embracing the academic and athletic challenges that help all of our students grow into successful and active citizens in our democratic society. John was able to see the six-foot poster that looks over the lobby of our Gillespie Family Gymnasium, recognizing the players and coaches from that winning season — “The Perfect Season.” As we toured the campus, John's eyes were filled with happiness, and his excitement to share the story of that season came flooding back. He recognized the incredible impact he had on our students when news of his visit spread throughout the campus. John was embraced by a few of his former players, including our athletic director, Matt Peck. He connected with faculty and staff who embraced him, and conversations picked up as though time had stood still. It was an impromptu visit that will stay with all of us for a lifetime. Coach Cooke has family in Roanoke and I suspect that we'll see him cheering on his beloved Celtics in the 2017-18 season. There is no doubt that the connection John had on his former players and students helped guide them to become better citizens, parents and friends to others.



*Coach Cooke and Athletic Director Matt Peck*

In May I had an opportunity to connect with one of my former teachers from a letter I wrote to him in 1985 while attending St. John's Military Academy. In short, I had written a “thank you” letter for his dedication to my fellow cadets and our academy. His departure after our return from Christmas holiday meant that my letter went unanswered until May 10 of this year. As he prepared to celebrate his retirement — and in the process of packing up boxes — he found my letter among the stack of files he had from his days at St. John's. His words about the impact that letter had on him in 1985, and still today, gave me a brief look at the positive influence our students have on us as educators. In a school community we become family and the connections we make last a lifetime. Our school, after 127 years, continues to build these bridges for our faith and community. What a blessing it is to work with your children and to

*As I was cleaning out files in my basement office this morning, a wonderful gift from God dropped at my feet. It was your hand written letter to me. Your letter brought tears to my old eyes as it made apparent to me that of those days that I was blessed to be at SJMA I did have a positive impact.*

*From the items I found on the internet about you there is no doubt that your faith in God has continued to grow and you have found yourself in a place that highlights your abilities and your faith. Having been in several leadership positions over the years I came to know that without my ability to rely on God, I would have lost my mind. Your letter also reminded me that each time I stepped into the pulpit at the Academy I looked over the corps and thanked God for the opportunity to serve Him in that place. I hope that in day to day chaos of running a school you take a moment to look over those children and staff and do the same.*

*I trust that all is well with you and your family. God bless you and thank you for your thoughts those many years ago.*

God's blessings upon all of you,

A handwritten signature in cursive that reads "Patrick W. Patterson".

Patrick W. Patterson, Principal and Head of School



## RCS to be featured in downtown Roanoke's new KidSquare



IN AUGUST, A NEW CHILDREN'S MUSEUM opens in downtown Roanoke in which kids will climb into mini-cars and pedal down a road through a "town" featuring a Carilion Clinic hospital, Kroger grocery store, Hometown Bank building ...

### And Roanoke Catholic School.

RCS is a major sponsor of "KidSquare," Roanoke's first children's museum that is designed to be "a premier destination for families ... with hands-on activities that boost educational play, regional economic impact and sense of community involvement." Designed for children 8 and younger, KidSquare will be located in Center in the Square's third floor, which once housed the History Museum of Western Virginia before it

moved earlier this year to the O. Winston Link Museum.

RCS' investment in KidSquare is being funded through donations by Dr. William "Kip" Thompson and his wife, Beni, (*below, right*) in honor of Kip's mother, Sue Thompson, an RCS teacher and administrator for 33 years; and former theology teacher Larry Fischbach and his wife, Wanda, (*above, right*) who believe in the museum's potential to introduce and recruit new families to RCS.

An estimated 40,000 people will annually visit KidSquare, which will also feature party rooms, a theater, forest, nursery room, reading nook and toddler play area.

"This school will essentially be a miniature Roanoke Catholic classroom with our name, logo and identity branded all over it," says Michael Hemphill, RCS director of marketing. "In addition to interactive, hands-on activities, the room will have distinctly Roanoke Catholic features such as a prayer corner and uniforms for children to dress up in. We'll have a virtual tour

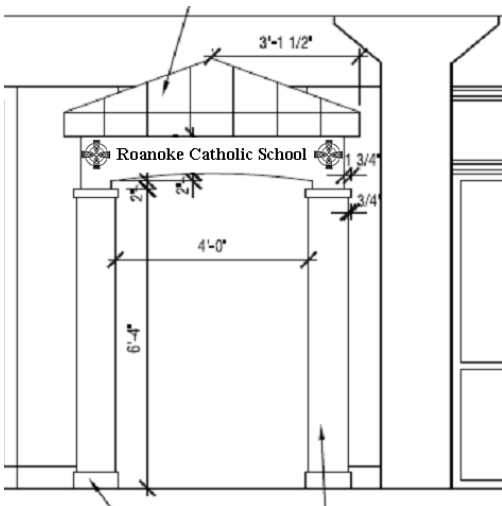
video of Roanoke Catholic running at all times. And the venue will provide our students — our best ambassadors — an opportunity to volunteer after school and weekends in what will be for us a year-round open house!"

The sponsorship also provides RCS:

- Free field trips to KidSquare for RCS PreK and Kindergarten classes.
- Opportunities for RCS teachers and students to provide programming in KidSquare.
- Two free rentals each year of Center in the Square's rooftop.
- Two free after-hours "RCS Family Nights" each year in KidSquare and the Roanoke Pinball Museum.



**The first RCS FAMILY NIGHT is Wednesday, Aug. 16, 5:30-7:30 p.m. The evening begins in KidSquare with a ribbon-cutting of the new Roanoke Catholic School. Parents and adults are then invited to the Center in the Square rooftop for a reception while children enjoy KidSquare and the Roanoke Pinball Museum.**





### RCS 4th grader cuts hair for cause

RCS 4th grader Jack Lenderking had never met David Carey, a fellow junior cyclist from Chesapeake who was diagnosed earlier this year with leukemia. But when Jack's cycling coach Chris Berry vowed to shave his head if their cycling team raised \$500 for David, both Jack and a teammate jumped in and tripled the goal. By Feb. 27, the team raised more than \$1,600 and, true to their words, all three shaved their heads ... all for a boy they've never met, but with whom they share the same love of biking.



### RCS 8th graders on national podcast

RCS 8th graders (from left) George Smith, Carolyn Angelillo, Xavier Bean and Christopher Moak were featured in a recent *Book Club for Kids* podcast that explores Holly Goldberg Sloan's New York Times best-selling novel *Counting By 7's*. The nationally acclaimed *Book Club for Kids* is a podcast created by award-winning public radio journalist Kitty Felde, in which young readers meet to talk about a book. RCS reading specialist Cyndy Unwin coordinated the visit.



### RCS students bond over chemistry

RCS chemistry teacher Sara Plante bonded her seniors with 4th graders in April to teach lab techniques while conducting an Easter egg experiment: does an acidic, basic or neutral dye provide a more intense color? The real chemistry happened among the students as they discovered acidic dye colors best!



### Holy Week at RCS

From making Easter crafts with prayer buddies and collecting food for Feeding America Southwest Virginia to taking part in a prayer service and faith retreat, RCS students spent Holy Thursday reflecting on Christ's sacrifice for, and redemption of, the world.



### Check this! Chess Club finishes 1st year

In a Roanoke scholastic chess tournament in May, RCS 7th grader Dhiren Brickman (pictured right) finished third in the open section while 1st grader Devanand Brickman earned 32nd place in the K-5 section. 4th grader Lucas Mierisch (pictured left) had a strong showing in the beginners section with a top five finish and qualified for promotion to the rated sections. Also, Dhiren finished in 40th place at the U.S. Chess Federation National Scholastic Championships held in Nashville while Devanand finished in 106th place.





### RCS Celtic Singers compete in Williamsburg choir festival

ROANOKE CATHOLIC SCHOOL'S CELTIC SINGERS claimed 2nd place on April 1 in Williamsburg's "Music in the Parks" mixed choir category for high schools under 750 students, while the RCS upper school Women's Chorus finished 3rd among women's choirs. This was the choir's first festival competition in only its third year in existence.

En route to the festival, the choir sang for Mass at Little Sisters of the Poor St. Joseph's nursing home in Richmond and in the College of William & Mary's Wren Building. Before returning home, the choir sang for Mass at Saint Bede Catholic Church.

The choir wishes to thank the St. Andrew's Catholic Church Arts and Crafts Club and all who made a donation to offset the cost of this memorable trip for our students.



### RCS student wins Roanoke Valley Sister Cities art contest

ROANOKE CATHOLIC FRESHMAN SEAIRA SIV won the 2017 Roanoke Valley Sister Cities Young Artists Showcase. For her first place finish, Seaira earned a \$200 prize and her work will be sent to the Sister Cities International Young Artists Competition, which will select five finalists and one \$1000 Grand Prize.

"One of the best things about Seaira's art is how these marvelous creations that aesthetically impact the viewer in such powerful ways comes from such a soft spoken and gentle spirit," says Roanoke Catholic art teacher Kim Spencer. "Her love and passion for the creative process have

been with her since she was very young, and her dedication to explore new media and techniques produce works that grow more impressive with each passing year."

Sister Cities International aims to promote peace through mutual respect, understanding, and cooperation – one individual, one community at a time. This year's theme, "We're Going Places," showcases the importance of travel and exchange in achieving peace. Artists were encouraged to draw inspiration from their experiences and their goals to present their vision of where the future will lead.



### New piano for RCS chapel

Adele Carliss (*pictured here*), who teaches after-school piano lessons at Roanoke Catholic, helped arrange for the donation of a new-to-the-school Yamaha piano for the RCS chapel by Roanoke resident Eva Jo Wu. In addition to "Miss Adele's" piano and voice lessons, the instrument is used by the RCS choir for its morning rehearsals, school Mass student musicians, and for class worship services.





## RCS presents all-student production of *The Sound of Music*

The hills were alive at Roanoke Catholic School on May 24 and 25 when a cast of 50 students, from preschoolers to 11th graders, presented *The Sound of Music* under the direction of RCS theater arts director April Hartsook Corbett. Starring juniors Audrey Wagner as Maria and A.J. Bennett as Captain Von Trapp, the RCS production was held at the Dumas Center before two sold-out audiences.



## RCS band director, music teacher Rayfus Parham retires

As a grand finale for his 21 years as Roanoke Catholic School music teacher and band director, Rayfus Parham directed his final concert May 23 to a standing room only crowd.

At the program, Principal and Head of School Patrick Patterson announced that in recognition of his service "and the hundreds of lives Mr. Parham has touched with his talents through the performing arts, Roanoke Catholic School has named a new scholarship in his honor. A \$1,000 annual scholarship will be awarded for the next 21 years to a student who exemplifies the qualities and values so evident in the work that Mr. Parham shared with all of us for more than two decades."

Mr. Parham will be missed, but his legacy, and music, will live on.







# THANK YOU!



On March 15, Roanoke Catholic competed against 150 of the region's nonprofits in the second annual Roanoke Valley Gives Day. Thanks to you, in 24 hours we raised raised \$85,655 for our tuition assistance programs, plus \$16,000 in bonus money for earning 1st place in "most dollars raised" and 2nd place in "most individual donors."

## \$101,655 raised in one day!

### \$5,000+

Eugene Brady • Christopher and Suzanne Brundrett • June Keyser • Misty Lenk • Robert and MaryElyn McNichols  
Cay and Cassandra Mierisch • Pat Simpson • Andy Stinnett • Tim and Teresa Via • Robert and Carol White

### \$2,500 - \$4,999

Jeremy and JoAnne Llavore • Anonymous • Ray and Chris Sweeney

### \$1,000 - \$2,499

Maureen Aaron • Stephen and Regina Alouf • Robin and Dean Bandy • Alfonso and LeeAnn Brochero • Dale and Karen Carpenter  
Franco and Katy Coniglione • Karen and Stephen Mabry • Leilani Pilar • Peggy Saul • James Wentzel

### \$500 - \$999

Gavin Aaron • William and Lorena Asbell • John Beach • Gerald Ehrman • Pam Gilmer • Anna Lu Hemphill  
Donald and Judy Race • James and Helen Rowe • Tony and Bonnie Sartini • Sally Woodson

### \$100 - \$499

Kenneth and Laura Algino	Mary Flynn	Todd Brickman	Shawn and Kristine Safford	Ron Hollingsworth
Lee and Jenna Arnold	Kathleen and Lee Futrell	Richard Joachim	Donn and Debbie Samsa	Kip and Beni Thompson
Patrick and Tara Ayers	David Gilday	David Jones	Chad Sartini	Chris and Carrie Turnbull
Tim and Renee Beirne	Lisa Harnack	Souha Khawam &	Jeffery Sexton	PJ and Julie Whalen
Steve and Joy Bowery	Laurie and Bill Hart	Reggie Bryson	Jennifer Sheets	Paul and Kim Yeaton
David and Lisa Brajdic	William and Susan Honeycutt	Amy Pearman	John and Lisa Stadnyk	Paul Yengst
Donald and Judith Clary	Tim and Melody Jessee	Jack and Karen Perkins	Rebecca Stinnett	Janet and Tracy Young
Donna Dedulonus	Anita Jeyakumar &	John and Tina Renick	Barbara Taylor &	Tara Zayas

### \$10 - \$99

Angela Adkins	Karen and Burman Clark	Catharine and Tim Glebus	Kristen Kurpe	Daniel Osimani	James Spichek
Dennis and Linda Ahern	Joe and Susan Clark	Maureen Green	Kelli and Jeffrey Linick	Maria Paras	Beverley Stover
Hafsa Akram	Katie Classey	Kelly Nelson Greenlees	Jeffrey Logan	Bethanie Park	Elizabeth Stringer
Adam and Susan Algeier	Cathy and Al Connelly	Frank and Suzanne Guilfoyle	Glenda Lopez	Nick Patel and Sara Plante	Debbie and Rick Stump
Jacqueline Angelillo	Tami Cooney	Aidan Guilfoyle	Margaret Macher	Patrick Patterson	Neil Stump
John Anstey	April Corbett	Gregory Guilfoyle	Paul Malina	Matthew Peck	Rick and Jocelyn Stump
Kurt Axt	Josh Cunningham	Eilise Guilfoyle	Melissa Marks	Robert Peck	Joe and Nina Sweeney
Hunter and Terry Barber	Beth and Dan Derringer	Mairin Guilfoyle	Jim and Holly Martini	Thomas Phan	Kathleen Sullivan
Randy and Melissa Barnard	Twila DiMarco	Dick Hammerstrom	Mike and Linda Mauck	Brenda Poggendorf	Susan and Bill Thompson
Melissa Barnes	Jean Doyle	William Hamrick	Patricia Maxey	Vilma Quintero	William Tyra
Shane and Emily Barnett	Michael and Jessica Edwards	Barbara Harrell	Elizabeth McCuin	Peter and Sara Radjou	Nanette Ugalde
Brian and Cheryl Becker	Jamie and Donna Elliott	Michael and Julia Hemphill	Kathleen McDaniel	Angie Reichardt	Cyndy and Brian Unwin
Paul Begeman & Beth Ruffing	Gordon Ewald	Melanie Hoferkamp	Michael and Gail McEvoy	Jon Reynolds	Ellen Vanden Eykel
John Blankenship	Candace Ferrell	Sheila Hogan	Gamel McGhee	Ashley Reynolds Marshall	Charles and Barbara Vassar
Jennifer Bleecker	Carolyn Fittz	Patricia Kapral	Megan McNamara	Alesha Rourke	Nathan and Linda Vaught
Gene and Tracy Brady Jr.	Lori Foster	John Keeley	Christopher Michael	John and Suzanne Rowland	Glen Waldis
William and Judy Brookman	David and Jackie Frackelton	Mitzi Keeley	Deborah Michael	Terry and Charlotte Rumore	Jennifer Walker
Amy Brown	Julie and Chuck Frost	Muriel Kelley	Ryan Michalski	Talona Ryan	Rebecca Webb
Carolyn Buck	Michael Futrell	Olga Kemp	Martha Mikkelson	Michael and Jennifer Santoroski	Richard and Julia Wharton
Kathy Callis	Mark Futrell	Benjamin King	Les and Jennifer Miller	Scott Sartini	Deborah Whisnant
James Capillo	John Futrell	Ann Kovats	Allison Morgan	Scott and Catherine Schlessler	Kimberly Wright
Anita Capillo	Andrea Futrell	Rich and Amy Krohmer	Allan and Alexa Mower	Timothy Shelton	Danny and Holly Wynne
Tim Carlin & Mary Henold	Keri Gerstemeier	Jim and Conchita Knipp	Steve Nagy	Nearous and Rochelle Sizemore	Karen Zipfel
Jeremy and Elizabeth Carroll	Bill Gilmer	Rosann Kryczkowski	Bill and Lora Nissen	Brandie Smith	Sue Zoller
			Mark Noell	Timothy and Kim Spencer	



# SAVE THE DATES

## RCS Super Classic Class Reunion

June 23-25, 2017

*Classes 1952-1971 ... though all are invited!*

Friday, June 23, 7-11 PM | Meet and Greet, St. Andrew's Parish Hall  
Light hors d'ouerves and beverages. \$15/person

Saturday, June 24, 6-11:30 PM | Dinner & Dance  
Roanoke Country Club. \$55/person

Sunday, June 25, 9 AM | Mass at St. Andrew's Catholic Church  
Coffee and doughnuts in parish hall. Tour of RCS campus afterward.

More info, call Becky Stinnett, 540.562.0287 or [craftyras@yahoo.com](mailto:craftyras@yahoo.com)

## Homecoming Week

October 7-13, 2017

October 7, 7 PM | HOMECOMING GALA, Gillespie Family Gymnasium  
For RCS Alumni, Parents, Friends and Faculty



**Attire: Dress Your Decade!**

*(Either the one you graduated in, or the one in which you wish you did!)*

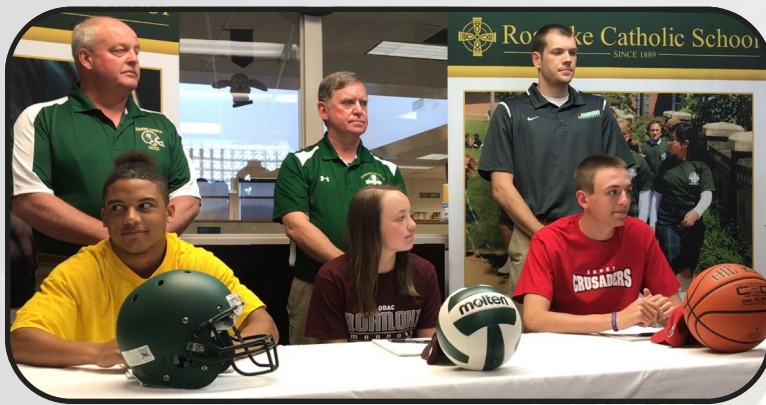
Dinner by RCS chef Peter Radjou. Live band, dancing, auction, more. Details TBA.

October 13, 7 PM | HOMECOMING GAME, Vinyard Park

RCS Celtics v. Hargrave Military Academy. Admission free to alumni.



## 10 - ON THE FIELD | Winter-Spring Round-up



### 3 Celtics to continue their athletics in college

Roanoke Catholic School held a signing ceremony April 12 for three senior student-athletes who have been recruited to play at the collegiate level (from left):

- Jemel Tyree, football at Averett University (pictured with Coach Bob Price)
- KK Sharkey, volleyball at Roanoke College (with Coach David Turk)
- Lucas Myers, basketball at Belmont Abbey College (with Coach Josh Cunningham)

### Wrestling

Senior Ethan Wright (220 pounds) and 9th grader Jacob Elliott (182) led a Celtic squad that claimed 1st place in the small school division, and 14th overall, in the Virginia Independent School Athletic Association (VISAA) state championship meet in March. Wright and Elliott qualified to wrestle in the National Prep Wrestling Championships at Lehigh University in Pennsylvania, which is reserved for the top independent schools in the country.



### Swimming

Austin Boone, Juliana Bleecker, John Bleecker, Harrison Callis, Jesse Derringer, David Gepitulan, Blake Hall and Michael Pilar advanced this year to the VISAA state championships. Hall finished in the 500 free and 100 back and Gepitulan finished in the 100 back.



### Boys Lacrosse

The varsity lacrosse team finished with a winning record while dealing with much adversity this season including major injuries to key players on offense and defense. Still, the Celtics finished with a winning record in one of the toughest lacrosse conferences in the state.

### Girls Soccer

The varsity soccer team improved under new first year coach Franny Apel. While wins were hard to come by, the team did win two games, which is more wins than their past two years combined.



### Baseball

Under new coach Mike Dailey, the Celtics finished the regular season with a .500 record in one of the toughest conferences in the state, including a win over North Cross for the first time since 2007. The team also qualified for the state playoffs for the second year in a row.



### Track & Field

A week after the RCS girls track team won the Blue Ridge Conference Championship, 22 Celtics journeyed to Richmond on May 20 for the state VISAA Track & Field Championships. Senior Jemel Tyree placed 6th in the state in the discus throw; junior Samantha Connelly claimed 3rd place in the 2-mile and 6th place in the 1-mile; and senior Riley Whalen (RCS record-holder in the 100 meter and 200 meter) anchored the 4x100 relay to a 3rd place overall finish.





## *Celtics are state champs again!*

*On Nov. 18, Roanoke Catholic's football team defeated previously unbeaten and top-ranked Quantico High School 38-21 to claim its second VISAA state football championship in three years.*



## **Golf**

Under second-year coach and teacher Paul Begeman, the varsity golf team won four matches this season, which is their best showing in several years.

## **Basketball**

Girls basketball made the state playoffs for the fifth year in a row (third year in a row under Coach Allison Morgan). After winning their first playoff game, they lost in the state quarterfinals to eventual state champion Carlisle. Boys basketball made the state playoffs for the second year in a row under Coach Josh Cunningham. After winning their first playoff game, they lost in the quarterfinal round.

In May, following Cunningham's hiring as head coach at his alma mater, William Byrd High School, RCS hired former Virginia Tech basketball star Shawn Good as the new Celtics varsity boys basketball coach.

Good played basketball at Virginia Tech from 1992 to 1996, leading the Hokies to the NIT championship in 1995 and to the NCAA tournament in 1996. He was team captain in 1995 and 1996 and finished his Tech career as a 1,000-point scorer.

From 2004 to 2009, he served as head coach at Auburn High School. In 2009, he became head coach at Christiansburg High School, which won its first state championship in basketball in 2012. He was named district coach of the year in 2011 and 2012, Region IV Coach of the Year in 2012, and Division 4 VHSL AA State Coach of the Year in 2012.



"We are extremely excited to bring Coach Good to Roanoke Catholic," says Athletic Director Matt Peck. "His history of success both on and off the court is just what we seek to further enhance our basketball program."

## **Middle School**

Celtics girls' basketball team finished second in December's Jingle Ball tournament, beating Faith Christian, State Line and Lynchburg Home School before falling to New Covenant in overtime in the championship game.

Middle school baseball had an excellent season, winning more games in the Roanoke City league than they have in the past three years. Middle school girls soccer also finished with a winning record while competing in the tough Roanoke City league. RCS' new middle school softball team advanced to the Roanoke City league semifinals.



**Stay in the game! Now from anywhere you can follow Celtics sports and school news and enjoy the latest photos, videos, game updates, media stories and more!**

**@RoanokeCatholic**





# ROANOKE CATHOLIC SCHOOL

## CONGRATULATIONS CLASS OF 2017



Jordan  
Alouf



Dylan  
Bandy



Jennifer  
Bleecker



Austin  
Boone



Harrison  
Bowles



Chris  
Brown



Mary Isaac  
Cargill



Devlin  
Harvey



John  
Kuehler



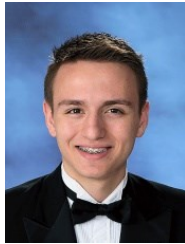
Wonjong  
Lee



Britney  
Linick



Ian  
McInnis



Lucas  
Myers



Challen  
Pineda



Matthew  
Saville



Samantha  
Schlesler



Caitlin  
Sharkey



Brendan  
Snow



Cheng  
Sullivan



Jemel  
Tyree



Peyton  
Walthall



Ethan  
Wright



Weiping  
Xie



Dana  
Zipfel

## CELTIC CROSS MEMBERS

The Celtic Cross represents the top four academic students in the senior class.



Thea Chen



Juliann Callaway



Courtney Keeley



Riley Whalen









# Saying goodbye

From student to parent to teacher, Catherine Ann Doherty Campbell has been part of Roanoke Catholic for nearly 60 years

The year that little Catherine Ann “Kate” Doherty Campbell first stepped foot inside Roanoke Catholic School, the average cost of a new home was \$12,750. Cincinnati’s baseball team was officially the Redlegs out of fear that fans would associate their former name, the “Reds,” with communism. And a junior high schooler was receiving a B- on a class assignment which had students design a new 50-star U.S. flag (his grade was later changed to an A when his design was adopted by Congress).



*Kate Campbell in 1st grade*

1958 marked the beginning of Campbell’s journey at Roanoke Catholic – a wide-eyed first grader (no preschool or Kindergarten back then) whose father worked two jobs, and sold his wife’s homemade dishtowels on the side, in order to afford the tuition for her and her two brothers.

For the next 60 years, Campbell symbolized that passion for Roanoke Catholic: first as student, then parent, teacher – even match-maker. This year she retired.

“On our first workday this year, a dear friend came with a paper chain with 180 colorful links,” Campbell says. “So everyday I selected a student to announce to the class a blessing that they



received that day and tear off a link. It has been so fun and affirming to hear what they hold dear and to see the days pass!"

The teacher chapter of her Roanoke Catholic story almost didn't happen. After graduating in 1970, she went to Virginia Tech to get an education degree. "I did a year of full-time student teaching and vowed I'd never teach."

Her first job came in 1974 as an extension agent in Rockingham County. Two years later, she quit to care for her and husband Blair's newborn son, Matthew. She planned to be a stay-at-home mom until "a fellow Hokie coaxed me into helping start the public school kindergarten program in Rockingham County."

That, too, was short-lived. The following year Blair's job took them to Texas, where she found herself in the Kindergarten classroom again. There they remained for seven years, followed by a two-year stretch in North Carolina.

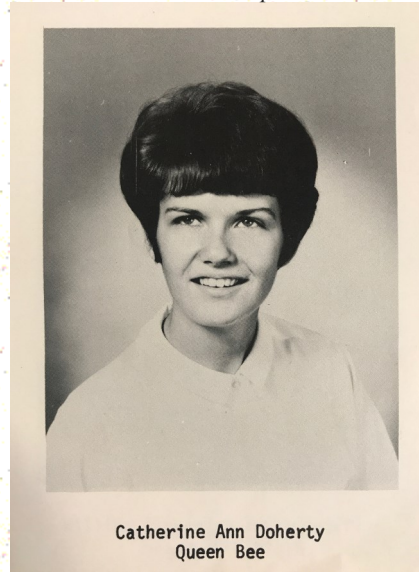
But in 1987, Blair's company closed, prompting the couple to return to Roanoke and move in temporarily with her parents. As she was mulling over two new teaching jobs – one at a public school and the other at her alma mater – her mother walked into the room and whispered, "Your dad is in there on his hands and knees praying you'll accept the job at Roanoke Catholic."

And so began her next Celtics chapter.

Over the next 30 years, she taught 1st grade computing, 7th grade math, but mostly 3rd and 4th grades, where in addition to academics she preached the merits of good handwriting. The art of cursive was such a passion of hers that in 2016 she penned a column to *The Roanoke Times* on the subject: "I still take delight in writing the perfect note to students (especially with those colorful shiny gel pens), and who



Above, Kate (far left) was RCS Homecoming Queen her senior year. Below, her senior portrait.



Catherine Ann Doherty  
Queen Bee

does not notice those artfully addressed Christmas cards (or birthday notes or wedding announcements) and perhaps gaze a little longer at them and remember those who wrote them?"

Twenty-seven years after leaving her 4th grade class, a former student wrote to her: "You taught and refined my cursive ... you left a mark on me which is evident in every mark I make."

But regardless the grade level, Campbell always instilled in her classroom the school's vision: "Blending learning with faith and faith with daily life."

"We help kids identify their mission in life," she says, "which is not to make themselves happy. Our purpose in life is to help others achieve happiness."

She adds, "Our spiritual experience at Roanoke Catholic cannot be matched and I will always be grateful for that. Where else can you pray for, and with, your students?"

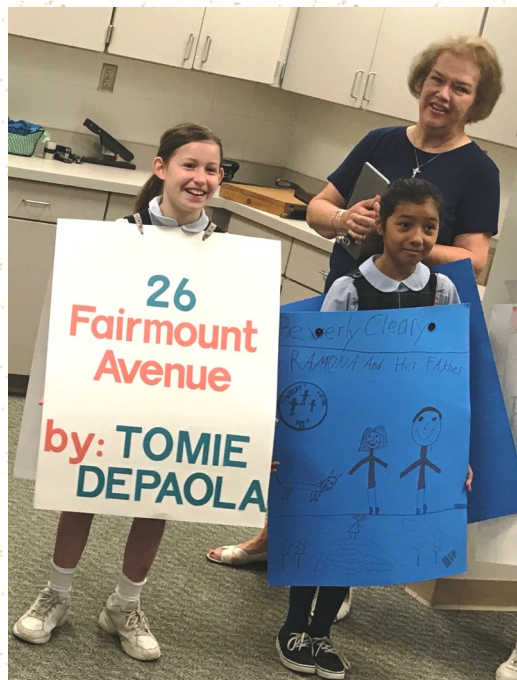
Among her many other highlights through the years: once recruiting FX network to cover Roanoke Catholic's first day of school; having Blair close by tending the grounds of St. Andrew's Catholic Church; witnessing the dedication of the grotto at the school's entrance; watching her son, Matthew, '94, make his

own journey through Roanoke Catholic; and years later introducing him to her fellow 3rd grade teacher, Wendy Betters, who in 2012 became her daughter-in-law.

Reflecting over her decades at Roanoke Catholic, she offers two pieces of advice:

"Remember those who have come before. They contributed to what Roanoke Catholic is today," she says. "And always look for that special light of Christ in everyone so that Jesus' mission may continue on this earth."

- Michael Hemphill





### Megan Flynn Peterson, '06, publishes acclaimed Paleo cookbook

“GOING PALEO DOESN'T HAVE TO MEAN GOING CRAZY,” WRITES MEGAN FLYNN PETERSON, '06, about the caveman-inspired diet that revolves around foods that aren't processed but only hunted or gathered — meats, fish, nuts, leafy greens, vegetables and seeds. “Wasting time, energy, and money on expensive ingredients and difficult recipes is the last thing anyone needs when trying to adopt a new way of eating. But knowing how and where to start can be a challenge.”

And so Peterson recently published her first book, "The Big 15 Paleo Cookbook," featuring more than 150 paleo recipes, many of which can be made in 30 minutes or less. Her journey into eating paleo started in 2011, she writes, after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being.

Now living in San Francisco, Megan also writes a popular



lifestyle blog called *Freckled Italian* that focuses on life, love, literature, and lots of food. Her book can be found on amazon.com. Peterson is also the owner and creator of Cave Girl Consulting, which offers a wide variety of services intended to help people be as successful as possible in their first few months of transitioning to Paleo.

“You don't have to be on a paleo diet to enjoy the recipes in *The Big 15*

*Paleo Cookbook*,” writes Michelle Bianchetto, author of the blog *Unshelled*. “You just have to enjoy eating real, healthy food.”

You can read more from Megan at [freckleditalian.com/blog](http://freckleditalian.com/blog), or find her on Instagram and Twitter @mflynnpete.



### Mark Kowalski, '03, ordained priest June 3 for Diocese of Richmond

*Excerpted from The Catholic Virginian*

Born in Fairfax on July 30, 1986, Mark Kowalski was only one when he and his parents moved to Roanoke. A product of Roanoke Catholic School, attending from kindergarten through the 12th grade, he went on to attend Florida State University, graduating in 2008 with a Bachelor's degree in Hospitality Administration. His major was Professional Golf Management.



“My ambition was to become a PGA professional, teaching lessons and being involved in day-to-day club professional activities,” he said.

He worked in that field for a year at Brasstown Valley Resort in Young Harris, GA, a place he described as being “in the middle of nowhere.”

“I enjoyed it, it was my first full-time immersion into that life,” Mark said. “It was also at a time in my life that I had a deeper encounter with Christ. I had a busy social life and dated the same girl for a couple of years and that ended. It was an experience of how much more I wanted to be holy and really make a strong effort at it ... When you see Christ and meet Him, your life changes

and goes in a different direction.”

Mark got involved with LifeTeen, a Catholic youth ministry which is parish-based. He was attending St. Francis of Assisi Parish in Blairsville, Ga., and got involved with the youth group. He enjoyed contemporary Christian music. After he met youth missionaries who were helping in the small parish, he made a visit to them at the LifeTeen Covecrest community, a 45-minute drive from Blairsville.

Soon the resort in which he worked had massive layoffs. The same day he lost his job he was invited to join the small community. He immediately felt that it was God's providence that his life changed. He began to have thoughts of the priesthood. “I resisted them, but they were there,” Mark said.

He was invited by Father Michael Renninger, then Vocations Director for the Diocese of Richmond, to attend as a discerner a four-day seminarian retreat.

“The thoughts of priesthood started to percolate,” he said.

On a visit to Richmond to see Father Renninger, then in residence at St. Bridget Parish, he learned about a job as youth minister at St. Bridget's. He

applied and was offered the job. Father Michael Boehling, who succeeded Father Renninger as Vocations Director, was in residence at the parish. He and the new youth minister began getting together casually for coffee and sometimes played golf together.

“The neat thing about it was that he became like a big brother to me,” Mark said of Father Boehling. “I saw the joy of his priesthood and it impacted my own discernment, my journey.”

Father Boehling invited him to a seminarians retreat at Roslyn conference Center.

“I said I would go, but I had no intention of going into the seminary,” he said. “I came for prayer and fellowship. It ended up being the moment of grace when I felt the call to pursue the vocation to the priesthood very strongly.”

He was especially struck by watching the procession of clergy during the Mass on the retreat weekend.

“This sense of peace overwhelmed me,” Mark said. “The Lord said, ‘Mark, will you follow me in this way? Let go of your fears and worries. Come see if this is the life I have for you. Come follow me.’”

On June 3, Bishop Francis X. DiLorenzo ordained Mark a priest for the Diocese of Richmond.



## Mary Weatherman, '10, named Virginia-Maryland College of Veterinary Medicine at Virginia Tech Class of 2017 valedictorian

*Reprinted with permission by the Virginia-Maryland College of Veterinary Medicine at Virginia Tech*

NOT EVERYONE CAN SAY THEY followed a childhood dream to fruition, but Mary Elizabeth Grace Weatherman, of Roanoke, Virginia, who will earn her doctor of veterinary medicine degree from the Virginia-Maryland College of Veterinary Medicine at Virginia Tech in May, will do just that.

Weatherman, who will also graduate as the 2017 Richard B. Talbot Memorial Award recipient and college valedictorian (following in her footsteps as valedictorian of the Roanoke Catholic School Class of 2010), described being a veterinarian as “pretty much the only job I wanted to have.”

Weatherman completed a bachelor’s degree in animal and poultry sciences from Virginia Tech’s College of Agriculture and Life Sciences in May 2013. In August 2013, she started at the veterinary college, where she pursued the college’s food animal track, one of five options in the tracking curriculum.

“I like working with the producers. I like being able to troubleshoot problems for them,” said Weatherman, who plans to continue her work with food animals after graduation.

In addition to her course work, Weatherman is also a member of several

clubs and organizations, including the Food Animal Practitioners Club, Theriogenology Club, and Christian Veterinary Fellowship, which she describes as the “highlight” of her college experience.



Weatherman partnered with the Christian Veterinary Fellowship to travel to Kenya the summer after her first year in the DVM program, where she vaccinated and dewormed sheep and goats, and to Honduras during spring break of her third year, where she spayed and neutered cats and dogs. The missionary trips made her value her experiences at the veterinary college and in the local area even more.

“It definitely opened my eyes since I’ve been in Southwest Virginia for a while,” she said. “It opened my eyes to the struggles that other places are having

and just made me more aware of how me as a veterinarian can give back to those in need.”

Weatherman credits her success at the veterinary college to “staying focused” and “staying dedicated on the end goal” and to her professors who were “really looking out for you and your well-being and just making sure you’re learning what you need to learn.”

After graduating, Weatherman hopes to find a job in a mixed animal practice, with a focus on food animals. She already has two job offers with organizations in Missouri and Pennsylvania but is waiting to see all of her options before making a final decision.

“The good thing about our job is we have so many different facets we can go off and do,” said Weatherman, who added that government work has also always been in the back of her mind, though probably later in her career.

Wherever she ends up, Weatherman hopes to continue with the international and local veterinary missionary work she began at the veterinary college.

“It’s definitely something I want to incorporate into my career since I’ve been pretty blessed to get where I am, and I can just give back the little bit that I can doing veterinary work in other places,” she said.

## Mirenda Gwin, '11, receives Fulbright Scholarship to study for year in Bulgaria

MIRENDA GWIN, VALEDICTORIAN OF THE ROANOKE Catholic School class of 2011, has received a Fulbright Scholarship to spend 10 months in Bulgaria teaching English as a second language.

A Celtic since Kindergarden, Mirenda was a National Merit semifinalist, AP Scholar with Distinction, president of the National Honor Society, and B'nai B'rith nominee (winning the B'nai B'rith Artrie Levin Lifetime Achievement Award for community service). She was FCA president and helped create Crafts for a Cure



in memory of an RCS classmate who passed away of cancer. She also managed varsity letters in cross-country, track, and swimming.

While a student in the History Distinguished Majors Program at University of Virginia, she continued her commitment to fighting childhood cancer, and served as a chaperone on RCS teacher Joe Sweeney's National Parks Experience trips to St. John's and Grand Canyon. After graduating UVA in 2015 as a double major in history and media studies, she worked for a camp in North Carolina and currently as an omnibus teacher at Veritas Christian Academy in Chesapeake.

“The chance to live abroad and learn about a foreign culture was really appealing to me,” she says in describing her motivation to apply for The Fulbright Program.



## 18 - ALUMNI UPDATES

**Brian Sakalas, '16**, wrestled at 184 pounds for James Madison University in the National Collegiate Wrestling Association with a record of 11-5, all wins by bonus points with 7 pins. He won the Apprentice School's Builder Invitational, placing second at the NCWA Mid-Atlantic Conference Championship qualifying and competing at the national tournament in Allen, Texas in March.



Occupational Therapy; and mother **Kathy (Huffman) Lovell, '70**, welcomed her sixth grandchild this year, joining three great-grandchildren.

**Emilee Jane Meggers, '08**, married U.S. Marine Sgt. Alex Priestley in December 2015. In March the couple and their Great Dane, Jack, moved from Twentynine Palms Marine base in California to their new post in Pensacola, Fla.



**Kyle White, '03**, and wife Eve celebrated the baptism of their daughter, Kensington Grace White, on April 22 at St. Mary's Catholic Church in Richmond. Fr. **Mark Kowalski, '03**, who was ordained a Roman Catholic priest in June, presided over the ceremony, with **Kevin O'Meara, '03**, serving as godfather.

**Ryan Gerstemeier, '15**, was the featured soloist in the University of Notre Dame's a cappella group Unchained Melodies, which performed live on WSBT-TV for Notre Dame Day 2017.



**Annemarie Zoller, '07**, recently accepted the job of Director of Special Events at The Humane Society Naples in Naples, Florida. She will also be participating, for the third time, in the Susan G. Komen 3-Day, a 60-mile walk to help end breast cancer forever, in August in Minneapolis.



**Steve Wimmer, '00**, helped to launch e-com startup TriNova, which was recently acquired by a Chicago-based manufacturing company. In January he moved his family from Orlando to Chicago to continue running the brand as Senior Marketing Manager.



**Anna Marie McGuire, '11**, married Eric Hart of Roanoke in May 2016 at St. Andrew's Catholic Church. The couple live and work in Charlotte, N.C.

**Molly (Lovell) Mills, '11**, in 2014 married Jesse Mills, currently a Senior Airmen in the U.S. Air Force. They are stationed in Ramstein, Germany, and have two children: Jasper, 3, and Elizabeth, 3 months. Molly reports her sister, **Jessie (Lovell) Toms, '00**, recently graduated Jefferson College of Health Sciences with a Master of Science in



**Natalie (Ellmann) Guynn, '05**, a University of North Carolina Hospitals family nurse practitioner, and her husband David welcomed their second child on January 27, 2017. John Henry "Jack" Guynn was born in Chapel Hill, N.C., measuring 8 pounds and 20 inches. His big sister Adaline Grace, 2, adores him.

### SEND US YOUR NEWS!

Calling all RCS graduates:  
New job? New award? Newly married? Newly retired?  
It's called "news" for a reason and we want to hear yours!  
Send your news and recent photo to [mhemphill@roanokecatholic.com](mailto:mhemphill@roanokecatholic.com).



## 19 - ALUMNI UPDATES



**Annemie Tonken, '97, and Kate Thompson Feucht, '05,** organized the first ever "The Family Narrative," a retreat for family

photographers from across the U.S., held March 2-5 in New Orleans.

Annemie owns Megapixie Photography in Chapel Hill, N.C., and Kate owns Betty Clicker Photography, LLC in Virginia. Kate recently founded with her sister, **Anna Thompson, '07,** Palindrome



Creative Co. in Richmond, which specializes in custom design, photography and illustration. Palindrome's clients include Annemie and her brother **Evan Berding, '01,** who crafts custom furniture in Chapel Hill, N.C.

**Judy Gillispie Saunders, '67,** lives in Richmond, "still working two jobs!" Her seventh grandchild is on the way. She is involved with grandchildren and church, and goes "hiking and tent camping with the grands."

**Dennis Sharpe, '63,** is retired, living in Virginia Beach, and reports he is doing very well and is on Facebook for those who may want to contact him.



including daughter **Marilyn Montano, '65,** and son **Marty Montano, '75,** with whom he founded Montano's International Gourmet in 1974. For many years Mr. Montano served as president of the Roanoke Catholic athletic association.



**Nina Marie Braddock Keeley** passed away on March 7, 2017, at the age of 90. Mrs. Keeley was a member of Our Lady of Nazareth Catholic Church where she was active in the Ladies Circle and Book Club, and served as a Eucharistic minister and RCIA sponsor. She and her husband, Dr. Robert L.A. Keeley, who passed away in 2014, were also very involved in Roanoke Catholic School, from which all 15 of their children graduated.

### *In Memoriam*

**Philip Ernest (Phil) Montano** passed away February 15, 2017, at the age of 99. A longtime parishioner of St. Andrew's Catholic Church, Mr. Montano sent his children to Roanoke Catholic School,



# GO CELTICS!



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# A Man for All Seasons

**A.J. Bennett turned a devastating football injury into a chance to shine on stage**

*As Captain Von Trapp, A.J. Bennett (right) starred alongside classmate Audrey Wagner's Maria this year in The Sound of Music.*

## **A.J. Bennett was having the game of his life.**

It was Oct. 3, 2016, just six weeks into his first year at Roanoke Catholic School, and the junior had already scooped up a fumble and returned it 42 yards for a touchdown to put the Celtics up 20-0 at Craig County.

Now lined up at fullback, he was handed the ball on "43-belly," hit the hole off



right guard, he remembers, "and it was green grass all the way."

He rumbled down the field, spied a defender and gave him the stiff arm.

But he never saw the second guy, who grabbed A.J. by the neck of his shoulder pads in a "horse collar" tackle. Like an accordion, he crumpled to the ground with both tacklers coming down



on the back of his right ankle. Bones broke, ligaments tore, his foot so dislocated his toes pointed behind him.

Immediately, Roanoke Catholic coaches Bob Price, Joe Sweeney and student trainer Jordan Alouf were at his side. Teammates came up to offer support but had to turn away at the gruesome sight.

“You’ll be all right, son,” comforted Coach Price.

An ambulance arrived, medics gave him two doses of morphine that had no effect, and they rushed him to the hospital 45 minutes away. Coaches Price and Sweeney sat vigil with parents Doug and Christy Bennett.

“I held it together until my mom walked in,” A.J. recalls. “And then I started bawling.”

Nurses cut off his uniform. But the kid nicknamed “Clark Kent” wouldn’t let them cut his beloved Superman T-shirt. He insisted on taking off himself.

When they then began resetting his foot, he screamed in pain and passed out.

\* \* \*

Born in Tallahassee, Fla., Alexander James “A.J.” Bennett moved with his family to Roanoke when he was in second grade. His younger brother suffered from a chronic illness that required a cooler climate and closer proximity to the Ohio children’s hospital that treated him.



Growing up, A.J. fell in love with lacrosse and football, but at Cave Spring High School struggled for playing time and coaches’ respect. A chance to improve his academics and a better athletic environment inspired his parents to look at Roanoke Catholic.

“We wanted A.J. to have an athletic and academic experience that would be a positive lifetime memory,” says Doug Bennett. “We wanted him to be coached by men who valued skill, effort and character and who encouraged multiple sport athletes. We heard that the RCS coaches were not only good, but also good men, the kind of men that would mentor



*At Homecoming pep rally six days after A.J.’s injury, teammates held up his jersey to make sure he wasn’t forgotten.*

and impact a young man’s life.”

But now with an injury that left some wondering if he’d ever run again, A.J.’s dream of playing college athletics was likely broken.

A.J. spent about three weeks in a cast and heavily medicated on opioids while waiting for the swelling to subside enough for surgery. Eventually, doctors were able to insert an 8-inch plate and several screws to reattach his ankle.

Weeks more followed with A.J. in another cast, bedridden much of the time, his right leg atrophying to the size of his wrist. He still managed to travel with the team in November to Quantico to cheer on the Celtics to its Virginia Independent Schools Athletic Association Division III state championship.

In December when he finally shed his cast, his priorities were physical therapy and catching up on his academics.

And something else.

“I didn’t complain,” he says. “You can ask my parents. I never complained. God has a purpose and plan for me and I had to walk the walk. I was going to make the best of it, prepare myself for life. I was going to try to get outside of my safe space ... of just being a jock.”

In February, he encountered RCS marketing director and choir director Michael Hemphill who, ironically, was waiting in the hallway to encourage three other boys to join the mostly female Celtic Singers.

“Don’t you direct the choir here?” A.J. asked. “I’d like to join.”

A few weeks later he saw a notice about auditions for a Roanoke Catholic production of *The Sound of Music*.

“I was blown away by his natural talent and ability



for singing and acting,” says theater director April Corbett, who promptly tapped him for the lead as Captain Von Trapp.

Says his father: “Both are new experiences for him and things that he would not have tried had it not been for his tragic injury. It is a great message of hope and unseen opportunity being just beyond what we can visualize.”

So the guy who had spent most of his life reading



Posing with fellow juniors of the RCS Celtic Singers, A.J. was a soloist when the choir competed in Williamsburg’s “Music in the Parks” festival March 31.

the X’s and O’s of offenses and defenses now found himself learning the language of notes on a page and directions on stage. He devoted himself to the work while catching up academically on all the weeks of school he missed, and rehabilitating his leg so that, by the final week of lacrosse season, he was strong enough to play on the field.

So what’s in store for A.J. his senior year at Roanoke Catholic? Academically? Athletically? Artistically? Tough to say.

But now his parents will have an extra \$500 to help pay for it.

At Honors Day on June 8, he was awarded the Zach Bowyer Scholarship that recognizes “academic achievement, love of the performing arts, humility, love of God and fellow man, and a striving for high ideals with good spirit and optimism.”

Another touchdown for A.J. Bennett.

- Michael Hemphill



Back on the lacrosse field in May, seven months after his injury.

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# Roanoke Catholic School

## SUMMER CAMPS



### S.T.E.M. Camps

#### Science, Technology, Engineering, Math Bricks 4 Kidz STEM Camp (Grades K-6)

July 10-14 & July 31-Aug 4 | 9 AM - 12 Noon  
Using LEGO® bricks and S.T.E.M. principles, campers each week will build models from a different pop culture genre each day.  
\$150 RCS rate | \$165 general public

#### Bricks 4 Kidz Robotics (Grades 4-10)

June 19-23 & July 10-14 | 1-4 PM  
Bricks 4 Kidz Robotics camp offers all the fun of building with LEGO® Bricks, plus the challenge of computer programming!  
\$160 RCS rate | \$175 general public

#### Science Museum of Western Virginia's "Time Traveler" Camp (Grades K-5)

June 19-23 | 9 AM - 4 PM  
Travel back in time to explore significant events and historical figures of science's past. Explore the history of science by recreating early experiments and investigating the ancestors of today's technology.



\$195 RCS rate | \$225 general public

#### Science Museum of Western Virginia's "Give Me Some Space" (Grades K-5)

June 26-30 | 9 AM - 4 PM  
Join us for a week of engaging experiments about the sun, planets, and moons in our solar system. Explore what it takes to leave Earth by building and launching your own rocket.  
\$195 RCS rate | \$225 general public

### Body & Soul

#### Basic Cooking Camp (Grades 6-12)

June 19-23 | 9 AM - Noon  
Led by RCS chef & Taaza owner Peter Radjou, you'll learn the fundamentals of culinary arts: knife skills, importance of food hygiene, basic cooking methods, making sauce and emulsions, and the essentials of food safety.  
\$150 RCS rate | \$165 general public

#### Advanced Cooking (Grades 6-12)

July 10-14 | 9 AM - Noon  
Graduates of Basic Cooking can join chef Peter Radjou as he teaches menu-planning, themed dishes and presentation skills.  
\$150 RCS rate  
\$165 general public



#### Faith in Action Camp (Grades 6-12)

June 26-30 | 8:30 AM - 3:30 PM  
RCS campus minister Beth Derringer leads this all-day camp on a variety of service projects in the community at service organizations such as Rescue Mission and Madonna House, giving campers the opportunity to grow closer to Christ and earn volunteer hours.  
\$225 RCS rate; \$240 general public

### Sports & Adventure

#### Basketball Camp (Grades K-5)

June 26-30 | 9 AM - 12 Noon  
Learn basketball basics from the head coaches of RCS varsity boys and girls basketball!  
\$130 RCS rate | \$145 general public

#### Basketball Camp (Grades 6-8)

June 26-30 | 9 AM - 12 Noon  
Improve your game under the instruction of RCS' head varsity boys and girls coaches!  
\$130 RCS rate | \$145 general public

#### Creative Writing (Grades 3-7)

July 10-14 | 9 AM - 12 Noon  
Under the instruction of author and RCS reading specialist Dr. Cyndy Unwin, campers explore journaling, poetry, story-writing, narrative non-fiction, song-writing.  
\$130 RCS rate | \$145 general public

### College Prep

#### SAT Boot Camp (Grades 9-12)

June 26-30 | 9 AM - 4 PM  
Test scores for 2016 participants improved 80 points from start to end of this full-day camp. Fee includes purchase of the *Official SAT Study Guide (2017 Edition)* by The College Board.  
\$240 RCS rate | \$255 general public

#### The College Personal Essay (Grades 9-12)

July 10-14 | 1-4 PM  
Under the instruction of author and RCS reading specialist Dr. Cyndy Unwin, participants learn how to take meaningful life experiences and mold them into powerful writing. By the end of the week, campers' polished, creative essays will be college-application ready.  
\$130 RCS rate | \$145 general public

#### OK! Get Ready for Kindergarten

July 31-August 4 | 9 AM - 12 Noon  
Through fun and games (it is still summer after all!), Roanoke Catholic teacher Joyelle Bailey will give your child the skills and confidence they need to start Kindergarten.  
\$95 RCS rate | \$105 general public

### \* NEW THIS YEAR! \*

#### Karate Camp (Grades K-5)

July 24-28 | 9 AM - 12 Noon  
Under the instruction of black belt and RCS parent Adam Algeier, campers will learn self defense, mild exercise, nutrition and leadership.  
\$130 RCS rate | \$145 general public

#### Run-A-Muck! (Grades 3-5)

July 31 - August 4 | 9 AM - 12 Noon  
Campers will learn basic running warm-ups, form and stretching as we play running games and build up to a two-mile fun run. This will be a great way to learn more about cross-country or track-and-field, to build skills for other sports, or just to enjoy time outside with friends.  
\$130 RCS rate | \$145 general public

#### Virginia Outside Fishing (Grades 4-9)

July 31 - August 4 | 8:30 AM - 4:30 PM  
For a decade, Virginia Outside has provided youth across the state with countless experiences on the water and stories to last a lifetime. Now Virginia Outside is coming to Roanoke Catholic for a week of freshwater fishing! We'll spend plenty of time floating and wading area rivers as well as target largemouth bass and other species in area ponds. We'll introduce fishing basics and help experienced anglers sharpen their skills.  
Rate: \$550



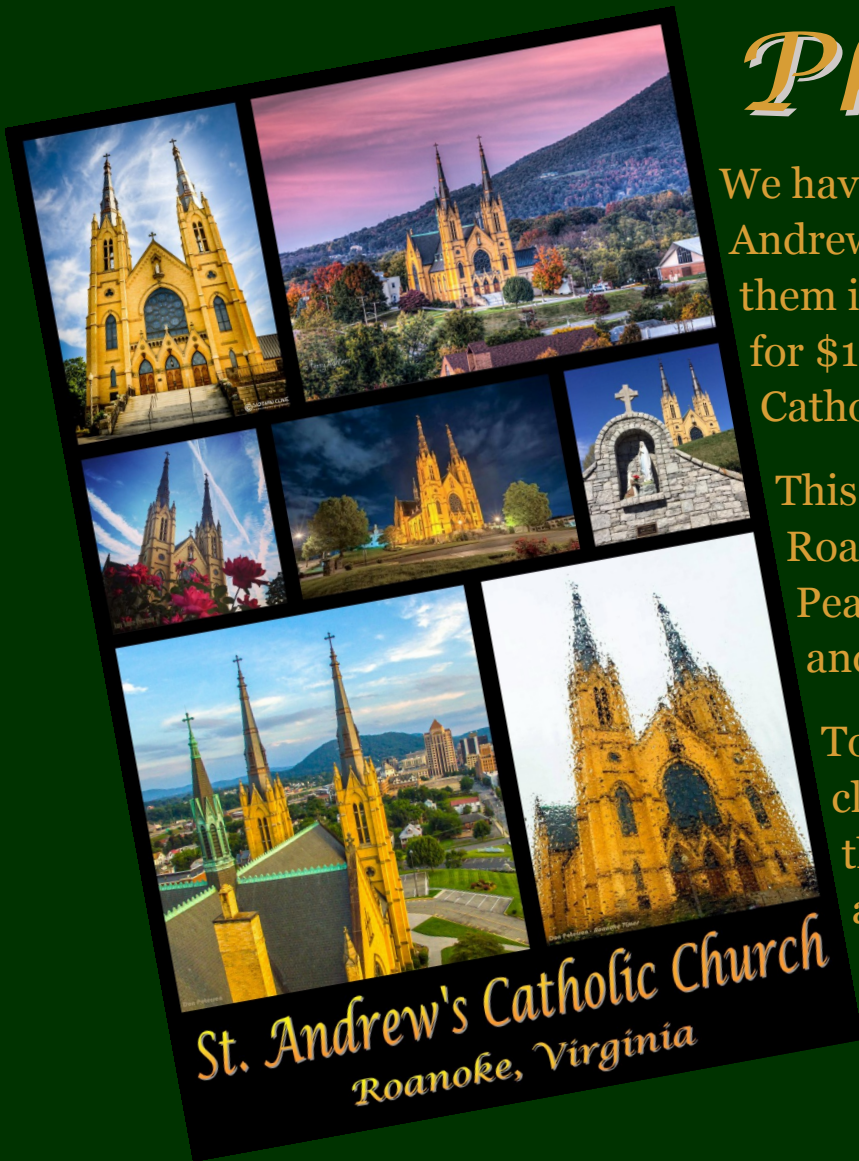
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# St. Andrew's Catholic Church

## Photo print



We have collected our favorite photos of St. Andrew's Catholic Church and arranged them in this 11x17-inch collage available for \$15 (add \$5 for mailing) at Roanoke Catholic School.

This piece features pictures by Roanoke's leading photographers: Amy Pearman, Terry Aldhizer, Siobhan Cline and Don Petersen.

To order, go to [roanokecatholic.com](http://roanokecatholic.com), click "Ways to Give." Proceeds benefit the RCS Annual Fund tuition assistance programs, which ensure a Roanoke Catholic education is available and affordable to all.



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