

# OUR LADY OF LOURDES HIGH SCHOOL

2021-2022

## Our Lady of Lourdes High School Leadership 2021 - 2022



Catherine B. Merryman  
President



Meghan Vilardo  
Principal

## Lourdes Announces New Model of School Governance

Our Lady of Lourdes High School's Board of Trustees in cooperation with the Archdiocese of New York Board of Members: His Eminence Timothy Cardinal Dolan, Vicar General Monsignor Joseph LaMorte, and Superintendent of Schools Mr. Michael Deegan, announces the adoption of a President-Principal model of school governance beginning in the 2021 - 2022 school year.

Catherine B. Merryman, the school's current Principal, has been appointed President. The current Assistant Principal for Faculty Meghan Vilardo has been appointed Principal of Our Lady of Lourdes High School.

After extensive collaboration, research, and discussion, this model will best position our Independent Catholic high school for long-term success and growth. This model is a form of governance that takes the numerous responsibilities for managing a private, independent Catholic high school such as Our Lady of Lourdes and spreads them over two leadership positions. The popularity of this model demands a definitive change that carefully constructs the full-time administrative attention to the various concerns of long-term institutional advancement and the daily demands of leading an academically excellent Catholic school.

The President-Principal model is frequently used in Catholic secondary school education. According to research from the National Catholic Education Association, this model is utilized in 60% to 75% of secondary Catholic high schools in the country. It is also being successfully used by other Catholic high schools in New York State. In brief, the President focuses on Catholic identity, community relations, finances, admissions, marketing, strategic planning, and institutional advancement. The Principal works under the President and focuses on Catholic faith formation, academic growth, teaching, learning, and best practices. (con't on next page)

Both appointees are life-long educators. Catherine Merryman's teaching career spans a total of 29 years, 25 of which have been with the Archdiocese of New York. She was appointed Principal of the school in 2014 after serving as a teacher and administrator for over 10 years at OLL. She earned her undergraduate degree from SUNY New Paltz and received a Master of Science in Education from SUNY University at Albany.



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# OUR LADY OF LOURDES HIGH SCHOOL

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## Lourdes Announces New Model of School Governance (cont.)

Throughout her tenure, Mrs. Merryman has succeeded in strengthening the overall foundation of the school by spearheading exceptional growth of the school's curriculum and implementation of pedagogy, directing a complete technological overhaul of equipment and systems, facilitating a 15% increase in enrollment within her first 3 years, and most recently guiding the school to a successful and unprecedented reopening in September 2020 during COVID-19. This past school year also brought to fruition her long-term goal of completing the renovation of 7,000 square feet of space within the school building to create a new state-of-the-art Health and Wellness Center for the students that opened in February 2021. A resident of Marlboro for over 35 years, Merryman was honored by the Catholic Schools Region of Dutchess in 2017 and was appointed to the Dutchess Regional Catholic School Board in 2019.

Meghan Vilardo has taught at Our Lady of Lourdes for 16 years and assumed administrative responsibilities at the school in 2014. She earned her undergraduate degree from Western Connecticut State University and her Master's in Adolescent Education from Mercy College. Under her leadership, she successfully implemented policies and procedures as they related to instructional leadership, staff & student personnel, curriculum development, resource management, and all issues related to the successful operation of the school. In addition, she was the driving force behind the school's Middle States Accreditation in 2018 and played a key role in the school's reopening plan during COVID-19 with the establishment of the Academic Continuity Operations Committee. A resident of the Poughkeepsie area for 20 years. Mrs. Vilardo was named a 40 Under 40 Honoree in 2017.





# OUR LADY OF LOURDES HIGH SCHOOL

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## Lourdes Administration Offers Message of Unity and Confidence for School Year Ahead

*"Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!" ~ Psalm 90:17*

Arriving refreshed and rejuvenated from summer vacation, the Our Lady of Lourdes High School faculty came together on Tuesday, September 7th in preparation for the school year ahead.

OLL Chaplain, Father Connolly celebrated Mass for the entire administration, faculty, and staff to begin the day. His message that "God is Here Always" inspires his year-long theme for our entire community. A beautiful start to our school year!



In her new role as President, Mrs. Merryman, praised the efforts of faculty and administrators as they navigated what she called "one of the most tumultuous years in recent school history." Looking ahead to the 2021-22 school year, she reminded all that "our mission is unique and powerful and our faith calls us to be beacons and powers of example to our students. In addition, we need to focus on our place in Catholic education and we must continue to remain unified in our mission in promoting all that we do here. Under our new leadership model, we are ready to do great things and bring Our Lady of Lourdes High School to a new level."

Addressing the faculty and staff for the first time as Principal Mrs. Vilardo reiterated all that Father Connolly and Mrs. Merryman noted, stating the following in an excerpt from her message:



**"We are confident that this will be a great school year.** We say this most of ALL because we serve the most incredible faculty and staff. Over the course of the last year and a half, the staff were challenged to market us and support our drastic shift to digital instruction. They kept us relevant, fresh at a time when people had their eyes on us wondering what we'd were going to do next. We have a faculty that was asked to teach in the most imaginable way possible and for a year and a half made it look effortless.

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# OUR LADY OF LOURDES HIGH SCHOOL

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## Lourdes Administration Offers Message of Unity and Confidence for School Year Ahead (cont.)



**We are confident it is going to be a great year** because we are all going to work as a unified force to combat another unprecedented year because if last year didn't break us, let's be honest, that's about as tough as it gets.

**We are confident this is going to be a great year.** Because we have 13 new members of our faculty and staff, each of them hand-picked for their levels of expertise, skill and professionalism. We know each of them will bring something truly special to our school and we are looking forward to seeing you all welcome them, mentor them and help them along their journey. You all have a lot of wisdom to offer.

**We are confident it is going to be a great year** because we are Lourdes.

We have Christ in our building.

We have the best student body.

We have a top-notch faculty and staff.

We have sports back, art back, music back, theatre back, News and Views, Spanish club...the list goes on.

Thank you to Mrs. Merryman, Mrs. Vilardo and Father Connolly for setting the tone for a "great year" ahead!

We welcome the following new faculty for the 2021-2022 school year:

Ms. Emma Alles – Religion Department

Ms. Meggan Barlow – Science Department

Mr. John Cassidy – Mathematics Department

Mr. Charles Chapman – Science Department

Ms. Maria Clavin - LOTE Department

Rev. Michael Connolly – Chaplain & Religion Department

Mr. Thomas Formicola – Teacher Assistant

Ms. Marica Sadutto – LOTE Department

Mr. Thomas Forr - Religion Department

Ms. Jaclyn Hafer – Physical Education Department

Mrs. Rebecca Imperati – Physical Education Department

Mr. Douglas Matthews – Social Studies Department

Mr. Alfred Nowak – Fine Arts Department





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## Sr. Ann Belz & Sr. Anne Manion Honored at First Mass of the School Year



The first Mass of 2021-2022 was bittersweet as we bid farewell to Srs. Ann Belz and Anne Manion as they retired at the end of September.

Bishop Colacicco celebrated this Mass on Friday, September 24th and was assisted by Father Anthony Mizzi-Gili (Holy Trinity), Father Charles Achi (SMDP), Father John Wilson (St. Kateri), Father Michael Connolly (OLL Chaplain & SMDP), Father Hartley Bancroft (St. Josephs), and Father Matthew Furey (SMDP).

Both sisters are members of the order Sisters, Servants of the Immaculate Heart of Mary.

Best wishes Sisters! We are grateful to you for your dedication and proud to have you as members of the Our Lady of Lourdes High School community! May God continue to bless you always.



# OUR LADY OF LOURDES HIGH SCHOOL

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## Owen Connolly, Named a 2022 National Merit Competition Finalist

We are thrilled to announce that Lourdes senior, Owen Connolly, has been named a 2022 National Merit Competition Finalist.

According to the 2022 National Merit® Scholarship Program, Owen is one of 16,000 semi-finalists across the country who were notified of their advancement to finalist status in February. Finalists are selected upon review of their abilities, skills and accomplishments.

Owen was named a semi-finalist in September 2021, and was responsible for submitting an additional application that includes details on his leadership and extracurricular activities, academic record, school recommendations and personal essay.

Lourdes Principal, Meghan Vilardo remarks, "Being a National Merit Scholarship is a tremendous honor for Owen and we are proud of all of his accomplishments. We can not wait to see how he changes the world."

A resident of Wappingers Falls, Owen attended St. Mary's School in Fishkill before Our Lady of Lourdes High School. He is an active member of Varsity Fencing, National Honor Society, Model UN; Youth Leadership, and Wind Ensemble. Owen plans to study Mechanical Engineering at either Georgia Tech or Northeastern University.

Congratulations Owen!





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## Lourdes Senior Named a National Merit Commended Student

We are pleased to announce that senior, Brian Zhu has been named a Commended Student in the 2022 National Merit Scholarship Program.

A **Letter of Commendation** from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, was presented by Mrs. Vilardo to Brian Zhu. Brian is a graduate of St. Martin de Porres school.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2022 competition for National Merit Scholarship awards, Commended Students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2022 competition by taking the 2020 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).



"Those being named Commended Students have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success."

## Youth Community Clean-Up Day A Huge Success

It was a thrill for our students to participate in the Youth Community Cleanup Day on Saturday, November 20th with Community Matters 2 - "CM2" in clearing garbage from many streets in the city of Poughkeepsie!

Our thanks to L'Quette Taylor, a lifelong resident of the City of Poughkeepsie and founder of Community Matters 2 for inviting our students to participate in this worthwhile effort. We can all make a difference!



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## York Zhou Places in International Piano Competition

Congratulations to freshman, York Zhou, for competing in and winning third place in the [Piano Star International Competition](#).

York is an accomplished pianist having played at Carnegie Hall at the ages of 9, 11 and 13. He started playing at 4 years old, his brother Lucas was his first teacher, and takes private lessons in NYC every weekend. Until Covid-19 York also took lessons at the Mannes School of Music, NYC.

York has won prizes in other international piano competitions too. One of them was 2nd prize in American Protégé. In 2019, PBS radio featured him as Classic Music Student of the Month.



When York entered the competition, he registered as an OLLCHS student. During his performances he proudly wore the OLLCHS uniform.

The following are the piano pieces played by York Zhou for the competition:

[Rondo Capriccioso, Op. 14, by Felix Mendelssohn](#)  
[Toccata, by Khachaturian](#)

According to their website, [Piano League](#) is run by professional pianists, and is the official partner of numerous major piano competitions in the world, including the Beethoven International Piano Competition Bonn and the Liszt International Piano Competition.

## Students Perform at NYSSMA Music Festival

On November 20th, Olivia Burdash (Flute) and Gabriella DeGuzman (Saxophone), participated in the NYSSMA Zone 10 Area All-State Festival. Olivia performed in the orchestra and Ella in the band with over 90 other students from several counties.

This is an annual music festival that selects musicians from the entire region to perform as a wind ensemble, orchestra, or chorus. These students are the best in the area, acceptance to the festival comes after attending the local Solo Festival and subsequent invitation by a selection committee to join other high school participants from the regional zone. This is followed by two days of rehearsals and culminates with a concert performance.





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## Ryan VanDeWater to Join Baseball Team at UConn

Ryan VanDeWater began playing baseball as a 6-year old in the Hyde Park Little League. His many years of competing in both school and travel teams since those early days have paid off for the Our Lady of Lourdes senior. Thanks to commitment and dedication, the Hyde Park resident signed his National Letter of Intent Tuesday, November 23rd to join the baseball team at UConn, an NCAA Division One school, next year.



A right-handed pitcher for his travel team, The Bronx Bombers, Ryan brings versatility to the Our Lady of Lourdes team as a two-way player who pitches and plays first base. Ryan's talent and commitment to the sport led to his appointment as co-captain of the Lourdes team last year.

He received an offer from UConn this fall and plans to earn a bachelor's degree in finance and major in Financial Risk Management. After receiving offers from Georgetown, Saint Thomas Aquinas, and Pace University, Ryan chose UConn because he wants to play D1 baseball with a program that has a history of developing players for the next level, and has a winning program. When asked about his future in baseball, Ryan replied, "I plan to play the game of baseball as long as I possibly can. If that takes me to professional baseball I plan on playing at the highest level that I can. Eventually, when the game passes me by as a player, I hope to teach and instruct younger players in their pursuit of excellence in the game of baseball."

Ryan would like to especially thank his parents for their never-ending support, his family for always being at the games, his coaches for teaching him so much over the years, and believing in him unconditionally. Lastly, he would like to thank his friends and teammates who have been by his side, always encouraging him to do his best.

Ryan's family, friends, and OLL teammates along with Lourdes President, Catherine Merryman, Athletic Director William Kyle, and Lourdes Varsity Baseball Coach, Chris Lugbauer were all on hand for the signing to support and congratulate him.



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## Jamie Druckenmiller Signs with Dominican College



Since second grade, soccer has been a large part of Jamieson Druckenmiller's life. This afternoon she fulfilled a childhood dream by signing a National Letter of Intent to play Division II soccer for Dominican College where she will major in Occupational Therapy. Currently a senior at OLL, the lifelong Beacon resident began playing soccer at the early age of four and once she began her competitive career in second grade, she knew she wanted to play at the collegiate level.

In her high school career at Lourdes, Jamieson has been a four-year varsity player and earned All-League honors in Section One in her sophomore, junior and senior years. In addition to representing OLL, this Lady Warrior has played for the Lagrange Sparks and East Hudson Academy programs. Her most memorable experiences through these years include defeating Beacon High School, her hometown school, in her freshman year for the first time in many years, and winning League Champs in 2021 after a 10 year drought was a career highlight!

Expressing gratitude for all the opportunities Lourdes has afforded her, Jamie said, "This is a big day that fulfills a long-time dream of mine. I am here today because of the efforts of many, and I really want to thank all my coaches, and the entire Lourdes community - the faculty, my teammates and my friends for all their help and support. I would not be moving onto this next level without them."

Lourdes Varsity soccer coach, Tony LaRocca, praised Jamie for her passion for the sport and thanked God for bringing her to Lourdes. "Jamie was a pleasure to coach and I am confident she will continue to succeed at college, both academically and athletically," said Coach LaRocca. "We wish her all the best as she moves on to the next exciting chapter of her life."

Jamie's family and friends, coaches, her OLL teammates, Lourdes Dean of Student Affairs Caroline Beyer, Athletic Director Bill Kyle and faculty members were all on hand for the signing to support and congratulate her.





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## Lourdes Hosts VEX EDR Robotics Tournament

Over 200 people were in attendance for the VEX EDR Hudson Valley Qualifier robotics tournament on December 4th hosted by the Our Lady of Lourdes High School Robotics Team, WarriorBots.



Seventeen teams from schools throughout our region competed for a chance at the State finals that will take place in the spring of 2022. Students had to assemble robots capable of accomplishing various tasks simultaneously such as collecting cones and stacking these into goal zones, as well as balancing robots and cones on see-saw platforms. In each match, teams were paired up and then competed against another pair of teams. Each team took part in a minimum of six qualifying matches throughout the day. The top teams of the day then moved on to the quarter, semi, and final rounds.

WarriorBots placed sixth overall in the qualification matches.

Matthias Johnson, the WarriorBots Coach, was thrilled with Saturday's outcome. "It was amazing to see public and private schools from our region coming together to demonstrate their skills and abilities," remarked Mr. Johnson.

Saturday's tournament was one of the first events in our region's VEX EDR schedule, and it is the only one taking place in the Mid-Hudson Valley. Mr. Johnson added, "It is incredible to see other teams come together and help make this day a reality. A special thanks to all those that attended and helped out wherever they could. In addition, with Lourdes hosting tournaments, there is now an opportunity for local teams to travel less. Most events open to us are scattered throughout NY State which requires at least an hour of travel. Hopefully, this will incentivize local schools to start teams."



In addition to the team from Our Lady of Lourdes, teams competing were from the following schools and organizations: The Harvey School, Fallsburg Jr./Sr. High School Granville Jr./Sr. High School, Kennedy Catholic High School, The Mount Academy, Port Jervis Senior High School, D.R. Evarts Library, and Omega Robotics.



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## Pro-Life Club Meets its Advent Service Project Goal

The Pro-Life Club met its Advent Service Project goal of completely packing an SUV with baby supplies for expectant mothers in need. On Saturday, December 11th, the supplies were donated to the Sisters of Life's NY distribution center.



Spearheaded by the Pro-Life Club's co-presidents, Isabella Cho and Gabriella DeGuzman, the Pro-Life Club donated over 1500 diapers, 60 packages of baby wipes, 50 baby outfits, 27 packages of formula, 24 packages of pacifiers, 22 packages of baby bottles, and many other items to the Sisters of Life. In addition, Pro-Life Club students prepared 24 separate gift bags for expectant mothers, each containing a handwritten note and various gifts.

Thank you to the Pro-Life Club for your amazing service, and to all Religion Department teachers for supporting the project and offering their classrooms as collection sites.

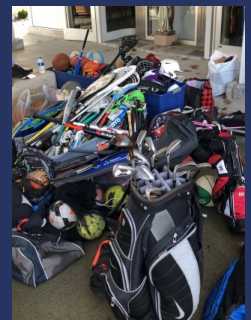


## Equip-A-Kid Sports Drive Helps Local Kids



On Friday, November 12th, the newly formed Equip-A-Kid Club collected used sports equipment for local kids in need.

Spearheaded by Lourdes senior, Amelia DeMelo, the club was able to donate all the equipment they collected to the East Fishkill Rec Center and Open Arms Christian Ministries in Fishkill. According to Amelia, "Some of the items collected will be used by local kids during summer camp programs and some to kids in need, particularly those at a women's shelter that is a part of Open Arms. It was a great success. We collected more than I expected." The club plans to hold another drive in Spring 2022.





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## Lourdes Field Hockey Supports Local Veterans

Once their season ended in November, the Lourdes Field Hockey team got busy deciding how they could best give back to those in our Hudson Valley community.

Inspired by Veteran's Day on November 11th, the team decided to launch a Poinsettia sale on that date to raise funds that would allow them to create "personal care packages" for local veterans. The sale was a tremendous success and surpassed their fundraising goal raising of over \$500.



On Friday, December 10th over 50 bags filled with personal care items were delivered to VetZero which is the veterans' support initiative of Hudson River Housing in Poughkeepsie, New York.

Coach Nikki D'Aleo commented, "As a team, we are truly grateful to all that supported this fundraiser. Thank you! We are also honored to be able to support our local veterans, especially during the holidays."

## Fall Sports Earn Scholar-Athlete Recognition

The OLL Athletics Department is thrilled to report that all 9 of our Fall Sports Teams have met the Scholar-Athlete criteria as part of the New York State Public High School Athletic Association's Scholar-Athlete Award Program.

To receive team recognition a team's average GPA for 75% of its roster has to be greater than or equal to 90.0. Each team (**Football, Boys & Girls Soccer, Field Hockey, Girls Swim, Girls Tennis, Cross Country, Cheer and Volleyball**) will receive a certificate recognizing this accomplishment. In addition to the team recognition, 148 out of our 198 (77%) Fall Sports student-athletes met the criteria to be considered as Individual Scholar-Athletes for achieving a 90 or above GPA. Each will receive a pin from NYSPHSAA in recognition of their achievement.



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## Students Mark Solemnity of Immaculate Conception with School-Wide Mass

Father Connolly celebrated the Feast of the Immaculate Conception for the student body along with faculty and staff who attended either in person or virtually.

Under the direction of Mr. Herles and Father Connolly, the Campus Ministry club planned all aspects of the celebration. Members of the junior and sophomore classes attended the Mass in the Arts & Athletic Center while the remainder of the school watched via a Livestream from their classrooms.

**Student Altar Servers** were Diana Allgaier, Grace Irwin, and Emmanuel Vazquez-Montes.

**Readers** were Jessica Stanczak, Valerie Bubel, and Bridget Amone.

**Sacristans** were Brian Sayah, Tristan Murray, Gabriella DeGuzman, Giovanni Gauzza, and Sal Incorvaia.



## Our Lady of Lourdes Wrestling Team Brings Christmas Cheer

This holiday season the Our Lady of Lourdes wrestling team, made up of twenty-one boys and one young lady, worked together to deliver gifts and holiday cheer to a local family. The team worked with a local organization, **Fostering Hope Together Foundation**, which helps local foster families in need. Steve Price, the wrestling coach, along with his wife are foster parents for this foundation and offer their home as an emergency placement site for families under the direction of Dutchess County Social Services. Through this connection, the team was able to adopt a family in need and jumped at the opportunity to deliver all the gifts on the family's wish list along with grocery store gift cards to provide the goodies for a holiday feast.

In addition, the team helped wrap presents for over 70 local families at the Fishkill Baptist Church which were then handed out at the annual Santa Breakfast on Saturday, Dec. 18th. During the morning, local foster families came together for breakfast, met Santa, and received their bags of gifts. "I am so proud of the work my team put into this project. They represented Lourdes with honor and integrity," said Coach Price, "Thanks to all the hard work by these young athletes, the Santa breakfast was a huge success, and put smiles on many faces of young children who are much less fortunate. The wrestlers are grateful they could help make this season a little brighter for their adopted family and look forward to making this an annual tradition."





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## Mrs. Merryman Opens Catholic Schools Week With Visits to Local Parishes

Sunday, January 30th marked the first day of Catholic Schools Week - "Celebrating Parishes"! That morning Mrs. Merryman was honored to attend Mass at St. Joseph Catholic Church in New Paltz and was provided the opportunity to speak to their community.

Father John Koelle, O.F.M. celebrated a beautiful Mass and we thank St. Joseph's Pastor, Father Salvatore Cordaro, O.F.M. for his gracious hospitality and support of Our Lady of Lourdes High School. Thank you to the entire St. Joseph's community for such a warm welcome and for providing this special kickoff to Catholic Schools Week!



Throughout the months of January and February, Mrs. Merryman also visited parishes, speaking to their congregations in Newburgh, Kingston and Highland.

## Feast of Our Lady of Lourdes - A Message from Mrs. Merryman

February 11th is the anniversary of the first apparition of the Virgin Mary to Bernadette Soubirous. During his time as Pope, Saint John Paul II instituted the World Day of the Sick on this day of the solemnity of Our Lady of Lourdes. He did this in an effort to raise awareness for those who suffer from any illness or disability. This day is also a day to remember those institutions and families that care for the sick, suffering, disabled, and for those whose state in life requires more work, more prayer, more community.

In another message, Pope Francis reminds us that when we pray we are asking Our Lady for great grace, as he says: "Mother, help us to be a community that goes out to encounter everyone." While this is a tall order, it is the call of a Catholic. We are called to be a community that goes out to encounter others, but that also goes forth allowing ourselves to be encountered, because "encounter is mutual."

"Encounter is not almsgiving, it is walking together, escaping solitude and isolation to be with others, with friends, with family, with the People of God, all together in prayer before Our Lady." ~ Pope Francis

To my OLLHS community, my brothers, and sisters - today and every day we pray that Our Blessed Mother helps us to be a community of people who walk together in unity and love to become beacons of light and beautiful gifts of faith, hope, and love to all whom we encounter. With much love and gratitude, Catherine Merryman, President



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## Varsity Wrestling Section One Division 2 Championships

### Section I Wrestling - Division II Individual Champions

The Our Lady of Lourdes Wrestling Team had a very successful day this past Saturday, Feb.12th at the Section One, Division 2 Championships held at Hendrick Hudson High School.

Both Jackson Wainwright and Charles Batista won an individual championship in their weight class.

Jackson, a senior at Lourdes who has competed in wrestling for his entire high school career, took first place in the 126 weight and was named the lightweight Most Outstanding Wrestler of the Tournament.

Charles Batista won section champion in the 285 weight division. A junior at Lourdes, Charles also was voted the "Champion of Champions" at sectionals. Both wrestlers will advance to the state championship tournament and represent the Section 1 team!

The team finished 5th overall.

Congratulations to our other place finishers:

Matt Krauza 3rd

Jack Mulcahy 3rd

Chris Delena 5th

Will Schwiebert 5th

John Matthews 6th



## Off to States!

The Lourdes community gave an enthusiastic send-off to all our athletes headed to States, representing three different winter sports, complete with a police escort by the Dutchess County Sheriff's Department for our two wrestlers as they headed to Albany for their championship competition on February 25 and 26.

Congratulations and good luck to all of our amazing Warriors! Here's the line-up:

Charles Batista – Wrestling

Jackson Wainwright - Wrestling

Ed Horgan - Boys Swimming

Chris Boston - Indoor Track





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## *A Prayer For Peace*

### *A Message From Mrs. Merryman*

#### ***A Prayer for Peace***

**Catherine B. Merryman**

As the Lourdes community prepares to journey into the desert this Lenten season let us remember to pray for peace. I pray that your prayer, fasting, and almsgiving over these 40 days will fill you with the peace that only God can give.



May the Queen of Peace protect the world from the recklessness of war. Due to the "alarming" developments in Ukraine, once again the peace of all is threatened by partisan interests.

The Lourdes family knows the power of prayer. We ask the entire Lourdes community to lift their minds and hearts in prayer for all those facing the violence that looms over this region.

Pope Francis, as a World Leader himself, calls on those who practice power over politics, "I would like to appeal to those with political responsibilities to do a serious examination of conscience before God, who is the God of peace and not of war, who is the Father of all and not only of some, who wants us to be brothers and sisters and not enemies." He

also urged other world leaders to "refrain from any action that would cause even more suffering to the people, destabilizing the coexistence between nations and discrediting international law."

What can we do to make peace in the world? As Pope John said, "It pertains to each individual to establish new relationships in human society under the mastery and guidance of justice and love." (cf. John XXIII, *Pacem in Terris*, [11 April 1963]: AAS 55, [1963], 301-302).

In his weekly message our Pope urges, "All men and women of goodwill are bound by the task of pursuing peace. I make a forceful and urgent call to the entire Catholic Church, and also to every Christian of other denominations, as well as to followers of every religion, and to those brothers and sisters who do not believe peace is a good which overcomes every barrier, because it belongs to all of humanity! It is neither a culture of confrontation nor a culture of conflict that builds harmony within and between peoples, but rather a culture of encounter and a culture of dialogue; this is the only way to peace."

*O Loving God, your Son, Jesus Christ, came into the world to do your Will and leave us His Peace. Through the intercession and example of our Blessed Mother Mary, Queen of Peace, grant us the wisdom and humility to reflect that peace to the world. Inspire our thoughts, words, and deeds to bear witness to your presence in our hearts. May your Holy Spirit fill us with every grace and blessing so that we may pursue what leads to peace for all humanity. Amen*





# OUR LADY OF LOURDES HIGH SCHOOL

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## Promoting Women in STEM



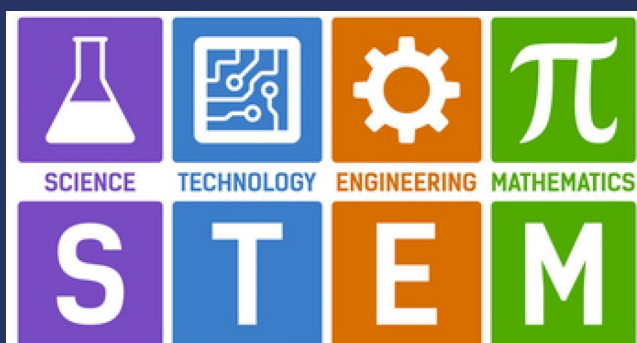
Lourdes faculty member, Laura Smith believes it is extremely important for our students to see that women can succeed in the STEM field.

According to Ms. Smith, "In 2020, two women won the Nobel Prize in Chemistry. This was a groundbreaking win for Emmanuelle Carpentier and Jennifer Doudna for their development of CRISPR, a gene-editing technology. In my lifetime, there have only been 2 other women that have won a Nobel Prize in Chemistry: Frances H. Arnold for her study of enzyme evolution in 2018, and Ada E. Yonath for her study of the structure and function of ribosomes in 2009. Every other winner during my lifetime has been male (64 males and 4 females)."

Ms. Smith goes on to state, "It is important for our female students to be able to envision themselves in STEM."

Historically, scientific development has focused on men. Nowadays, it still leans that way. I hope to instill in my students that women can achieve anything. In the future, I hope to see that science education and curriculum includes more diverse figures for students to look up to."

Currently, Ms. Smith teaches AP Chemistry, Honors Chemistry, and Forensic Science. As a science educator, Ms. Smith aims to empower her students to question the world around them. As she states, "My goal is to be a positive role model for students who want to enter the STEM field."





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## Health Science Course Prepares Students For Real-World Scenarios

More lives can be saved thanks to Lourdes' Health Science course taught by Mr. Miles Hansen.

Mr. Hansen, who is also the Athletic Trainer for all of the Lourdes JV and Varsity teams, is currently testing his 34 students on their skill set for administering CPR on adult CPR dummies. Once they pass the test, they will be certified to administer CPR for two years.

"Certifying so many students each year is so important," comments Mr. Hansen. "If they plan to engage in a healthcare career in college, they are getting a jump start by taking this class. Also, for those students who are moving into different fields, knowing CPR is a benefit to themselves and the community. It's a great feeling knowing there are 60 or more students each year who become CPR certified," said Mr. Hansen.



The class also explores the various health science career pathways and the roles of different members of the healthcare team. Students will explore the history of medicine as well as current trends and engage in projects and discussions related to medical law and medical ethics.

Mr. Hansen is a very familiar face to the athletes at Lourdes. His work as the Athletic Trainer means he assists all of the Varsity and JV teams at games, in the fitness center, and in our new state-of-the-art athletic training office complete with both hot and cold hydrotherapy tubs, stretching tables, and much more. His wealth of knowledge and experience includes:

- B.S. in Sports Medicine/Athletic Training
- B.S. Psychology
- NYS Licensed Athletic Trainer
- Certified Red Cross Instructor
- Certified COVID Tracer
- Certified Psychological First Aid



# OUR LADY OF LOURDES HIGH SCHOOL

2021-2022

## Lourdes Alumnus Supports Give Green

Matt Latino '03 was recently named VP, Finance and segment CFO of Applied Water Systems and Americas Commercial Team at Xylem, a large water technology company based in Rye Brook, NY.

He also still serves as Vice President of Investor Relations, a program he has led since early 2017. In addition, Matt founded and leads Xylem's Finance Leadership Development Program (FLDP), a leadership rotation program in finance for recent college graduates.

Matt and the Xylem Investor Relations program were named to the Institutional Investor All-America teams in 2019 and 2020, including the top award for 'Most Honored Company' in 2020 in the Electrical Equipment & Multi-Industry sector. He was also a finalist for the 2020 IR Magazine 'Rising Star' award and is a finalist for the 2022 'Best in Sector – Industrials' award.

Prior to joining Xylem in 2012, he worked in the Audit Practice at Deloitte & Touche LLP.

Matt earned a Bachelor of Science degree from the State University of New York College at Oneonta in Professional Accounting. He played basketball there for 3 years, including Captain his Senior year, while also serving as a peer tutor and on the Accounting Society.

Matt graduated from Our Lady of Lourdes in 2003 with honors. He was a three-sport athlete in Soccer, Basketball, and Track & Field while also actively involved in other clubs and community volunteer activities. Matt has returned to his high school alma mater to present at Career Day AND you can also find him on the court during the Alumni Basketball games.

Matt currently lives in White Plains with his wife, Denise, seven-month-old daughter, Paige, and dog, Gunnar.

(continued on next page)

### LOURDES ALUMNI

Support Give Green



**Matt Latino '03**

VP & Segment CFO  
Xylem





# OUR LADY OF LOURDES HIGH SCHOOL

2021-2022

## Lourdes Alumnus Supports Give Green (cont.)

"My time at Lourdes was foundational not only in preparing me for higher education and my career but also for the rest of my life. Excellence in academics and a disciplined work ethic were instilled in me at Lourdes – in the classroom, on the court, in our communities. What distinguishes a Lourdes education is that it develops these qualities and life skills while also shaping students' values, morals, and spirituality through the Catholic faith. I am blessed that this was an extension of what my parents (also both Lourdeans) have instilled in our family growing up. Lourdeans past, present, and future embodies the definition of 'family' – and it is one that I cherish."

~ Matt Latino '03

(Pictured below, Matt shares photos of his beautiful family AND his OLL Crew from the Class of 2003)



Our sincerest thanks to the over 150 donors who generously donated over \$25,000 to Lourdes during our Give Green Campaign on March 17-18 2022.

We are blessed!



# OUR LADY OF LOURDES HIGH SCHOOL

2021-2022

## Allie Imperati '14 In New Role Promotes Support for Morgan's Message - Taking a Shot at Mental Health

The Lourdes Girls' Lacrosse Teams hosted a Lacrosse Play Day on Saturday, March 26 to benefit Morgan's Message.

The Our Lady of Lourdes Varsity Lacrosse Coach, Allie Imperati '14 is rallied her team to support Morgan's Message, a non-profit with the mission to eliminate the stigma surrounding mental health within the student-athlete community and equalize the treatment of physical and mental health in athletics.

Coach Imperati spoke about her connection with this cause, "It's something near and dear to my heart. It came to me through word of mouth, with my connection to the Santoro family. I also thought it was a very relatable cause for our girls to get involved in and I did my own research before I brought the idea to our team. Morgan had suffered an injury that took a major toll on her mental health and played a role in her unfortunate departure. I immediately sympathized and related to her. I had played at the D-3 level, and it was a serious injury that ended my career.

Athletes are told to be tough and strong, work through any aversion they meet. My experience definitely took a toll on my mental health, and I'm lucky to say I overcame that, and am now back involved in a sport I love.

Exposing my team to Morgan's Message helped me create a safe environment where these tough situations and feelings can be discussed. Being able to discuss frustration, anger, sadness brought on by pressure from athletics, family, and school can change the trajectory of these young athletes' careers.

I was overwhelmed by the outpouring of support and kind words from our one game last spring. This season we have grown to have 7-8 teams involved. Last year I had one student ambassador, this year I have 5. The girls are eager to be involved and end the stigma surrounding athlete mental health. The team and I have organized bake sales, and raffles through donations for our play day, and all of the proceeds will be going to Morgan's Message. I'm hoping to get a big showing on March 26th to grow the awareness of such a special cause."



For more information on Morgan's Message visit <https://morgansmessage.org>



# OUR LADY OF LOURDES HIGH SCHOOL

2021-2022

## Class of 2022 Lourdean Award Nominees Announced

Congratulations to our Class of 2022 Lourdean Award Nominees!

Eight seniors were honored at our St. Patrick's Day Mass on March 17th in the presence of their fellow students, as the Lourdean Award Nominees for 2022 were announced. These students represent a wonderful and outstanding senior class who we are very proud of.

The Our Lady of Lourdes Lourdean Award is the highest honor the faculty and administration can bestow on a graduate. The award recognizes the young men and women who, in their estimation best exemplify the qualities and characteristics professed by our school's philosophy which include credentials such as Scholarship, Leadership, Personality, Spirituality, Judgment, and Optimism.

The recipients are elected by ballot among the faculty and the winner is known only at the moment that the award is bestowed at Graduation.

We are very proud of all our Lourdeans who are graduating this year, and although only one award is given to a senior boy and senior girl, all are honored and recognized by the nomination.

Congratulations to Genevieve Bernhardt, Valerie Bubel, Alexander Clark, Grace Macedonia, Julia Morales, Jack Mulcahy, Brian Sayah, and Jason Sayah.

