

ITINERA

TRINITY SCHOOL AT RIVER RIDGE ALUMNI NEWSLETTER

Implementing Commitment and Accomplishing Goals

By Nathan Platter, 2009

I was an average athlete in high school. For whatever reason, I physically let myself go during and after college. Thanks to a book club at work, I started working out once a day, every day. I had to change my thoughts and self-talk to go from couch potato to athlete. Today, that workout streak spans 1300 consecutive days including running three marathons within a single year. The two driving factors for such an athletic endeavor were twofold: to



increase my mental focus in daily life and to start treating my physical health like it mattered.

I was diagnosed with ADD/ADHD midway through high school, meaning my focus gets spread too

thin. Why do one task at a time if I can do six? However, the real world wants people to both start and finish tasks, not just start. My doctor prescribed me Adderall, and I started completing projects and assignments. My grades jumped 0.9-1.1 points instantly. Adderall became part of my daily routine.

For whatever reason, I was uneasy imagining myself having to take a non-lifesaving drug for the rest of my life. I could function just fine with and without, but I wouldn't be performing at my peak levels without it. If I could find a non-prescription way to maintain my top mental performance, I'd switch.

It had been five years since I did anything related to exercise when I started this endeavor. No jogging, not one sit-up, or even picking up a 5lb weight at any gym. My waistline had expanded, my clothes were getting tight, and going up several flights of stairs was tiring. In high school I could run 3 miles in 25 minutes, but I knew this wasn't my best. My diet was fine but not intentional. I'd drink water when I felt thirsty and would snack a bit whenever something was handy, but there was no purpose for what I consuming.

Three and a half years ago, my

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Who's That Class



**TRINITY
SCHOOL**
AT RIVER RIDGE



SAVE THE DATE

MAY

Fine Arts Festival

May 6th - 25th, 2019

Parent Information Night

Tuesday, May 14th, 2019 at 7:30 pm

Senior Drama Performances: "George Washington Slept Here"

Friday, May 17th, 2019 at 7:30 pm

Saturday, May 18th, 2019 at 7:30 pm

FREE for alumni

JUNE

Commencement

Saturday, June 8th, 2019 at 1:00 pm

Summer Enrichment: Acting Workshop*

Monday - Friday June 24-28, 2019

9:00 am - 12:00 pm

Summer Enrichment: Girls Soccer Camp*

Monday - Friday, June 24 - 28, 2019

Grades 8 - 12, 9:30 am - 11:30 am

Grades 5 - 7, 12:00 pm - 2:00 pm

JULY

Summer Enrichment: Adventure Camp*

Monday - Friday July 8-12, 2019

9:00 am - 11:30 am

Summer Enrichment: Boys Soccer Camp*

Monday - Friday July 8 - 12, 2019

Grades 8 - 12, 9:00 am - 11:00 am

Grades 5 - 7, 11:45 am - 1:45 pm

JULY cont.

Summer Enrichment: Film Noir Seminar*

Tuesdays July 9th, 16th, 23rd, and 30th, 6:30 pm
10th Grade through Adult

Summer Enrichment: Math Camp*

Tuesday - Friday July 16 - 19, 2019
9:00 am - 11:30 am

Summer Enrichment: Adventures in Ancient Egypt*

Monday - Friday July 22 - 26
1:00 pm - 4:00 pm

Summer Enrichment: Boys Wrestling*

Monday - Wednesday July 22 - 24, 2019
5:30 pm - 8:30 pm

NOTABLE FALL DATES

Homecoming Weekend

September 20th & 21st

Fall Alumni Visit Day

Wednesday, November 27th, 11:00 am - 3:00 pm

Alumni Volleyball and Basketball Games

Thursday, December 26th

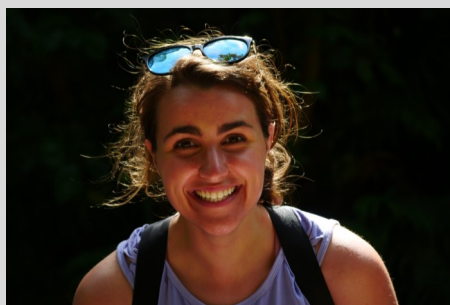
*Questions? Contact: [Sarah Serdar](#) or
register online: [Enrichment Registration](#)

Where are they now?

Margaret Maruggi, 2016

Where did you end up after Trinity?

I graduated Trinity class of 2016, and I am currently in my third year of college at the University of Minnesota pursuing a degree in Genetics and Cell Development.



Is there anything about where you live/the culture you live in, that brings you more life and more enjoyment?

I live in Minneapolis on the U of MN campus. Over the years I have fallen in love with my hometown. It has been exciting to see Minneapolis take center stage at so many national events, like the Super Bowl and the Final Four. I have gained a sense of pride from being from Minneapolis which I did not think I would ever say. This city has brought me more enjoyment especially since the atmosphere has been shifting to a more exciting city.

How has studying abroad in New Zealand challenged you? Has it changed you or your perspective?

I am currently studying at the University of Auckland in New Zealand for the semester. This has brought on many challenges. The strangest might be driving on the other side of the road. But truly it has helped me realize how vast and yet how small this world is. I

might be in a different hemisphere, even in a different day than those back in MN, but the people over here are struggling to find the answers to the questions we all ask, "When are we all 'safe'?" or "How do we allow an open space where all can exist?" . These questions were brought up after the Christchurch massacre which America has been questioning for a couple of years now especially. The students I have met here from all around the world are also struggling with questions similar to those that I have been asking since my time at Trinity, "What is a passion, and how do I find it?" and "How can I be an upstanding citizen or community member in the culture that I am in?".

What inspires you?

Nature inspires me- and there is so much beauty to see in New Zealand, I am often inspired! I have taken many trips to the mountains in the states and here in New Zealand. I am always constantly amazed at the beauty of the world that the Lord has given us. I stand facing these mountains and remember that having faith like a mustard seed can move mountains.

What does a typical day in your life look like?

Here in New Zealand, I sometimes wish the program was just called "Abroad". Alas, it is actually "Study Abroad." While I use my school breaks to explore this beautiful country, I am actually studying most days. That and meeting new Kiwi friends and friends from around the world!

Is there anything that would surprise people about your day to day?

For the past three years, I have been an active member in a program at the University of

Minnesota called President's Emerging Scholars (PES). This program is dedicated to providing financial and academic aid for under-served and under-represented students, as well as providing a community for participants. I helped establish the PES Student Board and was President for the last year. In that year we hosted a Grand Gala, a silent auction fundraising event, raising money for the Engagement Scholarship. This scholarship helps students afford unique opportunities on campus. In the last three years, I have seen the importance of helping the under-served and under-represented. I believe all have the right to an exceptional education. I am deeply involved in this program because I believe in its ethos and want to continue to shine light on it and develop it on my campus.



Were there any interests discovered at Trinity that have formed or fed your work now?

Any studies from Trinity that you are still discovering or pursuing? I believe my taking a science oriented path can be directly tied to my sophomore biology class with Ms. Gaworski (now Mrs. Brandt). And, I will never forget the kindness, friendship and lessons imparted by Dr. O'Hanley throughout my time at Trinity. He looms large in every good memory I have about Trinity School, and I miss him every day.



(Continued from page 1)

coworkers and I started a book club and all created personal goals. We were each other's accountability partners. My goal was to do something novel: to get physical exercise, not just once, but once a day for an entire week. Each day we had to send a 5 second video of us doing our goal to our group message on our phones. My first day was a 2 mile jog, the next day was 4 sets of 10 pushups - just something to build momentum.

Each week, the group would meet up to encourage and celebrate the individual goal accomplishments. The first 100 days of the workout streak was with those coworkers, and I'm grateful they helped me get started.

I signed up for a gym membership to get access to more weights, machines, and fun ways to stay active. I had no idea how long I could keep the streak going, but I just kept doing some little thing every day to keep it alive. Then on day 366, I was getting bored with doing the same things at the gym over and over again, so I signed up for 3 marathons. I knew I could do it if I committed to it, especially since I signed up in October and the first marathon was in April. If I could endure running in the Minnesota winters and get my miles in without giving up, running in the spring/summer would be a cakewalk. I downloaded a running app, followed the plan, and finished my first race in 3:45.

I don't like running, but I like winning. Once my lungs, heart, and joints were prepared for 26 miles, the only remaining ingredient was the mental commitment to finish the race. Anyone whose body can endure the 26 miles can go from no training to finishing your 1st marathon in under six months of training. Remember, the title is

Marathon "Finisher", not "Winner." Runners often have up to six hours to finish the race. If you can run/walk/jog one mile in 13 minutes, you can finish a marathon.

As a side note, my favorite marathon experience was the Twin Cities Marathon. Grandma's was good, but Grandma's is in the hot and humid July. The Twin Cities is usually cool in October fall.

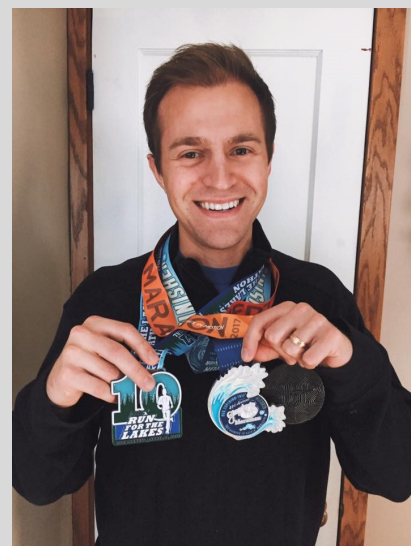
I put together my top 10 insights from this ongoing experience which I have found life changing beyond just the physical nature of the challenge. I have added them at the end. Overall, these last 3 years have been so rewarding because I've proven to myself that I can do what I set my mind to. And you can, too. Thank you for the chance to share my learnings from the past few years.

Top 10 Insights

1. Plan for tomorrow, *do* today - I can only do today's tasks. It's a waste of energy to worry about tomorrow when today is my concern.
2. The best time to take action is *now*. Unless there's an age requirement, there is a cost to waiting to start something great. Action is better than a perfect plan.
3. A good thing at the wrong time is still a bad idea - some things require months of necessary preparation. It took me 6 months of training for my 1st marathon. To only allow a few weeks training would have been foolish and resulted in injury.
4. Get a coach/trainer/mentor ASAP. There are many people who are experts in an area I want to improve. I'm willing to pay (time, money, or energy) to get their wisdom, and it'll shortcut my process in accomplishing my goals.
5. Goals should be intimidating - if I

can accomplish my goal without growing, that's a lame goal. If I have to grow, change, and mature then that is a worthy goal.

6. I can only win if it's possible to lose. I need the chance of failing to



generate more intense focus and dedication to winning my endeavors.

7. Remember "Future Me." The actions I do (or don't) take WILL impact my quality of life tomorrow. Do something today to make Tomorrow Me a little better.
8. My ambitions are not unique - in the history of the world, thousands of other people have tried to do my same goal. Find those people that wanted what I want and learn from their mistakes and successes.
9. Development takes time. Don't rush the process or else you risk going too fast and failing miserably.
10. Put only great things in the calendar - the saying goes that good is the enemy of great. There are only 24 hours in a day. If I keep adding great things to my schedule, I eventually lose time for mediocre activities. Over time, I only have great things on my calendar.

A preview from Veritas Journal

The Black Hole

By Abbey von Gohren

The release Wednesday of the first-ever image of a black hole dominated the world's collective imagination. An amorphous ring of fire glowed curiously across Facebook feeds and newspaper headlines, inviting a barrage of timid questions from lay people – which, given our total understanding of black holes, is all of us. Astrophysicists obviously have more professional know-how in situations like these, but even they frequently admit that they have only a vague idea of what is going on. For just a moment, we could all revert back to an unselfconscious wonder that comes so naturally in third grade, but becomes increasingly difficult to maintain in the supposedly grownup world. Mysterious happenings, such as an actual photograph of a black hole, set us back on our heels. To try to better understand, we make comparisons to what we know, reaching for fantastical, imaginative language. (Even [the New York Times](#) called it “the Eye of Sauron” and “a smoke ring framing a one-way portal to eternity.”)

I interrupted my own class of high schoolers yesterday, their heads deep in Aristotle's *Ethics*, to lift their eyes and consider this image. Coincidentally, they had just come from reading a section of the argument about the highest form of knowledge:

“For it would be strange to regard politics or practical wisdom as the highest kind of knowledge, when in fact *man is not the best thing in the universe*...the argument that man is the best living thing makes no difference. There are other things whose nature is much more divine than man's to take the most visible example only, the constituent parts of the universe.”

Aristotle's Ethics 6.7

They were mesmerized; but the wordless awe soon gave way to a string of questions, which I heard echoed later in the school halls, the restaurant where I met a friend for lunch, and public spaces physical and digital all day long. People of all ages were put back in grade school for a day, asking humble questions like: “Where does it lead to?” “Does time really slow down in there...or does it speed up?” “What does it mean that they've got this image – are black holes ‘proven’ now?” “How did they take a photo of something invisible?”

To read more, visit the [article online](#) at [veritasjournal.org](#)

2019 Reunion News

5 year reunion - Class of 2014, look for more information coming soon!

10 year reunion - Class of 2009! Your reunion is scheduled for July 20th. More information coming soon.

15 year reunion - Class of 2004! Look for more information from Josh McClure and Lauren (Edge) Tran coming soon!

20 year reunion - Class of 1999! Jon Lamers and Sean Ryan are working their magic to plan your event. More details coming soon!

25 year reunion - Class of 1994! Please let me know if you are interested in organizing your reunion this year!

Email me (Rachelle Wind) at rwind@trinityschools.org for more information.

The 2019 senior class presents Hart and Kaufman's

George Washington Slept Here

From the authors of *You Can't Take It With You* and *The Man Who Came to Dinner* comes another classic American comedy. When hapless history buff Newton Fuller impulsively buys a run-down 18th century rural house, renovating it becomes the least of his trouble. An exasperated wife, mischievous nephew, cantankerous uncle, cranky neighbor, phlegmatic caretaker, melodramatic actors, mercurial maids and more contribute to that comedic chaos.

Admission at the door:

Adults \$6, Students \$4, Family Rate \$25,
Alumni Free



Attention all Chamber Singers Alumni

You are invited to join the current Chamber Singers at the class of 2019 graduation ceremony singing *Ubi Caritas*, directed by alumnus Andrew Gaylord. Commencement is on Saturday, June 8th at 1:00 pm. We hope to see you there!

Alumni Art Club

Still..

COMING

SOON!

For more information or if you're interested in helping, please contact

[Rachelle Wind.](#)

Student Artwork on display in the Trinity School Commons, Lobby and Halls, May 6-24.



Join us for the Year-End Celebration!

Friday, May 24th, 2:00 - 3:00 pm

Announcement of 2019 Award Winners:

Graduate Awards

William C. Wacker River Ridge Awards

John R. Buri Distinguished Athlete Awards

Creative Writing Contest

And more..

Ice Cream Social to follow in the Commons.

SUMMER ENRICHMENT PROGRAMS

A100 ADVENTURE CAMP

Calling all outdoor adventurers! Let's read some great stories of survival and adventure and recreate some of them ourselves! We will hike in the woods, build shelters, and experience some of the same things the characters do—learning important outdoor survival skills while having fun. Different stories are featured each year.

Instructor: Abbey von Gohren

Monday-Friday July 8-12, 2019

9:00-11:30

Grades 4-7

\$100 prior to April 30th / \$125 after April 30th

A200 ADVENTURES IN ANCIENT EGYPT

Experience the rich legacy of ancient Egypt as it comes alive while learning about hieroglyphics, sarcophagi, sphinxes, pyramids, and paper's ancient ancestor—papyrus!

Instructor: Kit Adderley

Monday-Friday July 22-26, 2019

1:00-4:00

Grades 4-7

\$100 prior to April 30th / \$125 after April 30th

A300 ACTING WORKSHOP

Use your imagination and playfulness to engage in the art of the theater! Campers will do acting exercises and games, and they will prepare a short play for a performance at the end of the week. We will also experiment with masks, costumes, props, and simple set building.

Instructor: Andrew Gaylord

Monday - Friday June 24-28, 2019

9:00-12:00

Grades 4-7

\$75 prior to April 30th / \$100 after April 30th



W100 BOYS WRESTLING CAMP

Wrestling is the oldest of all martial arts. Boys at this camp will learn how to perform some of the basic skills in folk-style wrestling. At the same time, boys will improve their balance, flexibility and overall physical fitness.

Instructor: Pat Murphy

Monday-Wednesday July 22-24, 2019

5:30-8:30 PM

Grades 1-8

\$75

TRINITY SOCCER CAMPS

These soccer camps will focus on individual ball skills, passing, shooting and team play through creative drills and small-sided games.

Boys Soccer

Instructor: Jake Olson

Monday-Thursday July 8-11, 2019

B100 Grades 8-12, 9:00-11:00

B200 Grades 5-7, 11:45-1:45

Girls Soccer

Instructor: Jeff Showalter

Monday-Friday June 24-28, 2019

G100 Grades 8-12, 9:30-11:30

G200 Grades 5-7, 12:00-2:00

All Soccer Camps \$75



M100 MATH CAMP

Join us as we travel through the world of mathematics! We will create magnificent geometric constructions, re-discover the circumference of the earth, explore the surprising relationships of map-making, and more. Bring your curiosity about shapes, numbers, and patterns as we prepare to enter the next dimension!

Instructor: Caleb Dahl

Tuesday-Friday July 16-19, 2019

Time 9:00-11:30

Grades 4-7

Cost \$75 prior to April 30th / \$100 after April 30th

F100 SEMINAR: FILM NOIR

Fortune, felonies and femmes fatales - join us for viewings and discussions of four landmark noir films. We will discuss the origins, development and unique interpretations of this fascinating genre.

Instructors:

Brad Lindberg and Jonathan Peasley

Tuesdays July 9th, 16th, 23rd and 30th

6:30 PM

10th Grade through Adult

Free—Registration Required due to Limited Space



Who's That Class?

Not so much a class as an entire school! Trinity School of River Ridge in 1988. I'm sure you'll spot a few familiar faces!

2019 Class Reunions

Class of 2014—**5 years**

Class of 2009—**10 years**

Class of 2004—**15 years**

Class of 1999—**20 years**

Class of 1994—**25 years**

Celebrate your time at Trinity by planning your class's milestone reunion! If you are interested in volunteering, contact Rachelle Wind at rwind@trinityschools.org. TSRR is happy to help you promote your event!

STAY CONNECTED

Moved recently? Changed your email address? Have a class note to share? Keep us updated by filling out this **Google Form** or sending us an **email**.



TRINITY SCHOOL
AT RIVER RIDGE

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