

Spring 2021 | Issue 11

CONTINUUM

TOTINO-GRACE HIGH SCHOOL



LIFE TAKES ENGINEERING

CATCHING UP WITH MEMBERS OF THE FIRST COHORT
AND A LOOK AT THE E3 ENGINEERING INSTITUTE TODAY

SPRING 2021

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COVER: Lily Zemke '21 is a member of the 2021 E3 cohort, robotics club, math team, is involved in the theater program and tech crew, serves as a Link Ambassador, and is a Murphy Scholar and member of the National Honor Society. Lily will attend NDSU for Mechanical Engineering.

ADDRESS CHANGES AND ALUMNI NEWS SUBMISSIONS

Submit address changes and alumni notes at www.totinograce.org/alumni or tgalumni@totinograce.org. The school reserves the right to publish and/or edit material to reflect the values of our mission.

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Totino-Grace High School

MISSION STATEMENT

Totino-Grace is an Archdiocesan co-educational Catholic high school in the Lasallian tradition. Welcoming a student body that is academically, economically, and culturally diverse, we strive for equity and excellence in all programs. Recognizing the key elements of our mission as learning, faith, community, and service, we seek to provide a safe environment that places priority on mutual respect, self-discipline, and acknowledgment of our responsibility in the world community.

ADMINISTRATION

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Assistant Principal

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Dean of Students and Director of Campus Ministry

Matt Ksepka
CFO

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Associate Director of Advancement – Special Projects

Shannon Hartinger
Alumni Relations and Special Events Coordinator

David Olson '07
Associate Vice President for Institutional Advancement

Richard Olson
Vice President for Institutional Advancement



From the **President's Desk**

Totino-Grace High School launched the Experiential Engineering Education (E3) Institute in the fall of 2013. From its inception, our E3 program has seen consistent interest among our student body, with approximately one-third of TG sophomores, juniors, and seniors enrolled. That's hundreds of students who have had the opportunity to learn to think like engineers and develop the skills required of today's successful students and professionals. At TG, creative thinking and collaborative problem solving intersect with analysis and communication to fuse a student-centered learning experience that compels students to dig deeper into content while enjoying the learning process and building self-confidence.

Our E3 students want to explore real world problems that they've identified. They like the challenge of navigating the roadblocks, mapping the design choices, and learning how to persevere through failure. Perhaps the final step is the most important. Innovative ideas and problem solving are at the heart of what engineers do but complex obstacles are rarely easily overcome. It takes curiosity, imagination, and grit to surmount tolerated failure. Albert Einstein once said, "It's not that I'm so smart. It's just that I stay with problems longer." Our E3 students learn to weave their analytical and collaboration skills along with a sense of play and persistence to face adversity, skills that are prized across industry.

At Totino-Grace, we understand that science, technology, engineering, and mathematics permeate virtually every part of our lives and play a significant role in the sustained growth and stability of the U.S. economy. Dan Vandermyle, Creator and Co-Director of the E3 Institute explains, "The program's extensive experiential learning opportunities demonstrate real world challenges and the collaborative classroom environment allows our students to develop sought-after background and skills beneficial to any career. E3 graduates consistently share that participation in the program clearly distinguishes them from their college peers."

Our intent is to excite students about their future education and career possibilities as they learn how engineers contribute to and improve lives. Matt Thibodeau, E3 Co-Director, proudly shared, "I never have a sore throat after a class. Our students are active and empowered learners." Nowhere is this seen more than in the senior capstone projects, where students are in charge from conception to completion, including presenting a functional product or system with the help of a mentoring relationship from professional engineers who volunteer their time.

As a natural progression of the E3 program, a few years ago Totino-Grace added a FIRST Robotics program to our extensive selection of co-curricular programming. Participants combine teamwork and rigorous work ethic with science and technology challenges. It is no wonder that FIRST Robotics is called the "ultimate sport for the mind."

Engineers don't sit back and watch – they make things happen. The following pages will attest that Totino-Grace's E3 program does just that!

Live Jesus in our hearts. Forever!

A handwritten signature in black ink that reads "Craig W. Junker". The signature is written in a cursive, flowing style.

Dr. Craig W. Junker, President

School News

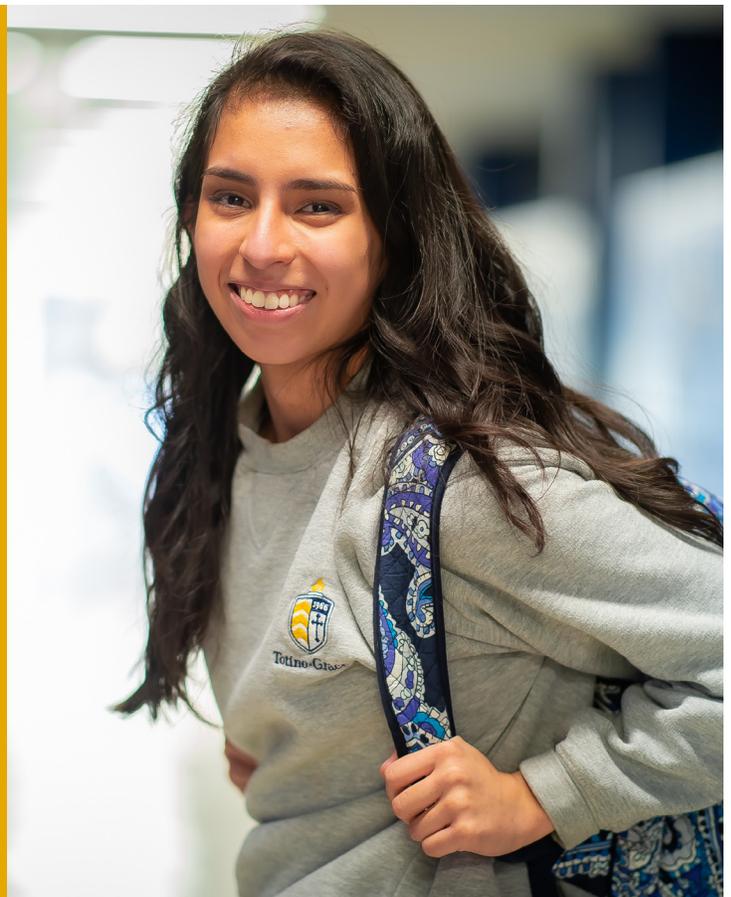


Tuition Freeze

The global pandemic continues to impact families in our community and those considering enrolling their students at Totino-Grace. Affordability and accessibility for any family who wishes to provide a Totino-Grace education for their child is a priority for school leaders. To respond to the identified needs of current and incoming families due to existing income changes and future uncertainty, the Board of Directors approved a tuition freeze for all Eagle families in the coming year.

Daily Full-Time In-Person Learning Model for All Students in 2021-2022

Totino-Grace plans to implement one learning model for the 2021-2022 academic year. All students will be on campus and in-person five days a week, resuming the valuable community experiences and opportunities that are a hallmark of Totino-Grace. As we have experienced, factors out of our control may have an impact on a school's learning plan. With our success executing various learning models over the course of the past year in response to the coronavirus pandemic – but always through live, real-time instruction for both in-person and online learners each academic day — Eagle families can be assured TG has the ability and experience to offer a high quality, rigorous learning environment to students even in the most difficult of circumstances.



DIVERSITY, EQUITY & INCLUSION at Totino-Grace



At Totino-Grace, we are dedicated to both academic excellence as well as helping our students to know God, love God, and live the Gospel. Catholic Social Teachings are based on fundamental scriptural beliefs: equal dignity

of all people, created in God's image, and Christ's redemption of all. The Catechism of the Catholic Church spells out: every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, color, social conditions, language, or religion must be curbed and eradicated as incompatible with God's design.

As a Catholic Lasallian institution of learning, we must help our students model the Catholic values of respect and justice as they make their mark in the world. Totino-Grace is committed to diversity, equity, and inclusion, so that each member of our school community has the full opportunity to thrive in our school environment. As the Catholic Church teaches, our conviction is to protect and enhance human dignity for each of our community members.

Totino-Grace High School's Cultural Awareness Committee was developed to ensure a positive, welcoming, and inclusive environment and experiences for all students at our school with a key focus on underrepresented groups, and more immediately, students of color. Throughout the summer and first semester, committee members participated in training and seminars, formed sub-committees, and began the important work of listening, learning, evaluating, and planning to develop desired outcomes for all students and families at Totino-Grace High School. The dedicated and valuable efforts of the committee will only strengthen and enhance the aim of our school to offer an inclusive environment and sense of belonging for all.

Faith & Service

For over 30 years, Totino-Grace has taken thousands of students on hundreds of service immersion trips. The experiences aim to help participants better understand the compounding and generational impact of racism, poverty,



and violence on inner cities, rural communities, and native reservations. In recent years, Campus Minister **Traci Pastoors Bennington '06** has worked to expand TG's Service Immersion Program to include as many as 16 trips and over 150 students on one of these mission experiences in a single school year. Because of the far-reaching impact of the program, to serve others and extend a commitment to justice, the Minnesota Independent School Forum recognized Totino-Grace's Service Immersion Program and Director Traci Bennington at the December 2020 Minnesota Private & Independent Education Awards.

Each summer, Totino-Grace Student Ministers — juniors and seniors committed to being faith leaders in our school community — select a theme for the coming school year based on the lives of one of our founders. These students bring to life our school theme and are the inspiration behind all Campus Ministry programs. The creativity of the students and the talents they bring to this work helps Totino-Grace's Campus Ministry initiatives to touch the hearts and minds of the community in a variety of ways. For the 2020-2021 school year, we focus on the life of St. John Baptist de La Salle with the theme **Grow with Grace**.



Faith & Service

Totino-Grace Campus Ministry continues to explore ways for our community to connect virtually. We invite you to share prayer intentions on the Totino-Grace community prayer wall and participate in virtual Mass celebrations on the school's YouTube channel.



Lasallian Youth and student group community service opportunities are a significant part of student life at Totino-Grace. In response to pandemic limitations, our school developed new and creative ways for Eagles to give back. Among this year's initiatives, students pack meals weekly at Feed My Starving Children, have contributed to donation drives and the Blood Drive, wrote letters to frontline workers and those serving in the armed forces, and completed a neighborhood fall cleanup.



Dominican Father Christopher Johnson '04



Deacon Bill Duffert '06



Father Bennet Tran, Pastor of St. Stephen's

Images Captured from the Getting To Know You Series on St. Stephen's YouTube Channel

Two Totino-Grace graduates recently answered the vocational call to the priesthood. Dominican Father **Christopher Johnson '04** was ordained on August 8, 2020, and Deacon **Bill Duffert '06** will be ordained in May, 2021. During their youth, they were both members of St. Stephen's Catholic Church in Anoka. Their interviews with Father Bennet Tran, Pastor of St. Stephen's, can be found on the parish YouTube channel by visiting www.ststephenchurch.org.

Co-curricular Program Success



In March, Totino-Grace's math team competed in the state tournament for the first time in school history and senior Aidan Thomas achieved a perfect score on his individual events.



The Eagle wrestling team won the Section 5AA Tournament and eleven athletes qualified for the 2021 Class AA State Individual Tournament. Senior Adam Sylvester was the Class AA State Champion at 170 pounds.



Abba Mayanja

Nick Melsha

Will Melsha

The boys swimming and diving team – a co-op program with Coon Rapids – competed at state and finished 11th overall. Abba Mayanja '23, Nick Melsha '21, and Will Melsha '21 of TG helped break the conference record in the 200 Medley Relay this season.

This year's theater productions are virtual with live streaming options available to the public. *Little Women*, the fall musical, received Spotlight Education Honors from the Hennepin Theatre Trust. A new endeavor for the TG Theater Department this winter was a 24 hour play. Over a series of five days — but only totaling 24 hours — students put together an entire show: *Bungee Jump Bear Trap* by Lindsay Price.



The TG DECA team had 13 qualifiers advance to the virtual state competition in March.

Totino-Grace's knowledge bowl team competed in the Class AA state competition in April, finishing 8th place overall.

The Eagle Science team competed against 37 schools in the science olympiad state tournament in April.

View all of this year's school news at www.totinograce.org/news





LIFE TAKES ENGINEERING

**CATCHING UP WITH MEMBERS OF THE FIRST COHORT
AND A LOOK AT THE E3 ENGINEERING INSTITUTE TODAY**

The Totino-Grace Experiential Engineering Education (E3) Institute exposes Totino-Grace students to the vast field of engineering through experiential opportunities to best prepare them for success beyond high school. Students develop skills in creative problem solving, analysis, communication and presentation, and collaboration that can be applied to any field of study or career path. The three-year cohort program is open to all TG students and participants benefit from the diversity of skills, interests, backgrounds, and abilities of their peers. The unique advantages E3 students have as a result of the mentor pairings, site visits and job shadowing, and a team capstone project are features of the Engineering Institute that result in takeaways that set them apart from most students their age. Participants leave the program with valuable experiences that closely resemble real-world work and the competencies and abilities that are highly sought after by college programs and employers.



TOMMY PAAL

Aerodynamics Engineer at Collins Aerospace

Aerospace Engineering and Mechanics, University of Minnesota, Class of 2020

Totino-Grace's E3 program gave me an introduction into engineering. Math and science had always been my favorite subjects so I decided to join the program and gained an understanding of the wide range of career paths that are possible within this field. Participating in engineering challenges and projects, listening to guest speakers, and connecting with a mentor, the E3 program helped me to choose engineering as I began applying to colleges. Senior year, I decided that I would pursue aerospace engineering at the University of Minnesota. Upon entering the College of Science and Engineering, I felt as though I had a background of knowledge and understanding of the field that many students did not. The projects that I completed in the E3 program gave me experience with the engineering process and critical problem solving skills that I was able to apply in my classes and in extracurricular activities while at the University of Minnesota. I also felt as though the professional connection with an engineering mentor helped me as I began connecting with employers in search of an internship.

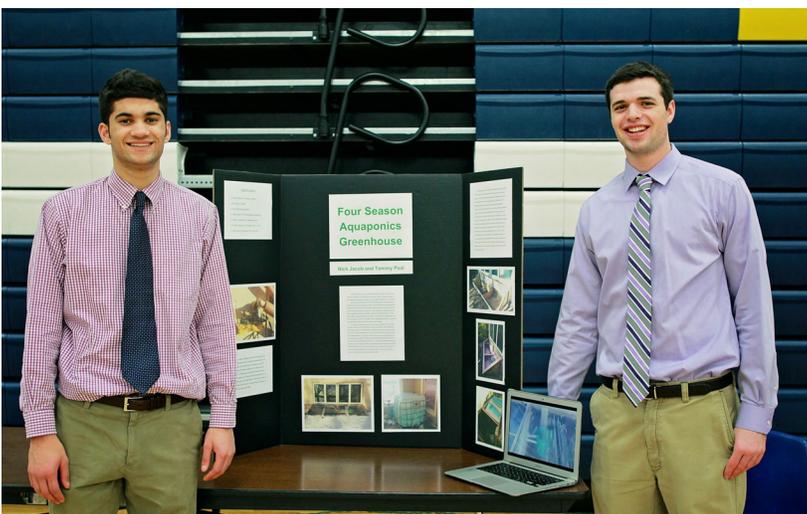


NICK HOLTAN

Manufacturing Engineer at Buhler Group

Industrial Engineering, Iowa State University, Class of 2020

The program introduced me to a wide variety of tools that I later saw in college and helped me choose engineering as a major. I wasn't sure if I would stick with it, but I knew that I should at least give it a shot. TG as a whole prepared me well for college and to succeed at the next level. I felt like I was one of the most prepared for freshman year, ahead of my peers in the exposure aspect and the hands-on experiences. Iowa State is a very sound program in the Midwest and starts students in the engineering program right away -- you don't have to go through generals for a year to get into a program. They had many different engineering majors, so I was able to explore quite a few. I started with a mechanical engineering degree and made it through two and a half years before I switched to industrial engineering. Industrial engineering, as some would say, is "business" engineering and a flexible degree where you can go down a more technical path or move into business practices and towards a management position. It is a heavy problem-solving degree, not just in the technical aspect but in all decisions related to keeping a business successful. My internship at Buhler Group turned into my current full-time job as a manufacturing engineer.



Nick Jacob and Tommy Paal present their senior project, an indoor/outdoor aquaponics greenhouse system, at the 2016 Capstone Exhibition.



Nick Holtan and Luke Bonfe pursued a patent for their rope grenade senior capstone project.

COLLEGE-PREP CURRICULUM WITH EMPHASIS ON MATH AND SCIENCE

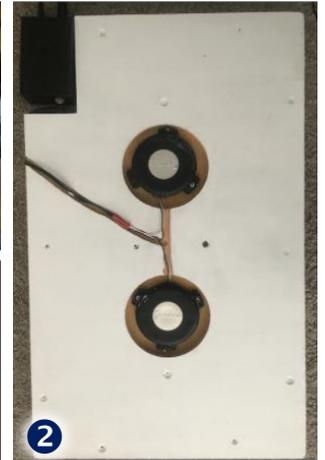
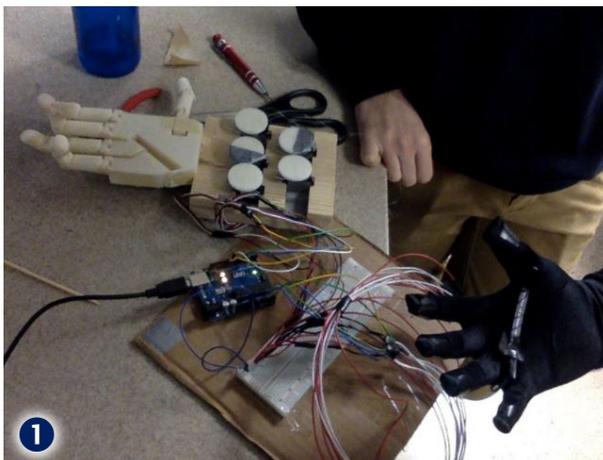
Students apply during their freshman year and follow a three-year cohort model. Students take three engineering courses, four years of rigorous math and science courses, and complimentary classes in computer aided drafting, woods and metals, computer science, and visual arts.

Engineering I exposes students to the field of engineering, specifically: what engineering is, what engineers do, and the variety of different types of engineering. They will learn the engineering design process and work in teams on design challenges and give presentations of their solutions. Students also learn basic CAD and machining skills necessary to produce models and prototypes for their solutions.

In Engineering II, students will apply their knowledge and skills learned in Engineering I on four major team projects from a variety of engineering fields. Their solutions will be tested through the use of models and prototypes created through a variety of manufacturing processes, including the use of the 3D printer and laser cutter, Arduinos, and fabrication using shop equipment. Students continue to develop their presentation skills on each project and become more comfortable with technical writing. All juniors meet with engineers at Medtronic Operational Headquarters, tour their labs and facilities, and learn about the variety of engineering types and professionals who work for the company.

Students in Engineering III participate in coursework to take an engineering project from conception to completion involving designing, testing, modifying, and presenting a functioning product or system. The E3 Capstone Exhibition event provides an opportunity to publicly present their project and findings to a larger audience.

CAPSTONE PROJECTS LAUNCH COLLEGE AND CAREER PURSUITS



1 HUN Robotic Hand System – Thomas Hinnenkamp, Alex Ulate & Chris Nguyen, 2018
The HUN Robotic Hand System is a robotic humanoid hand and a wearable controller that allows the robot to mimic the motions of the human hand. The human operator wears a glove controller that signals to the robot, allowing the robot to follow the motions of the human operator.

2 The Jeep Extension – Jacob Beltman & Sam Smith, 2017
The Jeep Extension is an expansion for the small cargo space available in the trunk of a Jeep Wrangler that both maximizes cargo area and is easy to drive with. It is made of steel plates and square tubes that are welded together and a canvas cover for the extension to protect it from the elements.

2 Kangaroo Kradle – Lily Conforti & Skyler Paquin, 2017
Kangaroo Kradle is an incubator insert for premature babies that simulates being in the womb by producing the mother's heartbeat through vibrations the baby can feel through their bones. It provides a familiar environment for preemies so they can properly develop outside the womb.

4 Adjustable Walker for Stairs – Christopher Thomas & Chad Fox, 2019
The Adjustable Walker for Stairs functions as a typical walker with additional adjustable hinges, giving the walker flexibility, to allow users to traverse a flight of stairs. This allows the user to continue to be mobile and tackle the challenge of stairs.

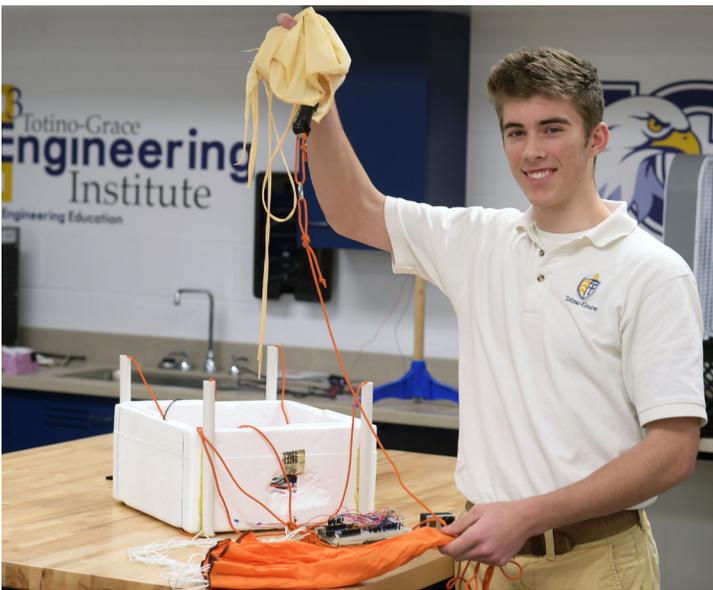
5 Smart Socket – Katelyn Gasperlin, Lexi Serreyn & Adriana Knox, 2018
The Smart Socket is an automatic tightening and loosening prosthetic. Pressure sensors detect a shrunken or swollen limb then activate a stepper motor which tightens or loosens until the ideal pressure of the socket against the limb, as set by the user, has returned.

TOTINO-GRACE FACILITIES

To facilitate the type of work we want the students to engage in, particularly the student collaboration on projects, a dedicated engineering classroom was created on campus to give the students access to materials, tools, and flexible space to work on design projects. The Totino-Grace 1:1 technology program provides all students with a MacBook Air, a valuable tool that provides access to software programs necessary to support curriculum and project work. The industrial arts classroom and tools are heavily utilized by students in the E3 Institute.

A second classroom opened in 2019, extending space for storage, tools, learning, and fabrication.

A new research lab will open in 2021, providing new and enhanced opportunities and cutting-edge equipment and facility features to E3 students.



Journey to the Edge of Space – Jens Rataczak

Using a high-altitude weather balloon, a high definition camera will be lifted into the high stratosphere and capture images of the curvature of the earth. Additionally, the balloon's current location and altitude will be transmitted to a computer on the ground so that the path of the flight can be stored and tracked.



JENS RATA CZAK

**Aerospace Engineering
Ph.D. Student at the
University of Colorado, Boulder**

**Aerospace Engineering,
University of Notre Dame 2020**

Exposure to the engineering design process in a project-oriented framework made the transition to college engineering courses smoother, as many classes have projects alongside traditional problem sets. Having a background in CAD gave me a leg up in my CAD classes and the coding experience was a slight advantage; however, very few people I knew had done a STEM related capstone project which was invaluable when it came to applying for internships and jobs. Engineering was something that I anticipated studying, but E3 reinforced that it would be a good fit for me. The high-level investigation of different engineering disciplines specifically exposed me to aerospace engineering, but I've always known that I'd like to work for NASA and apply to be an astronaut. I'm currently pursuing my Ph.D. in aerospace engineering focusing on hypersonic aerothermodynamics and hypersonic vehicle guidance, navigation, and control.

INTERNSHIPS, WORK EXPERIENCES:

- Booz Allen Hamilton, Washington, D.C. – engineering intern.
- Boeing, Houston, TX – Intern with the space station environments group.
- Hessert Laboratory for Aerospace Research at the University of Notre Dame – conducted undergraduate research in the area of hypersonic heat-flux measurement techniques.

CLUBS, ASSOCIATIONS:

- Notre Dame Rocketry Team
- AIAA Chapter Vice President (American Institute of Aeronautics and Astronautics)
- Sigma Gamma Tau Chapter President (national honor society for aerospace engineering)
- Tau Beta Pi member (national engineering honor society)

BEYOND ENGINEERING: A PATH OF DISCOVERY

TG ROBOTICS TEAM

Co-curricular activities that many engineering students pursue include math club, science club, coding club, and robotics. Totino-Grace introduced a robotics team in 2017 and students selected the name Pizza Pis to identify themselves in competition. Participation provides a challenging and rewarding opportunity to learn and apply skills in science, technology, mathematics, and engineering. The team works closely with professional engineers to design, prototype, fabricate, and test a robot for FIRST Robotics competitions against other schools across the state and nation.

Participants serve specific roles in the program:

- Business Team: marketing, fundraising, finance
- Build Team: mechanics, tools, machines
- Computer Team: JAVA
- Electrical Team: sensors, motors, batteries
- Drive Team: robot operations
- Scouting Team: opponent evaluation and data collection

And expand their knowledge in the following areas:

- Electronics: batteries, sensors, motors, controllers
- Computer Science: autonomous mode
- Mechanics: gears, wheels, lifts
- Design: CAD, prototyping



CAITLYN TIGNER

Level III Neonatal Intensive Care
Unit Nurse at St. Luke's Hospital
in Kansas City, Missouri

Nursing, Creighton University
Class of 2020

For me, the most valuable experience from the E3 program was being able to go to different companies, such as Target and Boston Scientific, to speak with and learn from working professionals in the field. I was able to gain insight on their academic and work experiences as well as learn what day to day life on the job looked like for them. While in the engineering program my major interest had been biomedical engineering. However, as I began to look more into this field, I was introduced to a variety of other health-related specialties. Ultimately, this led to my final career choice in nursing. Nursing allowed me to combine my interests in science (in particular biology and chemistry) as well as teaching and helping others in need. My advice for TG students currently in the program or for students considering applying for the program is that it is ok if you decide engineering is not for you at the end of your senior year. However, being a part of this program is a unique opportunity that allows you to work with, learn from, and collaborate with like-minded peers who will challenge you academically and therefore prepare you to be successful in whatever degree and career path you end up pursuing.



Caitlyn Tigner and Abby Palma present their senior project, a pulse sensor bracelet, at the 2016 Capstone Exhibition.

“I showed up to robotics having never touched a drill in my life. Now, a drill is just a natural extension of my arm. All of the mentors were wonderful and were willing to teach me anything and everything I needed to know. Through robotics and the Engineering Program, I was able to nail down exactly what I wanted to do for the rest of my life.”

Lily Zemke '21

ENGINEERING CONNECTIONS

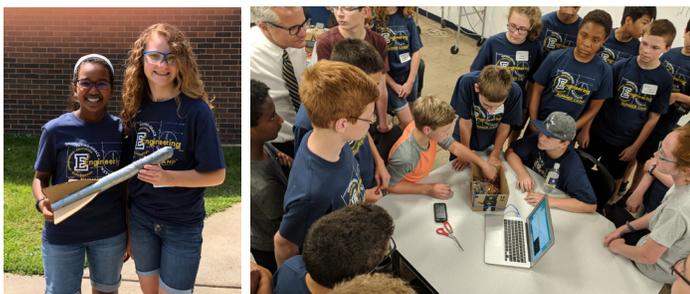
ON-SITE FIELD TRIPS

The TG Engineering Institute provides 20-25 unique field trips and site experiences for students annually to learn and go behind the scenes in a professional engineering environment. These rare, specialized opportunities are valuable for E3 participants; the businesses and organizations have generously shared time, resources, and access to allow TG students to take a deeper dive into future possibilities in engineering. Opportunities for students have include site visits to U.S. Bank Stadium, Target Corporation, and Medtronic.



MIDDLE SCHOOL MENTORING PARTNERSHIP AND SUMMER CAMPS

The Engineering Institute has partnered with local Catholic middle schools on an engineering challenge or Arduino project to introduce engineering concepts and access to tools and equipment. In addition, Totino-Grace hosts middle school engineering and coding and electronic summer camps. The high school students are able to serve in a leadership role throughout these experiences, offering insight and support as mentors.



MENTORSHIP OPPORTUNITIES WITH ENGINEERING PROFESSIONALS

An important part of our E3 Institute, and the students' engineering experience, is connecting participants with their own mentor in the engineering field who can share professional experience and wisdom, expose our students to engineering realities beyond the classroom, and provide an on-site job shadow opportunity. Many graduates continue to connect with their mentor following the completion of the program, using them as a resource throughout their college studies and as a professional resource. More than 150 professionals in the engineering field have served as a mentor in our program and a number have been instrumental in providing internship and employment opportunities to our graduates.



ABBEY HOLSCHER

Continuous Improvement Engineer at Medtronic (starting July, 2021)

Industrial Engineering, Iowa State University, Class of 2021

The E3 program prepared me for my engineering degree, especially during my first year, which was critical. It is common in many post-secondary schools to take engineering core classes for the first year or two. I was exposed to higher calculus and physics levels which are the fundamentals of every engineering degree and proved highly beneficial at the beginning of my collegiate education. Once I found a passion for a specific industry, it made the challenging degree seem much more meaningful and gave me the drive I needed. My experience in the E3 program and connections through my mentor provided me with a unique opportunity to pilot a new high school internship at Medtronic the summer after I graduated from TG. During the course of my five summer internships with Medtronic -- and several shadow days for me to see a day in the life of other engineering disciplines -- I decided to pursue Industrial Engineering which is based heavily on the optimization of complex processes through continued process improvement. I found that was how my brain worked often, from being in the grocery stores and getting frustrated at how lines were formed to always wanting to know why different systems worked the way they did. I also enjoy working with people and having a broader knowledge. Industrial Engineering was the complete package for me with exposure to people's systems, the role of finances, scientific equipment, and most importantly, their integration with engineering.

SUPPORTING A MISSION



LUKE BONFE

Healthcare Investment Banking Analyst at Ziegler Finance, University of St. Thomas, Class of 2020

I believe this program has benefits to anyone, regardless of the college major they pursue. Learning the engineering design process was incredibly helpful for projects that I've worked on in college and in my professional life. The steps in the process can be repurposed for nearly any project, whether or not it's engineering-related. This exposure has guided me to recognize that I need to work in positions that make a meaningful impact on society. I believe that the healthcare industry has the most impact on the lives of others, yet there are so many opportunities to improve the healthcare system in the U.S. Working as investment bankers in the healthcare industry, my team is on the frontline of driving structural change by providing capital to companies that are supporting positive industry trends that improve care and lower costs (managed care, home healthcare, telehealth, specialty pharmacy). Despite not becoming an engineer, this program still made me incredibly interested in technology development and innovation. I was able to speak intelligently about medical device innovation to land an internship in finance at Medtronic. Also, I used this knowledge to be invited to participate in a six month research program with Mayo Clinic's medical device innovation group with three engineers from St. Thomas. The Mayo Ventures Team (Product Development and Market Research – Mayo Innovation Scholars Program) handed over a piece of their intellectual property (medical device patent) and asked us simply if they should invest more money into the development of this product. Our team spent hundreds of hours researching the technology behind the product, how the product would change the current treatment landscape for specific diseases, then built a financial model using assumptions about development costs, revenue from procedures, etc. to estimate the value that Mayo Ventures would realize from investing in the product. This was one of the most interesting projects I've ever worked on and a great example of how even non-engineering majors can work in an innovative, tech-forward environment and utilize learnings from E3 in an interdisciplinary environment.



NICK JACOB

**Genetic Engineering of Invasive Fish Species for Biocontrol Researcher at the University of Minnesota pursuing Ph.D. programs related to quantitative genetics
Biology, University of Minnesota – Twin Cities, Class of 2020**

I was not really interested in engineering, but I like the way engineers think. As a scientist, I apply the same strategies to solve problems that I learned in the E3 program. I've worked in six various labs during my undergraduate experience and ended up focusing on genetic engineering. I worked on the largest rainbow trout farm in North America out in Idaho for a summer and in Florida at the Mote Marine Laboratory using gene sequencing to identify fish pathogens in marine aquaculture systems for an NSF funded internship. I've received funding to travel to many conferences around the country. My senior thesis focused on characterizing the microbial communities associated with fish from farms around Minnesota and Wisconsin using high throughput gene sequencing.

Being at TG helped me develop my overarching life goals. I am passionate about global food security and specifically how aquaculture, the farming of aquatic species, can help promote a sustainable food future. I want to contribute my career to a field that will make the world a better place and focusing on helping others helps motivate me. It's a huge privilege to be educated, but choosing how to use your education is how you make a difference. If I can use my privilege for the good of the globe's vulnerable populations, then I feel I am doing right.

“I just wanted to take the opportunity to let you know that the E3 experience for both my daughter, as a student, and myself, as a mentor, has been outstanding. I really enjoyed the experience of being a mentor, where I was met with an enthusiastic, intelligent, and forward thinking student that rivaled most post college-aged students that I work with through internship programs. I believe whole-heartedly that the E3 program at Totino-Grace is among the finest programs offered to high school students and is effective in cultivating critical thinking, problem solving, and partnership work, all of which are vital in success in any field.

As a parent, I watched my child not only enjoy the E3 experience, but blossom in ways that I couldn't have predicted from this program. This was clearly evidenced in the videos recently done for the program. I saw my child representing the program in a confident, poised way that showed me that she grew through the experience, not only academically, but as a person who will be ready to accept the challenges set in front of her in the upcoming years.

This program fostered things like learning from failures, collaboration, research, presentation of ideas, brainstorming solutions, having fun, being vulnerable with thought sharing, being confident in your successes because you have learned through trial, and many, many more small things that will rise to the surface throughout life. I'm proud of Totino-Grace for having the fortitude to deliver this course to its students. Thank you for all you do and have done to ensure this excellent program exists. Thank you, thank you, thank you!

-Current Parent and E3 Mentor

Foundation Builder

PHIL EBELING



At Totino-Grace, philanthropy is about generosity in all its many forms, commonly referred to as gifts of “time, talent, and treasure.” Little did TG know that when Phil and Jennifer Ebeling (parents of PJ ‘22 and John ‘24) joined our community in the fall of 2018, they would combine all of these gifts to truly impact our students and faculty.

The E3 mentor partnership sets TG’s engineering institute apart from other high school programs across the country. The three-year relationship with a professional in the field is commonly identified by students as one of the more impactful and valuable takeaways as they navigate the curriculum, complete capstone projects, and explore opportunities in the engineering field.

Phil’s dedication to TG includes serving as an E3 mentor, providing meaningful insight and guidance that will aid in high school students’ discovery and pursuit of future education and career opportunities.

Why is E3 such an important program?

I’ve been blessed to be a medical device engineer and executive for over 25 years. I know we struggle to find young people who want to go into the engineering field. TG’s E3 program is an incredibly unique opportunity for students to explore engineering basics and careers at a time where they begin making formative decisions about their next steps in college and beyond.

Why did you become an E3 mentor?

All engineers have a duty to give back to their profession. Active mentorship is one of the most important ways we can help the next generation of engineering talent understand the power of a career in the STEM fields. Additionally, I have found it personally rewarding to work with my mentee on everything from career discussions to the senior-level capstone project.

What do you believe students learn in E3?

E3 serves a number of purposes in a TG student’s overall

educational journey. The skills acquired as part of the E3 program are 100% transferable to any post-educational path that a student chooses long term. In addition to learning the engineering basics, E3 students learn how to be effective project managers, time management stewards, productive team players, and good citizens.

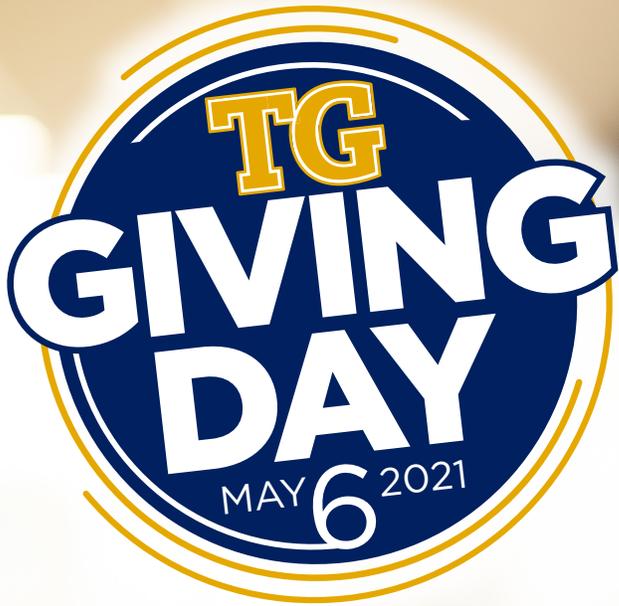
Any advice for current E3 students or those interested in the program?

I recommend that everyone check out the E3 curriculum! Our youngest son, John, was just accepted into the program and will join the sophomore cohort in the fall of 2021. He’s excited to get started! Students of all backgrounds and interests definitely benefit from what they learn in E3 no matter where their educational journey takes them. The skills are transferable to many different interests and their ultimate professions. I am very proud of my personal involvement in the program and look forward to giving back as a mentor into the future.

Totino-Grace strives for excellence in all programs and acknowledges our responsibility in the world community. More than ever before, there is a need to promote curiosity, collaboration, creative thinking, and innovative problem solving skills in students who will become the next generation of leaders addressing the complex global challenges of today and tomorrow. The E3 program is committed to integrating the big picture impact engineering industries and professionals have in making the world a better place for all.

Visit The **Totino-Grace Engineering Institute** webpage for more graduate profiles, capstone summaries, and to explore mentor opportunities.





Make a **BIG** impact on

For 24 hours on this year's TG Giving Day, come together with other TG alumni, parents, grandparents, and friends across the country to make a difference for today's students.

When you make your Giving Day gift, you prove that TG is a community that looks after our students and helps them develop academically, personally, and spiritually. You provide opportunities for them to learn, grow, and serve.



Challenging Academics



Tuition Assistance



Athletics & Activities



Faculty Development

today's Eagles on May 6!

On May 6, your gift has an even bigger impact than usual — thanks to a handful of generous supporters who will provide matching gifts and challenges throughout the day! We can't wait to see the TG community rise to the challenge and show the world our blue and gold spirit!

You can make your gift online at www.totinograce.org/givingday, call our helpful TG Advancement Staff at 763-586-6327 to make a stock gift, or mail your gift using the envelope provided in this issue of the *Continuum*. All are great ways to ensure your gift counts toward our challenge gift totals.



You can help
a student take
the first step
toward their
**BEST
FUTURE!**



NEW STUDENT REFERRAL INCENTIVE PROGRAM

Many of our school families initially hear about Totino-Grace through a personal referral from a student, current or past parent, or graduate.

The TG Referral Incentive Program recognizes the support and contributions of Eagle community members in helping new students find their high school home at TG.

▶ \$500

referral award is granted for enrolled students.

▶ \$2,000

referral award is granted for enrolled students who will reside in the on-campus boarding residence.

Contact our admissions team for referral incentive program terms and to request promotional materials to share with Future Eagles and their families.

SCHOLARSHIPS AND TUITION SUPPORT PROGRAMS

Totino-Grace High School annually awards 25-30 merit scholarships to incoming ninth grade students. These scholarships are funded by generous donors who believe in the exceptional benefits of the transformative opportunities available to students at TG. Furthermore, in the 2020-2021 academic year, \$1.8 million in aid was granted to 43% of the student body through need-based tuition assistance grants.

Four Pillars Mission and Leadership Scholarship*

Totino-Grace Academic Scholarships for top high school entrance exam scores in English, math, science, and for top comprehensive scores

International Student Scholarship

Rachel Woell Inspiration Scholarship*

Brian Hara Legacy Scholarship

*renewable

Eagle families take advantage of additional tuition support programs to aid with the cost of tuition for their student(s).

Student Work Study Program
SCRIP

Eagle Foundation
Flaherty Family Foundation

CLASSES FILLING QUICKLY FOR 2021-2022

With the success of our learning plan this year, we have had an impressive number of eighth grade and transfer students taking steps to become Eagles. Classes are filling quickly for the 2021-2022 academic year! If you or someone you know is exploring high school options for the fall, a personalized on campus experience and meeting with a TG Enrollment Director is the recommended first step and provides a valuable introduction to the countless benefits of the Totino-Grace experience. The Admissions Office is open during the school year and throughout the summer to best support Future Eagle families taking steps to enroll.

TG Future Eagle Opportunities

TG EXPLORATION OPTIONS FOR GRADE SCHOOL AND MIDDLE SCHOOL STUDENTS

On Campus Experiences

We anticipate the ability to resume Future Eagle Days, Youth Nights, and greater attendance options for our on campus Open Houses for the coming school year!

Be sure the Future Eagles you know are on our mailing list and follow Totino-Grace social media channels for valuable information about our school community and Future Eagle opportunities.



START YOUR JOURNEY TODAY!



Summer Camps

TG offers a wide variety of academic, performing arts, and athletic summer camp experiences for students in grade school through high school. Our camps provide opportunities to explore new activities, expand current interests, discover talents, and develop emerging skills. Space is limited. Register today!



Boarding Residence

Totino-Grace High School's on campus boarding residence center offers five-day or seven-day options for domestic and international students who attend our school. The TG boarding experience provides structured independence in a safe and nurturing environment. The family atmosphere in the dorm is enhanced by weekend trips, unique experiences, and local exploration with our experienced boarding center director and staff.



Take a virtual tour, explore a day in the life of a TG boarding student, and learn more about on campus living at Totino-Grace.

Families interested in pursuing boarding for their child should contact Shanna Peterson, Assistant Director of Enrollment and International Students, at shanna.peterson@totinograce.org or 763-586-6318.





Legacy Awards

Totino-Grace President Dr. Craig Junker hosted the annual President's Address and Legacy Awards Ceremony as a virtual event on December 14. Members of our community were honored for sharing their generosity, time, and talents with Totino-Grace.



**PRESIDENT'S
AWARD**

Vic & Lorraine Brenk



**BROTHER MILTON
SERVICE AWARD**

Bob Patient



**LASALLIAN LEGACY
AWARD**

Michael & Jackie Bilski

SIGNUM FIDEI PLANNED GIVING SOCIETY

Kevin & Deborah Cattoor
Mary '81 & Bill Daugherty
Jeff Dobbelmann & Danielle Paradise
Robert & Phyllis Eibensteiner

Linda Harty '74
Andrea Johnson '97
Craig '81 & Kristin Johnson
Lawrence & Gladys Palkert



LASALLIAN LEGACY AWARD

Medtronic Corporation



Learn more about our legacy awards and ways to support Totino-Grace.

Advancement Office

MESSAGE FROM THE VICE PRESIDENT FOR ADVANCEMENT

Dear Members of the Totino-Grace Community,

I have two words to describe what has occurred over the course of the 2020 and 2021 fiscal years — remarkable and inspiring!

Since July 1, 2019, alumni, students, parents, past parents, faculty, staff, and friends joined together to make history, contributing nearly three million dollars to support our endowment, annual fund, and tuition assistance for Eagles! This is an incredible accomplishment resulting from the efforts and unity of our community. I wish to celebrate a few specific accomplishments during this timeframe:

- Total giving to Totino-Grace grew by more than 30%.
- The number of gifts increased to more than 6,300.
- TG Giving Day in May of 2020 established a new, one-day record by attracting 283 donors.
- The 2021 Winter Place Gala's Fund-A-Need for tuition assistance totaled \$620,000, a new record of generosity, surpassing last year's previous record-breaking amount of \$390,000.
- Generous donors have shared their commitment to our school, naming TG as a beneficiary for over one million dollars in estate gifts.

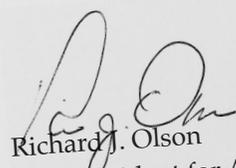
Finally, amid all this exciting news, it is worth remembering that a close-knit group of donors responded to the Advancement Department regarding facility upgrades with incredible results. Their support fully funded new arts, athletic, and academic areas on campus that will open in the fall.

Time and again, the Totino-Grace community has provided the support that enables our high school to open doors for current and future generations of students. The Eagle community continually responds with generosity of every kind. This dedication has enabled us to enroll students from over 70 communities to receive a top-level Catholic Lasallian education at TG and provide an average of \$1.8 million in tuition assistance annually. Our donors make it possible to maintain a reputation as the leading Catholic high school in the northern suburbs that recognizes, honors, and supports every student in achieving their greatest individual promise.

Thank you for your generosity and your commitment to our students and school.

With warmest regards,




Richard J. Olson
Vice President for Advancement

Community Events

SAVE THE DATE

2021 Winter Place Gala

A Christmas Village

**SATURDAY
NOVEMBER 20, 2021**

Join current and past families, alumni, and members of our extended community on **Saturday, November 20**, to kick off the holiday season in style and raise funds for vital programs for TG students. Visit www.totinograce.org/gala for ticket information, a donation wish list, and volunteer opportunities.



Reunions

We are hopeful that classes ending in 0,1,5, and 6 can gather for a reunion celebration this year. Planning a reunion is now easier than ever! Totino-Grace collects RSVPs, serves as the point of contact for venues, and sends invitations. Reunion coordinators work with the alumni office to set a date, pick a venue, and coordinate additional details to make the event memorable for all attendees. If you are interested in helping plan your reunion or just have some suggestions, email alumni@totinograce.org or call 763-586-6328.



PRAY WITH THE TOTINO-GRACE COMMUNITY

We invite you to share prayer intentions with the TG community on the Totino-Grace prayer wall. Visit www.totinograce.org/ministry/prayer-wall to add your intentions and offer your prayers.

EAGLE NETWORK

The TG Eagle Network provides business owners in our community with an exclusive space to promote services and special offers. Whether you are shopping online, ordering takeout, or buying and selling your home, utilize our community's business directory and support fellow Eagles! Become a member of the TG Eagle Network today by clicking on the "Get Started" or "Join Now" button at www.tgeaglenetwork.com.

STAY CONNECTED



Don't miss any emails, newsletters, event information, and alumni and school news from Totino-Grace High School! Alumni, past parents, grandparents, and friends of the TG community can provide current contact information at www.totinograce.org/alumni or through the alumni office at 763-586-6328.



ALUMNI SURVEY

Graduates, be on the lookout for a short survey in your inbox and mailbox this summer! We hope to gain insight from you to better serve our alumni community and strengthen ties between Eagles and their alma mater.

Class Notes

1974

Joe Kuschel is now working as the youth minister at St. Bridget of Sweden Catholic Church in Lindstrom, Minnesota.

1975

Michael Lohr's company, Red Hawk Fire and Security, was acquired by ADT and he was promoted to Senior Director of Service Offerings with a new division called ADT Commercial. Michael is completing his 40th year in the industry and was awarded the Red Hawk Outstanding Leadership Award in 2020.

1980

Bill Neiss received the Northern Star Council 2020 Community Builder Award. The honor recognizes a person who uncommonly demonstrates ongoing, long-term concern for the welfare of children and youth and their commitment to making our community a better place in which to live. Bill is the Director of the Opportunities in Emergency Care Program at Spring Lake Park High School and a dedicated local and global volunteer.

1983

Tina Murray Brandt wrote a children's book, *The Cloud Book of Wonder*, with her granddaughters that was published and is now available on Amazon.

1984

Rita Juran was promoted to Deputy Fire Chief for the Minneapolis Fire Department.

1992

Joseph Smith and his wife, Hanna, welcomed Giovanni Joseph on April 7, 2020. Joseph is part owner of Pulse Electric, established in 2015. In October of 2020, Pulse Electric took second Place in the *Minneapolis / St. Paul Business Journal's* list of the 50 fastest growing private companies.

1994

Angela Mannella-Hoffman was the host of Totino-Grace's Virtual Winter Place Gala in November, 2020.

1997

Sarah Solz Brenes was the February featured speaker in this year's Campus Ministry Grow with Grace Speaker Series. Sarah helped students understand key immigration terms and talked about the experiences she has had working with those seeking a path to a better life here in the United States.



2002

Tony Berendes and his wife, Megan, welcomed son Ryan on August 27, 2019.

Steve Ruether and his wife, Emily, welcomed their second child, Everly Jane, on March 26, 2020.

2003

Katy Sabot Shalaby and her husband, AJ, welcomed a son, Adam Isaiah Ahmed, on August 4, 2020.

2004

Br. Christopher Damien Johnson, O.P. was ordained priest by Bishop Edward Rice of the Diocese of Springfield - Cape Girardeau on August 8, 2020 at St. Vincent Ferrer Parish in River Forest, Illinois.



Abby Stahl Zipoy

2004

Abby Stahl Zipoy and her husband, Paul, welcomed their first child, Isabella Grace, on March 20, 2020.



Joe Bennek

2006

Joe Bennek and his wife, Allie, welcomed their first child, Louie Joseph, on August 27, 2020.



Caroline Haik Rossow

2008

Caroline Haik Rossow and her husband, Ben, welcomed their second child, Benjamin Steven, on October 21, 2020.



Tyler Hendricks

2006

Tyler Hendricks and his wife, Michelle, welcomed twins Jaxson and Caleb on June 15, 2020.

2008

Jake and **Katie Cossack King** welcomed their third child, John Henry, on August 20, 2020.

Brittany Slipka Verschaetse and her husband, Sam, welcomed son Noah on January 11, 2021.



Allison Cardinal Hock

2009

Allison Cardinal Hock and her husband, Aaron, welcomed twins Charles and Henry to their family on October 12, 2020.



Lizzi Naumann Olson and David Olson

2009

Lizzi Naumann Olson and her husband, David Olson '07, welcomed their second child, August James, on October 26, 2020.



Alex Jagiela

2010

Alex Jagiela and his wife, Morgan, were married on August 22, 2020.

Trish Nguyen conducted and led vision care services with OneSight in Cincinnati, Ohio, this past winter. The clinic aimed to serve populations most affected by the COVID-19 pandemic.

Amy Spitzmueller Borash and her husband, Peter, welcomed twins Maria Kathryn and Naomi Ann to their family on December 1, 2020.



Liz Beck

2011

Liz Beck married Nick Beiermann on August 22, 2020.



Adam and Shannon Kern Braun

2011

Adam and Shannon Kern Braun welcomed their first child, Finn Kenneth, on September 13, 2020.

Nicole Mansun married Derek Watson on July 31, 2020.

Nick Frandsen and Christina Gervais married on September 25, 2020.

Donny Kealy and his wife, Rachael, were married on October 17, 2020. Danny Heck '11 and Taylor McMurray '11 were members of the wedding party.

Rachel Palermo joined the White House staff as the Assistant Press Secretary to the vice president.



2011

Katherine Hibbs married Tyler Jarosz on July 17, 2020. **Katelyn Ferguson '11** was the photographer.



2011

Captain Samuel Berndt is a Weapons Systems Officer on a B1 Lancer and a member of the 37th Bomb Squadron (“Tigers”) stationed at Ellsworth Air Force Base in Rapid City, South Dakota. During a flyover at Mount Rushmore during a July 4th celebration in 2020, Sam was in the lead aircraft before a crowd of dignitaries including the President of the United States and the First Lady.



2011

Bethany Woleny Schafer and her husband, Charlie, welcomed their second child, Charlie Danger, on November 26, 2020.



2011

Molly McSherry married David Pachuta on December 12, 2020.

2012

Ashley Dahly married Travis Baker on October 10, 2020.

Ellie Berquist married Jordan Fulton on October 17, 2020.

Nick Maxwell was Campus Ministry’s featured speaker in May of 2020. He shared his experience being abroad, working with COVID-19 from a medical perspective, and his own personal faith journey with students.



Libby Wanner Seering and her husband, Asher, welcomed Claire Elizabeth on February 9, 2021.



Nicole Rogers

2012

Nicole Rogers married Jake Nelson on September 19, 2020.



Ashley Ratajczak

2013

Ashley Ratajczak married Nick Evans on August 29, 2020.



Whitney Stramer

2012

Whitney Stramer married Tory Behny on October 3, 2020. The bridal party included **Megan Hahn Buckholt '12**, **Hannah Flam '12**, **Elizabeth Kellen Hoffmann '12**, and **Robert Cardinal '12**. Musicians included **Dan Saunders '11** and **Spencer Kopp '12**. **Andrew Million '09** was the DJ.



Mathilda Dickson

2013

Mathilda Dickson married Cuong Nguyen on September 12, 2020.



Maddie Cheasick



Maddie Cheasick

2013

Maddie Cheasick married John Barry on January 23, 2021. The bridal party included **Ava Cheasick '19**, **Julia Cheasick '15**, **Abby Groves '13**, and **Darian Winslow '13**.



Ali Hall

2013

Ali Hall married Jon Blomquist on November 14, 2020.

Danika Jackson and **Danny Linders '14** were married on September 4, 2020.

Allie Kroehler is the music teacher at St. Vincent de Paul and received the CSCOE Saintly Service Halo Award for her work.

Taylor McDonald Walz and her husband, Ben, welcomed their second child, Scottie Marie, on January 12, 2021.



Kellen Schmitz and Greta Lewis

2014

Kellen Schmitz and **Greta Lewis** were married on July 25, 2020.



Ben and Sydney Kusterman Henderson

Ben and **Sydney Kusterman Henderson** welcomed Hazel Grace on November 21, 2020.



Greg White

2014

Greg White and his wife, Rachel, were married on October 10, 2020.



Lauren Bellefeuille

2014

Lauren Bellefeuille married Mike Vojacek on February 12, 2021.

2015

Ricky Lee and his wife, Kirsten, welcomed their third child, Marjorie, on January 8, 2021.

Kez Flomo recently accepted a graduate assistant coaching position at the University of Kansas.

2016

Drew Lodermeier completed a year with the Benedictine Volunteer Corps of Saint John's Abbey at Saint John's University. His days consisted of frequent prayer with the monastic community, cooking meals for the community, and working in the historic Saint John's wood shop. Since the start of 2021, Drew has traveled to Florida to volunteer at Harry Chapin Food Bank as well as Habitat for Humanity and began his yearlong volunteer commitment in Montserrat, Spain.

2017

Through the Business Learning Through Service course at the University of St. Thomas, **Zach Ban** completed 40 hours of service with Loaves & Fishes, preparing and distributing meals and experiencing the significant behind the scenes operations that help address the food insecurity needs of our local community.

Brooke Fleming graduated early, Cum Laude, from Iowa State University with a BS Degree in Advertising with a minor in Business Administration.

Gayflor Flomo was placed on the Academic All-Big 12 second team. Gayflor plays football at the University of Kansas.

Rocky Kreuser has been named to the National Association of Basketball Coaches Honors Court, the Summit League's five-man Academic All-League Team, and the Summit League Academic Honor Roll. Rocky hit 1,000 career points at North Dakota State University during the 2021 basketball season.

Jared Florell led students, virtually, in a conversation about the development of leadership through adversity. He touched on topics of personal growth, adversity, race, purpose, and more as the September featured speaker in this year's Campus Ministry Grow with Grace Speaker Series. Jared currently is a senior at Purdue University, is a member of the men's wrestling team, serves on the Big Ten Anti-Hate and Anti-Racism Coalition, and is involved in a number of students organizations on campus including: Student Athlete Advisory Committee, Society of Minority Managers, Mortar Board Honor Society, and Athletic Affairs Committee.

Facility Update

Due to the generosity of numerous donors, Totino-Grace will complete three key campus upgrades. The projects include: a new synthetic turf athletic field and video display scoreboard to replace the current grass field and analog scoreboard; a showcase science research lab with state-of-the-art equipment for biomedical and engineering studies; and a recording studio for performance and audio production.

All projects are fully donor funded – with no impact on the school budget or tuition – and will be open to students when they return to in-person learning in the fall.

“As we emerge from the pandemic, we are doubling down on investing in our school’s facilities and the opportunities they provide for TG Eagles to enjoy incomparable opportunities during their high school years and graduate well prepared for college and career and to serve as future leaders. We are grateful to the many donors who made these varied infrastructure improvements possible through their donations.”

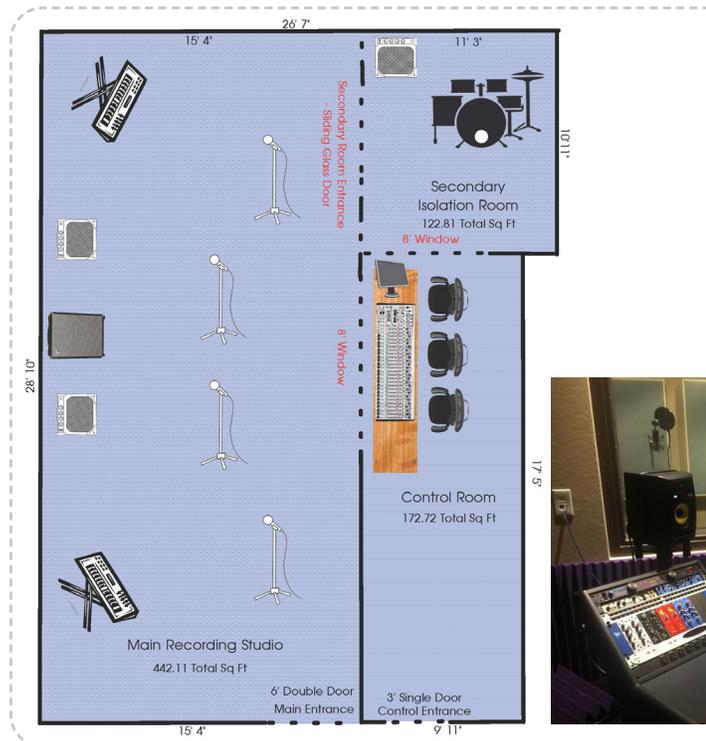
Totino-Grace President Dr. Craig Junker



Follow project updates on the school website

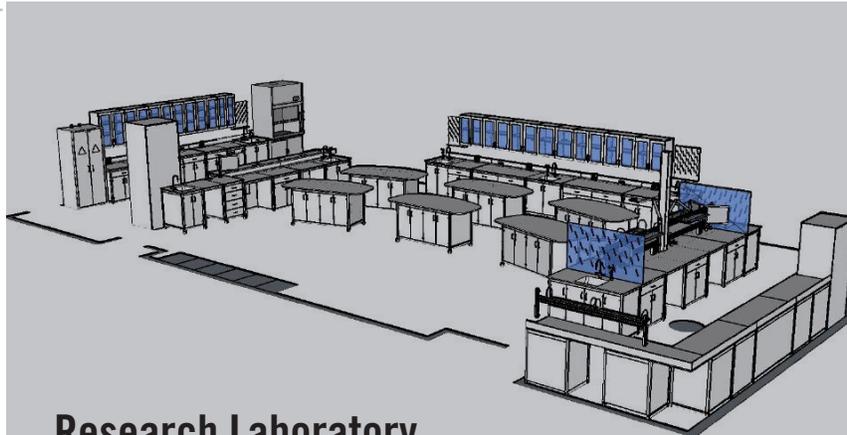
Stadium Field and Scoreboard

A synthetic turf field will replace the current grass field and a video display scoreboard will be installed as we retire the analog scoreboard that has served our teams for over 40 years.



Recording Studio

The dedicated space for live performance recordings and audio engineering will feature current industry technology and equipment to enhance opportunities for our music students and those with an interest in the production side of the music and recording industry.



Research Laboratory

This lab space will provide new and enhanced opportunities in the areas of biotechnology, bioengineering, molecular biology, microbiology and genetics, physiology, and forensic science.





Totino-Grace
High School

*A Catholic High School
in the Lasallian Tradition*

1350 Gardena Avenue NE
Fridley, MN 55432

Phone: 763-571-9116
Web: totinograce.org

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2021 EAGLE SHOOT GOLF TOURNAMENT

MONDAY, JUNE 7, 2021
MIDLAND HILLS COUNTRY CLUB



Learn more and register at
www.totinograce.org