

The

# Trojan Rule

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Subiaco, Arkansas  
[www.subi.org](http://www.subi.org)

## How you wear the ring

“Kings, bishops, and abbots have used rings as symbols of authority and leadership,” explained Matt Stengel, Academy Headmaster, prior to distribution of senior rings during the August 16 ring ceremony in the Abbey Church. (Abbot Leonard Wangler, Subiaco’s seventh abbot, wears an abbatial ring.) Stengel continued, “Being a good leader is not about making your power or position felt in the sense of oppression or humiliation. It is about serving, teaching, and passing on the wisdom and traditions you have received. And being a good leader is not in the ring – it is in how you wear the ring.” Forty-two seniors participated in the ceremony during the Mass opening the academic year. The church was filled with monks, relatives, and the entire study body.



## 193 students from 17 states and 9 foreign countries

The 2015-2016 student body numbers 193 students from 17 states and 9 foreign countries (Russia, China, Japan, Mexico, Nigeria, Taiwan, South Korea, Hong Kong, and Vietnam.)

The states represented are Alabama, Arkansas, California, Colorado, Georgia, Illinois, Kansas, Kentucky, Louisiana, Mississippi, Nebraska, New Hampshire, New York, North Carolina, Oklahoma, Tennessee, and Texas. There are 109 boarding students of which 35 are international students. Day students number 84. The student body is comprised of 42 seniors, 42 juniors, 48 sophomores, 27 freshmen, 21 eighth and 13 seventh grade students.



Fifty-six present Academy students are “legacy” students, i.e. have close relatives who attended Subiaco Academy. Many monks are also graduates of the Academy. Naturally we are happy and proud to greet sons, grandsons, nephews, and brothers of our fellow alumni. This year again there are thirteen sets of brothers attending. Students who have participated in Camp Subiaco are also represented in significant numbers.

A legacy example -- Ed Franz ‘57, Pat Franz ‘78, Kevin Franz ‘84, Tim Franz ‘79, Michael Franz ‘08, Marshal Brooks ‘14 (son of Judy Franz Brooks), Tyler Franz ‘16.

### *SAVE THE DATE FOR GRANDPARENTS’ DAY*

Grandparents’ Day at Subiaco Academy will be held on Monday, September 14, 2015. Grandparents of our students are invited to spend the day on campus and participate in Mass, share lunch with their grandson, enjoy an informal campus tour, and visit with administration, faculty and staff. They will also be treated to performances by Academy musicians.

# New Subiaco Academy teachers

**Mr. Jeff O'Neal** is teaching AP Calculus BC, PreCalculus, and PAP Algebra II and will be assistant soccer coach.

He has a BS from the United States Military Academy at West Point, NY; and an MA from Louisiana State University.

Mr. Jeff O'Neal is no stranger to Subiaco. Both he and his wife Michelle grew up in nearby Caulksville, and he competed against Subiaco in high school sports. He recalls, "I always admired the tenacity and discipline exhibited by Subiaco's athletes." Mr. O'Neal and his wife also attended Christmas Midnight Mass at the Abbey if they were able to make it home for the holidays because they admired the beauty of the Abbey and Academy.



Mr. O'Neal recently retired (2015) as a Colonel in the US Army after a 25-year career with duty across the globe. His most recent assignment was in Hawaii. The O'Neals are very happy to be home near longtime friends and family. Mrs. O'Neal teaches K-8 Art in the Paris public school system. They have three children: Beau, Jackson, and Rachel. Beau and Jackson attend the Academy, and Rachel attends Paris Middle School. After many years of being away, they are excited to be home and look forward to establishing their own roots in the community.

Part of Mr. O'Neal's duties as an Army officer were teaching, coaching, and mentoring soldiers. He has also coached basketball and soccer youth sports teams. Mr. O'Neal related that he has always considered teaching as a second career. "After my conversion to Catholicism and my experience with my own children in Catholic schools, I decided that I wanted to teach in Catholic schools to better serve Christ. Subiaco Academy is a unique, special place dedicated to developing young men and serving Christ, and I decided that this is where I wanted to be after service with the US Army." Mr. O'Neal's favorite author is Ernest Hemingway. His favorite music is classic rock but he finds himself listening to classic country music since he moved back to Arkansas. His favorite hobby is bass fishing, but he also enjoys hunting, hiking, camping, and spending time in the outdoors. He is also a sports enthusiast and closely follows college and NBA basketball, college football, the US National Soccer Team, and the Kansas City Royals.



**Mr. Heath Spillers** returns to Subiaco Academy after a ten-year absence to teach AP Calculus BC, AP Physics, Physical Science, and Geometry. He has a BS in Chemistry and a BS in Secondary Education from Arkansas Tech University. He previously taught Chemistry, AP Chemistry, and Physics at Subiaco from 1998 to 2005. He taught at Clarksville High School for seven years following Subiaco; he then worked at the Arkansas Nuclear One Power Plant. Mr. Spillers states, "I'm extremely excited about returning to Subiaco as a teacher, and I'm looking forward to this school year. While I was away from teaching, I really missed the interaction and rewards of working with students."

Mr. Spillers is a big fan of John Grisham, and has read most of his books. His favorite Grisham novel is *The Testament*. The last book he read was Grisham's *Gray Mountain*, but he has also read several books by Jon Krakauer. His hobbies include hiking, canoeing, camping, fishing, hunting, gardening, and bird watching, which he really enjoys.

Mr. Spillers grew up in Scranton, Arkansas, and is from a family of educators; both his mother and father were teachers. His mother taught several years at Subiaco and is a former Academic Dean. His wife of 21 years teaches third grade at Scranton Elementary. The Spillers have two children: Emily (14) and Ethan (12). Mr. Spillers says, "My wife and I spend most of our free time these days chasing these two around Arkansas to swim meets, baseball games, and various other activities."

As a young person, Mr. Spillers did not intend to make teaching a career: "Since both of my parents were educators, I was bound and determined never to teach, but during my junior and senior years at Arkansas Tech I was a teacher's assistant. I began to realize that I really enjoyed teaching, and that it really fit my personality. I also realized I could work most anywhere as a teacher, but I knew that living in the Scranton area was important to my wife

# New teachers (continued)

and me.”

When asked what else he'd like readers to know about him, Mr. Spillers related the following: "I have not been a teacher the last three years. I have been working at a nuclear power plant, as a Nuclear Chemist. I got to see and do some pretty cool stuff, but working in nuclear power just wasn't for me. Evidently I was born to be a teacher, and I am really excited to be back teaching at Subiaco Academy."

**Mr. Jeff Ingle** teaches Algebra I, PAP Geometry, Academic Success Skills for Eighth Grade, and serves as Middle School Academic Guidance Counselor.

He has a BS in Fisheries and Wildlife Biology, Arkansas Tech University; working towards a Master's in Instructional Technology.

His son Ben led Mr. Jeff Ingle to teach at Subiaco Academy: "My oldest son did some research and decided that he wanted to attend Subiaco so that he would be more prepared for the rigors of college. It was such an amazing experience for him and the growth and maturity that he displayed was so overwhelming, I knew that I wanted to be part of Subiaco Academy." Mr. Ingle initially went to school thinking he wanted to be a Park Ranger because he had always enjoyed the outdoors. He worked as a Park Ranger Intern for the U.S. Army Corps of Engineers and was afforded the chance to present programs to campers and various groups. This led him to fall in love with educating and teaching people. Mr. Ingle spent the previous 11 years teaching in the Paris School District.



Mr. Ingle grew up in Olathe, Kansas, and attended college at Arkansas Tech in Russellville where he met his wife, Sheila. The Ingles have been married 21 years. They traveled quite a bit early in their marriage, but had the opportunity to come back and settle down in Paris where Mrs. Ingle is from. They have two boys, Ben who is a sophomore, and Zach who is a 7th grader.

Mr. Ingle enjoys working outside on the farm where his family has a small herd of cows. He spends a tremendous amount of time reading about and studying the use of technology in the classroom and about instructional practices. He loves anything outdoors from fishing, to hunting, to riding four-wheelers.

**Mr. Steve Lienhart** joins the Subiaco faculty to teach seventh and eighth grade Religious Studies, English I, and Church History. He also serves as an assistant coach for cross country, track, and baseball. He has a BA, Arkansas State University; MA, University of Arkansas, Fayetteville; additional graduate hours at the University of Northern Colorado. Before coming to Subiaco, Mr. Lienhart taught social studies, religion, vocabulary, and literature at St. Edward's in Little Rock. He also served as head track coach at Little Rock Catholic. During the thirteen years at St. Edward's, he coached cross country, track, basketball, and twice held the role of athletic director.



When asked what led him to apply at Subiaco Academy, Mr. Lienhart replied: "I was looking to achieve the final goal of my educational career, teaching on a high school level! I was unable to fulfill this in Little Rock. I had always been enamored with the environment at Subiaco. I had spent a lot of time here with the Marriage Encounter Ministry, so I was quite familiar with the area. In addition, I was a product of Catholic schools in Arkansas (Immaculate Conception in NLR and Catholic High), so I knew the quality of education offered here."

Mr. Lienhart grew up in Sherwood. "It was at the ripe old age of 38 that I married my wonderful wife, Elaine." He wanted to major in education when he started college, but he was talked out of it. In his early 40s, he went through the Non-Traditional Licensure program with the Arkansas Department of Education. He qualified for and ran the Boston Marathon in 1983; he has traveled to 48 out of the 50 states. He lived in Colorado for 3.5 years. He is the great grandson of German immigrants to St. Joseph's Parish in Conway and related the interesting fact that an ancestor on his Mom's side of the family was at the British surrender at Yorktown during the American Revolution.

Mr. Lienhart's favorite authors are Mark Twain, John Steinbeck, and John Grisham.

# Grand Canyon and the Desert Southwest 2015

For the sixth year in a row, Roy Goetz, Gary Kinney and Rob Pugh have led a camping excursion to the desert southwest. What follows is a travelogue of ten-day trek by Liam Johnson, Stephen Schluterman, Zachary Plugge, Mark Popov, Tim Thomas, Daniel Haunert, Hayden Criswell, Trey Wright, Judd Wright, and Logan Marlow.

Sunday, May 24th -- We loaded the bus at 4:00 a.m. The first day, while everyone is fresh and enthusiastic, we set out for a 718 mile drive to Villanueva State Park in central New Mexico. The guys are pretty quiet, you could say non-responsive until about Oklahoma City. In the Texas panhandle we enter the "sea of grass" and pass wind farms and Cadillac Ranch, which is a set of luxury cars partially buried with their headlights in the dirt, tail fins up. Art? I don't know, but interesting at the very least. In the early afternoon we stop at an Amarillo landmark, the Big Texan Steakhouse. We all enjoy a wonderful meal, but nobody takes (or is allowed to take) the 72-ounce challenge. We are serenaded by a singing cowboy during what will be our first of only two restaurant meals during the trip. Several of the guys try their hand at running a maze which is part of the Big Texan's curiosities. Late in the afternoon we make our first camp in New Mexico and take a short but steep hike to the ridges overlooking Villanueva and several Anasazi ruins.

Monday, May 25th -- We travel north through The Santa Fe National Forest on our way to Taos. We can see the snow-capped peak of Mount Wheeler, the highest point in New Mexico at 13,167 feet. We travel northwest through Santa Fe and Georgia O'Keefe country to visit the Benedictine monastery of Christ in the Desert near Abiquiu. It would be more accurate to say that the monastery is not near anywhere. Very slowly, we cover 13 miles of dirt road to reach the monastery. The last few hundred yards must be walked to preserve the solitude. Father Christian greets us at the bookstore and very graciously shows us around. We of course leave gifts of monk sauce and peanut brittle. We make camp a few miles down the Chama River and take shelter from a late afternoon thunderstorm with a bit of hail. Hiking the nearby arroyos is always a popular part of the trip.

Tuesday, May 26th -- Next stop is the headquarters of the Navaho Nation, Window Rock, Arizona. This is the first challenging rock climb for the guys, but the view from the 'window' is awesome. The sandstone formation has been a gathering place for the Navaho for centuries and is considered sacred, so we try to tread lightly. Also at this site is a memorial to the WWII Navaho code talkers. We travel north to Canyon DeChelly National Monument where we make camp for the night. The Navaho and Native Americans long before them have lived and farmed in the canyon for thousands of years.

We have learned over the years that Navaho is a derogatory name given to the Native Americans by the Spanish. The native population refers to themselves as "di-ne", which means, "the people."



Wednesday, May 27th -- We break camp early and hike to White House ruins in Canyon de Chelly. This first hike has a descent of about 600 feet, which is a good climb. The guys ask me how the Grand Canyon compares and I explain that this climb is about a tenth of the Grand Canyon's depth. In the bottom of the canyon we meet A. Henry, a renowned Navaho silversmith who lives year-round in the canyon. A 300 mile drive north and east brings us through Kayenta and within view of the iconic formations of Monument Valley. Our first stop is at Desert View where the guys get their first impression of the canyon. Words and photos always fall short to describe what this feels like. We drive 25 miles along the rim and make camp at Mather Campground on the south rim. We gather

# Grand Canyon (continued)

near Mather point for our first sunset at the canyon.

Thursday, May 28th -- This is our first full day at the canyon. The south rim is over 7,000 feet in elevation, so we stay on the rim trails for the first day while the guys adjust to the altitude. Morning temperatures, even in June are usually in the 30s, but the day warms up quickly after sunrise. We take in the visitor's center and the great variety of interpretive sites and museums on the south rim. Later in the evening we take in a ranger program about the California condors, once endangered, who have made a come-back at the canyon.



Friday, May 29th -- Today is dedicated to a hike down the South Kaibab Trail which is one of the most difficult day hikes at the park. This trail is less developed and less traveled because of its steep grade. The turning back point for us is Skeleton Point where we have a great view of the Colorado River. We eat lunch and rest for about an hour before starting the climb out. The rule of thumb is to allow two hours out for every hour hiked in. Every step climbing out is a reminder of the elevation and steepness of the trail. We are glad to see the top in sight and everyone is pretty blown out for

the day. We catch a shuttle to the west end overlooks to watch the sunset.

Saturday, May 30th -- We break camp and travel south to Flagstaff and then turn east. On our way back to New Mexico we tour the Painted Desert and Pertified Forest along I-40. We make camp at Bluewater Lake State Park in western New Mexico.

Sunday, May 31st -- Back on Route 66 headed east. We stop at Grants, New Mexico, to attend Mass for the Solemnity of the Most Holy Trinity. The folks at Saint Theresa's are very warm and welcoming. We push on the long day's drive and make camp in Elk City, Oklahoma.

Monday, June 1st -- About 350 miles will see us back in Subiaco. It's been a wonderful trip. I have camped and traveled all over the west for years, but I never get tired of seeing the country. It's always good to be on the road with Mr. Kinney and this year, Rob Pugh. It is truly a pleasure to help the guys discover this part of the states. I could gladly load up and leave again tomorrow.



## from the Parent Association



The Parent Association welcomes all the new parents and students. Thank you to all the parents who signed up to help with the many activities throughout the year. The first junior high home game will be on September 10 and the Homecoming game for the varsity will be on September 18 with a dance to follow. We will be contacting you for concession stand duty. We will be hitting the ground running, and look forward to the exciting year ahead. Your help is always needed and welcomed.

# First week activities



*Practice on new tennis courts*



*Only part of the cross country team posed before boarding*



*College counseling in progress*



*Sunday afternoon success*



*Going to lunch after Wednesday Mass*



*Advanced artists comparing notes*



*In Fuhrmann Hall suite*



*Hal Myers '82 and Thomas Myers '19 at registration*



*New students being tested*



*Team-building during orientation session in Heard Hall*

# Potpourri



*Academy alumni Leo Anhalt '58 and Wallie Sprick '77 checking on construction progress*



*Logan Kremer '15 with his parents as he matriculated at the U. S. Naval Academy*



*Front entrance under construction*



*Br. Cassian Elkins, OSB, and Br. Reginald Udouj, OSB, '79 made solemn vows on August 8, 2015. Br. Cassian is studying at St. Meinrad Archabbey in Indiana, and Br. Reginald is a student at St. John's Abbey in Minnesota.*



*Fr. Patrick Boland, OSB, with his parents, Abbot Leonard, and Bishop Taylor at July 20 ordination in the Abbey Church*



*Mrs. Lou Trusty preparing for the senior ring ceremony*

## Blessing and dedication of Fuhrmann Hall

For many months, the campus of Subiaco Abbey and Academy has been buzzing with construction activity. As the school year opened on August 17, senior boarding students in the Academy were welcomed into the new student residence, Fuhrmann Hall. The construction of this building was one component of the recently completed capital campaign. The blessing and dedication of Fuhrmann Hall will be part of a celebration of Continuing the Tradition...A Campaign for Subiaco which will take place on Saturday, August 29. A Mass of Thanksgiving will begin at 2:00 p.m. in the Abbey church. The blessing ceremony and a reception will follow in the assembly hall on the lower level of Fuhrmann Hall. All are invited to join the monks, students, faculty and staff for this joyous occasion. Please RSVP to [Subiaco@subi.org](mailto:Subiaco@subi.org) or call 479-934-1001 to make a reservation.



## Academy Board of Trustees

## Class of 2016 at Ring Ceremony



*l. to r. Jeff Gray, George Lieux, Abbot Leonard, Darian Laves, Amy Oatis, Br. Ephrem, Donna McDonald, Matt Stengel, Joseph Post, Ryan Gebrig, Bill Lux*

## Miracles of St. Benedict

*Last year we spent time with chapters from The Rule of Saint Benedict. We will continue with more passages and commentary from the Rule later in the year. To enhance our understanding of Benedictine spirituality, we turn now to the life of Benedict himself. Most of what we know about the life of Benedict comes from the Second Book of Dialogues by Saint Gregory the Great (540-604). Gregory himself was a monk who was elected to the papacy in 590.*



The abbey church here at Subiaco has thirty-six beautiful stained glass windows crafted by Franz Mayer of Munich, Germany, that illustrate the life and miracles of Saint Benedict as Gregory describes them. The following will be an adaptation of Saint Gregory's writings. The photos of the windows were taken by Brother Jude Schmitt, O.S.B.

As a young man, Benedict went to Rome to study. Once there, he was disillusioned with the decadence he saw in Rome and the lack of seriousness in his fellow students. Accompanied by his nurse, he traveled to the town of Affile, about thirty-five miles east of Rome. At the invitation of some devout men, he and his nurse stayed in a simple lodging next to the Church of Saint Peter. One day after asking her neighbors to lend her a tray for cleaning wheat, the nurse left the tray on the edge of the table where it was knocked off and broken in two. The poor woman was very upset that the borrowed tray had been broken. When Benedict saw her weeping, he felt sorry for her, knelt down, picked up the broken pieces and prayed earnestly to God to the point of tears. As soon as he finished his prayer, he noticed that the tray was whole again. News of this miracle spread rapidly through the countryside, and the much talked about tray was hung up at the entrance to the church. Because Benedict wished for solitude and not the attention of men, he fled from his nurse and Affile and traveled to the wilderness of Subiaco.

(Adapted from St. Gregory's Dialogues, Book II)

Deacon Roy Goetz

Academy Chaplain



# Subiaco Prayer Ministry

Each week an email is sent out to around 100 parents and staff members so that we can pray united for Subiaco, its staff and our sons, as well as all the boys at Subiaco. If you have a son or grandson attending Subiaco and you want to be added to the list of prayer warriors, send an email to [subiparent@yahoo.com](mailto:subiparent@yahoo.com) and ask to be placed on the weekly prayer list. Once you are on the list, each week you will receive an email from the [subiparent@yahoo.com](mailto:subiparent@yahoo.com) email address with a weekly prayer sheet.

As we move into eleven years of this ministry, I thought that having a little history of the Prayer Ministry would be helpful. Eleven years ago, when my son, Jacob Post, began attending Subiaco as a freshman, I was involved in a prayer ministry called Moms In Prayer International ([www.momsinprayer.org](http://www.momsinprayer.org)). Three years later our son, Joseph Post, also attended Subiaco and I led the Prayer Ministry for 7 years while my sons were attending Subiaco. Moms In Prayer International (MIPI) is an interdenominational international prayer ministry where two or more moms get together weekly for an hour to pray scripturally for their children, teachers and schools. I knew that I could not meet physically with other moms to pray for my sons while they were at Subiaco. I also knew that the one thing I COULD do to make a difference in their lives and positively affect the school was to PRAY. So based on my Moms In Prayer format, I developed the Subiaco Prayer Ministry. It took on the format of sending out a weekly prayer sheet via email. Each week through this weekly email we pray placing our son's name in a scripture. And we also list a group of boys and teachers to pray for by name. We put specific general prayer intentions weekly on the list. This format helps us pray united in prayer for our sons, the boys at Subi, the staff, and the school. Each year we pray by name for each staff member and the boys at least twice.

Kelly Eveld has agreed to lead the Subiaco Parent's Prayer Ministry. Her son, Andrew, is a sophomore at Subiaco. Each week, if you are signed up, you will get an email from the [subiparent@yahoo.com](mailto:subiparent@yahoo.com) sent out by Kelly so that you can pray with other parents.

When this ministry began, there were about 15 people on the weekly list. The next year it grew to 25 weekly prayer warriors. By the time my son was a senior and our youngest son started his freshman year, we had 45 prayer warriors praying each week. The ministry continued to grow. Several years ago it had grown to 60 praying weekly for Subiaco. This year there are 100 weekly prayer warriors praying for Subiaco, the boys, their sons and the staff!!! This says so much about the boys that God has led to Subi and the fact that their parents know that PRAYER DOES MAKE A DIFFERENCE! Just a quick email to [subiparent@yahoo.com](mailto:subiparent@yahoo.com) letting us know you want to be added to the list and you can become a part of our weekly prayer warriors.

Bernadette Post, Founder of Subiaco Prayer Ministry

Kelly Eveld, Prayer Ministry Leader