

VIRTUOUS



vir·tu·ous
/vərCHooəs/



From the ambition of Father Edward Sorin to the zeal of alumna Lindsay Brown, the University of Notre Dame is founded on the virtues of men and women who have built our community for more than 170 years. "Virtue" means "excellence," the habitual qualities that enable a person to achieve his or her goals. Notre Dame not only plays like a champion every day, but also works, studies, teaches, learns, conducts research, serves, and lives like a champion.

Our Catholic tradition long ago affirmed the human cardinal virtues—prudence, justice, temperance, and fortitude—and added the theological virtues from the New Testament: faith, hope, and love. Within each of these categories, particular virtues appear in different individuals that provide the excellence the community needs to flourish.

The fight against breast cancer involves such a community and calls for such virtues. The creativity and perseverance of the science researchers, the passion and compassion of the clinicians, the courage and hope of the patients, the love and diligence of their supporters, and the generosity and magnanimity of the survivors, ensure that this community will thrive and achieve its goals.

From the countless virtuous individuals spanning across Notre Dame's history, several examples have been selected, past and present, to represent the rich heritage that makes this University unique. Their excellence inspires our community, and we expect they will inspire you. We are all inspired by the scientists, the medical professionals, the families, the friends, and especially the survivors, whose virtues call us forward in the fight against this disease and enrich us as a community. As we continue to build this compilation, we would love to hear from you if you have a recommendation for another virtuous member of the Notre Dame family.

Yours in Notre Dame,



Gregory P. Crawford
William K. Warren Foundation Dean of the College of Science
Professor of Physics
University of Notre Dame



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As the rainbow reveals the rich diversity united in the pure white light,
each person's virtues shine to strengthen the community:

The red of passion, the orange of energy, the yellow of joy, the green of
growth, the blue of truth, the indigo of insight, the violet of innovation.

The Golden Dome at the end of this Irish rainbow is more
precious than any pot of gold.

It is the sign of family of courage and justice, of moderation
and wisdom, of faith, hope, and love.

The wonder of nature's rainbow reflects the grace of
common good and solidarity.

Our power empowers others. Our unity unites us with others. Our virtues
enable our community to flourish for the sake of the whole human community.

We are Notre Dame.

AMBITION

am·bi·tion

\am-'bi-shən\



Noun

Rev. Edward Sorin, C.S.C.



Ambition as a virtue refers to the inner drive to achieve great things for the sake of the common good. A person with this virtue considers the advancement of the community first and seeks leadership roles that will further that progress. An ambitious person is willing to endure hardships and remind others that the achievement outweighs the difficulties.

Rev. Edward Sorin, C.S.C., exercised this virtue when he established the University of Notre Dame with his companions in the cold, snowy November of 1842. At the age of 28, he came from France with the ambition of building a university for Our Lady. That ambition did not wane even when the Main Building burned down in 1879; he declared that he would rebuild bigger than before. Father Sorin also established Ave Maria Press, the Sisters of the Holy Cross in the United States, and St. Edward's University in Austin, Texas. He became superior general of his order in 1868 and remained in that leadership role until he died in 1893, with his ambitious work flourishing for the good of the Church and society.

ASSERTIVENESS

as·ser·tive·ness

\ə-'sər-tiv-'nəs\ 🔊

Noun

Assertiveness involves standing up for what one believes is right. It involves elements of the four cardinal virtues of prudence, justice, temperance, and fortitude. Assertive people not only refuses to accept ideas they do not believe, but also respect the rights and opinions of others as they wish to be respected. This requires courage, good judgment, and a sense of fairness and moderation.

Mary Hesburgh Flaherty, who graduated from Notre Dame in 1979, demonstrates the virtue of assertiveness. She is a two-time cancer survivor who spoke at the Pink Zone Luncheon in 2013 and stressed the importance of being "in charge of your cancer." Rather than passively accepting experts' advice, she asked questions and educated herself so she could make clear, responsible decisions. Flaherty's assertiveness came with a sense of humor, a relaxed approach to her own difficulties, a commitment to help others, and a strong personal faith. With this virtue, she has also provided important leadership on numerous volunteer boards and councils, including Notre Dame's Undergraduate Experience Advisory Council, Council for Performing Arts, and Thanking Father Ted Foundation.



Mary Hesburgh Flaherty

ATTENTIVENESS

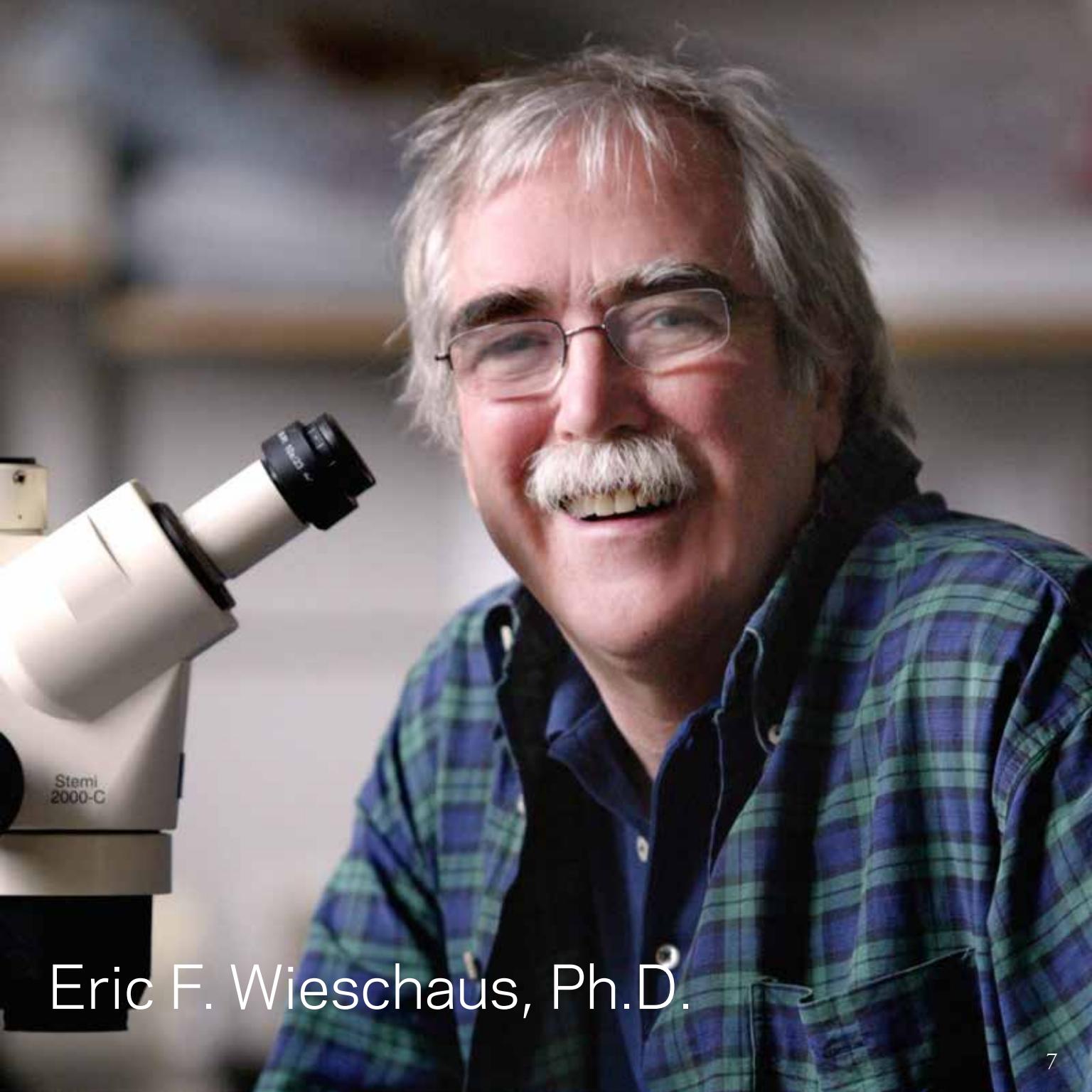
at •ten•tive•ness

\ə-'ten-tiv'-nəs\ 🔊

Noun

Attentiveness involves an especially focused engagement in observation so that one is able to notice and process a wide range of detail in the object of one's attention. People may be attentive to others in a way that make them recognize the special care they are receiving, but they may also be attentive to events, the natural world, and other objects of study.

Eric F. Wieschaus, Ph.D., developed an interest in biology in high school after being introduced to dissection. He went on to earn a bachelor's degree in biology at Notre Dame. While an undergraduate, he was especially interested in embryo development, and had a job preparing food for fruit flies in another lab and learning genetics. The interests came together at Yale University, where he was earning a Ph.D., when he began to study the embryology of fruit flies. His attention to the smallest details in the development of these embryos produced such breakthrough results in understanding that he received the 1995 Nobel Prize in Physiology or Medicine. Wieschaus said that while he was growing up, he had expected to be an artist, and he believed that interest assisted his ability to pay such close attention to visual detail.



Eric F. Wieschaus, Ph.D.

AUTHENTICITY

au·then·tic·i·ty

\ə-'then-tisətē\ 🔊

Noun

The virtue of authenticity has to do with a genuine, sincere openness to others; it is the opposite of hypocrisy. Authenticity makes it easy for others to trust authentic people because they are confident they will not be misled. This virtue is a kind of courage because it is a willingness to reveal vulnerability, as well as strength.

Kelley Tuthill, a reporter for WCVB-TV in Boston, demonstrates authenticity in her work, in her life, and in how she has tied them together. Tuthill graduated in 1992 from Notre Dame, where she was editor-in-chief of *The Observer*. Her journalism career has covered the Columbia space shuttle explosion, protests at the 2004 Democratic National Convention, and championship seasons by the Boston Red Sox and New England Patriots. She has also openly shared her story of breast cancer with viewers since her diagnosis in late 2006, at age 36. Since then, she has become a leading advocate for cancer awareness and fundraising and co-authored a book, *You Can Do This! Surviving Breast Cancer Without Losing Your Sanity or Your Style*. The Boston Celtics named her a "Hero Among Us" in 2008.



Kelley Tuthill

BEAUTY

beau·ty

\'byü-tē\

Noun

Beauty as a virtue refers to the inner quality of harmony, justice, and peace that is not subject to the kinds of external circumstances that can mar the beauty of the body. This characteristic, which can be developed and strengthened, is recognized by others when they are attracted to the person without depending on physical attributes. The person who possesses this virtue recognizes beauty in others and can bring beauty to the world.

The Croatian sculptor Ivan Meštrović, who spent the end of his life teaching and working at Notre Dame, is an example of someone who possessed the virtue of beauty. He used his artistic skills at first to express his love for his native country, but as he matured, he embraced love for all humanity and devoted much of his work to reflecting the beauty of God. "The best way to fight against evil is to pray to God and to struggle for the beautiful means to sing his praises," he wrote. Meštrović came to Notre Dame at Father Hesburgh's invitation in 1955, and his sculptures still beautify our campus today, including the outdoor sculpture of Jesus with the woman at the well and the *Pieta* in the Basilica of the Sacred Heart.



Ivan Meštrović

CARING

car·ing

\'ker-in\ 

Noun

The virtue of caring combines kindness and concern for the other's well-being. These feelings for the other person move the caring one to act—just because the person needs what they can offer, not because they expect anything in return. Such a person cannot pass by a suffering human being without trying to help, especially when he or she has the resources or skills that could improve the circumstances.

George J. Bosl, M.D., chair of the department of medicine at Memorial Sloan-Kettering Cancer Center, has demonstrated the virtue of caring. He devotes his skills as a medical oncologist to improving the quality of life, as well as the physical health of people with cancer. His specialty is genitourinary cancers, such as testicular cancer, and he is part of a compassionate team that provides multidisciplinary care for the patients. His research focuses on finding more effective and less toxic treatments for cancers. He oversees the development and testing of cancer therapies for the cancer center as associate director for clinical and translational research, and he was a leader in developing the Aging and Cancer Program at Sloan-Kettering. Bosl also gives talks to nonspecialists about encouraging progress in the fight against cancer. His success in the caring profession of medicine demonstrates his virtue of caring.



George J. Bosl, M.D.



Carol Lally Shields, M.D.

COMMITMENT

com·mit·ment

\kə-mit-mənt\ 🔍

Noun

Commitment as a virtue involves a personal engagement in serving—whether the service is to another person, a team, a profession, an idea, or another worthy recipient of one's dedication. Committed people make sure they do everything to uphold the reputation and advance the well-being and success of others. Their resources are available to achieve that goal.

Carol Lally Shields, M.D., who graduated from Notre Dame in 1979, demonstrated such commitment as captain of the basketball team, and was the first woman to receive the Byron Kanaley Award for excellence in academics and leadership, the highest honor for Notre Dame student-athletes. Now, among her other commitments, she focuses on advancing her professional field of ophthalmology. She is the co-director of oncology service at Wills Eye Hospital in Philadelphia, along with her husband, Jerry Shields, M.D. She has written extensively in the field and won international recognition for her work, including an honorary degree from Notre Dame in 2005. Emily Kolbus, who interned with Shields as a Notre Dame undergraduate in 2010, said, "Dr. Carol Shields sets a great example of what an individual can accomplish with the drive, determination, and heart that guides all Notre Dame students and alumni."

COMPASSION

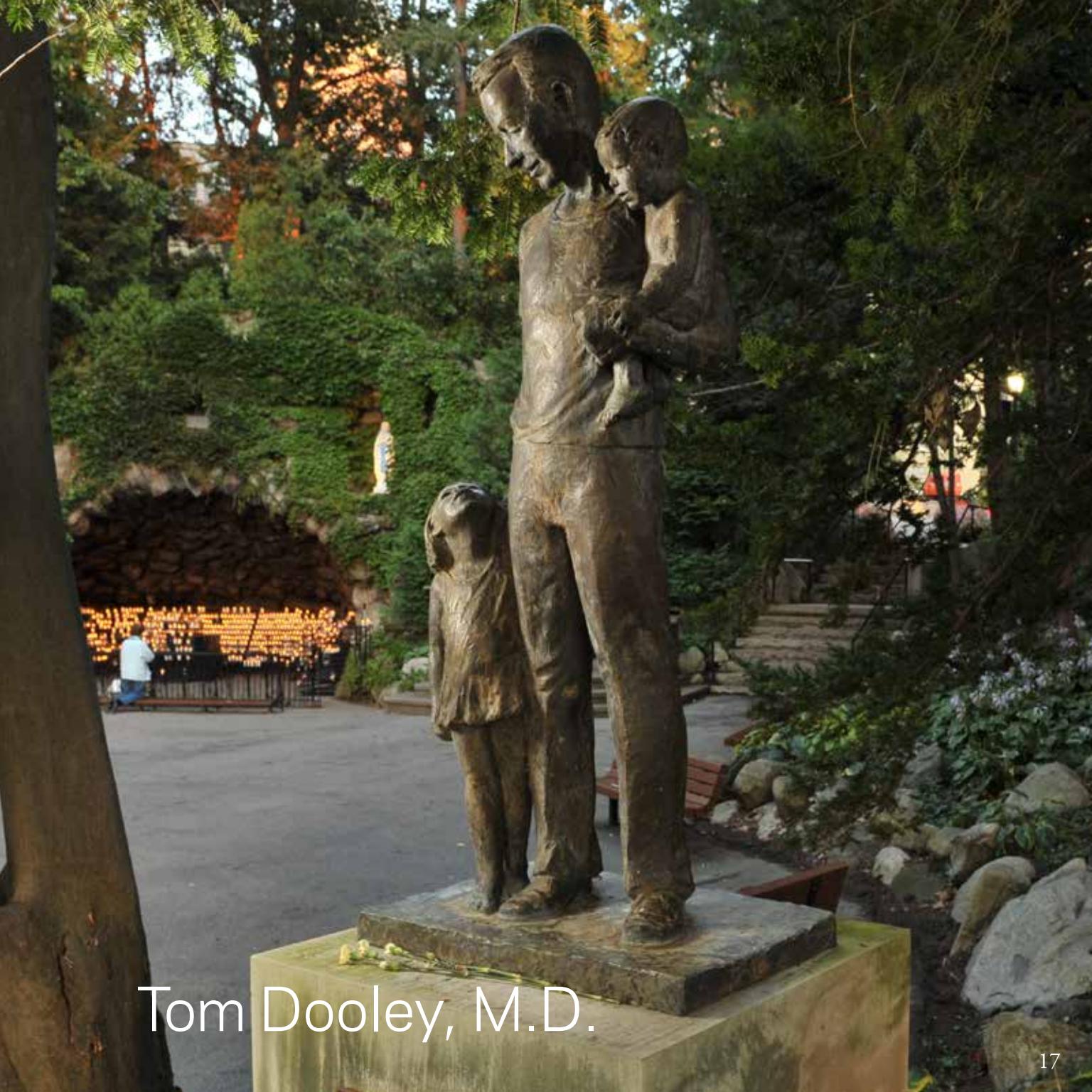
com·pas·sion

\kəm-'pa-shən\ 

Noun

The great virtue of compassion is a kind of love that is moved to act on behalf of those who are suffering. A compassionate person not only feels the suffering of others, but also makes a decision to do whatever is possible to alleviate that suffering. Compassion supports perseverance in the effort to make sure that goal is achieved.

Tom Dooley, M.D., who studied at Notre Dame in the 1940s before he went to medical school, is known around the world for his compassion. He was a U.S. Naval physician who worked with refugees in Vietnam before the war, and then went to Laos to start hospitals and clinics with the International Rescue Committee. He started the Medical International Cooperation Organization (MEDICO) to build hospitals and wrote three books about his experiences before his death in 1961. His work continues today by many people inspired by his compassion, including the foundation, Dooley Intermed International. At Notre Dame, Matthew Hubbard, M.D., founded the Dooley Society, which has an alumni membership of more than 2,200 medical professionals. It provides stipends for Notre Dame students to participate in summer medical missions. A statue of Dooley with Laotian children stands near the Grotto on campus.



Tom Dooley, M.D.



Hannah Storm

CONFIDENCE

con·fi·dence

\kän-fə-dən(t)s

Noun

Confidence is the inner assurance that one's goals can be achieved, even in the face of obstacles. It is not arrogance because it includes an honest appraisal of one's abilities and of the surrounding circumstances; it is a kind of hope because it perceives the possibilities beyond problems.

Professional journalist Hannah Storm, who graduated from Notre Dame in 1983 with communications and political science degrees, exhibits this kind of confidence. Her career in radio and television started at WNDU-TV in South Bend while she was still a student, and after working in Texas and North Carolina, she became CNN Sports Tonight's first female host in 1989. Storm continued her groundbreaking career when she went to NBC in 1992, hosting high-profile sports events, including Notre Dame football. At CBS News she was a host of *The Early Show*, covering major events and interviewing top newsmakers. She became ESPN SportCenter's anchor in 2008. That same year, she started the Hannah Storm Foundation to help provide treatment for children with disfiguring birthmarks. She had revealed on *The Early Show* that she has a port-wine stain under her left eye. Storm has written two books: *Notre Dame Inspirations: The University's Most Successful Alumni Talk About Life, Spirituality, Football—and Everything Else Under the Dome*, and *Go Girl! Raising Healthy, Confident and Successful Daughters through Sports*.

COURAGE

cour·age

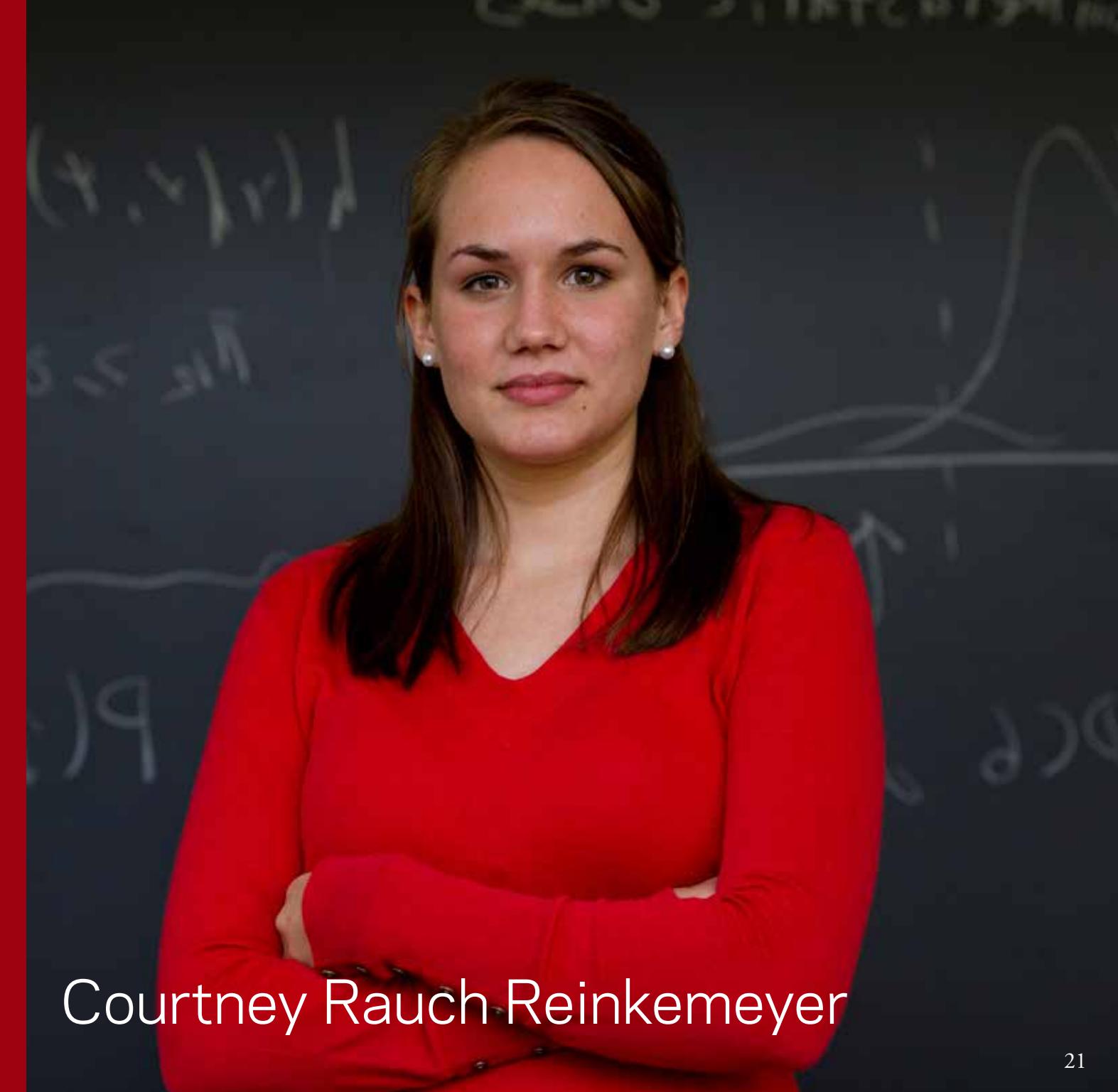
\'kər-ij\ 

Noun

The virtue of courage has to do with confronting threats, both internal and external, rather than surrendering to them. A courageous person may be the victor on a battlefield or a selfless mother of an ill child who maintains her quiet strength during years of suffering. Courage is vital to sustaining any of the virtues when the virtuous person is challenged or tempted to give up.

Courtney Rauch Reinkemeyer, a 2013 Notre Dame alumna, has exhibited the virtue of courage for years. She was diagnosed with a rare form of breast cancer as a freshman at Notre Dame. She underwent numerous surgeries and has been declared cancer-free. As an applied and computational mathematics and statistics major, Reinkemeyer devoted herself to cancer research with department chair Steven Buechler, whose work involves identifying which treatments might be best for different patients.

In 2011, Reinkemeyer delivered the invocation at our Pink Zone Luncheon. "Professor Buechler's research won't necessarily affect me, but it is going to help other people who were in my position," she said. "I try to make the most out of everything that I do here. I dedicate myself to everything I do as much as I can."



Courtney Rauch Reinkemeyer

CREATIVITY

crea·ti·v·i·ty

\,krē-(,)ā-'ti-və-tē\

Noun



Jerome Green, Ph.D.

The virtue of creativity is a kind of wisdom that not only looks for solutions with the resources already available, but also imagines and brings into being truly new resources. This is the quality behind invention and innovation—the ability to see that the future can be different from the past and to contribute to a positive difference.

Jerome Green, Ph.D., who came to Notre Dame as a professor of electrical engineering in 1895, demonstrated this virtue. Among other things, he built the first X-ray machine in northern Indiana. Green knew of the experiments with wireless communication happening in Europe, and he built his own equipment for wireless experiments in Notre Dame's machine shops. Sometimes the virtue of creativity calls for the virtue of patience, as the machine was tested between several locations on campus. Finally, with a crowd of reporters assembled, from the church tower to Saint Mary's College a mile away, it worked. Green's creativity provided a strong foundation for work in the vital field of wireless communication. Notre Dame established a Wireless Institute in 2010, and the amateur radio station on campus is named for Jerome Green.

CURIOSITY

cu·ri·os·i·ty

\kyür-ē-'ä-s(ə-)tē\

Noun

Curiosity as a virtue involves the habit of seeing new knowledge by observation and investigation. A curious person is willing to explore, to challenge the status quo, and to seek new solutions that improve the depth of human understanding and the quality of human life. A person with this virtue will consider many different fields—not just specialize—because learning is its own reward.

Rev. John Zahm, C.S.C., demonstrated such curiosity. In 1872, the year after he graduated from Notre Dame, he became the University's assistant librarian, curator of the museum, and assistant in chemistry, physics, and natural science—one sign of his breadth of interest and ability. He was a champion for reconciling the truths of religion with the evidence of science, especially evolution, and for recognizing the role of women in science. Father Zahm served important positions in his religious order and improved the quality of education at Notre Dame. He gathered one of the largest Dante libraries in the United States. He explored rivers in South America and collected maps, photographs, and artifacts that became part of an important collection at Notre Dame. He was on his way to the Holy Land to satisfy his curiosity about its history and archeology when he died in 1922. His broad curiosity earned him a reputation as one of the most important leaders and scholars in Notre Dame's history.



Rev. John Zahm, C.S.C.

John Crowley



DEDICATION

ded·i·ca·tion

\de-di-ka-shən\

Noun

Dedication is a single-minded commitment to a cause, the determination to keep promises that you have made to yourself and others. A dedicated person's energies and resources are directed in the service of the cause and are highly focused.

John Crowley, who graduated from Notre Dame Law School in 1992, is a widely known example of dedication. Crowley, who earned an MBA from Harvard Business School, had a successful career in management consulting when two of his children were diagnosed with Pompe's disease, a severe neuromuscular disorder. He and his wife, Aileen, moved the family from San Francisco to New Jersey so they could be close to doctors familiar with the disease. Crowley went to work for Genzyme, a biotech research company that was working on a treatment for the disease. Eventually, Crowley was put in charge of Genzyme's massive research and development efforts that led to an enzyme replacement therapy for Pompe's disease and saved his children's lives. His story is the subject of a Harvard Business School case study, two books, and a movie. Crowley was named the 2009 Make A Wish Foundation of New Jersey's Humanitarian of the Year, is on the National Board of the Make-A-Wish Foundation of America, and continues to advocate for health care and rare disease research.



Haley Scott DeMaria

DETERMINATION

de·ter·mi·na·tion

\di-tər-mə-'na-shən\

Noun

The virtue of determination involves a focus on the goal so strong that the person exerts whatever is necessary to achieve it. People with determination may hear discouragement around them, but they are not deterred; if anything, they might be inspired to redouble their efforts and prove the naysayers wrong.

When Haley Scott DeMaria gave a talk at our Pink Zone Luncheon in 2012, I saw a living example of determination. She was a monogram-earning member of the Notre Dame swim team in January 1992 when she was paralyzed with a broken back as a result of a terrible bus accident. Doctors told her she would probably be in a wheelchair for the rest of her life, but she was determined to beat the odds. Within a month of the accident, she was standing and walking. Even after a medical setback, she returned to the classroom and to the swim team, where she won her heat in a 50-yard race in October 1993. She has written a book, *What Though the Odds*, a line from the Notre Dame fight song. “Today is about hope,” she told us at that luncheon. “Today is about strength. Today is about courage and faith and coming together to support one another in this amazing community we have. The journey is often long and dark and at many times painful. We aren’t on our journey alone.”

DILIGENCE

dil-i-gens

\'di-lə-jən(t)s\

Noun

Diligence is the virtue of hard work, keeping at the task in order to make sure it is accomplished. It involves not only the degree of labor exerted at any particular time, but also the sustained performance of that effort across long periods of time as needed.

George B. Craig Jr., Ph.D., demonstrated the virtue of diligence across his entire career, focused on studying mosquitoes. Craig was a research entomologist before he joined Notre Dame in 1957. In his 38-year career, he received uninterrupted funding, a strong endorsement of his work, and an NIH record that still stands today. He started the Mosquito Genetics Project, which became the famed Vector Biology Laboratory (VBL) home to the World Health Organization's International Reference Center for Aedes since 1969. The VBL then expanded into what is now the Eck Institute for Global Health. Craig was assiduous in his research, even when it meant spending years at the Mosquito Biology Unit in Kenya. Diligent to the end, Craig died during the national meeting of the Entomological Society of America, where he and his laboratory colleagues had given six presentations. During his career he was recognized for his numerous achievements, most notably membership in the prestigious National Academy of Sciences, Notre Dame's only faculty member to be inducted to date. Posthumously, numerous awards were made in his honor recognizing his diligence in advocacy for mosquito control. His *New York Times* obituary said he was an entomologist "feared by mosquitoes." His greatest love was his students, and his love of learning was contagious.



George B. Craig Jr., Ph.D.

Emil T. Hofman, Ph.D.



DISCIPLINE

dis·ci·pline
\\'di-sə-plən\\ 
Noun

The virtue of discipline has to do with living a well-ordered life, both in one's personal thoughts and emotions and in one's public activity. People with this virtue earn the respect of others because of the consistency of their behavior and the dependability of their promises.

I met Professor Emeritus Emil T. Hofman soon after I came to Notre Dame, when he invited me to sit with him on a bench on campus. I learned later that it was "his" bench, his habitual place for greeting and conversing with people as they pass. Hofman is best known for his rigorous, disciplined approach to teaching. His legendary freshman chemistry course is one example of his well-ordered life. When freshmen first entered his class, they expected it to be a rigidly ordered activity that was masterfully, and sometimes harshly, executed. As time went on and they moved on in life, the students recognized that his discipline could also be referred to as tough love, just as Hofman intended it to be. He taught more than 32,000 students in his long career, and more than one-fourth of them became doctors. The list includes former Notre Dame President Monk Malloy and both of the University's Nobel Prize winners.

In more recent years, he has led alumni who are medical professionals on "Hofman Reconnaissance" trips to serve suffering people in Haiti. Thousands of people have benefited from his disciplined life—and learned discipline for themselves.



Patti Strauch

EMPATHY

em·pa·thy

\'em-pə-thē\ Noun

The virtue of empathy involves recognizing how another person is feeling. People with empathy are not distracted by their own feelings, or how they might feel if they were in the other person's situation. Instead, their attention is on the other person, and they accurately assess what that person is feeling.

Patti Strauch, department administrator for the Department of Mathematics, demonstrates the virtue of empathy, among other things, by participating in the Notre Dame Relay for Life, an event to honor cancer survivors, remember lost loved ones, and raise money to fight cancer. Cancer has impacted many of her friends and professors in the department, as well as both of her parents. Her mom fought a brave battle, but ultimately passed away from the disease.

In the 2013 Relay, she walked and lit luminarias for 82 people touched by cancer. Every year, Strauch and her co-worker, Judith Hygema, raise money by holding a chili cook-off, making luminary bags and holding a campus blood drive. "The Relay has always given me a chance to feel like I am doing something to help people who are or were in my shoes with my dad and my mom," she says. "Relay starts off being a sad event for me since it reminds me of who I have lost, but then I hear the stories that the Relay speakers and participants share and you know you are not alone."

FAIRNESS

fair·ness

\'fer-\'nes\ 

Noun

The virtue of fairness is a part of justice, ensuring that everyone receives what is due them. Fairness includes the just distribution of a society's goods, but it also involves correct judgment about a person's actions and responsibilities.

Ann Claire Williams, who graduated from Notre Dame Law School in 1975, is well known for her fairness. She has been a judge of the United States Court of Appeals for the Seventh Circuit since 1999; previously, she was a judge of the United States District Court for the Northern District of Illinois. She is so well respected that she has been mentioned as a possible Supreme Court nomination. In 2010, she received the Edward J. Devitt Distinguished Service to Justice Award, which the American Judicature Society gives to federal judges "whose careers have been exemplary, measured by their significant contributions to the administration of justice, the advancement of the rule of law, and the improvement of society as a whole." Williams has been active in working internationally with lawyers in Kenya, Liberia, and Ghana, as well as working with tribunals for Rwanda and the former Yugoslavia. She has also been a leader in promoting legal education and justice for minority and underrepresented communities.



Ann Claire Williams

FAITH

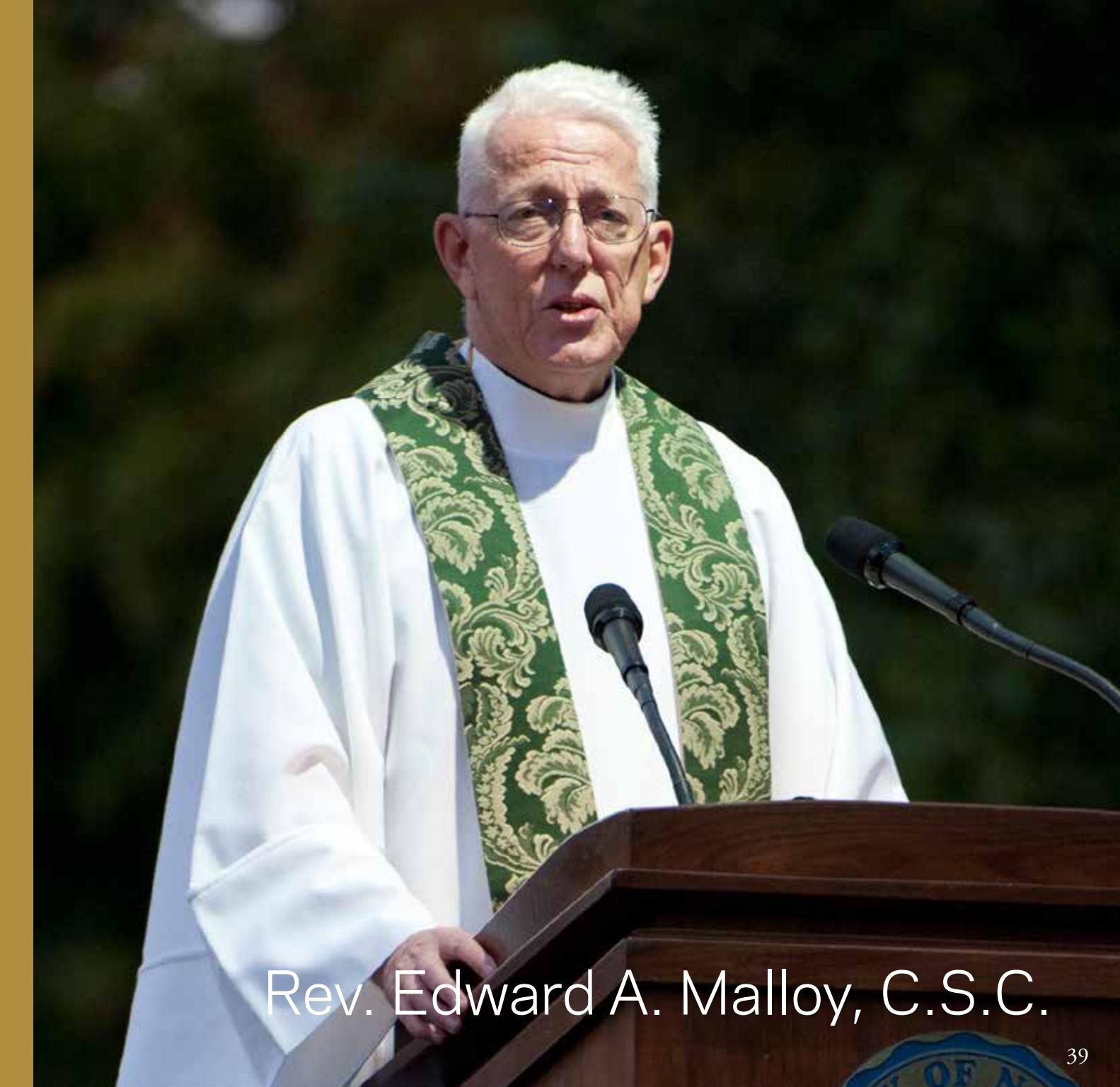
faith

\feyth\ 🔊

Noun

The theological virtue of faith has to do with trusting in a reality that is not seen and believing in a truth that is beyond empirical evidence. People of faith have confidence that goes beyond self-confidence and dedication to something bigger than themselves. Their faith gives them hope for a good future no matter how big the challenges may be in the present.

Rev. Edward A. "Monk" Malloy, C.S.C., is a man of faith. This virtue was part of his great success as a leader—people want to follow a person who sees the possibilities ahead so clearly. He was president of Badin Hall when he was an undergraduate, and he was president of the University from 1987 to 2005, a time of great growth for Notre Dame. Ordained in 1970, he kept his role as a priest central to his own life and ministry at Notre Dame while he was president—serving students in the dorm, in the Basilica, and at a critical moment when the community gathered after the 9/11 attacks. His faith has inspired students, faculty, staff, and many others around the world, and it has strengthened the University community in its mission to act faithfully in all of our efforts.



Rev. Edward A. Malloy, C.S.C.



Jeff Shupe

FLEXIBILITY

flex·i·bil·i·ty

\flek'sə-bəl-ə-tē\

Noun

Flexibility is the virtue that enables a person to respond appropriately and effectively to different circumstances. People who are flexible can recognize the need to try something new and find innovative solutions to problems that arise. Such people also have the ability to integrate different aspects of their life because they take a broad view that is open to opportunities.

Jeff Shupe, a Notre Dame alumnus who earned an engineering degree, has demonstrated the virtue of flexibility. Jeff is co-founder and chief operating officer of SRAM, LLC, the Chicago-area bike component company that generously supports the Road to Discovery rides. He is such an effective worker that the company CEO calls him “the best get-it-done guy I have ever met in my life.” Jeff doesn’t just make sure that I have all the right parts for the ride—he even joins me on the road to share the experience. His flexible, creative approach unites his work and his mission into an inspiring life.

FRIENDLINESS

friend·li·ness

\'frendlēnɪs\ 🔊

Noun

The virtue of friendliness combines not only the qualities of kindness and sympathy, but also traits of good humor and hospitality. Friendly people are pleasant to be around because they enjoy the mutual give-and-take of the relationship while at the same time paying special attention to serving the happiness and well-being of the others.

Marty Ogren, the associate director of warehouse, delivery, and transportation at Notre Dame, has exhibited the virtue of friendliness for decades in his job as chauffeur since 1976. Ogren, who first drove for Rev. Theodore Hesburgh, C.S.C., is only the third chauffeur at the University since the program started in 1916. His role has put him in contact with a variety of people who visit the campus, and his friendliness has represented the University in a positive way. Ogren received a Spirit of Holy Cross Award in 2013. "While he has been in the company of presidents, prime ministers, cardinals and other notables, he excels at handling personal requests and is always ready to help out C.S.C.s, as he does a whole range of people whether faculty, staff, students, or visitors to campus," said Rev. James King, C.S.C., the religious superior at Notre Dame. "He is one of the best-known and respected people at Notre Dame because he epitomizes the Christian ideal of service to everyone regardless of rank or station."



Marty Ogren

HELPFULNESS

help·ful·ness

\'help-fəl-\'nes\

Noun

The virtue of helpfulness is a kind of love that leads a person to assist others in reaching their goals. The success of the one being helped is as important to the helping one as their own success. Helpfulness is not only providing material resources, but it is also a disposition of friendship that supplies inspiration, encouragement, and support to help the other achieve.

Ralph Pennino, M.D., F.A.C.S., the founder of InterVol, demonstrates the virtue of helpfulness around the world. Pennino graduated from Notre Dame in 1975 and went on to earn his M.D. at Georgetown University. He is a plastic surgery specialist and Chief of Surgery at Rochester General Health System. Over 20 years ago, Pennino volunteered with AmeriCares in Siberia, Russia and noticed that the region needed medical supplies and equipment. That experience inspired him to establish InterVol in 1989, which connects people around the world to the medical resources they need. He also helped start InterVol's Volunteer Medical Professionals program, where doctors, nurses, and others medical professionals volunteer as groups to travel to areas where access to medical care is limited. Among other things, Pennino has been honored by the Dooley Society with its Founder's Award. His virtue of helpfulness, in providing both material support and human encouragement, has made a difference in the lives of thousands of people around the globe.



Ralph Pennino, M.D., F.A.C.S.

HONOR

hon·or
/'a-nər/ 
Noun



Rocky Bleier

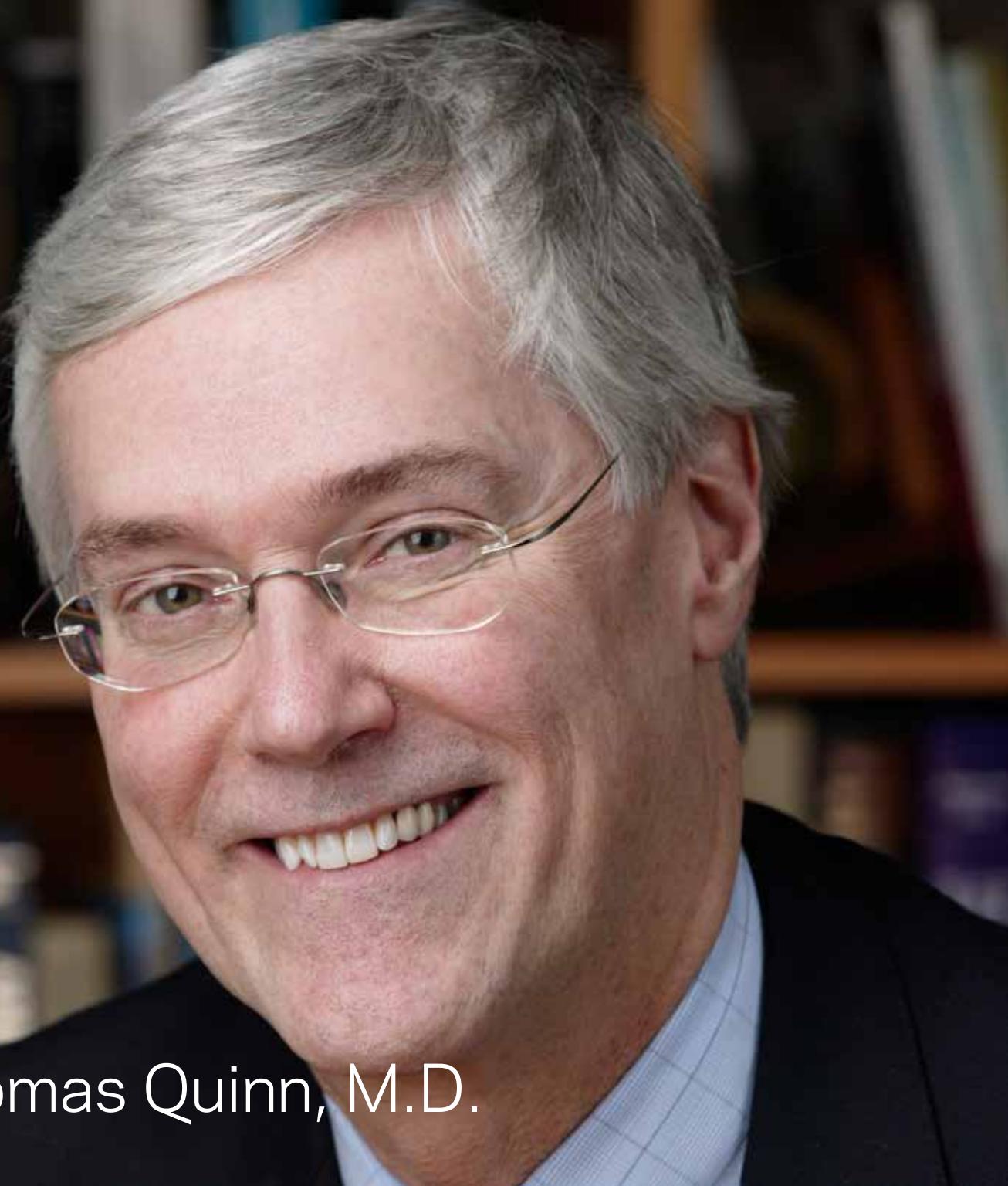
The virtue of honor has to do with reliability, honesty, and fairness. Individuals with honor do not consider abandoning their standards or their integrity, no matter what external pressures may come. This kind of life often leads other people who recognize the virtue to hold the person in high esteem and find ways to honor them.

Rocky Bleier, who played on the national championship Notre Dame football team in 1966 and was captain in 1967, demonstrated this kind of honor on the football field, on the battlefield, and in his personal life. Bleier was drafted in 1968 and served in Vietnam, where he was severely wounded when his company rushed to help another company that had been ambushed. Although doctors told him he would never play football again, he returned to the Pittsburgh Steelers and fought his way back to a position as starting running back on the team while it was winning four Super Bowls. His story of honor made him one of the fans' favorite players, and he received honors off the field. The Jaycees named him one of the 10 outstanding young men in America in 1979, and he was the NFL's Man of the Year in 1980.

HUMILITY

hu•mil•i•ty

\hyü-'mi-lə-tē\ 
Noun



Thomas Quinn, M.D.

Humility is the virtue of behaving modestly in the presence of others, respecting them not because of their rank or status in society, but because of their dignity as people. Humble people are confident in their own dignity as well, but rather than calling attention to themselves, they direct attention and care outward.

Thomas Quinn, M.D., has exercised the virtue of humility every day as he serves marginalized people through his research. As an undergraduate at Notre Dame, Quinn was inspired by the work of Professor George Craig, Jr., whose research focused on mosquito-transmitted diseases. Quinn earned his bachelor's degree in biological science in 1969 and a master's degree under Craig, Jr.'s guidance in 1970. He attended medical school at Northwestern University and earned fellowships working on infectious diseases at the National Institutes of Health and the University of Washington. Early in his career, he focused on malaria research and other infections and then, at the beginning of the AIDS epidemic, he identified the global nature of the problem and dedicated himself to alleviating it. He was one of the first to recognize that AIDS had been spreading around the world for a decade. Among other things, he collaborated with Luc Montagnier, who won the 2008 Nobel Prize in Medicine for work on identifying HIV as the cause of AIDS. Quinn, not seeking accolades, has devoted himself to disease control and prevention, and has dedicated his entire career to caring for people around the world who are suffering from AIDS and other diseases.

HUMOR

hu·mor
\\'hyu-mər\\
Noun



Lou Holtz

Humor as a virtue involves the ability to bring joy and delight to others, to reframe circumstances in a way that reveals the beauty and pleasure in life even when it is difficult or sorrowful. People with this virtue protect the dignity and reputation of others, and may express their own humility with self-effacing remarks for the sake of lifting others' burdens.

Coach Lou Holtz has this virtue in large measure. Holtz was a highly successful football coach, with the 1988 national championship and other stellar seasons at Notre Dame. He is the only coach in history who took six different schools to bowl games and had four different schools in the final top 20. Because of his engaging humor and professional expertise, he is a sought-after sports commentator. There's even a book, *Quotable Lou: The Wit, Wisdom, and Inspiration of Lou Holtz, College Football's Most Colorful and Engaging Coach*. Much of his success has to do with his personal optimism, even through trials, and not taking himself too seriously. As he once said, "the problem with having a sense of humor is often that people you use it on aren't in a very good mood."

IDEALISM

ide·al·ism

\i-'dē-(ə-),liz-əm\ 

Noun

Idealism as a virtue involves striving for the highest and most noble goals. The person with this virtue knows that there are limits to what can be attained, that one's reach might exceed one's grasp, but the effort will lead to more success than one could achieve by accepting a lesser standard.

Provost Thomas G. Burish, Ph.D., embodies the virtue of idealism and uses it to lead Notre Dame to ever greater heights. He has achieved a high reputation in the fields of psychology, teaching, scholarly publication, and cancer research, including chairmanship of the American Cancer Society's national board of directors. Provost Burish, who graduated from Notre Dame in 1972, understands the role of the University's unique Catholic identity in its aspiration to become a premier research institution, and he pursues the highest expression of that identity. He pushes us as deans to improve continuously, never to settle for the status quo, but constantly to strive for excellence. He also helps ensure that we have the resources and support needed to progress toward those lofty ideas.



Thomas G. Burish, Ph.D.



Anne Thompson

IMPARTIALITY

imp·ar·tial·i·ty

\(,im-pär-shə'lə-tē\)

Noun

The virtue of impartiality is a kind of justice that requires fair treatment of each side of an issue. An impartial person evaluates events and ideas apart from the observer's individual feelings and potential benefits. Understanding reached in this way is important for future decision making and the common good. Impartiality is an antidote to partisanship.

Impartiality is especially important in a society's media. Anne Thompson, who graduated from Notre Dame in 1979 and became a member of the University's board of trustees in 2010, brings that virtue to her work as a leading journalist. Thompson is the chief environmental affairs correspondent for NBC News, where she has covered such important topics as the Gulf of Mexico oil spill in 2010, climate change, and alternative fuels. Earlier in her career, she was the network's chief financial correspondent, and has won many prestigious journalism awards. Thompson has also shared her story of breast cancer survival with NBC viewers, as she told us at a Pink Zone Luncheon, "cancer is one of those stories that has been around so long, has been a problem so long, that it has a hard time getting to the forefront of the American mind," she said. "My cancer never derailed me or inhibited me from doing my job. In some ways, it actually freed me."

INNOCENCE

in·no·cence

\i-nə-sən(t)s\ 🔍

Noun

Innocence as a virtue involves both a guiltless purity and a guileless openness in a person's approach to others. The innocent have not done wrong and they do not suspect wrong intentions in the people around them. This virtue is usually associated with children and with adults who practice it in their own lives, as Scripture confirms that the Kingdom of God belongs to such people.

In our world, innocence is no protection from disaster and suffering. The three Parseghian children, Michael, Marcia, and Christa, were innocent when they were stricken and ultimately succumbed to the fatal, incurable Niemann-Pick Type C disease. A photo of the three children hangs in my office—the faces that accompany us on the Road to Discovery every summer—is the picture of innocence for me. These children inspire our work, and they represent the hundreds of other innocent children suffering from this affliction through no fault of their own. I have met many of these children on the road and been moved by their open hearts, their delight in life, and their gleeful gratitude for even the smallest gift. I have no doubt that the Kingdom of God does belong to such children, and to all who are willing to live innocently no matter what is around them in the world.

Marcia, Christa & Michael Parseghian



INTEGRITY

in·teg·ri·ty

\in'-te-grə-tē\ 🔍

Noun

The virtue of integrity involves holding a consistent, transparent value system, even in the face of opposition. As any mathematician will tell you, an integer is a whole number, complete without any fraction missing or added. Likewise, integrity, which comes from the same root word, means “unbroken wholeness.”

Integrity is a critical virtue for any leader. To me, Rev. John I. Jenkins, C.S.C., the president of Notre Dame, embodies this quality. Father Jenkins made his aims for the University clear at his inauguration in 2005—Notre Dame would be a Catholic university “determined to be counted among the preeminent universities in this country, a synergy of faith and scholarship.” He has sustained that vision consistently, even amid controversies like the 2009 commencement speaker invitation to President Obama. On that stage, Father Jenkins said, “Of course, dialogue is never instantaneous; it doesn’t begin and end in an afternoon. It is an ongoing process made possible by many acts of courtesy and gestures of respect, by listening carefully and speaking honestly. Paradoxically, support for these actions often falls as the need for them rises, so they are most controversial precisely when they can be most helpful.” His actions match his words, making him a model of integrity.



Rev. John I. Jenkins, C.S.C.

KINDNESS

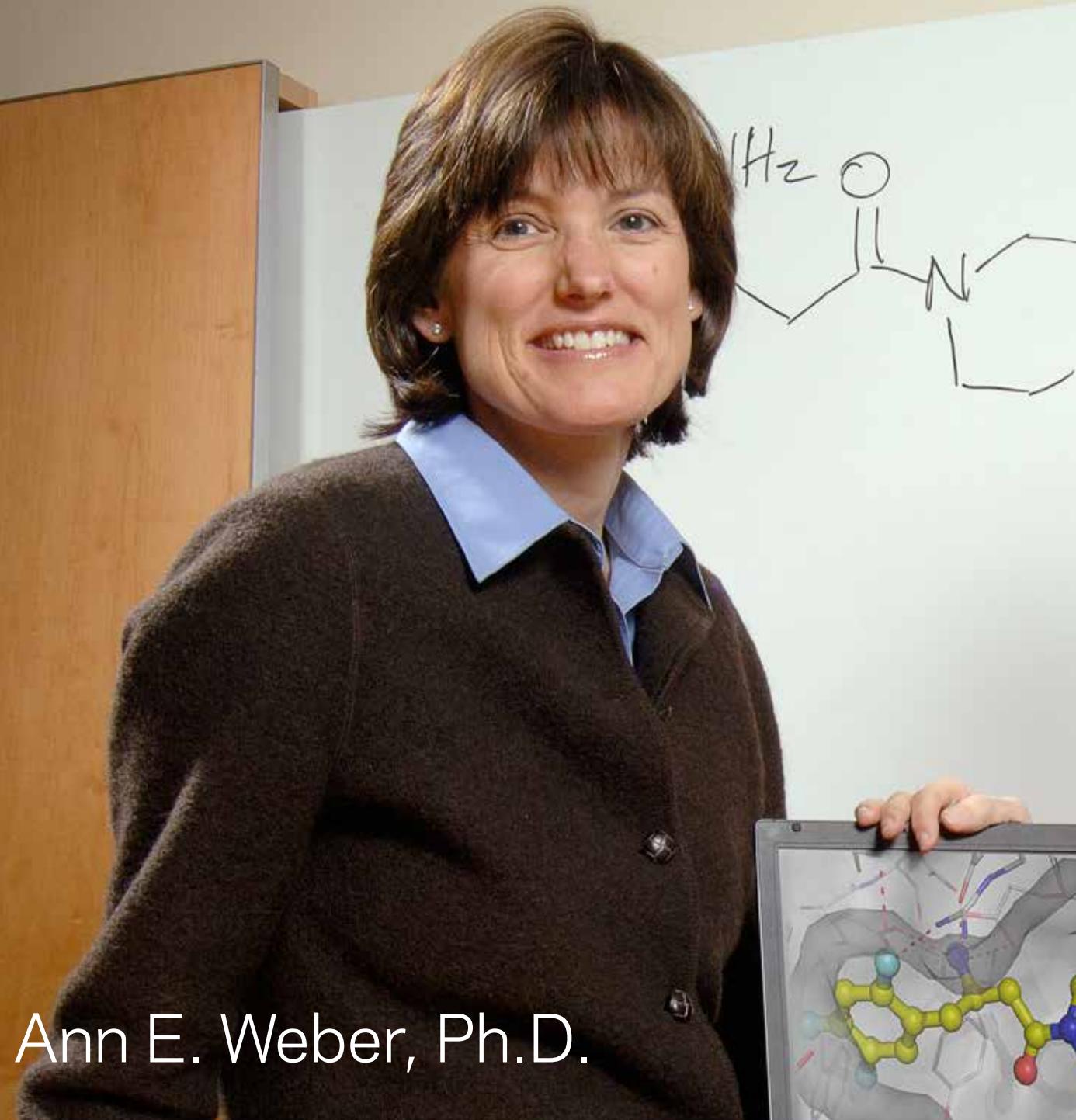
kind·ness
/'kin(d)-'nəs/
Noun



Eleanor Walker, M.D.

Kindness is the virtue that leads a person to treat others with compassion and help in a pleasant way. Kind people help others even when they do not receive benefit for it. Their disposition moves them to meet the need that they can. The word "kind" is related to "kin," meaning those who share similar, familial characteristics.

Eleanor M. Walker, M.D., a 1984 Notre Dame alumna, is a senior staff physician in the Josephine Ford Cancer Institute and Division Director Breast Services in the Department of Radiation Oncology at Henry Ford Health System in Detroit, who demonstrates the virtue of kindness. Her philosophy statement declares: "I believe in treating each patient as if they were my own family member." Dr. Walker's special areas of interest/research include breast cancer, prostate cancer, geriatric oncology, integrative oncology, and health care disparities, and she conducts research in breast cancer and integrative therapies. Among her many awards, she has been a University of Notre Dame Distinguished Black Exemplar, winner of the 1998 University of Notre Dame Sorin Award, and the 2009 Notre Dame Club of Detroit Award of the Year. She understands her calling to involve helping her patients both medically and spiritually. "My Notre Dame education has allowed me to help my patients spiritually as they make their way through their treatment and as they face their survivorship," she says.



Ann E. Weber, Ph.D.

LEADERSHIP

lead·er·ship
/lēdər-,ship/ Noun

Leadership as a virtue involves a combination of qualities, including courage and perseverance to keep going through obstacles as well as humility, helpfulness, and other traits that enable a group of people to function as a team and follow the leader's vision and direction. Like any virtue, leadership involves consistent performance and reliable responses.

Ann E. Weber '82, Ph.D., has exhibited remarkable leadership in her role as vice president and Discovery Chemistry site head for Merck Research Laboratories in Kenilworth, N.J. She leads teams of researchers who have succeeded at discovering and developing therapies to treat a wide range of illnesses, from diabetes and cardiovascular disease to infectious diseases and neurological disorders. Weber led the chemistry team that developed Januvia (sitagliptin), which was granted FDA approval in 2006 to treat patients with Type 2 diabetes, which afflicts an increasing number of people. Another drug, Janumet, a combination of sitagliptin and metformin, was approved in 2007. Weber is co-inventor of 29 issued U.S. patents with more applications pending. The team received the 2007 Prix Galien USA for Januvia, and Weber was named among the 2008 Outstanding Women in Science by the New Jersey Association for Biomedical Research, among her many awards. Her leadership of scientific teams has led to a better quality of life for many people.

LOYALTY

loy·al·ty

\'loi(-ə)l-tē\

Noun



Chuck Lennon, Jr.

The virtue of loyalty is an allegiance that lasts, a commitment to another person, nation, or institution that becomes part of one's identity. This loyalty recognizes and upholds the goodness of the other—not blindly obeying, but constantly reminding of the core principles that make the other great. A loyal person inspires continual growth while providing constant support.

Chuck Lennon Jr. is one of the great “loyal sons” of Notre Dame. Lennon retired in 2011 after 30 years as executive director of the University of Notre Dame Alumni Association, and 50 years after he earned his bachelor’s degree that made him an alumnus. He earned a monogram in baseball as a student and remained with the sports program after he graduated. He also earned a master’s degree in guidance and counseling in 1962. His loyal leadership of the alumni association broadened its base—from 151 to 276 clubs—and deepened its character. The association is a national leader in community service and continuing education programming, such as the Hesburgh Lecture Series and Excellence in Teaching program. Lennon increased the diversity of the alumni groups, accelerated opportunities for networking and communication, and, true to Notre Dame’s distinct tradition, established the website FaithND. “Chuck Lennon embodies the spirit of Notre Dame,” Rev. John I. Jenkins, C.S.C., president of the University, said when Lennon retired. “His life is one of loving service to Notre Dame.”

MAGNANIMITY

mag·na·nim·i·ty

\mag-nə-'ni-mə-tē\ 🔍

Noun

The virtue of magnanimity somehow depends on and gathers up the other virtues in a way that ennobles both people and those around them. "Magnanimous" means "great-souled." "Big-hearted" only hints at it; magnanimity has to do with a generous, kind, charitable, and dignifying approach to others. These attitudes and actions come from a person's virtue, not depending on whether the others are deserving or able to reciprocate.

Institutions as well as individuals can possess virtuous characteristics. Magnanimity is the virtue that I associate first with the University of Notre Dame. This has been my personal experience of the University's relationship with me for five years, and it is what I see at the heart of our determination to fulfill our mission. Not only do students, faculty, staff, alumni, and others associated with Notre Dame receive this treatment, but it underlies our commitment to the poor, the suffering, those with rare and neglected diseases, and those in areas of the world bypassed by technological, medical, and democratic advances that elevate the quality of life. This habitual stance toward everyone Notre Dame engages is an effect of the rich life of virtue that its members have enjoyed and exhibited for more than 170 years. It is also a cause of such continuing virtues in successive generations.



University of Notre Dame

MEEKNESS

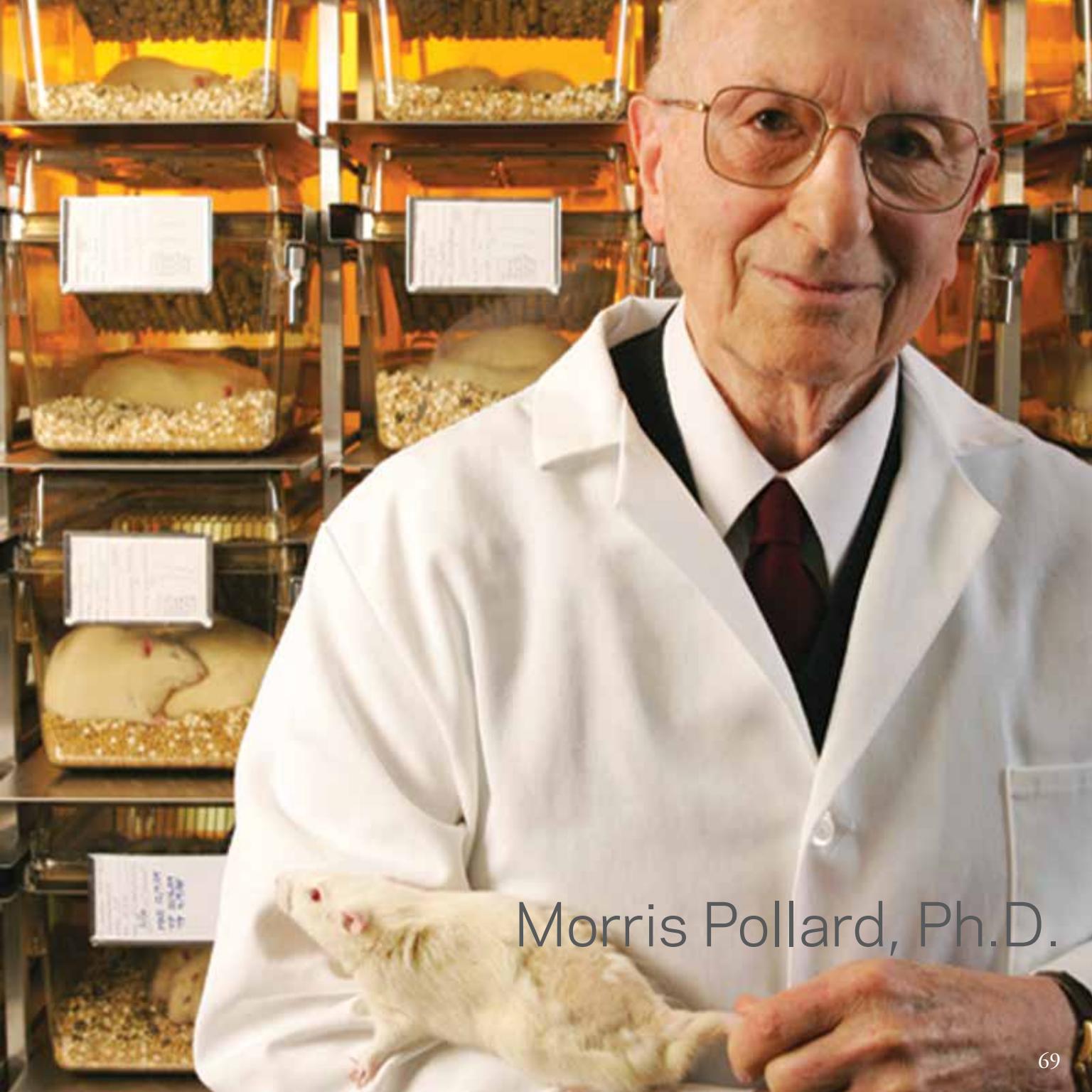
meek·ness

\'mēk-\'nes\ 🔍

Noun

The virtue of meekness describes a special kind of strength, a strength that is so complete inside a person that it is not even visible from the outside. As a verb, "meek" is used to describe the process of bringing the power of a horse under control so that the horse loses none of its strength but directs all that power to carrying out its responsibilities.

Morris Pollard, Ph.D., who was officially retired when I arrived at Notre Dame, was one of the meekest people I have ever met. His intellectual power and importance in his field were legendary. Rev. Theodore M. Hesburgh, C.S.C., recruited him, the first Jewish professor on campus, to revive the Lobund Laboratory, Notre Dame's biological research facility. Pollard went on to publish more than 300 scientific articles and develop a unique breed of germ-free "Lobund-Wistar" rats to study the mechanisms of disease. He was still working in his laboratory, doing research on prostate cancer, up until his death at age 95.



Morris Pollard, Ph.D.

OPENNESS

open·ness

\'o-pən-nəs\ 🔊

Noun

The virtue of openness involves the free and frank disclosing of one's ideas, feelings, or circumstances in situations where candor is called for to benefit the community. The open person has a kind of personal integrity that can be itself in public, as well as in private.

I saw a vivid example of openness at a Pink Zone planning committee meeting in late 2010. Monica Hoban, an administrative assistant in the Office of the Provost, arrived to the meeting a few minutes late and announced, "I have something to tell all of you. I have been diagnosed with breast cancer." There in front of us was a living example of the people we aim to help at Pink Zone. That same year, I dedicated my 24-hour Spin-A-Thon ride in her honor.

Hoban had the mammogram that revealed her cancer at the Saint Joseph Regional Medical Center mobile unit on campus. After several surgeries and other treatments, she is cancer-free and still a strong advocate for regular self-exams and mammograms. Her virtue of openness also led her to allow television coverage of one her preventive surgeries so women would become more informed.



Monica Hoban

OPTIMISM

op·ti·mism
\\ap-tə-,mi-zəm\\

Noun



Sharon Drake Petro, Ph.D.

The virtue of optimism, related to the theological virtue of hope, involves an outlook on the future that gives the person an ability to be cheerful and confident even when going through difficulties in the present. Optimistic people not only persevere through trials but maintain a positive, upbeat attitude in the meantime. They believe not only that things will turn out for the best, but that current circumstances are the best way to reach that goal.

Sharon Drake Petro, Ph.D., not only has the virtue of optimism but also helps others grow in that virtue. Petro, who became head coach of women's basketball and women's tennis at Notre Dame in 1977, was the NCAA Division II Wilson Intercollegiate Tennis Coach of the Year in 1985. While she was coach, she was diagnosed with cancer and underwent successful treatment, an experience she shared at the 2012 Pink Zone luncheon. She went on to earn a Ph.D. in applied sports psychology and created "The WIN Method: A Model for Optimal Performance." In her company, Head Coaching, she helps others "develop a championship mindset to unleash the winner within."



Ara Parseghian

PERSEVERANCE

per·se·ver·ance

\pər-sə-'vir-ən(t)s\

Noun

Perseverance is the virtue of maintaining your course no matter what obstacles arise. People with this virtue do not change how they think or act when they encounter disappointment or fail to achieve success, even for a long period of time. They are confident that the goal is worth the effort, and they know it will not be achieved if they give up.

Ara Parseghian has demonstrated the virtue of perseverance in many ways. His success as a football coach at Notre Dame is legendary, but he has persevered in a far more difficult field. Three of his four grandchildren were diagnosed with a rare, fatal disease, Niemann-Pick Type C and eventually succumbed to the disease. Coach Parseghian, his son, Mike, and Mike's wife, Cindy, launched the Ara Parseghian Medical Research Foundation nearly 20 years ago to find a cure for this disease, and they have persevered for the sake of hundreds of other families. He describes the fundraising process in football terms whenever he is talking to scientists, parents, donors, or anyone else who will listen. "We were on our own two-yard line when the fundraising for research started in earnest, and after the long fight, we are now on the opponent's two-yard line. We are poised to cross the goal and spike the championship ball." I believe, too, that his perseverance will be rewarded.

PERSISTENCE

per·sis·tence

\pər-'sis-tən(t)s\

Noun

The virtue of persistence involves continuing action toward a goal, even when obstacles arise. A persistent person refuses to give up, often finding innovative ways to keep going when other avenues have closed. Onlookers who watch this virtue in action might marvel because they realize how easy it would have been to abandon the project.

James Muller, M.D., founder, chief medical officer, and chairman of the board of Infraredx who graduated from Notre Dame in 1965, has demonstrated persistence in important fields of peace and medicine. He was a co-founder in 1980 of International Physicians for the Prevention of Nuclear War (IPPNW), which won the Nobel Peace Prize in 1985. Muller was so intent on preventing nuclear war that he celebrated the emergence of the nuclear freeze movement even though IPPNW, which was vital to the origin of the freeze, was overlooked at the time. Muller transitioned to the medical device field in 1998 when he founded Infraredx, a company that developed a catheter to identify dangerous coronary plaques and prevent heart attacks. The company nearly closed for lack of money in 2003, but Muller was able to find investors to keep its important work going. "Bouncing back from failures, and I have had many, is the key to long-term success," he once told an interviewer.



James Muller, M.D.

RESILIENCE

re·sil·ience

\ri-'zil-yən(t)s\

Noun



Patricia McAdams, Ph.D.

The virtue of resilience makes a person able to come back strong even after a hardship or setback. Resilient people are not broken by adversity, but find the strength, in themselves and in the community around them, to overcome, return to their full life and keep pursuing their goals.

Patricia McAdams, Ph.D., the campus workstation program manager for the provost's office, has exhibited the virtue of resilience in a way that has inspired the campus community. McAdams, an alumna of the College of Science who earned a Master of Science in Mathematics in 1967, has been a strong supporter of women's basketball since the days when only a few dozen people attended games. She was part of organizing the Fast Break Club that has helped boost attendance to more than 8,500. In 2008, on the way home from a game in West Virginia, she was involved in a traffic accident near Fort Wayne that left her seriously injured and wheelchair-bound. She credits the Notre Dame community with her rapid recovery, and she returned to her duties in charge of dozens of volunteers who staff the basketball games. "You don't do things to get rewarded," she says. "You do things because they need to be done, and you want to be helpful. They come before your own comfort."



Mike Parseghian, M.D., &
Cindy Parseghian

RESOLUTENESS

res·olute·ness

\re-zə-lüt'-nes\



Noun

The virtue of resoluteness means not only making a commitment, like a New Year's resolution, but actually keeping the commitment, no matter what obstacles arise. It is a kind of fortitude, with the particular feature that it begins with the person's own free will.

Mike and Cindy Parseghian are the first people who come to mind when I think of this virtue. This couple received a devastating diagnosis in the early 1990s—three of their four children were afflicted with Niemann-Pick Type C disease. They immediately turned their energies into fighting the disease by launching the Ara Parseghian Medical Research Foundation to support scientific research. The answer did not come in time for their children, Michael, Marcia, and Christa, and they succumbed to the disease. But even that enormous loss could not deter Mike and Cindy from their resolve to keep fighting, to provide hope for the thousands of families suffering as they suffered. And thanks to their resoluteness, we are very close to the point of defeating this devastating disease.



Muffet McGraw

RESPECT

re·spect
\ri-'spekt\ 
Noun

The virtue of respect involves holding others in high esteem because of their qualities or their position in society. Respect can be directed toward people and toward institutions. Notre Dame, for example, is a highly respected university. Respect is a kind of justice, a recognition that others are deserving of this response from us, and we would be wrong not to treat them with respect.

I have noticed that people who exercise the virtue of respect often receive a great deal of respect from others. Muffet McGraw, the Notre Dame women's basketball coach, is a great example. She treats her players with the respect they deserve as elite student-athletes who are pursuing a rigorous education and making sacrifices to participate in the sport. In return, she has achieved significant success—more than 700 career wins—and earned respect as one of the top coaches in the sport. In 2013 alone, she received all four top coaching honors and became the Consensus National Coach of the Year for the second time. She was also inducted into the Women's Basketball Hall of Fame in 2011. Coach McGraw respects her players, and they respect her. The result is a winning team that earns respect across the country for her and for Notre Dame.



Knute Rockne

RESOURCEFULNESS

re·source·ful·ness

\ri-'sors-fəl-'nēs\

Noun

The virtue of resourcefulness involves finding solutions to problems or recognizing new opportunities in a creative way. It recognizes that success depends not so much on the money, materials, or other resources available, but rather on the imagination, flexibility, and confidence of the person who uses whatever is at hand to accomplish more than expected. Resourceful thinking explores a range of possibilities broad enough to reach to unexpected answers.

I think the virtue of resourcefulness is one reason Knute Rockne is considered one of the greatest football coaches in history, or as the College Football Hall of Fame puts it, "without question, American football's most-renowned coach." His resourcefulness, especially his use of the overhand forward pass, not only led to great success for Notre Dame, but also changed the game of football in important ways. When he was an All-American player at Notre Dame, the passes he caught from quarterback Gus Dorais led to the shocking 35-13 victory over Army at home. Rockne also used the strategy as a coach at Notre Dame, with a career record of 105-12-5, with five undefeated, untied seasons and three national championships. Rockne was also resourceful at promoting Notre Dame football in the media, laying a foundation for the reputation it enjoys today.



Sweet C. Robinson

SELFLESSNESS

self·less·ness
\\'sel-fləs-'nes\\

Noun

Selflessness is the virtue of considering others ahead of yourself. This attitude does not mean having a low opinion of yourself; selfless people have a sense of their own real worth and positive contributions, but they choose to esteem others even more highly. They habitually view a circumstance from another's point of view and evaluate how they can give rather than arrange outcomes for personal gain.

Sweet C. Robinson is one of the most selfless people I have known. Robinson works full time on the building services staff in Stepan Chemistry Hall, part time as a reserve police officer in Buchanan, Michigan, and runs his own Sweet C. Security Service. The day I met him at Stepan, his welcome was, "They caught a young one!" and we've been friends ever since. Robinson was a boxer in his younger days and does all the training for Bengal Bouts at Notre Dame. Whenever I ask how he's doing, he says, "Fantastic and amazing!" but I know that he is looking out for the interests of others first.

UNDERSTANDING

un·der·stand·ing

\,ən-dər-'stan-din\ 🔍

Noun

The virtue of understanding goes beyond grasping information. It involves a sympathetic recognition of the other person's situation, often because the person has "been there" herself. That awareness leads the understanding person to respond with gentleness and mercy.

Paqui Kelly, the co-founder of the Kelly Cares Foundation to support breast cancer patients, has the virtue of understanding. Not only has she "been there" herself as a two-time breast cancer survivor, but her experience has led her to devote herself full time to helping others in that position. Kelly was teaching high school chemistry in 2002 when a mammogram revealed her first cancer, which responded to treatment by the end of 2003. In 2007, she and her husband, football coach Brian Kelly, were starting a family foundation when she discovered that she had another, more aggressive, form of breast cancer. The treatments, including a double mastectomy, were successful, and Kelly was cancer-free when the family moved to South Bend for her husband's coaching job at Notre Dame. Now she oversees the Kelly Cares Foundation (KellyCaresFoundation.org), sharing her understanding and experience with many other cancer patients.



Paqui Kelly

VITALITY

vi·ta·li·ty

\vi-'ta-lə-tē\

Noun

The virtue of vitality has to do with living life with such vigor and exuberance that observers might describe the person as "larger than life." This is an inner energy that directs itself outward and, like determination, confidently expects to achieve its goal.

Mariel Zagunis, the most successful U.S. Olympic fencer ever, is an example of vitality. Zagunis won the first-ever Olympic women's sabre gold medal at Athens in 2004. While she was an All-American at Notre Dame, she was a key reason that the University won the combined NCAA title in 2005, and she also won the NCAA women's sabre title the next year. She left Notre Dame to concentrate on preparing for the 2008 Beijing Olympics, where she won another gold medal and helped the U.S. team win a bronze medal. She has won 21 World Championship medals, a U.S. record. In 2009, she received the Chevalier Feyerick Trophy by the International Fencing Federation, becoming the first American to receive the award for sportsmanship and fair play as a fencing role model. She was named Notre Dame Athlete of the Decade in 2010 and chosen to be the U.S. Olympic flag bearer for the 2012 London Olympics.



Mariel Zagunis



Rev. Theodore M. Hesburgh, C.S.C.

WISDOM

wis·dom

\wiz-dəm\

Noun

The virtue of wisdom is distinct from pure intellectual knowledge, but it requires some information and understanding to be effective. You might say that knowledge is having the information, wisdom is knowing what to do with it. A wise person is able to size up a situation, understand how to influence it, and take the right steps to accomplish the goal with the resources available.

Rev. Theodore M. Hesburgh, C.S.C., president of the University of Notre Dame from 1952 to 1987, is the finest living example when I think of the virtue of wisdom. He obviously has the necessary intellectual foundation—a Doctorate in Sacred Theology from Catholic University of America and the world record of honorary degrees at more than 150. More important, Father Ted has applied his knowledge for the improvement of the lives of others. By advancing science, championing civil rights, welcoming women to Notre Dame, asserting the necessity of academic freedom, and supporting religious dialogue, he has been a role model of wise leadership. Notre Dame's role as a premier research institution, with a respected voice in higher education, owes much to Father Ted's exemplary wisdom.

WONDER

won·der

\'wən-dər\ 

Noun

Wonder as a virtue involves the habit of an appropriate response of awe and admiration when confronted with things that deserve such recognition—including people, places, items in the natural world, ideas, and events. “Wisdom begins with wonder,” Aristotle said, and those who practice this virtue experience the delight of discovery as they engage the world around them.

Rev. Julius Nieuwland, C.S.C., who studied Latin and Greek when he earned his bachelor’s degree at Notre Dame in 1899, went on to become a priest and to earn a Ph.D. in botany and chemistry, which he later taught at Notre Dame. Although he is most famous for his acetylene research that led to the invention of synthetic rubber, Father Nieuwland had a broad sense of wonder about the natural world that extended especially to botany. He founded the Greene-Nieuwland Herbarium in 1904, and its unparalleled 268,000 specimens of Indiana plants are now part of the Museum of Biodiversity in the Jordan Hall of Science. He also founded the journal *American Midland Naturalist* in 1909. Today, the Nieuwland Science Hall and an endowed professorship carry the name of this priest whose wonder led to wisdom.



Rev. Julius Nieuwland, C.S.C.

ZEAL

zeal
|zēl| 
Noun



Lindsay Brown

The virtue of zeal drives a people to endeavor with a single-minded purpose so they will not be distracted from their goal. Zealous people don't seem to even see the obstacles in their way—all they see is the vision they hope to achieve. To people who are watching, they seem to be making great sacrifices, but to them, only the achievement is great, and the sacrifices seem inconsequential.

Of course, it's important to focus that zeal in the direction of a good thing. That's what Lindsay Brown, a political science major and soccer star at Notre Dame, did to earn a cover of *Seventeen* magazine in 2012 as winner of the "Pretty Amazing" contest for her work with "She's the First," a not-for-profit organization that supports women's education in developing countries. Brown started in 2010 by organizing a cupcake sale with her team members that raised \$900 to support three girls in a school in Nepal. The next year, she taught and organized a soccer team at the school. Then her bake sale went national and earned \$22,000. She was so zealous for the cause that she gave up the soccer team and started Soccer Empowering Girls Worldwide and You (SEGway) that promotes sports activities for women in developing countries with U.S. stars.

VIRTUOUS NOTRE DAME

O Lord, you have made everything beautiful in its time, and you have ennobled human beings with the ability to perceive your own beauty in the things you have made.

You have established this University, dedicated to Our Lady, in a place filled with the beauty of nature. It is adorned with the beautiful work of human hands—the candlelit Grotto, the Golden Dome, the House that Rockne built, and the many buildings that bear the names of our benefactors. We are surrounded by beauty that reflects the virtues of Notre Dame.

The beauty of Notre Dame radiates from our past, from the courageous men and women who stood for truth in all fields of human knowledge, to those who stood for justice with the oppressed and suffering.

The beauty of Notre Dame illuminates our present with dedicated faculty serving our students, the bright and curious undergraduates and graduate students who apply their energy to discovery, invention, and understanding for the sake of improving lives and developing a more humane world.

The beauty of Notre Dame shines into our future thanks to benevolent and generous alumni, family, and friends who give back to the University to ensure that our work and their passion continue to move forward in honor of Our Lady and the good of society.

O Lord, you have united the past, the present, and the future in the beautiful family that is Notre Dame. Keep us reminded of our unity and strengthen us in the virtues that make Notre Dame's beauty shine even more brightly. In humility and simplicity, we pray for this gift.

Amen.





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