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Siouxland artist Ray Holbrook created this nostalgic depiction of Heelan for members of our Heelan family. A native of Sioux City, he has worked in original art and commercial art for over 35 years.

Ray is also the designer of our BHCS logo. In creating our Catholic school system logo over 20 years ago he updated the 1949 shield design created by Sr. De Lourdes and added an official font. We have proudly used it for our schools ever since.



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How Your Gift to the Monsignor Lafferty Tuition Foundation Helps Kids

What does the Lafferty Foundation do for students?

It raises money to help fund tuition assistance grants for children attending our Catholic schools.

What are the excellent tax benefits I can enjoy?

You will receive a 65% Iowa tax credit and a federal tax deduction on the full gift amount. If you are in the 25% tax bracket and donate \$1,000, \$650 goes to pay Iowa taxes you owe and up to \$250 might be taken off as a federal tax deduction. You pay just \$100 out of pocket, yet your gift gives us a \$1,000 benefit. Please see your tax advisor, every situation is different.

How many Heelan System students benefit?

Nearly 500 lower income students, grades K-12, receive tuition grants from the \$600,000 raised in 2018. Having Lafferty support releases funds from the school budget to help hundreds of middle income students receive tuition help to attend our Catholic schools. Grants help Heelan athletes and musicians, students who learn in our classrooms and kids on every school playground.

Who can enjoy tax credits through the Foundation?

Anyone who pays Iowa taxes! If you live out of Iowa but work and pay taxes in Iowa, you can still donate and benefit. Ask your tax advisor.

Do you accept gifts from non-Catholics?

Yes!

How do I donate?

Fill out a Gift Form.
Write a check. Use your credit card. Donate Stock or Grain.

What is the deadline for my donation?

Tax credits may run out by Thanksgiving. Iowa allocates a limited amount and they go fast.

Do I get a Tax Credit Certificate?

Yes! It will be mailed to you in January for tax filing.

How does the Lafferty Foundation and other student tuition organizations help Iowa?

A study shows we saved Iowa taxpayers \$12.6 million last year.

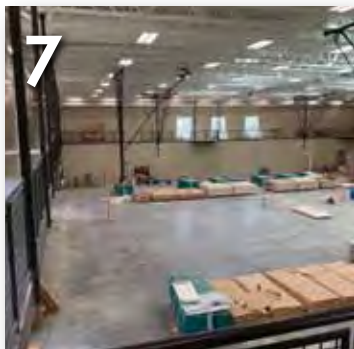


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CRUSADER CONNECTION

The Crusader Connection is published 1-2 times a year for alumni and friends of Bishop Heelan High School, part of the city-wide Bishop Heelan Catholic Schools PK-12 system.

Our Mission

The Bishop Heelan Catholic Schools relate the total student to God through an excellent education leading toward a lifetime of service.

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On the cover

Heelan seniors stand at the trophy case outside of the new Heelan gym that should open in October. From left are Kevin Farias-Dorado, Smith Archer, Alicia Derby and Omar De Los Santos. Photo by Becca Feauto.

Heelan ACT Results Hit 24

A remarkable 20 percent of 2020 class members have scored a 30 or higher on their ACT college exams -- a record for Heelan. The ACT Test results for the Heelan class of 2018 were 24 -- a 1.2 point bump from the previous year. Most significantly, while Iowa and National scores decreased in every section from the previous year, Heelan students showed improvement in every area. Here is the data in simple form:

English: Heelan 23.9, Iowa 21.0, National 20.2

Math: Heelan 23.0, Iowa 21.2, National 20.5

Reading: Heelan 24.6, Iowa 22.5, National 21.3

Science: Heelan 24.1, Iowa 22.0, National 20.7

Composite: Heelan 24.0, Iowa 21.8, National 20.8

Following these results junior Elizabeth Meyer scored a perfect 36 on her test in early 2019.

"While our numbers consistently exceed state and national tests, we constantly strive to look at ways to enhance our educational product," says Bob Geary, director of guidance.



New Mattress Anyone?

Heelan grads over the years have sold candy bars, decals, magazines, yearbook ads, coupon cards, cookie dough and more to raise funds for a cause.

Well here's a new one -- a Mattress Sale!

Last November Heelan's Duffy Hall Commons was transformed into a mattress showroom, and 30 mattresses were sold to raise \$6,065 for Heelan's band and vocal music programs. Box springs, massage chairs, pillows, bed frames and sheet sets were sold, too.

The brands include Simmons, Beautyrest, Intellibed and more. A Heelan grad in Texas bought a mattress in her city and Heelan received the credit. Custom Fundraising Solutions has 90 locations and works with 2,800 schools to raise over \$33 Million.

The next mattress sale is Nov. 23 but you can order now. Visit bit.ly/beds4heelan.



Happy Anniversary Sr. Colane

Sister Colane Recker, Heelan's librarian, celebrated her 60th jubilee in spring -- her anniversary of being received into the Order of Saint Francis in Dubuque.

Heelan teachers celebrated with a standing ovation and cake for all! Sr. Colane taught and then earned a master's in library science and came to Heelan 18 years ago.

Says Sr. Colane, "I love the kids and the Heelan faculty. "They'll never know how great they are!"

Heelan Band Marches with New PA System Sound



In fall 2018 Heelan's Marching Band showcased the choreographed performance "Pirates Revenge" with sound enhanced by a new outdoor PA system funded by the Gilchrist Foundation. The \$12,600 in sound equipment

included speakers, wireless microphones, a 16 Channel Digital Mixer, a power amplifier and more.

"We are deeply grateful to the Gilchrist Foundation," says James Kunz, band director. "The new equipment made a big difference in the quality of sound in our programs."

In addition to flag twirlers and marching musicians the band featured a 24 ft long pirate ship that "burned" at the end of the program. Heelan's Marching Band not only received rave reviews from football fans for its program, it earned a top No. 1 rating in the state for the quality of its music performance.

This fall's program, "One Giant Leap," is based on the Apollo 9 spaceflight.

The Gilchrist Foundation also funded \$75,800 for staging platforms, a 52 ft. wide roll up curtain and motorized lighting bar to be used in the new Heelan gym for show choir competition and other events.

2018-2019 Student Achievements

Noah Roerig, Foster Johnson, Christopher Krogh, Jaiden Utech and Thomas Pyles are Iowa Quiz Bowl Champions in the small school division for Iowa. Heelan has won first place in three out of the past several years. On a sad note, moderator Ken Strouse, Heelan chemistry teacher, has retired and moved to Chicago. Kudos to Strouse's leadership.

Lauren Sobaski, Eric Lohr, Truman Osborn, Christopher Krogh, Tanner Summerville, Mara Aesoph, Foster Johnson, Kate Gill, Adi Bogenrief and Sarah Beumler were the top vocal students for All state -- the highest achievement that can honor vocal music students. **Andi Espina** was an alternate, **Asia Keane** was selected for the Opus Honor Choir and **Sara-Marie Jabre** made all state orchestra. The annual Iowa All-State Festival is held every November.

Kennedy Bork, Emily Daffer, Collin Jackson, and Jenna Rethman were selected to display their exhibit for History Day at state. Their project, "Atomic Bomb: Scientific Triumph or Human Tragedy," was guided by social studies teacher Nan Kiel.

Elizabeth Albenesius danced in the lead role of "Cinderella" in March at Klinger Neal Theatre at Morningside College. Other Crusaders in the Ballet Sioux production were: **Olivia Granaas, Alainna Joly, Jenna Rethman, Eric Lohr and Tanner Summerville.**

Kate Namanny and Noah Roerig were named Heelan Rotary Students of the Month. Kate was Student Council President, on the Gold Honor Roll, and ranked in the top 10 of her class. Noah was named the "2018 Sioux City Area Male Youth Leader of the Year" and traveled to National Council on Youth Leadership Conference at Washington University in St. Louis. He was class salutatorian.

Aman Alahi is Mayor, and **Nick McGowan** is Mayor Pro Tem. of the Mayor's Youth Commission.

Isabel Martinez won the Essay Writing Contest for Tolerance Week 2019 in the high school division, which saw 164 entries, for her piece "I am a witness."

Another State Poetry Champ

For the third time in four years a Heelan student was chosen to represent Iowa in the National Poetry Out Loud contest in Washington D.C.

Junior Foster Johnson won \$500 worth of poetry books for Heelan and competed in the national finals last April.

Poetry Out Loud encourages public speaking skills. Sarah Beumler '20 and Grace Beumler '16 are previous winners.



The "Welcome to Sioux City" mural, painted by Heelan art students and teacher Laurie Dougherty, is near the Veteran's Bridge.

Heelan Artists Create Outdoor Mural

Heelan advanced art students painted an outdoor masterpiece now viewed by thousands of cars every month at a major intersection west of downtown.

A concrete wall near the intersection of Wesley Parkway and Third Street provided the canvas for the 11-by-9 mural. Some 15 students worked on the mural last October from 9 a.m. till 7 p.m. in chilly weather. In addition to "Welcome" they painted images inside the outlined words "Sioux City" along with local high school mascots.

The public art was requested by Leadership Sioux City which helped decide the design. The Heelan students were guided by art teacher Laurie Dougherty, '80, a veteran of mural works.

"It's so great, so great that they designed this," Dougherty said. "The students gave up their day to paint, because they have to make up their classes. They're great kids, talented kids and willing to share their gifts with the world."

Art student Elizabeth Meyer said students prepared for several weeks. "It's cool all of our hard work is up at a major outdoor location. When you come into Sioux City (from 3rd street or the bridge) you see it."



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Happy buying on Amazon Smile!



Top Award Honors Fr. Walsh

Fr. Patrick Walsh, retired president of Bishop Heelan Catholic Schools, received the prestigious Clergy Award at the Bishop's Dinner for Catholic Schools this fall.

He was honored for devoting 43 years to Catholic education, including president positions at Fort Dodge St. Edmond before coming to the Heelan school system.

Tom Miklo, Saint Edmond Catholic School Director of Development was one of several who nominated Fr. Walsh for the award.

Fr. Walsh was "a leader that could inspire and involve others, for indeed it does take an entire village to raise a child," said Miklo. "Father Walsh was that leader for Saint Edmond and his efforts are paying dividends still today."

As Heelan president, Fr. Walsh launched the Pride Campaign to build the new Heelan, opened Kiddie Crusader preschools and renamed our Catholic school system after Bishop Heelan.

"What he accomplished with the new Heelan High School, nurturing a dream to complete realization, is truly remarkable!" said Dennis Duffy, '68 in his nomination.

"Fr. Walsh worked night and day developing plans for our school," added Pat Sitzman, longtime Heelan teacher. "He was instrumental in developing our teaching staff into solid Christian leaders, and he remained our "pastor" of the Heelan chapel even after he retired."

In addition to his award, Fr. Walsh celebrated the 50th anniversary of his ordination in June. Fr. Walsh retired in summer 2012 after nine years as Heelan president. He continues today attending Heelan games and events, playing in an Irish band and attending Rotary Club.

Kruse Joins Heelan Fundraising Staff

Cory Kruse '11 and former Sacred Heart School teacher, is new director of annual giving.

He is working with alumni, businesses and other community supporters to boost the Spirit of Heelan Annual Fund and will assist the BHCS advancement team on the Heelan Gold Club, Heelan Auction and alumni communications.

Kruse joins Tom Betz, vice president of advancement; Janet Flanagan, director of special gifts; Sue Ferris, data base manager and Tom Rice, director of campaigns.

Kruse most recently served as the marketing communication specialist at Sterling Computers. He previously taught 6th-8th grade language arts at Sacred Heart School from 2015 to 2017 and helped coach varsity football, middle school track and summer strength and conditioning.

Kruse is the son of Renee and Joe Kruse '82 and grandson of grads Joe and Marlene Kruse. He earned a bachelor's degree from the University of Nebraska -- Lincoln where he majored in secondary English and elementary education.



Porsch Supports Athletic Office

Heelan grad Alicia (Skaggs) Porsch '06 is in her second year as activities manager at Bishop Heelan to assist Heelan's athletic director Anthony Elias .

"The positive Christ-centered environment has helped shape me into the person I am today."

Alicia earned a bachelor's degree in sociology and criminal justice from Creighton University and has earned credits for a teaching certificate at Buena Vista University. She and her husband, Eric, have three children.



First Aid for Mental Health

Students experiencing mental health stress at Heelan will receive faster more comprehensive help in a new youth mental health program. Heelan Counselor and former social worker Stacia Barker '00, and others are now certified and training teachers, coaches and others in regular contact with students.

More students face challenges today: parents divorcing, financial problems, peer pressures, single parent family stresses, isolation, depression and more, Barker says.

"Many young people with mental health challenges can be helped with earlier identification, early support and intervention," she says. We're embracing this initiative to serve all of our students holistically; mind, body, spirit. We want to nurture and care for all students and provide yet another layer of support to our families."

Flanery Named Heelan System President

Dr. John Flanery, a member of the high school faculty and administration advancement staff, was named president of Bishop Heelan Catholic Schools last February (BHCS.)

Flanery previously taught at Heelan from 1996 to 2004. A music education graduate from Briar Cliff University, he left to earn a doctorate in musical arts and a master's degree in choral conducting from the University of Kentucky.

He returned in 2017 to join Heelan's music faculty and work with enrollment and advancement.

Before returning to Heelan, Flanery served as the director of choral activities at New Mexico State University and associate choral director at the University of Southern Mississippi.

Flanery and his wife, Julianne '97 -- a theology teacher at Heelan and daughter of Jim '66 and Jameley (Rizk) Levich '65 -- have five children.

He succeeded Timm Funk who served as interim leader following the retirement of Jim Tschann.

How did you end up at Briar Cliff for college?

My oldest sister was a two-sport athlete in basketball and golf at Briar Cliff, so it was always on my radar along with Creighton. I considered music, pre-law or history and knew Briar Cliff was my choice for music. I played golf there, too, which I really enjoyed.

What about Heelan has appealed to you?

After graduating from Briar Cliff, I taught for one year in Mount Ayr, Iowa, but it was quite remote. When the Heelan choir position opened my mentors at Briar Cliff encouraged me to apply. The choir program at the time enjoyed lots of momentum so it was the perfect match for me. I grew up in Guthrie Center, Iowa which didn't have a Catholic school, so Heelan's faith setting had special appeal.

With choral music as your background, did you ever dream of being School System President?

No. Never. I did think my wife and I would come back to Sioux City though. This leadership position spoke to me. A choir director brings people together from various backgrounds of ability, skill, and ideas and focuses them toward a single set of goals. I feel that my teaching and choir strengths are keys to success in this new role.

What do you enjoy most as President?

I love working with people. Bringing people together with different opinions and trying to build consensus can be difficult. But if we slow down, discuss with a rational mind and compassionate heart, we can agree how to move forward. I love our families, our students, alumni, our faculty and staff. We have tremendous people in our schools, and it is an honor to work alongside them.

What's your biggest challenge?

Dealing with the short-term while also keeping our eye on the long term. In all situations it's easy to just fix what needs work today. We are in a place as a system where we also need to know where we are going long-term. Finding that balance can be difficult.



Dr. John and Julianne Flanery's children from left are: Cecelia, Josephine, William, Elias and Lucinda.

What's it like being married to a Heelan High teacher?

With five children to raise and teach along with us both working full-time, life is a lot busier! Julianne is an outstanding educator and I am proud of her teaching.



Timm Funk served as interim CEO for 20 months before John Flanery was named president. Thank you Timm for your financial expertise and guidance leading our system.

What do your own children teach you?

Patience! With five kids there is always one in need of a little more. We are so incredibly blessed with our children -- indeed every day I am taught a little more about the definition of the word love.

Will you stay involved with music?

I hope so. I plan to help at Heelan with all-state and show choir if they will have me. I also have the Celebration Choir at Blessed Sacrament and started the Missouri River Choral Society. I enjoy judging and doing honor choirs. Next summer I am traveling to Italy with singers to conduct them with an Italian orchestra.

Have a favorite college team?

We bleed blue at our house -- the Kentucky Wildcats -- since I did my graduate studies at the University of Kentucky. Everyone here is rooting for a Big 12 or Big 10 team, so we can fly under the radar.

Cheeseburgers or pizza?

Pizza. Tony's Pizza. It is pure Elysium.



Go Crusaders!



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Children of Ben and Sarah Uhl are: Lillian, grade 2; Elise, grade 4 and Andrew, grade 8.



Tim Swedean, 1979 grad, and his wife, Lisa, join daughter Dr. Sandy (Swedean) Granger, 2000 grad, her husband, Dr. Jeremy, and their children: Joanna, grade 1 and Oliver, preschool at Holy Cross School and Alex 2.

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Introducing Our New Heelan Pit

The dream has come true! Heelan's \$3.7 million gym is ready to open to make our new Heelan high school complete. Just as the old Heelan Pit generated memories of a lifetime for alumni, the new gym space will help drive the heartbeat of Heelan and create new stories to be retold for generations to come.

A notable feature is the top-loading design which means people will enter at the top and descend steps to sit in the bleachers.

"It's still a Pit, but a beautiful new one with air-conditioning, more space, extra seating, better visibility, state-of-the-art scoreboards, and better sound," says Tom Betz, vice president of advancement. "The old Pit was loved by many but was one of the oldest in the state and deficient in many areas for athletes, coaches and fans."

In addition to providing court space for practices, games and meets for basketball, volleyball and wrestling the new gym will host physical education classes; intramurals; sports camps; pep assemblies; annual show choir competitions; food assembly events for Honduras; special events and more.

Another key feature will be an indoor track looping the top of the gym.

"We're excited to offer this new amenity to our Heelan family," Betz says. "It will not only benefit students, but faculty and staff. We hope to welcome special alumni and supporters to use it as well, contributing to people's overall health."

Fans and athletes from the 25 area school districts that compete with Heelan will be delighted with improved parking,

Gym Features

- 1600 seats
- Air-conditioning
- 2 practice courts and a main court
- walking/running track
- Athletic training room
- Locker rooms
- Coaches offices
- Video Scoreboard



Gym Built with Tilt-up Walls

In a unique change to construction, brick walls that were planned were replaced with concrete walls poured onsite and tilted up with a 500-ton crane.

The walls were literally placed within 3 winter days in January. Tilt-up walls, a product of LiteForm in South Sioux City, Neb., sped up construction, reduced costs and will ensure better efficiency for heating and cooling.

Note the indoor track for walking and running.

new sound system, locker rooms, concession stand and updated facilities, Betz adds. The bleachers will increase seating from 1,000 (including the stage) to 1600.

The new gymnasium represents the third construction phase of Heelan's \$32 million high school project. After years of fundraising, the \$15 million fine arts section opened in 2014 and the \$12.3 million academic classroom addition opened in 2018.

The PRIDE campaign has been widely successful, and funds are still being raised. Final words from Betz about the gym: "Thank you Crusaders for your unending support."

Support Siouxland BigGive Oct. 1

Over 110 alumni, teachers, parents and friends contributed \$19,000 to the purchase of a new video scoreboard for the new Heelan gym as part of the first annual Siouxland BigGive, a day of online giving last year. Heelan came in as No.1 out of 102 local non-profits.

The project will be a rubberized track surface for the gym's new walking/running track. Donate at SiouxlandBigGive.org. You are invited to come see the Heelan gym and/or donate on Oct. 1, 2019.

SIUXLAND
BIG
give
OCT. 1 '19



Video scoreboard mock-up.

Show Choir Dads Add Behind the Scene Support

Reprinted in edited form courtesy Sioux City Journal

This article is dedicated to all the past dads (and moms) who have provided critical support to Heelan Show Choirs for over 30 years.

Jeremey Malenosky is a constant presence when more than 1,000 show choir students attend the Crusader Classic Show Choir Invationals at Bishop Heelan Catholic High School.

However, he is neither a show choir member nor is he a show choir director.

Malenosky, an Echo Electric Supply Company counter salesman by day, is one of about 16 volunteers known as "Duct Tape Dads."

So, what does a Duct Tape Dad do?

Well, pretty much everything. When Heelan's show choir has an out-of-town engagement, the dads transport all of the gear -- costumes, risers, musical instruments -- in trailers to the performance site and back.

They quickly assemble -- and disassemble -- equipment within minutes. If something breaks, they fix it. If it can't be fixed, well, that's where duct tape comes in handy.

For the Crusader Classic, Malenosky and crew set up Heelan's high school auditorium for middle school teams competing on Friday. Then, they'll regroup while setting the "Pit," for competing high school performers.

"I usually take Wednesday and Thursday off from work in order to get everything ready," said Malenosky, whose daughter, Alycen, is a show choir member.

Ably assisting Malenosky is John Van Holland, whose son, Jackson, is in the show choir.

"Jeremey saw me at various school events and actively recruited me as a Duct Tape Dad nearly five years ago," Van Holland said.

"You have to be continually recruiting new dads because kids are always graduating," Malenosky said of the group, which also includes Fred Summerville, Bart Hollis and Krishna Bishwokarma in addition to dads above.

Heelan vocal music and show choir director Rachael Wragge has nothing but raves for the Duct Tape Dads.

"It's wonderful to have our own team of helpers to save the day when things go wrong," she said.



Duct Tape Dads from left are front: Bill Murphy, John Van Holland, Jeremey Malenosky and David Krogh; back: John Beumler, Lance Fjeildeim, Don Seaman, Bill Engle, Tom Rethman, Matt Johnson and Ed Griesel.

And Duct Tape Dads must be prepared for everything, including the occasional wardrobe malfunction.

"We've taken needle and thread to a costume in a pinch," Van Holland said. They are also needed when to scuffing up dress shoes. Um, what?

"Slippery shoes and risers don't mix," Malenosky said.

It requires a lot of hours to be a Duct Tape Dad, Malenosky admitted.

"We're essentially in and out-of-town roadies for a bunch of high school kids," he said.

Still, Malenosky said he loves what he does. "We have the best of the house when the kids perform," he said. "And we get to break up the scenery as soon as they're done."

Jeremey is the spouse of Kristen (Happe) Malenosky '91, father of Heelan grad Zach, Alycen, a Heelan senior and Jacob, grade and son-in-law of Carol (Gerch) Happe '66 and Chuck Happe '67.

See the Duct Tape Dads support the "Crusader Classic" Feb. 29, 2020.

Heelan High School is 70 Help Us Celebrate!

Consider how life is different today than when Heelan opened in 1949. Through all the years of classes, games and practices, Masses, dances, pranks, lessons learned, and memories made our Heelan faith-based mission remains unchanged.

Help us shape the lives of young people for 70 more years.
Please donate at bishopheelan.org/AnnualFund

Heelan High Pepsters



Making a colorful addition to the band are the uniformed majorettes pictured:

Front Row, left to right: Sheryll Kelley, Kathryn Kusny.
Second Row: Delia Ann Conley, Carlene Funke, Vonda Lee Solomon, and Anna May Shay.

Student PRIDE in Action



Seven wrestlers qualified for the state tournament, the second-most wrestlers Heelan has ever sent to state, and the second-most wrestlers going to state out of anyone in 2A.



Show Choir won trophies for best band, and grand champion during its busy season.



Baseball Coach Andy Osborne was honored as Baseball Coach of the Year by the Sioux City Journal.



Boys basketball played their final games in the Pit.



The Dance Team received a Super Sweepstakes Trophy and awards for best in class, choreography and dance technique at state.



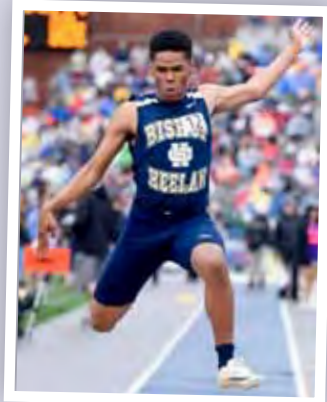
Boys soccer said "farewell" to head coach George Tsiobonos.



Girls basketball went to state, and won its first game before falling in the semi-finals.



These distance medley runners won a state championship – a first for girls track which scored the most points in school history coming in fourth.



Sophomore Keyontre Clark, won the Class 3A long jump state title with a jump of 21 feet, 7.25 inches, Heelan sent 10 boys to state track.



Tanner Summerville and Kate Gill played Bert and Mary in Mary Poppins - the Heelan spring musical.



For the 18th time in school history, the Bishop Heelan girls soccer team headed to state.



Heelan's musicians led the Marching Band, Jazz Band and Concert Band to No. 1 ratings.



Heelan "Miracle Markers" raised \$6422 to help a "Make a Wish" seriously ill child. Other students raised \$8,000 in a dance marathon for Children's Miracle Network.

Alumni Yearbook Photo Feature

Class of 2019

These pages are dedicated to our graduates with parents, grandparents and great grandparents who are alumni of Heelan, Trinity and Cathedral High Schools. We pray for their success and God's blessings in the years ahead.



Jess Aesoph '89

Ashley Aesoph '19

Dawn (Keane)
Aesoph '89

Thomas Keane '65

Dorothy Jean
(Meyer) Keane '40

Kenneth
Keane '39



Julie (Jarman)
Anderson '86

Blake
Andersen '19

Leslie Trudell '92

Tyree
Andersen '19



Jim Bauer '55

Shirley (Allard)
Bauer '55

Matt Bauer '88

Bauer, Taylor '19

Karen (Grieve)
Bauer '89

Sue (Hickman)
Grieve '67



Highlights of 2019 Graduating Class

- 119 graduates in the class of 2019
- Valedictorian: Jessica Kratz
- Salutatorian: Noah Roerig
- Academic/Athletic Scholarships Offered: \$11 million
- Number of Colleges Attending: 35
- 85% Percent Offered Scholarships
- 55% were Silver Cord Recipients for 4,000 hours of Service
- 17 students earned over a 4.0 GPA
- 92% of the students of the Class of 2019 went to college



Tracy (Winkler)
Best '86

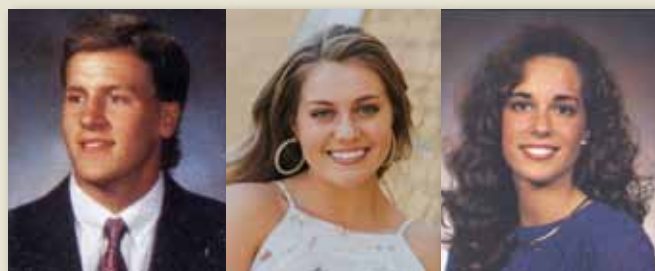
Cole Best '19



Richard
Chamberlain '93

Thomas
Chamberlain '19

Kristi (Heying)
Chamberlain '93



Brad Clay '91

Elizabeth Clay '19

Jennifer (Collins)
Clay '92



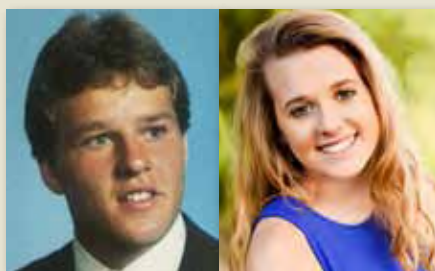
Molly (McGill)
Fenton '96

Dawson
Fenton '19



Dan Feste '85

Allyson Feste '19



Kevin Friessen '85

Ashley Friessen '19



Barry Froehlich '85

Brooklin
Froehlich '19

Melissa (Senger)
Froehlich '85



Joseph Gill '61

Mildred (Lynch)
Gill '59

Joseph Gill '89

Mary Kathleen
Gill '19

Jennifer (Wiltgen)
Gill '89

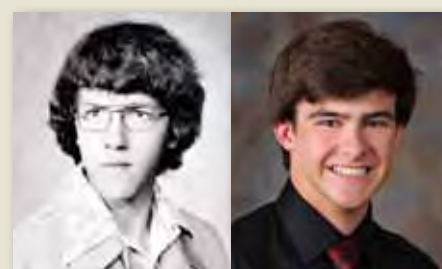
Dennis Wiltgen '62



Jacob Gilreath '19

Diane (Coffey)
Gilreath '84

Mary Ann (Mummert)
Coffey '50



Edward Griesel '78

Matthew
Griesel '19



Sarah Hackett '95

Jacob Hackett '19



Kassidy
Harpenau '19

Deb (Jochum)
Harpenau '91

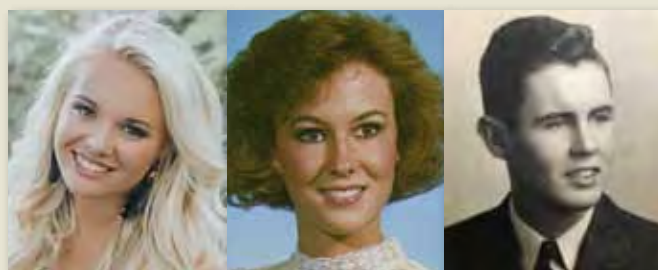
Leo Jochum '63



John Hartnett '56

David Hartnett '87

Megan Hartnett '19



Nicole Hartnett '19

Mary (O'Brien)
Hartnett '86

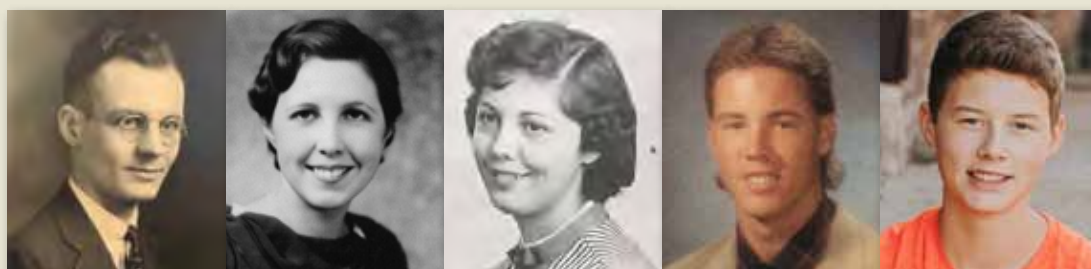
John T. O'Brien '45



Daniel Heller '19

Angie (Boyle)
Heller '86

Stan Boyle '58



Charles Giesen '29
Trinity

Josephine (Covell)
Giesen '31 Cathedral

Joann (Giesen) Hope
Rothman '56

Sean Hope '88

Andrew Hope '19



Barbara (Egan)
Hutchinson '89

Hannah
Hutchinson '19



Jeff Jochum '96

Kaitlyn Jochum '19



Leo Jochum '63

Greg Jochum '93

Madison
Jochum '19



Colin Knapp '19

Leah (Haugen)
Knapp '90



Jessica Kratz '19

Shelly (Lilla)
Kratz '84

Sue (Mullin) Lilla '60



Natalie
Krommenhoek '19

Mary Ann (Fischer)
Krommenhoek '57



Aubree Kueny '19

Jennifer (Wingert)
Kueny '95



Bruce Engle '51

Mary (Otis) Engle '51



Carol (Johnson) Beacom '56 Gerald Beacom '56



Dan LaFleur '71

Deb (Engle)
LaFleur '71

Jon LaFleur '93

Emma LaFleur '19

Katie (Beacom)
LaFleur '93



Emma Lamson '19

Michael (Kopal)
Olson '87

Joanne Kopal '58



Jaovani Larson '19

Alicia Larson '95

Michael Larson '50



Mauren Lewis '19



Dr. Wayne
Lewis '77



Luke Martin '19



Cathy (Stanek)
Martin '82



Katelyn
Namanny '19



Christine (Griffin)
Namanny '83



Jonathan O'Hern '93



Samuel O'Hern '19



Amanda (Pylelo)
O'Hern '93



Bobbie (Dalgliesh)
Pylelo '71



John Pylelo '70



Brent Olson '89



Drew Olson '19



Ashlyn Peck '19



Donielle (Zimmer)
Peck '87



Stan Pithan '80



Michael Pithan '19



Anne (Newman)
Pithan '83



Larry Ritz '56



Ellen Marie
(Schenke) Ritz '57



Trevor Ritz '19



Bernard
Pomerico '66



Tani (Ahlquist)
Russell '94



Xavia Russell '19



Shennen
Saltzman '85



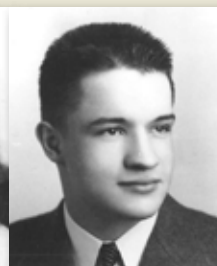
Molly Saltzman '19



Kathleen
(Dougherty)
Saltzman '84



Shiuvaun (Murphy)
Dougherty '47



Dr. John Dougherty
Trinity '45



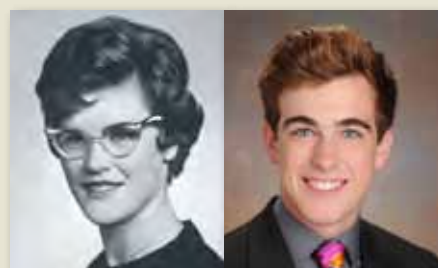
Tony Sitzmann '93

Jackson Sitzmann '19



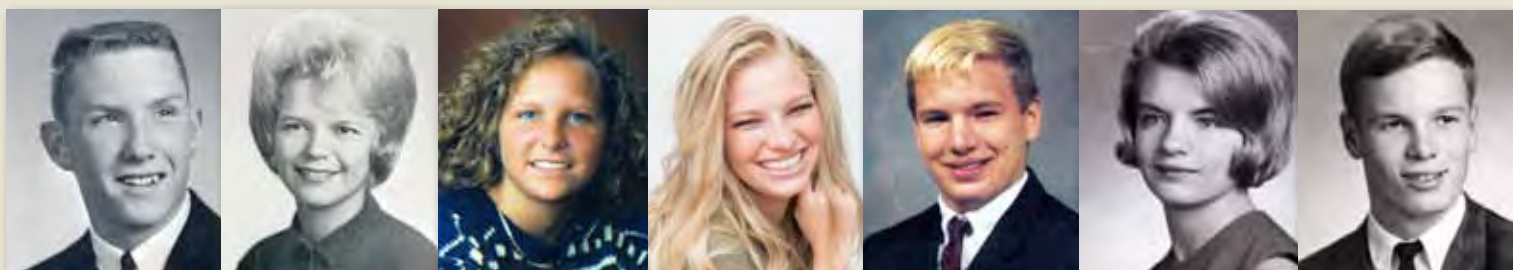
Amy (Whittier) Sobaski '87

Lauren Sobaski '19



Mary Katherine (Murphy) Parks '64

Tanner Summerville '19



Tom Brazzell '62

Maryellen (Shearer) Shipp '64

Jody Brazzell '92

Olivia Treinen '19

Ryan Treinen '89

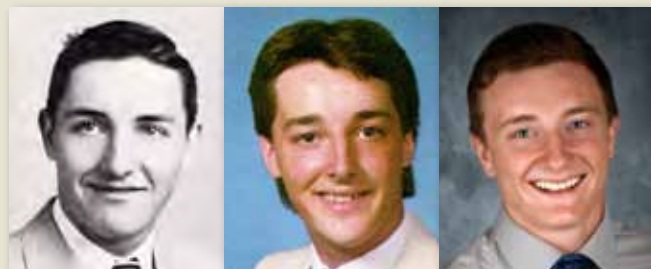
Kathleen Mugan '65

Tom Treinen '65



Ryan Van Wyhe '19

Judy (Sitzman) Van Wyhe '79



Phil Vondrak '53

Chris Vondrak '86

Franklin Vondrak '19



Joan (Berkmeier) Vlaanderen '57

Todd Vlaanderen '85

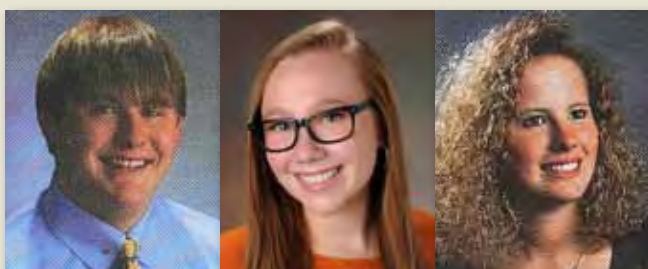
Kathryn Vlaanderen '19

Kevin Wilmes '85

Kenneth Wilmes '19

Brooke Wilmesherr '19

Robin (Brower) Wilmesherr '90



John Weeks '04

Sidney Weeks '19

Mindi (Watts) Weeks '94



Mike Yaneff '80

Joseph Yaneff '19

Elementary School News

Strategic Plan Guides Schools

Board members, parents, faculty and staff helped craft a strategic plan for the next five years that will guide direction and decisions for the Heelan School System.

“We are grateful for the constructive input our school community has provided,” says John Flanery, president. “

The plan builds on previous long-range initiatives that have guided the system since Sioux City Catholic schools were consolidated into one system 20 years ago. The new Bishop Heelan High School came out of an early long-range plan, an example of how a plan can make a difference for an organization.

The newly-adopted plan focuses on goals and initiatives in academics, Catholic Identity, athletics and activities, advancement and alumni, communications, enrollment, facilities, finance, parish relations and more. The final plan will be featured at BishopHeelan.org

Our Students are No. 1 in Test Results

Student achievement shines brightly at Bishop Heelan elementary schools as seen in the recent Iowa Assessment Scores for grades 3-11. The most recent tests show our students’ proficiency and growth in math, science and reading.



Reading measures comprehension and vocabulary, while math measures algebraic thinking, probability and more. The scores below show the percent proficient by grade of Bishop Heelan Catholic Schools, compared to AEA schools (including Sergeant Bluff and Hinton) and the State of Iowa.

Sioux City Catholic schools use Iowa Assessments, STAR reading and math computer adaptive assessments and more to monitor student learning, according to Kate Connealy, Sacred Heart School principal who chairs the BHCS multi-tiered system of support committee.

“We continually address student growth and progress,” says Connealy. “We use computer adaptive programs, interventions and enrichment to meet all of our students’ needs.”

Test Scores Comparisons

Grade	READING		STATE
	BHCS	AEA	
3	92	77	75
6	85	74	74
9	95	85	83

Grade	MATH SCIENCE		STATE
	BHCS	AEA	
3	82	80	78
6	82	75	76
9	90	79	77

Grade	SCIENCE		STATE
	BHCS	AEA	
3	93	84	80
6	88	79	75
9	88	80	78



Sacred Heart Creates New Playground

Sacred Heart School is developing a new play area with a playscape, basketball court and a soccer field.

Students have used a parking lot for many years, says Principal Kate Connealy. The surface causes numerous skinned knees and inhibits creative play. Funerals using the parking lot prevent children from playing outside at all.

Students and families have raised nearly \$75,000 for the project and Lieber Construction is donating time and equipment to remove an unused hill to create the new play space.



Dual Language Academy Opens

A major new program -- A new Dual Language Academy - opened this fall in the CYO to teach preschool and kindergarten students in Spanish 90 percent of the day, The Dual Language program, taught by newly hired bilingual teachers, is offered in partnership with Boston College’s Two-Way Immersion Network for Catholic Schools. It will enroll students from the tri-state area.

Research shows that students who know two languages enjoy stronger academic success, can better focus and multitask, adjust better to changes, enjoy a more stimulating school experience and more opportunities in college and jobs.

Holy Cross Offers School for Age 3

Three-year-olds are now attending the “Children’s School” at Holy Cross School weekday mornings.

The new preschool with long-time teacher Julie Berenstein promotes learning with play activities. It expands Bishop Heelan Catholic Schools’ early childhood education. Holy Cross, Mater Dei and Sacred Heart have enrolled four-year-olds in their preschools for many years.

Long-time Teacher Hangs up Chalk

Impromptu paper snowball fight in the classroom? Yup. Learning “the floss”? Yup. Dodgeball tournaments? Yes! (And she loves it when her class wins!)

Diane Ralston had a lot of fun teaching at Holy Cross–Blessed Sacrament School, most of it in fourth grade. After teaching over 1,000 students over 40 years, she said “goodbye” to her classroom last May.

It was a job she loved.

“The kids want to learn new concepts and are willing to put in the work to achieve this,” she says. “They can work independently, but still need guidance. They are honest and open about themselves and really want to please teachers.”

And they tried to teach her, too.

“My kids this year said one of the funniest is trying to teach me “the floss,” she says. “I just can’t seem to get the hang of it and we laughed whenever I tried.”

Another change she experienced is technology in the classroom.

“When I first came to Blessed Sacrament, there were no computers and no email. In the early ‘80s, one of our principals introduced us to a desktop Apple computer.”

Initially, students mainly used computers for games. Now, Chromebooks and other computer technology are an integral part of classroom instruction, research and assignments.



Diane Ralston enjoyed her fourth graders and students at Holy Cross School – Blessed Sacrament Center for 40 years.

Today teachers also use Infinite Campus software which has computerized the grading system and communicates with parents. Ralston often posted classroom scenes on the Holy Cross Facebook page to give parents and grandparents a feel for special classroom activities.

She is serious about sharing her faith with faculty, staff and students.

“The Mass is an important part of my life,” Ralston says. “I taught my students to be involved by preparing them to cantor, read or be gift bearers at our weekly school Masses. We talked in religion that it is important to pray to God all the time.”

Over the years she appreciated

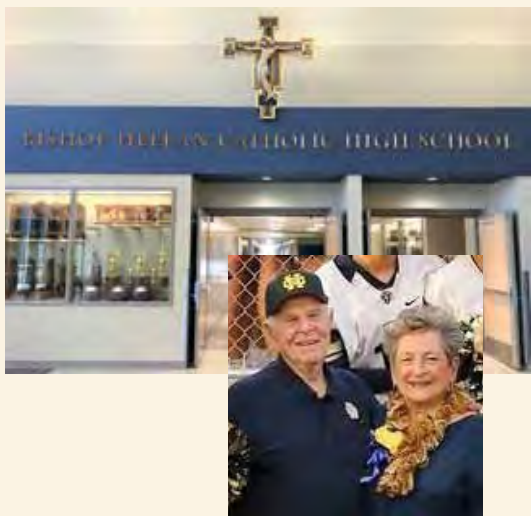
her students praying for her and her disabled son, Jake, who lives in Sheldon at Village Northwest Unlimited.

“Jake has had many surgeries over the years,” she says. “It meant a lot to have everyone here at school pray for him.”

While education has become more complicated today a good change is the focus on “individualized instruction for children to help make sure we are reaching the kids at their level,” she says.

What advice does Ralston have for new teachers?

“Show the kids you love each of them,” she says.



Frank and Mary Ann Audino donated the gold lettering above.

Lettering and Crucifix Enhance Commons

Heelan grads stepped forward to enhance Duffy Hall Commons with gold lettering “Bishop Heelan Catholic High School” and a 5 ft tall crucifix. The additions convey the faith-based learning setting at Heelan at the entrance to the new academic classrooms.

The beautiful gold lettering was a gift of Frank ‘50 and Mary Ann (Redmond) Audino ‘55.

The Crucifix was donated by long-time English teacher Pat Sitzman and her husband Larry ‘65, a deacon. The Crucifix, hand-carved in Italy was custom painted with Heelan navy blue and blessed in a student assembly. “The gifts from the two families represent the rich tradition of Heelan,” says Tom Betz of advancement.



Dr. John Flanery, Fr. Shane Deman with crucifix donated by Pat and Larry Sitzman.

Heelan Grad Donates Liver to Aunt



Katie (Blair) Canoles '05 donated part of her liver to Julie (Blair) Peiffer '73 and walked together days after transplant surgery at Nebraska Medical Center in Omaha.

Katie (Blair) Canoles '05 is a dental assistant and a busy mom to a 3rd grader and kindergartner at Sacred Heart School in Sioux City.

To her aunt Julie (Blair) Peiffer '73, she is a lifegiving angel. Canoles put her life on hold last winter and donated a portion of her liver to Peiffer who was in critical need of a liver transplant. Peiffer had suffered with hepatitis C for years, contracted from a blood transfusion when she gave birth to her first child decades ago.

"Somewhere I got infected blood," Peiffer says.

Last summer, when a small tumor was detected on Peiffer's liver, she began chemotherapy treatments and was placed on a waiting list to receive a liver. Doctors looked to family members to get tested to see if any



Katie Canoles '05 and Julie Peiffer '73.

would be a match to donate a portion of their livers, but all were over age 50 and considered too old.

When Canoles, 32, learned her aunt needed a transplant she didn't hesitate to get tested and then learned she was a match.

"I sat down with my boss and I sat down with my husband and my parents and said, 'I want to do this.'"

At Nebraska Medical Center in Omaha, Canoles underwent a battery of tests, lost weight and began working out.

On Dec. 27 surgeons removed Canoles' gallbladder and transplanted the right lobe of her liver into Peiffer's body.

After two days of recovery Peiffer and Canoles met up and walked the halls together, celebrating the successful transplant. After surgery, a donor's liver regenerates back to full size, while the patient's new liver also grows to a normal size.

What surprised her? "I remember thinking 'Oh my gosh, this is hard. 'The pain in recovery wasn't excruciating but I couldn't sleep, sit or lay down,'" Canoles says. "But being away in the hospital from the family – my daughters, husband and parents – and then trying to heal was the hardest."

Other family members in Omaha helped ease her recovery. She stayed at the home of Nancy (Duzik) Huber '90, daughter of Don and Terry (Blair) Duzik '65. Huber helped care for her for a week until Canoles returned home and took care of Peiffer longer.

"I had a ton of support from my family and my friends," Canoles adds. "My new employer 'Dunes Dental 4 Kids' sent me flowers and they were checking on me, and I hadn't even started working there yet."

Did her faith and values play a part in Canoles' decision to donate?

"One hundred percent!" Canoles says. "My husband and I have two children and have wanted another. I had some miscarriages, but tests didn't show anything was wrong and we kept trying. When I didn't get pregnant before the transplant in December, I think it was God telling me 'this is what I need you to do.'"

"In February my husband and I found out I was pregnant. I'm due in November. I feel like God planned this all out and told me what I needed to do."

Your planned gift will ensure a brighter future for our students.

Remember how you grew and matured during your years at Heelan?
Remember the people who helped guide and shape you?
Your gift will help us continue our Catholic school mission.

Make Heelan a recipient of a planned gift in your estate.
Gifts of all sizes make a difference.

Talk to your attorney about how you can both honor your family and help Heelan after you're gone. Or contact Tom Betz or Janet Flanagan for more information on giving and the Legacy Society. Call 712-226-0414 or email janet.flanagan@bishopheelan.org.





Paul Buchheit '00 is assistant athletic trainer for the Boston Red Sox holds the 2018 World Series trophy.

Grad with Red Sox Grateful for Heelan Guidance

By Tim Gallagher (Reprinted in edited form courtesy Sioux City Journal)

I love a hometown-kid-done-good story. Paul Buchheit '00, Bishop Heelan High School graduate makes it even better. While basking in the glow of a World Series title,--tips his cap to folks back home who helped him get there.

Chris Bork. Joe Malsam. Brendan Burchard. Chris Todden. Steve Eddie. And, his mom and dad, Kathy Stowick and the late Bob Buchheit, who battled brain cancer until his death in 2002.

Paul Buchheit, 36, serves as assistant trainer for the Boston Red Sox, who defeated the Los Angeles Dodgers in the last World Series. As a member of the organization, Buchheit gets a ring and has rings from the club's World Series wins in 2007 and 2013. He traveled with the team, staffed its games home and away, worked long hours in the training room, on the field and in the dugout, from pre-spring training until the last out.

"You build friendships with these guys," he said. "You're with them during the seven weeks of spring training, all through the season and then for a month of postseason games. You're with them more than your family."

Family. It's a primary reason Buchheit entered the world of athletic training. He recalled being at home as his father fought cancer.

"I was going to go into physical therapy as an undergrad (at Buena Vista University) as my dad had cancer and was disabled at home," he said. "We had physical therapists come into our home and work with him. And since my mom was a nurse, she'd work with him and I would help, too."

The family was also big into sports. Older brother Dave Buchheit played for Heelan and went on to pitch at Morningside College. Paul, who wasn't as gifted athletically, toiled at the junior varsity level at Heelan for the bulk of high school.

"I played varsity baseball and football at Heelan," he remembered. "During my time at Heelan," Buchheit says, "I realized that while I wasn't the best student or athlete if I worked hard enough, trusted God's plan for me and was patient, opportunities would eventually come along that I'd be ready to take on. And I've carried that with me along my

path to my career in Professional Baseball." I wasn't big or strong; I worked to contribute in any way I could."

As a senior, Buchheit's best chance came on the mound and he recalls his most memorable Heelan game, a substate Crusader triumph over the Storm Lake Tornadoes in which the right-hander pitched for a team coached by Chris Bork, who noted Buchheit remains one of his favorites.

Bork, Malsam and Burchard all played roles as his prep days advanced, helping him to understand concepts like commitment and being a team-first teammate.

Buchheit was staffing a volleyball practice one afternoon when Todden, then the professor of athletic training at BVU, approached and asked if he wanted to work for the Boston Red Sox....He landed the position with the parent club's minor league team in Sarasota, Fla. A second internship followed ... and he earned a master's degree in athletic training at the University of Northern Iowa.

The Red Sox hired him full-time in October 2006 and he worked his way through every level of minor league baseball, earning a promotion to Boston in October 2015.

It's a dream job, blending therapy, training and baseball. Buchheit is often at Fenway Park seven hours before the opening pitch, coordinating plans with fellow medical staff members as players file in, some doing post-surgical rehab with others focusing on pre-game preparation.

He's in the dugout during games, talking to players between innings, examining arms, sharing tips on hydration, making trips to the mound, at times, and getting some TV time.



Allison Buchheit, an analytical chemist and Paul with Hayden, Noah and Heidi.



These members of the 1975 Heelan state championship football team reunited last spring at Tony's Audino's Montana ranch. From left front are former coaches Phil Karpuk and Dave Triplet. Back are John Pavlovich †, Kelly Florke, Tony Audino, Dan Robinette, Pat Kelly, Mick Treinen, Tim Cooper, Mark Wurth, Leo Berger, Jeff Ingram and Pat Galvin.

'75 Champions Honor Fallen Teammates with Spirit of '75 Scholarship

There are times when joy and laughter turn into sudden sadness. The warm glow of memories and friendship shock the heart with a gut punch of loss.

Such was the case in June with the Heelan '75 state championship football players.

Tony Audino '76 who played on the '75 state team hosted a football reunion at his Montana ranch May 15-19 for his Heelan '75 state football championship teammates and coaches Dave Triplet and Phil Karpuk. At the reunion, the group paid tribute to the teammates who died too young. Then two weeks later another one died suddenly on June 2, John Pavlovich '76.

"Pav" was a well-known and successful sports photographer and cameraman for CBS Sports and others. He had covered countless NFL games, Super Bowls, NBA Championships and Olympic games and was looking forward to Japan for the next Olympics.

Amazingly he shared his NFL games experiences with his Heelan teammates.

So it was that the sudden and unexpected death of "Pav" ignited an idea – create a fund for a "Spirit of '75 Championship" Scholarship for deserving students at Heelan to promote the strength and heart of players who made history.

It will mean the team members of yesterday are leaving a legacy to benefit student athletes of tomorrow.

Tony Audino spearheaded the fund which now stands at \$17,600 at press time.

Here is a Q and A with Audino '76 and teammate John Harty '77 about the Crusaders that won the state championship. Harty later played for Iowa and the San Francisco 49ers which won two Super Bowls when he was on the team.

Q: How did your team gel?

Audino: "For our team we had a new coach. Beanie Cooper was the head coach the prior year and had started that whole thing with PRIDE. He left for USD. We had this 25-year-old kid coming in as the new head coach – Dave Triplett from Davenport Assumption. We only had two returning starters and some were calling it a rebuilding year. Coach Triplet challenged us. He led every drill and he was with us the whole time. We weren't the biggest and most talented. We just played really well as a team. We liked each other and hung out together."

Harty: "The most fun at any level that I played at was in high school. It was pure fun. Nothing was better. The experience in retrospect at Heelan and the things like PRIDE and what it stands for really served me well after that. I look back at that time with the people that I had the pleasure to play with and realize how special it was. I was blessed with being around some really excellent people. Our young coaches were top notch. Coaches have the ability to make such a profound impact on players. People don't realize the impact they can have."

Audino: "We lost our first game to Dowling in a close battle. They had a team for the ages and rolled over everyone, and we lost just 22-15. But our confidence grew each week to the state championship."

Harty: "Winning is a whole lot more fun and winning a championship is what it's all about. The final score of our game against Waterloo was 17-6. At Iowa I played against Dowling guys later who played for Iowa State and it was like Heelan-Dowling all over again."

Q: Share some special memories

Audino: "At the reunion we shared this one story about Pav. My junior year we did have an incredible team, much more talented. We go down to Carroll Kuemper and on the bus ride down we're talking about how soon into the game the second team will get to play. We got beat by Kuemper 7-6. Next year Kuemper is going to play us at home. Coach Triplett needed to make a statement early and huddled up Pav #10 and Dan Robinette #43. The play was masterfully drawn up whereby Pav would check in as the tailback. As the ball was flipped to Pav, he looked first at "Ingy" and he was hung up on the line trying to fight his way into the secondary. Pav checked left and saw #43 streaking down the sideline open. Pav stopped, planted and threw a 64-yard bomb for a 7-0 lead, a lead we would never relinquish! We poured it on them. We started out fast and never took our foot off the accelerator. It was a magical moment. John didn't you intercept at another game and go in for a touchdown?"

Harty: "Yeah, we were playing Dowling and a player blocked the tip of the punt and it landed in my hands. There was a stunned pause like 'What do I do now?' Everybody started pointing and yelling "GO!" I remember both sides of Memorial Field were packed and people were standing."

Audino: (Laughing) "John at 6'6" and 205 lbs --a defensive linemen intercepting and running into the end zone. It was a classic moment!"

Q: Talk about your Montana Reunion

Audino: "I stayed connected to three or four guys over the years. About 18 months ago we started talking about a reunion and started tracking people down for May 15-19. We played in a golf outing and watched game highlights. Coach Triplett had sent me an old Heelan helmet. We mounted it and called it the PRIDE award, and gave it to Al Jones. It was part of our team spirit. We really believed in what PRIDE stood for.

We did one thing that was pretty memorable -- a tribute to the fallen Crusaders with sky lanterns that look like small hot air balloons. We also lit them for Coach Cooper, Fr. Elbert and the fans who have passed. What's amazing is when you get



together for several days it's like you're transported back 43 years. You really rekindle those relationships. To have Coach Triplett and Karpuk show up it just speaks to the comradery we built. They were fully engaged. It was super special.

Q: Why Establish a Scholarship?

Audino: "We didn't do anything when Russ Wiltgen, Mike Courey or Gerry Marron passed. It was the proximity of the reunion to Pav's death that jolted us. He died just two weeks after the reunion. We realized we needed to do something to pay tribute to the past and everybody agreed. Heelan was a big part of our lives shaping us as people not just athletes. My wife, Michelle, and I are both very involved in Catholic education in Seattle and really believe in the importance of a Catholic education today. It forms people with strong values and encourages us to be in service others.

1975 Championship Football Team Members who have Passed.

John Pavlovich #10
Fred Clemens #11
Mike Courey #14
Steve Hindman #67

Gerry Marron #26
Joe Murphy #17
Jim Schafer #73
Russ Wiltgen #55

Pav Story No. 1

Tony Audino

"Pav was the consummate teammate. Because he worked for CBS Sports and Sunday football games, he would reach out to many of us. Leo Berger, Kelly Florke, Mark Wurth all of us have been to different NFL games. I went to the Seattle Seahawks when they played the Colts. I was on the sidelines with the players and went to the pre-game. It was amazing that he took the time to connect with teammates and invite them."

Pav Story No. 2

Leo Berger

Several of us have had the opportunity to be invited by Pav to work an NFL game and my opportunity was back in 2011 at Lambeau Field with the reigning Super Bowl champion Packers and Broncos



squaring off. What a thrill for a lifelong Packer fan who had never been to Lambeau.

Sunday was a fabulous sunny October day in the mid 60's. As the national anthem approached Pav tells me we're gonna head down to catch the Packers coming out of the locker room and I then realize that a tunnel is being formed by the 1961 world champion Green Bay Packers who were holding their 50-year reunion.

As I'm holding Pav's cables and listening to his instructions that the fighter jets will be doing a flyover the stadium at the end of the national anthem I realize I'm standing on the 10 yd line next to Willie Davis DE #89. Not wanting to screw up and end up on national TV I stayed focused on my job but did comment to Willie what a beautiful day it was, and he agreed.

I looked around to see Jim Taylor, Paul Hornung, Forrest Greg, Fuzzy Thurston, Bart Starr and others. As the jets buzz the stadium, here comes the Packers and I'm thinking 'What am I doing here!?'

The Packers rolled to a 49-23 victory so there was lots of action and we were constantly on the move, including capturing several Lambeau leaps up close and personal! It was quite apparent during the course of that weekend what a professional Pav was and how well respected he is by members of the camera crew. From start to finish it was an amazing experience I'll never forget.

Pav Story No. 3

Kelly Florke

"I had a similar experience with Pav in Denver where the Bronco's and Peyton Manning's Colts squared off. The day prior to the game was very cool meeting with the CBS crew, dinner and hanging out. Game day



John Pavlovich '76 shooting for CBS sports.

was a "once in a lifetime" experience. Pav included me in the on-field "pre-game" set up, brunch with Jim Nance and Phil Sims, tour of the CBS production center, and time to accompany Nance and Sims up to the booth.



The entire game was spent with Pav on the field, post-game interviews with top players, then back under the stadium to hang out with Bronco players and their families, and finally under the ropes surrounding the Colts buses where John made it his business to introduce me to Peyton Manning as he was headed for the bus. Pinching myself the entire way.

My most memorable moment that day was when the Colts were driving down the field, 2nd and about 15 from the Bronco's 30 yard line. Pav says to me to 'grab the stuff, we are headed for the end zone. I've seen this down and distance before. Peyton likes to throw a fade to the end zone cone to Reggie Wayne.'

Pav wanted to be in position to get the perfect shot for the network. We positioned ourselves at the end zone cone, Pav with his camera hoisted and in the ready. Sure enough, as if Pav had called the play as the Offensive Coordinator from the booth, Reggie sprints to the 15, gives a little hesitation step (defensive back bites), and Reggie sails to the cone to catch a perfect spiral from Peyton, two quick steps before the end line, and puts 6 on the board. Pav, not entirely done yet, springs up and follows Reggie to the stadium wall, and as Reggie jumps 6 feet into the crowd, Pav captures all the action that no doubt is replayed 10x on a highlight reel.

I'm sure Pav considered that 'all in a day's work,' but it was 1000% exciting for a kid from Sioux City. Pav truly cared about creating this experience for me and others from our Heelan football team."

The 1975 Championship Game

Here is how the Heelan Yearbook described the 1975 state contest at Kinnick Stadium.

"It was a long trip to Iowa City, but one that Heelan fans, players and coaches will never forget. Down 3-0 early in the game, the Crusaders came back with an 11 play drive as Gerry Marron smashed his way over from the one.... The half ended 7-6 as Waterloo got a field goal with just one second remaining. The second half was all Crusaders! Al Jones superb punting kept the Wahawks deep in their own territory the whole second half. Al boomed a 54-yarder to the Waterloo three, where a safety occurred there two plays later. Quarterback Mike Courey sewed

up the state championship with a one-yard dive late in the game. Craig O'Connor led the balanced rushing with 54 yards and Gerry Marron and Tom Pylelo picked up 44 and 41 yards respectively. It was all an unbelievable uphill climb for Dave Triplett, his staff and the players after an opening loss to Dowling... On the Des Moines Register first team all state were Al Jones, and Tony Audino. Named second team Leo Berger and Kelly Florke. Mike Courey was cited for honorable mention."

Yearbook photo of the '75 game at Kinnick Stadium.



Against the awesome background of Kinnick stadium, the Heelan defense sets up.



How Pav Got His Start in Sioux City

Pav learned to operate a camera from George Lindblade (Heelan grad) and Dave Gross at KCAU in Sioux City around the time when Heelan '71 grads Ron Clements, Maria Vakulskas and Janet Thoman worked there with Bill Turner, former Heelan parent, as station manager.

Pav worked in news and sports before working for WHO in Des Moines where he connected with newscaster Dave Nixon, another former Heelan parent.

Pav's broadcast work with Pope John Paull II's visit at Living History Farms

fueled his passion as a videographer, Lindblade says. He headed to Sacramento and became a freelance photographer covering major sporting events in the U.S. and around the world for CBS and others.

Pav won Emmys for his work but never forgot his roots. He called Lindblade from all over the world and saw him during visits back in Sioux City. His brother, Dan, is a former Heelan teacher and wrestling coach. His mother resides at Holy Spirit Retirement Home.

Support the Spirit of '75

All teammates, classmates and fans who cheered in the stands are invited to contribute to the endowed fund for a Spirit of '75 Championship Scholarship. Starting next spring, an annual scholarship award will be presented to a qualified boy or girl athlete to help them with Heelan tuition.

bishopheelan.org/Spiritof75

'68 Grads Create Scholarship Fund for Single Parent Students

Linda (Murphy) Metz '68 wishes she would have been able to afford a Catholic education for her four sons when she was raising them as a single mother in Sioux City.

So she is making it easier for single moms today with a new scholarship for single parents with the "Henry and Linda Metz Single Parent Scholarship."

Linda learned her strong values and work ethic early from Blessed Sacrament School, Heelan and her parents Bill and Cleo Murphy. Her father was the chef at Joe Gantz Steak House and her mother was a waitress there.

When Linda hit Heelan, friendships and her Catholic values deepened.

"I loved Heelan and the friends I had there. A lot are still close to me," Linda says. "In high school you're at that formative age and there's a bond. It's a critical time when you're a teen and you're learning who you're going to be!"

In 1984 after working for years as a stylist Linda bought Rick and Company Salon which quickly evolved into a day spa, the first in Sioux City. It was a time when a lot of mothers didn't work outside the home, much less own and operate a business, manage employees, monitor inventory, grow customers and juggle four boys.

"Life was crazy but we had a lot of love in our house and an inordinate amount of faith," Linda says. "We were happy." She is proud that today her sons own their own businesses.

When she was growing up it was important to her parents that all the Murphy kids have a Catholic education. It was a financial struggle for two parents then, and for Linda it became an impossibility as a single parent. All four of her boys had started at Blessed Sacrament and St. Michael's, but she couldn't keep paying tuition.

"When you are a single parent, meeting basic necessities can be a challenge and sometimes challenges make a decision for you. Catholic school tuition was not possible for me," Linda says. "I'm not complaining. I loved being a mom. The best job I ever had was teaching my four boys to become men."

Linda faced another challenge that changed her life. On Aug. 31, 2016 Linda's son, Jeff, was critically injured in a motorcycle accident. "The amount of prayers and support from the class of '68 was overwhelming," she says. "A classmate in California, Henry Metz, privately messaged me and prayed for me through 12 days of intensive care and surgeries."



Linda (Murphy) Metz raised her four sons as a single mother.



Henry Metz '68 poses with Linda in front of old 318, where he spent a lot of time as a student.

The two rekindled their high school friendship, became phone friends, then lunch friends and then more. Linda and Henry were married Aug. 3, 2018.

"Henry truly has the kindest heart I have ever known," Linda says. "We would not have the life we have now without the background, values and faith that was instilled by our Catholic education."

The two Heelan grads celebrated Heelan memories with 200 classmates at their 50th Class of 1968 Reunion last September.

Linda has never forgotten her Catholic faith, core values and the struggles of raising her sons alone. When she and Henry talked about doing something for Heelan, creating a single parent scholarship was a "no-brainer." The new scholarship ensures that several teens will have extra help for their annual Heelan tuition for years to come.

Three Heelan students received scholarship awards this spring to make their tuition more affordable at Heelan, thanks to new "Henry and Linda Metz Single Parent Scholarship" Thank you Linda and Henry!

After 34 years of ownership, Linda Metz sold "Hair by Rick" last fall and still works there occasionally. Two of her sons remain in Sioux City and two are in Omaha. The Henry and Linda together share 7 children and 15 grandchildren.

Mary T. Castle: In Memoriam

By Steve deGrasse '73

Mary Theresa Castle died at the age of 91. Quietly, as she lived life.

Born just eight years after women first voted in the United States, deep in the handcuffs of Prohibition, and immediately prior to the Great Depression, Miss Castle earned a degree and launched a career when careers were hard to find...woman or man.

Eventually, she taught journalism at Heelan High School. I'm not sure how long. A long time. She influenced a lot of people. A lot of careers including mine. Most of us knew "Miss Castle" for short periods as we passed through Heelan.

My "short period" with her, a snapshot really, began sophomore year with a basic journalism class. Let's say 1970. Miss Castle was different. She wasn't a nun like many instructors at Heelan. She drove a car. She knew what was happening in the world. She had "expectations." Which is why we read weekly the Christian Science Monitor...the most objective paper of the day. You remember...before the Internet. Before social media. When reporters were supposed to be objective.

I recall my folks' first parent-teacher conference with Miss Castle. I had aced every test and expected an "A" that first quarter. When my Dad asked her why I hadn't earned an "A," she said, "Well, if I had given him an 'A', he wouldn't have anything to shoot for, would he?" And that was the end of the conversation. She was, of course, correct. And I tried harder.

She lived nearly her entire life in an imposing house on Nebraska Street...kitty-corner from my Uncle Elmer Rizk's dental practice.

She had friends. There was Louise...as in Louise Zerschling who reported for years for the Sioux City Journal. There were the women from school: Madeline (O'Shaunessy) and Mary Margaret (Keane). Certainly, there were others.

And at the beginning of what is known today as "the women's movement", we relished calling her "Ms. Castle"... as in "Mizzzzzz Castle."

She loved her car. One day she showed up at school in a shiny, new, four-door, baby blue, Oldsmobile Cutlass. As long as Memorial Field. She'd glide it meticulously backwards each day into her assigned parking spot perpendicular to the CYO.

She didn't get bent about the small stuff. Three years later, when I was Editor-in-Chief of the SHIELD yearbook, there were always excuses for the "staff" to go to the post office, visit the Journal...any excuse to leave school early or to skip class. Lest we abuse the privilege, several of us (okay...I) forged her lower-case mtc on countless hall passes. Until one day during our seventh period yearbook free-for-all, I asked Miss Castle to sign a hall pass to which she replied, "Why don't one of you sign it; you've all become so proficient at it!" We choked and snorted uncontrollable laughter. She'd known all along.



Mary Castle taught journalism to Heelan yearbook and student newspaper students for over 30 years.

Importantly to me, she knew or sensed I couldn't be a scientist, or a lawyer, or a doctor. But she knew I could write. And I did. For advertising. In Europe. Global communications. In Silicon Valley. For technology and life science leaders. Because I could. She had taught me how. It opened a lot of doors that wouldn't have otherwise opened.

So, it's ironic Miss Castle would leave this earth without an obituary. Fact is, she didn't want one. So, this isn't an obituary; just my personal recollection of why she meant so much to so many of us.

Thank you, Miss Castle.
Steve deGrasse
San Antonio, TX



It's "Blast Off" for this Teaching Duo

Next year it will be 30 years that the Richardson sisters, Heelan grads, have teamed up to teach space camp to kids in Sioux City and Pawleys Island, S.C. Over the years some 3,800 elementary age students have taken the classes.

Connie (Richardson) Smith, '69 and her sister Mary (Richardson) Tester '81 have spent every summer for the past 29 years teaching aerospace education to kids in grades 3-8 in the two communities. They've launched rockets, brought in special speakers and helped eager hands create space cities with foil-covered cones, boxes and towers.

"We want to engage children in the space program to, cultivate a passion for science that will lead to more science and space-related careers," Smith says. "We work to ignite their imaginations and show how aerospace education and studies have improved our quality of life."

We always emphasize what NASA has done for us on earth, Tester adds. "There have been more than 30,000 spinoffs of the space program," she says. "Our satellites, cellphones, echocardiography, heart monitors, tennis shoe material and Mylar packaging are all examples of products we have today because of applications of space technology."

Smith has a master's in learning disabilities while Tester has a degree in special education. When a program at the University of Iowa inspired Smith she applied and was selected to be one of 19 teachers in the U.S. to study space exploration at the Johnson Space Center in Houston. She brought in her sister and has taught kids in Iowa and South Carolina ever since.

"What was awesome is that I would teach special ed during the school year, and in addition to some of my students, I also had



Connie (Richardson) Smith '69 of Sioux City left, and Mary (Richardson) Tester '81, right, gather with rocket class students in July on Pawleys Island, S.C.

totally different types of students in the summer," Tester says.

The teaching sisters say working together every summer has been a gift.

"We arranged it so Mary and her children would come to Sioux City in June to visit our parents (the late Ivan and Elaine Richardson) and I would go with my boys to Pawleys Island with its beautiful beaches in July," Smith says. "It's been both rewarding and fun."

Any astronauts yet?

"I've had students who have become pilots, engineers and architects," Smith adds. "If I could inspire just one student to become an astronaut I would accomplish my mission!"

Connie and Macdonald Smith '66 are parents of Heelan grads Adam and Jay Smith. Adam is a therapist with a psychological and therapy services practice in Sioux City and Jay is a labor law attorney in West Des Moines.



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Donors Chip in \$373,000 in Heelan Auction

"Heelan Masters," our 2019 Heelan Auction, raised over \$373,000 for the Heelan School System, thanks to the Heelan family members who attended and bid on gifts from afar.

The tally for the April 6 event at the Sioux City Convention Center came in well above the fundraising goal of \$360,000.

The evening hit a high note when a lively Heads or Tails game to win a vacation home-for-a-week in Mexico turned into a Live Auction gift and tickets to a Notre Dame vs Navy game launched a bidding war.

The evening included putting for gift cards and wine, vacation homes and a "Wildcat Willie" catamaran trip in the British Virgin Islands.

"Guests loved wearing casual golf attire and everyone had a great time," said Nick Hegarty '96, an auction chair with his wife, Amber '94 who organized the putting for wine game.

Some 20 student volunteers welcomed guests, sold raffle tickets, ran putting games and more.

Funds for a Driving Cause

The Heelan Auction's Fund-a-Cause raised \$40,925 for student transportation. Two new mini vans have been purchased.



Celebrating its 40th year, the Heelan Auction was first started in 1979 as the Friends of Heelan Ball and expanded when Catholic Schools united under the Heelan name.

"Every year features a different theme," Uhl '95 says. "It adds to the fun."

"The decor, gifts and donor support make the Heelan Auction the premier fundraiser in our area," says John Flanery, BHCS president.

**Mark Your Calendar the next Heelan Auction
April 18, 2020 at the Sioux City Convention Center.**



Chairs were Nick '96 and Amber Hegarty '94, Ben '95 and Sarah Murray Uhl, Dave '88 and Gina Jensen and Dr. Craig and Terri Block.





Dale Earnhardt Jr. @DaleJR
Pink flamingo koozies and a shortened lake float makes one heck of a beer pong table.
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Class Notes

1950s

Patty Merkley '57 "I made it to a Happy 80th birthday and a beautiful luncheon hosted by my daughter Kimberly Pearson at Wilson Creek Winery in Temecula Calif. I am joined her by my friend Lolita, right, Kimberly."



1960s

Jeri Frame '63 is now retired after working for Hinky Dinky and wholesale grocers for most of his working career. He lives Palm Coast Florida and has survived 2 hurricanes. He lost his wife Kathee Flanagan Frame '63 in August 2018 after 54 years of marriage and returns to Des Moines to visit family.



Marie (Mushro) Lopresto '63 was named a Woman of Influence for 2019 by the Silicon Valley Business Journal. The San Jose, Calif., Business Journal honored LoPresto for her dedication as co-chair to the American Heart Association's Silicon Valley Circle of Red. Marie was the first to undergo open heart surgery as a 13-year-old, according to The Journal. "Followed shortly by her father's death from a heart attack, LoPresto would embark upon a mission to combat heart disease, according to the Journal. "Crowned Miss Iowa in 1965, LoPresto used the platform to bring attention to heart disease. She has made more than 1,000 speeches on behalf of the American Heart Association and has been honored by the White House for her efforts. Having worked as a marketing manager for IBM for 25 years, LoPresto helped start Silicon Valley's Circle for Red for the AHA in 2008 and has helped build that into an 80-women volunteer member chapter, the country's largest. Naturally, matters of the heart are central to her motto: "Always keep love in your life."



Sandi (Lander) Prather '68 (in purple) stands with Mater Dei School co-workers after she was honored with a Good Samaritan Award at the 2018 Bishop's Dinner for Catholic Schools. Sandi's spirit of teamwork and dedication to her kindergarten students won the praise of her co-workers. Sandi has primarily worked as a kindergarten aide at Immaculate Conception for 29 years. "Sandi possesses a unique ability to connect with the students," says Mary Uhl, '68 former counselor who still subs in school. "She consistently meets the social, emotional and intellectual needs of the children in the classroom, the office, the sickroom, on the playground, or wherever an extra pair of hands can help." She is "especially effective with children who struggle in kindergarten," added Principal Mary Fischer.



1968 Leech Lake Gathering



This group of '68 guys (right) got together to fish at Leech Lake in northern Minnesota.



While there they learned the owner of the resort, Mary (Ritz) Huewe is a Heelan grad and her brother-in-law Kevin and his son are Heelan grads! From left are Bob Vint '68, Denny Smith '56, Mike Thompson '68, Mary Ritz Huewe '59, Gary Uhl '68, Bill Pezdirtz '68, Kevin Smith '80. The above photo includes spouses and more friends and Heelan grads.

Retired Police Chief **Joseph Frisbie '66**, Police Chief **Rex Mueller '90** and Woodbury County Sheriff **Dave Drew '78** – a law enforcement power trio – gathered at a joint law enforcement memorial service where Chief Frisbie was the guest speaker.

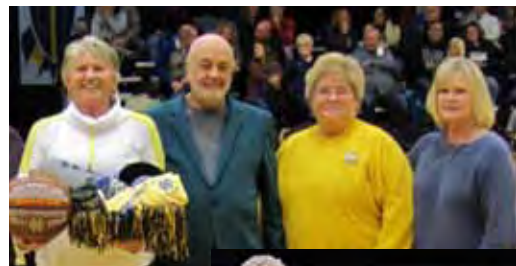


1970s

Dave Ferris '72 and **Sue (Schroeder) Ferris '74** with their daughter **Christy (Ferris) Wright '97** celebrated the 40th anniversary of Sneaky's Chicken with a special charitable event that raised \$135,000 for the Warming Shelter in Sioux City. Sue is our database manager.



Mary Schrad '74, inductee into the Women's Basketball Hall of Fame, an original member of the Iowa Cornets and former star basketball player at Heelan, returned to applause at her alma mater last winter at a Heelan's Girls Basketball game to help celebrate the 10th anniversary of the Heelan girls winning a state championship. Her former Heelan Coach John Adams surprised her and Mary gave a clinic to Heelan players who went on to reach the semi-finals in the state tournament. Above Schrad is with Adams and teammates Carla Fitzpatrick '75 and Kim (Petersen) Graff, '75 and Girls Basketball Coach Darron Koolstra.





1970 Hickman Reunion

The Hickman family gathered after the funeral of their mother in 2018. From left back row: Art, Steve, Greg, Chris; front row: Brian, Mark, Sue, Phil and Joe.



1974 Grads

Anne Trienen Hanson Teresa O'Brien), Laurie Hagan Rawles, Jansty Wrighttle Spain, Kim Vinopal Hickman and Jan Erickson Snyder Reconnecting at their 40th Heelan class reunion in 2014, these Blessed Sacrament women felt five and ten years was too long to wait; since then they have been gathering at Lake Okoboji annually. Chilling out to good food and wine, flower arranging, shopping, an annual book discussion, a ride on The Legends Roller Coaster (for some), and reminiscing and political dialog into the wee hours of the morning - love the moonlight on the lake! Childhood friends celebrating who they are today!

Tony Audino '76 and his wife, Michelle, are receiving the prestigious Seton Award from the National Catholic Education Association at a national awards and philanthropy gala Oct. 7 in National Harbor, Maryland. The award is named after Saint Elizabeth Ann Seton - known for her lifelong dedication to teaching - and is presented annually to top individuals whose support and service impacts Catholic education and our nation's youth. The Audinos will have a scholarship presented in their honor to a deserving Catholic school student in their home community - Seattle, Wash. They also will attend a symposium on best practices in development. The 2019 Elizabeth Ann Seton Award puts the Audinos among preeminent Catholic education philanthropists working to ensure future vitality for Catholic schools.



1980s



Col. Larry Christensen '83, former 185th Wing Commander addressed students at our Veteran's Day Assembly. He was in the a 2015 Heelan "Crusader Connection." He's now chief of staff for the Iowa Air National Guard.

Help us Update our Heelan Alumni Directory

Heelan alumni by now may have received a postcard or a call from PCI Publishing which prints alumni directories for schools across the country. We have info in our data base, but alumni often forget to update us on address changes and wonder why they no longer receive *Crusader Connections* or class reunion invites.



While Facebook can keep grads connected, many alums are not on Facebook or ignore messaging; hence the directory still has value. If you received a postcard or email and did not respond you will receive more. Yes when you call you will receive a sales pitch to purchase the directory (the person is a rep of PCI not a Heelan employee;) but you are under no obligation to buy anything. Thank you for helping us update Heelan's Alumni Directory. Questions? Call Sue Ferris at 712-226-0366.

Don Wengert '88, of Des Moines, a former Major League Baseball player, will be inducted into the Iowa State Athletics Hall of Fame Sept. 20 and honored at the Iowa State game Sept. 21. Here are key stats from his story featured in a 2017 Heelan's "Crusader Connection" when he spoke to seniors in May that year.



Don Wengert at Iowa State 1989-92 - Baseball

- Two-time All-Big Eight pitcher (1991-92)
- Most career wins in Iowa State history (22)
- Second-most career strikeouts in Iowa State history (190)
- Tossed seven complete games in 1991, ranking 2nd in Iowa State history
- Played seven years in MLB (1995-2001)
- Had 25 starts and seven wins for the Oakland A's in 1996

1989 30th Reunion



1989 Grads held their 30th Reunion in August. This group was among 50 alums who gathered downtown coming from California, Kansas and Arkansas. After Mass in the Heelan chapel with Fr. Patrick Walsh, they toured the new Heelan, including a peak at the new gym. Opinion: "really cool!"

1990s

James M. Masteller '92, of Omaha was appointed to the District Court of the Fourth Judicial District by Nebraska Governor Pete Ricketts. Masteller had served as a Deputy County Attorney for Douglas County. In his 17 years in the Douglas County Attorney's Office, Masteller worked in the Juvenile and Criminal Divisions while trying 58 jury trials and supervised six Deputy County Attorneys in the Criminal Division. He holds a Bachelor of Arts in political science from Creighton University and his law degree from the University of Chicago Law School. Masteller received a Criminal Justice Award by the Nebraska County Attorneys Association for his work with Operation Purple Haze, an investigation which targeted high-level gang members in drug trafficking. He and his wife Tanya, have 3 daughters.



Karey Yaneff '94, a trooper in the Iowa Highway Patrol, was awarded the 2018 "Office of the Year" by the Iowa Association of Women Police. The award honors an officer who has gone above and beyond the call of duty.



Chrissa (Swanson) Landis '98 and her husband welcomed their second child. Bryson Gregory, born on Nov. 8, 2018. Parents, Tim Swanson '72 and Cheryl Swanson of Lexington, SC were there as well.



Nick McInerney '98, married Stacy Vitali in June at Saint Ambrose Cathedral in Des Moines. Classmates Dr. Benjamin LaFleur, John Kayl and Jeff Florke were in the wedding.



Saul Gomez '99 and JoBeth (Hall) Gomez '05 and big brother Sebastian welcomed Adrian, born on Dec. 10, 2018. The family lives in South Sioux City, NE. Grandparents are Tony and Eugenia Gomez of Jackson, NE and Roger and Carole (Winkler) Hall '65 of Sioux City.



2000s

Emilee Boyle Gehling '01 is serving as Mrs. Iowa International 2019 and competed in the national competition in West Virginia in July. She was active in music and theater and more at Heelan and sang in an a cappella group at Notre Dame. Today she cantors at Sacred Heart Catholic Church and serves as president of the Sioux City Rotary Club. She practices law in Sioux City at Gehling and Osborn. Emily and he spouse Aaron Gehling '01, have four children.



Katie Agnes Roberts '03 is the new executive director of the Siouxland Community Foundation which handles over \$25 million in assets for organizations in northwest Iowa and issues \$2 million in scholarships for college students and grants to community organizations, including Heelan High School. Katie formerly served as director of Siouxland Habitat for Humanity and worked at the Food Bank of Siouxland. Katie and her husband, Bryce, have two sons. Bryce is an assistant basketball coach at Heelan.



Matt Hittle '04 was recently appointed senior advisor to the administrator of the Centers for Medicare/Medicaid Services. Matt started his Capitol Hill career in 2011, where he worked for the U.S. House Ways and Means Committee and worked as chief legislative assistant to South Dakota Congresswoman Kristi Noem before her 2018 election to become Governor of South Dakota. Matt's wife Taylor is legislative director for Representative Mullin of Oklahoma.



1994 Class Reunion



Happy 25th Class Reunion to this group from the Heelan Class of 1994 which celebrated at Marty's Tap and Bodega. Grads are: Top picture (not in order) Joe Hanson, Nick Bennett, Suzie (Lanphier) Grafton, Tiffany (Reiff) Wendling, Holly (Koerner) Sennett, Denny Quinn, Tony Moravek, Nicki (Gill) Shonka, Ann (Sturdevant) Lanham, Katie (Kuehl) Calease, Tom Stokes, and Chad Mathern.



All five of Ed and Jane Griesel sons are Eagle Scouts, the latest Matt, who graduated from Heelan in May. From left are **Joey '03**, **Ed the Dad '78**, **Luke '17**, **Matt '19**, **Gabe '13**, Jane the Mom and **Eddie '01**.

Erin Forker Glidden '06 and her husband, Tyler, welcomed a baby boy Nolan James Glidden on May 28, 2019 to join big sister, Riley. Erin is director of loyalty giving at the South Dakota State University Foundation in Brookings, SD.



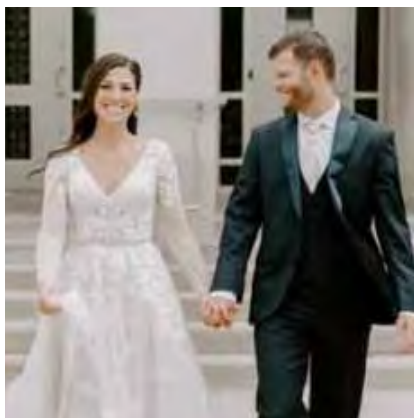
Kaitlin Flanery '06 recently graduated from her Anesthesia Residency at Stanford Medicine. She will be at Boston Children's Hospital in a two-year fellowship in pediatric cardiology.



Alex Solsma '07 is Director of Communications at the Basilica of Saint Mary in Alexandria, Va. He started his role here in August 2018.



Carli Tritz and Nate Berger '10, married at Blessed Sacrament Church in summer. Carli is assistant women's basketball coach at Creighton University where she earned a master's degree in leadership. Nate is an account executive at OCI Insurance & Financial Services.



Sam Dailey '10 and **Naomi Nothdurft '10**, graduated with their Master's degrees this year. Sam graduated with an M.A. in Clinical Mental Health Counseling with a concentration in Mindfulness-Based Transpersonal Counseling from Naropa University. She will be working in Sioux City. Naomi graduated with an M.A. Art Therapy with an emphasis in Counseling and received the Alumni Leadership and Service Award at Saint Mary-of-the-Woods College. Both plan to make an impact in the mental health field in their communities.



New Coaches at Heelan

Former volleyball Standout Returns as Head Coach

Lauren Brobst '13 a star volleyball player at Bishop Heelan and the University of Iowa, is Heelan's new volleyball head coach.

Brobst helped Heelan to four-straight conference titles and three state tournaments including a runner-up finish. She was named first team all-state volleyball by the Des Moines Register, IGCA all-district, honorable mention all-state and to the all-tournament team as a senior.

As a senior at Iowa she appeared in all 32 matches, recorded 1,087 career kills to land at No. 15 in program history, and led the team with 288 kills over 100 sets.

She succeeds Mary Miller who led Bishop Heelan's volleyball team to eight state tournament berths over 12 seasons.



Lauren Brobst

Moseman '90 Treinen Coach Track

Chad Moseman '90

new boys track coach has served as offensive coordinator of the Stampede, coached at Morningside College, and has 20 years of high school coaching experience.

Nate Treinen, the new girls track coach, previously coached track at Briar

Cliff for 12 years. He's a Remsen St. Mary's grad and earned his bachelor's degree from Briar Cliff. They succeed Don Oberle and Gina Coughill who coached Heelan students to running success.



Chad Moseman



Nate Treinen

Katelyn Walsh '11, received her Doctorate in Occupational Therapy from the University of South Dakota in May. She will be working at University of Iowa Hospitals & Clinics.



Paul Jacobson '12, graduated in May with an MBA from the Peter J. Tobin College of Business at St. John's University in Queens NY. He is employed at Salesforce in Manhattan NY.



Alec DeVries '13, recently married Aletheia Burritt in Upland, Ind.

Writes Alec "I got my Master's degree in Higher Education and Student Development from Taylor University, ran for a 5th year at Taylor University while juggling graduate school and was an All-American in the Men's 4x800. Just got a job at the University of St. Francis in Fort Wayne, Ind as the Assistant Director of Residential Life and Student Activities. My wife, Aletheia, will work at one of the local hospitals as a nurse."



Robbie Neswick '13 and **Clayton Bengford '13** play for the band "Trust" at the Marque in Sioux City and cantor part-time at Immaculate Conception Church. Clayton works for Avery Brothers and Robbie earned a master's degree and is a staff accountant with Henjes, Conner & Williams.



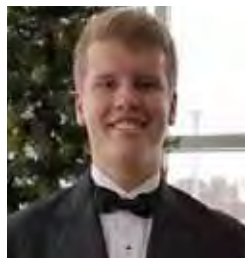
Trent Solsma and Connor Niles '14 led Morningside College to win the NAIA Football National Championship last November. Solsma, the quarterback, earned NAIA Player of the Year honors and Niles, a wide receiver, was named AP All American First Team. The duo earned a host of awards. Solsma was the Great Plains Athletic Conference Offensive Player of the Year, a first team All-American selection by the American Football Coaches Association and the Associated Press. Solsma threw for 5,097 yards, 68 touchdowns and just six interceptions during his senior season with the yardage and touchdown marks being single-season national all-time bests. He completed 72.6 percent of his passes and averaged 364.2 yards per game. Niles was named to the AP All-American first team. He had 146 receptions for 2,475 yards and 31 touchdowns during the season and set the NAIA single-season receiving yardage record. The duo helped Heelan win a 3A state championship in football in 2013.



Keaton & Amber (Lingle)'14 Slaughter '14 graduated from Wayne State and married on June 22, 2019 at Immaculate Conception Catholic Church in Sioux City. Keaton works at Stan Houston Territory Sales Manager for Northeast Nebraska and is an assistant Heelan Football coach working with skill positions/tight ends/defensive ends. Amber is a teacher.



Jonathan Neswick '15 a South Dakota State University senior music education major, competed in the National Honors Choirs of the American Choral Directors Association in Kansas City, Mo. More than 200 high school and collegiate students were selected for the honor choir. "It was a very cool experience, a sound I don't think I'll ever hear again," Neswick said.



Blake Bogenrief '15 and **Madison Peck '15** married in July and posed at the steps of their alma mater where their romance began. Blake and Madi are living in Des Moines where Blake works for commercial real estate company CBRE, and Madi works at Unity Point Home Health. After Heelan, Blake began releasing music as "Bogie." He continues to produce, write and record original songs in his free time. His first music video for his single "Lie," dropped Sept 1.

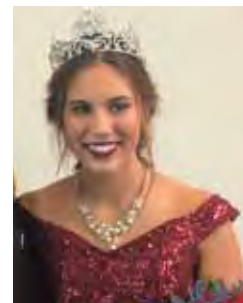


Allie Logan '15 a former Heelan debater, was joined by fellow debaters Matt Stubblefield, Nicole Kratz, and Jonathan Neswick, Beth Dalton and Tyler Tigges at her recent wedding. Fun fact: Ms. Dalton made the banner in the background as a wedding gift to Allie Logan (now Koch), as well as her dress and Tyler's vest. Dalton is now retired and Tyler continues as the assistant debate coach at Heelan.

Sgt John Pitthan '16, shown here as an Infantryman with 2nd Battalion, 30th Infantry Regiment in Fort Polk, LA. with his Company Commander, CPT Odocha (West Point Grad) is now attending the United State Military Academy at West Point. His arrival means two Heelan graduates are currently at West Point. The other is Daniel Alvarado '17.



Taylor Strawn '18, a student at Morningside College student, was named River-Cade queen during summer festivities in July. As queen she will represent the Sioux City River-Cade at a variety of events for the next year and receives a \$3,000 college scholarship. We plan to welcome her to visit with students.



Parent Ambassadors Reach Out

Over two dozen sets of parents, including a number of Heelan alumni, are serving as Parent Ambassadors for our schools this year.

The program – to help new parents feel supported and comfortable in the Bishop Heelan School System – started out with a picnic with these ambassadors and new families.

Parent ambassadors are partnered with families to touch base, answer questions or bring the family up to speed on any upcoming events. Fun events will be held during the year to connect families, according to Jenny Pattee, enrollment director.



"Ambassador outreach is an important way to support new and nearly new families, since students come to our Sioux City Catholic schools from different faiths, 22 communities and diverse backgrounds," says Pattee. "By helping new families feel comfortable and welcome, we can better promote our amazing schools and all that BHCS has to offer."

In Memory

50's

Shiuvuun (Murphy) Dougherty '47, (Cathedral) Sioux City, July 11, 2019
Emilie Grendler '48, (Cathedral) Sergeant Bluff, IA, Sept. 13, 2018
Joan (Bogaard) Roepke '50, Raleigh, NC, Dec. 29, 2017
Edward Rowe '50, Sioux City, Feb. 17, 2019
Isobel "Ann" (Kubal) Wilberding '50, Meriden, IA, May 3, 2019
Howard J Staber '51, Sioux City, May 7, 2019
Mary Irene (Foster) Nation '51, Sioux City, May 31, 2019
Grace (Montagne) Port-Hagedorn '52, Grinnell, IA, Dec. 26, 2018
Mary "Betty" (Brennan) Bauerly '52, Sioux City, May 24, 2019
Alice (Flaa) Flanders '53, Oct. 6, 2018
William Lane, Jr '53, Sioux City, July 20, 2019
Mary Jo (Peters) Petronis '53, Sioux City, Nov. 4, 2018
John L. Hartnett '56, Jackson, NE, Dec. 22, 2018
Mary (Burke) Rohmiller '56, Carlsbad, CA, Oct. 3, 2018
Marilyn (Swanson) Bride '56, Sioux City, June 2, 2019
Phyllis (Hanson) Monroe '57, Le Mars, IA, Sept. 13, 2018
Joan (Berkemier) Vlaanderen '57, Sioux City, Aug. 1, 2019
Dennis Bray, '57, Minneapolis/Gun Barrel City TX, May 2, 2018
Judith (Burns) Houlton '57, Omaha, NE, Dec. 26, 2018
Mary Ann (Keller) Petty '59, Sioux City, July 14, 2019
Patricia (Elliott) Vondrak '59, Sioux City, Dec. 24, 2018
"Tom" Joseph Brazelton, Iowa City, April 1, 2019

60's

Lourn (Jim) Kahler '62, Sioux City, IA, June 12, 2019
Patrick Joseph Daly '62, Virginia Beach, Va., Jan. 22, 2018
John C. Johnson '62, Brooklyn Park, MN, Nov. 20, 2018
Bruno Skuodas '62, Australia, Nov. 5, 2018
James E. Tadlock '62, Sioux City, July 30, 2019
Terrance Hagerty '62, LaVista, NE, Dec. 28, 2018
Dennis Wiltgen '62, Sioux City, March 5, 2019
Larry Calhoun '63, Casa Grande, AZ, Jan. 8, 2019
Kathe (Flanagan) Frame '63, Palm Coast, Fla., Aug. 29, 2018
Kathe and Jerry, both '63 grads, were missed in the
"Married Heelan Grads" list in the *Crusader Connection* in Fall 2017
Jeanne Crane '65, Feb. 14, 2019
Burke Noonan '66, Sioux City, May 21, 2019
Mary C. (Russell) Fleming '67, Sioux City, Jan. 11, 2019
Deborah (Schramm) Sitzmann '67, South Sioux City, NE, May 17, 2019
Arlyne (Maxson) Tompkins '68, South Sioux City, NE, Sept. 25, 2018
Marlene (Baxter) Girard '68, Sioux City, Aug. 3, 2019
Cheryl (Calhoon) Mahacek '69, North Sioux City, SD, Dec. 29, 2018
Christine (Rothman) Buscay '69, Santa Fe, NM, Sept. 18, 2018
Steven Jacobson '69, Sioux City, IA, March 27, 2019

70's and more

Phillip Codina '70, Rapid City, SD, May 15, 2019
John Michael McCluhan '70, St. Paul, MN, Feb. 14, 2019
Jerome (Jerry) Rowe '70, Dakota Dunes, SD, Oct. 19, 2018
Maryjo Drury '71, Sioux City, Dec. 29, 2018
Joseph Tedrow '73, Sioux Falls, SD, Oct. 30, 2018
Robert Jorgensen '73, Sioux City, Nov. 15, 2018
Rodney Boyle '73, Ankeny, IA, Sept. 28, 2018
Audrey (Feilmeier) Martin '74, Hubbard, NE, Oct. 12, 2018
Tim Meacham '74, Sioux City, IA, Aug. 19, 2019
Rae Jordan '76, Brookings, SD, April 16, 2019
John Pavlovich '76, Sacramento, CA June 2, 2019
Timothy O'Connor '76, Sioux City, Jan. 29, 2019
Shaune (Kennedy) Knowlton '78, Winder, GA July 17, 2019
Michael J. Scoville '82, Kansas City, KS, June 26, 2019
Thomas TJ Oleson '15, Sioux City, June 19, 2019

Family Members

Marilyn Bandza, wife of **Ronald Bandza '60**, March 28, 2019.

Merl and Alta Baxter, parents of **Jody, Sue, Bob, Nancy, Mike, Chuck and Patrick**, Feb. 6 & Jan 30, 2019.

Mari Becker, wife of **Kent Becker '71**, July 23, 2019.

Fr. Marvin Boes, former clergy, July 18, 2019.

Robert Bunkers, husband of **Marcia (Ross) Bunkers '69**, Dec. 19, 2018.

Elizabeth Ford, wife of **Patrick Ford '54**, Jan. 23, 2018.

Glen Fritz, husband of **Janice (Smith) Fritz '65**, Oct. 26, 2018.

Shirley Frank, wife of **James Frank '51**, June 14, 2019.

George Harrington, father of **Kathy, Charlene, Barbara Michael and Thomas**, July 30, 2019.

Bonnie Hickman, Mother of **Sue (Hickman) Grieve '67, Arthur '68, Chris '71, Steve, Phil '74, Brian '77, Joe '78, Mark '80, Greg '85, Deborah (Wiskus) Hickman '80 and Dorothy (Bingen) Hickman '87**, grandmother of **Karen (Grieve) Bauer '89, Jeffery Grieve '92, Mike Grieve '94, Jennifer Hickman '97, Melissa (Hickman) Gent '99, Mary (Hickman) Curnyn '01, Abby (Hickman) Schoonover '08, Kelvin '06, Dane '12, Kylee '14** great grandmother of **Nick Bauer '18 and Taylor Bauer '19**, May 14, 2018.

Kip Lennon, wife of **John Lennon '71**, Nov. 14, 2018.

Steve Oehlerking, husband of **Brenda (Nielson) Oehlerking '71**, Sept. 24, 2018.

Steve Paulson, husband of **Jeana (Miller) Paulson '80**

Regina Ratino, mother of Heelan grads, **Thomas, Theresa and Brian**, Nov. 20, 2018.

Norman Rothman, husband of **Joann (Giesen) Hope-Rothman '56**, Dec. 27, 2018.

Richard Rysta, husband of **Patricia (Johnson) Rysta '54**, Nov. 27, 2018.

Jon Sadler, husband of **Shelly (McQuade) Sadler '84**, Nov. 10, 2018.

Delores Staber, mother of Heelan grads **Howard, Dave, Mary, Karen, Jim, Amy, Lisa, Kristin, Susie**, July 9, 2019.

Robert Strong, husband of **Jodi (Drury) Strong '76**, July 7, 2019.

Mary Margaret Sudbeck, mother of **Jim, Jane, Therese, Tom, Tim, Bernadette, Marie, Maureen, Margaret, Sarah, Mary, Rosemary, David and John (deceased)**, May 19, 2019.

Ron Trudo, husband of **Ann (Benton) Trudo '54**, June 4, 2019.

Leo Van Waart, husband of the late **Theresa (Buka) Van Waart '52**, Jan. 4, 2019.

Joanne Wiggs, wife of **James Wiggs '50**, Sept. 24, 2018.

Dawn Winkel, wife of **Mark Winkel '77**, March 22, 2019.

Shirley Yaneff, mother of **John, Tom, Mike Paula and Mary (deceased) and Anne-Marie (deceased)**.

If your parent is missing and you would like your parent to be listed please email susan.ferris@bishopheelan.org



These former basketball players celebrated their Heelan memories at a special game last winter where they also said "Farewell" to the Pit. Heelan's gym will be closed when the new gym opens in October.



The Class of 1959 sang the Heelan fight song in the Auditorium on their reunion tour of Heelan and tried out the desks in chemistry class. Fun group!

Send us Your News Updates

Have a pic to send us on a new baby? Wedding? A new job or gathering with classmates?

We welcome your news!

Email info and photos to
janet.flanagan@bishopheelan.org.

We were Proud to Welcome Back Alumni for these recent Class Reunions

Class of 1959
60th Reunion
August 16 and 17

Class of 1979
40th Reunion
Saturday, September 7

Class of 1989
30th Reunion
August 3

Class of 2009
10th Reunion
September 20-21

Class of 1969
50th Reunion
Sept. 20-22

Class of 1974
45th Reunion
September 13 -15

Class of 1999
20th Reunion
September 6-7

Send us your photos to share in the *Crusader Connection*.
Mail to janet.flanagan@bishopheelan.org