

CRUSADER CONNECTION



BISHOP HEELAN
CATHOLIC SCHOOLS

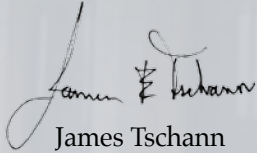


Greetings Alumni and Friends,

Bishop Heelan High School and our elementary schools are experiencing a fulfilling year of educating nearly 1600 students. Through our many activities and service projects we are reminded every day of our Catholic faith.

In addition to educating and guiding our students this school year, we have been working on the "Quiet Phase" of our PRIDE II Capital Campaign. Please see pages 4 and 5 for the details of this successful effort.

As we marvel at the growth of our students, we also celebrate the successes of our alumni, (some of which are described in these pages) and express deep gratitude to all that support us.



James Tschann
President, Bishop Heelan Catholic Schools



★ **WANTED** ★

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BOOTS n' Bling

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It raises funds for scholarships, too

CRUSADER CONNECTION

The Crusader Connection is published twice 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

Students from left are
back: Lauren Luft, Ethan
Olsen, Janet Guerrero,
Steven Chounlamany
and Taylor Ferguson
Front: Jessica Rojas,
Carter Manthorne, Libby
Tornell and Tuyen Le

Campaign Makes Progress

PRIDE II: Completing the Vision



Greetings Alumni and Friends,

I am proud to present this Pride II Campaign overview of our process to complete construction of a new Bishop Heelan High School.

I am grateful to our generous alumni and friends who have helped us make significant progress in our quest to break ground this year for the Academic Wing and Gymnasium of our school.

The magnificent and timely gift from the estate of Don Gill

has given our campaign a special boost.

I wish to thank Tom Rice, campaign director, and Tom Betz, director of advancement, for their inspired work on this project. We are particularly blessed to work with the members of our Campaign Cabinet. This distinguished group has supported our efforts with generosity and wisdom. Read on to learn how we are "Completing the Vision" for a new Bishop Heelan High School.

Jim Tschann, *President*

Our Campaign Plan

Strategic planning for the PRIDE II Campaign began in November 2013. At that time the goal was \$10 million to build the Academic Wing and Gymnasium. We created a campaign timeline to include the Leadership Gifts and Major Gifts phases, often called the campaign "quiet phase."

The Leadership Gifts phase to secure gifts in the range of \$100,000 to \$1 million was launched in January 2014 to raise \$4 million by December 2015. To reach this goal the Heelan Advancement staff recruited a group of strong and dedicated supporters to be PRIDE II Campaign Cabinet members. (*See their names on page 5.*)

As part of our efforts we created an Alumni Map to highlight where our 12,000 Heelan alumni reside. The majority of alumni live in Iowa, Nebraska, South Dakota, Arizona, California, Colorado, Texas and Washington. The Advancement staff has personally met with a number of alumni donors in these states, rekindling old friendships.

Here is an outline of our progress and future plans.

- **The Leadership Gifts Phase** was successfully completed December 31. The Campaign Cabinet and Advancement staff secured Leadership Gifts of \$8.25 million surpassing the goal of \$4 million!
- **The Major Gifts Phase** is designed to raise \$2 million from January thru December 2016. We are working in this phase now seeking gifts in the range of \$25,000 to \$99,999. We are also recruiting alumni to serve on the Alumni National Major Gifts Committee to assist the Campaign Cabinet and Advancement staff to obtain major gifts from alumni in the states with a high population of Heelan graduates.
- **The Public Gifts Phase** for alumni and friends is scheduled to begin in July. It will be a crucial part of our campaign as we seek additional funds to address increased costs to finish our high school. These costs reflect higher construction fees, some design



This Alumni Map was created to highlight where the 12,000 Heelan alumni reside.

The PRIDE II Campaign has raised \$9 million as of January 31. Our campaign to "complete the vision" has received 236 gifts, 25 of those accounting for \$8.25 million of the funds raised.

modifications and compliance with a new federal building regulation that requires an expensive but necessary safe room to protect students in a tornado. The precise cost of our project will be known later this spring when the contractor presents the guaranteed maximum price to us for the completion of our high school.

It has been a privilege to work on the PRIDE II Campaign. As we proceed, we express gratitude to all those who have given us a warm reception and recognize the value of a Catholic school education for young people in today's world.

to Complete High School



The Gymnasium and Academic Wing can be seen left of the cross and windows in this architect's sketch.

PRIDE II Campaign Cabinet members

Bishop R. Walker Nickless, Diocese of Sioux City,
Honorary Chair

Leonard Gill '53, Jackson, NE

Irving Jensen, Jr, Sioux City, IA

Dr. Mike and Peggy Jung, Sioux City, IA

Dr. Ryan and Tracy Meis, Dakota Dunes, SD

Beth Noel, Dakota Dunes, SD

Mark O'Gorman '91, Chicago, IL

Deacon Jim and Caroline Sands, Sioux City, IA

Doug '83 and Amy '84 Skinner, Spirit Lake, IA

Doug '83 and Lori '84 Stone, Dakota Dunes, SD

Denny '63 and Diana Walker, Omaha, NE

Donald Gill Estate Leaves \$1.4 Million to Heelan

A \$1.4 million gift from the estate of Donald L. Gill, a 1951 Heelan graduate, will help fund the construction of the Academic Wing and Gymnasium addition for the new Bishop Heelan High School and set up an endowed college scholarship fund.

The major gift is the largest estate gift made to Heelan in its history. The gift will be used for the high school's library and media center to be named the "Mary L. Gill Library and Media Center" after Don Gill's mother.

In addition, the Gill estate gift will fund a new Mary L. Gill Science Scholarship for graduating Heelan seniors who pursue a degree in a health or science field. The scholarship – honoring Mary Gill, who worked as a nurse while raising her family – will enable several top graduating seniors to receive college scholarships, reducing the financial burden of a college education.

Donald Gill, born in rural Jackson, Neb., attended Jackson public schools and then Heelan High School where he graduated in 1951. He served in the U.S. Army during the Korean conflict and then worked

with steel erection projects throughout the Midwest as an iron worker for several decades. Gill died at age 81 in spring 2014.

Tom Betz, director of advancement, said the gift is significant to the PRIDE II campaign.

"With this amazing and generous gift we are able to make substantial progress to complete our new Heelan High School," Betz says. "It is fantastic that we can also offer scholarships that will benefit deserving students and honor Mary Gill, Don's mother, who was a true inspiration to her family."



System President Jim Tschann and Heelan Principal Chris Bork review architectural plans.



Garrett Rethman



Claire Saltzman



Paige Opsahl

Three Heelan Seniors Earn National Merit Honors

Garrett Rethman, senior, has been named a National Merit Finalist.

The son of Tom and Michelle Rethman of Sioux City, Garrett is a member of the Quiz Bowl Team that has qualified for national competition. His record includes football, baseball, track, tennis, Mission Club, Student Council, National Council on Youth Leadership, Gold Honor Roll and more.

Garrett ranks in the top one percent of the over 1.5 million students who took the October 2014 PSAT-NMSQT Exam as juniors. He is the third Heelan student to be honored as a National Merit Finalist in the past two years.

Seniors Claire Saltzman and Paige Opsahl have been recognized as National Merit Commended Students. Opsahl is the daughter of Erick and Kim Opsahl of Sioux City and Saltzman, the daughter of Shennen '85 and Kathleen (Dougherty) Saltzman '84 of Dakota Dunes.

Paige and Claire's test scores placed in the top 50,000 students nationwide.



Quiz Bowl Heats Up

The Heelan Quiz Bowl team members Elliot McClarty, Alex Kefgen, Lawson Townley, Sean Miller and Garrett Rethman are consistently winning rounds in Quiz Bowl competition. They have qualified for the national tournament again.

Mayor's Youth Commission

Bishop Heelan students continue to demonstrate service to the community as leaders in the Mayor's Youth Commission, a city organization made up of teens from all local high schools.

In 2015, of the 186 youth served on the Sioux City Mayor's Youth Commission and volunteered 4,396 hours during the year, 127 were Heelan students, a tribute to the volunteer spirit of our students.



Kelsey Jackson, Blake Kakacheck, Daniel Alvarado and Nicole Kratz join Beth Dalton and Tyler Tigges (middle) in accepting a leadership award for debate.

Debaters Honored with District Award

In competing at the national qualifying tournament in February Heelan's Debate Team was honored with the Leading Chapter Award for our district of the National Speech and Debate Association -- an award recognizing a tradition of excellence.

The traveling trophy is awarded every year to a team based on cumulative performance at the National Qualifying Tournament over several years. Heelan last received the award in 2002. Coaches Beth Dalton and Tyler Tigges '04, the current team and Heelan alumni debaters together have created a legacy of achievement in debate at Heelan.



Father Deman

Chaplain Earns Ph.D

Congrats to Heelan High Chaplain Father Shane Deman, '99 who earned a Ph.D this year in Sacred Theology at the Gregorian University in Rome. Deman was ordained to the priesthood in 2008. He joined Heelan this year as Chaplain and also serves as Director of Vocations for the Diocese.

Seniors Honored for Leadership

Bishop Heelan had 18 students selected to be a part of the 2015 National Council on Youth Leadership class in Sioux City based on their academic records, leadership roles and community service.

Quincy Markham, son of Michelle (Goebel) Markham '89 was selected as one of four top students to attend the National Leadership Conference, in St. Louis in October. Claire Saltzman was honored as a Top 10 Award Winner.

Other Heelan student leaders recognized are: Grace Beumler, Taylor Ferguson, Karissa Fjeldheim, Alexandra Fox, Kathleen Glover, Haley Hines, Juliana Keane, Nichole Kratz, Paige Opsahl, Garrett Rethman, Maria Rios, Nicole Rizk, Valeria Salcido, Emma Sealey, Jason Sloniker and Amanda Wilmesherr.



Heelan Principal Receives Recognition

Bishop Heelan High School Principal Christian Bork was a finalist for the 2016 Iowa Secondary Principal of the Year award and will be recognized at the awards reception of School Administrators (SAI) of Iowa Aug. 3 in Des Moines. He was nominated by his peers.

Bork has been principal at Bishop Heelan since 2009. He started teaching and coaching a Heelan in 1998 and has served as assistant activities director, dean of students and head baseball coach leading Heelan to a state championship.



Claire Scaffaer was part of a team of Heelan art students who painted whimsical animals and were rewarded with art supplies and a new pottery wheel.

Partners in Art

Thanks to a special partnership, Heelan art students have a new pottery wheel and a local Burger King restaurant has a whimsical mural of animals on the walls of its childrens' play area.

The restaurant invited art students to donate their time to paint oversized animal images on the wall in the children's play area. To show his gratitude, restaurant owner Shennen Saltzman '85 donated a new pottery wheel and clay to the art department.

"We are very grateful to the team of Heelan students who worked on a fast timetable to enhance our play space," he says. "We've seen how the colorful painted images of animals encourage smiles and fun conversations between parents and their kids."

ACT Scores at Heelan Up

The ACT scores at Bishop Heelan High School are up again over the year before. The Bishop Heelan Class of 2015 scored a composite average of 23.8, up from 23.4 in 2014.

Of the 119 students in the 2015 graduating class, 89 percent took the ACT Exam. One hundred percent of the class graduated and some 90 percent are going on to a four-year or two-year college.

The Bishop Heelan average of 23.8 compares favorably to the Sioux City public schools of 20.7, Iowa average of 22.2 and the national average of 21.0.

Heelan also scores from 7 to 14 percentage points higher than students in the state of Iowa in the percentage of students who met the College Readiness Benchmarks in English, mathematics, reading and science.



Higher ACT scores help earn scholarships.



Grace Beumler, right, played Dorothy in the Wizard of Oz musical last spring.

Heelan Senior is Rotary Student

Grace Beumler was named Rotary Student of the Month and will represent Heelan again at a Rotary student of the year program in May.

A stand-out music and theater student at Heelan and Lamb Arts Regional Theatre, Grace played the lead role of Dorothy in the Heelan Wizard of Oz musical last spring and has performed in fall plays.

As a three-year member of Heelan's varsity Harmonia Mundi Show Choir for three years, Grace received the "outstanding performer award" at the 2015 Westwood Show Choir Competition and Hinton Show Choir Invitational. She plays in the Heelan Jazz Band and was selected into the Iowa All-State Chorus for four consecutive years.

At Lamb Theatre the senior has helped with choreography and children's productions including the Lamb Caravan-Children's Theatre tour which traveled to five states last year. She has participated in piano festival competition and has performed in Morningside College's Betty Ling Tsang Summer Theatre.

A top student academically, Grace has been on the Heelan Gold Honor Roll all four years and is in numerous organizations. She is the daughter of John and Allison (Chapman) Beumler '86.



Grace Beumler

Beumler is a State Champion

Beumler was named state champion in the annual Poetry Out Loud competition in Iowa, sponsored by the Iowa Arts Council. She won a \$500 stipend for poetry books for Heelan and goes on to national competition in Washington D.C. in May.

Poetry Out Loud encourages students to study great poetry and literary heritage and master public speaking.



Rob Agnes is the Tie Guy

Senior Rob Agnes found a way to be unique at Heelan. He decided as a sophomore to wear a different tie every day and use the tie skills his dad Robert Agnes '67 taught him. Family and friends have donated ties to help him.

"I've never repeated since sophomore year," says Agnes.



Rob Agnes

Special Counseling Available

Catholic Charities now offers mental health counseling to Heelan students one day a week to help them cope with life challenges.

Heelan students have lost family members and encountered serious illnesses in their families, according to Bob Geary, director of guidance.

"We're pleased to help our students deal with problems that may keep them from fulfilling their goals and dreams," says Geary.

Shout Out to the Bargain Center

The Bargain Center, operated by the Catholic Women's League generously donated \$110,000 in 2015 to support the Christ-centered education of the Bishop Heelan School System.

The Bargain Center – one of Sioux City busiest thrift stores – sells used items to needy families. Persons who can volunteer at the store should call 252-1350.

Musical is Kiss Me Kate

Heelan students will perform the musical comedy "Kiss Me Kate," a take-off on the Taming of the Shrew" April 28 – May 1 in the Heelan Fine Arts Building. It will be the second spring musical in the new Auditorium following the wildly successful Wizard of Oz last May.

Saddle Up for the Heelan Auction

The 2016 Heelan Auction "Boots n' Bling" will be Saturday, April 23 with a western theme event at the Sioux City Convention Center to raise over \$325,000.

Guests will enjoy gift bidding, a western dinner and dancing to Reggie Shaw and the Whiskey Rebels.

Chair couples are meeting now planning Heelan's biggest fundraiser of the year. The chairs and the schools they represent are: **Dr. Bill and Pam Rizk**, Bishop Heelan High School; **Shane and Mary Harnett**, Sacred Heart School; **Jason and Julie Anderson**, Holy Cross School; and **Chad and Jill Bork**, Mater Dei School.

To make a donation of cash or an item contact janet.flanagan@bishopheelan.org or Ph. 712-252-1350. To reserve seats visit bishopheelan.org.





Heelan students thank MRHD officials right, for funding for a new track, seen here.

MRHD Awards \$100,000 for Memorial Field Track

Missouri River Historical Development, Inc. (MRHD) awarded a \$100,000 grant to Bishop Heelan High School for a new all-weather synthetic surface track that has been installed at Memorial Field.

The new track replaced an older surface with growing and dangerous cracks that made the track unusable by students, Jason Pratt, activities director says. Workers removed the damaged track, installed a new drainage structure, built curbing, added deep layers of professional fill material, laid a new asphalt base and installed the all-weather synthetic surface.

In addition, electrical power was added to work with the automatic timing system to capture photo-finish

results for track meets, a feature not available before.

Total costs of the new track came to \$640,000.

“MRHD ‘s generous award has funded a running track that is safer for our middle school and high school students and for community organizations using Memorial Field,” says Pratt. “We look forward to scheduling school track events again at Memorial Field.”

MRHD is a non-profit agency that uses a percentage of gambling proceeds from the local Hard Rock Casino to benefit Sioux City and Woodbury County through community grants. Its gift is the largest donation ever awarded to the Heelan school system.

Audit Shows Heelan System is Fiscally Responsible

It’s a clean bill of financial health for the Heelan system’s \$10 million budget.

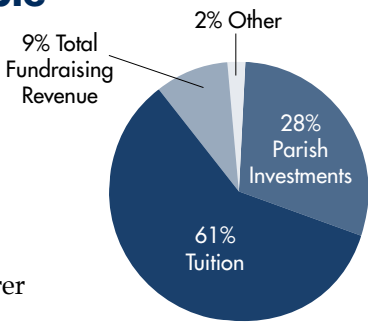
That’s what Heelan school board members learned when hearing the positive results of its 2015 audit at a board meeting.

Mark Ely ’75, board treasurer and chair of the finance committee, presented the audit report on Bishop Heelan Catholic Schools for its 2014-2015 fiscal year, which ended last June 30.

“The positive audit results show that Heelan runs a fiscally responsible organization,” says Ely, a Sioux City CPA. “Having an audit shows that the Heelan system is willing to have someone look over our shoulder to oversee that we manage our finances in a professional manner.”

Heelan system audits ensure confidence and accountability among parents, donors, pastors, lending institutions and others, according to Mike McGowan, school board member.

The system operates with a \$10 million budget. In fiscal 2015 parish investments equaled 28 percent of the budget, tuition accounted for 61 percent, and fundraising and other revenue equaled 11 percent.



This building will be the new home for administration.

Ho-Chunk Donates Building

Business offices of the Bishop Heelan System will have a new home, because of the generosity of Ho-Chunk Inc., a growing economic development corporation owned by the Winnebago Tribe of Nebraska with offices in Sioux City.

Ho-Chunk, led by community leader and Heelan High School parent Lance Morgan, sold a former downtown bank building it owned to the Heelan School System for \$1.

The building, relocated behind the Fine Arts Building includes offices for the president, advancement, communications, data management, admissions and finance.

“We are very grateful to Ho-Chunk,” says Jim Tschann, Heelan system president. “The building will offer us a better setting to serve our parents, teachers, students, alumni and donors.”



Heelan students visited state legislators in the state capitol in Des Moines to thank them for support of student tuition organizations like the Monsignor Lafferty Foundation that help fund tuition grants for students.

Lafferty Grants Help Students

Hundreds of Heelan High School students and elementary students will receive tuition grants next fall following successful fundraising efforts for the Monsignor Lafferty Tuition Foundation which hit its \$3 million goal from all donors in the Diocese of Sioux City for 2015.

Donors selecting Heelan gave \$676,000 in contributions to benefit Heelan system students. They received a generous 65 percent tax credit for their contributions and likely qualified for federal income tax deductions.

Anyone who pays Iowa income tax is eligible to donate to the Lafferty Foundation and receive tax benefits. The foundation uses donations to provide need-based tuition assistance to students in the diocese, says Janet Flanagan, director of special gifts and communications. It was created with state legislature approval 10 years ago to help private schools.

Parents Offer Praise in Heelan Schools Survey

In a parent satisfaction survey last May, the vast majority of parents in the Bishop Heelan School System gave high marks to schools and teachers, and said they would recommend our schools to others.

Parents cited academics, faith, discipline and safe environment as the top factors in choosing to send their children to Catholic schools.

Over 94 percent of parents said they felt the Bishop Heelan system is warm and welcoming. Some 90 percent said they were very or extremely satisfied and would recommend Catholic schools to others.

"As a whole, BHCS has the best academic, service and support system in the area," said one. "I am thankful that we have committed teachers educating my children in a safe, faith-based environment and confident they will grow into responsible adults and community leaders."

"Our children's futures are worth the financial investment to be a part of this close faith-driven family," said another. "It's a lifelong badge of honor and pride."



**BISHOP HEELAN
CATHOLIC SCHOOLS**



Principal Receives Honor

Mary Fischer, principal of Mater Dei School, received the Good Shepherd Award from the Diocese of Sioux City at the Bishop's Dinner in October.

Growing Interact Club Gives Students World View and Local Understanding

Students in a new Interact Club at Heelan High are tackling issues in the community and learning about needs in Third World countries they can support.



The club, associated with Rotary International, has grown every year since it started at Heelan three years ago, according to Claire Saltzman, president and Heelan senior. Interact's global focus makes it different from other Heelan clubs.

"Rotary is world-wide so we can connect with other clubs," Saltzman says. "It's been eye-opening to learn about poverty and water issues in other countries."

For a local service project students have been helping families of soldiers at home and deployed overseas, adds Lexi Ricke, vice president.

"This year we have done a lot of work with the Support Siouxland Soldiers/Red Cross," says Lexi Ricke. "We helped pack boxes of food to be given to over 80 veterans, served dinner, helped set up the December Holiday for Heroes event and worked at the Support Siouxland Soldiers Tip Night at Pizza Ranch."

Interact students play a leadership role in the "Then Feed Just One" meal packing event at Heelan to help the poor in Honduras.

Summer Research Boosts Student Work

Physical Science teacher Nanette Fladung spent seven weeks in hands-on science studies at Iowa State University last summer.

She joined 29 fellow teachers from across the country to work in the Research Experience for Teachers (RET) program at Iowa State and conduct research under the mentorship of faculty scientists.

"It was exciting to learn about teaching methods directly related to science instead of more general academic approaches," Fladung says. "Another bonus was networking with science peers from across the country."

The Heelan teacher and a partner conducted research on a soybean disease to answer the question "Does B-Aminobutyric Acid (BABA) reduce the effects of Soybean Sudden Death Syndrome?"

They were mentored by Dr. Leonor Leandro, associate professor in Plant Pathology and Microbiology Department at Iowa State, coordinating with the Center for Biorenewable Chemicals.

"I acquired mountains of data in my research," Fladung says. "My results indicated that the non-protein amino acid actually increases symptoms of this soybean disease instead of decreasing it. The scientists in Dr. Leandro's lab will try to replicate my results under more controlled conditions."



Nanette Fladung, Heelan physical science teacher, studied soybean disease at Iowa State University last summer, and will return for more studies.

She is incorporating hands-on science research experience into her Heelan classes this school year. (See sidebar.)

The Heelan teacher says Iowa State's teacher research experience – funded by grants from the National Science Foundation and USDA – typically focuses on biorenewables and involves biology, chemistry, engineering, environmental science and genetics. The program helps teachers inspire their students by sharing the latest developments in STEM fields.

Before she began teaching, Fladung earned a degree in biochemistry from ISU and worked as an analytical chemist at the Des Moines Water Works and animal nutrition researcher at DuPont/Pioneer.

"I look forward to working with research chemists in the Dr. George Kraus Lab at ISU this summer," she says. "We will conduct biochemistry research and learn new lab techniques that can help me and my students."

Science Outreach in Summer

Heelan science faculty help teach a four-day science camp in Sioux City June 6 – 9 and July 11 – 14.

The "Science Classic" offers unique labs and learning activities in chemistry, anatomy and physiology to middle school students from the Heelan system and other schools.

The camp is sponsored by Stephen H. Noel, M.D. Memorial Fund and CNOS Foundation. For info call 712-252-1350.

Grant funds Stream Tables for Hands-on Learning

Heelan teacher Nanette Fladung learned new STEM teaching methods to use with her Heelan students.

She used an Iowa State grant to buy stream tables to help students model meandering river beds, flood plains, deltas, oxbow lakes erosion and more.

Hands-on work and observations reinforces student learning, she says.

"Honors students can design their own experiments to show how cover crops can decrease erosion or possibly look at other benefits of cover crops," she says.

"With a partnership with Iowa State, my Heelan students' experimental designs and project posters can be critiqued by Iowa state researchers and graduate students."



Nanette Fladung introduces students to new stream tables.

Heelan's Theater Seamstress Consolidates Creations in New 'Secret Closet'

By Earl Horlyk (Edited and Reprinted courtesy of the Sioux City Journal)

If you have any weird used-clothing items, send them to Elizabeth Dalton and she will find a use for them.

"I think every thrift store in town knows me by name," the Heelan High teacher said. "They know I like clothing that is strange, colorful and cheap."

Dalton is always looking to repurpose garments for the school's plays and musicals.

As Heelan's principal drama teacher, speech instructor, debate coach and director for the school's theatrical productions she knows the critical role costumes and clothing play in productions.

"When other people see a pink wedding dress, I see the gown worn by Glenda the Good Witch from 'The Wizard of Oz,'" she said, showing off one of her creations. "I'll just add some more fabric and the dress looks completely different."

Dalton said she inherited a knack for sewing from her grandmother, a former home economics teacher.

"The funny part is, I always got bad grades when I took sewing classes in school," she said. "My teacher complained that I was too creative and didn't follow their rules."

After graduating from Southern Illinois University's Theater Design and Production program, she practiced her craft in Hollywood for a few years before moving back to her native Sioux City.

Earning a degree in teaching at Morningside College, she then joined Heelan to teach and direct the school's theatrical productions.

Since Heelan had no budget for costuming, Dalton reverted to her previous role of backstage seamstress. In her hands, a harlequin's costume can be made from free leather swatches garnered from a local furniture store. Likewise, fine Italian fabric from a clearance table could yield

both costuming and draperies that were used in Heelan's recent production of "Arsenic and Old Lace."

"I happen to know that Italian fabric usually sells for \$50 a yard," she noted with a smile, "but I got mine for \$1.50 a yard."

Looking up at racks and racks of costumes, Dalton points out clothing donated by Heelan students, parents and faculty members as well as a few pieces from her own closet.

"This one was actually a prom dress I

wore in high school," she said, holding up a high-necked gown that featured a train decorated in geometric shapes. "I can't tell you how many times this dress has been used in Heelan plays."

Despite the countless number of costumes hanging in Dalton's "secret" closet, she continues to be on the prowl for unusual used clothing.

"When other people just see outdated clothing, I see costumes."

Dalton's Secret Closet

Many of Beth Dalton's personal creations -- acquired after a 14-year career as the school's chief theatrical seamstress -- are being housed in a cavernous "secret closet" at the back of Heelan's new Fine Arts Auditorium.

"Up until a while ago, the costumes were stored away all over town," she said while looking over the collection inside a temperature-controlled storeroom with a 45-foot ceiling. "Having them in one place has been wonderful."

Donors helped equip the space with a rack system to hold all the costumes.



Beth Dalton's unique costume shop is 46 feet high.

Six Questions for an English teacher at Heelan

Mary Kay Augustine '71 was honored at a recognition luncheon during Catholic Schools Week in February for 35 years of teaching at Heelan High School. The news of her milestone quickly attracted a whopping 424 Facebook "likes" and nearly 50 messages of congratulations on Heelan's Facebook page. She recently sat down and answered a few questions for us.

Do you have a favorite class?

I teach Freshman English which involves writing, introduction to different kinds of literature and grammar. I also teach American Literature, English Honors 11 and World Literature. There are pros and cons to all classes.

What is the most satisfying aspect of teaching in a Catholic school?

It's very simple. It's faith based. We can incorporate discussions about God into daily lessons on literature and English.

Do you have a success story to share?

I have the pleasure of seeing a lot of former students working in our community, working in the medical field and other areas. I'm pleased to see a number of students I have had the opportunity to teach who are now here as teachers at Heelan. It shows you have made an impact. I taught our resource teachers – Tony Fravel and Amanda Kellen -- and now I am working side by side with them. They are colleagues. I enjoy mentoring young teachers.

Do you enjoy watching students mature?

I teach freshman through seniors. Teaching junior year is a very rewarding because you really see how kids are maturing and growing. They become more disciplined and responsible.

Other reflections?

After 35 years I don't feel like it's been 35. The other thing is no two days in a row are the same. There is never a dull moment with kids. I am grateful to all of Heelan's administrators as well as fellow teachers. Teaching 35 years would not be possible without their support and encouragement.



A Stint as Assistant Dean

In addition to teaching, Augustine also served as an assistant dean 1987 -1992. Here are her thoughts about working in 318 featured in a Heelan mailing for the Annual Fund last October.

"When we saw students having problems or seemed to be going down a wrong path we met with parents, teachers and counselors to get them where they needed to be before the situation got out of hand," she said. "Every day was a new challenge but you always knew there was going to be something that would make you smile. It could be the excuse a student would give for being late to school because they were stopped by a train, but you knew they lived on Jackson Street. (No train tracks between Heelan and Jackson!)"

Anyone say "thank you" after they graduate?

I've received cards and emails from students who have thanked me. Sometimes it's the student you least likely expect to hear from. It's amazing the ones who do come back and say they did not like their English classes, but are grateful for what they learned. It's gratifying.

Mary Kay Augustine '71



Students of James Kunz '10, Heelan band teacher, and Rachael Wragge, vocal music teacher, will benefit from a grand piano gift from Martha (Hoverston) Uhl '57.

Grand Piano Finds New Home at Heelan

A cherished grand piano now stands out in the band room of Heelan's Fine Arts Building, thanks to a generous gift from Martha (Hoverston) Uhl, a 1957 Heelan graduate.

An instrument that was once used by Uhl and her children will now benefit the music education of hundreds of jazz band and vocal music students and others for years to come.

In deciding to downsize, Uhl wanted the piano to be in a special place where people with a sense of values and service would appreciate it.

"It is part of walking the talk when something is gifted to another," said Uhl. "That is what I grew to know after walking four years through the halls of Heelan. When you look at education here you know this gift will help develop the total student. Our piano has the right new home."

Uhl visited the Heelan band room in December to see her piano in its new location and meet Heelan teachers.

"This is a professional-level instrument," said James Kunz, band teacher. "It's a tremendous opportunity for the students to be able to play on this piano."

"It's a wonderful gift. We are very proud to have it," added Rachael Wragge, vocal music teacher.

Tom Betz, director of advancement at Bishop Heelan, said the gift also teaches students something else.

"They see someone who gave something that was treasured in their family," he said. "It teaches students the importance of giving back."

After Heelan, Uhl graduated from Briar Cliff University where she majored in education and minored in voice. She became a widow with young children but was blessed to meet Leo Uhl at a dance and marry him in 1969. He gave her the piano, a Kawai acoustical KG-2, 5-foot-10-inch black satin ebony grand as a Christmas gift in 1972. It's still in mint condition.

Uhl raised her family of six in Danbury, Iowa, taught music and worked as a school counselor in area public and Catholic schools. The piano became the centerpiece of the family's large Victorian home where the children all took lessons. Today a son, Bryan, is a musician in the United States Military Academy Band and plays on Broadway.

While busy raising her family, Uhl never forgot Heelan friends and teachers. She loved vocal music and performing in school musicals.

"I loved Heelan and I loved my class," she says.

She still meets classmates for coffee. Her gift will now help current student create new memories with their class.

Thank you to Don Claeys '76. His moving crew transported the piano from Uhl's home in Danbury to Heelan.

Funk Enters Iowa Hall of Fame

Nathan Funk '02, was inducted into the Iowa High School Athletic Association Basketball Hall of Fame this March.

Former head basketball coach Tom Betz '85 coached Nate his senior year to a runner-up finish for the state championship. (Heelan subsequently won three consecutive state titles.) Betz wrote this in the nomination letter for Funk:

"Nate is one of the finest basketball players to not only come out of Sioux City, Iowa but the best that Bishop Heelan High School has graduated in its long history.

When I came on board as an assistant in 1999, Nate was a promising sophomore. We promoted this 140 pounder to the varsity where he played six games before a broken wrist ended his season. Through this early part of the season, Nate was averaging 17 points a game.

Nate rebounded from that injury leading Heelan to a state runner up finish his junior year, ending in an overtime loss to Western Dubuque. Nate calmly hit a fade away jump shot with two seconds left sending the game into overtime (a shot state tournament historians still talk about), only to see the game end on a last second game winning shot from Western Dubuque. Nate was named captain of the all tournament



Nathan Funk '02 was a stand out player for the Creighton University Bluejays 2002-2007.

team as well as player of the tournament (all classes). Nate averaged 19.9 ppg that year.

His senior year saw Nate return his team to the state finals. The Crusaders lost to Pella, a team with three future Division 1 players. Nate was again voted all-tournament. His senior season saw Nate average an even 25 ppg.

Known for his beautiful jump shot, Nate shot an amazingly high percentage over his career from wherever he took a shot. He was 44% from three (73/167) 72% from two (430/597) and 88% from the line (296/337) over his three year varsity career.

"Not only an exceptional player for us, Nate's leadership and unselfishness were a key to this young coaches' team's success. After several down years in the late 1990's, Nate played a key role in reviving a strong Heelan Basketball Program which manifested itself in the Crusaders become a regular fixture in the Iowa State Basketball Tournament for 15 years."

Tom Betz, Heelan Head Basketball coach 2001- 2015, Director of Advancement

From Heelan till Now

Nate helped pack in the crowds as a stand out basketball players for the Creighton Blue Jays in Omaha from 2002 to 2007. He played professional basketball in Germany and Turkey for several years and worked in business.

Nate is now finishing a chiropractic medicine program at Parker University in Dallas.



Known for his jump shot at Heelan, Funk '02 averaged 25 ppg his senior year.

Our 2015-16



Student discussions in Morality class with teacher Leslie Kirkpatrick.



Math class with teacher Mindy Oberle.



Students learning in physical science class.



Homecoming King and Queen
Odessa Clark and Tuyen Le



Harmonia Mundi show choir
hosted a record invitational.



Student Council's
annual Christmas
Drive gifts for
needy families.



The fall play
Arsenic and
Old Lace in the
new Fine Arts
Auditorium.



Art students transforming a children's play area
in a Burger King restaurant.



Cheering fans at a Heelan game.



School Year at Bishop Heelan High School



Some 20 boys golfed in fall at Whispering Creek.



Girls Basketball beat Denison-Schleswig, then ended their season with a loss to Harlan.



Football enjoyed a winning a 8-3 season.



2015 football cheerleaders.



Girls Volleyball went to state for the 15th time in Heelan history.



New head boys basketball coach Andy Foster closed a winning season.



Joe Vondrak (as well as Diego Samaniego) competed in the state wrestling tournament.



Kiley Boeshart and Ben Payer work out as athletic trainer Dan Nelson works with Zack Paulsen to strengthen his injured ankle.

Heelan Grad Dan Nelson (Nelly) '92 is a Vital Part of Athletics

Athletic Trainer to the Crusaders

When a Heelan player goes down on the field or gym floor Dan Nelson '92 is immediately assessing the injury as he runs to the athlete's side. Is the player moving or grabbing a limb? Is he or she breathing?

As athletic trainer at Heelan, Nelly, (as he is called by students,) is responsible for the care and prevention of athletic injuries. He has seen kids tear their ACL, break bones, get concussions, suffer ankle sprains and bleed with lacerations needing stitches. He's seen wrestlers and football players knocked out cold. The incidents have built years of memories since he arrived at Heelan in 2000. The quiet spoken but reassuring sports trainer remembers big plays, season-ending injuries, scores, rousing victories and heartbreaking losses.

Nelly, one of 11 CNOS athletic trainers serving area schools, recently sat down and answered a few questions.

How many athletes have you worked with?

Probably close to 2,000 in the past 16 years.

How did you get interested in athletic training?

I was a manager for football and basketball at Heelan from 1990-92. When I was in 7th grade I played football, but I broke my wrist and got hurt all the time. I wasn't very athletic, but I liked sports and liked being around it. Coach Touney sent me to a Cramer Sports Medicine Camp. I learned how to tape ankles and do some first aid. After graduating from Creighton I got a master's in instructional leadership from Tennessee Tech University.



Nelly works with Ben Payer after his shoulder surgery.

Do you work with Charlie Curran, Sports Performance Director?

We talk every day about kids that might be injured and look for trends we need to address in our strength and conditioning. I take a lot of injured kids over to the CYO to work with equipment. We use a lot of bands for legs and arms and have kids take them home to continue therapy. I also refer students to CNOS physical therapists and physicians. We were one of the first to have computerized baseline concussion testing.

What do you do before you come to Heelan around 2 p.m.?

I work at the CNOS Northside Clinic where I handle scheduled sports screens and walk-ins. I'm also the operations coordinator for Velocity, (a sports conditioning program for local colleges and high schools.) In summer CNOS will help middle and high school students from all over the city with Velocity camps. We'll have 200 at Heelan – young kids, middle school and high school.

What's changed since you first started?

Kids today play more year-round sports. A lot of research says that's not such a great idea. It can predispose students to overuse injuries. But kids think they need to specialize.

Are kids conditioned more today and what has changed?

Yes, we're in better physical shape. Our conditioning program has improved which has reduced injuries. We're faster and stronger. Our No. 1 injury is ankle sprains.

I've done a lot of research on cramping. What I have learned is that fatigue and chloride loss lead to cramping more than dehydration. Kids need chloride because of their salt loss so I add some salt to Gatorade to help that. I no longer use ice for athletic injuries. Research has shown that it can delay healing. It does not reduce swelling and it shuts down the body's natural healing mechanism. It can maybe help with pain, but it can delay healing.

Companies have created concussion sensors for football. Now they're working on other devices. Some day high school students might wear a device that will track how far they go, how fast and how fatigued they are.

Did your own heart attack give you insight into health?

Yeah. I tell players that good health is a lifelong goal. Good habits in high school lead to good habits as an adult.

What is the biggest challenge of your job?

Time away from family.



Tucker Spears '14 gets his shoulder evaluated by Nelly during a football game. Spears now attends Dartmouth College.



Whenever Nelly is not at Heelan he enjoys spending time at his daughters' sport and dance activities.

What has been the biggest surprise of your job?

I'm surprised by how much I still enjoy it. I enjoy helping kids get back to being healthy and playing the sports they love to play. You can never get too bored because every three months it changes. And the kids change all the time. Every day is a new day and a new challenge.

Nelly is married to Kari Carr, a former college volleyball player. They have two young daughters Gracie, 6 and Addie, 4.

Brandon Wegher, '09 helped Heelan football win a state title

Heelan Grad Wegher's first NFL Season Includes Super Bowl

Reprinted in edited form courtesy of the Sioux City Journal

Connor Niles '14 remembers watching Brandon Wegher '09 rewrite the Iowa high school football record book when he was in middle school. It left an impression that only grew stronger when the two were teammates at Morningside College for a season in 2014.

"Growing up I was in middle school and he was a senior and I just remember watching and thinking you don't come by an athlete like this very often," said Niles, now Morningside's sophomore wide receiver. "Everybody kind of wanted to be him and be that guy that gets the Division I offers."

Wegher added to his list of impressive accomplishments on Super Bowl Sunday when he suited up with the Carolina Panthers to take on the Denver Broncos in Santa Clara, Calif.

"We are really proud of Brandon and the great individual he has become," said Wegher's father Rick. "Patience is the key word as he continues to improve."

Wegher, 25, burst on to the NFL scene during the preseason when he took a short pass and raced 42 yards late in the fourth quarter for the winning touchdown against the Buffalo Bills. He would add a pair of touchdowns the following week against Miami, and got into a regular season game in Week 17 against Tampa Bay.

Former Coaches Weigh In

Wegher's journey was not always a smooth one, as he went from a record-setting running back at Bishop Heelan to a strong freshman year at Iowa before issues took him away from the football field; (he left Iowa, college and football for a few seasons) before making his mark in a two-year stint at Morningside.

"To be on an NFL roster is an amazing accomplishment," Morningside Coach Steve Ryan said. "It is outstanding to be in the Super Bowl. We are very proud of him."

"He was the best kid that I coached," says Roger Jansen, long-time Heelan football coach at the helm during Wegher's four years playing varsity.



Brandon Wegher '09 rushed to a state championship his senior season at Heelan.

"He's proved to people that he can deal with adversity and make it a positive."

Wegher, the state's all-time single-season rushing leader with 3,238 yards in 2008 at Bishop Heelan, went on to run for 2,610 at Morningside two seasons ago to set the NAIA mark.

Niles said at Morningside he saw a Wegher who had learned from his mistakes and become a team leader.

"He may have disappointed himself with some of his prior decisions but he grew up and worked to get to where he wanted to be," Niles said. "Everyone makes mistakes and he never denied them, but he learned from them and became a better man."

Wegher and his fiancé, Megan Glisar, an All-American high jumper from Sergeant Bluff, have a four year old son, Brody.



Wegher excelled at Morningside College last year.

A note on Connor Niles: He enjoyed a successful season at Morningside which fell in a close December game in its fourth quest for a national championship. Niles finished his sophomore year there with 83 receptions for 1,538 yards.



Former coaches, Jon Olson and Phil Karpuk attended the school assembly where John Harty presented a Super Bowl gold football.

Former Super Bowl Champ Presents Golden Ball

John Harty '77 donated a 50th Super Bowl Anniversary Gold Football to Bishop Heelan High School at an all school assembly in November to express his appreciation for the teachers, coaches and mentors that helped him later become part of a Super Bowl Champion team.

Forty years ago last fall, Harty and his Heelan teammates won the 1975 State High School Football Championship. Following a stellar experience in Heelan football Harty earned All Big-Ten recognition playing at Iowa, and was named an All-American and Co-Captain his senior season. Harty still ranks among the elite in all-time tackles leaders in Iowa football history.

The Heelan grad was drafted by the San Francisco 49ers in the second round of the 1981 draft.

Harty was part of one of footballs "top moments in Super Bowl history" as a member of the defensive group in the famous "goal line stand" in Super Bowl XVI, a defining moment of the game to seal a win over the Bengals and give the 49ers their first Super Bowl Championship.

During his six year career at the 49ers, the team also won Super Bowl XIX, along with NFC Championships in 1981 and 1984 and NFC West Champions in 1981, 1983, 1984 and 1986. Harty played all positions on the 49ers defensive line and retired after seven operations his last three years.

He is in the Iowa High School Hall of Fame.

Today he works as the director of business development for Eastman Kodak.



John and his wife Monica '77 have three children: Zachary, Sarah & Emily.



Harty, No. 75 in the famous goal line stand where his team, the San Francisco 49ers, held on for a Super Bowl win.



Heelan's 1975 team, with Harty, won the state championship.

"It's great to come back to Heelan," Harty told students. He cited his Blessed Sacrament football coach Joe Gantz "who invested a lot of time" and Mike Merrigan who "gave and gave and invested a lot of energy in coaching....Playing on the Heelan Freshman Blue Team and others were among the greatest experiences in my life," he said.

He cited "Fr. Elbert, Fr. Eisle, Fr. 'Stap,' Dee Blatchford, Ron Schultz, Dave Triplett, Nick Archer, Jon Olson, Phil Karpuk, Gene Sherman, Dick Champ, Terry Hersom, and many others who were part of his Heelan years.

Karpuk recalled great memories, too.

"We enjoyed a lot of very good football games together," said former Heelan coach Phil Karpuk. "I wasn't sure if it was the player that made the coach, or coach that made the player, but in the end it worked out very well."

Harty offered personal advice to Heelan students to develop a winning attitude.

He also praised the Sioux City as a great community for raising his family.

"It's a great place to call home."

Patrolling the Darkness with Prayer

Heelan classmates might remember Janell (Daws) Armstrong '60 as a student involved in pep club, science club and a member of the junior bowling team.

Sioux City residents remember her as Sioux City's first female police officer.

Now Armstrong is the author of a book about her 25 years in law enforcement "Patrolling the Darkness: How a City's First Female Police Officer Loses Herself – And is Arrested by God."

Growing up on a farm around Hinton, Armstrong listened to her mother, a teacher at St Michael's who, encouraged her to take a stand and write down her thoughts.

Like most women in 1960 then she eyed traditional jobs.

"After Heelan I went to nursing school for one year. Then I became an executive secretary. I had the greatest boss in the world, but I was bored. I was cut out to be outdoors and be active."

She responded to a city ad to become a policewoman and graduated from the Sioux City Police Academy at age 30 in 1972. Not easy as a divorced mother with two sons.

"I was not a women's libber. I wasn't thinking of making it in a man's world," she says. "I was excited to pursue a job that interested me."

Praying on the Job

Armstrong's book reads like a journal with chapters like "God – Do You See This," "Younkers Has an Angel" and "Dark November Night." She relays talking a young man out of pointing his 357 magnum at her, bringing in prostitutes, helping rape victims, responding to apartment burglaries and more.

She prayed every day on the job for herself and others. It shows in her book. Each chapter begins with a quote from scripture and references ongoing prayers.

"I believe in the power of prayer," she says. "If I knew one of the officers would be going on a dangerous assignment, I'd pray for his safe return."

The Heelan grad worked in the plain clothes division for 12 years which included crime prevention and investigations and served as a liaison officer in a Sioux City public school. When some teens got out of jail she took them home.

"The three years that I spent in the school liaison program were the most satisfying," she writes. "I always had a great deal of love and understanding for teenagers."

School memories

In school "I loved the nuns especially Sister Mary Judith and Sister Mary Gregory at St Michael's," Armstrong says. "

At Heelan I have incredible memories of my high school years. I don't believe I have missed any of the Class of 1960 reunions. Those and the mini reunions that our class now observes on Dec. 8 are great fun, full of laughs and memories."



Janell's senior photo.



Janell Armstrong '60, Sioux City's first woman police officer, wrote about her experience in a book about policing in Sioux City.



Janell (Daws) Armstrong today.

Armstrong developed professional relationships with fellow patrolmen but was criticized and bullied for years by key officers who did not welcome a woman on the force. She persevered, strengthened by her faith.

"They fired me after one year with the backing of the police association, and I just kept coming back to work," she says.

Why a book? "I had all these stories I had written down, and my family who encouraged me. It was also therapeutic for bottled up anger. I put it all together for healing."

Armstrong also believes in the power of learning. She became a financial advisor while on the police force, and when she retired from police work, she continued her work in finance.

Her advice to young women today?

"Don't be a quitter, go after your goals."

Armstrong now lives in Omaha with her husband of 40 years, Paul, also a retired Sioux City police officer. She returns regularly to Sioux City to pray with friends in a Bible study group.

Her book may be purchased at Sioux City Gifts, Book People or online at Barnes & Noble or Amazon.

Heelan Alum Returns to Sioux City Roots

Reprinted Courtesy of The Globe

photo courtesy of Siouxland Community Health Center.

Don't tell Sister Theresa Keller '75 you can't go home again.

The Sioux City native has returned after four decades to work in her hometown, just blocks from where she attended Heelan.

"I wanted to find a job closer to my family," said the nun. "Both my parents were born in Sioux City and my grandparents were from Siouxland."

Sister Theresa joined the Siouxland Community Health Center (SCHC) as a family nurse practitioner last fall – bringing a world of experience with her.

Following her Heelan graduation, Sister Theresa earned a BSN degree at Viterbo University in LaCrosse, Wis., and then made her final profession of vows in 1984 at St. Rose Convent in LaCrosse.

"I had an interest in the consecrated life because of my teachers at Heelan and the Carmelites in Sioux City," she said. "I also wanted to go to nursing school and Viterbo had a school of nursing, so I chose the Franciscan Sisters of Perpetual Adoration."

Guiding students

In addition to her work at the SCHC, Sister Theresa is a clinic preceptor in Briar Cliff University's FRANCIS project (Forging Relationships for Advanced Nursing Cultural Competence in Siouxland.)

"My job is to assist the graduate nursing students and bring them up to speed on the cultural experiences with a diverse patient population," she said.

The graduate nursing students learn from Sister Theresa about the complex practice environment at the community health center.

"Students need to learn what their priorities are, for health care may differ greatly from what their patients' priorities are, when you are working with social detriments and the working poor," she said.



Sister Theresa Keller '75 treats a patient at the Siouxland Community Health Center.

"Also, many students don't have a grasp of another language, so teaching them to interact with an interpreter is important."

Although most Midwesterners would call her "Sister Theresa," the nun acknowledged she does respond to a variety of monikers.

"When I walk into the examining room, I call myself Dr. Keller," she said. "When patients realize I'm a sister, it's interesting to see the change in them."

Often, they will ask Sister Theresa to pray with them.

"I don't think it makes a difference if you're Catholic or Muslim or Jewish," she said. "Whatever church you embrace, it does provide a support system when faced with a health care challenge."

Sister Theresa's own faith is sustained by a combination of relationships, supportive networks and internal beliefs.

"At any time, one can rely on one or more of these than another, but I believe they all work together," she said.

Nursing Pasts

After Heelan and college to become a nurse Sister Theresa worked in hospital nursing and nursing administration. She earned a master's degree of public affairs with a concentration in international health care leadership at the Humphrey Institute of Policy at the University of Minnesota.

Her doctorate of nursing practice was awarded in 1992 by Rush University in Chicago.

"I taught graduate nursing at Clark College in Dubuque and worked at the Community Health Clinic in Davenport and Hennepin County Family Practice Clinic in Minneapolis," she said. "I also worked at the People's Clinic in Davenport and taught at the University of Iowa College of Nursing."

As a family nurse practitioner, Sister Theresa sees 95 percent of what a regular doctor does and 100 percent of what a nurse does.

"One of the things that positions me well at SCHC is I did a language school immersion in Bolivia," she said. "I would characterize my Spanish as intermediate. I'm always grateful patients don't mind if I'm murdering their language."

Donor Spotlight: Planned Giving

A conversation with Larry Walsh '51 and Sharon



Larry Walsh of Sioux City attended Trinity High School and graduated from Heelan in 1951. He and his wife, Sharon, have been married 58 years. They had four sons and a daughter. (A son died in an accident.) Larry sang in the Blessed Sacrament Church choir for decades and was the choir voice at Mass and on radio. We visited with Larry about why he and Sharon are remembering Bishop Heelan in their will.

What were your first jobs?

My father bowled with Carter Dennis Sr. At age 14 I was hired at Dennis Supply. I swept floors, bailed hay and drove a pop truck. I served in the Navy for two years and ended up in the meat business – Sioux City Dressed Pork.

What was Heelan like in 1951?

It was a big, new building. The nuns then were easier on the boys. I fondly remember Fr. Kelly, Fr. Tolan and Fr. Staber. For grade school I went to Cathedral and lived on Main Street. I

walked to school uphill both ways barefoot in the snow!

How did you meet Sharon?

Sharon spotted me walking in and out at Thompson Drug Store.

You lost a child. Did your faith help you?

I don't know how anyone could stand life's struggles if they didn't have faith.

How are you and Sharon doing these days?

We're very lucky. She's has an implant in her brain to stop severe tremors and she takes medications. We have 10 grandkids and stay

busy. Tonight we're going to Outback to celebrate birthdays. A van now helps transport Sharon in her power chair.

Why did you decide to place Heelan in your will?

Heelan and Blessed Sacrament have been in our will for a long time. We all have an obligation to share the many abundant blessings we have. We've been given a great gift. God came to us. We need to be merciful and loving to others.

Have advice for others?

Yes. (See right sidebar.)

Personal Reflections on Giving

"As we have grown older we have come to appreciate the many gifts bestowed upon us in this life:

The gift of life—unsolicited, underserved, is a gift of God's love,

The gift of faith learned at our parent's knee and supported by a school and church focused on the path to heaven for us and all we meet.

The gift of a spouse, children, health, personal responsibility. Those later gifts are all supported and directed by our Catholic teachings, for me, learned in school at Heelan and Trinity.

Sharon and I believe that preplanned giving to our church and its schools after the time of our passing is an obligation – a payback to those who sacrificed to direct us on Life's journey. We pray this will insure a safe haven for our children's children and this community in which they will live and learn."

Larry & Sharon Walsh

Leave a Message to Support Our Catholic Schools

When you leave a Gift from your Estate to Heelan, you Leave a Message that you want our Catholic schools in Sioux City to endure and thrive for future generations.

Why not donate one percent of your assets to Heelan?

Call your attorney to create or amend your will and notify us.

Leaving Heelan in your estate allows you to

- Reflect your values and those of your parents
- Reaffirm your faith
- Support schools that helped mold you as a child
- Put your stamp on the future

Visit Giving under bishopheelan.org or leaveamessagesiouxland.org
Contact Heelan Advancement Office at 712-252-1350.



Chili Fest Turns Fun into Funds

Michael Kuehl Memorial Scholarship Helps Heelan



Steaming bowls of savory chili and music have welcomed Heelan supporters for a special scholarship fundraiser for the past five years in Kansas City.

Like the Heelan grad it honors – Michael Kuehl '99 – the October chili cook-off is meant to be a fun and lively event celebrating laughter and the special bonds of friendship – all to help other young people.

The brain child of some of Michael's closest friends wanting to honor and remember him, the annual all day gathering was started to raise money for the Michael Kuehl Memorial Scholarship Fund to help students with Heelan tuition. With memorial and cook-off contributions the fund has raised over \$32,000 in the past five years to award tuition grants to 13 sophomores and juniors who attend Heelan.

The chili fest has grown dramatically since it was first held on a blocked off residential street in 2011, says Tom Fitzpatrick '98, one of the organizers in Kansas City. It's a family fun event with piñatas, play equipment and bouncy houses for kids. Guests have come from California, Chicago, Denver, Sioux City and other cities.

Guests come to honor Michael and know it's for a good cause, he says.

"Mikey and I met on the golf team at Heelan," Fitzpatrick says. "Right away I knew there was something special about him just by the way he talked and told stories. He had an unforgettable laugh. He'd be in the front row of all the football and basketball games.

Heelan is great at generating lasting friendships like Mikey enjoyed, and we wanted his scholarship to help other kids do that."



Above, family and friends celebrate Michael Kuehl's zest for life at a Chili Fest and raise funds for Heelan High tuition scholarships.

Scholarships Honor Spirit

Winning students of a Michael Kuehl Scholarship are not asked to be scholars, points out Bob Geary, Heelan director of guidance.

"We look for kids who show school spirit, attend Heelan events and show a friendly attitude to everyone," Geary says. "It's a special experience to announce the winners of this and other scholarships at Heelan's Academic Awards night each spring."

While friends and family loved him Michael's life was cut short. He died in November of 2009 at the age of 28. His mother, Joanie Rizk '72 will never forget the prayer service line trailing outside Blessed Sacrament Church and the funeral Mass with wall-to-wall mourners.

"Michael's smile would light up a room," Rizk says. "He touched so many people with his kindness and generosity, and he was a wonderful son."

Adds Pat Kuehl, his father, "He would have given you the shirt off his own back. A young man approached me after the funeral and said, 'You don't know me, but Michael saved me in high school from being bullied.



Michael Kuehl '99 in about 2007.

He stood up to the bigger kids for me and told them to leave me alone and that I was his friend.' Whereas Michael's stature was small, his nerve and heart were enormous."

Persons can support the fund by contributing at the chili event, mailing checks ahead of time or donating online at bishopheelan.org.

To learn when the event is held next October sign up at the Facebook page "Chili Cook-Off to Benefit the Michael R. Kuehl Scholarship."

*Michael was the son of **Pat Kuehl, '72** and **Joanie '72** and the brother of **PD '92, Nick '94, Christopher '03** and **Dan '06**.*

Class Notes

1950s



Class Reunion 1950

Members of the Class of 1950 celebrated their 65th reunion last fall. From left are: Steve Bloomstrand, Max O'Brien, Mike Larson, and Phyllis and Larry Kimsey.



Class of 1953 Gathering

The class of 1953 regularly gathers at 'Leonard's pond during warm months for a friendly pot luck lunch.

For space reasons we list maiden names only except when both spouses are in the photo. **Front row from left** Fr. Pat Walsh, Leonard Gill **First row from left:** Virginia Conlon, Gladys Perez, Bill Lane, Joanne Stephens, Mary Jo Peters, Marlene Cox, Ann Glossinger, Dorothy Schuetz, Sara DeWitt Jorstad and Alice Flaa Flanders **Second row from left:** Helen Gloe, Fabiola Spenner, Donna Bracht, Devonna Hancer, Blanch Schreiber, Gene Hancer, Duane Meier, Tom Kloucek, George Barkley, Fr. Dick Sitzmann, Florence Coolidge, Tom Priestman, Bob Flanders, Fr. Jerry Cosgrove and Dick Jorstad.

1960s



Dorothy Brogan Kramper '54 joined other friends from the class of 1954 met for a picnic at the new Kramper Lake near Hubbard, Neb. From Left are: Mildred Barkley Albert, Colleen Semple Baker, Mary Jo McAleer Phipps, Dorothy Brogan Kramper, Marilyn Burke Zyzda.



Classmates of 1962

Cathy (Brown) Eacker and her husband Gary, left, Judy (Jackson) Bauer and Dick Bauer and Fr. John McGuirk, middle, enjoyed lunch, a few glasses of wine and laughs at the photos in their Senior Yearbook in January in Fountain Hills, Ariz..



Dr. Terry Sheahan '63 of Chicago, has a PhD in history and has been living her "dream Job" for 10 years. She writes, "My dissertation focused on agricultural adaptation (1871-1900) in the county author Willa Cather made famous – Webster County, Nebraska. I have taught history at the university level, and for ten years I have had my dream job, writing exhibits for the Smithsonian National Postal Museum. My background in history is invaluable. Two years ago I wrote the script for the National Philatelic Collection, which should remain in place for at least half a century. My most recent work, finished today, focuses on philately and the National Parks. The National Parks Service celebrates its 100th year in 2016. Perhaps my favorite script was *Fire and Ice: Hindenburg and Titanic*, written for disaster anniversaries in 2012. I spend summers at my cabin on the Missouri River, and I spend winters in Chicago. I lived 10 winters in D.C. I have not attended reunions for years, but I enjoy contact with numerous high school friends."



Class of 1965 – 50th class Reunion

Reunion participants
and some of their
spouses gathered
on the CYO stairs

following a school tour in August. For space reasons we list maiden names.

Front Row: Steve Somsy, Cecil Smith, Carol Poss, Dwight Rorholm, Sara Niedergeses, Julie Pratt, Andrea Linden.

Row 2: Mike Schuetz, Susan Kofka, Doug Vogt, Paul Hirschman

Row 3: Kenny Wolff, Frank Kofka, Judy Tokarczyk, Rene Chicoine

Row 4: Charles Griesel, Mary Brainerd, Nancy Marsh, Dennis Cole,
Tom Johnson, Tom Busker

Row 5: Greg Wetz



Tom Betz joins students from left Kelly Novak, Yetunda Ayodele and Nicole Hartnett and 1965 Class Reunion leaders Kathy Mugan and Don Townley in accepting a class gift, a check for \$1,000 for the PRIDE campaign.

1970s

Linda Santi '76 is back in Sioux City from New Orleans working as executive director of the Siouxland Center for Active Generations. She came from New Orleans where she served as CEO of Neighborhood Housing Services. Says Linda, "It's great to be back in Siouxland!"



1980s

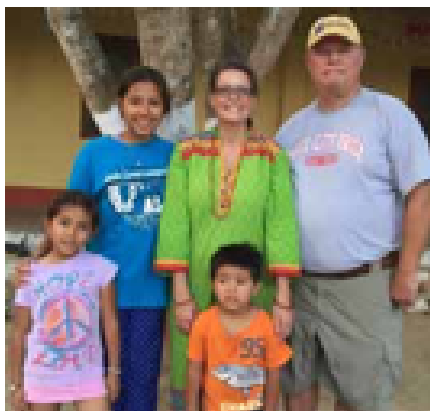


Class of 1986 friends are gathering planning its 30th Reunion this summer for July 29-30. From left are Lori (Furlong) Wilson, Megan (Cosgrove) Grasso, Dr. Bill Rizk, Julie (Jarman) Anderson and Mary (O'Brien) Hartnett.

Beth Ford '82 has been named group executive vice president and chief operating officer for the Purina Animal Nutrition and U.S. Dairy Foods businesses of Land O'Lakes. She is also responsible for Supply Chain and Operations, Information Technology and Research and Development across the entire Land O'Lakes enterprise. Ford joined Land O'Lakes in 2011 from International Flavors and Fragrances. She also has held leadership positions PepsiCo/Pepsi Bottling Group, Mobil Oil and Scholastic Corporation.



1990s



Elise Burrows Bishwokarma '90 traveled to Nepal in fall with her children Raj, Joy and Maya and grandpa Bill Burrows '65 to see relatives and celebrate Nepali festivals. Elise, a former Heelan teacher, taught in Nepal as a Peace Corps volunteer and returned to Sioux City with her husband, Bal Krishna. She now teaches at Hunt Elementary School and is a BHCS parent.



Karissa (Shults) Warkentin '91 and her husband John, left, hosted Dick Collins, far right, Dick's son-in law **Brad Clay '91**, grandson **Andrew Clay '18** and son **Ryan Collins '95** (black cap) for five days of fishing at Harvest Lodge in Manitoba, Canada. The fishing trip was one of the major gifts offered in last April's Heelan Auction.



Tiffany (Reiff) Wendling '94 and husband Joshua adopted Briel Lu Wendling, a 2 1/2 year old girl, from Kunming, China November 9, 2015. The family resides in Jefferson, S.D.



Russell Wurth '94 and his wife Georgeana of Frederick, Colo., welcomed their 4th child, Joseph, on April 30, 2015. Joseph joins his brothers Daniel, 12, and Matthew, 6, and sister Georgianna, 9. Russ is the VP of Solutions Management at Optiv Cyber Security Solutions in Denver.

Sam Gomez '95 and Sarah Crary welcomed their new baby girl, Isabella Jean, June 9, 2015. The family lives in South Sioux City. Proud grandparents are Tony and Eugenia Gomez of Jackson, Neb., and Steve and Bonnie Crary of Sioux City. Sam is plant manager of Gomez Pallets in South Sioux City, Neb.



Heidi (Tschampl) Gisaw '96, a Lieutenant Commander in the United States Naval Reserve, was recently recalled to active duty to complete a nine month deployment to Bahrain where she is attached to CTF-Shore Battle Space. Her job is primarily Force Protection oriented. To provide special support while she is gone from her family, the Mater Dei class of Andrea Bengford wrote 40 letters to each of Heidi's children Rachel, Savannah and Caleb. "I fully credit Mr. Hirschman for my success in an engineering degree in college, and the fun I had as a Mathematics Instructor at the Naval Academy Preparatory School," writes Heidi. "He is an inspirational teacher and I will never forget him!!!"



Daniel Fischels-Clayton '99 and **Justina Georgesen '96** welcomed their third daughter, Louisa Ramona to the world on July 15 2015. She joins older sisters Olivia Mae, 5, and Eleanora Rae, 15 months. Dan is a stock broker with TD Ameritrade and Justina is a certified commercial interior designer and sales representative for Momentum Group Contract Textiles. They live in Omaha.



Tony Roethler '97 of Eugene Ore., was married in Elmira, Ore., and is surrounded by Heelan friends and family. Front from left are: **Pat Salmen '69**, **Tami Roethler Kolings '03**, **Mona Foix '89**, **Tom Roethler '95**, **Tony Roethler '97**, new wife Samantha Gault Roethler, **Sheryl (Parks) Stusse '70**, **Sara (Limke) Stusse '03**, **Mary (Salmen) Clause '78**, **Amanda (Salmen) Schweiger '97** and **Ryan Stusse '97**. Back row from left: **Linda (Salmen) Roethler '70**, **Troy Watters '92**, **Jim Salmen '67**, **John Stusse '92**, **Kelly Quinn '97**, **Chris Rooney '94** and **Jason Watters '94**.



Sean Keefe '97 and his wife, Catherine, welcomed their first child, Johanna Quinn, born May 19, 2015. Sean is business director northeast for Niman Ranch, a meat company. The couple live in Denver, Colo. Johanna is the first grandchild for Dan and **Patti (Emerick) Keefe '74** who live in Burr Ridge, Ill.



Mark Wiederspan '98 received his Ph.D in Higher Education Administration from the University of Michigan. He defended his dissertation on June 12. His parents are Jim and Ann Wiederspan. He is teaching at Arizona State University in Tempe. Wife is Jess and daughter is Anna, age 4.



Molly (Meylor) Scott '99 and husband Toby Scott had third daughter Kennedy Jaxx Scott on September 13. She joins big sisters Kira, 4 & Kamryn, 2. "Toby and I practice together at our office, ProCARE. We both practice chiropractic and I am certified in acupuncture as well. We still live in Overland Park, Kan."

2000s



Lindsay Bressler '03 married Jason Dreckman of Marcus, Iowa on June 6, 2015 at Blessed Sacrament Church. Her wedding party included **Todd Bressler '00** and **Courtney (Bond) Blind '03**. She and Jason live in Omaha where she works for the Metropolitan Utilities District.



Catie Deman '03 married Cody Miltenberger Dec. 31, 2014. They live in Omaha.



Bridget Noonan '03 married Judd Cornell of Omaha June 5, 2015. Judd is the assistant men's golf coach at the University of Nebraska and Bridget is a registered nurse at Methodist Women's Hospital in Omaha. The couple resides in Omaha.



Sarah Goodwin ('03) and **Olivia (Horner) Walker ('09)** got together after coaching girls basketball against each January 5 at Ralston High School. Sarah is an assistant for Skutt Catholic High School and Olivia is an assistant for Ralston High School. Goodwin coached her team to a 53-45 victory over Ralston. Goodwin is an occupational therapist working for CHI Health. Walker is a speech language pathologist for Ralston Public Schools.



2005 Class Reunion

From left, First row: Alex Tritz, Ryan McCabe, Caitlin Flanagan, Jo Beth (Hall) Gomez, Kassi (Heinse) Conrad **Second row:** Brittany (Linden) Hodge, Karlee Banks, Erin Motz, **Back row:** Tyler Behring, Alex Thompson, Ryan Jennings, Bo Boatman



Angela (Berger) Elithon '06 and husband, Matthew, have added another son to their family! Jackson Kenneth was born on April 15, 2015 and joins older brother Benjamin. The family lives in Ottumwa, Iowa and Angie enjoys her work in Student Support Services at Indian Hills Community College, "but most of all she enjoys being a mommy to her two little boys!"



Nathan Jochum '13, far right, was chosen to be a summer fellow with the Hillary Clinton campaign in Iowa City. Of the 1200 applicants he was one of 112 trained to set up a Hilary Campaign office in Johnson County. They organized events, made phone calls, knocked on doors, and canvassed local events looking for local supporters.



Alicia (Skaggs) Porsch '06 and her husband of Sioux City welcomed new baby Cecilia Kathleen Porsch on Nov. 5, 2015. She joins her older sister, Sophia Porsch, age 2. Alicia works for Juvenile Court Services.

Connor Spears '14 a sophomore football tight end on the Southern California University Trojans this past fall, was one of two players named to the 2015 Pac-12 All-Academic first team. Spears is a business administration major.



Renee Webb '82, right, joins Carol Demers of Storm Lake (middle) and far left Denise Krischel of Havelock on the streets of Philadelphia before attending the papal Mass last fall.

Seeing the Pope in America

Renee (Nacke) Webb '82 was among 56 pilgrims from throughout the Diocese of Sioux City who made a pilgrimage to Philadelphia to see Pope Francis and covered the trip for The Catholic Globe, the diocesan newspaper. Here are her reflections.

"Attending the Festival of Families on Sept. 26 was wonderful – seeing hundreds of thousands of Catholics excited about their faith and then being able to see the pope up close was a once in a lifetime experience for me. We were able to see the pope in person and listen to his inspiring speech about families, while watching it on one of several jumbotrons that were set up along Pennsylvania Ave. The pope was vibrant, humorous at times and inspirational.

During our five hours standing in line we had many conversations, prayed the rosary and sang religious hymns. It was an awesome experience. It was wonderful to be among the huge group of faithful who came together for our common beliefs. Hearing how others were impacted by the experience was enriching for my own faith.

In religion classes at Heelan, we learned about the universal nature of the church, and that really came out in seeing the people who came to Philadelphia not only from across the country but from many other countries.

Many non-Catholics commented about how much they liked the pope and they were awed by how many people came to see him."



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Class Year _____ Email Address _____

Street/City/State/Zip _____

News _____

In Memory

Alumni

Edward "Paul" Kirwan '58, Sioux City, July 27, 2015
Delia Conley Prittie '52, Sioux City, Aug. 13, 2015
Terrance Lewis '54, Houston, Tex., Sept. 23, 2015
Kathleen Beacom '54, Sioux City, Dec. 19, 2015
Ray Nacke '55, Sioux City, Sept. 15, 2015
Dr. John Anderson '57, Laguna Woods, Calif., Dec. 15, 2015
Marion Grieve '58, Omaha, Neb., Nov. 6, 2015
Lawrence Simon '58, Sioux City, Dec. 19, 2015
Donald Alan Jenner '62, Olympia, Wash., June 23, 2015
Linda Casey '63, Sioux City, July 26, 2015
Mary Jo (Iversen) Kluver '64, Sioux City, Nov. 27, 2015
Benetta (Monahan) Guldry '64, Belen, NM, Aug. 23, 2015
Carolyn (Dandurand) Knecht '66, Feb. 5, 2016
Martin Wales '66, Moorhead, Minn., Aug. 30, 2015
Randy Boever '70, Davenport, Iowa, March 7, 2016
Gary Cooper '70, LeMars, Iowa, Oct. 2, 2015
Jeanne Vakulskas '70, Sioux City, Jan. 23, 2016
Ron Brouillette '71, Portland, Ore., Nov. 24, 2015
Mark Osburn '73, Sioux City, July 24, 2015
Michael Hinrichsen '75, Akron, Iowa, Aug. 1, 2015
Nick Wiltgen '94, Atlanta, GA, Jan. 26, 2016
Kristin Hoff '99, Spearfish, SD, Aug. 10, 2015

Family Members

Anita Mulhall, Yorba Linda, Calif, Dec. 3, 2015, wife of **Mark Mulhall '60**

Donald V. Williams, Sioux City, Oct. 13, 2015, father of **Pam (Williams) Kramer '67**, **Janet Williams '69**, **Mary Kay (Williams) Miller '70**, **LuAnn (Williams) Mosier '72**, **Joellen Fravel '76**, **Steve Williams '78**

Charles Livingston, Sioux City, Jan 9, 2016, father of **Gregg '80** and **Mike '83** and granddaughters **Katherine '11** and **Elizabeth '07**

Samuel Kazos, Sergeant Bluff, May 1, 2015, child of Jennifer and **Alex Kazos '99** and grandparents **Ellen Wengert '81**, **Dr. Alex Kazos '80** and **Jim Pinney '75**.

Farewell Former Staff



We bid a sad farewell to **Sister Audrey Jauron**, 102, who taught at Heelan 23 years from 1969 to 1992 and continued her friendship with current and past staff until she died. Sister Audrey, a Servant of Mary, was known for her school spirit and singing the Heelan song in the hallways on game days.



We also bid a sad farewell to **Ray Nacke** who coached basketball and taught at Bishop Heelan from 1959 to 1971 until the Briar Cliff Chargers lured him away to a highly successful 26 year college basketball career.



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"A"

Tom Berg
instructor

Student will see that this pass is properly signed and returned to instructor "A".

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Sioux City, 51102



Upcoming Reunions

60 Years

1956

May 14-15, 2016

Sioux City Country Club

Contact: Loretta Phillips

foreverclean@aol.com

Jim Manning, 712-255-6297

Joann Hope-Rothman, 712-276-6903

50 Years

1966

September 16-17, 2016

Contact: Julie Berger Brown

littleunabout1@aol.com & Sam Hacker

45 Years

1971

July 29-30, 2016

El Fredo's Pizza

Golf, Heelan Tour

Jolly Rogers on the River

Visit Facebook Heelan Class of 1971

Contact: Rosie Moody 712-251-8139

or janet.flanagan@bishopheelan.org

40 Years

1976

September 15-18, 2016

Bills Bar, Buffalo Alice, Golf, Mass Elk's Club

Heelan Tour

Visit Facebook Heelan Class of 1976

Contact: Mike Neswick, mike@rmlarchitects.com

25 Years

1991

10 Years

2006