

CRUSADER CONNECTION



Leaving a Legacy

Heelan celebrates 75th anniversary throughout 2024

TEACHERS MAKE THE DIFFERENCE

GOAL: \$20,000,000



An increase of **\$20,000,000** to the teacher salaries endowment would allow Bishop Heelan Catholic Schools to provide a **10% increase** to our teachers' base pay.



"After 34 years, I continue to choose to teach at Heelan. Yes, I could have made more money elsewhere but the students, parents, co-workers, and the opportunity to practice my faith at my job are why I stay. As a teacher I get to share my love of mathematics with my students and pray with them every day. We pray for the "little" things in life such as tests and activities, but we also pray for their families, the sick, friends of Heelan, and the world. All four of my children have thanked my husband and me for sending them to Heelan. Heelan has proud traditions and high expectations and I consider myself lucky to be a part of it."

– Mindy Oberle '86

Bishop Heelan Catholic Schools Endowment

Current Approximate Market Value
\$7,500,000

How it's allocated...

- ✓ Teacher Salary \$2,100,000
- ✓ Unrestricted \$2,850,000
- ✓ Tuition Assistance and Endowed Scholarships \$2,550,000

Teacher Salary Comparison

	BHCS	Public	Disparity
Year 1	\$40,000	\$47,500	84%
Year 10	\$45,000	\$59,908	75%
Year 20	\$54,000	\$78,834	70%

Message from our President

Thank you for considering a gift to our Legacy Campaign for the Teacher Salary Endowment. For nearly 30 years our students were taught primarily by the priests and nuns who served our institution. For the last four decades we have seen that shift to the outstanding lay teachers who sacrifice financially to serve our students. Now more than ever we need to build this endowment to ensure competitive salaries for those who are giving every day to further our faith in the classroom. The impact of our teachers on students is incredible and leads to a Lifetime Advantage. Please help us reach our goal. Give to the Legacy Campaign so that we can recruit and retain the best teachers and role models for our students. God bless you.



John Flanery
President,
Bishop Heelan Catholic Schools

Give to the Legacy Campaign at www.bishopheelan.org/giving

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Want to enjoy our *Heelan Highline* Enewsletter with short news highlights each month?

Email rebekah.armstrong@bishopheelan.org

CRUSADER CONNECTION

The Crusader Connection is published once a year for alumni and friends of Bishop Heelan Catholic Schools, a private PK-12 school system in Sioux City, Iowa.

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

The Class of 1950, our "original" Crusaders were honored at the Heelan Legacy Gala in November held at the Warrior Hotel in Sioux City. Pictured left to right is Phil Neri, Jim Walsh and Bob Rehal.

Heelan All-School Reunion

Many Crusaders came “home” in June for the All-School Reunion, which was held on a two-day event at Memorial Field and Heelan High School.

The celebration was the high point of the 75th anniversary of the first class of Crusaders that graduated in 1950.

“Seeing so many generations of Crusaders come together at the All-School Reunion was truly special,” said Tom Betz ‘85, BHCS Vice President of Advancement. “It’s a reminder of how strong and lasting the Bishop Heelan community really is. The memories and friendships shared that night showed that no matter where life takes us, we’re all still part of the Heelan family.”

There were 271 attendees who came home for the All-School Reunion, ranging from the Class of 1950 and even recent graduates from the Class of 2023.

The party started on Friday at the Memorial Field shelter with food from Hy-Vee, thanks to Heelan supporter Al Metz. The weather was beautiful that night for graduates to participate in fellowship and catching up right where they left off. Attendees also enjoyed “Old Gold and Blue Brew,” a beer made by Marty’s Tap and Kelly Quinn ‘97, specifically for the reunion.

The Saturday night festivities featured food trucks from some Sioux City favorites. The band “Trust” – with Clayton Bengford ‘13 and Robbie Neswick ‘13 – played on the Crusader Courtyard on yet another perfect summer evening, while the commons were also open for Crusaders to enjoy.

The event also allowed former Crusaders to reflect on their time at Heelan.

“Heelan taught us a lot about life and how to act in life,” said Carlene (Griencewic) Marksbury ‘64. “I don’t think there was a better place to go to learn discipline. We did what was expected of us and we were treated well. The nuns and the priests made us feel like we were a community. We were together. I taught school for 46 years, and my teachings reflect what I learned as a Heelan student.”

Jason Uhl ‘93 shared his thoughts on having all four of his children come through the Heelan system.

“It instills those strong Catholic values, and at the end of the day, it makes you a better person,” Uhl said. “Faith is a very important thing. We are very involved with many various events in the community. We all like to be involved.”

A Tribute to the “Original Crusader”

On May 19 we had our 75th commencement of graduates from Bishop Heelan Catholic High School. BHCS President Dr. John Flanery addressed the class with a bit of a history lesson on Heelan and its first graduate. As we continue to celebrate our 75th graduating class, it is only fitting that we share Dr. Flanery’s words on the “original Crusader.”

“Class of 2024 - I’m honored to take a few minutes to challenge you. First off, congratulations to each of you! You did it! I know you will find this success well worth it and use it as a catalyst for your next phase in life.

I want to ask you if this name means anything to you - Francesco Leonardo Audino? Sounds pretty Italian, doesn’t it? Francesco Leonardo Audino. Anyone know anything about this guy? Any guesses from this scholarly group of graduates?

Crusaders, Francesco or Frank as he became known, died 9 days ago at the age of 91. After a good long life Frank recently passed away and you are probably wondering why I am telling you about Frank as part of this graduation address? Why is Frank’s recent passing significant? Friends, Frank Audino was the very first graduate of Bishop Heelan Catholic High School in May of 1950. With a last name that begins with the letter “A” he walked across the stage and received his diploma first out of all graduates in the history of Bishop Heelan. That is kind of a big deal! Today you are the 75th graduating class from our outstanding institution and on Tuesday this next week, Frank will be laid to rest here in Sioux City. Do you think this a coincidence? Do you think his recent passing is just a fluke to coincide

with our 75th class? Or do you think the Holy Spirit is in play here, especially today as we celebrate Pentecost? I certainly fall into the category of believing the Holy Spirit has a hand in this. Frank was the youngest of five children. Frank was married to his wife for over 66 years. Frank and his wife Mary Ann had seven children. These children went to Bishop Heelan. Frank attended Mass every weekend and also regularly went to daily Mass. Frank was extremely active in his Catholic parish his entire life and was active at Bishop Heelan. I ask you to know that as the 75th graduating class from this tremendous institution that you go forth from here today knowing that your time here was paved and paid for by Frank and 74 other classes before you. Your time here was cut and cultivated by 74 years of priests, nuns, faculty and staff serving God and Bishop Heelan. Alumni of Bishop Heelan in the audience today please stand. Stand up. Let us see you and know who you are - let’s give them a round of applause. We are proud of you, Crusaders! You are a part of our legacy and thanks for joining us today.

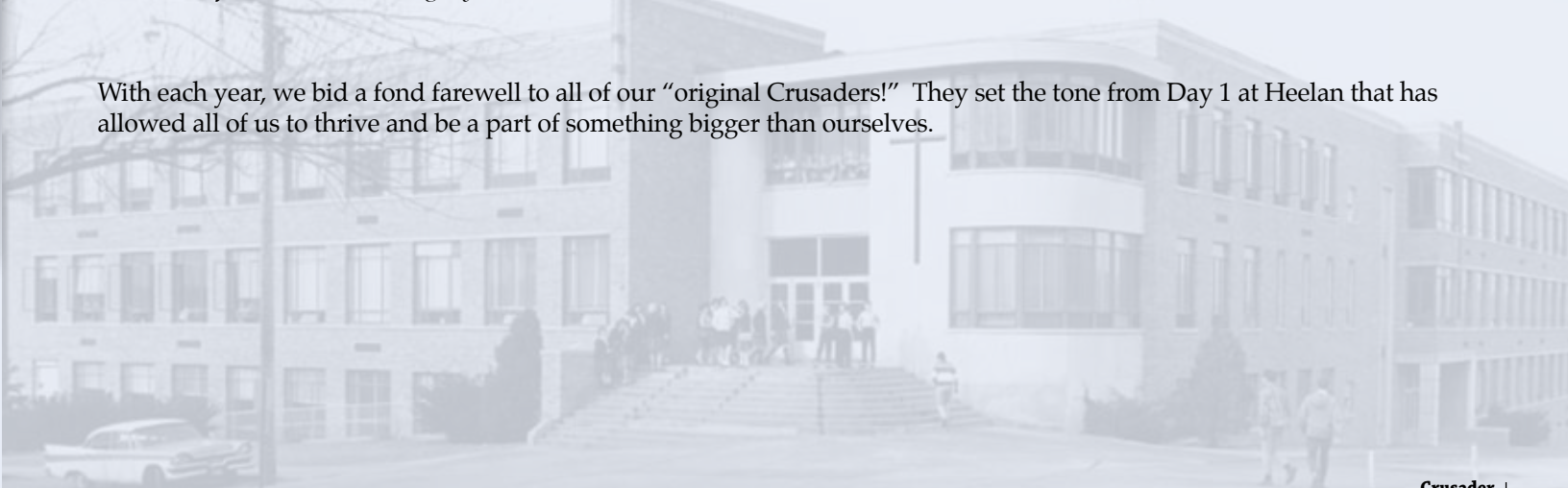
Class of 2024, your time here makes you a part of our legacy and that will be passed on to the next class. Being in the 75th graduating class of Bishop Heelan comes with expectations we all have for you. Take this rich tradition and history with you into your future.

So Class of 2024 - Crusaders - remember you are historic - our 75th. Crusaders - go to church, pray to God, find your personal and professional vocation, live with gratitude in your heart, care for others, be the hands and feet of Christ. Crusaders from the Class of 2024 - live this legacy. Crusaders - be like Frank.”

With each year, we bid a fond farewell to all of our “original Crusaders!” They set the tone from Day 1 at Heelan that has allowed all of us to thrive and be a part of something bigger than ourselves.



Frank Audino '50





2024 Bishop Heelan High School Graduates

Jaycee Aldrich
 Delaney Andreasen
 Juan Argueta
 Lauren Bainbridge
 Brady Baker
 Gianna Bathurst
 Tristan Bindenga
 Jacob Bissell
 Jaron Bleeker
 Keegan Bonstead
 Kannon Bork
 Carter Bracht
 Renae Callaghan
 Charlotte Case
 Jesse Castillo
 Beau Chamberlain
 Camryn Chauncey
 Priscilla Cheron
 James Cleary
 Nicholas Daffer
 Max Delaney
 Madison Demke
 Drew Dickes
 Ava Dobbins
 Caleb Dominowski
 Luke Dutcher
 Lillian Elliott
 Aubrey Erickson
 Raiden Ericson
 Marygrace Fairchild
 Isaiah Favors

Richard Feauto II
 Claudia Fermin Castellanos
 Paulsen Fey
 Joseph Fitzsimmons
 Elias Flanery
 Ellie Flanigan
 Sebastian Flores
 Reagan Foley
 Frank Francisquez Luquez
 Lillian Friis
 Mari Gallegos
 Fernanda Garcia
 Alejandro Gonzalez
 Gerardo Gonzalez
 Calvin Granaas
 Lydia Harpenau
 Benjamin Hegarty
 Lucas Gabriel Hegarty
 Tyler Holtz
 Carter Houts
 Liam Jacobson
 Jack Jensen
 Savannah Jones
 Mitchell Kime
 Gracie King
 Cahill Kirkpatrick
 Kalyn Koob
 Karley Koob
 Jolee Kueny
 Thao Le
 Sumaya Lemus

Elizabeth Lopez Esparza
 Braden Maas
 Pamela Magana
 McKayla Marreel
 Ramon Martinez
 Alexandra Mathis
 Maria McGowan
 Camdyn Meier
 Paige Meyer
 Avery Miller
 Ava Moravek
 Agustin Moreno Andrade
 Trinton Mozak
 Lauren Nacke
 Jacob Nelson
 Thi Huyen Tram Ngo
 Kai Nguyen
 Matthew Noll
 Valeria Nuno Galvan
 Jack O'Neill
 Hector Ochoa-Lemus
 Quinn Olson
 Claire Osborne
 Olivia Paskey
 Delaney Peck
 Chau Nhi Pham
 Katelyn Porath
 Michael Regino
 Alyssa Rehal
 Victor Salcido-Olmedo
 Esau Sanchez

Sean Schaefer
 Alyssa Schorg
 Brady Schultz
 Eleanor Sealey
 Thomas Sexton
 Connor Sitzmann
 Miyla Sitzmann
 Tiarus Slinger
 Nathan Solma
 Sophia Stabile
 Grace Stanek
 Brooklyn Stanley
 Jack Stevens
 Valeria Suarez
 Deanna Truong
 George Tsiobanos
 Andrew Uhl
 Jorge Velasquez
 Bernardo Velazquez
 Jake Venne
 Julianna Verzal
 Anthony Villatoro Sutton
 Anh Vo
 Jack Waldman
 Scarlett Walsh
 Sir Brandon Watts
 Abigail White

Class of 2024

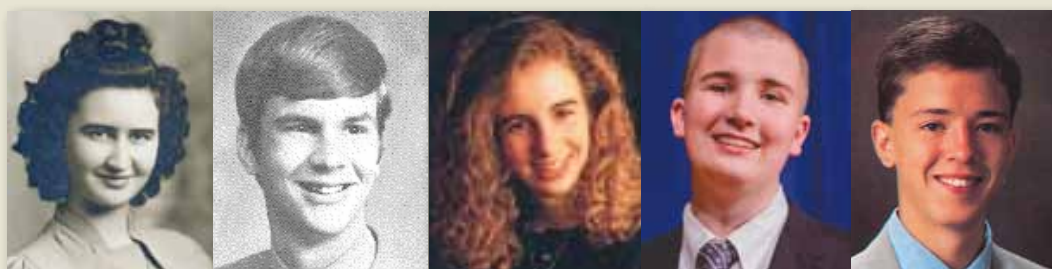
These pages are dedicated to our graduates with parents, grandparents and great grandparents who are alumni of Heelan, Trinity and Cathedral High Schools. We pray for their success and God's blessings in the years ahead.

Highlights of 2024 Graduating Class

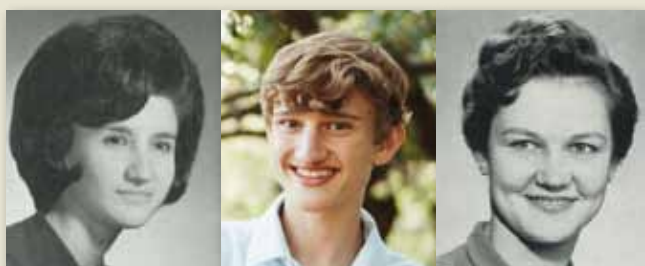
- 120 graduates in Class of 2024
- Valedictorian Renae Callaghan and Salutatorian Julianna Verzal
- 93% are attending college; 80% in four-year institutions
- Graduates were offered \$9.5 million in academic scholarships
- 31 students graduated at 3.75 GPA or above and were enrolled in an honors course.
- 38 have parents or grandparents that graduated from Heelan
- The Top 5% in the senior class were (in alphabetical order): Renae Callaghan, Drew Dickes, Karley Koob, Jack O'Neill, Julianna Verzal, Scarlett Walsh



Rafael Munoz '03 Santos Munoz '05 **Juan (Argueta) Munoz '24** Juana Patricia Munoz '02



Rita Rosemary (Breidenbach) Davis '40 James Davis '71 Erica (Davis) Bonstead '96 **Keegan Bonstead '24** Kyle Bonstead '93



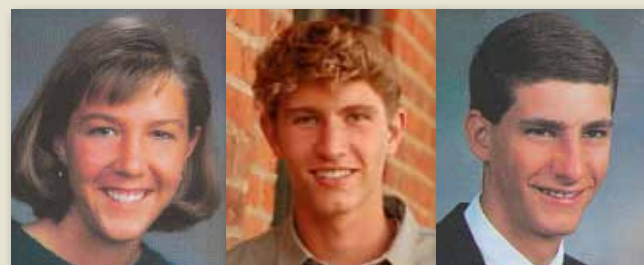
Linda Alvarez '67 **Carter Bracht '24** Maryann (Fischer) Krommenhoek '57



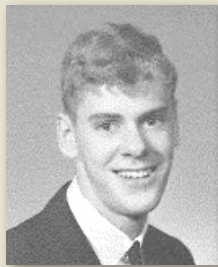
Renae Callaghan '24 Ryan Callaghan '90



Virginia Desy '50 Ann Schuetz '73 Sarah (Hinds) Case '95 **Charlotte Case '24**



Kristi (Heying) Chamberlain '94 **Beau Chamberlain '24** Richard Chamberlain Jr. '93



Thomas
Bowen '66



Julie (Sachau)
Bowen '66



Amy (Bowen)
Delaney '94



**Max
Delaney '23**



Max C.
Delaney '93



Deborah (Calhoun)
Delaney '72



Gerald
Calhoun '55



**Madison
Demke '24**



Mary (Charmaine)
Steen '77



Victor
Skuodas '61



Patricia (Rogers)
Skuodas '69



Laurie (Skuodas)
Dickes '96



**Drew
Dickes '24**



Mark Dickes '93



Thomas
Dickes '63



**Aubrey
Erickson '24**



Sandra (Lander)
Prather '68



Michael Prather '68



James
Verschoor Sr. '51



Theresa (Bulzak)
Verschoor '51



Susan (Verschoor)
O'Brien '92



Paulsen Fey '24



Beau Fey '93



**Elias
Flanery '24**



Juliane (Levich)
Flanery '97



Jameley (Rizk)
Levich '65



James Levich '66



**Lydia
Harpenau '24**



Deb (Jochum)
Harpenau '91



Leo Jochum '63



Amber (Ellerbroek)
Hegarty '94



**Ben
Hegarty '24**



Nick
Hegarty '96



**Gabe
Hegarty '24**



Christa (Hegarty)
Shearer '94



Carol Ann
(Bracht)
Hegarty '61



Ron
Hegarty '61



**Carter
Houts '24**



Julie (Salo)
Houts '96



**Liam
Jacobson '24**



Sara (Girard)
Jacobson '96



**Jack
Jensen '24**



Dave
Jensen '88



Jane (Lawrence)
Jensen '64



**Jolee
Kueny '24**

Jennifer (Wingert)
Kueny '95



**Sumaya
Lemus '24**

Enedina (Madrid)
Lemus '00



**Maria
McGowan '24**

Chris
McGowan '85

Gerald
McGowan '55

Alexander
McGowan '20
Trinity

**Camdyn
Meier '24**

Ann (McElroy)
Meier '83



Robert Miller '61

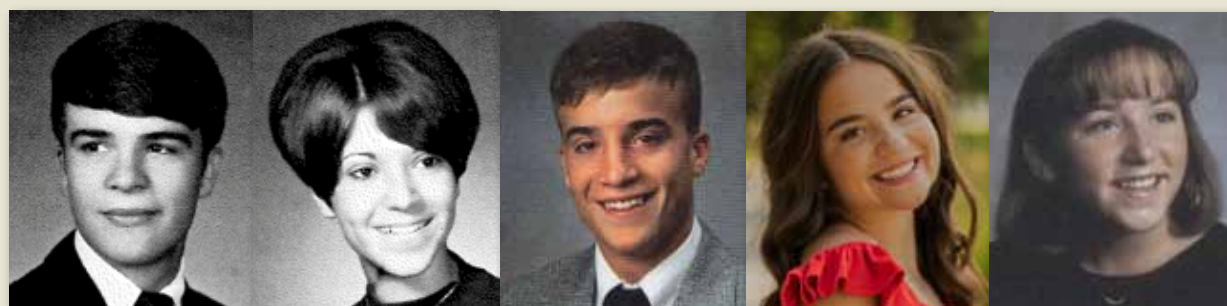
Jeff Miller '95

**Avery
Miller '24**

Melissa (Barber)
Miller '98

Jill McCarthy '76

Marilyn Eufers '53



Danny
Moravek '68

Margaret (Headid)
Moravek '68

Tony Moravek '94

**Ava
Moravek '24**

Ashley (Black)
Moravek '98



Margaret
Meacham '68



**Lauren
Nacke '24**



Deborah (Thiele)
Glasson '01



Diane (Glasson) Ny-
hus '73



Jacob Nelson '24



Ben Nelson '93



Donna Walding '67



Quinn Olson '24



Brent Olson '89



Joanne (Kopal) Olson
'58



**Alyssa
Rehal '24**



Rob Rehal '85



Barbara (Ferris)
Rehal '62



Robert Rehal '50



**Miyla
Sitzmann '24**



Yvette (Moreno)
Sitzmann '93



Nick Stabile '89



**Sophia
Stabile '24**



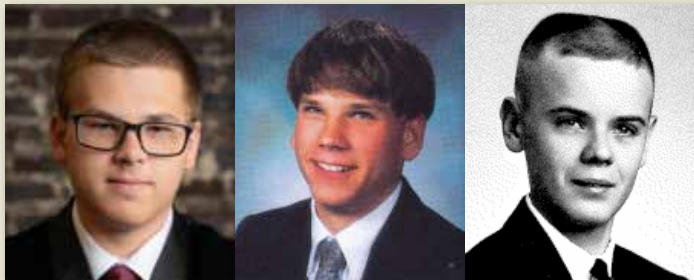
Monica (Coffey)
Stabile '89



Mary Ann
(Mummert)
Coffey '50



John Coffey '49
Trinity



Jack Stevens '24

John Stevens '95

Don Stevens '64



**George
Tsiobanos '24**

David
McWilliams '68



Drew Uhl '24

Ben Uhl '95

Mary (Donohue)
Uhl '68

Gary Uhl '68



Jake Venne '24

Beth (Barkley)
Venne '90

Bill Barkley '61



**Jack
Waldman '24**

Mary (Dailey)
Waldman '92

Patricia (Benton)
Dailey '56



Larry Walsh '51

**Scarlett
Walsh '24**

Cathy (Blankenship)
Walsh '86

Jean (Birmingham)
Blankenship '67

William
Blankenship '65



Michelle (Semple)
White '93

Abigail White '24

Jeffrey White '93

Robert White '60

Student PRIDE in Action



All Bishop Heelan Catholic Schools students converged to O'Gorman Fieldhouse in February for the annual All-School Mass during Catholic Schools Week.



The 2024 Fall Play was based on the 1980s movie and book, "Clue," as our students were hard at work bringing laughs on stage.



Proud Heelan supporter Dick Collins helps a Sacred Heart School classroom recite the Pledge of Allegiance in November.



Recent graduates Lillian Friis and Ava Moravek pose with their diplomas after 2024 Graduation Day at the Orpheum Theater.



Avery Miller '24 was one of several seniors on the Bishop Heelan Dance team.



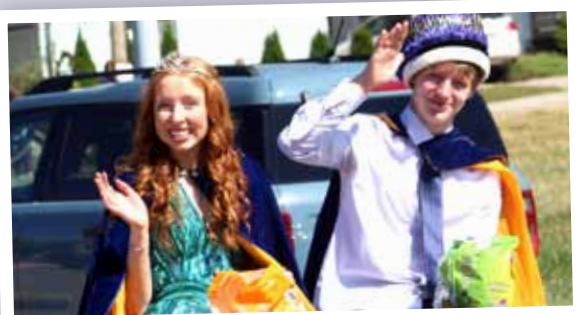
Maliyah Hacker '25 helps prepare a bag of food to be shipped overseas. In all, our fifth grade students through seniors produced 119,880 meals.



Jack Stevens '24 and Marygrace Fairchild '24 were crowned the Homecoming King and Queen in the fall.



Ben Daffer, Ben Tooley, Josh Kensinger and Adam Andrews earned sixth place nationally in the Senior Group Exhibit category and were the top Iowa team. All four students are in the Class of 2026. There were over 600,000 competitors in the "Turning Points in History" national competition.



2024 Homecoming Queen Abby Demers and King Christian Fravel wave to the crowd during the homecoming parade.

Another Successful Athletic Season 2023-24

While there weren't any Bishop Heelan grads who competed in the Olympics this past summer, the Crusaders had four teams that earned two gold and two silver medals in their respective sports. The Crusaders had yet another memorable athletic year in 2023-24, with multiple teams again qualifying for state tournament appearances. The Crusaders also earned conference championships in girls cross country, girls basketball, volleyball, boys soccer, girls soccer, girls tennis, boys track and field and baseball.

Boys soccer

The boys soccer team earned its first state championship in program history on June 1 in Des Moines. The Crusaders defeated Davenport Assumption 3-2 in overtime. Sergio Mijangos ended the match with a golden goal on a set play. Mijangos led the Crusaders with 30 goals. He had 27 during the regular season, and had three more during the state tournament. Goalkeeper Landon Block was a member of the All-Tournament team, joining Mijangos, senior George Tsiobanos and Andres Gonzalez. In 1,400-plus minutes, Block allowed just 10 goals.



Football

The Crusaders went 11-2, regaining the respect the program had in previous successful years. Heelan's only regular-season loss came to Sioux Center, and it avenged that loss in a triple-overtime quarterfinal playoff win over the Warriors. The Crusaders defeated Creston in the Class 3A semifinals in the UNI-Dome, but lost in a hard-fought battle to Williamsburg in the title game. Four Heelan student-athletes were awarded All-State honors: first-team offensive lineman Hayden Overgaard, second-team quarterback Quinn Olson, second-team linebacker Kasen Thomas and second-team defensive back Sir Brandon Watts. In 2024, the Crusaders went 6-4 that included a Class 3A Round of 16 appearance.



Boys golf

Jack White qualified for state golf after turning in an 18-hole score of 74 in Fort Dodge. On the season, White averaged a full-round score average of 77.



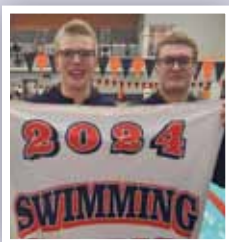
Girls cross country

The Crusaders qualified third in their state-qualifying meet to make it to Fort Dodge for another year. At state on a cold afternoon, the girls placed 10th in Class 3A with 225 points. Sophomore Addison Bertrand led the Crusaders at state with a 38th-place finish.



Boys swimming

Junior Britton Patee competed in his third state meet in the 200-yard freestyle race, the 500 free and the 400 free relay. Heelan freshman Max Aesoph was a state qualifier in four events: the 100 butterfly, 100 breaststroke, 200 free relay and 200 medley relay.



Volleyball

Heelan Crusaders are the Class 4A State Champions! They played nine perfect sets to claim the title, the first since 2007! Ava Lloyd, Maliyah Hacker and Maddie LaFleur were named to the All-Tournament team!

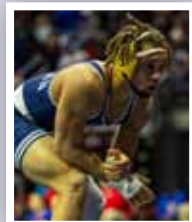


Girls basketball

Heelan started out 12-0 and that included a 60-29 win over top-ranked Dallas Center-Grimes. The Crusaders also had a 10-game winning streak that sent them to state, where they fell to Waverly-Shell Rock in the Class 4A semis. Heelan had three ladies who averaged double figures in 2023-24: freshman Melina Snoozy (18.0 ppg), junior Abby Lee (14.6) and senior Brooklyn Stanley (13.9).

Wrestling

The Crusaders sent three to the state tournament: senior Sir Brandon Watts, Junior Jackson Kinnetz and freshman Andy Nuno. Kinnetz got on the podium in the Class 2A 144-pound division in eighth place. Watts earned his 150th career win during his senior season, and finished with 152 victories.



Girls swimming

Scarlett Walsh joined sophomore Natalie Patee, junior Grace Aesoph, junior Brigid McGowan and senior Maria McGowan as state qualifiers on the Sioux City co-op girls swim team.



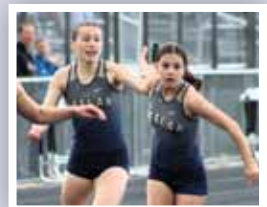
Boys track and field

Several personal bests and records were set by the Crusaders throughout the entire season, and as a team, Heelan won the Class 3A substate championship. When it came to the state meet, the Crusaders had a dozen entries. Five of those finished in the Top 5. The 800 sprint medley relay was third in 1:32.32, while the 4x100 relay earned third in 42.25 seconds and set a city record in the state-qualifying meet in 42.24.



Girls track and field

Eight entries made it to the state meet, with the highest finish from sophomore Addison Bertrand in the 3,000-meter run in ninth (10 minutes, 52 seconds). The 4x200 meter relay of Alize Rau, Shannon Cleary, Maddie Demke and Trelyn White ran a season-best at Drake Stadium in 1:45.09.



Boys tennis

Freshman Easton Lubarski qualified for the Iowa State Boys 1A Tennis tournament. He had a top seed in the substate, and Lubarski had a 16-2 singles record heading into the state tournament.



Bishop Heelan inducts 3rd Hall of PRIDE class

Mike Lemon '70

Mike Lemon was a tough, hard nosed defensive lineman for the Crusaders who helped lead the 1969 Blue and Gold to a record of 8-2 while earning the coveted "Hard Hitter Award." Mike played defensive tackle and nose guard at Ellsworth Community College and then on to Kansas University, where he was an All Big 8 selection and helped lead the Jayhawks to the 1973 Liberty Bowl. He set a KU record for tackles by a nose guard with 106. Mike was drafted in the 6th round of the 1975 NFL draft by the New Orleans Saints. Lemon also played for the Broncos and Buccaneers over his three year career, including playing in the very first win in Buccaneers history. After his NFL career, he had a long career in acting.



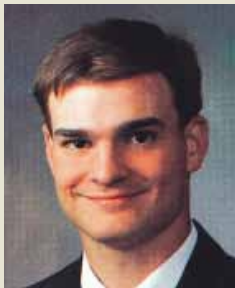
Chad Heying '95

One of the most outstanding four-sport athletes to ever wear a Heelan uniform, Chad excelled in all four sports. Chad won the 1995 200- and 400-meter dash at the state meet while also anchoring a state runner up 4x400 meter relay. Chad earned the 1995 Iowa Gatorade Male Track and Field Athlete of the Year and is a member of the Sioux City Relays Hall of Fame. On the gridiron, Chad played in the Iowa Shrine Bowl. As a junior, Chad helped lead the Crusaders to the state final. In basketball, Chad was selected to play in the prestigious Dr. Pepper All-Star Game and led the Blue and Gold to a state tournament appearance as a junior in 1994. Chad was also an all-state baseball player in the summer. Chad was a team captain in all four sports while at Bishop Heelan and played football at Drake.



Andy Krueger '95

Andy was an outstanding all around athlete at Heelan, but his lasting legacy was on the wrestling mat. Andy was a three-time state qualifier and is still the only two-time state champion wrestler at Heelan, as he won the 145-pound title in 1994 and at 152 in 1995. Andy won 150 matches as a Crusader and holds the school record for takedowns in a season with 201. Andy would go on to be a two-time All-American at Buena Vista including winning a national championship at 165 in 1999. Andy was an all-state running back, offensive MVP and team captain for the Crusader football team in 1994 and was an integral part of the 1993 runner-up squad. Andy was also an all-state baseball selection in 1994 and had a career batting average of .423. In 2016, Andy was inducted into the Buena Vista Hall of Fame.



Brennan Cougill '09

Brennan is one of the greatest to ever play on the hardwood in Sioux City history. Brennan was a four-year varsity basketball player who would lead the Crusaders to three state tournament appearances and finish his career with 1,602 points and 1,033 rebounds. Brennan was the school, city and conference leader in points, rebounds and blocks upon completion of his career. He was a second team all-state selection as a sophomore while leading the Blue and Gold to a state runner-up finish, and was a 1st team All-State selection as a junior and senior. Brennan's senior year culminated in the first state title for Bishop Heelan, and he was named captain of the all-tournament team and Mr. Basketball in 2009. Brennan was also a two-time place winner in the shot put at the state meet, finishing 8th as a junior and 4th as a senior and was named the 2009 Sioux City Journal Metro Male Athlete of the Year. Brennan would go on to play basketball at Iowa, Kirkwood CC and the University of Wisconsin-Green Bay.



Jordan (Johnson) Sitzmann '10

Jordan re-wrote the Heelan softball record books during her remarkable run as a Crusader. A three-time All-State selection, Jordan led the Crusaders to back-to-back state appearances as a junior and senior. She became the first pitcher in Sioux City history to record 100 wins, pitch 1,000 innings, and strike out 1,000 batters. She went 33-1 as a junior and 32-5 as a senior on her way to a career record of 111-49. At the plate, she hit .437 as a junior and .475 as a senior and was the MRAC Player of the Year. Jordan was also the libero as a sophomore on the 2007 volleyball team that won a state title, while her junior and senior seasons also resulted in state trips including a runner up finish as a senior. Jordan was named 2nd team all-conference in 2009. Jordan played softball at Morningside, where she was named the 2014 GPAC Pitcher of the Year.



From left to right, Chad Heying '95, Brennan Cougill '09, Jordan Johnson Sitzmann '10, Mike Lemon '70 and Andy Krueger '95 pose with their Hall of PRIDE plaques during the third annual induction ceremony on Sept. 24, 2024, at the Sioux City Convention Center.



If you'd like to
nominate your
favorite Crusader,
scan the QR code!

Fabulous Fine Arts

The 2023-24 school year in Fine Arts will go down as one of the most memorable in Bishop Heelan history.

Heelan Band



The band received the honor to compete and perform at the Peach Bowl in December. The jazz band won first place against bands around the U.S., while the concert and Marching Crusaders earned second in their competitions! **Cahill Kirkpatrick '24** won Outstanding Drum Major! After performing well in competition, the Marching Crusaders joined the other high school bands to play the pregame show, including "The Star-Spangled Banner," before the bowl game between Penn State and Ole Miss on December 30.

Heelan Choir



The vocal room had its fair share of success, too. The highlight of the show choir season came March 9 at Westwood. Harmonia Mundi was named Grand Champion at "Jubilation!" On top of that, Heelan brought home Best Band, Best Vocals, Best Ballad, Best Closer and first place in Class 3A. **Delaney Andreasen '24** won Best Soloist and won the solo competition while **Kaden Carda '25** received second place! MoMANtum and Magnifique both got first in their division that night. Andreasen received "Best Soloist" at every competition, a remarkable accomplishment.

Signing Day



Eight Bishop Heelan students on May 7 were a part of the first Fine Arts Signing Day. Those eight students were: Delaney Andreasen, Morningside University; Renae Callaghan, University of Notre Dame; Nicholas Daffer, Montana State University; Elias Flanery, Kansas State University; Tyler Holtz, Iowa State University; Cahill Kirkpatrick, Oklahoma State University; Lexi Mathis, University of Iowa and Scarlett Walsh, Black Hills State University.

Crusaders in Italy



The vocalists took the trip of a lifetime in the summer, as they ventured to Italy. Forty-six Chorale singers, along with the Missouri River Chorale Society, spent 10 days touring and singing. Performances included St. Peter's Basilica in Rome, the Basilica of St. Francis of Assisi, plus concerts in Florence and Venice. The Chorale first toured in 1999, but this is the first international tour. The experience was truly memorable for all.

Dykstra Contributes to Oscar

As a Bishop Heelan student, Jordan Dykstra '03 never thought about becoming a composer for movies or documentaries, especially for ones that win Academy Awards.

Dykstra was the head composer of the film, "20 Days of Mariupol," which won the Academy Award in January for Best Documentary. The film focuses on the tragedies that happened during the early days of the Russian-Ukrainian War. Mstyslav Chernov directed the film, traveling around Ukraine and documenting the horrific scenes.

"The most difficult thing about the project was watching the images over and over," Dykstra said. "There were scenes that were trickier to score because we were waiting to push the music in certain ways."

Dykstra's score of the film is eerie and dark, just like the images seen in the documentary distributed by the Public Broadcasting System. He said he likes to try to find the right tone for the film, even if the mood calls for a sadder feel. Dykstra wrote the music that became the score seven years back when he was a student at California Institute of the Arts in Valencia, California.

"I'll channel whatever needs to be channeled to make the project as good as we can," Dykstra said. "There's a lot of scenes in '20 Days' where the pulse ends."

Dykstra has also contributed to other award-winning films. The film, "Documenting Hate," won a 2019 Emmy for Outstanding Investigative Documentary. His music has been heard from crowds attending well-known film festivals such as Cannes, Sundance and TriBeCa.

"It has all happened so fast," Dykstra said. "I'm getting back to real life of being with my cat and getting groceries, but I was just in Los Angeles at the Vanity Fair party and seeing Matt Damon, LeBron James ... it's just so surreal to be in a room like that."

Dykstra started his Crusader journey as a freshman, when he came from Hoover Middle School. When it came time for Dykstra to become a high school student, his parents decided that a Catholic education might serve him well.

Dykstra wasn't Catholic, but he said he was eager to be in a new environment and meet new friends. He knew he had to jump in head first, and wanted to participate in all the music he could.

He met current BHCS President Dr. John Flanery, who at the time was a choir teacher at Heelan High. Dykstra took a liking to Flanery and Mr. Massey, and learned about vocal and instrumental music.

"They were so passionate about music and enthusiastic about taking adventures in new kinds of music," Dykstra said. "It was a tricky decision (to attend Heelan) at first. I am so grateful for my parents' guidance and my teachers' guidance and I am still in touch with very dear friends from Heelan."

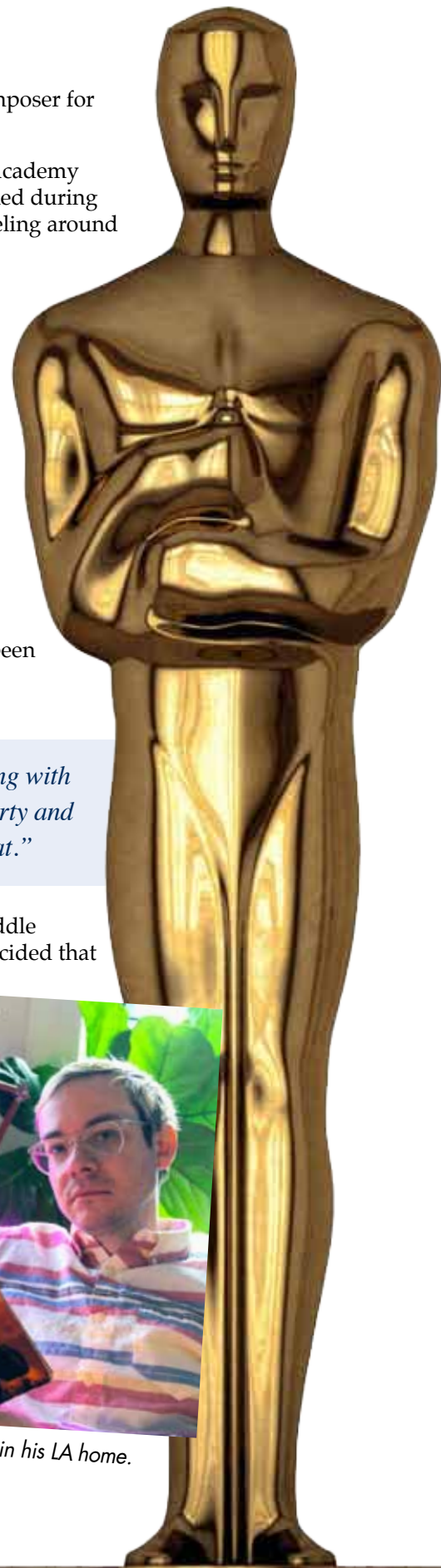
Dykstra participated in concert and jazz band, and also showed off his vocal talents. He also played in the Youth Symphony where he performed with other metro instrumentalists.

Dykstra isn't done now, either. He hopes to produce scores for other films and documentaries that have a strong impact like "20 Days of Mariupol."

"I am at my best when I am working," Dykstra said. "I'd love to continue to make music. I'd love to travel more. I have my list of favorite producers and directors I'd love to work with, and we're going to try to check those off the list."



Jordan Dykstra '03 in his LA home.



Heelan Auction, Sailing for 75 Years!

The 2024 Heelan Auction was a spectacular voyage as the entire community set sail on a “Nautical Night” to support our schools. The turnout was incredible, with parents, alumni, and community supporters joining together in the spirit of giving. Attendees arrived dressed in tropical attire and cruise-inspired wear and had their picture taken at the dock of the SS Crusader. Each guest was welcomed aboard by the chair couples with a signature cruise ship cocktail.

Thank you to all who helped make this year’s auction a memorable night “at sea” and a huge success. In all, the event on April 5 brought in \$606,127, surpassing our \$500,000 goal. We are blessed to have such a dedicated, generous community committed to making waves for our school.

This year’s Fund-A-Cause raised \$51,110. This special project resurfaced the Memorial Field track. This was needed due to wear and weather over the years. All exchange zones were updated as needed due to a rules change. This was required to host conference and state-qualifying meets. The track gets used by the high school and middle school teams as well as cross country.

We look forward to seeing everyone at next year’s event and once again celebrating our shared faith and school spirit, so mark your calendar for Thursday, April 10, 2025!



2024 Chair Couples: Jay & Kelly Hauck, John '95 & Mindy, Scott & Janet Plathe Stan '80, Stan '80 and Ann Pithan '83 & Jamie & Tara Koob

Dave and Sue Ferris are 2024 Crusaders of the Year

As the owners of Sneaky’s Restaurant for the last 45 years, Dave and Sue Ferris have been leaders in the Sioux City business and Catholic communities.

Together with their four daughters — Christy, Jenny, Kelly and Jody — they have served tens of thousands in Siouxland with their restaurant and catered meals.

All six Ferris members are Heelan graduates: Dave '72, Sue '74, Christy '97, Jenny '00, Kelly '03 and Jody in 2010.

We remember how COVID-19 hurt businesses and the restaurant industry. While many shut their doors, the Ferris family stayed open. They made sure their employees were out without a livelihood. The entire family pitched in to keep Sneaky’s open.

Dave, Sue and the girls have provided Christmas dinner to the homeless at the Warming Shelter every year, including during COVID-19.

Dave is proud of his Lebanese roots. He and Sue have donated a Lebanese dinner and other gifts to the Heelan Auction. They are Mater Dei members today and are both very active in the parish.

Dave, Sue, Christy, her husband Jay, Jenny and her husband Cory, Kelly, Jody and all of their seven grandchildren work hard to live out their Catholic faith. All seven grandkids — Ava, Isaiah, Morgan, Micah, Landon, Elijah and Gavin — all attend Mater Dei School and participate in many Heelan activities.

When Sneaky’s celebrates its milestone anniversaries, it always does so for a cause. They have sent two families to Disneyland for Make-A-Wish trips. They have also held large celebrations and raised funds to send an Honor Flight filled with veterans to Washington D.C. to visit the World War II memorial. They’ve raised over \$125,000 for the Warming Shelter and \$225,000 for Hope Street Sober Living Home.

They celebrated their 45th anniversary last summer on June 2 at Country Celebrations.



Deb Harpenau is Volunteer of the Year

Tony and Deb Harpenau live in Salix and raise about 10,000 hogs and keep busy with their 5 children and their activities. Deb graduated from Bishop Heelan in 1991, while Tony graduated from Remsen St. Mary’s the same year.

All five children have graduated from Heelan or are in the BHCS school system. Kassidy, a '99 graduate, pursues Pharmacy at SDSU. Bryce, graduated in '21, now works at Jones Contractors in New Mexico after attending Mitchell Tech. Lydia graduated in 2024 with Zach following suit in 2026 and Allyson in 2030.

Deb’s father, Leo Jochum, graduated from Heelan in '63 as well as her brother Greg '93. Deb works from home as a financial executive for her brother’s businesses.

Deb does not sit still. She’s at softball, baseball and wrestling events working the gate, concessions and numerous fundraisers. She drives kids to meets, tournaments and to state events. For 15 years, Deb presented body science talks to 5th graders in the BHCS system.

Deb ultimately began working with the Heelan Auction in 2012. Since then, her family steps up and does whatever is needed to help her and the auction committee. She and Tony have personally donated excellent gifts and persuaded family members to donate as well.

Deb’s impact goes beyond just lending a hand; she spearheaded the transition of the Heelan Auction to mobile bidding with BidPal. Thanks to her efforts, auction revenue has seen a steady increase, benefiting our schools immensely.

Deb Harpenau - a true beacon of dedication and innovation in our community.



Thank you to our Heelan Scholarship Donors!

We are blessed to have benefactors who have funded over 30 endowed and annual merit scholarships at Bishop Heelan. This year, 105 merit-based scholarships were awarded to students attending Heelan for a total of \$36,100. We are so grateful to our generous donors. Donor criteria is based on need, academics, participation in activities and athletics, service, school spirit, character and other factors.

2024-2025 Merit Based Scholarships Awarded

Mary Helen and Terence McElroy Music Scholarship

Amy Graves Mace Service Scholarship

Barb Peterson Life Skills Scholarship

Austin Blakey Jr. Scholarship

Clement E. Duffy & LuVerne Duffy Scholarship

Col. V. Thomas Considine Memorial Scholarship

Ray O'Neil Memorial Scholarship

Dr. Kenneth & Dorothy Keane Scholarship

Father Al McCoy Scholarship

Isaac Roerig Memorial Scholarship

Fred Lennon Memorial Scholarship

Henry & Linda Metz Single Parent Scholarship

Jeff Poss Memorial Scholarship

Brian Goetz Memorial Scholarship

Maurie Noonan Tomke Tuition Assistance Award

Jon Olson Business Scholarship

Karl Rasmussen "Spirit of Peace" Memorial Scholarship

Kurzak Education Fund

Mary Ann Callais Longstreth Scholarship

Mary Lou (Thomazin) O'Gorman "God Bless You" Memorial Scholarship

Michael Kuehl Memorial Scholarship

Roger & Della McCoy Memorial Scholarship

Sisters of Charity of the Blessed Virgin Mary Award

Ed & Margaret Lamkin Scholarship

Jack & Margaret Gill Scholarship

Spirit of 75 Championship Scholarship

James & Theresa Verschoor Annual PRIDE Scholarship

Norma Jean McGowan Music Scholarship

Kay Bennet Irish Heritage Scholarship

Richard and Patricia Collins Family Foundation Scholarship

Edward & Rose O'Kane Scholarship

Wendy Verschoor Sanderson Memorial Scholarship

Call Tom Betz at 712-252-1350 to discuss how you can honor loved ones with a Memorial that can help a student with Heelan tuition.

Cleary earns Rotary Student of the Year

A big congratulations to Heelan senior James Cleary, who received Rotary Student of the Month for March, then later earned Student of the Year. Cleary received a scholarship for the honor, then donated the money to the nonprofit Center of Siouxland.

Cleary ended with a 4.1 GPA and was a leader on the football field and wrestling mat.

Cleary was well-respected by Heelan teachers, staff and coaches for his character and support. He is currently in the 185th, while attending Iowa State. James is the son of Frank and Bobbie Cleary.

Cleary wasn't the only Crusader to earn Rotary Student of the Month. Valedictorian Renae Callaghan earned the December honor, and she had a 4.54 GPA. Callaghan, the daughter of Amy and Ryan Callaghan, attends the University of Notre Dame.



James Cleary receiving the Student of the Year award from the Sioux City Rotary Club.



Thank you for your teaching service!

President Dr. John Flanery recognized Julie Stubblefield, Barb Swanson, Karen Ruterbories and Pat Boggs. These four ladies retired from BHCS at the end of the school year.

They combined for 141 years of service to our Catholic school community, and we are truly grateful for their time and dedication!

Class Notes

1950s

Jim Harrington '58 has been active in everything from school boards to the Colorado Baseball Commission, to the arts, to his church, (Our Lady of Loreto) as well as the Archdiocese of Denver.



John Kubal '59 hasn't forgotten about his Catholic roots. He and his wife, **Bea (Hoversten) Kubal '59**, graduated from Bishop Heelan High School 65 years ago. Kubal, now a columnist with the Brookings Register newspaper in Brook-

ings, South Dakota, wrote a convincing column during Catholic Schools Week about how Bishop Heelan and other Catholic schools are needed.

"I think Heelan gave us good preparation for getting along in the world," John said. "I joined the Navy, and stayed in for 35 years. We left Heelan very well-versed in what our faith was all about."

1960s

John O'Kane '65 released his eighth book, "The Accidental Jesus," this fall.



Frank Pope '67 who played Tevye in the Heelan musical "Fiddler on the Roof" and taught speech and theater at Heelan in the early '70s, returned to his alma mater last spring to visit Heelan's auditorium. After Heelan Pope went on to teach at Lincoln and Roosevelt high schools in Sioux Falls and performed in community theaters. He and his wife, Liz, have two adult children and two grandchildren.

The Class of 1967 helped raise funds for a new wheelchair for Kathy Walding. In February, Dan Burrows wrote a letter asking classmates to help Kathy. In a week's time, \$4,500 was raised and any additional money received will continue to make a difference. Walding resides in Sioux City.



Mike Thompson '68 continues to help veterans near his home in Junction City, Wisconsin, through the Never Forgotten Honor Flight program that he established. A close-knit family still today, Mike's siblings are **Marg Chartier '58** and Jim Chartier, **Pat '67**, **Kathleen Thompson '69**, **Phil '71**, the late **Mary Pat O'Neill '71 Thompson**, **Chuck '76** and **Danny '85**.

1970s

Karley Koob '24 received the first Ann Rehan Goebel Foundation Scholarship this past February. The ARG honors the late **Ann Rehan Goebel '79**, who passed away from cancer in 2023. The first annual winter gala was held for the new Ann Rehan Goebel Foundation on Feb. 24 in South Sioux City. The night honored the legacy of Dr. Rehan.



Dr. Ann Rehan Goebel '79



Class of 1975

Join the Class of 1975 on September 19-20, 2025, to celebrate our 50th reunion! Friday night's gathering will be at Bodega 401, followed by Saturday's event at the Hilton Garden Inn. Connect with us on our Class of 1975 Facebook group and stay tuned for updates on our EventCreate website.

1980s

Dr. Tonya Merrigan '83 was honored as Kansas Music Education Association's (KMEA) 2024 Honor Administrator of the Year. This award recognizes administrators who demonstrate continuing leadership in developing, improving and supporting music education. Merrigan lives in the Kansas City area.



Jakki (Krage) Strako '84 celebrated her 35th year with the U.S. Postal Service, serving as the Chief Commerce and Business Solutions Officer and Executive Vice President. Jakki has been honored three times with the Postmaster General Award and was recognized as one of the Influential Women in Business by the Daily Herald Business Ledger. She is frequently featured in podcasts talking about the logistics industry and championing women in STEM and corporate leadership.



1990s

Tony Ramirez '90 has specialized in criminal, real estate and immigration law for most of his career, running his own firm in New York. That has allowed him to travel internationally to try cases. Ramirez has been in a wheelchair since an accident as a young boy, but won two state gold medals in track and field as a Crusader.



Brothers **Jason '90** and **Zach Nelson '93**, are the new co-head coaches of the Heelan wrestling program. Jason Nelson has been coaching football in Jon LaFleur's staff during the past two seasons, and coached the middle school wrestling program in 2023-24. Zach Nelson has been a wrestling official since 2018.



Ryan Collins '95 was recently promoted as the next Sioux City Fire and Rescue Chief. He began with the SCFD in 2006 as a firefighter and EMT. According to Collins, the SCFD received a "1" rating on the Insurance Service Office scale, a rare rating nationwide. He and his wife Mindy live in Sioux City with their sons Tristan and Lincoln.

Chad Carlton '96 retired from his Air Force duties this summer after 20 years of service. He was deployed five different times, led search & rescue missions and landed jets in the middle of the night during stealth missions.



After more than 20 years on active duty in the U.S. Army, **Neal Fisher '99** returned on October 31, 2024, with the rank of lieutenant colonel. Above is a photo from his retirement ceremony on June 27.



The **Class of 1999** toured the new Heelan High School building during Homecoming 2024.

2000s



Caitlin Flanagan '05 married Derek Hatten February 4, 2024. From left are Tiffany Moe and Heelan grads **Maggie Flanagan '03**, **Kelly Flanagan '99**, Caitlin and her spouse and parents **Janet (Thoman '71)** and **Mike Flanagan '71**.

Catherine (Spenner) Bowden '04 is currently stationed at Andersen Air Force Base in Guam. She is on the committee for the annual Operation Christmas drop program, currently the 73rd year of the event. Also this year, she was promoted to Senior Master Sergeant. She was also named 2023 Head Quarters Air Mobility Command First Sergeant of the Year.



Maurie Tomke '04 has been promoted to Associate Professor, and granted the privilege of tenure at Waldorf University. He enters his seventh year in the classroom full-time in higher education, and serves as the Department Chair of Sport Management.

Sara (Funk) Malcom '05 has taken her journey with mental health and transformed it into her passion for helping others. In addition to practicing therapy in Arizona, she is also licensed to practice in her home state of Iowa with Heart Therapy.



Michelle (Schmit) Rusk '06 remains a partner in the Quinn Emanuel Law Firm in Chicago. She and her husband Jesse Rusk '06, recently adopted their daughter Evelyn, who was born on March 13.



Clint Sargent '07 became the head men's basketball coach at Wright State. Sargent was an assistant in the Dayton, Ohio, Division I school before the promotion. The Raiders play in the Horizon League.

2010s

BHCS appointed **Jody Ferris '10** principal of Cathedral Dual Language Academy, which offers elementary education in the Cathedral's Epiphany Center.

Ferris returned to the BHCS system after spending three years teaching at Spalding Park in Sioux City. Before that, she taught in Houston, Texas, where she received "Beginning Teacher of the Year" during her first year.



Andrew Namanny '13 grew closer to God by establishing the "Permission to Shine" Podcast which highlights the most humble and inspiring people from across the globe. He is also involved with the non-profit, the dZi Foundation, which works in the most rural parts of Nepal to sustain livelihoods like education, farms, and entrepreneurship.



Jessica Brown '15 recently earned her PhD in mechanical engineering from Iowa State University. Jessica's next adventure takes her to Boulder, Colo., where she works as a senior research engineer for Alder Renewable Fuels, a start-up company that converts agricultural waste to sustainable aviation fuels.



In Memory

1950s

Frank L. Audino '50, Sioux City, IA, May 10, 2024
Bernie Schreiber '51, Sioux City, IA, September 2, 2024
Richard J. Lemek '52, Davenport, IA, August 4, 2024
Gene Hancer '53, Sioux City, IA, June 17, 2023
Virginia B. Parmelee '53, Sioux City, IA, March 8, 2024
Paul A. Braunger '54, Sioux City, IA, November 9, 2023
Mary C. (Barret) Rickert '55, Sioux City, IA, March 1, 2024
Patricia A. Rysta '55, Sioux City, IA, February 18, 2024
Melvin S. Hilliard '55, Hot Springs, Ark., February 3, 2023
Gerald D. "Jerry" Beacom '56, Sioux City, IA, October 26, 2023
Anna (Wagner) Prince '57, Maxwell, IA, May 5, 2024
Stanley G. Boyle '58, Dakota Dunes, SD, November 10, 2023
James A. Fitzpatrick '58, Leawood, Kan., July 12, 2023
Leon Skuodas '58, Sioux City, IA, April 4, 2023
Ramona A. (Uhl) Plendl '59, Kingsley, IA, April 20, 2024
Madonna Marie "Donna" (Cote) Martin '59, Vinton, IA, March 30, 2023
Joseph Mullin '59, Pleasant Hill, IA, November 25, 2021
Margaret A. (Calhoun) (Haindfield) Hansen '59, Whiting, IA, April 4, 2024

1960s

Lee Hapgood Brennan '60, Sergeant Bluff, IA, March 18, 2024
George Rosati '60, Mankato, MN, February 18, 2024
Diane (Kopal) Donnelly '62, Elk Point, SD, December 9, 2023
Catherine Corrine Berthelsen Boyle '63, Topeka, Kan., October 11, 2023
Ray Bennett '64, Sioux City, IA, January 22, 2021
Kathleen A. (Thiltgen) Moser '64, Snowmass, CO, May 26, 2024
Patricia Ann "Pat" Wolf '64, Sioux City, IA, June 5, 2024

Gary L. Dennehey '65, Westfield, IA, July 20, 2024
Stephen Mahnke '65, South Sioux City, IA, June 18, 2024
Mary Jane "Janie" Burton '66, Sioux City, IA, October 26, 2023
Jolane (Kopal) Armstrong '66, Ponca, NE, March 3, 2017
Constance (Kwikkel) Lederer '66, Sioux City, IA, November 18, 2023
Karen Cecelia (Kirwan) Sall '66, Omaha, NE, May 10, 2024
JoDeen E. Mozena '67, Iowa City, IA, August 2, 2024
Fr. Dennis W. Meinen '69, Sioux City, IA, November 14, 2023
Stephen M. Miller '69, Sioux City, IA, December 12, 2023
Barbara McCluhan Baker '69, Elk River, MN, July 8, 2023
Patricia (Rogers) Skuodas '69, Sioux City, IA, August 1, 2023
John K. Wallen '69, Springfield, MO, February 10, 2024

1970s

Louise Annette "Wheat" (Rodriquez) King '70, Sioux City, IA, October 31, 2023
Mary Ann (Cheever) Pick '70, Le Mars, IA, November 18, 2022
Shella (Parks) Rooney '70, Sioux City, IA, May 15, 2024
Connie M. (Adams) Bock '71, Glendale, AZ, April 15, 2024
Donna (Skuodas) Hoing '72, Phoenix, AZ, August 27, 2023
Ann Louise Hinds '73, Sioux City, IA, March 2, 2024
Brian R. Schneiders '73, Sioux City, IA, April 18, 2024
John L. Sandman '74, Sioux City, IA, April 9, 2024
Michael D. Audino '74, Sioux City, IA, March 29, 2024
Lawrence L. Deaton '75, Mapleton, IA, May 2, 2023
Joseph C. Pope '75, Missouri Valley, IA, October 8, 2023

1980s

Charles S. Miller '81, Broomfield, CO., April 4, 2024

1990s

Please send In Memory information to tammy.evelevh@bishopheelan.org
Connie M. Savage-Frolic '90, Walla Walla, WA., January 2, 2024



Thank You
To All Who Made This Happen!
\$34,000,000

To submit a Class Note, an In Memory name, or change of address please email tammy.eveleth@bishopheelan.org

Class Notes continued.

Daniel Everist III '16 is the founder and CEO of Sprouter, which helps businesses connect with customers through QR codes and other interactive media. Bishop Heelan is a client of this nationally rising service. Everist currently resides in Scottsdale, Ariz



Lexi (Ricke) Horstman '17 married Greg Horstman on Oct. 14, 2023, and now resides in Early, Iowa. Lexi worked at BHCS in the Campus Ministry department for three years and helped establish the Antioch Alcove. She and Greg recently welcomed their daughter, Magdalena Grace.

Elijah Hazekamp '18 finished his college career by winning a Division II basketball national championship at Minnesota State-Mankato. Hazekamp hit a game-winning shot in the Division II regionals that sent the Mavericks to the Elite Eight.



Photo credit Michelle Watsky/Minnesota State Athletics.

2020s

Mary Kate Fitzsimmons '21, now known as Sister Mary Kate, is a first-year postulant on her road to an eight-year novitiate and a new life as a cloistered nun dedicated to the contemplation of our Lord, particularly in the Blessed Sacrament. Sister Mary Kate's official name is Sister Mary Incarnata of the King of Glory.



Maria McGowan '24 earned the Outstanding Leadership award at the 2023 Iowa State Fair Queen Contest. She competed against over 100 high school girls statewide for the top spot, that was voted by her peers. She is attending the U.S. Naval Academy.



Heelan Auction 2025

The next Heelan Auction date is set. Mark your calendar for Thursday, April 10, 2025!